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Your Canadian Forces Base Shilo Community Newspaper

Volume 45 Issue 7

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April 13, 2006



Julia Malo, 6, Tricia Payne, 8, and Chloe Knautz, 11 all write messages to their fathers who are deployed to Afghanistan. This MFRC Deployment initiative will see the banner sent over to the troops, just in time for Fathers Day. The MFRC will also be preparing Mothers Day banners to be sent as well. For more on deployments, see page 2.

Photo by Janine Avery/Shilo Stag

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**THE SHILO
STAG**
The Canadian Forces Post 2000 Community Newspaper

Deployment News



The city time almost forgot

PO 1st Class Cuell Camp Nathan Smith

A mixture of dust and smoke hangs over the city of Kandahar, Afghanistan. The smells of diesel exhaust, cooking fires, and raw sewage assaults the senses. Like something out of a bad movie from the 1920s, the city is a mixture of rubble, bombed out buildings, and general decay. The city of Kandahar sits at the northern edge of the Kandahar plain. To the south lie a great desert and the gateway to Iran. To the north; west and east are some of the most rugged mountains in Asia - the fabled Hindu Kush and Pakistan's Northwest Frontier. Kandahar is a city with a foot in two eras, and is representative of the whole of Afghanistan in this regard. As the country tries to pull itself out of the past and into the future, the old and new worlds are bound to collide.

Founded by Alexander the Great in the 4th century BC, some would argue that not much has changed since. But looks can be deceiving. Mixed in with the residue of thirty years of warfare, modern glass and steel buildings are beginning to sprout up. Adver-

tisements for computers, cell phones, and appliances are everywhere. Small shops on every street are filled with fresh produce and consumer goods. Bicycles, Tuk-tuks, and jingle trucks mix with Mercedes, BMWs, and the ubiquitous white Toyotas.

A city that became synonymous with the Taliban, Kandahar is one of the most conservative areas of Afghanistan. Women are seldom seen on the streets, and if they are they are usually covered head to toe in a long, flowing gown known as a burka. Most men are bearded and wear the turban common to this area. Times are changing though. You often see the younger generation clean-shaven and in western garb. Cellular telephone advertisements are everywhere and their use is on the rise.

Kandahar is beginning to resemble most cities in the region. There are a few very wealthy families, but the vast majority of the population remains desperately poor. There seems to be no middle class. The old city with its narrow alleys and streets houses some of Afghanistan's poorest citizens. Mud-brick huts

dot the suburbs and Nomadic tribesmen set up camp on the outskirts of the city.

This disparity is at the core of Kandahar's troubles. The great gulf between the wealthy and the poor creates a climate where crime and banditry thrive. The poor are forced to turn to crime in order to survive, and the rich are forced to raise private militias to protect themselves. The police are poorly paid, if at all, and are ill equipped to combat the problem. A certain level of corruption pervades local government and contributes to the unstable environment by depriving the citizens of badly needed funding for programs designed to improve their lives.

How are these problems going to be fixed? The Afghans themselves will fix them. The international community cannot heal all the ills of Afghanistan. It is a case of "physician heal thyself". What the community of nations can do is nurse Afghanistan back to health using the Afghans to deliver the care.

This is where Canada can make the greatest contribution. For years Canada's forces were given the worst and toughest of the UN peacekeeping efforts.

Like a hot hockey rookie, we consistently exceeded expectations and have now been called up to the big leagues. Canada's Armed Forces, Foreign Affairs, and development agencies are well suited to the task of bringing order to chaos in Kandahar. Our army will bring stability to the region so that our diplomats and development officials can rejuvenate the government and rebuild the country.

Kandahar will continue to be a city that time almost forgot until the gap between rich and poor is reduced, confidence in government is restored, and the population begins to live in the same century as the rest of the world. For as history has shown us, where Kandahar goes, so goes Afghanistan, and where Afghanistan goes, so goes global security.

Petty Officer 1st Class Cuell is a Physician Assistant and the second in command of the Unit Medical Section at Camp Nathan Smith. A 27-year veteran of the Armed Forces he has served on numerous missions at home and abroad including Alert, Croatia, Rwanda, Bosnia, and now Afghanistan.

Letters to the editor...Letters to the editor...

Civilians share grief and compassion

I would like to relate an incident that happened recently that restored my faith in Canadians.

I had just arrived home from taking my daughter to soccer when my son ran downstairs with a cake box in his hands saying, "Look at what the neighbours gave us".

At first I thought it was our next-door neighbours with whom we are good friends. However, it was people who live about 10 houses away from us. We had never met these people. This was after the first casualties from the new deployment in Afghanistan.

When this lady and

her son showed up at our door, as she handed the cake box to my wife she said "I know that your husband is in the army. I don't know if what is happening in Afghanistan affects you personally but we wanted you to know that we appreciate the sacrifices that you and

your family must endure as part of the military. We hope that you will accept this as a token of our gratitude".

Written on the top was her address as well as the names of all the members of her family.

Cpl BD Walsh
731 Signal Squadron

Shilo civilian experiences Kandahar

Brenda Cavanagh Kandahar Airfield

Last night was exciting, felt the ground shake beneath me. Wasn't quite expecting that. I know I was looking for an experience, but that was a little close to home for comfort. I felt like a drill sergeant as I yelled "hit the

floor" and get out you PPE (personal protection equipment). As I was crawling around on the floor to make sure everyone in our tent was okay, they started laughing at me because the told me I looked like Sally Fields in that army movie she played in. No freaking respect!

One of the ladies in our tent looked at me and said "if its our time Brenda at least I have me teeth in. I just about peed my pants. As we are all lying on the floor in our tents with sirens whaling in the background all we could do is laugh. My God, I know now this wouldn't be for ev-

eryone but, you know... it's still a good thing!

Cheers from the sandbox!

Brenda Cavanagh is currently working for CFPSA in Afghanistan. She wrote this update the morning after a mortar attack at the Kandahar Airfield.

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

Fourteen year old inspires C.A.F.E Day for troops

Ann-Janette Zuber

Canadian Armed Forces Encouragement Day (C.A.F.E) was started by an inspirational young 14-year-old girl in Pickering, Ontario, Auriele Diotte. She states that in the time it takes to drink a cup of coffee, one could have written a thank you letter to our troops!

