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Volume 46 Issue 24

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December 13, 2007

Serving up the spirit



LCol John Schneiderbanger, BComd (right) and CWO Steven Walsh (left) serve Christmas lunch to students at O'Kelly School Wednesday, December 5th as part of O'Kelly's kick off to Christmas activities.

Photo by Sincer Brown/Shilo Stag



Season's Greetings



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New deployment support for Shilo

Submitted by
Capt Goodfellow, DSC

The complexity of today's operational demands necessitates a change in conventional procedures for the provision of support for our families. The impact on our families from prolonged and repeated separations, whether regular, reserve or civilian members of the Defence Team can cause emotional and social problems within our military community. These separations include not only overseas deployments but temporary duty, courses, field exercises, restricted postings and domestic operations.

Our major overseas deployments now involve

augmentation from virtually all commands, areas and regions of Canada placing significant stress and competing demands upon remaining personnel and resources. A more pragmatic and efficient approach to services and support for our families must be undertaken to ensure involvement of the chain of command, unity of effort and a common standard of response and support. There is no doubt that the future tempo of operational requirements will be any less demanding as they are today. We have seen demonstrated repeatedly the unbelievable strength, compassion and support from our families during many difficult times these past

years and no effort will be spared in supporting them now. Therefore, Land Force Western Area will standup a new organization on the 14th of January 2008 called the Deployment Support Group. Permanently staffed and singularly focused on family support, this proactive, responsive organization will be capable of providing enhanced standard services for all of our families, no matter where they reside within Canada.

In partnership with and responsive to all Brigade Formations, Units and Military Family Resource Centers within Land Force Western Area, two regionally focused Deployment Support Centers will be established. One

will be located in Edmonton and the other will be located in Shilo. These Deployment Support Centers, co-located with the Military Family Resource Centers, will act as centralized points of contact where a number of activities and functions will be coordinated and performed in support of families going through separations due to deployments or periods of long absence.

The Deployment Support Centers will operate 24/7 throughout the year and provide two forms of service. First, as an information source, the centers will ensure monthly contacts with families through phone/email, mail outs, newsletters, website and delivery of sup-

port resources. To contact the Deployment Support Centers, a toll free number will be established for use anywhere within North America where trained staff can respond to questions, inquires or problems. For those families within the regional area of Edmonton or Shilo, a drop in center and counter service will also be provided to assist them. The second form of service is in response to the need of specialized support for either internal military or external civilian agencies, for example: financial, legal, health, social services, counseling, home maintenance, automobile repair etc. The Deployment Support Centre will act as a referral provider to ensure

the family receives the service and support needed.

A standardized delivery of an efficient high-quality service for families of Regular, Reserve Force members and civilian employees in situations of prolonged deployment or separation is a Land Force Western Area priority. All necessary resources will be in place by the 14th of January 2008, in order to create an effective network linking families to the chain of command and providing a personalized and confidential service. With the standup of the Deployment Support Group, our families will feel a direct and immediate connection with a leadership committed to supporting them.

Our Toll Free Number 1-888-711-5533 • Our web site WWW.ARMY.FORCES.GC.CA/LFWA-DSG/

Programs and Services

- All Military Family Resource Centers in Canada
- Member Assistance Program
- Operational Stress Injury Social Support
- The Military Family National Advisory Board
- CF Family Resources
- Service Income Security Insurance Plan
- Operations and Military Families

Deployment

- Support Our Troops • CF Current Operations
- Map of the World • Mission Information Line
- United Nations / Peacekeepers Home Page
- Deployment Support Group Valcartier

- Deployment Support Group Petawawa
- Deployment Support Group Gagetown
- LFWA Deployment Support Handbook
- LFWA Family Briefings / Deployment / Re-Unification / Stress

The Military World

- National Defence and the Canadian Forces
- Army / LFWA / 1 CMBG / 38 CBG / 39 CBG / 41 CBG / 1 ASG
- Combat Camera • Canex

- Canadian Forces Personnel Support Agency/Veterans Affairs
- Military Ombudsman • Canadian Forces Housing

Connecting CF Youth

- Canadian Forces Health Information Line

News and Information

- The Maple Leaf Newsletter • The Western Sentinel
- CF Newsroom / Army News
- CNN / CBC / LCN (français)
- Canadian Forces Virtual Library • The Military Wife

Families and Kids

- LuLu's Games • Parenthood Place
- Top Baby Pages • Kids Help Phone
- A Father To Be Proud Of / Joey's Mom Is Going Away / My Mom Is A Soldier
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Deployment News

Photo: Combat Camera



Busy Battle Group gears down for holiday



LCol Dave Corbould
CO, 2 PPCLI BG

October's training period was hasty and hectic as the Canadian Manoeuvre Training Centre (CMTC) put the Task Force 1-08 Battle Group through the ring-er.

We ended September's Exercise DESERT RAM satisfied our skills from the section to the Battle Group levels were sound and practiced. Every leaders' abilities to use the combat support enablers available to them during operations were tested in a variety of complex scenarios. The live fire ranges were second to none and designed

based on the experiences of those who have deployed to theatre in previous rotations. We are extremely fortunate to benefit from their experiences and will try to further develop based on our future operations when deployed.

During the first two weeks of October, the Battle Group conducted enhanced platoon and company-level training in addition to attending briefings, completing individual battle task standards training, as well as weapons and vehicle maintenance.

In mid-October, 2007 we launched into the CMTC force-on-force training programme in a digital environment. Exercise MAPLE GUARDIAN took the TF 1-08 Battle Group to the next

level, which involved exercising the Battle Group in a whole set of scenarios to replicate the overseas environment. Wainwright's training ground was transformed into Kandahar Province and the training audience found itself transplanted to a simulated Afghanistan theatre - even the weather played along.

The Battle Group tasks were complex and indicative of the environment within which it will be working in the near future. The mock Afghan villages were constructed as realistically as possible. Hired civilians role-played local Afghans, political and tribal leaders, village elders, and security forces. Actors generally spoke only the local Afghan village dialects of Pashtu and Dari,

and hired interpreters were embedded with sub-units to prepare soldiers and leaders to communicate with locals through translators. Finally, role-playing insurgents forced soldiers to act and react depending on the training scenario and objectives.

Clearly, exercise MAPLE GUARDIAN afforded the Battle Group an opportunity to practise its skills in a simulated theatre of operations where not only collective soldier skills were confirmed but Battle Group operations were analyzed, critiqued and the processes refined with a view to improving

deficiencies and capitalizing on successes. As concluded in our final after action review, the Battle Group benefited tremendously from the training experience and we are well set to deploy overseas. I am fully confident in our individual and collective skills to continue the excellent work done by those that are currently deployed.

While it may not need to be said, I feel it extremely important to recognize the significant sacrifice the families and members of the Battle Group have made during the past few months of

demanding training. The time away from home separated from our loved ones places unfair demands on us all; but especially on those who keep the home fires burning, the kids in school, and every other part of our lives together. Thank-you all for doing so and for helping to make the Battle Group all the more effective.

As we approach the holiday period, I urge you to maximize the time spent with families and friends. Have a safe few weeks of relaxation or adventure, stay safe and we'll see you all in the New Year.

Rewarding WORK

Introducing the Manitoba Child Benefit

The Manitoba Child Benefit (MCB) is a new provincial supplement that provides monthly benefits to help families needing assistance with the cost of raising children.

The MCB takes effect in January 2008 and replaces and enhances the Child Related Income Support Program (CRISP).

Are you eligible?

You may be eligible if:

- you live in Manitoba
- you have dependent children under the age of 18
- your Manitoba Health card lists your dependent children
- you receive Canada Child Tax Benefits for your dependent children
- your total family income is below a specific level

Other eligibility criteria may apply.



