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Volume 45 Issue 14

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July 20, 2006

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## Grabbing the bull by the horns



*Avery Brigden takes on a steer during the Fourth Annual Sprucewoods Rodeo held in mid-July. Brigden competed in a variety of events over the weekend-long rodeo. For more coverage of the rodeo, turn to page 5.*

Photo by Scott Avery/Shilo Stag

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# Deployment News

Photo: Combat Camera



## CO's SITREP



**LCol PJ Williams**  
CO 1 RCHA

At the time of writing, summer has officially arrived here in Afghanistan, and for most of the 1 RCHA contingent, the bulk of the tour is behind them. Nevertheless we all remain mindful of the pressing need to remain vigilant.

We also take this time to welcome some additional members of the Regiment to theatre:

- Lt Hunt from C Bty, who joins Task Force Orion as a Battle Group Duty Officer; and

- Bombardier Thorne, from B Bty who joins the Brigade HQ.

On the wider Gunner

front, the CFB Shilo Base Commander, and locally the Commander of the Kandahar Provincial Reconstruction Team, LCol Tom Doucette will leave theatre shortly at the end of his tour. He is succeeded by LCol Simon Hetherington, the former CO of 2 RCHA and a former BC B Bty of the 1st Regiment.

On the home front I continue to be extremely grateful for the efforts of our home front staff both military and civilian, who are doing a great job in keeping the Regiment well informed of what we are up to and reassuring the families when needed.

For those at home in Shilo, summer means leave and, for some, postings away to other units. For those who will leave us, and some have already, thanks very much for your service to the Guns, and for those who remain with us, I look forward to your continued support. To all, take the time to enjoy your leave and have a safe holiday.

The members of the 1 RCHA continue to provide outstanding support to Task Force Afghanistan.

Good Shooting!

## Homeward bound

**Brenda Cavanagh**  
CFPSA Ops Mgr

The countdown has begun! It is such an overwhelming feeling to realize that my tour is almost over and that I'm heading home to my family very soon. As I sit here to write this last article all I want to do is cry. Why, I don't know!

Being such a distance from your family and friends for the duration of a tour will and does af-

fect each person differently. When I talk to my family all I want to do is go home.

But as I run into people I have met here in KAF who won't be leaving here till end of August it makes you want to stay till the last Roto 1 member leaves.

My tour has been an experience of a lifetime. As I walk around KAF I realize that I have met people from all over the world who live within our community in this faraway land.

Switching places will be an

experience my husband and I will always remember. I now know what it is like to experience a tour and he knows what it is like to be at home. Both have their advantages and disadvantages. Whether one of us is dodging rockets attacks, living in a faraway land, running the household, parenting the kids alone, sitting in front of the TV watching the news every night or just sending off a care package, it's family that gets you through the good times and the rough times.

To my family, though I have been away for six months my heart and thoughts have always been at home with you. To the people I have met, its been amazing experiences that I will never forget. And last but not least, to our Canadian soldiers, I am proud to have been part of Task Force Afghanistan and I congratulate you all on a job well done! All of Canada is proud of you.

Cheers from the sandbox!



Main street at the Kandahar Airfield Field in Afghanistan.

Photo by Brenda Cavanagh/CFPSA

## Engagement with Taliban claims soldier



Photo by Cpl R Mugridge/Combat Camera

Ramp Ceremony For Cpl Anthony Joseph Boneca a reservist with 38 Brigade Lake Superior Scottish Regiment stationed in Thunder bay, ON

**Kristina Davis**  
DNews

A Canadian soldier was killed during an engagement with Taliban insurgents west of Kandahar July 9.

Killed was Cpl Anthony Boneca who was serving with Task Force Afghanistan as part of the 1st Battalion, Princess Patricia's Canadian Light Infantry Battle Group. Cpl Boneca was a member of the Lake Superior Scottish Regiment, based in Thunder

Bay, Ont.

Cpl Boneca's unit was operating in Zjarey district as part of Operation ZAHAR, which means "Sword" in Pashto. Op ZAHAR is a joint Afghan National Army/Coalition security operation aimed at removing the Taliban threat to Afghan citizens in the region west of Kandahar City while strengthening the Afghan Government's authority in the area.

In a statement, Defence Minister Gordon O'Connor

said: "My sincere condolences go out to the family and friends of this brave soldier, who died in the name of democracy, protecting the freedoms we cherish so strongly as Canadians. His memory will live on through the people whose lives he has touched, while fulfilling our mission to bring peace and security to Afghanistan."

Cpl Boneca's remains have been repatriated. He was the 17th soldier and the 18th Canadian killed in Afghanistan.

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**ANGIE BALL**  
Product Advisor

## Correction

The last issue of the Shilo Stag (Issue 13, July 6th) incorrectly identified the gentlemen on the front page as Robert Carrier and Hugh MacKenzie. The gentleman on the left was actually Peter Ewasiuk of Brandon. Our apologies to Mr. Ewasiuk for the confusion.



# Painting Brandon yellow

Layne Thiessen  
Shilo Stag

If Military Wives Sisterhood (MWS) founder Gayle Raynor has her way, a big surprise is in store for CFB Shilo's troops when they return home from their missions in Afghanistan this summer. Something very hard to miss will hopefully be waiting for them on the front lawns of their homes as well as those of their friends and neighbours.

Raynor, a Brandon resident and military spouse, has teamed up with national grocery chain Sobeys and MWS, an organization she was instrumental in creating, in an effort to show support for Canada's troops and their families in an extremely visual way. She is hoping local residents will purchase and place over 1000 yellow-ribbon lawn signs in the Brandon-Shilo area.