Originally challenging her Grade 8 class to write letters to the troops, her idea has taken a life of its own. Michael Diotte, a minister and Auriele's father, has helped to get the word out their about what his daughter is striving to achieve.

Now, congregations around the country have begun taking pictures of themselves on Sundays, waving to the camera. These pictures of support from hundreds and thousands of Canadians are going to be sent to our troops as part of a nation-wide campaign.

In addition, Auriele has met with her MP, Dan McTeague, who will address Parliament to put into record all that this young

woman has done for our troops and their families; that she, as the voice for thousands of youth across this country, will be helping to initiate a bill to make a National Day of Recognition for our troops.

When asked how she felt about initiating change in our country, the humble 14 year -old replied in true teenage fashion, "Cool!"

With Parliamentary sessions recorded forever in the annals of history, Auriele will go down as an inspiration to both present and future generations.

Finding inspiration in Auriele's story, Angeie Zuber of Shilo and Public Affairs Representative for Canada's largest support site for military spouses (www.marriedtothecanadianforces.com) contacted the family in mid-March wanting to help add to the movement.

She put forward that she would contact every school board and district in the country in an effort to get them on board with a National Letter Writing Campaign.

"She amazes me," Zuber stated, "with no affiliation to the military, this young girl wanted to make sure our troops felt supported. If only more young people were like her, this world would be a far different place."

Zuber, to date, has contacted over 225 school boards and 99 schools individually in the Northwest Territories.

"I was only able to get a hold of the school boards that had a public email address. Most provinces emailed their spreadsheet to me which I put into a distribution list and sent out the information for the National Campaign. Some school boards may not have received any information at all, but they are free to contact me, said Zuber.

I provided a letter about Auriele, her and her family's vision, and a multi-grade lesson plan. The lesson plan allows for the activity to be taught from K-12 and provides a variety of ways to implement the activity. There is absolutely no prep time required for a teacher, yet the

benefits are outstanding."

The targeted drop date for letters to begin to be sent to OP ARCHER, Afghanistan was April 10th, 2006. DND has notified Belleville that there will be a huge influx of mail for our soldiers. It is hoped that they will display all of the letters, drawings, poems, and pictures for all of our soldiers to see.

"To see that people back home support our troops will be such a boost in morale, said Michael Diotte,

To see people's faces who support them, waving,

smiling, sending prayers to all of them, well, I am just so proud of my daughter," he finishes in a whisper.

And he has great reason to be proud. If, as Angeie Zuber predicts, every school board that she contacted takes part, and they have 30 schools in the district and each school has 300 students but only half participate, then potentially the soldiers could see over a million letters, pictures and sentiments of support coming their way. One million letters written by children, much like their own, in

support of them and what they are doing.

For more information about the National Letter Writing Campaign for our troops, please contact Angeie Zuber at: angeie@marriedtothecanadianforces.com or (204) 765-4983. You may obtain a copy of the K-12 no-prep lesson plan for your school or district by using the above email.

Auriele's website can be found at www.cafeday.ca Please visit this young lady and leave comments on her website.

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To the families of soldiers in Afghanistan

BGen Tim Grant
Cmdr LFWA

Since last fall, Commanders at various levels within the chain of command have attempted to convey to you how difficult the deployment to Afghanistan would be. This level of concern has unfortunately been borne out through a series of events over the last month. I have no doubt that they have made you very sensitive to any and all news from Afghanistan, whether it is from the media or from speaking with your loved ones. In hindsight, I should have written this letter prior to the deployment of our troops to Afghanistan. I am publishing it now in order to eliminate some of the concern that may be in your minds.

I believe the primary issue of concern, on many of your minds, is what would happen if your loved one is a casualty in theatre. I will therefore attempt to clarify what actions are taken and what type of support you can count on,

should an incident occur in theatre. You may rest assured that Land Force Western Area (LFWA) has a robust system in place to facilitate notification and provision of support during this difficult period.

Notification is conducted based on the most current information provided by a soldier prior to his/her deployment overseas. This information is contained on a Personal Emergency Notification form and it lists a soldier's primary and secondary next of kin.

After an incident, our primary focus will be to contact the next of kin and make face-to-face contact. The Commanding Officer and Regimental Sergeant Major (or their representatives) are personally responsible for visiting the next of kin and they will be accompanied by chaplain support. If the primary or secondary next of kin live outside of the key garrison locations, local resources (both civilian and mili-

tary) may need to be utilized. If the primary next of kin is not available at the address listed on the Personal Emergency Notification form, a decision will be made at that time to contact the secondary next of kin. A member of the notification team will remain with you as long as needed. If possible, a soldier involved in an incident will be directed to phone home as quickly as possible in order to speak with you.

An assisting officer will be appointed to assist you and he/she will make contact with you as quickly as possible. They will facilitate the passage of information to you and assist you in the days, weeks or months to come. They are there to provide you with support and any assistance the Canadian Forces can provide. You must be aware that once all of the next of kin are contacted, the names of the casualties will be released to the media and the Military Family Resource Centre. Local

and national media will often try to contact you in order to conduct an interview. You are not obliged to speak to the media, but if you chose to do so, support from the military public affairs office will be made available.

A casualty will be treated at the medical facility in Kandahar and/or evacuated back to Canada, possibly through an interim staging facility in Landstuhl, Germany. Landstuhl is a US medical facility, which contains experts on combat injuries. Once the casualty is stabilized, they are returned to Canada for further medical care or rehabilitation/ recuperation.

The stay in Landstuhl may be as short as 24-48 hours or several days depending on individual circumstances. The medical staff will normally only recommend that the next of kin travel to Landstuhl when the injuries are deemed to be serious and the soldier is likely to remain in hospital for an extended stay.

The medical staff will recommend the maximum number of family members that should go to Germany. This may necessitate a difficult decision over who will remain at home and who will accompany you to Germany. Unless there are any medical restrictions, the military will usually follow the wishes of the military member and the primary next of kin. Should travel to Landstuhl be required, our assisting officer will coordinate and provide administrative support to you. I am responsible for approving military support for the movement of family members. I want you to know that I will base my decisions on the recommendation of the medical staff and the wishes of the primary next of kin.

Upon return to Canada, injured soldiers will receive treatment at a major medical facility. The location for ongoing treatment, rehabilitation and recovery will be selected

based on a number of variables including: follow-up treatment required, family circumstances and next of kin locations.

