

SHILO'S TAG

Your Source for Army News in Manitoba

Volume 47 Issue 18

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September 18, 2008

A hero's welcome



Photo by Quinn Roberts

WO Grulke receives an enthusiastic welcome home from his wife. He was part of the September 11th chalk to arrive at MPTF. All 800 troops will be back at Shilo by the first week in October. Additional coverage on page 5.



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We recorded your favourite shows and we kept you up to date on all our friends and family. We made sure you had all the hockey scores and hopefully our letters, e-mails and care packages made it through. We went through a ton of craft supplies.

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IN MEMORIAM

Remembering four of our best



Cpl. Drew Grenon

8 Platoon, C Company — 2 PPCLI.

From the brothers of "We will never forget our fallen comrades for they will always be to our left and right." Even though only a few of us in 8 Platoon knew Drew before he joined us, he quickly became good friends with everyone. When Drew arrived at our platoon at Forward Operating Base Wilson, he had no problems jumping in with the guys and shaving his hair into a



Pte. Chad Horn

Mohawk. To some of us, he was known as the man of a thousand strange talents, which ranged from juggling to initiating the combat boot hacky sack sessions that became a staple for 8 Platoon during the boring times of tour. Anyone who knew him in the most austere situations, always made those around him feel comfortable. His humour in a stressful time was always a welcome relief. Drew's past experience on Task Force 3-06 coupled with his cool demeanor and stature were



Cpl. Mike Seggie

a huge asset to our platoon. Pte Horn was probably the only gunner who really liked his job. His reaction time to start engaging enemy positions was faster than anyone in the platoon had ever seen. The platoon just loved it when he would start rocking the cannon, firing right over our heads. Pte Horn's dress and deportment was second to none. He sported Ray Ban sunglasses and slicked back hair, which would prompt interesting conversations about purchasing designer

clothes when we got home. Pte Horn was described by his friends as "having everything going for him". His home, social and work life were all perfect and he had so many opportunities in the future.

At Battalion during morning PT, Cpl Mike Seggie would show up for our 10 Km runs wearing skate shoes that were torn up. During the tour, he used a cot with only three legs. He often would show up late for our platoon radio checks, just to drive the platoon signaller up the wall. You could always tell when Seggie and Cpl Drew Grenon were on shift at the Forward Operating Base; their humour over the radio net always brought laughs to the others listening in.

Welcoming you home with open arms

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Sgt. Prescott Shipway
Maj. Chris Lunney
CO Rear Party 2PPCLI

Sgt Shipway had honourably served the Canadian Forces for over eighteen years and was a veteran of numerous operational tours. He had

most recently served in Afghanistan in 2006 for which his leadership and valour were recognized as he was awarded a Mention in Dispatches for saving the life of a fellow soldier. Further, Sgt Shipway had been previously injured while fighting Taliban insurgents for which he'd received the wound stripe.

Sgt Shipway was a proud serving member of the Second Battalion Princess Patricia's Canadian Light Infantry. Sgt Shipway's experience and direct manner was highly respected by all who knew him and he consistently sought to improve

his own soldier skill sets and those of his soldiers. Always quick with a smile and joke, Sgt Shipway was a consummate professional and one hell of a soldier.

We recognize the commitment, dedication, and sacrifices we ask of our families. Our soldiers' strength and determination comes in large part from the strength they receive from the home front.

Our sincerest condolences go out to Sgt Shipway's partner and family as we now focus our efforts on ensuring Sgt Shipway is laid to rest with the honour and dignity he so justly deserves.

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Prairies prep Brits for Iraq and Afghanistan

Stephen Tyler
British Army

In the vast openness of the Albertan Prairies, new training facilities are allowing battalions of British troops to get ready for the built-up combat environments they will face in Iraq and Afghanistan.

From the 4x4s heading out on mile after mile of the country's huge highways to the sky that stretches as far as the eye can see, things seem to be that much bigger on the other side of the Atlantic.

The trend continues at British Army Training Unit Suffield (BATUS), the 2,690 square kilometre expanse of prairie near Medicine Hat in Alberta that has helped hone the skills of visiting soldiers every year since 1972.

Even the combined firepower of the Royal Artillery's biggest guns and the almighty punch packed by Challenger 2 tanks fails to make more than an insignificant fleck on the surface of such an immense proving ground.

"The prairie is unique

in that it is in the middle of nowhere in this natural wide open space that can make us feel that we are somehow disconnected from reality," explained BATUS commander Colonel Ben Edwards.

"Having said that, there are operational realities that we face elsewhere in the world and we are installing new infrastructure to try and pull those realities onto the block.

"The world is undergoing constant urbanisation and something like 60 per cent of its population lives in cities.

"It's something of a truism to say that we will inevitably find ourselves fighting in more urban environments and we want to replicate that here with more visual stimulation."

The newest and most striking addition to the BATUS toolbox is a combined arms live-fire (CALF) village rivaling anything used elsewhere by the British Army. The settlement's wooden shacks, concrete barriers and depth targets allow infantry, engineers,

gunners and armoured vehicles, including Challenger 2 tanks, to conduct simultaneous attacks.

The extra space afforded by the prairie means that two companies of infantrymen can clear separate parts of the village at the same time without putting themselves at risk.

The live-fire package is ideal for developing the core abilities that troops are increasingly relying on in Iraq and Afghanistan:

"The training is absolutely invaluable to contemporary operations. You don't need to have the Taliban attacking you constantly because there are a hundred other things that can go wrong, whether it's people getting lost or getting stuck.

"I was here in 2005 before a deployment to Iraq the following year and what we learned gave us the skills we needed to achieve success at a low cost. For a section leader or company of soldiers, fighting is fighting and those skills are as well learned here as they are anywhere else."

Buried underneath an



Photo by Graeme Main

Sapper Jack Message takes aim with the next generation light anti-tank weapon from the roof of the BATUS power station located at Suffield.

innocuous-looking wooden shack, the 400 metre network of tunnels has also proven to be a challenging but popular method of Fighting in Built Up Areas (FIBUA) training on Exercise Medicine Man.

The underground warren is accessed through a single trapdoor. It provides an unforgiving test of close-quarter combat with its low ceiling, dusty atmosphere

and tight corners.

Warrant Officer Class 2 Tony Burke believed the tunnel system helps reinforce the FIBUA training's emphasis on mastering low-level soldiering combat skills:

"It's a good addition to what this package offers," he explained. "You have all the big stuff that happens on the prairie and this adds

another element to it.

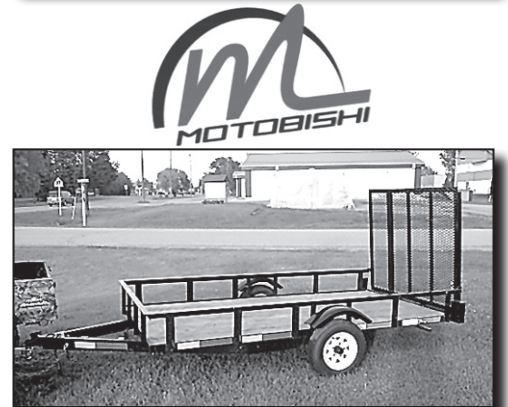
"It's one-on-one in the tunnels so it really helps to focus their minds on soldiering as individuals or in pairs."

With further topical improvements such as an oil refinery planned for the FIBUA, BATUS is set to continue its proud reputation as the perfect preparation ground for an operational tour.

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The shiniest cars in Shilo



Submitted Photo

Using a little elbow grease, Shilo firefighters and the ladies of Base Hair held a car wash for the Manitoba Burn Fund

Easy money

The Maple Leaf

The Self Improvement Loan Program (SILP) takes care of just about any immediate need requiring \$4,000 or less. This program offers small loans to take care of emergencies, repay an undesirable debt or to allow for some small projects such as the purchase of a computer, new appliances, new furniture, minor renovations or a special project. The application process is very simple; your first step is to make an appointment with your Base / Wing SISIP FS financial counsellor, or your CFPAF loan administrator in the locations where there is no SISIP FS counsellor.