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- Family evaluations
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Family Conciliation

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Toll-free: 1-800-282-8069 (ext. 7236)
manitoba.ca



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manitoba.ca/rewardingwork

Manitoba

Family farewell day Gateway launched

Maj Wright
OC Rear, 2 PPCLI

The upcoming deployment of soldiers from 1 Canadian Mechanized Brigade Group (1 CMBG) to Afghanistan on Task Force 1-08 will be recognized in Farewell Ceremonies to be held in Edmonton and Shilo. The Farewell Ceremony in Edmonton will be held on Thursday, January 17th. The Shilo ceremony will be held two days later, on Saturday, January 19th. In order to encourage maximum family participation and ensure a relaxed atmosphere, the Shilo TF 1-08 Farewell Ceremony is being planned as the central event of a day-long Family Fun Day.

The day's activities will begin at 10am, with the Shilo Men's Club providing volunteers for a free pancake breakfast from a flying kitchen outside of the 2 PPCLI CGT Barn. At the same time, a number of static vehicle and equipment displays from 2 PPCLI and 1 RCHA, children's activities such

as "bouncy castles", face painting, temporary tattoos and carnival games from FS&R, and video games from the MFRC will be opened to the public in the 2 PPCLI LAV Barn. Those wishing to brave what will no doubt be frigid January temperatures can go on outdoor sleigh rides, which will begin just outside of the LAV Barn and take riders on a loop around Kapyong Barracks. These activities will continue until 11:20am, when all soldiers deploying on TF 1-08 will move with their families to the Multi-Purpose Training Facility (MPTF) for the Farewell Ceremony. The list of guests has yet to be confirmed, but VIPs from the military and the province have been invited.

It should be stressed that this is not a formal parade, but an opportunity for the Commander of 1 CMBG, Colonel Jon Vance, and other VIPs to recognize the hard work of the soldiers over the past few months and re-iterate the support for the families during the upcoming mission. The

ceremony itself should be concluded by 12:30pm.

The Family Fun Day activities start up again at 12:45pm, including children's and teen entertainers who will perform in the MPTF. A free BBQ will be held in the CGT Barn and all activities and fun will resume until 3pm back in the LAV barn.

The Family Fun Day will hopefully provide an opportunity for families to relax, have fun, and create fond memories that will last throughout the February to September deployment. While the Farewell Ceremony is mandatory for all Shilo-based soldiers deploying as part of TF 1-08, it is hoped that as many families as possible attend the event in order to provide a send-off from not only military and civilian VIPs, but from the loved ones and friends of the soldiers themselves.

Further information regarding the Family Fun Day and TF 1-08 Farewell Ceremony will be available on the 2 PPCLI web site at www.army.forces.gc.ca/2ppcli/

Becky Block/Marie Brown
Shilo Stag

Are you a military spouse who is interested in what's going on in Shilo? Are you curious about upcoming programs and courses available in your area? Do you have all the community information that your spouse receives at work?

A brand new bi-lingual web site has been launched for the entire CF community. Whether you live in Shilo now or are being posted to a new base, this site has all the connections you need to familiarize yourself with your community.

The site, www.cfcommunitygateway.com was established through Canadian Forces Personnel Support Agency (CFPSA) to connect all CF Base communities across Canada in a unified front for the user. Whether you live in Shilo, Esquimalt, Halifax or any base in between, this site can keep you in touch with that community.

"This is exactly what the user needs because often our

military members are extremely busy" says Brenda Cavanagh, Recreation Coordinator, CFB Shilo. "This web site is going to benefit everyone on base as well as all the community members because you can now access this from home so the military wife that has no access to a military computer, can now get all the information."

Cavanagh explains that the current method of passing information down on base is military exclusive, mostly available to DWAN users. "This web site is internet based so anyone that has internet capability will be able to access this site."

The site will include links to all Personnel Support Programs (PSP) activities and events including fitness, sports, recreation, mess functions, health promotions, recreational clubs and a link to the current issue of The Shilo Stag. "There will also be links to external resources like the MFRC, the city of Brandon and things like that," says Cavanagh who encourages those with community events to notify her through the built-in on-

line web survey their recommendations and feedback. "We want feedback as well to make sure that we are supplying information the community wants."

"There's a survey that can be filled out with questions and the answers go directly to Brenda" says Kristen Lucyshyn, Community Recreation Assistant, Shilo.

When you visit the site, the main page will be bi-lingual with a drop down menu selection of all the CF bases in Canada.

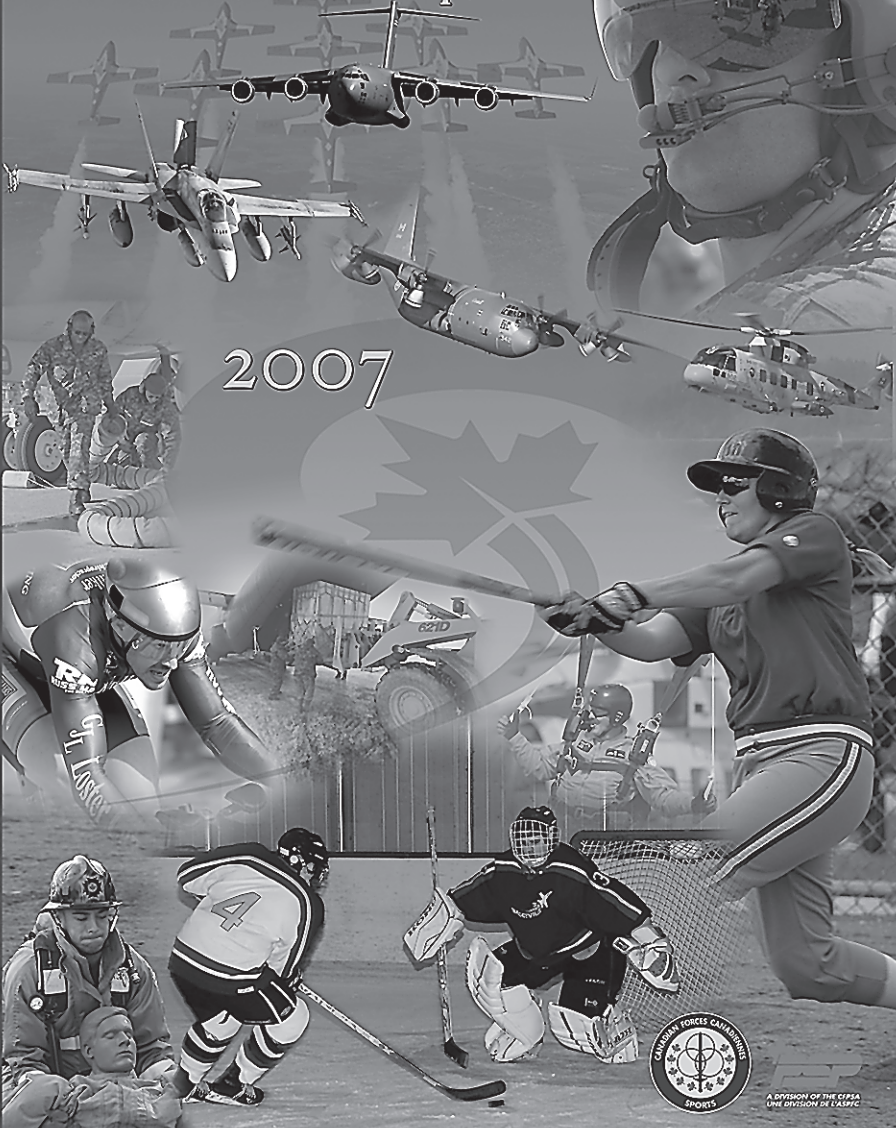
"CFB Shilo is one of the first web sites to launch" says Cavanagh, "We are the first rural community that will go online."