"[I want] to see them in the ground before the

troops come home," says Raynor, "The community is really looking for a way to support the military family."

A similar and very successful campaign is already running in Edmonton with the support of Radco Foods, Sobeys parent company, that Raynor hopes to emulate.

"It is important for the community to be on board and aware," says Raynor, who emphasizes that the campaign is not about politics but about supporting Canada's soldiers and their families. Sobeys West Director of Communications Mike Lupien, couldn't agree more.

"One of our company's core values is proudly serving our communities. Military families are part of our communities too. They are important to the community and they are customers. We believe in what it is they [troops] are doing and showing that support . . . supporting the families

that are here and the people that are out there."

Brandon's two Sobeys locations have not only supported Raynor's request, but have also agreed to distribute the signs and finance the entire campaign including publishing and material costs for the approximately 1000 signs. In addition to supporting the yellow-ribbon lawn sign campaign, Sobeys has agreed to give 100 per cent of net proceeds to the MWS.

Raynor says that the MWS will use the funds to create new and continue to finance existing support programs for military families. The yellow-ribbon lawn signs will be available at both Brandon Sobeys locations for \$9.99 plus applicable taxes at the beginning of August. Raynor believes the initiative will help link the community to military families.

"Once we put out the yellow signs . . . we're going to see the community



Yellow ribbons, similar to the ones seen here, will soon be for sale at both Brandon Sobeys locations. Gayle Raynor, MWS founder, hopes to see residents of Brandon show their support for the troops by purchasing and displaying the lawn ribbons.

respond." Time will tell how much and in what capacity Brandon and its surrounding area will support CFB Shilo, its troops, and their

families. However, if the current level of dedication to Shilo and the families of Canadian soldiers from companies like Sobeys is any indication, the slogan

displayed below the MWS logo on the yellow-ribbon lawn signs 'at home but not alone' will ring true long after our troops have returned.

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# Close call



Photo by Heather Thompson

Gusty winds in early July caused havoc with trees in the PMQ area and around the base. High winds can often cause older trees to snap or uproot, sometimes causing problems for home occupants. Base Construction Engineering will begin a program that will see all trees on base, including those in the PMQ area, surveyed for safety.

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# New to the Stag

My name is Layne Thiessen and I will be the summer student at the Shilo Stag until the beginning of September. I'm looking forward to speaking with many of you over the summer, listening to your stories, and witnessing some of the events that build community spirit and continue to make Shilo a great place to work and live.

When you see me around the base or in the surrounding community, please do not hesitate to stop and say hello, particularly if you have an idea for an interesting story that the rest of Shilo and southwestern Manitoba should know about.

For those of you who are interested, I'm 26 years old, a graduate of Crocus Plains High School and Brandon University, and will be attending the University of Manitoba's Faculty of Law this fall.

I am particularly interested in Criminal and Refugee/Immigration Law. My hobbies and talents include golf (a hobby but definitely not a talent), baseball, playing a variety of musical instruments (not particularly well), and long walks along the beach (just kidding... maybe). I enjoy traveling and have visited much of North America as well as areas in Latin America and Asia.

As I am fairly inexperienced with military terms and equipment, I have compiled a list of 'things to do' this summer. Please feel free to add to the list if you have any suggestions.

1. Try at least one of every menu item available at the mess hall.

2. Drive a tank or armoured vehicle (but I'll settle for a riding lawnmower if I'm allowed to salute passing sol-



diers and pedestrians and wear a uniform.)

3. Remember that "Coy" refers to company and not a Japanese goldfish.

4. Be able to tell the difference between a CO, Col, COS, and Cpl.

I'm looking forward to seeing you on the streets of Shilo this summer. Please feel free to contact me if you have any story ideas at 765-3000 extension 3237.

# Getting to know you



Capt Pahl  
BPSO's Corner

The words "aptitude test" often cause concern for members of the CF, and most of us would prefer not to have to take any tests at all, especially if we haven't recently attended school.

However, you may be required to write the Canadian Forces Aptitude Test (CFAT) if you decide to apply for voluntary occupation transfer or commissioning through the Base Personnel Selection Office. The purpose of the CFAT is to determine whether you are suitable for the assignment of a different occupation or commissioned rank. This test determines your capability of successfully completing occupational training, and ensures that you are the right person for the right job in the CF.

Often, members ask if they have to write the CFAT. If you wrote it previously and achieved the standard

required for the occupation you are transferring to or commissioning, then you will not have to rewrite it. If the results are not available or you do not meet the standard required, you will have to write the CFAT. You may even be allowed to rewrite the CFAT to better your score and make your application more competitive. The latest score, however, is the one that will be used, whether it is higher or lower than your previous score.

It is important to note that failure to meet the required standard will result in your application being closed for the year. Occasionally, there are conditions that will allow for a retest, but 3 months must elapse since you wrote the CFAT, and the BPSO will determine whether a rewrite is a possibility. Therefore, it is important that you are prepared to achieve the standard on the CFAT the first time you write it.

Certain strategies can assist you in writing the CFAT. You should be aware of the type of questions that will be asked on the test. If you prepare well in advance for

your application, you might decide that you need to upgrade formally or informally, as the questions asked on the test will assess your abilities in these areas:

1. Verbal Skills - (15 questions, maximum time of 5 minutes allowed for completion);

2. Spatial Ability - (15 questions, maximum time of 10 minutes allowed for completion);

3. Problem Solving - (30 questions, maximum time of 30 minutes allowed for completion).

You should be feeling well prepared physically and mentally and should not feel rushed when writing the CFAT. Because this test is so important to your application, you must feel at your best when you come to write it.

