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Rockin' the red & white



Country star and proud Canadian Julian Austin rocked the El Prado Club last Friday when he took the stage for an all ranks function, singing and entertaining an intimate crowd of fans. Playing songs from his album 'Red and White', which is dedicated to Canadian Soldiers past and present, Austin donates \$5 from every CD sold to a fund established to improve the well being of injured soldiers. His CD is available exclusively at CANEX's across Canada.

Photo by Layne Thiessen/Shilo Stag



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Deployment News

Photo: Combat Camera

1 RCHA troops near end of tour

MBdr Patrick Cote
C Bty, 1 RCHA

Well, the tour is winding down for us. Having arrived in KAF (Kandahar Air Field) on March 3rd 2007 and slated to leave in early August 2007, the Fire Support Team eagerly awaits our departure dates. (MWO Poss, MBdr Cote, and Bdr Miles, all from C Bty, are part of the National Command Element's Provincial Operations Center. They, along with Major McHattie (2 RCHA), make up the Fire Support Cell). It has been a long and busy five months for us. Longer and busier for some more than others no doubt. But the end is in sight and we are finding ourselves daydreaming of soon being at home with our families. Although we long to leave this parched landscape for cooler climate and warm receptions, there is still a job to be done. Though distracted with thoughts of home and family we soldier on and continue with the mission as we conduct a handover to our replacements. The incoming BG, from the Royal 22nd Regiment, will undergo a handover period where they work hand in hand with us to learn the ins and outs of the Canadian Area Of Responsibility (AOR). Shortly thereafter most of

the personnel that served on this rotation will begin the long awaited journey home, which will include a three day decompression period in Cyprus before finally flying back to Canada and our loved ones.

As part of the Fire Support Cell in the Provincial Operations Centre I was able to learn a great deal about the day to day operations of the Canadian Forces in Kandahar Province. It was particularly interesting to see how other nations within the coalition operated. Often working long hours during the day and night, the boredom brought about by the quiet days was interspersed with excitement as we tracked the action on the battlefield via radio and live video images from our Canadian UAV's (Unmanned Aerial Vehicles). But not all was work. There were instances when we had a little time to ourselves to do any number of the activities offered by KAF. We could go to the gym, or play ball hockey or volleyball to unwind and release some tension. Then we could go to the boardwalk (Yes, KAF has a boardwalk) and peruse the goods offered by the handful of shops, followed up by a lunch at one of the few fast food outlets and chased down by an iced cappuccino at Tim Hortons. The evenings offered movie

nights at Canada House and the American MWR Centre (Mobile Welfare Resource Centre) or, on a few occasions, a live band at the boardwalk. And there was always the market on Saturday mornings. For a few hours every Saturday the local nationals would be allowed to bring their wares into KAF to sell to the, none to eager to buy, coalition soldiers. Anything from trinkets and toys to jewelry and works of marble could be had for a price that was no doubt haggled over. This method of purchasing wares was in itself quite interesting and fun as prices usually began at an outrageously high level and usually ended up at the very low end. I myself frequently haggled over goods set at ridiculous prices, in the end getting what I wanted for a price that was reasonable for both the vendor and the customer alike. The Afghan vendors, very skilled at their trades and very eager to make a sale, are very likely prosper in a free Afghanistan. They not only bring much needed wealth to a poor country, but are also setting the foundations for Afghanistan's future economy.

As for the Fire Support Cell, we will remember our busiest moments when Maj McHattie, MBdr Cote and Bdr Miles deployed to FOB (Forward Operating Base) ROBINSON from the periods between April 4th to May 15th. While there we were able to practically apply all of those skills which we trained so long for when we were back in Canada, making a noticeable contribution to the success of the mission. Maj McHattie went outside the wire a second time to FOB Kakarez from June 1st to July 2nd where he acted as an artillery liaison officer and fire support advisor for the



Photos submitted by C Bty, 1 RCHA

(Left to right) Bdr Noel, Capt Burke, Sgt Poritt, Bdr Kaus, Bdr Caton, and MBdr Blakemore

guns of "C" Troop, D Battery, 2 RCHA. While there, the C Troop guns supported U.S. special forces and accounted for more than three quarters of the more than 300 Taliban casualties during the operation and were a large factor in the success of that mission.

We only spent a small portion of the tour outside the wire. Every day there are hundreds of Canadian soldiers outside the wire at any given moment. Daily they face danger from Taliban ambushes, suicide attacks, and IED's (Improvised Explosive Devices). Among those who spent most of the tour outside of KAF are 12 of the 16 soldiers in Afghanistan who are from C Bty, 1 RCHA. They make up two of the four FOO parties which are attached to the infantry companies of the 2 RCR Battle Group. G13, consisting of Capt Francis, Sgt Cochrane, MBdr Ker, Bdr Wierenga, Bdr Fradette, Bdr Lajoie, and G14 consisting of Capt Burke, Sgt Poritt, MBdr Blakemore, Bdr Noel, Bdr Caton, and Bdr

Kaus. Unfortunately there will be one less soldier coming home to Shilo. On July 4th, 2007, we lost one of our own. Captain Jeff Francis, while moving down a road in Southern Afghanistan in an armoured vehicle, was tragically killed in action along with 5 other Canadian soldiers and an Afghan interpreter when an IED detonated under their vehicle. This loss is yet another cut to the open wound of grief that CFB Shilo, and other bases across Canada, have become familiar with. Hopefully these losses never become so familiar to us as Canadians that the pain that they cause is diminished in any way.

Soon the place names that we are now so familiar with will be only a memory. Places like Sperwan Ghar, Camp Nathan Smith, Ma'Sum Ghar, Patrol Base Wilson, Shah Wali Kot, and a host of other places where Canadians operated throughout our tenure here in Afghanistan. But most of all we will remember those

soldiers, Canadian and coalition alike, who lost their lives while in the line of duty during Op Athena Roto 3. Although the mission is not yet complete and parts of Afghanistan are still contested by the Taliban, we can leave for home, safe in the knowledge that our comrades will carry the torch. And as we step onto the plane we can feel proud to have been here, to have helped the Afghan people toward something better. Hopefully, in the future, when Afghanistan is a country free from oppression and is no longer a safe haven for terrorists, those of us that were here can say to themselves and others that "I helped make that happen; I was there and was part of something good in the world!"

Our thought and prayers go out to friends, colleagues, and especially the family of Captain Jeff Francis. His memory will be cherished by all those who had the pleasure of knowing him.



MBdr Cote in Afghanistan.

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Regiment mourns loss



LCol PJ Williams
CO 1 RCHA

To the families of those killed this in Afghanistan, including Captain Jeff Francis of 1 RCHA, members of the 3rd Battalion, PPCLI, the Royal Westminster Regiment and to the family of the Afghan

civilian interpreter killed in the same incident, our sincerest condolences.

In particular, I'd like to offer condolences to Jeff's partner Sylvie, their son Ry and to Jeff's parents.

We have received a number of messages of condolences from across the Canadian Forces, the artillery community and others, and I would like to thank those people who have shown their support at this very difficult time.

Jeff, was born in Oromocto, NB on Remembrance Day 1970, and grew up in the Halifax, NS area. He joined the Canadian Forces in September 2001 and had been a member of

1 RCHA since summer 2004. He was the top candidate on his artillery officer training course before be-

ing posted to 1 RCHA. He was promoted to his current rank in 2005.