If your children have now reached the costly phase of post-secondary studies and you are determined to help them to the maximum extent of your capabilities, well maybe CFPAF can help you to help them. The Education Assistance Loan Program (EALP) of-

fers you loans up to \$4,000 per period of 12 months up to a life-time maximum of \$16,000 per student. The interest rate is only 3% and these loans can be repaid over a maximum of 48 months. Eligibility criteria are fairly simple, you must be a serving or former member of the Regular Forces with at least one full year under your belt, and it must be a full-time post secondary program.

There is nothing easier than applying for this program; simply visit our web site, fill out the application form and submit it directly to the CFPAF office in Ottawa, along with the required documentation. The application form is also available from any of the SISIP FS local Branch Offices.

For more information on these and other CFPAF programs, please visit our web site at www.sisip.com; you may also contact us directly at 1 888 753-9828

Coral Quinney
Base Hair

Sept 11 the day was perfect, the team was fabulous and the donation was impressive. Because of the successful carwash which was held at the Shilo fire hall, \$450 will be donated to the Manitoba Burn fund. Thank yous go out to

the Shilo firefighters, the ladies at BASE Hair and Tanning, and to Forbidden Flavors, the Chemist's Cupboard and all of the sponsors that donated prizes and supplies. A special thank you goes to approximately 50 people who now have the shiniest cars in Shilo!



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The Stag's newest edition



Quinn Roberts
Shilo Stag

Working for a newspaper has always been a goal of mine. Its been the direction I want my career to go in. Photography was always a passion of mine starting in grade 9 at Crocus Plains High School.

When I was offered the job of production assistant at the Shilo Stag I jumped at it. I believe it is the perfect starting point for a career in the news world. I graduated from SIAST Applied Photography program in Regina, SK. It was a two year program which I finished in a year due to

my prior photography skills from high school.

I gained experience from doing contract photography work with the Brandon Sun and Winnipeg Free Press. I also did different kind of contract photography for other business in the Brandon area, such as workshops and other events.

I'm very excited to be a part of the Shilo Stag and to be given new opportunities to learn how to do page layouts and write news articles. This is new chapter that I look forward to starting here in Shilo.

Don't forget to smile you never know when you'll be on the front page.

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Letting go and letting God



Capt. Bos
Chapel Life Coordinator

Dependence only on yourself can lead to a spiral of despair, especially if life isn't quite going the way you want it. Our society is very self-interested - it's all about "ME".

It reminds me of that country song, "I wanna talk about me". The lyrics of the chorus go, "I wanna talk about I, I wanna talk about number 1, oh me! Oh my. What I think, what I like, what I know, what I want, what I see."

The singer in this song is reacting against a relationship that is self centred on the other partner, and is fighting for sometime to be number #1, but put himself first. Sometimes that reaction to be number one all the time refocuses our spirit on things of ourselves and not of God. In the life of faith, we focus on placing our dependence and needs on a God who accepts us willingly and openly. Turning over problems and issues to a higher power (God) is a very healthy activity to participate in. This does not negate our responsibility in tackling the issues of life, but God and prayer become our vehicles for being more at peace within ourselves.

The scriptures speak of a "peace of God which sur-

passes all understanding".

This spiritual peace is so calming that you have the ability to tackle all that life has to throw at you:

divorce, financial concerns, death, grief, war, stress at work and a whole host of other problems. Having spiritual peace does not erase our wrongs or alter the past, but provides us with the emotional and spiritual power to overcome them and be in harmony with ourselves.

A dependence only on oneself cuts out the aspect of a broader spiritual life within community and association with other fellow human beings.

You cannot do it all, all the time. There are many times in life when it is not possible to grapple with

all of life's problems with the attention that is needed. Reaching out God and Jesus Christ in faith is a healthy choice. Jesus speaks, "cast your burdens upon me, for my yoke is light and my burden is easy." The famous quotation of "letting go and letting God" has a lot of merit. Many of you will be returning from difficult tours overseas. Many have experienced things that very few people should ever experience or witness. There are going to be adjustments. I would like to suggest visiting the chapels on Sunday at 1030 hrs as a healthy alternative to being alone, lost and wandering with questions. Each Sunday, wisdom accumulated from thousands of years of



File photo

Turning over problems and issues to a higher power (God) is a very healthy activity to participate in.

human experience is shared and listened to.

Perhaps, some of that wisdom may give you that "peace of God which surpasses all understanding". God bless, and welcome

back brave and honoured soldiers.

Chaplain Dwayne W Bos is available at St. Barbara's Chapel 204-765-3000 ext 3088 204-724-4227 (cell)

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Bold Eagle unites First Nations and military

Sgt. Steve Hofman
Army News

Exercise Bold Eagle, a six-week program that combines First Nation traditions with the Army Reserve Basic Military Qualification, opens the door to the military for young First Nation people.

In August, 57 newly-qualified young men and women received congratulations from Lieutenant-General (LGen) Andrew Leslie, Chief of Land Staff and Chief Lawrence Joseph of the Federation of Saskatchewan Indian Nations at the Bold Eagle 2008 graduation ceremony.

Before the start of military training, recruits participate in a four-day culture camp which eases their transition into the military. The camp allows the elders of their community to explain the ways of the warrior and the traditions of First Nations people.

Private Nigel Crow from Lethbridge, Alberta, zeroes his C-7 rifle.

Private Nigel Crow from

Lethbridge, Alberta, zeroes his C-7 rifle.

"The intent behind this program is to build social skills, life skills and to introduce you to your Army," says LGen Leslie. "As the Army Commander, I am hopeful that a significant number of you chose to join, either part time or full time, your Army."

"You are great young Canadians, all of you. The whole idea of this is service before self. If it is not the Army or the RCMP, then maybe local or national police, lawyers, doctors, teachers or social workers." Graduates plan their futures Private Ariel John from Sherwood Park, Alberta, received this year's Top Soldier award.

"I wanted to join the Bold Eagle program because I like the idea of the discipline and teamwork that is involved in the military," says Private John. "I would like to eventually become a medical officer and deploy overseas."

Private Clay Yellow Horn from Brocket, Alberta

wanted to finish the course before starting university. Although he would like to be part of the regular officer training program and become an infantry officer, Pte Yellow Horn has bigger objectives in mind.

"Before I came here I was pretty un-disciplined. I could barely keep to a work-out program. Now I think I can keep to anything, focus on my studies and prepare to eventually go into the regular force. Hopefully I can work hard enough to become the Chief of the Defence Staff one day." Top candidate, Private Ariel John, receives the award from David Kytwayhat.

Top candidate, Private Ariel John, receives the award from David Kytwayhat.

Graduate from similar program now an instructor

An instructor at Bold Eagle, Master Corporal Kurt St. Germain joined the Army in 1995 thanks to a similar initiative called the Northern Native Entrance program.

"I've always wanted to

get back into this program and teach kids that come here," said MCpl St. Germain, from 17 Wing Winnipeg, Detachment Dundurn. "They get the discipline, the confidence, the camaraderie. They all become really good friends here."

"If coming here changes their life by even one degree, and we can possibly save one person from what is happening in the reservations and what has been in the news lately with the violence and gangs, then we know we did our job. It makes me proud to be here on parade and see these kids graduate."

The Bold Eagle program started 19 years ago as a cooperative effort in youth development between the Canadian Forces and First Nations of Saskatchewan. It has expanded include Aboriginal youth from British Columbia, Alberta, Saskatchewan, Manitoba and Northwestern Ontario. Since its inception, over 1000 youth have graduated.



The Bold Eagle program started 19 years ago as a cooperative effort in youth development between the Canadian Forces and First Nations of Saskatchewan.

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SMOKELESS – BUT NOT HARMLESS



Jo Anne Douglas
Health Promotion

One of the only bad things about widespread public smoking bans is that many people have switched to smokeless tobacco (chew, spit, snuff) instead.

True, it doesn't harm others in the way that smoke from cigarettes but if you think it's a safe alternative to smoking wrong! "Smokeless tobacco is definitely not a safe alternative to cigarettes," says Chantelle Alarie, Dental Officer at CFB Shilo. "In fact, studies show that it may even be worse."