**For more information on occupation transfer or commissioning, or if you are planning to upgrade, please contact the Base Personnel Selection Office at extension 3087 or plan to attend the weekly briefing now held every Friday morning 1000 - 1100 hrs at the BPSO classroom, Base Headquarters.**

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Photo by Layne Thiessen/Shilo Stag

George Haggerty, Brandon Salutes and Maj Chuck LaRocque, A/BCOmd (both centre), celebrate the official unveiling as Mayor Dave Burgess (right) looks on.

## Making a connection

Layne Thiessen  
Shilo Stag

A large reminder of the connection between CFB Shilo and Brandon area communities is looming on the corner of 1<sup>st</sup> Street and Veteran's Way. Acting Base Commander Chuck LaRocque, Brandon Mayor Dave Burgess, and Brandon Salutes Chairperson George Haggerty were joined by local media on Monday, July 17, at 9:30 a.m. to celebrate the unveiling of a new community billboard in Brandon.

The idea behind the billboard is to remind viewers of the relationship between civilian and military communities in the Brandon area as well to promote upcoming events on the base. Haggerty says that in addition to promoting awareness of the Brandon Salutes organization, the sign will be important to the area's civilian and military communities.

"It's awareness as civilians go by and see the sign. It brings awareness to them

[and] puts it forefront in their minds. It's also important for the military people. When they see it they know that the community cares and supports them and I think that's important."

Valerie Thoman, a counselor for the RM of Cornwallis whose husband is currently serving overseas, agrees.

"That sign meant a lot to the community of Cornwallis and also personally because my husband is overseas and he'll be coming home in the middle of August."

CFB Shilo Acting Base Commander Chuck LaRocque believes that the military is involved in many of Western Manitoba's communities in addition to Shilo, including Brandon, Carberry, Sprucewoods, and Wawanesa and believes that the sign serves as an important reminder of this fact.

"I think . . . this is a tangible reminder that we are part of the greater general community of Westman. It is very much a symbiotic relationship between all of us and we are a part of the community."

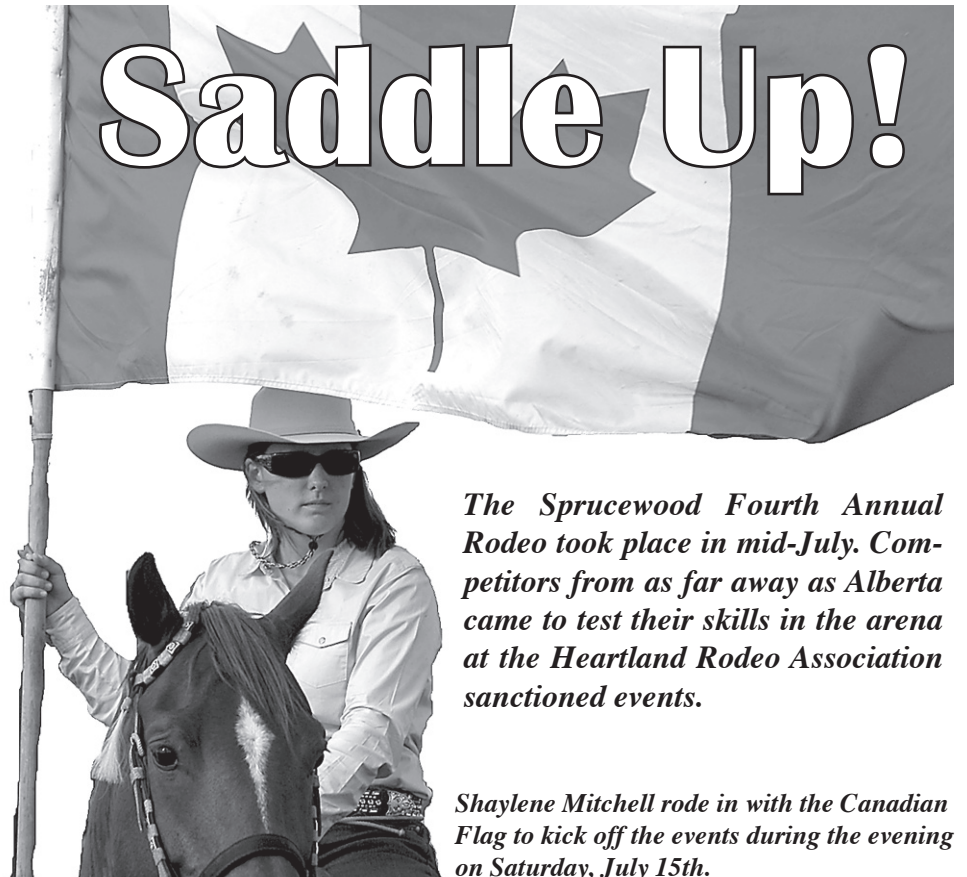
The sign has a changeable section that can be used to display information pertaining to the base as well as the community and was made possible by the donations and efforts of the Brandon and Area Community Foundation, Brandon Salutes and its partner organizations, and the provincial government.

Mayor Burgess summarized the purpose of the sign and its importance for Brandon.

"It's very important for Brandon to recognize the importance of Shilo and the armed forces base . . . the neighbours that we have there are part of our community."

Burgess also suggested that the relationship between Shilo and Brandon is a particularly special one.

It is the hope of Brandon Salutes, the RM of Cornwallis, the City of Brandon, and CFB Shilo that the new sign will emphasize and promote that relationship in a very obvious and meaningful way that people can see and feel on a daily basis.