Jeff was a Forward Observation Officer (FOO) attached to the 2nd Battalion Royal Canadian Regiment Battle Group operating in Afghanistan as part of Canada's mission there. At the time of the incident he was supporting C Company, of the 3rd Battalion, PPCLI from Edmonton.

This was Jeff's first operational tour overseas. He deployed to Afghanistan in February of this year and we were expecting him home sometime next month.

Jeff was an outstanding officer who had trained his team and himself hard for their mission, a mission they had been very much looking forward to. Jeff was able to form his team

into a very tightly knit group and they provided excellent support to the Battle Group. I should add that the remainder of Jeff's FOO party who were not involved in this incident, are all safe.

Jeff was a quiet person, who had a calm leadership style. From speaking with his superiors in Afghanistan yesterday I would agree with the description of Jeff as being calm, confident and always in charge. And as you look at a photo of Jeff, I think those qualities are very evident.

He was indeed a quiet professional, the very hallmarks of Canadian soldiers. He also had a dry sense of humour which went a long way to making his team so effective.

He provided stellar sup-



Captain Jeff Francis

port to his comrades in Afghanistan who will miss him greatly as we do back here.

Our loss, however, cannot be compared to that which his family feels right now, and it is they who are our focus. I have spoken personal-

ly with Jeff's family, both his partner Sylvie and his father to offer our condolences and our commitment to supporting them through these difficult times.

Jeff, we will really miss you. Stand Easy.



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The choices we make in our daily lives can affect the health of our most precious resource—our water.

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There are plenty of other simple choices you can make, like using phosphate-free soap and detergent. Beginning this fall, the Manitoba government will be consulting with Manitobans about the best ways to restrict the use of phosphates and cosmetic fertilizers.

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Hygienist to sail Pacific CANEX plans for future



Layne Thiessen
Shilo Stag

What could be more exciting than cleaning dozens of pairs of teeth every day on a small army base in Western Canada? How about sailing the high seas aboard a Tarawa-class amphibious assault vessel in the United States Navy, bringing desperately needed medical care to poor families in poverty-stricken regions of Southeast Asia and the Pacific?

Shilo Dental Clinic hygienist Sgt. Pattie Powell, Dental Unit 1 Detachment Shilo, will be leaving in early July for a two-month humanitarian tour of the Pacific in conjunction with CF Health Services and the U.S. Navy.

Over 25 CF personnel including doctors, nurses, physiotherapists, and dental professionals have been deployed on two U.S. Navy vessels and will team up with staff from a number of humanitarian non-governmental organizations (NGO's) in an effort to bring medical care and supplies to remote areas in countries such as the Philippines and Papua New Guinea.

19 CF personnel have already left the country

aboard the USNS Comfort, a U.S. Navy hospital ship that will tour the Caribbean. Sgt Powell will join eight CF Health Care professionals aboard the amphibious assault vessel the USS Peleliu.

Sgt Powell is excited about the mission and immediately wanted to get involved when her office received a request for applicants from Headquarters.

"Headquarters had called looking for people who were interested. Names went before a selection committee and I was fortunate enough to be one of the successful candidates."

Sgt Powell, who has never been to the area or on a humanitarian mission will board the Peleliu during the third rotation's changeover on July 27 in Singapore.

"We'll be going from Singapore to Madang, Papua New Guinea, the Solomon Islands, and Majuro of the Republic of the Marshall Islands. We'll be disembarking in Hawaii."

While Sgt Powell has years of experience working as a dental hygienist in the CF, she expects the overseas environment will be very different.

"I've talked to some people who have done this in the past and it's my understanding that we'll be up in the wee hours of the morning getting equipment ready for the day and we'll be heeled off the ship or taken off by small craft and hiking or driving in and working for the full day before

heading back."

The essential aspects of the work itself, however, will be familiar to Sgt Powell who will be acting as both a dental assistant and a hygienist.

"My duties may include preparing the operating area, sterilizing, x-rays, cleaning, giving instruction on oral hygiene, and things like that."

Although the tour will offer the opportunity of a lifetime to see a beautiful part of the world and experience different cultures, Sgt Powell is clearly focused on the humanitarian objective of the mission which has been dubbed the 'Pacific Partnership'.

"I've always wanted to do humanitarian work but never had the opportunity. It's quite an honour to be selected. I just want to get in there and really help out and make a difference in people's lives. We'll be working with the needy of the needy."

Sgt Powell recently returned from Peacekeeping Training in Kingston, a requirement for the mission. She also had to receive several immunizations and pass physical training and weapons handling requirements. The Peleliu is the first warship in the U.S. Navy manned by medical, engineering, and construction teams and specially fitted with state-of-the-art mechanical equipment to assist them. The vessel began its 'Pacific Partnership' on May 29 and the mission will officially end September 12, 2007.

Layne Thiessen
Shilo Stag

Life in a military community is always changing and nobody knows that better than CFB Shilo CANEX General Manager Rick Kehler. The past year has brought its share of rewards and challenges for the mall and its merchants and while Kehler says that business is good, he admits that there is some concern surrounding the departure of several hundred of Shilo's soldiers to Afghanistan early next year.

"Businesses are coming to me this year with big happy faces but we're apprehensive because of what's coming in January and what will happen when we lose 800 troops to the deployment. We're kind of lining our coffers now for the lean times to come."

Kehler says that part of his strategy will be to bring in new customers in the military community and get the message out that by supporting the CANEX, customers are directly supporting Shilo's soldiers.

"Military rules and regulations mean that we have to be careful with our advertising and promotion strategy. We've started doing radio advertising because there are a lot of people who live off base that we're trying to reach out to. We're trying to bring in business like veterans or federal employees to shop here and support the base."

Kehler says that it is essential that the CANEX continues to be successful in the future as it allows community members to purchase everything they need to live comfortably without leaving the base but also because CANEX donates a significant portion of its revenues

to CFB Shilo's Base Fund every year. Money in the fund is allocated by the fund committee to a wide range of programs and to address needs within the community.

"CANEX contributes to base fund based on our revenues and not based on our profits. Anything that CANEX generates, a portion of that goes back to the base fund. Base Fund programs support military members and their families. Our contribution to the fund in the 2006-07 year was \$134,000."

While he believes that supporting the community is important, Kehler realizes that to be able to offer that support, the CANEX has to offer a wide variety of products and services to keep up with its customer's demands. That's part of the reason why, in addition to groceries, household goods, a hair and tanning salon, massage, dental, and a full-service pharmacy, the CANEX is offering flexible credit plans to customers who purchase products from other businesses that have aligned themselves with CANEX. Kehler is currently searching for a cooperative sporting goods and leisure business and already offers the CANEX credit plan to customers who choose to shop at Krevco Pool & Spa, Karl's Automotive, and Fountain Tire.

"A customer of ours walks into their store and is interested in new tires and says he wants to put them on the CANEX credit plan. We have an agreement and they hook up the customer with tires, fax me the invoice, and put the purchase on the credit plan. We have a 12, 24, and a new 36 month credit plan, all are

interest free."

In addition to offering a new credit plan and searching for new business partnerships, CANEX will also be home to a new restaurant that will open in mid-July and will be managed by the North American food and beverage giant Aramark. The CANEX Cafeteria will offer a menu similar to the old RJ's but will also include pizzas and a sandwich bar. While the cost of renovations and signing on with new franchisees has proven costly in the past, Kehler believes the new partnership with Aramark will allow the community's dietary demands to be met faster and more efficiently than ever before.