Cavanagh and her team hope that down the line the site will enable users to register from home for fitness classes, swimming lessons and the like, and to set it up so that the cost of the course or program could come directly off the members pay, securing it as a one-stop shop for users.

For more information and to check out this new resource, visit www.cfcommunitygateway.com

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Photo by Marie Brown/Shilo Stag

B Coy and CE face off in some down-home style street hockey outside M101 in November during the 3 on 3 event. Seven teams competed against each other as a fundraiser in support of Shilo's United Way campaign. The friendly competition organized by PSP continued throughout the day and raised a total of \$350 from entry fees.



Photo by Stacey Brown/Shilo Stag

Dave Baxter, CEO, Westman Communications Group and 2007 United Way Chairperson accepts a cheque from Major Doris Berscheid-King at the MFRC sponsored United Way closing ceremony coffee break. Shilo and area residents collected \$26,627 to contribute through various events, raffles, pay deductions, and draws throughout the campaign. Congratulations to WO Zacharchuk, Eugene Gondek, and Kevin Rose who were all winners in the draws for prizes donated by the RCA Museum and Cpl White.

Safe winter driving



Photo by Stacey Brown/Shilo Stag

Members of Base Transport explain to LCol John Schneiderbanger, BComd, and CWO Steven Walsh how the items on display during National Safe Driving Week, 1-7 December will fit into a hockey bag. Included in the display were winter clothing, road safety equipment, first aid kit, and food, as well as information on winter tires and safe driving tips.

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Bob Mann
PSP Mgr, 1 ASG

New Years Eve is a special occasion for many of us, and the festivities will peak at midnight, when the New Year is welcomed in, and will, for some, end a few hours later.

The festivities will continue on for some who opt to attend one of the New Year's Day Levees that take place on January 1st at certain locations in the city. The really interesting detail that came my way while I researched the word 'levee' is that the New Year's Day levee is a distinctly Canadian custom, occurring nowhere else. But, since I'm

really interested in where the word itself comes from, let's do what I do best, and begin at the beginning.

My trusty OED suggests that the word comes from the French *leve* or *levee*, derived from 'lever' meaning to rise. It seems that King Louis XVI originated the custom, back around 1670, of receiving male subjects in his bedchamber just after rising. The custom spread throughout Europe and by 1760, it was established in Great Britain as an assembly held in early afternoon by the sovereign or his representative, at which men only were received. By the late 1700's it had reached the U.S. and came to mean simply an assembly of visi-

tors irrespective of the time of day.

The Levee only became associated with New Year's Day once it came to Canada. The earliest example of a levee in Canada was January 1st, 1646, hosted by the Governor of New France. The British also brought the custom to Canada, and carried it on. It was historically the representative of the Crown, usually the Governor General or Lieutenant Governor who would host the Levee, although in some remote locations, guests would pay their respects to the Master of the Fort, as their Government representative.

A Levee historically in-

cluded a formal portion at the beginning, incorporating a briefing by the Queen's representative on the state of affairs, followed by a pledge of allegiance to the crown by those attending. After the formalities, refreshments were served. In colonial times the French served a concoction made of wine, alcohol and spices known as *Le Sang du Caribou*, called *Moose Blood* in English.

Under British rule the wine was replaced with whiskey then mixed with goat's milk, nutmeg and cinnamon to produce a beverage that became known as *Moose Milk*. Today's Moose Milk often includes the addition of

eggnog and ice cream and in some messes, with rum instead of whiskey.

Levees happen throughout Canada and are hosted by Mayors, Lieutenant Governors, and other civil dignitaries, and at many military messes. At the Navy Base in Victoria, the Royal Navy began hosting Levees as far back as 1840, and the RCN has carried on that tradition. At the Seaforth Highlanders of Canada, in Vancouver, their Officers and WOs & Sgts carry on a tradition which dates back to the formation of the regiment in 1910 wherein the members of both messes participate in a formal ceremony which finds their mem-

bers drinking a beverage called 'Atholl Brose'. It is a complex recipe based on a tradition handed down to the Seaforth Highlanders from the Imperial Seaforth Highlanders. The creation of the Atholl Brose itself is celebrated in legend that dates back to 1475.

So, if you find yourself at a Levee here at the Mess or elsewhere this coming January 1st, just remember, you're celebrating an important tradition. And if a guest inquires about it you can always add... "and, you know, it's only in Canada".

References: *Oxford English Dictionary. Information generously provided by MWO J. Purdy, 39 CBG HQ*