The Sprucewood Fourth Annual Rodeo took place in mid-July. Competitors from as far away as Alberta came to test their skills in the arena at the Heartland Rodeo Association sanctioned events.

Shaylene Mitchell rode in with the Canadian Flag to kick off the events during the evening on Saturday, July 15th.



(Above) It was man against beast as Avery Brigden wrestled his steer to the ground during the Steer Wrestling event.



(Left) This goat proved to be no contest for Sarah Anderson during the ladies' Goat Tying event.

Photos by Scott Avery

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# Supporting Special Olympics



Photo by Layne Thiessen/Shilo Stag

A Special Olympics athlete carries the torch along the route to the Keystone centre while Shilo MP Cpl Levesque rides along side.

## Layne Thiessen Shilo Stag

Fires burned brightly along 18th Street on the way to the Keystone Centre and in the hearts of six Shilo Military Police officers who participated in the Law Enforcement Torch Run in support of the Special Olympics on Tuesday, July 18<sup>th</sup>.

Law enforcement officials representing all of Canada's provinces joined the Shilo MPs as they ran from the Subway on the Trans-Canada highway to the Keystone Centre in time for the opening ceremonies of Canada's Special Olympic Games, which

are being held in the Wheat City from July 18-23.

The annual run featured 70 law enforcement officers from all across Canada in addition to Shilo, Brandon, and Winnipeg. Marc Alain, Chief Liason for the City of Brandon's Police Department believes the run is an important and visible symbol of support for the Special Olympics and its athletes.

"The Law Enforcement Torch Run is to show law enforcement's support for the Special Olympics and the athletes involved. The athletes do a lot of work to get here and this is our way of showing our support to them."

Shilo MP Capt Pat DiLella, agrees and also believes that the run shows police support for the community at large.

"The MPs support this type of thing because it's a community event. The more support the police can give the community, the better off we are."

MS Mark Farrell, who brought an MSO placard into the Keystone Centre, echoed DiLella's sentiments.

"I think it shows that policing is... an active part in the community. We're one big family so we've got to look out for one another."

Shilo MP members were involved in the run in the fol-

lowing ways: Capt. DiLella - Running; MS Farrell - MSO placard; MCpl Nichol - MP Vehicle Escort; Cpl Urbshott - Running; Cpl Levesque - Bicycle; Cpl Dumford - Bicycle.

After traveling through Portage la Prairie, Neepawa, and Minnedosa, the torch arrived at Brandon's Keystone Centre and was cheered on by guests including Premier Gary Doer, Brandon Mayor Dave Burgess, and several thousand excited athletes, volunteers, and supporters. This is the first time the Special Olympics has been held in Manitoba in its 16 year history.



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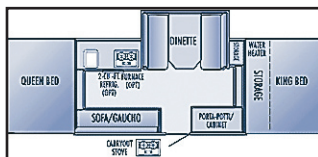
## Check out these amazing deals!

### 2005 Dutchmen 27BG Travel Trailer



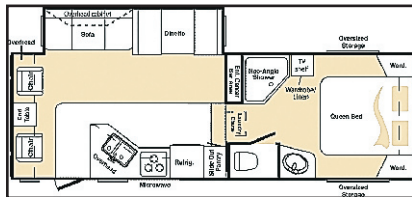
Rear garage, bunk beds, stereo, fully loaded

### 2006 Jayseries 1206 Fold Down



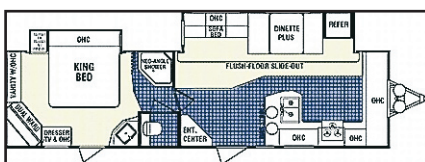
Furnace, screen room, slide out, fridge, stove, large front storage!

### 2006 Cougar 276EFS Fifth Wheel



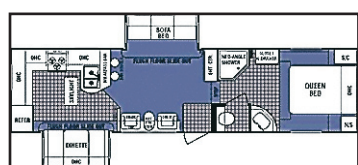
Rear living room, tinted safety glass, 1/2 Ton towable, home DVD system, fully loaded

### 2006 Dutchmen 31G Travel Trailer



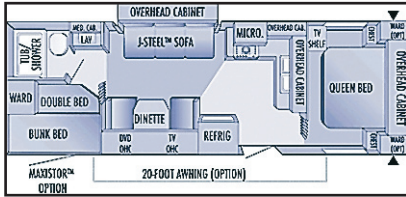
Master king bed slide out, 6 gal gas electric DSI water heater, fully loaded, Perfect for out at the lake!

### 2006 Denali 31RG-M5 Fifth Wheel



Raised kitchen, huge counter and cupboard area, large panoramic windows, unique floorplan!

### 2007 Jayflight 29BHS Travel Trailer



Bunk beds, slide out, fully loaded, home theatre system, lots of space for the whole family!