"Aramark is a national company that carries their own standards and has a repertoire of franchise names. They look at the community to see what it needs and are quicker to react than CANEX was able to. If they see that the community needs a certain franchise they can bring it in versus CANEX which has to sign on a franchisee for five to ten years at a time. Aramark can just pull that franchise out and put a new franchise in at the same location."

As the years go by and Shilo's CANEX looks forward to another birthday celebration on September 22, one thing is certain to Kehler. To ensure success in the future, the entity will need to continue to form beneficial new relationships in the larger community, nurture existing ones, and make careful decisions about its future as it changes and evolves to ensure that it continues to serve its mandate, meeting the needs of the people and community who have come to rely on it.



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New fitness instructors ready to pump you up

Layne Thiessen
Shilo Stag

Fitness, Sports and Recreation's new fitness instructors Janelle Boyd and Kris Brown are ready and qualified to whip Shilo into shape.

The two instructors who started at the General Strange Hall (GSH) this spring hold Bachelor's degrees in Kinesiology and Exercise and Sports Science as well as Certified Fitness Consultant (CFC) and Certified Personal Trainer (CPT) designations which give them the professional authority and knowledge to help a wide variety of military and community members achieve their fitness goals.

"We offer different types of fitness programs

for whoever wants them including cardio and pool classes. We also make programs for and work with remedial soldiers to help them get back on track," says Brown.

Brown is also an official Certified Strength and Conditioning Specialist recognized by the National Strength and Conditioning Association and is able to work with individuals to specifically develop their speed, power, and agility. He is excited to work with anyone attempting to reach a high level of fitness as well as those who are starting at a lower level.

"I did some testing last week with a guy that wanted to get into Canadian Specials Ops. I wrote out a program and he passed. Also, a lot of

our work deals with the remedial soldiers and getting them back on track. I think it will be rewarding to see them progress."

Boyd says that she's impressed with the shape of both Shilo's soldiers and community members.

"There's many different levels of fitness but I've noticed that a lot of people who workout and test here are in really good shape. The general level of fitness is higher than in the private sector."

Both Brown and Boyd have been active in sport and athletic disciplines since childhood. While Boyd professes to play all sports and was once a provincial baseball pitcher, Brown played junior hockey as well as rugby, baseball, volleyball, and even a little bit of golf.

Boyd finished her degree program in May and was happy to start working immediately following graduation. Brown's story is slightly different.

"I was selling fitness equipment and was a member of the Manitoba Exercise Professional Association (MEPA) and I received an email about this job. I was doing some personal training and wanted something with a little more structure and this was a great fit. I'm really enjoying it so far."

In addition to offering military testing and fitness plans as well as cardio, weight training, exercise bicycle, and other classes, the pair are almost finished completing their lifeguard certifications.

Brown and Boyd are

also offering 'Get Fit,' a fun and informative training program for people in the community with back and other physical problems as well as a youth weight training clinic.

Both instructors have been enjoying their time in Shilo and are impressed with the facilities

at the GSH. Boyd, who will be coordinating this year's Terry Fox run on September 7, is eager to hear from anyone in the community with questions or ideas for new fitness programs. Her extension at the GSH is 3899. Brown's extension is 3866.



Kris Brown and Janelle Boyd, the new fitness instructors at the General Strange Hall are ready to help you get fit based on your readiness level. Stop by or visit them to see what they can do for you.



Photos by Layne Thiessen/Shilo Stag

Kris Brown, a fitness instructor at the GSH, demonstrates a variation of weight lifting while incorporating balance and strength training.

EXTERNAL REVIEW COMMITTEE

Share Your Views on Manitoba's Regional Health Authority System

The Manitoba government has established an independent external committee to review the province's regional health authority system. The goal of this review committee is to make recommendations to improve health care services for all Manitobans.

The external review committee consists of the following members:

- Dr. Jerry Gray, dean emeritus and senior scholar at the University of Manitoba's I.H. Asper School of Business
- Ms Shirley Delaquis, a recently retired nurse
- Mr. Tom Closson, the former president and chief executive officer of major hospitals in Ontario and a British Columbia health region

They are expected to achieve the following objectives:

- Examine the overall performance of the RHA system
- Identify areas where regional health authorities (RHAs) have shown innovation in improving patient care
- Recommend how best practices can be extended to all RHAs
- Ensure resources are focused on front-line patient care by reviewing administrative costs, including comparisons to other jurisdictions
- Examine how RHAs can increase their public accountability
- Identify ways to enhance community participation in regional decision making

Send your written submission

The review committee wants to hear what you have to say regarding Manitoba's RHAs and invites you to send a written submission related to topics within its mandate. You can send your submission by either post or e-mail.

Mailing address – RHA Review Committee, P.O. Box 48065 RPO Lakewood, Winnipeg, MB R2J 4A3

E-mail: rhareview@shaw.ca

Please send your written submission by **August 22, 2007**.

For more information

If you would like more information on the review committee's detailed terms of reference, please visit www.gov.mb.ca/health/rha/review.html

Any personal information, and personal health information, you provide to the review committee as part of the consultation is subject to *The Freedom of Information and Protection of Privacy Act* and *The Personal Health Information Act*. The information you provide will only be used to assist the review committee in carrying out its responsibilities. This will involve disclosure of the information to and between members of the review committee, persons providing administrative support, to other review participants, other interested parties and through various means, during and after the review process, including written reports. **Your personal identity will not be disclosed without your consent.** If you have any questions about the collection, use or disclosure of your personal information or personal health information, please contact the review committee coordinator at P.O. Box 48065 RPO Lakewood, Winnipeg MB R2J 4A3 or (204) 786-7347.

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1 RCHA sends concert out with a bang

Sgt Dennis Power
Army News

VIRDEN, Manitoba - A small town in southwestern Manitoba celebrating its 125th Anniversary recently held a 'Concert in the Park' featuring the Winnipeg Symphony Orchestra and a troop of guns from the 1st Regiment, Royal Canadian Horse Artillery (1 RCHA). With the help of the guns, the concert went out with a bang.

Virden is a typical prairie town, compact, with a well defined downtown, and neat rows of houses surrounding a park in the center of town. With a population of just over 3100 citizens it's not too far down on the list of 'big' towns in Manitoba. The motto on provincial license plates is "Friendly Manitoba", and if one town exemplifies this motto, it's Virden.

Soldiers in town preparing for the evening show, were welcomed by townspeople wanting to meet the troops they hear about in the news. "It's different, and it's nice," said Warrant Officer Carl Roehl, of C Battery, 1 RCHA. "The little that people hear about us is always about Afghanistan, when people actually meet us at events like this they see other facets of what we do. It also lets them see that we're regular people, that we fit into the crowd, and that

we enjoy the same things as they do."

Having the Winnipeg Symphony Orchestra playing in the park was a big event for the town and drew an enormous crowd. The final piece to be played, with the guns adding depth to the performance, was Tchaikovsky's well-known 1812 Overture. Most of the spectators had stopped to look at the guns as they arrived for the concert, but few realized they would actually be firing, thinking instead it was just a display. The announcement to clear space away from the guns just before the last piece began created excitement in the crowd.