The care and support provided to our soldiers is paramount, however, I also acknowledge that we have an equally important obligation to support their families and next of kin. It remains my intent to provide you with as much assistance as possible during this difficult time. I have directed that the chain of command within LFWA meet this obligation through timely passage of information and compassionate support to the families and injured soldiers.

If you have any doubts as to who is listed as the next of kin for your loved one, you should contact the appropriate unit rear party. Further information can be obtained through your local Military Family Resource Centre or from your unit rear party organization.

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Dispute resolution available

MWO Lloyd Harris

As we all know, we live in a somewhat volatile and un-easy world. We see it everyday on the television and read about it in the newspapers and on the internet.

Today's workplace, stress levels are at an all-time high and things said or done can be misunderstood or misconstrued. When this happens, disputes in the workplace can boil up and being in or working for the military, we are not exempt from this phenomenon.

There are many ways out there to settle these disputes. The Dispute Resolution Centre (DRC) is one such place where alternate dispute resolution (ADR) services are offered.

What is ADR? ADR is a collaborative way to resolve your work conflicts:

- confidentially - with respect for your privacy;
- satisfactorily - with the opportunity to work through your differences directly with the individuals involved and to move

ahead;

- rapidly - in weeks and sometimes in days;
- simply - early and at the lowest level possible; and
- constructively - building relationships and establishing trust.

Having listed a way to solve your conflicts, the question begs; why should I use this method to try and solve my particular conflict. ADR offers:

- easy accessibility;
- open availability
- it's flexible & inclusive;
- it's voluntary;
- cost effective both to the organization and personnel; and
- qualified personnel from your DRC are totally neutral; without taking sides.

How does this process fit in with the grievance and harassment process?

Individuals may initiate a rights-based process and then turn to ADR to resolve their dispute. When pursuing ADR options, the complainant/griever/claimant must suspend formal procedures and not pursue any legal actions until the ADR pro-

cess has been concluded. When a matter is in the hands of the Public Service Staff Relations Board, CF Grievance Authority or the Canadian Human Rights Commission, DRCs cannot offer mediation services unless the matter is referred back to the DND/CF by these entities.

Training is also provided in a wide range and variety. The great thing about these courses is that the price is free to the unit and individual. This training is open to all military and civilian employees.

For more information about these courses, contact us here at DRC local 4372. You can also read about ADR in DAOD 5046-0 or you can check out the national website at www.forces.gc.ca/hr/adr-marc.

Our offices are located in Bldg 33, Westwin Community Center (the first left door as you enter the building, right beside Veterans Canada office. Our contact number is (204) 833-2500 ext 4372.

Detachment Kabul profile

Sgt Cathy Pomfret
1 RCHA

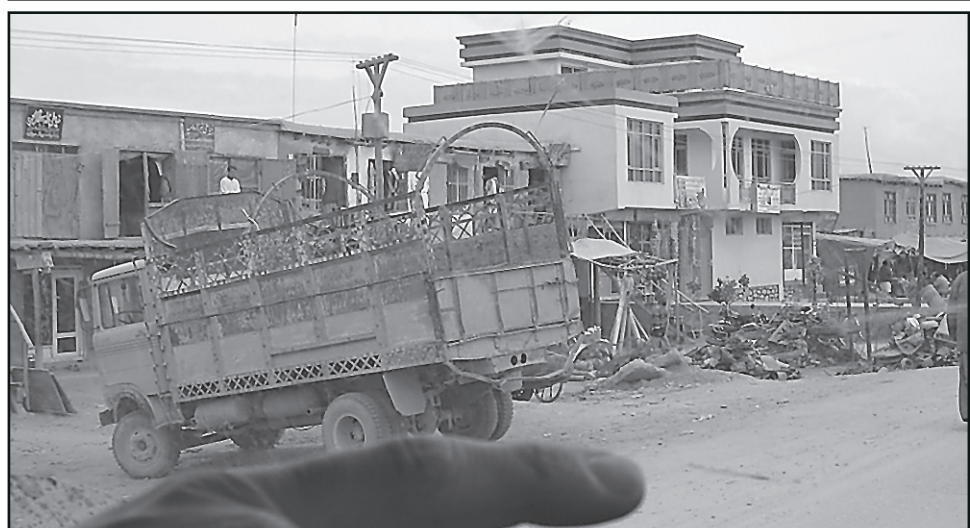
I am located at Detachment Kabul (Camp Souter) and provide support and services for Forward Operating Bases and the Detachment. As Detachment 2 IC, and between convey duties and maintaining admin/fin support, the Det is a hub of activities. Morale is high, everyone at the Det works very well together and we have become a cohesive

team in a very short period. I received the community care parcel from the Brandon United Way and their partners, the local Brandon business. It was a pleasant surprise and much appreciated!!

Here are a couple of pics from Det Kabul, one of the FOBs, and Kabul. We are only a small Det, but very very busy. As you will notice from the Det Kabul Cdn Pad pic, there are only 5 weather

havens for the Cdns located here. Three are for accommodations, one Det office, and one is the Cdn Clubhouse. We will be expanding as soon as the Engineers arrive and construct the other two weather havens, another one for accns and the last one will be for a "t.v." room. The weather havens to the right are British transient qtrs.

We have since removed our Cdn flag.



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It happened in your community...



Photo by Janine Avery/Shilo Stag

Mike Cranford, Brandon Salutes representative and RM of Cornwallis Reeve Scotty McIntosh, hang a new yellow ribbon flag outside of the RM office to support the troops. This initiative is a City of Brandon, RM of Cornwallis and Brandon Salutes partnership that will see the flag flown during all major deployments from CFB Shilo of over 100 troops. "We'll do anything we can to honour our soldiers" said Cranford.



Photo by Janine Avery/Shilo Stag

(ABOVE) Anne Todd, Director of Health Promotions, along with MGen Langton, CEO, CFPSA, pose with the March 1st I Quit winners from CFB Shilo. Shown left to right are first place winner Sandy Blackmore, Third place winner Cpl Brown, Supporter Bdr Ker, and second place winner MCpl Grossinger. A cake was provided courtesy of CANEX with coffee supplied by Forbidden Flavours. Congratulations to all who have stayed smoke-free.