"People who dip or chew increase their risk of cancer of the cheeks, gums, lips and tongue. Smokeless tobacco users have a 50%



Submitted photo

Smokeless tobacco is just as addictive as cigarettes. One tin contains the same amount of tobacco as 60 cigarettes.

higher chance of getting mouth cancer than non-users."

An early sign of mouth cancer is leukoplakia, white leathery sores that develop where tobacco is held in the mouth. The longer you use spit tobacco, the more likely you are to get sores.

Smokeless tobacco users also experience increased heart rates, higher blood pressure and irregular

heartbeats.

The nicotine in smokeless tobacco products can slow reaction time and cause dizziness, fatigue, and muscle weakness. Not good things if you play sports or are working in a dangerous environment. Other related health problems include gum disease, cavities, and lost teeth. And then there's bad breath and the unsanitary aspects of spitting.

Some users think that smokeless tobacco is not addictive but in fact, it is just as addictive as cigarettes. One tin of snuff has the same amount of nicotine as 60 cigarettes. Holding an average-sized dip or chew in your mouth for 30 minutes gives you as much nicotine as smoking four cigarettes.

Because smokeless (spit) tobacco is absorbed rapidly into the bloodstream through the lining of the mouth, it may be even more addictive than smoking cigarettes.

Don't kid yourself. Smokeless tobacco is NOT a safe alternative to cigarettes.

Talk to your doctor, dentist, Mental Health Services, or Health Promotion about breaking the addiction now with the Strengthening the Forces Butt Out self-help program.

For more information, visit the Health Promotion Office in the Canex Mall.

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Discounts offered to military

Personnel and Family Support Services

The CANEX Discount Program (CDP) gives the military community access to meaningful national and local discounts on a wide range of commercial goods and services offered by corporate Canada.

Visitors to www.canex-discounts.ca will see discount offers from many Canadian companies, including VIA Rail Canada, The Running Room, Hotel Association of Canada, General Motors of Canada and Suzuki Canada.

Support for the CF has even extended beyond Canadian borders. Companies such as Anheuser Busch, who operate adventure parks throughout the United States, also offer great discounts to the Canadian military community.

"The local section of the web site allows businesses close to bases, wings and units to communicate value-added discounts to the military community they support," explains Ken Stilwell, Manager of CANEX Corporate Programs. "The national section pro-



DNEWS

vides information on great discounts negotiated with corporations of a wider national scope."

"In addition to providing a way for corporate Canada to offer meaningful discounts to the military community, the CDP also gives them the opportunity to demonstrate their support to our troops and their families. The CDP is truly a winning combination," he said adding that corporations also get a chance to increase their visibility and develop a new and loyal customer base.

Military community members who can take advantage of the discounts may include:

Regular Force personnel and their spouses;

Reserve Force personnel;

Permanent full time or part time NPF and DND employees and their spouses;

Retired CF personnel and DND civilian employees in receipt of a DND pension;

Retired NPF employees in receipt of an NPF pension.

Military community members are encouraged to view the vendors' offers on the CANEX Discount Program web site to determine eligibility, which may vary by offer.

The Chief of the Defence Staff assigned to CANEX the mandate to manage non-public property retail activities for the CF. As such, CANEX has developed the expertise to evaluate offerings from the private sector to ensure they are in the

best interest of the military community.

True to its mandate, CANEX developed and manages the new CDP to satisfy the unique needs of military personnel and their families in conjunction with the revenue-generating entities that have been operating for decades to fund CF morale and welfare programs.

CDP invites all visitors to the site to complete the online feedback form to let CANEX know about discounts or vendors you would like to see included in the program.

CANEX has served the CF community for 40 years and offers the discount program as another way of "Serving Those Who Serve".

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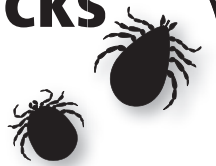
There's no place like home



Clockwise from top: MWO Trevor Jesseau helps put up a sign just outside Portage La Prairie. MCpl Blakely holds his son who poses for a picture. Left, a soldier sees his two week old son for the first time.

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer ticks by avoiding tall-grass habitats or wooded areas, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate mosquito repellent, looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes:

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

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

(Office hours: 8:30 am – 4:30 pm, Monday to Friday)

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Shilo Joins The Marathon of Hope



Photo by Quinn Roberts

Participants in the Terry Fox Run warm up with some jumping jacks before the run.

Quinn Roberts Shilo Stag

Shilo took part in the 28th Annual Terry Fox Run on Sept. 12. 28 years ago on April 12, 1980 Terry Fox started his "Marathon of Hope" across Canada in support of Cancer Research.

It was a warm September day without a cloud in the sky as the crowd, donning

shorts and work out gear, gathered at L-25.

Shortly after 9am, the warm up began. Led by Brenda Cavanagh and the help of 3 others from the crowd started off with some exercises. The crowd got into the spirit of things by doing jump jacks and the swim to help get them ready for the race. Participants had the option to run 5 or 10 km or walk 1km.

The run started off with a blast of the horn from a fire truck leading the way.

Event organizer Janelle Boyd says the Terry Fox Run brings the community together for fun and contributes to a good cause.

"Not only does it help get the community involved but it also gets everybody active in a fun exciting way. With people coming from all over the

community including the schools it was a great event for everybody to take part in."

It was a first run for Asst. BGSO Michelle Augustyn who believes in helping to raise money for cancer research after losing her dad to cancer.

A seasoned veteran of the Terry Fox Run Sergeant Heather Houdestad also runs every year since losing her mom to the disease.

Warrant Lyndon Crowder and his section changed up the event a little this year by bringing their bicycles. "Its about trying to make it fun and exciting for the guys in our section. That's why this year we choice to ride our bikes. Gives us a different kind of activity to do."

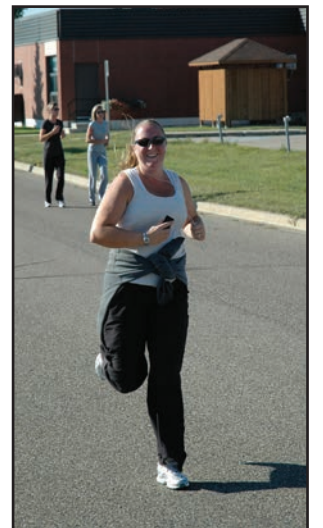
COS, Maj. La Rocque sees it as a very worth while charity. He tries to make the run every year.

"Not only did they have a great day for the Terry Fox Run this year with the sun shining down on all the runners but they had great

support from all of their sponsors."

Once the runners crossed the finish line the Shilo Men's Club had a barbecue for everyone involved. All money raise at the Terry Fox Run goes to the Terry Fox Foundation and 87% of all money raised through the Terry Fox Foundation goes to cancer research.

Fox was unable to finish the cross Canada trek before succomding to Cancer, his family has continued his legacy. Each September cities around the country hold runs and raise funds in Fox's honor.



Michelle Augustyn crosses the finish line.



WO Lyndon Crowder poses for the camera.

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Bison girls learn team work from WATC

Quinn Roberts
Shilo Stag

On September 13, the University of Manitoba Bisons women's hockey team visited Shilo for team building exercises. The group of 22 players spent the morning learning how to rappelle from Sgt. Quinn and Capt. Wiltshire of WAT-C.

The purpose of the exercises was to both build their communication and cooperation skills. The team's Head Coach, Jon Rempel, explained that the importance of the exercise. "Most of the team members are fairly new so this is an important way for them to learn how to work together." Rempel said their success

in the exercise isn't what mattered at the end of the day. "[The purpose of the exercise] is not if they get over the wall, it's how they do it." In exchange for the opportunity to learn from WAT-C the team will come back to host a hockey clinic for the Shill Minor Hockey League later in the season.



Teammates from the Bison team hold the rope wall so Amanda Schnell can climb over top.



Megan Ross lost her footing at her first try on the tower.



Teammates from the Bisons hockey team show teamwork in helping Addie Miles over the wall.