As the last few spectators were ushered out of the buffer area, the music began, and the crowd focused its attention on the guns. On signal from a member of the orchestra the first gun fired, and a ripple went through the crowd. The blast from the gun was much louder than anyone had anticipated. Through the course of the piece the guns would fire an additional 15 rounds. As the last notes of the 1812 Overture were played the crowd erupted into applause, and closed in to cheer the gunners for a part well played.

James Ewen, a member of the orchestra, joined the gunners as quickly as he could to tell them,



An assistant to the conductor of the Winnipeg Symphony Orchestra (in background) signals to gunners of 1 RCHA to fire their gun during the playing of Tchaikovsky's 1812 Overture.

"That was the best I have ever heard, absolutely the best, I've played this piece with guns eight times now, and you guys were the best."

"It's great to have soldiers out for events like this," said Scott Andrew, a descendant of one of the town's founding families. "It helps the community understand who you are and what you do, and we appreciate soldiers supporting events like this in a small town like Virden, it's a big deal for us, and it has a great impact on us."



Rei Hotoda, Assistant Conductor of the Winnipeg Symphony Orchestra, conducts the orchestra during a piece at a concert in Victoria Park in Virden, Manitoba.



Gunner Kevin Langlais of C Battery, 1 RCHA holds the attention of young residents of Virden, Manitoba as he shows them a blank round that will be fired from the LG 1 Light Howitzer behind them.



Two LG 1 105 mm Light Howitzers fire repeatedly during the playing of Tchaikovsky's 1812 Overture at a concert in Victoria Park in Virden, Manitoba.

New Dagger GPS

Sgt Dennis Power
Army News

To be an effective part of the team, soldiers operating on the high-tech battlefield of today need to know exactly where they are at all times. A Global Satellite Positioning (GPS) System will provide that knowledge, and now, much more.

The first GPS issued on a wide scale to the Canadian Army was the Precision Lightweight GPS Receiver (PLGR) in the mid 90's. It came as the CF was conducting peace support operations in the Balkans, and was welcomed by troops who were often operating in complex terrain with poor quality maps. The 'Pluggger', as the troops called it, was an excellent aid to navigation when mounted in vehicles and was often used by dismounted troops. Although fairly large, it would be carried for its value in confirming a soldier's

location.

As technology evolved GPS systems became smaller, during the same time, troops who learned to value the reliability of the Pluggger began to ask for a more suitable system for dismounted use. With no prospect of a more compact system on the way, thousands of soldiers began buying civilian models that were a fraction of the size, and in many cases, much more user friendly. This sent a strong signal, and led to the introduction of the Defense Advanced GPS Receiver (DAGR) in the summer of 2006.

The troops call the new GPS the 'Dagger', and it has been well received. "It's a lot smaller and lighter, and has a built in antenna, a huge improvement in a GPS for the troops to carry," stated Sergeant Dan Ketcham of the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI). "Being a lot new-

er, it also has a lot of built-in features that the Pluggger doesn't have. You can bring up information that's going to help you call in fire-support, or close-air support. It also has anti-spoofing and anti-jamming features."

In addition to being able to defeat jamming signals, Daggers can be used to locate the source of the signal, that info can then be used to direct a mission to destroy the source. Sgt Ketcham continued, "a lot of the new features are good, and it runs on double A batteries, which everyone carries. The only thing I don't like is the lack of a numeric keypad; it takes longer to enter grids. Other than that it's a good piece of kit."

Like any GPS system, the Dagger is an aid to navigation and is meant to complement solid map and compass skills. It has been in use in Afghanistan for about a year and is now finding it's way to units across Canada.



Photos by Sgt Power/Army News

The new DAGR GPS is compact, lightweight, and easily fits in the palm of the hand.

FAC's link ground troops to air

Sgt Dennis Power
Army News

Most engagements in Afghanistan involve air support. Pilots of all aircraft need to understand the situation of the ground troops they are supporting, and attack aircraft need eyes on the ground to direct close-air support missions. That link to the ground is provided by Forward Air Controllers (FACs).

FACs are right up front with the troops on all major operations. If an Infantry Company is in contact with the enemy, and requests air support, the FAC is usually somewhere within that Company. Within minutes a FAC can be positioned to have eyes on the enemy and bring in air support. Often there will be attack aircraft on station during a major operation, waiting for a mission from a FAC.

"Our FACs are highly skilled and motivated soldiers, they're able to visualize and operate in very complex and dynamic 3D environments," said Major James Allen, Battery Commander, A Battery, 1st Regiment, Royal Canadian Horse Artillery (1 RCHA).

"They can be counted on to employ devastating airpower at the right time, the right place, and under the most stressful conditions."

FACs are generally Senior Non-Commissioned Members and officers to the rank of Captain, most serve in artillery units. The training required to deploy as a FAC is daunting, and can take as long as a year and a half. Exercises to confirm, and polish skills usually have FACs managing numerous assets on the ground and in the air. It's the reality on operations, so it's a necessity in training.

During the last year in Afghanistan hundreds of Canadian soldiers have been involved in firefights that involved attack aircraft dropping bombs or other munitions. "We can, and have dropped 2000 pound bombs within 350 meters of friendly troops, if you're going to do that right, and do it so you don't hurt friendlies, you do a lot of training first," stated Warrant Officer Darcy Cyr, a FAC Supervisor at 1 RCHA.

WO Cyr continued, "These days the FAC's are operating in close proximity to the enemy, they're usually

right there in the fight with the troops they're supporting, organizing Helicopter Landing Sites (HLS's) to evacuate wounded soldiers, dealing with incoming artillery fire, directing attack aircraft, and maintaining awareness of direct fire on the enemy by troops on the ground. In addition, he needs to be aware of unannounced aircraft that enter the battlespace."

The complexities of the job overseas have been brought to the training here in Canada. FAC's preparing to deploy go through a progressive training regimen that tests their ability to multi-task, maintain control, and be able to visualize all of the assets in their battlespace.

Warrant Officer Cyr reiterated, "Being a FAC overseas is an important job, you're out there with the guys at the front, and they'll say 'sort out anything that flies', and you don't have anyone to help you. We train the FAC's well before they go overseas, among other things, we don't want a FAC to be setting up his first HLS

for a med-evac when he's in a contact somewhere out in Panjwahi."



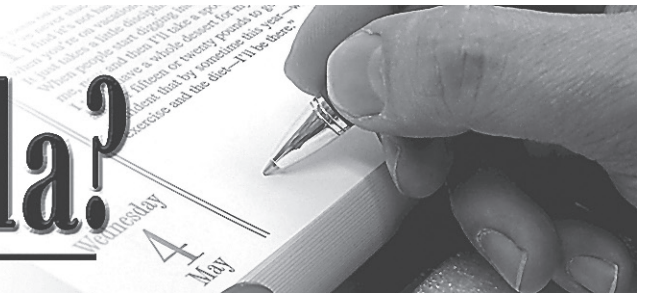
A CF 18 drops a flare as it pulls away from the target area after dropping bombs. Flares are a defence against missiles which may have been launched while pilots are committed to their bombing runs.



Photos by Sgt Power/Army News

A 500 pound Mk 82 bomb dropped by a CF18 finds its target during an exercise with Forward Air Controllers in Shilo.

What's on Your Agenda?