Public Notice

Public Notice is hereby given that the Shilo Country Club, located at CFB Shilo, intend to conduct the following Pesticide Control Programs during 2006:

1. To control noxious weeds at Shilo Country Club. **The projected dates of application will be from May 1, 2006 to October 1, 2006. The herbicides used include:**
 - 2-4-D Amine • Glyphosate • Dicamba
2. To control fungus on greens, Tees, and Fairways. **The projected dates of application for these programs will be from April 15, 2006 to November 15, 2006. The fungicides to be used include:**
 - Rovral Green • Banner • Daconil 2787 • Quintozene

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Conservation, Pesticide section
Suite 160, 123 Main Street
Winnipeg, MB R3C 1A5



Photo by Janine Avery/Shilo Stag

(LEFT) Terry DUBYTS, owner/operator of The Chemists Cupboard pharmacy in Shilo presents Sprucewood's Françoise Ferland with a \$200 CANEX gift certificate. Ferland won the draw after signing up for the I Quit challenge held at The Chemists Cupboard in March. She has successfully remained smoke-free since March 1st. The other winners from that draw were Diane Diehl of Wawanessa, Tammy Stevenson of Douglas, and Shirley McBurney of Wawanessa. Congratulations to all who both signed up and have remained smoke-free

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Wawanesa goes big with fundraising effort

An energetic group of Wawanesa residents has taken up the task of raising much needed funds for the Ball Diamonds, Swimming Pool and Recreation Centre in Wawanesa. Combining the efforts from all three boards, the group decided to go with a larger than usual Raffle. There were many meetings and lots of discussion with lots of very

good ideas coming to the table. After some research and discussion the group decided to go with three main prizes and cash early bird prizes. The prizes are as follows:

1. Grand Prize: Winterized cabin and Lakefront Lot at Pelican Lake (cabin and lot SRP \$131 000), or a cash option of \$85 000.00. The cabin is over 830

square feet, connected to a chlorinated well and is on a year round municipal road. Cabin is supplied by Pembina Coop in Pilot Mound. The lot is supplied by Pelican Lake Riviera.

2. Second Prize: A Jacuzzi Hot Tub (SRP \$8 380). A five seater with 33 jets, 2 pumps, LED display and drink holders. Hot Tub is supplied by Creasy Hot

Tubs and Billiards in Brandon and Winnipeg.

3. Third Prize: Kayak Package (SRP \$2 257). Includes 2(two) Necky Maniktou Sport Kayaks with paddles and life jackets. Kayaks supplied by Stream and Wood in Brandon.

The main three prizes will be drawn on December 31, 2006 at the Centennial Hall in Wawanesa. There is

a \$500 cash bonus available to the seller of the Grand Prize winning ticket.

There will also be four early bird draws for cash.

1. \$500.00 on May 19, 2006
2. \$500.00 on June 30, 2006
3. \$1 000.00 on September 1, 2006
4. \$1 000.00 on October 6, 2006

The early bird cash draws will be made at the village office in Wawanesa at 1 pm of the draw date.

There is over \$140 000 available to be won in cash and prizes. Every ticket sold will be put in the drum for a chance at the Grand Prize, even if it has won a prize already. There are only 3500 tickets printed for the draw, the tickets are \$100 each. All of the net proceeds will be used to maintain and improve the three facilities involved, Pool, Rink and Ball Diamonds.

Tickets are on sale now. They can be ordered by calling 1-866-458-2509, or by logging on to www.life-atthelakelotto.com. There is a printable order form on the website.

This fundraising effort would not be possible without the financial services provided by the Wesoba Credit Union.



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Proceeds benefit the Wawanesa & District Pool, Rink and Baseball Diamonds

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Oct. 6, 2006	\$1000.00

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**Main Prize Draw Date:
December 31, 2006**
(See reverse for more information)

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Clothes dryer safety tips

Shilo Emergency Services

I had a wonderful morning, until the heating unit went out on my dryer!

The repairman went in to the dryer and pulled out the lint filter. It was clean. We always clean the lint from the filter after every load of clothes. He told us that he wanted to show us something.

He took the filter over to the sink, ran hot water over it. Now, the lint filter is made of a mesh material - I'm sure you know what your dryer's lint filter looks like. WELL..... the hot water just sat on top of the mesh! It didn't go through it at all!

He told us that dryer sheets cause a film over the mesh and that's what burns out the heating unit. You can't SEE the film, but it's there. This is also what causes dryer units to catch fire and potentially burn your house down! He said the best way to keep your dryer working for a very long time (& to keep your electric bill lower) is to take that filter out & wash it with hot soapy water & an old toothbrush (or other brush) at least every six months.

He said that makes the life of the dryer at least twice as long! How about that????!!! Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share!

Note: I went to my dryer & tested my screen by running water on it. The water ran thru a little bit but mostly col-

lected all the water in the mesh screen. I washed it with warm soapy water & a nylon brush & I had it done in 30 seconds. Then when I rinsed it and the water ran right thru the screen! There wasn't any puddling at all! That repairman knew what he was talking about!

Just a little story on dryer safety to remind you to vigilant about fire safety in the home. Consumer Product Safety Commission (CPSC) estimates that 15,500 fires associated with clothes dryers occur annually. These fires account for an average of 10 deaths and 310 injuries and more than \$84.4 million in property damage annually. Fires can occur when lint builds up in the dryer or in the exhaust duct. Lint can block the flow of air, cause excessive heat build-up, and result in a fire in some dryers. Clothes dryers can be found in 80 percent, or 81.5 million homes throughout the North America. On a positive note, the number of clothes dryer fires has dropped by 35% from the 24,000 fires that occurred annually, on average, in the late 1970s. What causes some clothes dryer fires? Lack of maintenance is a contributing factor. People just aren't cleaning lint traps as often as they should nor are they checking and cleaning vent systems on a periodic basis. Reduced airflow resulting from lint build-up in the screen or other areas around the dryer can cause the dryer to perform poorly, operate at elevated temperatures and possibly overheat.

Dryer do's and don'ts

- Clean the lint filter before or after each load. Don't forget to clean the back of the dryer where lint can be trapped.

- The interior of the dryer and venting system should be cleaned periodically by qualified service personnel. If you notice the drying time is longer, clean the vent system thoroughly to ensure proper airflow.

- Replace plastic or vinyl exhaust hoses with rigid or flexible metal venting.

- Do not dry clothing/fabric on which there is anything flammable (alcohol, cooking oils, gasoline, spot removers, dry-cleaning solvents, etc.). Flammable substances give off vapors that could ignite or explode.