Photos by Quinn Roberts



Right, Amanda Schnell crawls across rope ladder while her teammates cheer her on below. At left, Sgt. Quinn demonstrates proper rappelling technique to the team.



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New wing open



Photo by Quinn Roberts

Col. M.E. Haberstock cuts the ribbon to officially open the new mental health wing at 11 CF HSC last Friday. Looking on was Maj. P.J. Caines, CO of the CF HSC.

Therapy in full swing

Mary Ellen Green
Lookout Newspaper

As the only full-time Athletic therapist in the Canadian Forces, Stephanie Dempsey is often called upon to use her expertise at regional and national sporting events.

Recently, she set up shop at the Hylands Golf Course in Ottawa during the 5th annual Military CISM World Golf Championships.

More than 100 golfers from 13 countries attended the sporting event, and relied on Dempsey and medic Cpl Aimee Lavallee for any treatment of athletic injuries.

"Between the two of us, we offered both preventative and emergency care," said Dempsey. "We would look at a patient and I would see one thing and

she would have another perspective, and that benefits the golfer because they're getting both sides of the story."

Having a medic on site also meant a direct link to Health Services in Ottawa to deal with more serious issues.

"I couldn't have done that on my own," says Dempsey.

The duo handled 43 treatments over the five-day event, mostly chronic over-use rather than acute injuries.

Even though there were players from as far away as Bahrain and Zambia, language was not an issue as most players spoke English, and Dempsey speaks French and a little Spanish.

A tented treatment room was set up on the tournament site for hands-on care

before play started each day. They also had golf carts at their disposal to follow the players as they played the course.

Dempsey said wearing red CISM golf shirts allowed the two Canadians some neutrality, so the players knew they were there to treat everyone and facilitate their play.

"I'm just so lucky I have the job I have," Dempsey said. "It's an incredible feeling to help people and see them perform at their best; it's absolute satisfaction."

Since her hire in November 2005, she has since travelled to The Netherlands, Ireland, and India with CISM teams. She has also travelled to many training camps throughout Canada.

Have a well earned rest with family and friends .

Ben and Margie Walsh Regina, Sask.

MBDR Penney

B-Battery 1 RCHA

Thank God for your return Robert,

Love, Kristi; Mom and Dad Plowman; Kurt and ALL the Critters

A great big welcome to our young veterans. Thank you for protecting our freedom and rights.

From the Canadian Veterans of the Korea War, Unit 17 of Manitoba.

Thank You for a job well done. We are proud of you.

Welcome home

Karen Griffin
Shilo Stag

For the next three issues of the Stag, we will be running welcome home messages from the community, family, friends and well-wishers.

Welcome home Troops & thanks very much for your commitment to keeping our world safe & peaceful. Thanks for all your hard work & sacrifices to keep us all safe & at peace, we owe you all a world of thanks. Thank you so very much to each & everyone

of you & your families , from all of us Sharon , Dan, Ryan & Travis Preston . Calgary

On behalf of my wife Margie and I we welcome all our troops home. You all are good Canadians; good soldiers and we are very proud of you.

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Test the nation, eh? Voter information



Photo courtesy of Cpl Maria Toone

The CF team for Test the Nation.

Cpl Sally-Ann Cole CF H SVCS Gp

Pte Katrine Lake recently traveled to Toronto for a very unique tasking. The RMS Clerk, with Canadian Forces Health Services Group HQ in Ottawa, was one of 36 Canadian Forces members to be featured on CBC's hit television show Test the Nation: Canada Eh? which aired on Sunday, September 7th on CBC.

Test the Nation is a live, interactive IQ test where teams, representing different occupations and areas of interest, participate in a real-time test while the audience at home can participate online.

The CF team was comprised of personnel from across the country representing the Navy, Army and Air Force. Both Officers and NCM's were represented with ranks from 2Lt to Maj and Pte to MWO. For many personnel, it was a chance to catch up with those they have not seen in awhile and provide a chance for CF personnel to discuss

their accomplishments, deployments and trade specifics with each other and the general public.

"When I applied, I thought that it would be something fun to do. I had no idea that I would be selected" said Pte Lake. "It was an honour to represent the CF on a national television show and I would do it again in a heartbeat."

Test the Nation: Canada Eh? consisted of six teams and included a CF team which was captained by Ed Robertson of The Barenaked Ladies, and the weathercasters who were captained by Quebecoise chanteuse and television and radio host, Mitsou. Alberta-born television actress, Keri Matchett, currently seen on ER, led the team of American-Canadians. The Tour Guides were led by Emanuel Sandu, who is a three time Canadian National Champion figure skater. Alberta-born Actor and Musician Tommy Chong, part of the Cheech and Chong comedy duo, led the team Reach for the Toppers and Jully Black, a Jamaican-Canadian singer/

songwriter whose hit "Seven Day Fool" has soared on the Canadian music charts, led the New Canadians.

A Projects Coordinator at 17 Wing Winnipeg, and one of the CF team members, Cpl Maria Toone said "participating on Test the Nation was an amazing experience."

While waiting for the taping to begin, a CBC staff member encouraged the teams to practice their individual cheers. A friendly team rivalry ensued. The American-Canadians team began an American chant. The CF team followed suit by standing and singing the National Anthem. "It was amazing because everyone stopped what they were doing, including the CBC Staff, and starting singing our anthem" said Toone. "There was a big cheer afterwards and it was such an incredible feeling."

All participants were sworn to secrecy not to reveal the winners or any specific questions or answers after the taping on 30 Mar 08, but according to producers, the show had the most exciting results in 'Test the Nation' history.

Test the Nation made was first created in the Netherlands and has since been produced in more than 40 countries. CBC'S first test, Test the Nation: IQ aired in March 2007 and was watched by 1.5 million viewers and more than 200,000 online participants. More recently, on January 20, 2008 Test the Nation: Trivia aired and was followed up in June with Test the Nation: Sports.

Leanne Nyirfa Elections Canada

You will need to bring identification with you in order to vote. That's the message from Marc Mayrand, Canada's Chief Electoral Officer.

"Recent changes to the Canada Elections Act mean that all electors must prove their identity and address when they vote or register to vote at federal elections, by-elections and referendums," said Mr. Mayrand.

Election officers will

require every elector to provide either one original piece of government-issued photo identification that includes your name and address, such as a driver's licence; or two authorized original pieces of identification, both containing your name, with one also showing your address, such as a health card and a utility bill.

The new measures came into force on July 26, 2007.

"I urge electors to bring sufficient identification to the polls so that voting can proceed smoothly and with-

out unnecessary delays," added Mr. Mayrand.

Electors can vote without identification by having another registered elector who has the required identification vouch for them. Both electors will be required to take an oath or an affirmation.

More information on the new identification rules, including the pieces of identification authorized by the Chief Electoral Officer, is available at *www.elections.ca under the "Voter Identification at the Polls" icon or by calling 1-800-IN-

Shilo Tae kwon-do

Capt. Dwayne Bos Faith Centre

This summer, Taekwon-do came back after many long years of being absent from CFB Shilo, under the instruction of Mr. Dwayne Bos Chief Instructor Shilo and Mr. Glen Gross Head Instructor, Ki-Rin, as

the examiner and expert practitioner. Newly graduated to 9th Kub, or white belt/ yellow stripe, is Courtney Weber of Shilo pictured with Mr. Bos after the presentation of her new rank. Shilo Ki-Rin ITF Taekwon-do practices Tuesday and Thursday evenings, 1830-2000 hrs

at the Faith Centre with full membership and training opportunities at the Brandon Ki-Rin club any time. Registrations for full time new members will be accepted until 23 September. Contact Mr. Bos at 724-4227 or ext 3088 for any questions.

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Taking leadership learning to new heights

Darin Guenette
Lookout Newspaper

Knowing what Swiss Army knives look like, have you ever wondered what multi-purpose tool the Swiss Navy issues to their sailors?

Well, four CF reserve officers, including myself, recently experienced an opportunity to learn all about the Swiss military directly from a small cadre of their finest service personnel.