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!

Bar 77 Ranch trail rides now open for boarding. Outdoor boarding available. Over 160 acres of pasture to ride out. Call 726-0231.

Are you hosting an event that the community should know about? Call 765-3000, ext. 3013 today to add it to our free community listing!

Hampton Gray Memorial School Reunion!

For former teachers, students, and parents on October 6,7th, 2007. Deadline date is 31 August/07. Please contact hamptongrayalumni@hotmail.com or phone Sheila (Lambert) McCallum at (902) 466-2611. Lots of activities planned!

Shilo Community Library

SUMMER HOURS
 Mon, Tues, Thurs:
 9-4pm, 6-8:30pm
 Wednesday
 9-4pm
 Fridays
 9-12noon

Sprucewoods Community

Weekly Events:
 Mondays - CRIB, 7pm.
 Tuesdays - TOPPS, 7pm.
 Thursdays - BINGO, doors open at 6:30, game at 7pm.
 For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

1st Shilo Scouting is looking for responsible, energetic adults who would like to become involved in the community and with youth. We are looking for Beaver Leaders (ages 5-8) and Cub Leaders (ages 8-12) and to fill some executive positions. If you are interested please call Linda at 763-8776 after 5pm.

PSA

Make a difference in someone's life. Volunteer on the Manitoba Suicide Line. Next training session runs October 1st to December 13th. (6-9:30pm) in Brandon. Deadline for application is September 24th. For more information call 571-4182.

X Company's PHAT Camp is coming to Carberry!

4-6.5 days of Physical Arts Training
 August 7-10th \$25-\$100 fee range
 Early bird discount if you register before June 29th. Registration forms available at the Carberry Plains Arts Office. For more information, view xcompany.net

Ceramic Club!

Tuesday Nights 6:30-10pm
 20-22 Esquimalt.

Royal Canadian Legion Branch #3

Summer Activities

- Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.
- Weekly bingo's are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.
- 28 July** - Dance in the lounge from 8:30-11:30pm, music by Popcorn. Admission \$7.
- 4 August** - Maple Leaf dance in Hall from 8-midnight with lunch at 10pm, music by Tiger Hills.
- 11 August** - Steak BBQ in lounge

Play n' Park

Mondays - Community Centre
 Tuesdays - Sapper Park
 Thursdays - Kingston Park
 Times are 10-11:30am and 1:30-3pm for each day.

SHAMROCK Drive-In Killarney, Manitoba

Show starts at dusk!

Children 12 + under \$2 when accompanied by their parent. Brand new sound system and new projectionist!

July 12,13
DISTURBIA
July 14,15,16
OCEAN'S THIRTEEN
July 17,18
FIREHOUSE DOG



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

1 1/2 story, 3 bedroom, in Wawanesa, only 15min to Shilo. with in the past two years it has had lots of work done, new kitchen cupboards, new corner shower, click floor in the livingroom and kitchen, new deck, fence, and has a dog pen. Has a one car garage with wood stove. all appliances can stay. New paint outside also. asking 69,900.00 as is where is. call after 5pm 824-2394.

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

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

Homes/Property

5.15 acres of privacy with trees & rolling hills, newly renovated 4 bedroom, 3 bath bungalow. Double garage. Low taxes. 30'x40' shop (in floor heat, wired 220). Horse Haven: Corrals, lean, heated dual wateringbowl & fenced pasture, unlimited water supply. 1/2 hr. east of Brandon on 351 Hwy. 20 mins to Shilo. MLS#2707628, \$249,000 call 725-8841

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

2 bedroom house for rent in Wawanesa. Fridge, stove, washer and dryer included. \$500/month plus utilitis. Call 824-2248 ro 729-7608.

For Sale

2000 Dodge Grand Caravan, blue with tinted windows, power windows,locks,and mirrors. 6,800

1989 Jeep Cherokee Larado, 4x4, 4inch lift, 4.0L, cd, air, needs some work. \$1000 obo

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

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.

This space could be yours!
Call 765-3000, ext 3013 and find out how you can claim it!

Child care

Experienced, Reliable Childcare Provider Has 2 Spaces Available Immediately!

Private Dayhome, Previous Experience with Military Families. No Smoking/No Pet Home. ECE Level I. Receipts and References Available. Brandon, Green Acres Area. Phone Tammy at 571-8962 for more info.

Licensed daycare with 3 Full-time Preschool spots and 2 School age spots open! Includes lunch program, experienced. References available call Crystal at 765-2617. Please leave a message

Licensed Daycare on base has 2 temporary openings open from June -October.Snacks and lunch are provided, crafts and activities, Inside and outside play, including water park, park, and walks. CPR and First Aid qualified, subsidy available, Receipts given For more information call 765-4626

Services

Experience the ultimate 'girls night' and discover what the buzz is all about. Have one of 'those' parties to celebrate anything or just the discovery of a whole new you! Email in-mysterious-ways@hotmail.com or call 573-3574 (to learn how to earn free product and a discount on your preferred products".

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted. Manitoba Hunter Safety Course Instructor. Greg Steele, 725-1608 or ggs57@wegwave.ca Next course dates. Hunter Safety Aug 12 or 18 or Sept 8. CFSC challenges by appointment.

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

Looking for a way to enjoy a little girl time? Plan a Mary Kay party! Enjoy free makeovers. Rhonda Olson, Independent Beauty Consultant 727-4516 or 730-0542 or email at rolson@westman.wave.ca

St. Barbara's Protestant Chapel

Sunday's @ 1030 hrs with Sunday School & Nursery
 Padre Ohs - ext 3088
 Padre Bos - ext 3090
Our Lady of Shilo Roman Catholic Chapel
 Sunday's 1030 hrs

Douglas United Church
 Sunday service: 9:30am
 Sunday School

IN MEMORIAM...IN MEMORIAM...



Captain Dawe



Corporal Bartsch



Private Watkins



Captain Francis



Master Corporal Bason



Corporal Anderson

Six Canadian soldiers killed in Afghanistan

CEFCOM

Six Canadian soldiers and one Afghan interpreter were killed when their RG-31 vehicle struck a suspected improvised explosive device approximately 20 km south-west of Kandahar City.

The names of the six Canadian soldiers killed by a roadside bomb in Afghanistan on July 4, 2007 are as follows: Captain Matthew Johna-

mon, Alta.; Corporal Jordan Anderson, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.; Master Corporal Colin Bason, a reservist from The Royal Westminster Regiment based in New Westminster, B.C.; Corporal Cole Bartsch, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.; and Private Lane Watkins, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Ed-

monton, Alta.; Corporal Jordan Anderson, 3rd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, Alta.; and Captain Jefferson Francis, 1st Regiment Royal Canadian Horse Artillery, based in Shilo, Man.

The incident occurred while the soldiers were returning from conducting joint operations with the Afghan National Army.

"The ISAF community

mourns the loss of these brave soldiers," said LtCol Maria Carl, ISAF spokesperson. "They gave their lives to improve the lives of the Afghan people."

This joint operation was dubbed Operation LUGER and is indicative of the ever-increasing capability of Afghan National Security forces. Operation LUGER was an Afghan led operation to enhance security in the Panjwayii

district that saw Canadian Forces troops play a supporting role to their Afghan counterparts. The operation was completed without incident, and the attack occurred as the patrol returned to a nearby forward operating base.