- Don't forget to read manufacturers' warnings in use and care manuals that accompany new dryers. Also, warning markings can usually be found on the inside of the dryer's lid and take only minutes to read.

- Never let your clothes dryer run while you are out of the house or even worse, when you are asleep.

- If all else fails, you can always use an old-fashioned clothesline. There have never been any reported clothesline fires!

So if not done in the past ...start to day and have a look at you dryer thoroughly, the safety of your family may depend on it.

Only you can Prevent Fires in the Home! If you have any question you can call Shilo Emergency Services Fire Prevention Branch at 765-3000 exts: 3296 or 3467

Easter celebration activities

Padre Bos IRCHA

Maundy Thursday 13 April

To celebrate the Christian Passover, St Barbara's Chapel with Our Lady of Shilo will be hosting a Sedar Supper preceded with a potluck supper at the new Faith Centre (located directly beside Our Lady of Shilo). The potluck dinner will start at 1630 hrs (4:30 pm) and the Symbolic Sedar supper will take afterwards. Come hear the Passover story and explore the symbols of faith.

Good Friday Community Cross Walk 14 April

To mark the Passion of Jesus Christ, Chapel

Communities will be remembering the Stations of the Cross which recount the last moments of Jesus' life before his Crucifixion. We will meet at 1000 hrs at St. Barbara's Chapel and the journey will involve walking to various locations on the base while carrying a wooden cross as a symbol of Jesus' journey. The service will end at Our Lady of Shilo with the final reflection and we will have a luncheon at the Faith Centre afterwards. All are welcome to join, men/women, children and dogs.

Saturday Easter Vigil 8:00pm

After the darkest day of the Christian calendar, the Christian Commu-

nity will gather at night around a large Bon Fire by St. Barbara's Chapel property around 2000 hrs (8pm). A service of light will be held and fire will be brought into the Chapel to symbolize the light of Jesus in the world. As we gather in darkness, lights will be illuminated and the celebration of Easter will begin. This is the most important and symbolic service you will ever attend. Baptismal vows will be renewed and those seeking sacraments will be presented. All are welcome to join.

Easter Sunday Service

Both St. Barbara's and Our Lady of Shilo will celebrate regular Easter Sunday services at 1030 hrs.

Shilo hosts tournament

Daniel Finn

Shilo Recreation Lanes

March 26, 2006 marked the Annual Hi-Low Doubles and Three Player Zone Finals for the Westman Region.

Shilo Recreation Lanes hosted the Hi-Low Doubles Tournament with 50 young bowlers from all over western Manitoba. Attending lanes were, Dauphin, Carman, Minnedosa, Portage, Neepawa, Thunderbird, Brandon Recreation and of course Shilo.

The Hi-Low Doubles was a full house with all parents cheering on the

kids and meeting up with old friends and sharing stories, coffee, hot dogs and popcorn. Because of the amount of kids attending we split the day into two times - the first 26 kids bowled at 10:00 a.m. and the second shift for the farther distance kids was at 2:00 p.m. All the kids had a great time.

To make a long story short, - Shilo Recreation Lanes made a showing taking 3rd place in the Juniors and 4th place in the Bantams. The 3 Player Event was held in Neepawa this year bringing players in from the same places. The results for Shilo were outstanding - Shilo placed 1st in this year's 3 Player Event with players Marise Charles, Mathew Pelletier and Kendall Omeljanow.

These young people will now advance to the Provincials being held in Winnipeg on the 8th of

April 2006.

I would say all in all, this "little big club" has had quite a showing this year. I am and hope all of you are proud of our kids; they have done exceptionally well so far.

At this time I would like to thank all the parents, coaches and folks who worked hard to bring this event about - with special thanks to our Judge of Play - Sylvia Swaneopol from Carberry, Leslie Huber, and all the score checkers - Yanick Gagnon, Ron Harvey, Rick Pelletier and Lorie Stevenson.

A warm thank you goes out to Linda and Kristin for having the General Strange Hall open extra early to welcome the visiting bowling teams.

Finally - the winners of the 50/50 draws were Tom Mollard from Brandon and Murray Pizunski from Dauphin. Well done everyone!

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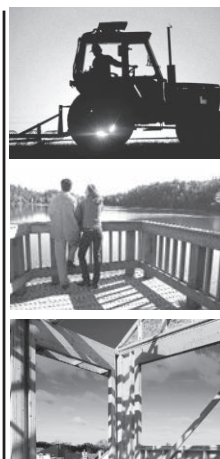


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Call 765-2298 or 727-5635 for any questions or more information

THE SHILO STAG
Year Canadian Forces Base Shilo Community Newspaper

C.F.N. Proud member of the Canadian Forces Newspaper Association

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Sports Injuries

Sports injuries can be caused by trauma or overuse. Trauma, like sprains and strains, usually occur while playing contact sports, whereas overuse injuries, like stress fractures and tennis elbow, happen over time while exercising. After you are injured, the first 24 hours is a critical time period with respect to treatment. The "RICE" method - Rest, Ice, Compression, and Elevation - should be followed for soft tissue injuries, like the injuries mentioned previously.

The "RICE" method involves four crucial components to helping the injury improve.

Rest - Avoid movement for the first 24 hrs to prevent the injury from worsening.

Ice - Cold therapy (eg: a cold pack or ice wrapped in a towel) should be applied to reduce blood flow and limit the swelling. Cold therapy should be used for 15 minutes every two hours in the first 24-48 hrs. Heat can be used after this time period if necessary.

Compression - Using a tensor bandage can help to reduce swelling and provide support for the injured area.

Elevation - Raise the injured area above the heart level to reduce swelling.

After using the "RICE" method during the first 24 hours, heat, massage, drug treatment and rehabilitation can be initiated.

Drug treatment can include either oral or topical therapy. Advil, Motrin, and Aspirin all provide pain relief in addition to helping reduce swelling, whereas Tylenol only provides pain relief.

Topical pain relievers such as Ben Gay and A535 can provide pain relief for localized injuries, by applying them to the affected area. These products should not be used along with heating pads or blankets, as chemical burns can result when they are used together. They also should not be applied to open wounds as they may cause more irritation to the area.

If you have injured yourself and would like to know the best way to treat it, come talk to the pharmacist at The Chemist's Cupboard Pharmacy, located in the CANEX mall. We carry a wide variety of pain relievers and support aids (including crutches that we can rent out).