- 2004 Colorado 29RL Fifth Wheel
- 2004 Viking 8' Fold Down
- 2004 Jayco 12' Fold Down
- 2004 Jayflight 25.5RKS Fifth Wheel
- 2003 Jayco Quest 298N Travel Trailer
- 2003 Bonair 19' Fifth Wheel
- 2005 Cougar 276EFS Fifth Wheel
- 2003 Bonair 2400 Fifth Wheel
- 2002 Mallard 30BHS Travel Trailer
- 2002 Jayco Quest 265BHS Fifth Wheel
- 2002 Flagstaff 12' Fold Down
- 2001 Prowler 25BH
- 2000 Jayco Eagle 269 Fifth Wheel
- 2000 Jayco Eagle 277RBS Fifth Wheel
- 2000 Jayco Eagle 263RKS Fifth Wheel
- 1999 Jayco 8' Fold Down
- 1999 Jayco Eagle 313RKS Fifth Wheel
- 1999 Jayco Eagle 253RKS Fifth Wheel
- 1999 Jayco Eagle 243RKS Fifth Wheel
- 1999 Topaz 26RBS Fifth Wheel- Bunks
- 1998 Tahoe 21.5' Travel Trailer
- 1998 Westwind 24.5' Fifth Wheel
- 1998 Jayco Eagle 253RKS Fifth Wheel
- 1997 Jayco 277RBS Fifth Wheel
- 1997 Golden Falcon 27RK Fifth Wheel
- 1997 Aerolite 28' Travel Trailer
- 1996 Jayco Eagle 241RLS Fifth Wheel
- 1996 Kustom Coach 26.5 Fifth Wheel
- 1996 Prowler 24.5' Fifth Wheel
- 1995 Prospector 23' Travel Trailer
- 1995 Sandpiper 22' Fifth Wheel
- 1995 Golden Falcon 29RG Fifth Wheel
- 1995 Jayco Designer 3030RKS Fifth Wheel
- 1995 Sunrise 27' Fifth Wheel
- 1995 Sandpiper 27RK Fifth Wheel
- 1994 Mallard 23'

**FOUR SEASONS**

We have all the latest floorplans! Call us today!



COMMUNICATIONS PROVIDED BY:



## Get in the spirit, Manitoba!

Find the team — get free Manitoba merchandise.

Tell the Manitoba Street Team why you love Manitoba. Find them at an event near you.

### This week:

- Special Olympics in Brandon
- Manitoba Stampede in Morris
- Winnipeg Fringe Festival
- Oak Hammock Marsh Dragonfly Festival
- Neepawa Lily Festival and more

**Manitoba**  
spirited energy

[www.spiritedenergy.com](http://www.spiritedenergy.com)



# Awards & Promotions

## CFB Shilo Presentations



**Cpl Borkofsky**  
Promoted to that Rank



**Cpl Guillemette**  
Promoted to that Rank



**MCpl Larocoque**  
Promoted to that Rank



**MCpl Bishop**  
Promoted to that Rank



**Sgt Langley**  
Promoted to that Rank



**Sgt Alexander**  
Promoted to that Rank



**WO Balsdon**  
Promoted to that Rank



**WO Richard**  
Promoted to that Rank



**WO Eason**  
Promoted to that Rank



**WO Robson**  
Promoted to that Rank



**Ocdt McCabe**  
Promoted to that Rank



**2Lt Harvey**  
Promoted to that Rank



**Capt Lopes**  
Promoted to that Rank



**Cpl D Bryer**  
Military Member of  
the Quarter



**Janessa Champagne**  
Civilian Employee  
of the Quarter



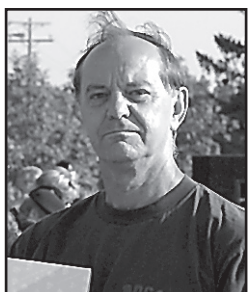
**OS A Patterson**  
Military Member of  
the Quarter



**Val White**  
BComd Commendation



**Twyla Lee**  
25 Years Service



**Robert Logan**  
35 Years Service



**Donald Couprie**  
35 Years Service  
PM's Certificate



**Kevin Powers**  
35 Years Service  
PM's Certificate



**MCpl Smith**  
Retirement



**MWO Wilson**  
Retirement

## 731 Signals Squadron Presentations



**MCpl San Martin**  
731 Soldier of the Year



**Pte Ripley**  
Promoted to that Rank



**MCpl Taylor**  
Promoted to that Rank



**WO Sandney**  
Promoted to that Rank





# 1 RCHA Presentations



**Sgt R Fraiser**  
Promoted to that Rank



**Sgt Kooistra**  
Promoted to that Rank



**Sgt Ricketts**  
Promoted to that Rank



**Sgt Ricketts**  
Promoted to that Rank



**Sgt Talbots**  
Promoted to that Rank



**Sgt Weagle**  
Promoted to that Rank



**BSM Poss**  
Commander's  
Commendation



**MCpl Clark**  
Certificate of  
Appreciation



**WO Williston**  
Commander's  
Commendation

## Battery Scrolls & Retirements



**Bdr Filiatrault**  
Retirement & Bty Scroll



**BSM Budd**  
HQ Bty Scroll



**MCpl Sauke**  
Retirement Certificate



**Sgt Meuse**  
HQ Bty Scroll



**BSM Budd**  
HQ Bty Scroll



For a more complete angel or tarot reading, call 727-0903, email me at [asha56@mts.net](mailto:asha56@mts.net), or visit [www.enchantedreadings.com](http://www.enchantedreadings.com)

**Aries** - You have recently learned a valuable lesson. This involved seeing how your actions affect others. There is great power in this lesson.

**Taurus** - Good news comes in small packages, and you will soon be receiving just that!

**Gemini** - Make sure you seize the golden opportunity that is just around the corner from you. It is what you have been asking for.

**Cancer** - You have been spending far too much time in your thoughts, get out and enjoy life and what is left of summer.

**Leo** - Someone that you thought was lost to you forever, is about to return. Be careful how you treat them now.

**Virgo** - You have been attacking something with great determination/stubbornness. You can see this is not working, so it is time to back off and try another approach.