Afghan National Army forces have made great progress in increasing their level of professionalism and operational capability and regularly work in close

cooperation with Canadian Forces personnel who stand alongside them in the field, and mentor them as they develop a cohesive and professional military force.

The members of Joint Task Force Afghanistan are deeply saddened by the loss of these brave individuals as they worked side by side with their Afghan counterparts to bring security and stability to southern Afghanistan.

Vintage D-Day on the ranges

Ed James
Virden, MB

It wasn't Juno beach on the coast of Normandy France but there was a lot of lead flying down the lane at King Op. range recently. The event was a D-Day memorial shoot held by the CFB Shilo Gun Club, organized by director Rob Love, a recently retired Sgt from the REME's. The daylong event started with an early meet at the range control office where all the proper paperwork was done and a detailed power point safety brief-

ing was given. The Sgt's main message while on the firing range, "if you didn't drop it, don't pick it up."

The event attracted almost 30 shooters who were broken down into three-person teams of all ages and backgrounds. Some of the teams were in period WWII uniforms and kits and most were using WWII and Korean vintage firearms. The actual shooting was similar to the club's Battle of the Bulge shoot, with targets being anywhere from 300 to five meters away. That in itself sounds simple ex-

cept that you could only engage certain targets with certain calibers and you have to move between the two stages, that includes an obstacle course in a ten minute time period. In order to provide maximum safety, each team is shadowed and observed by a range safety officer. In this event all the range safety officers were made up of serving members of the Canadian Forces, many who have seen active service overseas with the Canadian Forces.

It was a perfect day weather wise with clear

blue skies and hot but bearable temperatures. In order to add some creature comforts to the event a large tent was set up that offered some shade along with a dry canteen run by some teenage volunteers. Mr. Love brought out his jeep which made it easier in running re-set teams out to the field to re-set the heavy steel targets. I went out several times with my team members to re-set and those targets are a lot bigger and heavier up close than they were at 300 meters away! By about 5 pm the final A and



Team James at the D-Day memorial shoot held by the CFB Shilo at King Op. range.

B Side teams had competed and it was time to break down the site, pick up all the brass, fold up the tent and clean up at the range.

On the A Side, it was won by Team Janzen from Oak Lake, on the B Side the winners were a team of Shilo soldiers that chose to remain anonymous and the 2nd place was won by team Rob Love of Shilo. There were two other awards, one was the infamous Blood and Guts Award, given to that person who lost the most blood, which was won by Sgt Scott Bill of the Base for a scope bite on the nose. The other award was for the best period uniform that went to Team Tallman from Winnipeg. Before everyone left there was a ma-

major draw for a door prize of new firearms that went to one of the Winnipeg shooters.

Overall it was a great shooting event which in large part was due to the efforts of a number of volunteers, both serving and non-service personnel. However for me, it was a chance to be with fellow recreational shooters and to wear the Canadian WWII uniform and kit and maybe get a little feeling of what it is like to relive a bit of Canada's military history. In closing I will add that it was a lot more fun shooting this event in June, than the last 15 Battle of the Bulge shoots I've taken part in over the years in some very cold weather!

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Shilo Military Family Resource Centre



New at the MFRC! Young at Art

Willemien van Lankvelt
Executive Director

Are you wondering where your kids are from 12 – 1pm when they can't stay at school or have you wondered who is supervising them? Have you wanted to access services in Brandon but didn't know where to go? These were just some of the questions that were answered at the MFRC Annual General Meeting on Monday June 25th.

The meeting started with a welcome from our Board Chair Debbie Hoddinott who then welcomed our guest speaker for the evening, LCol Corbould, Commanding Officer from 2 PPCLI.

LCol Corbould gave a very informative overview of what's happening and what's planned for the next year or so while preparing for TF-108.

After reviewing the minutes from last year's annual meeting and appointing BDO Dunwoody as our auditor for 2007/2008 after reviewing our financial statements from the past year, I thanked my staff for the support they've shown me since my appointment as ED.

Elections of new board members took place and Carol also asked for a motion to elect 2 current members for another term. Carol thanked those who left the board this past year for all their hard work and dedication to the MFRC.

Then the exciting part... Announcements.

The following are some

of the announcements shared at our AGM.

1. Extended hours. The MFRC will be open from 8:00 AM – 9:00 PM Mon – Thur. and from 8:00 AM – 4:30 PM Friday. For the extended hours we will only have a couple of staff at the office, but you will be able to set up appointments with the staff not there, register for programs etc. This will start in September 2007.

2. Extended hours at OCC: also starting in September will be extended hours at OCC. We still have to work out the staffing etc. but our intentions are to have OCC open the same hours as the MFRC.

3. Lunch program: Since the school cannot provide supervision for those students living on base during the noon hour, the MFRC has decided they will start a supervised lunch program starting in September. More details are available at the office.

4. Outreach in Brandon. Since we have more families living off-base than ever before, we have decided to extend our services to the Brandon Armouries beginning this fall. Again, details have yet to be worked out, but you will have the opportunity to access several of the MFRC services in Brandon rather than making the trip out to Shilo.

5. Youth Social Worker. With the upcoming deployment, indicators are that the kids

of deployed members will need additional support. The MFRC wants to be pro-active rather than re-active. As a result we are looking at hiring additional support staff who will be available to go out and meet with the kids at all schools, teen centre etc.

6. Soldier Bear. A new initiative at the MFRC is Soldier Bear. For more information on the history of Soldier Bear, please stop in at the MFRC but the general detail is that this very cute stuffed bear is another way of the MFRC doing everything they can to keep the deployed member and their family connected. Soldier Bear is only available at MFRC's across the country and sells for \$ 20 each.

We had an increase in attendance at the AGM this year and those who were there, were the fortunate ones to get the new announcements first hand.

For those adults who brought their children along, the MFRC had OCC open for the evening and we also had a kid's entertainer who kept them busy with her balloon arts.

Fellowship with refreshments and a beautiful cake (made by Crystal Shand) followed the meeting.

Thanks to everyone who has supported us this past year and we are all looking forward to another full year where we can provide the best services possible.