Please note: The Chemist's Cupboard Pharmacy will be closed Friday April 14 and Monday April 17th in celebration of Easter. We will re-open Tuesday April 18 for business as usual and apologize for any inconvenience.

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If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

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Whats New at the Library?

Adult	Junior/Children
<i>The Birth House</i>	<i>Guffalo</i>
Ami McKay	Julie Donaldson
<i>Saturday</i>	<i>Good Boy Furgus</i>
Ian McEwan	David Shanon
<i>Alone</i>	<i>Dinosaurs</i>
Lisa Gardner	Photo-fact collection
<i>Ghosts Among Us</i>	<i>Coral reef</i>
Leslie Rule	Photo-fact collection
<i>The Glass Castle</i>	<i>Je N'aime pas</i>
Jeannette Walls	Partager

We've Expanded our Hours!

Monday: 6-8:30pm
Tuesday: 9:30-12:30pm, 1:00-4:00pm & 6:00-8:30pm
Thursday: 9:30-12:30pm, 1:00-4:00pm, & 6:00-8:30pm

Easter Egg Hunt & More

Shilo Community Council Presents...

The Easter Egg Hunt & More on April 16, 2006.

Located at the GSH from 1:30-3:30pm for children 10 years old and younger. There will be cookies and juice for children over 10 years old. Join us for an afternoon of games, crafts, a bouncy castle and face painting.

Hunt Schedule

0-4yrs old	1:45pm to 2:00pm
5-7yrs old	2:15pm to 2:30pm
8-10yrs old	2:45pm to 3:00pm

For more info, please call Kristen at 765-3000 ext 3588

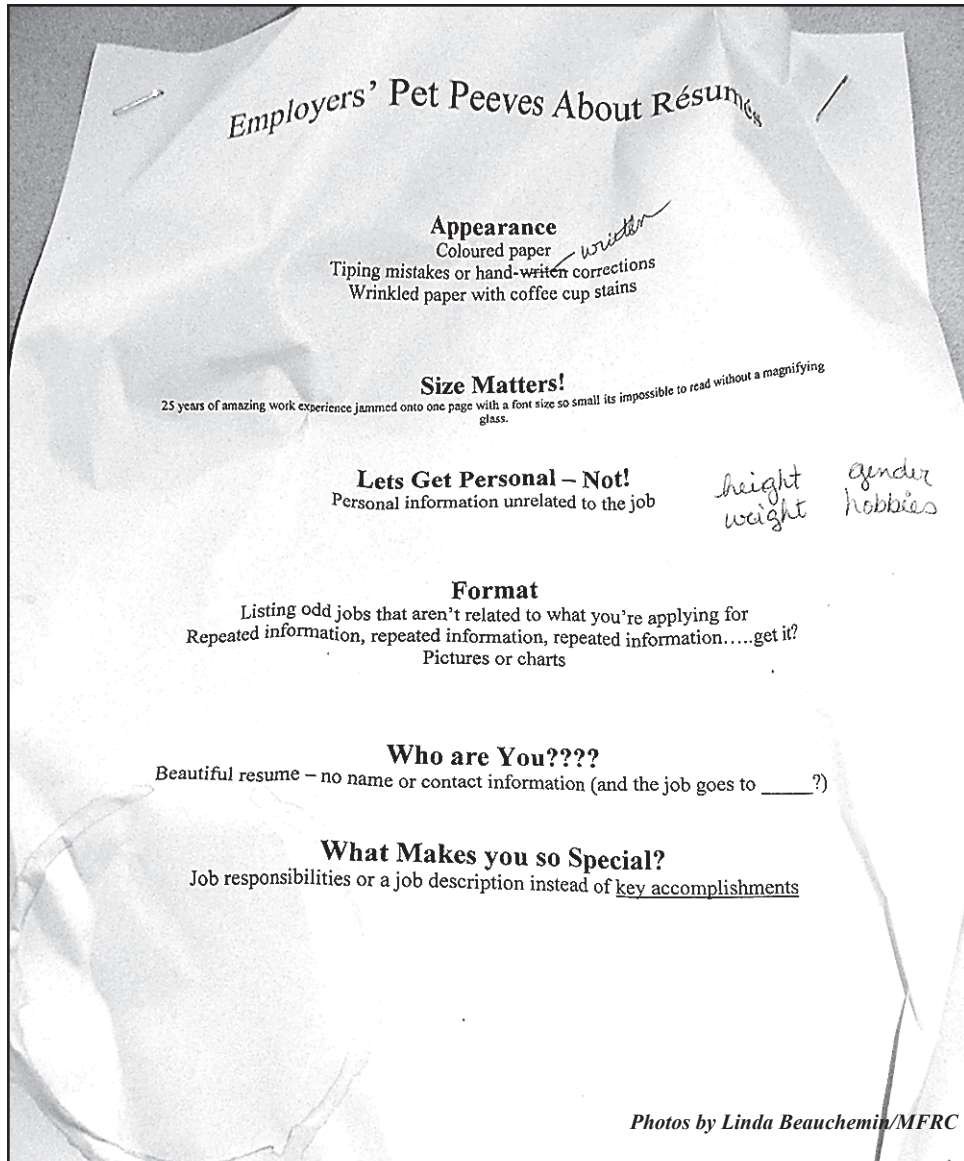




Shilo Military Family Resource Centre



Don't let THIS be your resume, contact Christine at 3227 for all the ins and outs.



Have You Seen The Bunny?



Last chance to enter your name to win the Easter baskets. All you need to do is go to the Canex and fill out a ballot with 3 sightings and you can win. Everyone in your family can participate. Draw will be made at the MFRC the morning of Tuesday, April 18.

Father & Daughter Sweetheart Dance



Friday April 21st 6:00pm - 8:30pm Cost: \$10
Includes pizza, drink and craft!

What a great way to spend an evening with that special lady!
Registration Deadline: Noon, Wednesday April 19th

Mother & Son Birdhouse Creation



Friday April 28th
6:30pm - 8:30pm

Mom come build special memories with your son while making a birdhouse together.

Registration Deadline: Noon, Friday April 21st.

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Homes for Sale

New Country Home

1344 sq foot Country style home on 5 acre lot - 15 minutes from Shilo. Priced to go at \$176,500. Call 834-3752 or 724-6580.