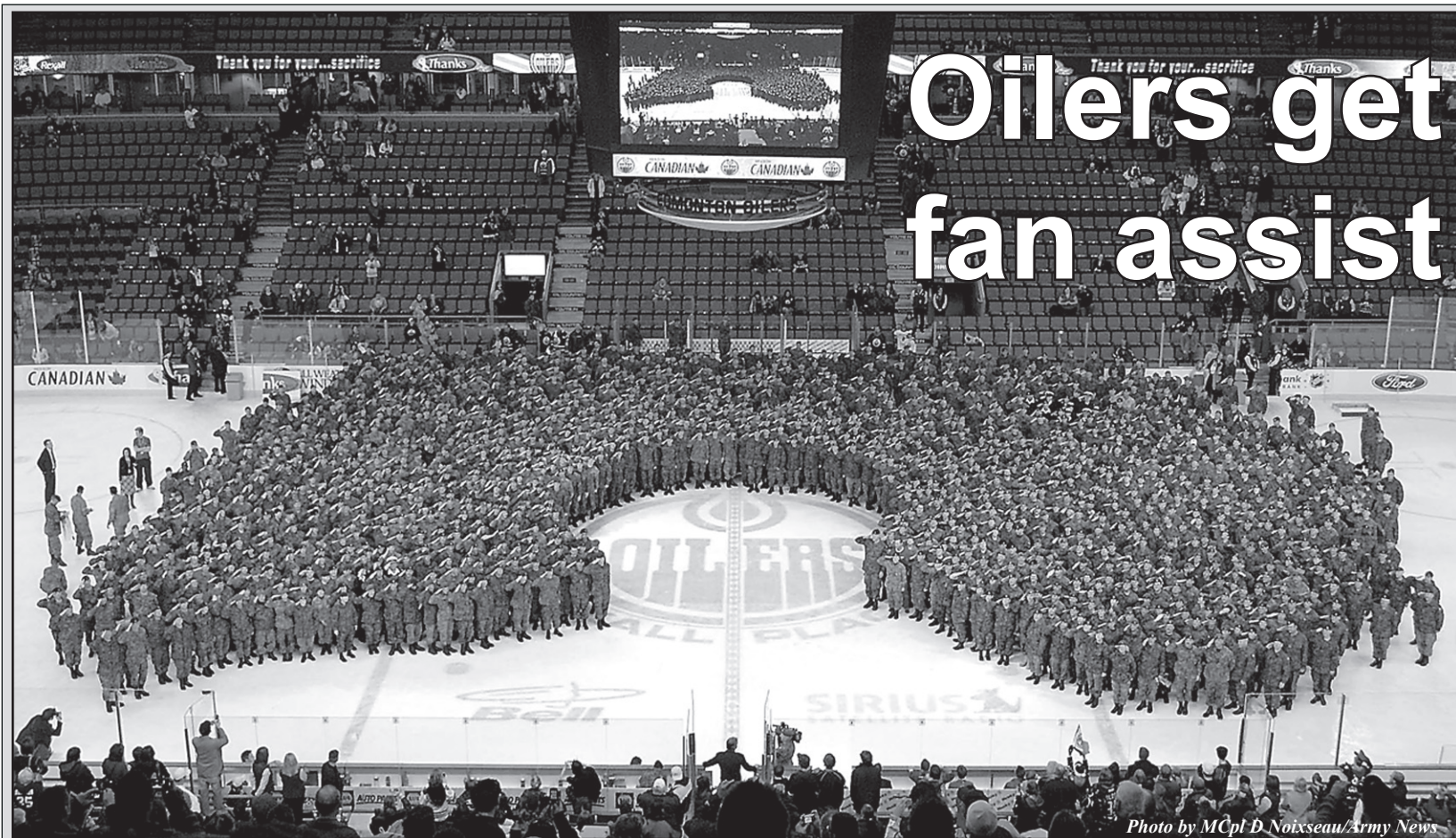


Photo by MCpl D. Noixseau/Army News

Approximately 5,000 CF members and their families attended the Tickets for Troops night at Rexall Place on November 24. The sold-out evening saw the Edmonton Oilers defeat the Chicago Black Hawks 3-2 in a shoot-out. Season tickets donated their tickets to the event, as did some local businesses, including Rexall themselves. The Rexall Foundation also made a \$10,000 donation to the Edmonton Garrison Military Family Resource Centre.

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Happy Holidays



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Happy Holidays



from the staff of the



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Jim & Sheri Crang and the staff of The Shilo Inn extend their warm wishes for a safe and happy Christmas season.

Wishing you peace, love & joy this holiday season.



Base Commander's Holiday Message

2007 has been an extremely busy and successful year for all. I fully recognize that many people have put forth significant effort to "make things happen" and I appreciate the toll it has taken on all of us to ensure we provide the best possible support to those who have been preparing for the next Afghanistan rotation, TF1-08. I am proud of all of your achievements whether you are part of the Base (ASU), supporting or supported units. We have much to be proud of; we all (ASU, 1 RCHA, 2 PPCLI, 731 Sigs, MP Pl, Clinic, Dental, WATC Det, MFRC, CFHA....) have come together as one team during a challenging year. I would like to thank all units and agencies on Base for their support, cooperation and perseverance. I commend the entire Shilo Defence Team.



As we approach the upcoming holiday season, we should all take time to reflect on this past year and think of those who will be deploying in the New Year. Their families will need our support and we must be prepared to do all we can to help. As well, let's not forget about the support that has been displayed to us by our neighbours (Sprucewoods, Carberry and Brandon, to name only a few). Thank you for opening your arms and including us in so many community events. I look forward to strengthening our relationship even more over the coming year.

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

*J.J. Schneiderbanger
Lieutenant-Colonel
Base Commander*



NORAD getting to track Santa

As the Holiday Season approaches, Santa himself has once again asked North American Aerospace Defense Command (NORAD) to track his annual gift-giving journey, so that millions of children throughout the world will be able to follow his progress.

The Canadian Air Defence Sector Operations Centre at 22 Wing North Bay, Ont., will use satellite and radar systems to alert NORAD when Santa enters Canadian airspace.

Two CF-18 Hornet fighter jets from 3 Wing (Bagotville, Que.) will meet Santa as he enters Canadian airspace off the coast of Newfoundland and Labrador. As Santa flies across North America from east to west, two CF-18 Hornets from 4 Wing (Cold Lake, Alta.) will escort him out of Canadian airspace and turn over escort duties to the Continental U.S. NORAD Region so that he may continue his Yuletide trip.

Santa estimates that he'll begin his Christmas Eve journey at around 4 a.m. EST, Dec. 24. Once he begins, curious kids will be able to get updates on his location by calling the "NORAD


Tracks Santa" 877-HI NORAD. Updates and activities. Start at noradsanta.org. The website will also feature Santa's location and activities.

NORAD will track Santa and post it on Google Earth. NORAD will assist in press releases for the trip around the world, featured in Euronews, Italian, Japanese and other media.

The NORAD Tracks Santa program began in 1955. It is a tradition for NORAD folks at NORAD to answer calls from children asking about Santa's location. Over 700 volunteers handle over 940 million calls and answers. NORAD Tracks Santa has received over 85,000 press releases.

For more information, visit noradsanta.org, or call the NORAD Region Headquarters at (204) 833-2222.

Happy Holidays



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ks Santa website logged
ion hits from 210 coun-
NORAD Santa Trackers
12,500 e-mails and more
hone calls.

information on NORAD
please visit www.norad-
ontact Canadian NORAD
quarters, Winnipeg, Man.
500 ext. 6795.



**A Christmas message from
Shilo Emergency Services**

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

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

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

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

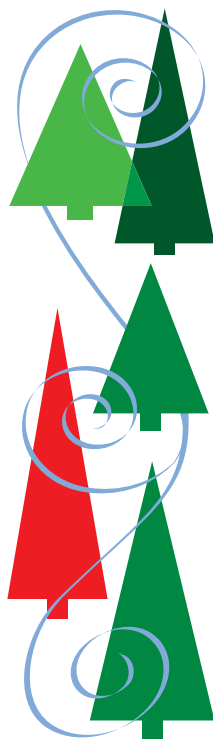
*The kitchen is a place where fires may start,
But in this Shilo home, the family were smart.
Cooking was never left on its own,
Young children never entered the kitchen alone.*

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

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

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

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



**Season's
Greetings**



Shilo Automotive Services
Royal Avenue 765-2143

Thanking you for
your patronage




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



**The Shilo
Men's Club**

*Best Wishes for the
Holiday Season and
Throughout the
Coming Year*



Good Neighbours Proud Partners
Brandon Salutes

Wishing you
very happy
holidays filled
with family,
friends & festivities!



**From the PMC,
Members & Staff of the
El Prado Club**

Arrive Alive... Don't Drink & Drive!

**Canadian
Inn**

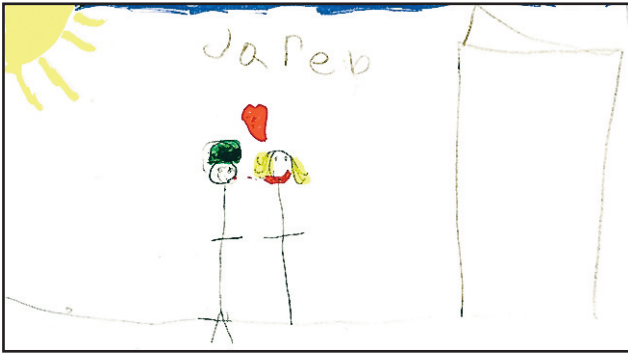
HAPPY HOLIDAYS



India Gardens
FINE EAST INDIAN CUISINE
• DINE IN • TAKE OUT

Email: roombooking@gmail.com
150 5th St Brandon 727-6404

Cards of support and thanks



Last month, a package arrived at CFB Shilo addressed simply to 'Soldiers'. Inside were a collection of postcards Miss Elliott's Grade 1 and 2 students from Cormorant School, Cormorant First Nations, had drawn to show their support of the soldiers. A further sampling of the postcards can be seen in the CANEX Mall. Cormorant First Nations is located approximately 70 kilometres northeast of The Pas, Manitoba.



Season's Greetings



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

Dave Burgess
Mayor, City of Brandon

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

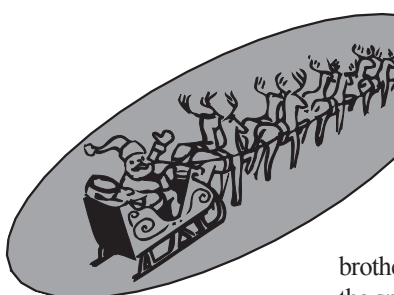


May all these be yours this holiday season.