**Libra** - There will soon be a necessity for a short trip. Although unexpected, it is a welcome change for you.

**Scorpio** - There is someone from your past that you need to forgive. By doing so, you will benefit greatly.

**Sagittarius** - The work that you have been doing on your inner self is about to shine brightly. Good for you!

**Capricorn** - Allow others to take the lead for awhile, you deserve a rest.

**Aquarius** - Make sure you are spending lots of time around water this summer, as it will really help to keep you balanced.

**Pisces** - You seem to be picking up the pieces of your life right now, make sure you put them in the order of importance for your future.



**Regimental Sports Day Softball Winners**  
C Bty



**Maj JH Vieveen (right) assumes command of B Bty from out-going Battery Commander Maj C Landry (left) as Maj L McGarry, A/CO 1 RCHA (centre), presides.**

## Sudoku!

		9		6	3	4		
6	8		1		2			
	1	2		5		3		
9	6			1		8		3
	7						9	
5		8		3			7	1
		6		2		7	8	
			4		1		3	6
		7	6	9		1		

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)



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

## We Welcome Your Submissions

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](mailto: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.





# Shilo Military Family Resource Centre



## Dana Thompson

*What is your title and what do you do at the MFRC?*

I am the Children Services Coordinator at the MFRC. I oversee the Occasional Child Care Service and provide programs for children ages 0-6 years and their parents. Such programs includes Rhyme Time, Family Fun Library, Preschool parties, Babytime, Science Soup and field trips. One of the bigger programs that I run is The Learning Circle, which is funded through Adult and Family Literacy Canada. I also coordinated Emergency Child Care for military families.

*How long have you worked for the MFRC?*

I have just celebrated my 10-year anniversary! It is hard to believe I started out as an Early Childhood Education student in the Day Care back in 1996.

*What is your favorite part of your job?*

The best part of my job is teaching the children new things and allowing them to explore and grow. I also really enjoy meeting up with kids that I cared for years ago.

*On a personal note, where do you come from?*

I come from a very small town on the west side of Lake Manitoba called Alonsa. It is a great small town close to Riding Mountain and the lake with a population of 150 counting cats and dogs. My husband and I now reside in Wawanesa and enjoy it very much.

*And last but not least, what is your favorite leisure activity?*

Anyone that knows me knows that I live for the beach. During the summer months we spend every weekend we can at the lake in our big blue bus. No modern campers here! Being a Manitoba girl, I also enjoy the winter a great deal. I spend a lot of my time curling with friends and family and bonspelling on the weekends.

*Anything you would like to add?*

I have been married for four years and have two stepdaughters that are actively involved with baseball and teenager stuff. Our other child is Reggie a little dog who loves to do whatever we are doing.

## Work Opportunities With Children Casual - Part Time - Full Time

*Looking for a few hours out of the house?*

The MFRC is presently seeking people over the age of 18 to work in a child care setting.

*Do you consider yourself caring and love to have fun?*

*Have little or no experience with children?*

**Not a problem!**

Training on and off the job available

\$8.61/hour

Hours flexible and can be scheduled around other work commitments.

Please contact Dana at 4105 for more information.

**The Shilo Military Family Resource Centre is looking for a full-time ECE II or III, to commence ASAP.**

- ⊙ Phase Five Salary Scale.
  - ⊙ Benefits,
  - ⊙ Professional Development
  - ⊙ Team oriented environment
  - ⊙ Ability to work with all age groups
  - ⊙ Current infant/child CPR and first aid
  - ⊙ Bilingual skills an asset
- Experience working with children an asset.

**The Shilo Military Family Resource Centre has two part-time positions, to commence ASAP.**

- ⊙ Team oriented environment
- ⊙ Ability to work with all age groups
- ⊙ Professional Development
- ⊙ Current infant/child CPR and first aid
- ⊙ Bilingual skills an asset
- ⊙ Experience working with children an asset

**Please send resume to: Shilo Military Family Resource Centre**

**Box 5000 Station Main**

**Shilo, MB R0K 2A0**

**Fax to 765-3859 • Email: andrea@shilomfrc.ca**

**By July 24, 2006 at 4:00 pm**

**Attention: Andrea Doubleday**

*Only those applicants selected for an interview will be contacted*



Photo by Harry Linegar

*(Above) The beach proved to be as messy as it was refreshing for Summer Fun participants.*



*(Right) Hot summer months mean good friends and cooling off at the waterpark for Summer Fun kids.*

# Summer Fun!

*Summer Fun's first week had a great field trip to Spirit Sands and Sprucewoods Provincial Park. The dip in the lake sure did cool them off after the hike in the dunes under the hot Manitoba sun.*

## Sign Up Today for Summer Fun!

**AROUND THE WORLD IN 8 WEEKS**

Ages: 5-11 years (must have completed kindergarten)

July 24-28	NATIVE CANADA
July 31-Aug 4	UKRAINE
Aug 8-11	JAMAICA
Aug 14-18	UNITED STATES
Aug 21-25	AFRICA

Regular Hours—Monday-Friday - 9am-12 and 1-4pm

**Fees per week**

\$55 for 1 child

\$85 for 2 children

\$115 for 3 or more children

**Extended Hours sessions available!**

7:15-9:00am - 12:00-1:00pm - 4:00-4:45pm

**Fees are per week per child.**

\$10 for one session

\$15 for two or three sessions

For more information please contact Suzanne @ 3855.



# CLASSIFIEDS!

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 for Sale

## Homes for Sale

## For Sale

## Other

### Open House!

Sat, July 22 • 1-3 pm & Sun, July 23 • 1-3 pm

#### 83 Woods Avenue (Sprucewoods)

Custom built 3 Bdrm home. Home is immaculate. Large living room, dining room w/ garden door to patio & pond. Large, bright kitchen w/ Garden door to covered deck & hot tub. Master bedroom w/3 pce bath. Basement has gas fire place. Nicely finished. Don't miss this one!