2003 Mobile Home - 1200 sq. ft. custom design mobile home. Possession date negotiable for "soon to be posted" Shilo troops. Ph: 728-3875

Affordable family home for sale. Three plus 2 bedroom bungalow style home on large corner lot located in Sprucewoods. Single attached garage. Extensive renovations including eaves, windows, carpet, etc. Fridge, stove, dishwasher stay. Taxes under \$1,000. Call 763-8872 to view. \$89,000 firm (no other offer considered) No agents please!

Ninette Acreage

45 acres with 4 bedroom home. Large addition with fireplace, small bard, cattle shed, spring fed creek, highway frontage, lots of trees, wild life, 30 miles to Shilo. Asking \$108,000. Countryland Realty, call Dave Mooney at 824-2094.

2+1 bedroom, 2 bath central air conditioning, agency lot, new hot water tank, near ACC and hospital: \$129,900.00. Call 725-4598.

1157 SqFt, 4 bdrm Cedar bungalow on 5.15 acres. Basement 3/4 finished, new shingles and windows. Detached garage. 30x40 heated shop. Situated 6 miles west of Carberry, call 834-2341

Smaller 2 Bedroom House to Rent in Wawanesa. Fridge, stove included, available immediately, call (204) 824-2519 or 725-6303

Wawanesa: 3bdrm bungalow on beautiful large lot, close to school, partly finished basement including 4th bdrm & family room & wood stove all for \$100,000 Wawanesa: 4bdrm, 1 1/2 storey famiy home, new addition, fenced yard priced at \$65,000. Countryland Realty-Dave Mooney 824-2094.

1999 Bowes Mobile home for sale. 3 bdrm, located in Brandon, asking price is \$64,900. Call 571-9424 for more information

For Sale

Lower Price!

SOLD!
2002, Ford Win support Loaded, power everything including power sliding doors with 92,000kms.. Asking \$12,220 obo. No GST, safetied, call 727-0017 to view

Freezer \$150.00, truck box liner: \$25.00 obo, kerosene heater: \$25.00 obo, call 725-4598 or 720-1934, leave message please

1998 FORD

EXPLORER SPORT

4x4, 4L V6, Fully Loaded, power seat, air, cruise, 221 000 hwy km's. Safetied \$6200 obo. call 328-7974

Take over lease on a 2005 Kia Rio, black in color, 32000 km, monthly payments are 274.27. Must go asap. call 824-2394 (wawanesa) after 5:00pm

Save \$10000! 05 Malibu LT Fully loaded including V6 automatic, sunroof, heated leather seats, and factory remote start. Affordable buy at only \$21600 OR Lease for just \$341 per month taxes included 729-1925

Wanted

Youth Musicians needed at St. Barbara's Chapel.

If you are a pre-teen, teen or young adult and wish to play worship music in the Chapel during Sunday services, we are looking for you! We have the opportunity to use musical equipment purchased at the MFRC, so all we need is the talent. Keyboard, drums, guitar, vocalists - any instrument is welcome! We would like to liven up our worship with upbeat music, and we need your help. If you are interested please contact Padre Bos at 765-3000 x 3090.

Furniture

BRAND NEW! WRAPPED!

Chiropedic support pillow top bed set with edeguard matching, sell for \$375. Ashley Microfibre sofa \$695 (loveseat & recliner available). Solid pine bunk set, bolted & separable, \$495. All wood 72" table & 6 chairs, \$795. Can deliver, call 571-1971 in Brandon.

For Sale

Craftsman 16" scroll Saw \$100.00, Testrite Drill stand w/tilt table \$20.00 B&D 209mm compound miter saw w/stand offers, Linda at ext 3396

Like new! One-double size mattress & box spring, one-double mattress + couch + chair, call 725-4305/763-4007

Double sized three month old pillow top mattress for sale. \$250 or best offer. Call 763-4007

1998 Ford F 150 XL

Ext. Cab with 3rd door. 6 Cyl Std trans, 123K km, Ex Cond, Air, Cruise, CD Stacker, Box Liner, Storage Box, \$9500 OBO. Call Mike at 763 4990.

2003 Jeep TJ sport, 4.0L, 6cyl, 21 000km Inc. soft and hard tops, \$18 500, Call Richard 765-4604

Little Tikes Blue Race Car Bed. With mattress and bottom support. \$100.00 765-4486.

Infant/Toddler Boy clothes 0-18 months and misc. items for sale. All items in excellent condition and worn only for one child. Prices range from .75-\$15.00. Please call 727-0017

ATV

2003 Yamaha Blaster asking \$3200.00 Call 765-2472

Two aquariums: 20 (2ft x 2ft) and 40 (3ft x 3ft) gallon. Each of them comes complete with filter, heater, lights, decorations, faux plants & aquarium stands. Asking \$80 for the 20 gallon, and \$170 for the 40 gallon. ALSO-'life' magazines from the 50's,60's, and 70's, aswell as Cosmopolitan, US magazine, People, and a few others. Asking \$2 each. Call Lynn Linegar 765-2893.

Wedding Dress!

Size 8 wedding dress with veil asking \$650 call 763-4029

Fish Tank for Sale

10gal Fish tank w/ accessories \$20.00, Mens Nordica vertech downhill ski boots size 26.5cm(8 1/2) \$125.00, Marlin model 25N .22cal rifle w/ accessories \$150.00. All items o.b.o. call Troy or Carrie 765-4644.

For Sale

Magic Chef Dryer, approx 5 years old. Very good condition. \$250.00. Call 763-4663 after 4pm or leave message.

Washer/Dryer - 8 months old - \$300 each or \$500 pair. Stove - 8 months old \$300, Fridge, older but works - \$100. Package deal- All for \$800. Leave a message 765-2676

3 piece living room set (sofa, love seat & chair) excellent condition, grey in color, approximately 8 yrs old, (non smoking / no pets) asking \$300 obo

- 18 cubic foot frigidaire refrigerator (top freezer) excellent condition (2 yrs old) asking \$300.00 obo, - Kenmore quiet guard, ultra wash dishwasher - approximately 4yrs old asking \$150.00 obo. Call (204) 765-5257 (home) or (204) 761-5405 (cell).