1655 18th Street
Brandon

Letters to Santa



Students from O'Kelly School wrote, as many children do, letters to Santa this year. Here is a sampling of the many letters heading to the North Pole. Spelling and grammar have been untouched, keeping the spirit of the children's words intact.

Dear Santa,
Thank you for the presents you brought last year. I'm going to leave you a drink of milk and cookies and carrots for Rudolph. I would like a house coat and pink diamond earrings.

From
Diamon

Dear Santa,
Thanks for the presents last year. When you are looking for the cookies they're on the table. This year I would like a pair of hockey skates and a binder of hockey cards and these are some things I would like the most.

From
Anthony

Dear Santa,
Thank you for the presents that you have brought me last year. Me and my little

brother carter like to play in the snow. We play snowball fight too. I am going to make cookies and chocolate milk. This year I would like a bratz kid named Meagan. My brother would like Lugi and Guedo.

From
Taylor

Dear Santa,
Thank you for the presents last year. I have been good because I help people. I will leave you some candy canes on the rocking chair by the window. I would like wheels race to the mall, horse earrings and a wii. I hope everybody will get gifts.

Love
Tessa

Dear Santa,
Thank you for the present you gave me last year. I've been good because I did all my work. Could I have a PS2

and if you come I will leave you milk and cookies and I will leave the reindeer some carrots.

From
William

Dear Santa,
Thank you for the presents last year. This year there are going to be cookies and milk and some carrots for your reindeer. I do my work at school. This year I will like a Free Mario game and a d.s. g.s., lots of Pokemon cards, hockey cards and a big pool.

From
Avery

Dear Santa,
Thank you for all the presents last year. I hope I get some this year because I have been good. I have listened to my mom and dad. I would like to have two furbies and two test tube aliens. I will leave cookies and milk

and a chocolate bar by the Christmas tree for you.

From
Josh

Dear Santa,
I listen to my teacher and I did my work. I miss you santa. Can would like bring some presents? I would like a snowboard for Christmas. I will leave some cookies and milk and carrots.

From
Brayden

Dear Santa,
I will leave your cookies on the kitchen table and the carrot for your deer. I hope that you like your hot chocolate and thank you the presents from last year presents. This year I would like a new bratz and a new Barbie and a new polly and I was good.

From
Deidra

Cheers to one and all!
May your dreams stay big and your worries stay small.

From the Management & staff of
Cindy's Cleaning

Wishing you a wonderful Christmas and a prosperous New Year!

From the Council and staff of
RM of Cornwallis

North Pole

Best wishes this holiday season from

LIBERTY TAX SERVICE

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

Wishing you a joyful holiday season...

Thank You for your Support!

the Chemist's Cupboard inc.
Located in the CANEX Mall

Hammers & High Heels



Can you afford an insulation renovation?

News Canada

Small, yet important, actions such as turning off lights or unplugging rarely used appliances can help keep a home's energy costs down, especially when other expenses such as heating costs rise in the winter. While small actions are beneficial, homeowners may want to consider conducting a larger and more effective change such as performing an insulation renovation. If so, here are a few tips to help you plan and prepare for an insulation retrofit:

- Conduct a thorough re-

view of the room or area you plan to insulate.

Take a thorough tour of the home and make note of cold or uninsulated areas. Use a tape measure to determine the size of the areas that require insulating. Don't forget to check your doors and windows for drafts and make note of other home improvements that you may require in the future. When finished, get organized and prioritize your list according to areas that need the most insulation.

- Create a project estimate.

Visit your local building supply store and speak to

the staff about your list of insulation projects. When choosing insulation, consider PINK Fiberglas batt insulation - a common product used by do-it-yourself renovators. The batts are designed to fit snugly in between standard 2" x 4" or 2" x 6" wall studs and are friction fit to stay in place. Normal installations usually don't require expensive tools or equipment, but you will need to budget for a utility knife, straightedge, tape measure, stapler, protective glasses, lightweight work gloves and a dust mask.

- Review your current

budget.

Once you have a total cost estimate for your insulation project, take a look at your current budget and ask yourself if it's affordable. The total retrofit cost will vary depending on the size of the room or area you are insulating. Determine the amount you have available to spend per month and gauge if you can afford to do the project now or wait a month or two.

- Plan to save

When you've determined how much you can afford to save, put aside a set amount of money each month for the insulation retrofit. If

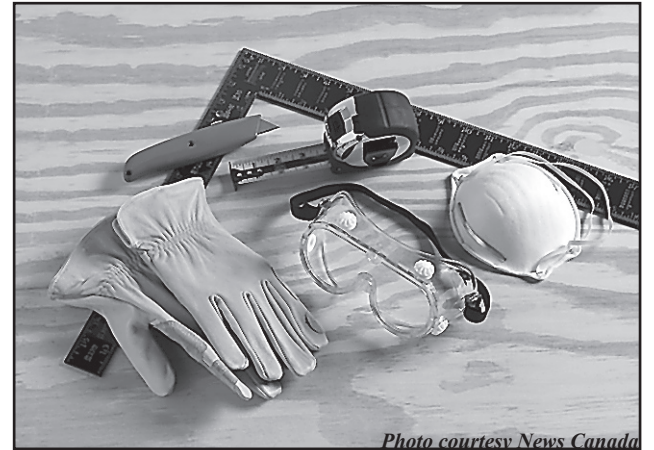


Photo courtesy News Canada

you're committed to following your plan, holding off on the project may not be too long a wait.

The task and costs of any home renovation can be sometimes overwhelming,

causing you to reconsider or delay a project. However, an insulation renovation can be an affordable, do-it-yourself retrofit that can help you to save money sooner than later, and over time.

Holiday activities for the entire family

News Canada

In addition to the traditional holiday activities, families may be looking for some fun physical activities that the entire family can participate in. The leisure team at Canadian Tire has put together the following suggestions to help keep the whole family entertained during this holiday season.

Sledding:

- Bundle the kids up with mitts and scarves and head to the closest hill to enjoy an afternoon of sledding. Sledding is a perfect outdoor activity for all ages

that is both fun and physical.

- Canadian Tire has a variety of winter fun equipment, including snow tubes and snow racers. Younger kids will enjoy snow tubes, while older kids may want to try the new Zipfy, great for speed, turning, jumps and tricks.

Ice Skating:

- Take your entire family to your favourite, local skating rink, for an afternoon of ice skating. Ensure little ones have proper safety gear, such as a helmet and knee pads.

- Bring a thermos of hot chocolate and some holi-

day baking as a treat during breaks off the ice.

Holiday Baking:

- Get the entire family together for an afternoon of baking. Make sugar cookies and let the kids help by using holiday cookie cutters and decorating them with sprinkles and icing.

- Package cookies in holiday printed cellophane bags and tie with a decorative ribbon or assemble in festive storage containers, perfect for last minute gift giving.

Gift Wrapping:

- Once all of your holiday shopping is finished, gift wrapping is an activ-

ity the entire family can take part in.

- Make some hot chocolate or warm apple cider, put on some holiday music and get into the spirit of the season.

- When picking up your holiday necessities such as gift wrap and ribbon, ask the kids to choose the holiday wrapping paper they like best, along with a few inexpensive ornaments. The ornaments can be affixed to the top of a present for added presentation.

Host a Holiday Open House:

- Invite friends and fam-



Photo courtesy News Canada

ily to your home for some holiday cheer.