Attending the course, known as International Junior Officer Leadership Development (IJOLD), were SLt Derek Moss (HMCS Scotian), Lt Brian Amos (33 Field Ambulance), and Capt Rodger Dunn (both of

443 Air Reserve Augmentation Flight).

This annual course, held this year in Zurich, Switzerland, Aug. 16 to 23, explores and shares leadership concepts from military organizations across the globe. The location of the course changes each year, allowing each host nation to communicate their ideas and techniques for developing leaders. Because the 2008 version of IJOLD was administered by the Swiss Air Force training organization, the attendees learned Swiss military leadership training.

This year's course saw 61 people from seven nations as students during the week-long session. The

nations represented were Canada, USA, UK, Holland, Germany, Italy and Sweden. Students were placed in classes of eight or nine people, with an effort to divide the nations up as much as possible. Seminars were held throughout each weekday, where subjects included leadership, management, communications, conflict and other key topics that may help leaders be effective.

Mixed in with classroom sessions were a wide variety of activities that forced collaboration between the students. The goal of these activities was to encourage each individual to exercise leadership skills and for all to learn about the intricacies of group behaviour. A session had students cook dinner one evening, where each group had to design and prepare one of the meal courses. Another exercise consisted of an obstacle course type race, where teams had to cooperate to achieve certain tasks.

Because a host nation also wants to leave a favourable impression of their location, there were also many opportunities for pure social interaction. On the opening Sunday, a field trip was organized to the City of Lucerne. Students were treated to guided walking tours, a museum visit and a traditional, Swiss cultural dinner event. Then, to end

the course, a closing dinner was held at a castle near Zurich.

The highlight of the evening was when each class carried out a skit for the rest of the participants. These skits were designed and composed throughout the week, and were a great way to ensure students learned lessons on working together despite language and cultural differences.

Without exception, all officers embraced the learning objectives and it is safe to say that each person learned something about being a better leader. A huge bonus of the course design is that people learned a great deal about how other militaries

operate and the similarities and differences in concepts of what makes a good leader.

There is a submission put forth for the 2009 version of IJOLD to be held in Victoria. Seeing the value of bringing together personnel from many countries for the purpose of exchanging leadership ideas, this would be a fantastic opportunity for the CF and Victoria to shine.

Oh, in case you are wondering about the opening remarks of this article, of course the Swiss do not have a navy. However, they do conduct armed patrols of major lakes throughout the country.

New generation vehicles for British Army



The Mastiff 2, a new generation vehicle now in use boasts increased armour and specially designed seats that will give the soldiers that extra protection

UK MOD

A £60 million contract to deliver the new generation of Mastiff vehicles - the Mastiff 2 - has been announced by Defence Secretary Des Browne on a visit to NP Aerospace, today, Monday 8 September 2008.

The Mastiff 2 vehicles, which will be built by NP Aerospace, have improved axles and suspension to cope with the harsh terrain; better thermal imaging for the drivers; explosive attenuating seats - providing better protection to the soldier on impact; improved armour; and greater crew capacity.

While visiting the facility in Coventry, the Defence

Secretary praised the company for its outstanding job in transforming basic Cougar 6 x 6 vehicles into the sophisticated Mastiffs, and in providing Osprey body armour plates and MK 6A helmets to our Armed Forces in Afghanistan and Iraq.

Defence Secretary Des Browne said: "The Mastiff is already a hero in Iraq and Afghanistan. Today's contract for Mastiff 2 will deliver a vehicle that is even better - improved thermal-imaging for the drivers, - it is the next generation of vehicles for our commanders on operations. The procurement of over 150 Ridgback vehicles represents a further spend of over £150million on protection for British forces.

Welcome back!

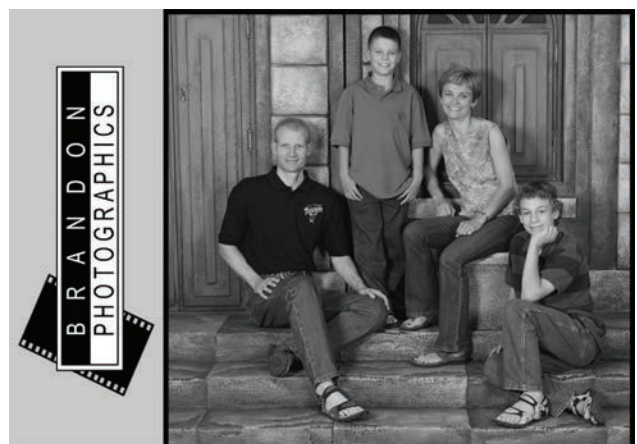
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Welcome Home

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Lordy lordy Canex turns forty



CANEX Manager Rick Kehler poses for the camera at the CANEX 40th Birthday celebration.

Karen Griffin
Shilo Stag

September 20th marked the 40th birthday for Canex.

From noon to 3pm families were treated to mini golf, paint ball, a cow milking contest and a variety of other fun and games for the kids.

The Independent Insurance company held a barbecue to feed giant appetites.

A local Hutterite community sold fresh local produce to interested visitors.

Established in 1968 the retail operation made up of a number of stores and services, designed specifically to meet the needs of



Photo by Quinn Roberts

National Manager René Parent along with CANEX store manager Rick Kehler and Silvia Ukleja present Heather Walker from the CANEX post office with her 15 years of service award.

the military community.

According to the website, Canex goes beyond the normal retail requirements in order to ensure the military community reaps extra benefit from the operation.

It also operates an international merchandising organization whose goal is to provide a wide range of goods and services to the Canadian military community.

In Canada, business consists of retail, grocery, petroleum, food services and special service outlets operating at CF Bases/Wings

and Units. In Europe, similar facilities are operated in Germany for NATO.

CANEX operates its outlets in the same way as any private sector retailer. We offer goods and services at competitive prices in an effort to meet consumer needs while generating profits for our owners - the CF. Our profits, like any business belong to our owners, and are distributed under a royalty formula (dividend) to CF Bases, Wings and Units where they are earned and go towards the funding of local Personnel Support Programs.

She's a winner



Carri Johnson stands beside her new BBQ she won with the CANEX summer backyard BBQ contest.

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Shifts available: 6am-2:30pm, 2:30pm-11pm. Restaurant is open Monday to Sunday 6am-11pm. Some overtime and last minute call-in may be required.

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Welcome Home Troops!

Hammers & High Heels



Tips for a successful school year

NewsCanada

Whether it's the beginning of the school year or well into the semester, sometimes helping a child succeed academically means understanding how he or she learns best.

Experts say children's individual learning styles are linked to one or more of their senses and can generally be classified in one of four categories: visual, auditory, kinesthetic or tactile. Knowing

the group in which your child falls can help him or her overcome scholastic obstacles and, in many cases, move to the head of the class.

"Successful learning happens when we make a connection between what we are attempting to learn and our personal strengths," says Dr. Mary Mokris, an education specialist for Kumon Math and Reading Centres. "When the connection is made, learning is easy.

When it isn't, difficulty follows." She offers these tips for identifying your child's learning style:

Seeing Is Believing

Visual learners learn best when "shown" how to do something. They thrive on written directions. If your child is a visual learner, it could be best for him or her to write and rewrite a spelling list he or she is studying to see the letters come together on the page.

All Ears

Auditory learners retain more information from what they hear than read. Auditory learners can make an audio recording of themselves spelling out words on a spelling list so they can replay them and spell along with the tape.

Move On

Kinesthetic learners express themselves through movement and often have trouble sitting still. To learn a spelling list, a kinesthetic learner can use his or her

body to form the letters, can put the words on objects or can recite the spelling of words while jumping rope.

Feeling Smart

Tactile learners need to feel and manipulate objects with hands-on experience in order to learn best. They can use magnetic letters to spell out spelling words on the refrigerator or form the letters in clay or sand.

"If you know your child's strongest learning style, share this information with the

teacher," says Dr. Mokris. "That can help them adapt certain lessons appropriately."

For instance, at Kumon Math and Reading Centres, instructors offer an oral reading component to the reading program and math manipulatives such as the number board in the math program. The program currently helps more than 4 million children in 45 countries. More information is available online at www.kumon.com.