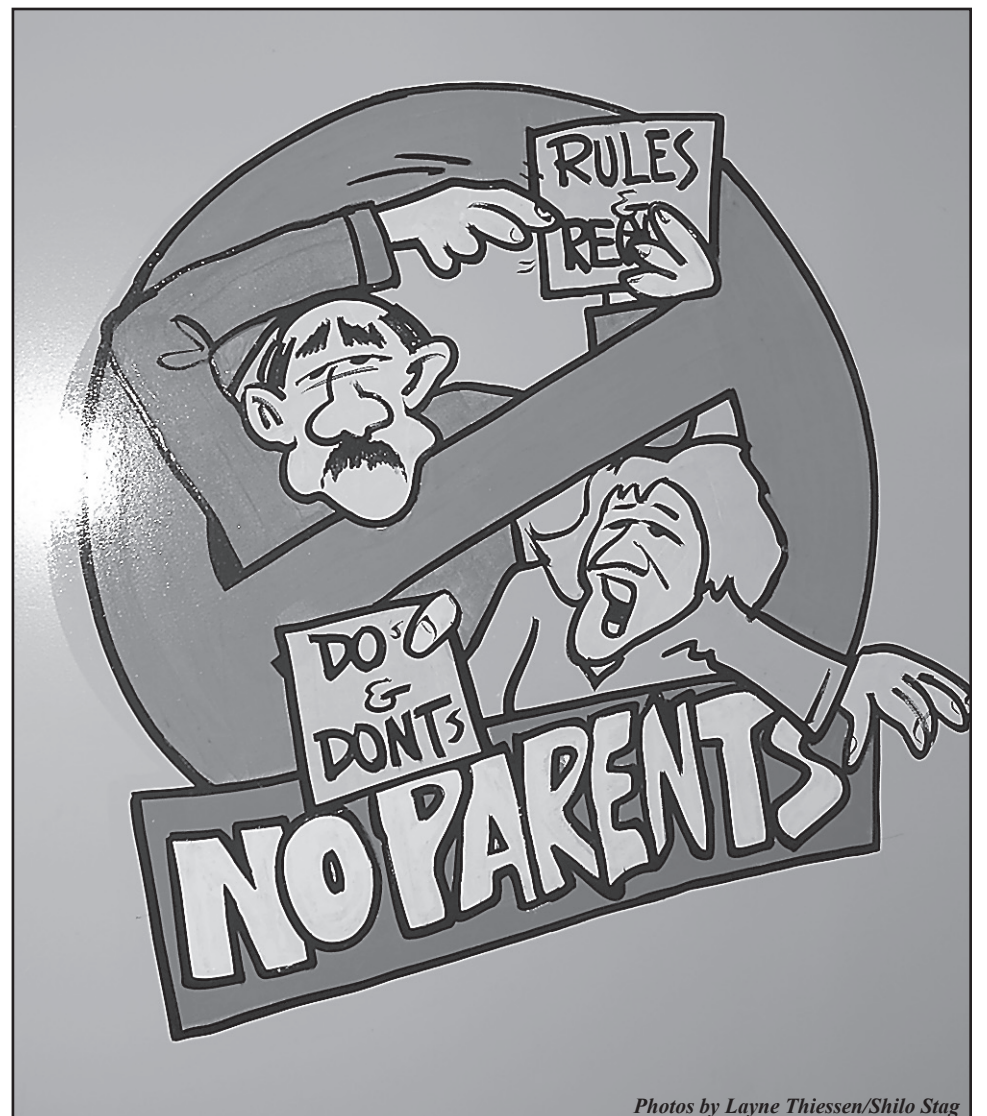
Have you seen the Shilo MFRC Teen Centre lately? It sure has changed! Recently the Teen Centre was host to an art program that involved youth from the community ages 9 – 17.

An artist was brought in

and met with the kids invited from O'Kelly School and area. They had some time to look at all the pictures of the previous work done by Georgie Vincent from Neepawa, and then submit their ideas for the

Teen Centre.

Their ideas were incorporated and added to, resulting in vibrant, eye-catching and defiantly conversation starting paintings! If you haven't seen the Teen Centre lately, Come By For A Peek!



Photos by Layne Thiessen/Shilo Stag



www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

Ship upgrades announced

**DNews
Ottawa**

Prime Minister Stephen Harper has announced new upgrades to the Navy's Halifax-Class frigates that will improve the Navy's ability to protect Canadian waters while boosting employment in Canada's ship-building sector.

"New updated equipment will make these ships stronger, safer and better able to do all the work we ask of them," said Prime Minister Harper. "The result is that more than ever, our Halifax-Class frigates will be giant floating command posts - standing up for Canada at home and abroad."

During the last 15 years, these frigates have been

to the four corners of the world, performing every conceivable mission - from battling international terrorism and fulfilling international security agreements to providing aid to civilians in distress and assisting in search and recovery. The fleet's most important job - maintaining the safety and security of sovereign Canadian waters - sees the frigates routinely patrol Canada's three coastlines, protecting our borders from drug and human smugglers, terrorists, illegal fishing and polluters.

The \$3.1 billion modernization of the Halifax-Class frigates will begin in 2010, with the final ship being completed in 2017.



On the flight deck of HMCS Halifax, Prime Minister Stephen Harper announces a \$3.1-billion program of upgrades for the 12 frigates of the Halifax class. Designed to improve the Navy's ability to patrol and defend Canada's territorial waters, the upgrades will also provide many jobs in Canadian shipyards. Work will begin in 2010, and completion is scheduled for 2017.

Noble fair fit for a King



**Becky & Layne
Off the Spice Rack**

On the evening of June 23, 2007, seven powerful tomados tore through Manitoba without warning destroying everything in their path. Homes, farms, and businesses were completely destroyed but miraculously no lives were lost. It was almost as if Saint Orosia, the Patron saint of Jaca, invoked to protect the innocent from lightning, hail, and terrifying storms was watching over the children playing in the streets and the farmers working tirelessly in their fields.

Born as Dubroslava, the daughter of the Duke of Bohemia in 864 AD, St. Orosia was originally a young princess promised to a Spanish prince on her 16th birthday. Upon arriving in Jaca, however, she was forced to flee from Moorish invaders, one of whom wished to keep her for himself. Upon capture and her refusal to wed, her arms and legs were amputated and she was beheaded but not before her cries unleashed a furious storm from the heavens which terrorized her captors, killing several of them.

On June 25, wishing to celebrate my recent

promotion of Assistant to the Assistant Editor, which coincidentally fell on the Feast Day of this great and well-known Saint, Becky, myself, and several of our more discerning colleagues set out to find a Shilo eatery worthy of such an occasion. As images of destroyed homes flashed across the television screen in our newsroom, my thoughts turned to the Duke of Bohemia in 864 AD and the devastation he must have felt when, instead of gaining a son, he lost a daughter. Similarly, devastated by our own hunger and guided by the hands of fate, we found ourselves guests in one of Shilo's most regally decorative and widely celebrated aristocratic eating houses, Duke's Restaurant in the Esso gas station just off Shilo Road.

Upon receiving the warmest and most hospitable of welcomes and immediately being led to our clean and waiting table, we were surprised by a large, complimentary platter of crisp, fresh garden produce served with a mildly spiced and zestfully creamy vegetable dip. On this particular day,

while Becky chose that traditional dining staple of lightly buttered bread, grilled and separated by a single but generous slice of melted cheese, I chose something far more exotic and seductive.

The daily special celebrated the beast and beauty within all humankind, a veritable celebration of things both carnal and wild, pure and genteel. Opening with a steaming bowl of hearty turkey vegetable soup which included tender selections of prairie turkey, mushrooms, celery, broccoli, and carrots, the kitchen staff followed with a thick, sumptuous morsel of perfectly cooked Bison. Smothered in cheddar and delicately cradled by a fresh white roll, the well-formed patty found itself surrounded by crisp, golden fries and a light coleslaw, all of which were skillfully arranged and prepared in what was clearly a most professional and patient manner.

Hot coffee followed, along with a sinfully elegant white Angel Food cake gently covered by a dramatically contrasting blanket of sweet, red

strawberries all for a price that would quiet even the most cantankerous patricians and quarrelsome among the landed gentry.

Clean, tastefully decorated, and serving hot breakfasts all day long, Duke's features a menu that includes a wide variety of completely satisfying and noble offerings. On the feasting day of the martyred St. Orosia, who watches from the sky and saves the innocent from loss and tragedy, we were rescued from perhaps the most unbearable tragedy of all, being dissatisfied with our respective lunches. Should you find yourself in desperate need of protection from terrible food, ghastly service, and exhoribant prices, make the journey to that princely palace of palatable pleasure, Duke's Restaurant, conveniently located in the Trading Post, Shilo's gateway to the world.