Your host: Graham Garden  
Re/Max Valleyview Realty  
(204) 724-5998

### Open House!

Sat, July 22 • 1-3 pm & Sun, July 23 • 1-3 pm

#### Custom Built Cab Over

Completely finished home featuring cathedral ceiling, 3 main floor bedrooms, lower guest bedroom & office, ensuite off master plus additional two full bath, family room with adjoining sunroom, oversize windows throughout, oversize double garage, c/a.



Bev Powell • 729-3554  
Re/Max Valleyview Realty  
View Pictures - www.bevpowell.com  
MLS# 2609002

1800 sf house with an extra 1800 sf build on pool area with in-ground heated pool, hot tub and stone fireplace. Huge open kitchen and livingroom, 3 bedrm up & 1 down. Double heated garage, 30x40 workshop on huge lot in scenic Rapid City. Anko Sweep, Homelife Home Professional Realty Inc. 1-204-761-0554

1976 Mobile Home at Sprucewoods Trailer Park, 14' x 72', large LR, 2 Bdrm, Kitchen, Bath, Utility Room, attached porch, new skirting. Washer, Dryer, Stove, Fridge, window air-conditioner stay. \$12,000 Possession 1 Aug. call 763-8843

### Wawanesa \$149,900

Beautiful 3 + 1 bdrm, bi-level. 1285 sqft. Oak cupboards, main floor laundry, 2.5 baths, finished basement, newer shingles, eavestroughs, tri-pane windows, patio door, deck, hot water tank. C/A, C/V, attached garage, lge garden shed, pond in nicely landscaped yard, call 824-2161.

### Carberry

721 3rd Avenue

2 + 1 bdrm, 1.5 baths, screened patio, detached garage, low taxes & utilities. Call 728-6913



A perfect family home, \$175,000. Well maintained updated 4 bdrm, 2 bath bi-level located in Brandon's highly desirable west end. A gardener's delight with large garden, perennials, patios and hot tub, fenced yard, call 729-9984.

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 family 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

### Business Opportunity!

For Sale - Service Station and C Store on 2 busy highways in Ninette, MB. Clean environment, profitable business family-run since 1965. Owner retiring. Countryland Realty - Dave Mooney, 824-2094 for details.

### Free to a good home.

10-month female Mechon. Sarah is a small white dog with lots of energy, good with small children. She is fix and tattooed and has her first shots she is also kennel trained. Call Winnie 765-2738

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

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

Entertainment Unit paid \$1.100 asking \$200.00, 14 / 3 foot out door pool pump & chemical included \$175.00. A full set of World Book Encyclopedia gently used \$100.00. World Book of Science Encyclopedia \$40.00. Babies Basinet \$80. Women's Red bike bought new last summer with front basket and helmet \$75.00. Blue man's bike bought new last summer with front basket and helmet needs to be repaired \$40. 17 inch Dell 828L monitor \$40. Epson 1200x2400 scanner \$40. Firefly Roller Blades size 12 like new paid \$150 asking \$60. Daytron VCR \$40. Fish tank \$20 Call 765-2738

Wooden dining room table and 4 round back chairs will seat up to 6 people ask \$250.00 OBO. Wooden coffee table and 2 end tables asking \$85.00 OBO. Phone 765-4556.

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

### Pro-Form CR 610 Treadmill

incline, trainer programs, quick speed sets, auto shut-down, EKG monitor, new condition, \$900 OBO call 763-4007

**Bowflex Ultimate** with all attachments & floor mat. 1 year old \$2200 call 763-4987.

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, as well as Cosmopolitan, US magazine, People, and a few others. Asking \$2 each. Call Lynn Linegar 765-2893.

## Furniture

### BRAND NEW! WRAPPED!

Chiropedic support pillow top bed set with edgeguard 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.

**Marriage Commissioner Available** Licensed for the province of Manitoba. You pick the time and place. For appointments at your convenience, call Margaret Stock at 763-4728

**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

Want it?

Don't need it?

Advertise in the Shilo Stag Classifieds!

Wedding Dress!

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

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 Rent

Available Immediately  
**RENTED!**  
3 bedroom bungalow in acreage between Shilo & Brandon, call 761-3473.

Summer yard contest will be judged on the 14th of August at noon. No need to register, just decorate your yard! Prizes are for \$150, \$100, & \$75.

## BINGO!

Every Thursday evening at the Sprucewoods Community Club. Share the wealth at 6:20pm with the Early Bird at 7pm. \$1000 in 52 numbers!

## Childcare

Loving mother with 9 years experience working in daycare has 1 full time opening for a child 12 weeks to 4 years old in licensed French home daycare. Lots of activities. Snacks and lunch provided. Call Erin at 765-4440.

## WANTED

If any one has a puppy that will grow to be a larg dog that they would like to give away will take one up to a year old, but must get on with other dogs and cats must not have any German Sheppard in the breed please call 765-4556

# base hair & tanning salon

765-HAIR ♦ CANEX Mall ♦ 765-4247

## SHILO MEET PAUL MITCHELL, PAUL MITCHELL MEET SHILO!

We are really excited to sign up with Paul Mitchell as an exclusive "Signature" salon. When you buy Paul Mitchell products from our salon, you not only buy top quality professional hair products but you will help to support a company that contributes to a wide variety of philanthropic causes and organizations. Organizations that operate in the fields of health care, social services, environmental protection and awareness, and the arts.