Raising an environmentally friendly family

NewsCanada

Instilling a sense of environmental responsibility is good for your children - and their future. Your kids absorb all of the values that you live as a family. That means you'll exert an influence just by making environmental awareness a part of your outlook.

The idea beneath it all: Your entire household is a living, breathing organism with its own environmental "footprint." Try to walk gently by practicing the three Rs - reduce, reuse, recycle - as much as you can. Taking an "every bit helps" attitude also helps your kids feel empowered by teach-

ing them the many ways that they can contribute to helping our planet.

Ideas for your green team

The big turn-off. To help remind everyone to turn off lights, computers, tvs, stereos and video game units when not in the room, set up a penalty jar. At the end of the year, buy a tree for the yard, bikes for the family, or make a donation to a green charity.

Get out. Enjoying outdoor activities in natural surroundings fosters respect for nature and an understanding of our place in it. Camping, nature walks, cross-country skiing and canoeing are just a few ways of getting closer to the natural world.

Own it. Make each child responsible for learning about and carrying out one green activity. For example, your 14-year-old son could be responsible for replacing batteries with rechargeable ones (except in smoke and CO2 alarms) and keeping them charged.

From hummus to humus. Maintaining a compost bin is a fun way for younger kids to see first-hand how our actions can affect the earth in a positive way.

Go sale-ing. Make it an annual tradition to hold a clutter-busting family lawn sale for unwanted toys, clothes, books and DVDs. Or schedule a twice-yearly trip to the thrift shop.

Lunch without litter. Pack lunch foods and drinks in reusable plastic containers with reusable cutlery and a washable cloth napkin, and get everyone a cloth lunch sac in a different colour for easier grab 'n' go mornings: it could save nearly 20 kilograms of garbage per person each year.

Pass it on. Rent, borrow or share DVDs and videos, videogames, music and books more often, or buy used instead of new.

Clean green. Take work clothes and school uniforms to a green dry cleaner that doesn't use toxic solvents such as perchloroethylene and that will recycle used wire hangers and plastic



clothing wrap.

New threads. Traditionally, textiles have had a big impact on the environment (1/3 pound of chemicals are needed to produce the cotton for one t-shirt). Recycle old clothes as thrift shop donations or the rag bin. Many

teens are into vintage and repurposed designs.

Look for new clothes in innovative "green" fabrics made from sustainable sources such as hemp, soy and bamboo.

More greener living tips can be found online at www.homebasics.ca.

Windsor Plywood's Annual Yard Sale - 2 Days Only, September 19th & 20th
Don't miss this huge, once a year event - our 7th annual Yard Sale

Free coffee while you shop Free advice every day Great service every day

Great deals on slow moving stock, seasonal products, weathered lumber and plywood, discontinued products and damaged goods

	<p>12.3 mm Laminate flooring, plank style 2 colors .99 sq ft</p>		<p>Steel entry doors #1 grade 32", 34", 36" widths available \$49⁹⁹</p>		<p>Fiberglass entry doors unfinished slabs \$89⁸⁸</p>	<p>Corner wall tempered glass shelving 7.08 each Clear Pine moulding, 96" lengths, popular profiles 1.98 each Decorative columns, 96" lengths Save 10% 4x4 PVC post covers, 8ft white & brown 11.08 each PVC pre-made fence section, 48"W x 72"H, brown 28.08 each</p>
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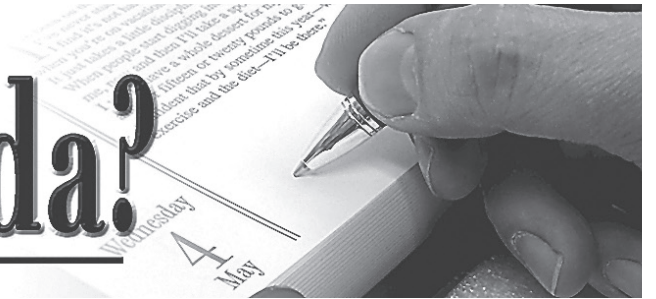
All products are cash and carry only and must be in stock. Limited quantities on hand, shop early. Delivery available.

The experts you need to know!

Windsor Plywood

1840 18th Street North Brandon, MB 728-4243

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*

Ki Rin ITF Taekwon-do Shilo

Instructor: Mr. Dwayne Bos, I
Location: T-119 Faith Centre,
Notre Dame Road
Phone: 724-4227 or ext 3088
Starting Date: September 9/08
Practices: Tuesday/Thursday
6:30 pm
Monday 6pm White Belts, 7pm
Colour Belts at Brandon Ki Rin
(10th Street between Rosser/
Princess)
Ages 7 and up
Fees: \$40 per month (uniform/
sparring equipment extra)
Pre-register any time or after
introduction classes
Registration for new members
must be completed by Sept. 23

**The Royal Canadian Legion
Brandon Branch #3
560-13th Street East**

September Activities

- **Weekly cribbage** in the Lounge, Tuesdays, 7:30 pm, starting Sept. 16
- **Weekly soft dart league** in the Lounge, Thursdays, 7:00 pm. For further information, call Jack @ 727-5869
- **Weekly bingos**, No. 3 banquet hall, Thurs. Doors open @ 5:30 pm, early birds start @ 7:00 pm, regular games @ 7:30 pm. All welcome!
- **Weekly meat draws**, in the Lounge, Fri & Sat @ 4:30 pm. Everyone welcome!
- **September 23** - Legion No. 3 Branch Meeting, 7:30 pm in the Banquet Hall. For membership information please call Barb @ 727-3054
- **September 27** - Beef Pit Barb-B-Q will be held at the Legion No. 3 from 6 - 7 pm. Adults \$12, children 6-12 \$4. Dance to follow with music by the Reflections. Door Prizes!
- **October 4** - Maple Leaf Dance at Legion No. 3 Banquet Hall from 8 pm - 12 am. Lunch served. Music by Silver Wings, admission \$10.

Weight Management Classes

A series of 8 classes focussing on healthy eating, activity, motivation, and emotions. Practical tips to assist with weight management.

**Starts: Monday,
September 22nd
6:30 - 8:00 pm.**

Call 571-8357 to register.

Shilo Community Library

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

Do you or someone you know have an acquired brain (head) injury?

Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!

What are your issues in dealing with or supporting someone with a brain injury?

Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.

For more info call
578-4500 or go to
www.brandonrha.mb.ca

CFB Shilo's Annual Christmas Craft Sale

Saturday,
November 1, 2008
9 am - 2 pm
Community Centre Annex,
Bldg L-25
Tables \$10 each
To book your tables or for more information, please call
765-3000 ext 3588

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.

Shilo Community Library

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

Couch Potato Challenge

Get moving! Help "Walk Our Troops Home" from Afghanistan! Complete some or ALL of the listed activities. Fill out the entry form. Return it to the Health Promotion Office (CANEX) or e-mail to walkourtroopshome@gmail.com. ALL entries received by Friday, September 26th will be entered into a draw for prizes.

Entry Forms must be submitted to the Health Promotion Office (in CANEX) NO LATER than Friday, September 26th. To get an entry form, please call: Jo-Anne Douglas @ 765-3000 ext. 3867

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!

CLASSIFIED ADS

Email: stag@mts.net • Phone 765-3000, ext 3013 • Fax 765-3814

**\$10 for first 20 words,
10¢ for each additional word***

**Deadline for next issue:
SEPTEMBER 25, 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.*

Lost

Household/Yard Auction Sale
For Don & Anne Brow
Saturday, October 4
10:00 am
2 1/2 miles south of
Douglas on 340
Lots of furniture, household,
shop, antiques/collectibles.
Few items include - complete
bedroom suite, washstand w/
porcelain bowl & pitcher, Rock-
well plate set, China cabinet,
pair of Pierrot Porcelain dolls,
gate leg table, coal oil lamp,
10" radial arm saw, 10" planer,
treadmill & 1965 Ford 1/2 ton
V8 Std, low mileage, runs great.
MANY MORE ITEMS IN EX-
CELLENT CONDITION. Auc-
tionees; Ken Robinson/Bruce
Curtis

Homes to Move

TO BE MOVED: 1998 Modu-
line 16x76 Mobile Home. 3
bedrooms, 2 full baths. Sky-
light. Good condition. Price
\$62,500.00 Phone: 763-4250

For Sale

For Sale: fully equipped 25
gallon fish tank, all ready to go
plus 11 fish. Asking \$125.00. If
interested call 765-4556

For Sale

For Sale: Mason & Rich Up-
right Piano with matching
bench in good condition, excel-
lent for beginner and interme-
diate players, \$450; wooden
glider with cushions, \$25; 2 po-
sition high chair, also converts
to chair and table for toddler,
\$35. Call Nathalie at 763-4139.
Pictures can be emailed.