- Dress tables throughout the home with holiday linen and accessories and serve appetizers, finger-foods, holiday cocktails or

drinks.

- Choose stylish and festive tabletop accessories such as holiday-themed plates, napkins and glasses that can add charm to any get-together.

Flooring Repair Kit

Great for Laminate & Hardwood Floors
14 Colors **14⁴⁹**

8 1/4" Compound Mitre Saw

c/w 8 1/4" Carbide Blade **69⁹⁹**

Exotic Woods

From the 4 Corners of the World **Save 15%**

Pre-Finished White Shelving

12" x 48" **1⁹⁹** 24" x 48" **2⁹⁹**
12" x 96" **2⁹⁹** *May be slightly scuffed*

Clear Pine Finish Moulding

8 Ft Lengths
Most Popular Profiles **1⁹⁹**

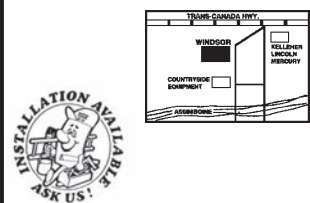
Aromatic Cedar T&G

Great for Chests & Closets
10 Sq Ft Bundles **25⁴⁹**

Fiber Glass F.F. Insulation

R19x15 **18⁵⁰** R19x23 **28⁵⁰**

Prices expire December 29, 2007



The experts you need to know!

Windsor Plywood

1840 18th Street North Brandon, MB 728-4243



New rucksacks tailored to individual

Sgt Dennis Power
Army News

At first glance, the new Cloth the Soldier (CTS) rucksack looks like an expedition-grade internal-frame pack that you might find at Mountain Equipment Co-Op, only in CADPAT. While there are many similarities, it is distinctly a military rucksack, with countless improvements over the 82 Pattern rucksack.

"We realized that we had major problems with the 82 Pattern rucksack," said Lieutenant Leigh Mathieson, Requirements Officer for the CTS Rucksack project. "We had to develop a new pack that would provide soldiers the capability to conduct their missions with an effective load carrying system, and we came up with the CTS Ruck-

sack," Mathieson said.

"There are some dramatic improvements in the new rucksack," added Mathieson. "There is a vastly increased capacity to carry load - between 80 and 90 litres - and we now have the ability to effectively transfer the weight of the load between the shoulders and hips with a large padded hip-belt."

Some of the key features of the new rucksack are;

- four frame (bag) sizes to fit a wide range of torso lengths
- four sizes of contoured, padded waist belts, three sizes of shoulder straps
- internal frame of aluminium stays, fitted to the user during training session
- bag can be used as one large compartment, or divided by an internal closure
- an internal radio pouch is accessible through a zipper in

the top flap

-two removable external pouches

-compatible with all accessory pouches issued with Patrol Pack

-access panel to bottom of bag on the front

-waterproof compression sack for sleeping bag

-load transfer rods to shift weight between hips and shoulders

"The quality of the rucksack seems very good," said Sergeant Travis Jones of the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI). "There seems to have been a lot of thought put into load carrying ability. This is a huge leap forward over the 82 Pattern rucksack," Jones explained

The CTS Rucksack is fitted to the user, not a 'one size fits all', that should solve a lot of

problems soldiers have experienced in the past," he also added.

The CTS Rucksack was designed to carry loads for operations exceeding 24 hours, up to 72 hours. The issue of the rucksack is strictly controlled, with the priority placed on outfitting deploying soldiers (of any trade) who will likely be involved in 'dismounted operations' requiring personal equipment, or mission essential equipment to be packed-in to operation areas on their backs. Soldiers who are not normally involved in 'dismounted operations' will continue to use the 82 Pattern rucksack.

Teams from Cloth the Soldier will visit deploying units in turn before they deploy for the initial issue of the rucksack. They will train a team of soldiers from that base to assist them to ensure that every soldier is properly sized during the issue, and properly fitted during the training that follows.

The training consists of three periods immediately following the issue of the rucksack and focuses on;



Photo by Sgt Dennis Power, Army News

MCpl Neil Brown, a Supply Tech, uses the Curvature Jig to map the shape of the soldier's back. The shape of the bar portion of the jig will be transferred to a chart that will assist the soldier in bending the aluminium stays contained in the rucksack to fit the shape of his back.

proper assembly, followed by forming and fitting the aluminium stays, concluding with donning, doffing, testing

the fit, and adjusting for load carrying.

"It was good training, I learned a lot about the rucksack," said Warrant Officer Robert Bertrand of 2 PPCLI.

"I like the load transfer rods, for transferring the weight between the hips and shoulders," added Bertrand. "My first impression is that it's a good rucksack with some really good features - a far better piece of kit than the 82 Pattern rucksack."

"We understand and appreciate the environment that soldiers are operating in," added Mathieson. "We know what they are being asked to do, especially overseas, and at Cloth the Soldier we're committed to providing them the best equipment possible in order that they can accomplish any task."

For more information and photos go to: http://www.army.forces.gc.ca/chief_land_staff/cloth_the_soldier/hab/2/283_e.asp

Proud to be
1st in Your Community
12 Months of the Year!

We are proud to support
your community all year long
through donations to many local
charities and organizations!

Happy Holidays from



Westoba

Credit Union Ltd

First in Our Community

Shilo Branch

You are cordially invited to our

Christmas Open House

Friday, December 21st
2:00 - 4:00 pm
at our Brandon Office: 223 - 18th Street North

We look forward to meeting with you.

Season's
Greetings

Merv Tweed

MP Brandon-Souris

Phone 1-866-558-0555
or 1-204-726-7600
tweedm1@parl.gc.ca
www.mervtweed.com



Walk to Afghanistan

This winter, all of your physical activity can show support for the troops in Afghanistan

Help us walk 13,000 kilometres - the distance from Shilo to Afghanistan - for every soldier from Shilo deploying
Launches January 25 10:00 at L-25 - be sure to wear red to show your support!

For a package including a log sheet and activity conversion chart, call
765-3000 ext. 3867 or 3868 or e-mail: walktoafghanistan@gmail.com

Actively Supporting the Troops

Will you be active this winter?

- Walking the dog?
- Taking the kids to hockey or swimming?
- Going to the gym?

Taking care of the soldier's back

Sgt Doug Setter
39 CBG HQ

Spot the old soldier in a crowd. He is the guy walking erect with his head up, shoulders back. This, straight, upright posture is both favourable and healthier than the weak posture of a couch potato. The upright posture allows heavier loads and better digestion than the stooped conditions of too many people nowadays. There was good reason, after all of that yelling from basic training instructors, to stand and sit up straight. The soldier's back is not just part of their livelihood, but also an indication of health, stature and pride.

Most of us take a healthy back for granted. How else do we haul rucksacks, pump weights, ski, boat, rock-climb or even swing golf club without that network of muscles that make up our back and core? As long as a person is accident-free and remains active most backs stay flexible and strong. But, sooner

or later, the active soldier finds themselves bridled with more administrative "desk duties."

Sitting for long, uninterrupted periods, shortens the hamstrings and lower back muscles. The back actually becomes compressed. The abdominal muscles weaken from lack of use. Consequently, the chest sinks and upper body slouches forward. The formerly active soldier who finds themselves more desk-bound often feels more reluctant to overcome the inertia holding them back from activity. That is when the back problems can creep up. When it comes time to toss on the rucksack or pound the parade square, there might not be quite the support that there might have been a year or decade ago.

Fortunately, a bit of preventive maintenance can save the soldier hours of pain and frustration.