Paul Mitchell has and will continue to provide us with excellent education and training, top quality products for salon use and take home and a corporate belief system that mirrors our own. Together we will continue to operate with honesty and integrity and work to make Shilo a better place!

Is there a difference between professional salon hair products and store bought hair products?

The simple answer is yes, salon products are much better than the products sold at your local grocer, but that is only the simple answer to a rather complex question.

Some non-professional products are just plain bad for your hair. They will leave heavy deposits on your hair of a silicon like substance that will eventually cause static hair and hair breakage and we detest all of the "dandruff" type shampoos.

Dandruff is not flakes. Flakes are caused by dry scalp, not dandruff. If you use a good shampoo and conditioner, your scalp will soon stop flaking. The dandruff shampoo industry has made billions convincing people that they have dandruff. Dandruff is like a yellow or gray oily powder and clumps together in little balls, not flakes. A medicated shampoo such as Paul Mitchell's Tea Tree shampoo is needed to deal with this problem.

Ingredients make the difference. When you examine the ingredient list on a bottle of shampoo, what you see listed first is what there is most of in the bottle and so on until the end of the list which is what there is least of in the bottle. The first ingredient will frequently be water and the last ingredient is often a dye. Toward the top of the list you will notice an ingredient such as ammonium laurel sulfate, sodium laurel sulfate, or sodium laureth sulfate. These are surfactants. Their purpose is to make water wetter, or to put it differently, to help the cleaning agents lather. A surfactant can also be a cleaning agent in and of itself. Salon products contain gentler surfactants than your store bought shampoo.

You will then see some conditioning agents listed. Your salon shampoo contains higher quality protein based conditioners or moisturizing conditioners, thus enabling the conditioner to penetrate deeper into the hair shaft or scalp and lock in moisture. These quality ingredients add cost to the product and is why they are not typically found in store bought products.

The remaining ingredients are largely consumer appeal ingredients. These contribute towards color and aroma and a few ingredients that are stabilizers and preservatives.

Our salon carries a good variety of products to address the needs of all clients. We will recommend the product best suited for your hair and the rest is up to you and your preference to aroma, color and packaging.

If the product worked at first but then stopped working after a few months, chances are that the climate changed. Products that are right for you during one season are not always the best during another. There is also the possibility that you are undergoing hormonal changes. Crazy but true!

## Myth: Hats cause balding.

This myth probably started years ago in the military where young men entering the service were required to wear hats and soon showed signs of going bald, or at least of hair thinning. This was and is due to coincidental timing. The age that young men enter the military is also the same age that male pattern hair loss begins. Don't blame it on the beret!



# 4.0%<sup>1</sup> Big Rate. Big Savings.

Your community.



Your banking program.

## Get more from your money with the Canadian Defence Community Banking<sup>†</sup> (CDCB) Savings Plus Account.

- One of the best interest rates available on a savings account – anywhere!
- Earn 4.0% when your daily balance is greater than \$1,000<sup>1</sup>
- **Plus!** Get an anniversary bonus when you keep an average annual balance over \$1,000 – your bonus increases the more you save.<sup>2</sup>

### Win a \$10,000 headstart!

Sign up for a CDCB Savings Plus Account between July 15 – September 15 and you will be automatically entered for a chance to win \$10,000 towards your new account! Receive a bonus entry for every \$500 deposited and held in your account until the contest ends.<sup>3</sup>

To start saving more,  
call **1-866-808-9933** or visit  
**www.cdcbanking.com**



<sup>1</sup>Interest is calculated on each day's closing balance and is paid into your account monthly. For accounts with a balance of \$1,000 or less, a rate of 1% applies. Rates are annual and are current as of June 20, 2006, and are subject to change without notice. <sup>2</sup>Anniversary bonus interest is based on the average of your daily closing balances over the year and is paid into your account the next business day after your anniversary date. <sup>3</sup>NO PURCHASE NECESSARY. There is 1 prize of \$10,000.00 (Cdn). Contest runs July 15 – Sept 15, 2006. You will receive (a) one entry when you open a new CDCB Savings Plus Account (an "account") anytime during the contest period; and (b) a bonus entry for every \$500.00 deposited into the account (up to \$2,000) and held on balance until 11:59 p.m. (ET) on September 15, 2006 (the "Contest closing date"). For example, if you open an account on July 20, 2006 with an initial deposit of \$1,500, but your balance is \$1,200 on the Contest closing date, you will receive 3 entries in total. Anyone may alternatively enter the Contest by writing a 100-word essay on the benefits of a CDCB Savings Plus Account and mailing it to: CDCB Savings Plus Account Contest, P.O. Box 4069, Paris, Ontario, N3L 3W9. Essays must be postmarked by Sept 15, 2006 and received by 11:59 p.m. (ET) on Sept 19, 2006. Limit 5 entries per account, regardless of the method of entry. Odds of winning depend on number of entries received. Skill-testing question required. Contest only open to Canadian Defence community individuals who qualify for the CDCB offer who are residents of Canada of the age of majority. For complete Contest Rules and eligibility requirements, send a self-addressed stamped envelope to: CDCB Savings Plus Account Contest, P.O. Box 4069, Paris, Ontario, N3L 3W9 or visit [www.cdcbanking.com](http://www.cdcbanking.com). <sup>TM</sup>Trademark of CIBC. <sup>†</sup>Canadian Defence Community Banking services are provided by the direct banking division of CIBC. The Canadian Defence Community Banking program is brought to you in cooperation with the Canadian Forces Personnel Support Agency (CFPSA).