Sailboat Abbot 22. Fin keel
new sails VHF radio motor at
Ninette Village, Pelican Lake.
\$13,500. Custom trailer \$5,500.
728-8239 or taylorm@west-
man.wave.ca

For Sale: 24 cubic side by side
fridge/freezer, 3 yrs old, white
in colour. Asking \$800.00. If
interested call 765-4556

For Sale: Quad Pocket Bike
\$350. If interested please con-
tact Jaime 765-5144

Child care

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.

Child care

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

Licensed daycare - 2 spots for
school age (before and after-
school care available and in-
service days coming up), 1 full-
time spot for preschooler age
2-5. Call Crystal at 765-2617
for interview. Filling up fast!

Wanted: Reliable, mature per-
son to babysit our 3 kids in our
home, full-time days. If inter-
ested, please contact Jaime at
765-5144

Wanted

Kim's Grocery in Wawanesa
is now hiring. Full and
Part-time positions are
available. Apply in person
between 9am and 6pm. Please
call Monica or
Daniel at 824-2481 for
further information.

Lost

On evening between Aug.
4-8 between Royal Ave. and
the CFHA, an iPod Clas-
sic. If found, please contact
765-2926.

Services

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

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Service, Great Rates! Provid-
ing a full range of tailoring,
repair work and custom sew-
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hemmed, Garment repair, Mess
Kits, Custom Kit modifications.
Home 763-4202, cell 573-9278

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testing, vegan approved skin
care products for babies to
adults. SAMPLES available.
Please call Audrey Brazeau at
765-5180 for more information

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Canadian Firearms Safety
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ed, Manitoba Hunter Safety
Course Instructor Greg Steele
725-1608 or ggs57@wcgwave.
ca call for next course dates,
challenges by appointment.

Dick & Jane went to a
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in. Now they don't answer their
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Curious?? 204-573-3573
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pointment today or shop on-
line. 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

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

Our Lady of Shilo

Roman Catholic Chapel

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

*Both chapels will be open
Wednesday afternoons from
1200 - 1500 hrs
during the deployment for
prayer and quiet
reflection.*

Golfer's gold medal par for the course



Major Al Jensen won a gold medal in the senior men's category at the 5th Annual CISM World Military Golf Championships at the Hylands Golf Club in Ottawa. He also took home a silver medal for the men's team second place finish overall. The women's CISM Golf Team finished in third place, taking home a bronze medal.

Mary Ellen Green
Lookout Newspaper

Major Al Jensen knows every hill and valley of the Hylands Golf Club course in Ottawa like the back of his hand.

He was a former Hylands club member, five-time and reigning club champion and a former employee.

It was at the Canadian Forces golf club that he got his start to the game at age five, and it's also where he struck gold at the 5th annual CISM World Military Golf Championships held Aug. 17-23.

"I think I had a bit of an advantage because I grew up on that course. I started working there when I was 11 in club storage, and my father was the head pro and worked there for 30 years," he says.

In four rounds of CISM play, he scored 71, 73, 76, 71 respectively, leaving

him with a score of three-over-par (291), two strokes behind the tournament leader, and locked in a four-way tie for second with three American golfers.

Maj Jensen was awarded the gold medal in the senior men's (over 40) category. The three remaining players had to go to score card retrogression to decide the silver and bronze medals in the men's individual category.

"Nothing beats the feeling of standing on a podium hearing your national anthem play – it's just like the Olympics," Maj Jensen says.

Ireland's Kieran Kennedy was the men's individual winner, with a score 289.

The Canadian men's CISM Golf team finished second overall, while the ladies team took third. Captain Chantale Belley took bronze in the ladies

individual race, bringing the Canadian team's medal total to four, their best ever showing at the World Military Golf Championship.

Maj Jensen played golf through high school and college, and has competed as a junior and amateur at the regional, provincial, and national levels. After joining the military in 1980, he played military golf, making the national team 11 times in 12 attempts spanning a 19-year period.

Since golf was elevated to World Championships status in 2003 he has travelled to Pakistan, Ireland, and South Africa to play for the top spot.

This is the second time he has returned home with a gold medal, and Maj Jensen has decided it will be his last.

"We are athletes and we take our sport very seriously," he said. "It is all

our own time and money to compete in amateur golf tournaments and practice until the team selection program starts and the team is named."

Over the next four years, he won't have the time it takes to fully commit to training for competition due to professional and personal responsibilities.

Maj Jensen is due to take over as Commanding Officer of 11 Service Battalion next year, and until then, he is serving double duty as the Deputy Commanding Officer and Deputy Joint Engineer at Joint Task Force Pacific Headquarters.

"I couldn't have written this finish any better. I wanted it to play out this way – in Canada, at my home course, in front of family and friends, with personal and team success. It's going to be difficult to leave the program, but there is a time for everything."

Harvest Pumpkin-Pineapple Loaf

Mealtime.org

With canned pumpkin and pumpkin pie spice, this bread is bursting with fall flavors!

Ingredients:

Non-stick cooking spray
2 1/2 cups sugar
1 stick (8 tablespoons) butter, softened

1 can (15 ounces) solid-pack pumpkin

1 can (8 1/4 ounces) crushed pineapple in juice (juice reserved)

4 large eggs

3 1/2 cups all purpose flour

2 teaspoons baking soda
2 teaspoons pumpkin pie

spice

1 teaspoon salt

Confectioners' sugar (optional)

Tip: If desired, walnuts may be added. Prepare recipe as directed, stirring in one cup coarsely chopped walnuts when adding the dry ingredients.

Preparation Time: Ap-

proximately 15 minutes

Cook Time: Approximately 60 minutes

Preparation:

Heat oven to 350°F. Lightly spray two, 8 1/2x4-inch loaf pans with cooking spray.

Beat sugar and butter in a bowl until blended. Add

pumpkin, pineapple and eggs; beat well. Set aside.

Combine flour, baking soda, pumpkin pie spice and salt in a separate bowl; stir into the pumpkin mixture, mixing until the dry ingredients are completely moistened. Divide batter between the prepared pans; spread evenly.

Bake for 55 to 65 minutes or until a tester inserted in the center comes out clean. Cool for 5 minutes. Remove from pans and cool on wire racks. Sprinkle with confectioners' sugar, if desired.

Servings: 16

Have a recipe you'd like to share?

Email us: stag@mts.net

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

Brandon

Safeway - Corral Centre
Safeway - Shoppers Mall
Brandon Armoury
Women's Resource Centre -
Town Centre Mall
Royal Cdn Legion #3

Sobey's

• 1645B 18th Street
• 3409 Victoria Ave
Forbidden Flavours
• 1060 18th Street
• 3300 Victoria Ave
ANAF - 31 14th St.

Carberry

East Side Service
Carberry Legion
Douglas
General Store
Minnedosa
Minnedosa Legion

Shilo

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

Sprucewoods

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

Wawanesa

Lucky Dollar



Volume 47 • Issue 18

Regular Circulation: 3,000

Delivered by The Shilo Scouts & Girl Guides

Printed bi-weekly by the
Brandon Sun, Brandon, MB



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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.