<p>TASMANIAN TAXI</p> <p>Shilo Taxi</p> <p>Knight-Line Express Charters</p>	<p>Travelling from Shilo to Brandon?</p> <p>Call 729-8549 or 727-5635</p>
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Pick up your FREE copy of the **SHILO STAG** at any one of the following locations:

<p>Brandon</p> <ul style="list-style-type: none"> Safeway - Corral Centre Safeway - Shoppers Mall Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion #3 	<p>7-Eleven</p> <ul style="list-style-type: none"> • Willowdale & 26th • 34th & Victoria • 10th & Van Horne <p>Carberry</p> <ul style="list-style-type: none"> East Side Service Carberry Legion 	<p>Douglas</p> <ul style="list-style-type: none"> Douglas General Store <p>Minnedosa</p> <ul style="list-style-type: none"> Minnedosa Legion <p>Neepawa</p> <ul style="list-style-type: none"> Neepawa Legion 	<p>Shilo</p> <ul style="list-style-type: none"> CANEX Mall Forbidden Flavours Shilo Community Centre Base Headquarters GSH Country Club 	<ul style="list-style-type: none"> All Messes Sprucewoods The Shilo Inn (Crang's) 340 Esso Station Wawanesa Lucky Dollar
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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 of 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.

The great outdoors



Patsy & Leon
Road Apples

Well, howwww-DY! I'll just never bet you'll guess what were doing? Well here's a hint...it has to do with Road Apples! Got it yet? Well, was camping with a dose of the Carberry Rodeo and Horse Races.

I loved it! We got off to a late start, Friday and arrived at the Sprucewoods campground, Kiche Manitou about 7:00 (that's 1900 for the rest of the readers). After check in, we pulled into a spacious (large enough for 2 campsites) campsite. The grass was groomed. There was some wood left behind from the last kind camper. We were less than 100 yards from the woodpile supplied by the campground staff and less than that from the showers and a wide open field with play structure for the kids to play in. Purrrre paradise, I tell you! You couldn't ask for more for getting away from it all.

We set up camp and started to enjoy the great outdoors! No phones. No television. And best of all, there wasn't any disturbances from work! It was high living! Now, in my opinion, we have a great resource here for something to do. There is this huge cabin out there to rent (with a hot tub I understand), covered wagon tours of the desert, yes I said desert, horse trail rides, bike trails, hiking trails, a grade A beach, tent sites, group sites, electrical sites, an interpretive centre to teach you AND your kids about the great outdoors and how to enjoy it better. You even have this thing called a Yurt! Call 'em up and ask about it. You might take the opportunity to enjoy one someday. It IS worth the trip. I have to say we live next to one of the nicest, best groomed, feature filled campgrounds around.

The next day we were off to Carberry to see the Horse/Livestock shows and chariot/chuck wagon races, too! There were some smaller rides for kids of all

ages, a Nintendo Wii set up for everyone to enjoy. Food concessions, trade shows, quilting and some clowns. It was family paradise. After perusing the midway for the sake of the kids and some of the crafts, souvenirs and heavy/light horse shows, it was all about the races. I never knew eating dust could be so much fun! The horses were fast, the announcer was on the money and fun and races were hot and heavy. The entire family, my parents included were having a hoot and boys were the loudest shouting about how fast and loud the horses were. We couldn't have spent a better family fun day.

At the end of a long day in the heat and humidity and about 2 gallons of water later, we were heading back to Kiche Manitou to finish up the day with campfire smores, yet another snack and showers before bed. After we returned and had the snack we got the boys over to the showers and cleaned them up. After the shower, we headed on back to the camp site when I saw one of those RV's the length of a semi truck with a satellite dish, the air-conditioning running full tilt and the doors all closed with a fire burning outside. I half expected to see a relative of Larry the Cable Guy come out of there beaming proudly over the Redneck 7th Wonder of the World! Remember what I said earlier about getting away? Isn't camping about roughing it a bit? You chop your own wood and cook over a campfire just because you can and you enjoy the taste even more? I mean, if you have all the luxuries of home, satellite television, microwave, fridge, a comfy bed, reclining chairs, air-conditioning, shower and bathroom built in and cellular phones, what is the point of leaving home? You've just spent \$70,000 to put your house, in miniature on wheels to pretend you ARE getting away from it all. It's kind of waste when you could just stay home and enjoy what you have on a larger scale, wouldn't you think?

Until next time folks,!

Training with simunition

Sgt Dennis Power
Army News

Realism in training is achieved in the high-energy environment created by pitting soldiers against each other in close-quarters, firing non-lethal ammunition. Simunition, a plastic bullet, has two effects; it indicates to soldiers that they are on target, or lets them know with a sting that they have been hit.

Simunition is typically used on indoor ranges under close supervision. The ranges are usually built in warehouses and have structures that simulate the close-quarters found in an urban environment. The normal scenario is that a team of four or five soldiers has been tasked with clearing rooms, one at a time. Adding to the realism, there may be a live enemy force anywhere among numerous targets on the range, waiting to shoot. Both forces are armed with Simunition, fired from C7's with a modified upper receiver.

"When a four or five man stack comes through the door to clear a room they need to have speed, aggression, and communicate well within the team. There's a lot happening, and fast," said Sergeant Brendan Donovan, an instructor at the Communications Reserve School in Shilo. "Everyone on the team has a job to do, if there's a threat, it needs to be engaged instinctively. If a team comes through the door and their drills are

sloppy, someone is going to be shot to remind them of where they are, and what they're doing."

Furniture, props, and targets in the rooms are constantly changing. To keep soldiers sharp there are friendly and aggressor targets, they force soldiers to make quick assessments and quick decisions, and react accordingly. Some targets are placed just out of view to a team doing a poor search and live aggressors will come into action if they are not dealt with properly, or quickly enough.

All soldiers training on the range wear protective equipment to prevent injury, especially to the neck, face, or head. Once all weapons have been converted with modified parts to fire Simunition rounds a safety inspection is carried out and soldiers move on to the range to complete dry rehearsals. Once rehearsals are complete, magazines are loaded and the range goes live.

"It's very demanding in there, the second you go through the door you definitely have to be focused. Good communications are absolutely essential because everything is always changing, and you need to know what the situation is all the time," stressed Corporal Duncan Lloyd, a candidate on a leadership course at the Communications Reserve School. "There's a lot of noise, a lot of movement, and a lot of shooting, It's very intense."

Corporal Lloyd added,

"The value of training with Simunition is that you have to know what you're aiming at, and to take aimed shots. It also gives you the sense of reality that you need be-

cause you are being shot at yourself. And when you get hit with Simunition, you know you got hit, there's no doubt about it. It stings... it really stings.



The Simunition Range in Shilo, like most, is a maze of rooms and hallways designed to provide soldiers with a complex and challenging training environment.



A soldier training with a converted C7 on the Simunition Range. Note the blue barrel indicating the upper receiver has been modified. The scars on the plywood wall have been caused by the plastic bullets used on the range.



Soldiers training on the Simunition Range wear protective equipment to minimize the possibility of injury.

Photos by Sgt Power/Army News