Back maintenance involves keeping the body's support muscles strong

and flexible. Think of the human body like a tent. The spine can be like the tent pole and the muscles are the guide lines that keep the tent pole erect. If any of the guy lines are too loose or too tight, the entire tent will be crooked and weaker. When the guy lines are evenly tight, but flexible, then the tent stands steady and strong. The same with the body's core muscles. Certain muscles must be kept both strong AND flexible.

According to the American College of Sports Medicine, back pain can be lessened by strengthening the lower back and abdominal muscles and stretching the hip flexors and hamstrings.

This article is not intended at medical advice. You should always consult your physician before starting a new physical training program.

Sgt Setter holds a Bachelor of Human Ecology and conducts personal training. He can be reached at Setter.D@forces.gc.ca.

Here are a few proven exercises that can improve your back health:

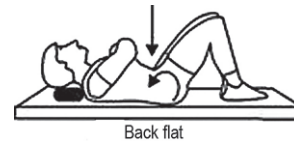
- The torso raise (strengthens the back muscles)
- The crunch (strengthens the abdominals)
- Single leg stretch (stretches lower back and hamstrings with less risk than the double leg stretch)
- The lunge

Note that the stretches should be done AFTER a warm up and should be performed slowly. No jerking or forcing movements. Stretching one leg at a time also reduces the risk of lower back injury.



Torso Raise

5 to 15 times a set.
Slowly and smoothly.
Exhale on the way up.



Back flat

Crunch

5 to 20 times a set. Slow and concentrated.
Exhale on the way up.



Stretches



Roll on your back like a rocking chair



Foot straight

10 to 30 seconds each side



Back straight

One leg bent

One legged stretch
10 to 30 seconds each side

Most people feel better after using the mentioned routine 3 times a week for about two to four weeks.

(Drawings used by permission from: Physiograph Clipart)

Read a newspaper with YOU in mind!



Relevant Community News & Events

HOLIDAY GARBAGE/RECYCLING PICKUPS IN THE PMQS

Garbage pickup will continue to be every Monday throughout the holiday season

Recycling pickup will be changed to the following days:
Friday, 28 December
Friday, 04 January


TASMANIAN TAXI

Shilo Taxi
Knight-Line Express Charters

Travelling from Shilo to Brandon? Call 729-8549 or 727-5635

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	7-Eleven • 34 th & Victoria Sobey's • 1645B 18th Street • 3409 Victoria Ave Forbidden Flavours • 1060 18th Street	Carberry East Side Service Carberry Legion Douglas General Store Minnedosa Minnedosa Legion	Neepawa Neepawa 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 Wawanesa Lucky Dollar
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Volume 46 • Issue 24

Regular Circulation: 3,000

Delivered by The Shilo Teens & Scouts
Printed bi-weekly by the Brandon Sun, Brandon, MB

Contact The Shilo Stag - 204-765-3000 plus ext.

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We welcome your suggestions!

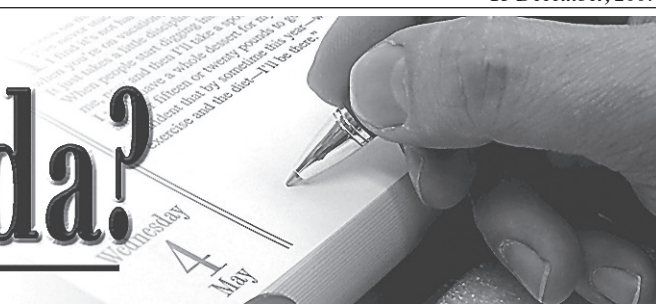
The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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

Submitting articles and photos for print:

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

What's on Your Agenda?



St. John Ambulance Babysitting Course

'What Every Babysitter Should Know'
Sat. December 15th
9am-3:30pm
Designed for kids ages 11-14 but is open to any age. Certificates will be issued to all successful participants. Course is held at the St. John Ambulance training and Community Services Centre in the second floor Business Centre of the Shoppers Mall. For more information, call 727-4466. Pre-registration is required and space is limited. Cost is \$30

Weight Loss Support Groups!

Drop in, everyone welcome and NO COST!
Tuesdays - 10:30am at Public Health, Brandon
Thursdays - 7pm at 20-7th Street, Brandon
Mondays - 6:30pm at Public Health. For more information call Arlene at 571-8359.

Shilo Community Library

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

Sprucewoods Community

Weekly Events:
Mondays - CRIB, 7:30pm.
Tuesdays - TOPS, 6pm.
Wednesdays - Lions Club, contact Grace at 763-4372
Thursdays - BINGO, doors open at 6, share the wealth at 6:20pm.

Upcoming Events:

Dec 31st - New Years Eve Dinner & Dance. \$25/person. Doors open at 6:30pm. 7-9pm is the silent auction/dinner. 9-1am is dancing the new year in with 'Unique Sound' Advance ticket sales only, contact Frank at 763-4919

For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

Home for a Change

Gifts from home, garden & Christmas. Tea Room. Open every Thurs., Fri. 10-9, Sat. 10-6. Other days by app't. Come see our outdoor Christmas lights. Brandon 724-7247

Royal Canadian Legion Branch #3

December Activities

- Weekly cribbage held at Legion No. 3 in the Lounge, Tues. 7:30pm
- Weekly soft dart league held at Legion No. 3 in Lounge, Thurs. 7pm. For more info, call Jack @ 727-5869
- Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.
- Weekly bingos are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.

St. Barbara's Lessons & Carols Christmas Eve Service

December 24
6:30 pm

Home for a Change
Lovely Christmas Gifts for home & garden. Men's shopping night Dec. 13 & 14, serving homemade pie! All Christmas decor on sale. Brandon 724-7247

Shilo Gun and Archery Club Battle of the Bulge

The Shilo Gun Club will be holding it's 16th annual Battle of the Bulge shooting match, Sun. Dec. 16 at King OP. Match is open to anyone with WW2-type firearms, and to both club and non-club members. Teams of 3 will require at least one rifle, one carbine and one handgun.

Coffee and hot food available at match site and prizes will be awarded at a dinner following match. Plaques to be awarded for both shooting performance and teams in period uniforms (uniforms entirely optional). Spectators welcome. Competitors meet at range control at 9:00am, first teams firing by 10:00am
This match is a fun event, and a chance to meet your fellow shooters.

For more information or a match bulletin, contact Rob 763-4720

Have you served on a peacekeeping mission?

Canadian Association of Veterans in United Nations Peacekeeping

You can consult our corporate website for more information at www.cavnup.org or contact the local chapter.
The chapter is based at #3 Legion, 560 - 13th Street East, Brandon. We hold monthly meetings except in July, August and December. These meetings will take place on the 2nd Wednesday of each month at 7 p.m. at the #3 Legion.

Farewell to the Troops Family Day

Join us as our day begins with a free pancake breakfast, sleigh rides, inflatable bouncers, family entertainment, clowns, mascots, official farewell ceremony and much, much more!
Date: Saturday, January 19 Time: 10:00 am - 11:30 am

Farewell Ceremony

11:30 am - 12:30 pm MPTF Place: 2 PPCLI Bldg
Contact: Community Rec Office @ 3317 or 3588

Fitness, Sports & Recreation's

Christmas Display Contest

1st prize: \$150, 2nd prize: \$100, 3rd prize: \$75
Decorate now! Judging on December 17 at 6 pm

Sponsored by Base Fund

POOL CLOSURE

The pool will be closed from Dec. 6 - Jan. 31 inclusive. Those with Military ID's or GSH Access Cards can show their cards at the Brandon Sportsplex for admittance to public swimming during this period.

CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free*

Classified Ads to

stag@mts.net

*Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area.