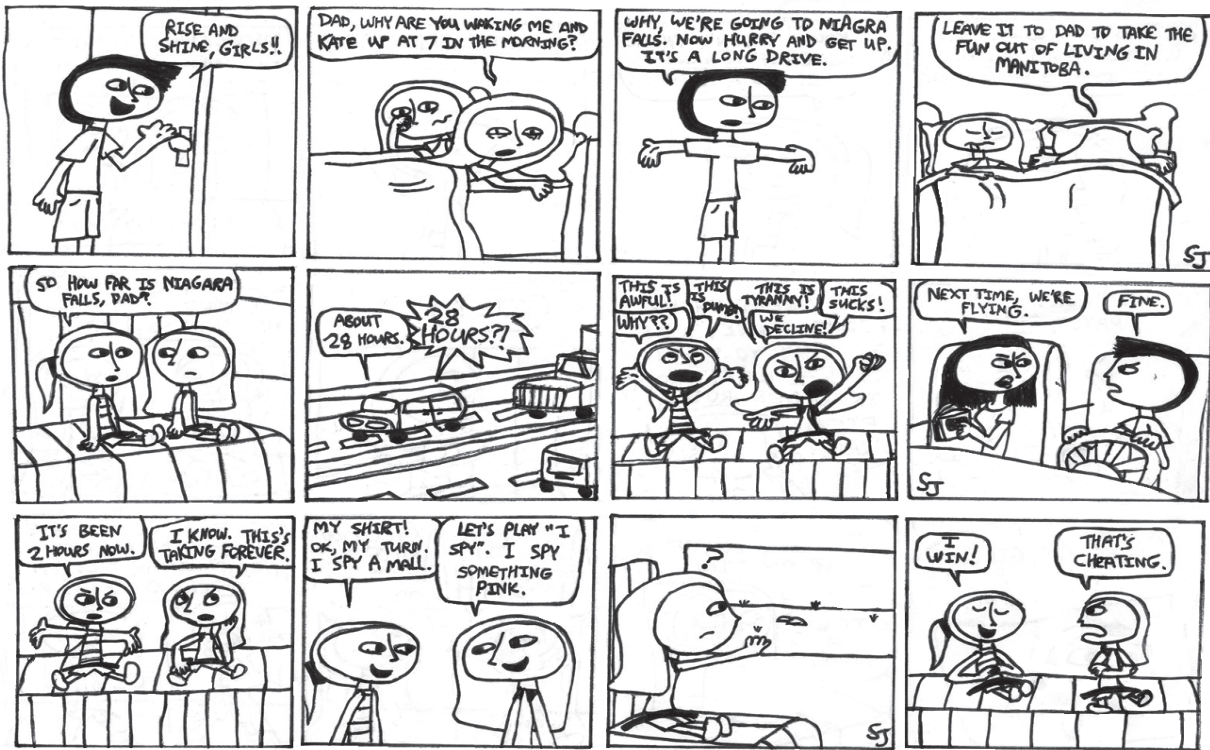
Submissions can be sent to the Stag via email at stag@mts.net, dropped off at the Stag office located in the Shilo Community Centre or via Inter-base mail.

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.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.

Kyra and Kate

by S. Joudrey



LONG TERM PLANNING (LTP) SEMINAR

If you are a Regular or Reserve Force member in the early stage of your career (3-10 years), you should attend this seminar!

- UPGRADING
- POSTING
- FAMILY
- PURCHASING A HOME
- INCURRING AN INJURY
- CHANGING TRADES

DATE: Tuesday, 28 October 2008
 TIME: 0800-1600hrs
 LOCATION: MPTF
 DRESS: Civilian or Military Attire
 COST: Free

**See Shilo Banner
 Or call ext 4078 to register**

WELCOME HOME TROOPS

Don Parent
 761-6900 (cell) 728-0130 (work)
 donp@murraychevbrandon.com

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Travelling from Shilo to Brandon? Call

Shilo Taxi Give Taz a call!
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Knight-Line Express Charters or
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Apply at
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Odyssey DX model RL3818E

ODYSSEY DX
 The 'benchmark' minivan
 Stylish exterior
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 PER MONTH FOR 48 MONTHS
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\$33,030 MSRP
 INCLUDES FREIGHT & PDI. TAXES EXTRA

Odyssey	
Distance per Tank [◇]	Tank Capacity
1,026 km	80 Litres
City: 12.4 L/100km	23 mpg
Hwy: 7.8 L/100km	36 mpg

◇Approximate distance based on highway mileage



CR-V LX model RE3838E

CR-V LX
 Top safety rating
 Class leading resale value
 Versatile storage
 Outstanding fuel efficiency

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\$298 @ 1.9%
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 ON APPROVED CREDIT WITH \$3,312 DOWN
\$29,330 MSRP
 INCLUDES FREIGHT & PDI. TAXES EXTRA

CR-V	
Distance per Tank [◇]	Tank Capacity
795 km	58 Litres
City: 10.3 L/100km	27 mpg
Hwy: 7.3 L/100km	39 mpg

◇Approximate distance based on highway mileage



Element LX model YH1738E

ELEMENT LX
 64 seating configurations
 Low emissions & high fuel efficiency
 Solid steel body structure
 Vehicle Stability Assist (VSA[®])
 for better handling

GasCard^Σ
\$2,000
 On select 2008 Element models

LEASE FOR | LEASE APR
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 PER MONTH FOR 48 MONTHS
 ON APPROVED CREDIT WITH \$4,429 DOWN
\$26,830 MSRP[†]
 INCLUDES FREIGHT & PDI. TAXES EXTRA

CR-V	
Distance per Tank [◇]	Tank Capacity
741 km	60 Litres
City: 10.5 L/100km	27 mpg
Hwy: 8.1 L/100km	35 mpg

◇Approximate distance based on highway mileage



ACT NOW for best selection!



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†Limited time lease offers based on new 2008 Honda models. Lease examples based on new 2008 Odyssey DX, model RL3818E / 2008 CR-V LX 2WD, model RE3838E / 2008 Element LX, model YH1738E. Total lease obligation is \$22,477.86 / \$19,730.20 / \$20,981.15. Taxes, license, insurance and registration are extra. 96,000 / 96,000 kilometre allowance; charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade down payment or equivalent trade, \$1,540 / \$1,540 / \$1,540 freight and PDI. Finance example based on new 2008 Honda models. Finance example based on new 2008 Element LX, model YH1738E available through Honda Financial Services on approved credit. †MSRP is \$26,830 (includes \$1,540 freight and PDI) financed at 0.9% APR equals \$457.47 per month for 60 months. Cost of borrowing is \$618.26 for a total obligation of \$27,448.26. Taxes, license, insurance and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. †Limited time financing offers based on new 2008 Honda models. Finance example based on new 2008 Odyssey LX and EX, models RL3828E / RL3848E; \$4,000 available on Odyssey LX and EX, models RL3828E / RL3848E; \$2,500 available on Odyssey EX-L / EX-L RES / EX-L Touring, models RL3868J / RL3878J / RL3888K; \$2,500 available on CR-V LX 4WD / EX, model RE4838E / RE4858J; \$3,500 available on CR-V EX-L / EX-L Navi, model RE4878J / RE4878KN; \$3,500 available on Element EX, model YH1778EX / YH2778EX / YH2778EX; \$5,000 available on Element SC, model YH1798E / YH1898E; \$3,000 / \$1,000 / \$2,000 Gas Card offer applies only to retail customer purchase, lease or finance agreements for select new 2008 Odyssey models (DX & LX) receive \$2,000 Gas Card; all other Odyssey models receive \$3,000 Gas Card / all new 2008 CR-V models / all new 2008 Element models concluded, respectively between September 3rd, 2008 and September 30th, 2008. Gas Card offer includes GST, PST, HST, QST, where applicable. Valid only on purchase, lease or finance agreements concluded at participating Honda retailers. #E171#Offers valid from September 3rd, 2008 through September 30th, 2008 at participating Honda retailers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. *Based on 2008 Fuel Consumption Guide rating published by Natural Resources Canada. These estimates are based on Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada's EnerGuide Fuel Consumption Guide for more information. Based on Odyssey with 3.5L engine, automatic transmission and Advanced Variable Cylinder Management™. (Advanced VCM™) System / CR-V 2WD with 2.4L engine and automatic transmission. Visit www.vehicles.gc.ca for more information.