1988 Corsair

Supreme Motor home 95000 KM, Need new carburetor and some TLC \$3000 O.B.O, Phone # (204)765-3000 ext 3415 After work (204)765-2893

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Melia's Piano Teaching

I have 10 years of experience and live in the Shilo/Cottonwood area. Theory included, call 763-8930.

Sandra's Sew Crazy!

Hemming, Zippers, Heavy duty Textiles, Pick-up and delivery available, call 763-4202

Bottle Drive

We will pick up cases of beer bottles and beer cans. To arrange pick-up of 3 or more cases call ext. 3396. Leave your address and where they will be and someone will pick them up before the end of the day.

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Springtime and the new you!

It feels like I am behind on just about everything lately--behind on work, behind on life, behind on self-improvement...behind, behind, behind. Do you ever feel like that? Springtime is a very positive starting point for me and it is definitely a time for rejuvenation. Springtime is my favorite time of year! It's a time for growth, a time for beauty and a great time for change.

Winter has challenged us in many, many ways and spring is a chance for us to move forward both mentally and physically. Changing your hair style, color and condition are examples of how you can start your renewal.

Winter is behind us so let's get the dryness out of your hair by doing a deep moisturizing treatment. We would love to pamper you on your next visit to our salon and provide you with a relaxing rejuvenating experience that will transform your hair into soft, shiny, spring hair. This is our treat to you at no extra charge with your hair service.

Short Cuts Provide Versatility

Now's the time to get those shaggy ends trimmed off. Consider one of the shorter hairstyles this spring. There's a lot of versatility in short cuts by using products and styling the cut different ways. Consider maybe a snappy version of a bob and play around with styling to give it a fresh look. If you don't want to go short, think about having some longer layers put into your hair to give it a different look and feel.

A New Look Without Cutting

Coloring is always a good way to get a new look without cutting a lot of length. Try adding a few lighter highlights around your face to brighten it up for spring. You can also use a temporary color to liven it up - how about a red? Now you're ready for spring!

NEW PRODUCTS

Paul Mitchell Thicken UP – This new styling product is a must have for women that have thin, fine, or limp hair. It conditions, thickens and provides extra body as well as adding UV protection and beautiful shine. With the purchase of **PM Extra Body daily shampoo** or **Extra Body finishing spray** for thin, fine hair and you will get a free trial bottle of PM Thicken Up! Incredible performance and shine and it smells absolutely fabulous!

Thicker Hair with a Twist! For the Men with thinning hair, we have the NEW **Lemon Sage Thickening Shampoo** and **Conditioner from Paul Mitchell.**

These products are formulated to gently cleanse and condition. They combine natural extracts of lemon, sage, peppermint and tea tree to provide thickness, and strength to your hair. They will provide you with a refreshing experience that will boost your mind, your spirit, and your hair!

MOTHER'S DAY is May 14th. This is a perfect time to give Mom a change that will make her feel rejuvenated and appreciated! Gift Certificates from Base Hair & Tanning will help her make those positive changes that only come with the beauty of spring.

For the months of April and May you will have great style and great products that will work to keep your hair fresh and sassy! As an added bonus to all of our clients, we will continue to offer you a free PM Take Home Kit, worth \$14.99, with any color service over \$60.00. Also, you will save \$9.00 on hair cuts as they remain at \$20.00 with color services. **Now is a great time to make those positive changes. Let us be a part of your transformation!**

Win a \$2,500 CANEX shopping spree!

Gagnez une carte-cadeau CANEX de 2 500 \$!

Canadian Defence Community Banking[†] (CDCB)
Services bancaires Communauté de la Défense canadienne[†] (SBCDC)

Sign up for a CDCB Chequing Account

to win one of two \$2,500 CANEX gift cards.

- Save on bank fees
- Earn great interest

Activate your bank card by May 31st, 2006 to qualify. And as a bonus, you'll get an additional entry for every product you sign up for!*



Ouvrez un compte de chèques SBCDC

et courez la chance de gagner l'une des deux cartes-cadeaux CANEX d'une valeur de 2 500 \$ chacune.

- Économisez sur les frais bancaires
- Obtenez d'excellents intérêts

Pour être admissible, activez votre carte bancaire d'ici le 31 mai 2006. Vous obtiendrez un bulletin de participation supplémentaire pour chaque demande de produit !*



Join today! / Inscrivez-vous dès aujourd'hui !

1 866 808-9933

www.cdcbanking.com

[†]Trademark of CIBC. [†]Canadian Defence Community Banking services are provided by the direct banking division of CIBC. The Canadian Defence Community Banking (CDCB) program is brought to you in cooperation with the Canadian Forces Personnel Support Agency (CFPSA). Offer not available to Quebec residents. *Contest details: No purchase necessary. You will automatically receive (a) 1 entry when you open and activate a CDCB Chequing Account between April 5/06 and May 31/06 (the "contest period"), and (b) a bonus entry for each additional CDCB product you apply for during the contest period. Maximum 5 entries per person. There are two CANEX gift card prizes worth a total of \$2,500 each. Skill-testing question required. Contest is open only to Canadian Defence community individuals who qualify for the CDCB offer (except Quebec residents). Visit www.cdcbanking.com for full contest details and eligibility restrictions.

[†]Marque de commerce de la Banque CIBC. [†]Les Services bancaires Communauté de la Défense canadienne sont offerts par la division des services bancaires directs de la Banque CIBC. [†]Le programme de Services bancaires Communauté de la Défense canadienne (SBCDC) vous est offert en collaboration avec l'Agence de soutien du personnel des Forces canadiennes (ASPF). Cette offre ne s'adresse pas aux résidents du Québec. *Détails du concours : Aucun achat nécessaire. Vous recevrez automatiquement a) un bulletin de participation lorsque vous ouvrez et activez un compte de chèques SBCDC entre le 5 avril et le 31 mai 2006 (la «période du concours»), et b) un bulletin de participation supplémentaire pour chaque produit SBCDC additionnel que vous demandez pendant la période du concours. Limite de 5 bulletins de participation par personne. Il y a deux cartes-cadeaux CANEX d'une valeur totale de 2 500 \$ chacune. Il faudra répondre à une question réglementaire. Le concours s'adresse seulement aux membres de la Communauté de la Défense canadienne qui sont admissibles à l'offre de SBCDC (à l'exception des résidents du Québec). Pour obtenir tous les renseignements sur le concours et les conditions d'admissibilité, visitez le site www.cdcbanking.com.