Homes/Property

2 New Homes on 5 Acre lots 15 minutes from Shilo
First home: 2300 Sq Ft walkin style, 3 bdrms, 2 and 1/2 baths and attached double car garage. Second home: 1368 Sq Ft Bungalow style, full basement, 3 bdrms, 2 baths and attached double car garage. Phone 824-3752; cell 724-6580

5.15 acres with trees & rolling hills, newly renovated 4 bdrm, 3 bath bungalow. Double garage. Low taxes. 30'x40' shop (in floor heat, wired 220). Horse Haven: Corrals, lean, heated dual watering bowl & fenced pasture, unlimited water supply. 1/2 hr. east of Brandon on 351 Hwy. 20 mins to Shilo. MLS#2707628, call 725-8841

For Rent: 2 bedroom house (upper level) in Wawanesa. \$500 per month plus utilities. Call 824-2248 or 729-7608

Have something to sell? Call our office today at 765-3000 ext., 3013 and find out how you can maximize your business!

Homes/Property

2 bedrooms, new laminate floors, new bathroom, big kitchen and living room, Central air, new shingles, double car garage, lot has a barn with other sheds. Lots of good water. 10.88 acres on #1, 17 miles east of Brandon. If interested, please call 763-8840.

For Sale

1961 Renault caravell (2 of them) project cars, one is stripped and partially sanded. soft and hard top optional. 400 Call after 5pm 824-2394 ask for Preston
Ladies' 14kt white gold, 4 prong solitaire engagement ring. 1 Rd brilliant cut diamond - 0.79 ct, clarity L-1, colour F-G, good cut. Replacement value \$6800, orig. paid \$3899, only 1 yr. old. Exc. cond. To view, call 526-0566.

18 foot 2005 Glastron Boat. 190 Horsepower in-board Volve Penta-Drive, with Easy Haul Trailer and water toys. Fewer than 20 hours on the vesicle. Like new. Asking \$20,000 OBO. Call Mike at 761-5175 in Brandon.

For Sale

2003 Arctic Cat F7, 2450 miles, cover, studs, ready to go, great fast machine \$4500. Also 1998 Formalla 3 700, 2900 miles, in great shape, ready to go first \$2850. has a great fast sled. Call Chris Drover 724-7281. Can be seen in Sprucewoods.

2002 Kawasaki KLR 650, OD Green & Black, excellent commuter & trail bike; 50 mpg; strong 4-stroke motor with good top end speed for hwy cruising, very reliable, incl. 2 helmets, 2 manuals, spares, etc. \$4500 as is or, \$4900 safety-tied (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

Child care

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

Drop In Sports Nite for Teens. Every Thursday evening @ GSH, 7:30-9pm.

Furniture

Posted In/Out of just looking for great deals?

We Buy and Sell good used Furniture/ Appliances/Beds! Visit People's Market Place 32-13th Street, Brandon or call 727-4708

Child care

Home daycare has spots open, flexible hours, healthy snacks and lunch provided. Call Mel at 765-4962

Stay at home willing to babysit in my home. If interested please contact Jaime at 765-5144

Kids R Kids Licensed home daycare is currently accepting names for 2 daycare spots starting in January. CPR and first aid qualified, snacks and lunches provided following the Canada Food Guide, lots of crafts and activities. Subsidy available.

Tutoring

Teacher available to tutor students in: Writing skills, Math, Homework/ Assignments, Basic French. Please contact Chantal at 765-2959

Services

Moving? Closing up your PMQ while overseas? Need to clean before inspection? No time? Call for Experienced Cleaner, references available. Crystal 765-2617 or 573-7099 Please book ASAP if required before Christmas

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele 725-1608 or ggs57@wgc-wave.ca call for next course dates, challenges by appointment. Manitoba Hunter Safety Course Jan. 19, 2008. Canadian Firearms Safety Course Jan. 26, 2008.

Dick & Jane went to a Passion Party. Their order came in. Now they don't answer their phone anymore. Curious?? 204-573-3573 www.daphnewilson.com

Services

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

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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 Weekday mass will be announced every Sunday Padre Persaud - ext 6836 Padre McLeod - ext 3089

ADATS training demonstrates missile power

MCpl Dan Noiseux
Army News

Little may be known of the Air Defence as their numbers are small, but with the Air Defence Anti-Tank System (ADATS), they pack quite the punch. Skills were put to the test on Exercise POTENT KNIGHT from Nov. 12 to 16 at CFB Suffield by members of 4 AD Regt.

“Exercise POTENT KNIGHT is a ground based air defence exercise that’s held annually in order to confirm the capabilities of our soldiers and equipment,” explained Capt Paul Hillier of 128 Bty based at CFB Gagetown.

Normally these exercises have roughly 11 to

15 missiles available, but with 40 missiles allocated this year, the troops were raring to go.

“To your gunfight, dismissed,” hollered Maj Jeff Schamehorn, also of 128 Bty, sending troops to their targets after the range safety briefings. The assertive dismissal got the troops pumped, and they quickly focused their attention to the task at hand.

4 AD Regt finds itself spread across several Canadian Forces bases, including Gagetown, Moncton and Cold Lake. For some, CFB Suffield may seem quite a distance to go to fire the ADATS, but it’s the only place equipped for the training and firing of this unique missile system.

Other training areas only

offer the ability to fire at a single bearing or direction, but CFB Suffield has the range size required to engage targets from different locations and direction.

With eight ADATS missiles fired per launcher, reaching speeds of Mach 3, each which carries a 12.5 kilogram high-explosive warhead that can penetrate 900 mm of armour from eight to 10 kilometres away, it’s easy to see why that space is critical.

4 AD Regt takes pride in

the ability of their equipment and their soldiers, who had an amazing 91 per cent success rate with their engagements of vehicle, helicopter and aircraft targets. The initial targets were stationary or pop-up design, but the skilled sharpshooters tested their abilities with free-flying, remote-controlled drones that were smaller and harder to engage.

For many of these soldiers it was an opportunity to fire their first real missile, and with every

engagement recorded and debriefed, they made the most of the training.

Was the trip to Suffield worth it? Confidence in your equipment and your

abilities is priceless, but as Bdr Nick Folz, of 128 Bty, put it, “It’s worth the trip anywhere. I’d go to the arctic to do this again. It was amazing!”



Sgt Stéphane Gauvreau verifies that all is ready after receiving his full load of 8 missiles Ex POTENT KNIGHT.



Bdr Kevin Guy positioned in the External Target Designator (ETD) for the ADATS during Ex POTENT KNIGHT.



Sgt Stéphane Gauvreau, foreground, and Bdr Nick Folz, background, await the orders to go live in the back of their ADATS.



Photos by MCpl Dan Noiseux/Army News

Sgt Stéphane Gauvreau and Bdr Kevin Guy engage an air target with the Air Defence Anti-Tank System (ADATS), C/S 22A, at range X-21, CFB Suffield, during Ex Potent Knight. Both are members of 128 Bty, 4 AD Regt at CFB Gagetown, New Brunswick. Elements of 4 Air Defence Regiment from Gagetown, Moncton and Cold Lake took part in Exercise Potent Knight at Canadian Forces Base Suffield, Alberta. Ex Potent Knight was an opportunity to fire 40 live missiles from The Air Defence Anti-Tank System (ADATS) at air and ground targets on a range large enough to safely employ this weapon system.



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 Sun., Jan. 6 vs. Prince Albert Raiders
 Fri., Jan. 11 vs. Swift Current Broncos
 Sat., Jan. 12 vs. Vancouver Giants
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- **Brakes:** ABS w. Brake Assist
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- **Power Windows/Locks/Mirrors:** YES
- **Cruise Control:** YES
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