

SHILO STAG

Your Source for Army News in Manitoba

Volume 47 Issue 14

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July 24, 2008

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Little people learn big business



Photo by Karen Griffin/Shilo Stag

Nicki Alain helps Jesse take customers' money at the MFRC day care's yard sale July 11. Featured at the sale were books, toys, arts and crafts, cupcakes and juice. Total proceeds from the sale were \$113. The money raised will go toward more children's activities.

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Deployment News

Photo: Combat Camera



BG looking ahead starting handover



LCol Dave Corbould
CO, 2 PPCLI BG

The Task Force began the month paying its final respects to a young medic who died while attached to one of the BG's

infantry companies during a security patrol. It is with a heavy heart we send Pte Colin Wilmot back to his family, his fiancée and his friends.

To help raise spirits and reinforce the hard work our soldiers are doing each and every day here in Afghanistan, Canada's newly appointed CDS, Gen Walter Natynczyk paid us a visit. This visit marked his first to Afghanistan in his new capacity as head of the CF.

Gen Natynczyk engaged in open and frank discussions with Task Force sol-

diers at numerous locations throughout the Kandahar area of operations. He came with answers to soldiers' questions and encouraged them to provide him with raw and truthful feedback drawing on their experiences from this deployment as well as their experiences from previous Afghan deployments.

You are no doubt hearing controversy about the insurgency's strength in numerous media reports. For us ground forces, such background noise is just that – background noise; it's the

nature of the business we conduct and we fully expect debates about the mission, its progress and its future. What I want you to understand is, public and media debate about the mission is healthy and a hallmark of our freedoms as Canadians. Such debates do not detract from what Canadian soldiers do each and every day. Such debates stimulate thought and promote discussion. Most importantly, such debates do not alter or affect the BG's focus to carry on with the mission it has been sent here to do.

With deployment leave blocks nearly complete, the BG is looking ahead and is compiling handover and lessons learned packages for the incoming rotation. While we do so, we are also continuing to conduct operations in our areas of responsibility to maintain the initiative and keep the insurgents off balance and unable to gain any momentum.

In addition, we continue to promote and encourage district level governance and policing progress. We push forward with our daily tasks and continue coordinating

plans with our other government department partners.

Finally, we have started coordinating and sharing information with our new sister battalion—a U.S. Infantry Battalion that will be working alongside us in another part of Kandahar Province. We are currently assisting their command team to understand the environment in which we operate and providing them with as much staff liaison time as we can. So far, the relationships are building and we are excited at the prospect of working together.

ANA works with C Coy during exercise



Weapons Det Cmdr, MCpl Ryan Rumball, directs his men in a sea of poppy stems following an engagement with the enemy.

Lt Alex Duncan
10 Pl Cmdr, C Coy
2 PPCLI BG

During the month of June, soldiers from CFB's Shilo and Edmonton, members of C Coy, 2 PPCLI BG participated in Op NOLAI, in ZHARI District, Kandahar Province. With artillery fire support from C and D Trps, of B Bty, 1 RCHA, C Coy soldiers and an ANA company conducted a three-day dismounted clearance operation of suspected insurgent areas. With daytime temperatures reaching mid-40 degrees Celsius and movement on foot severely restricted through complex grape fields, the mission was a test of physical stamina

and determination.

2 PPCLI's Recce Pl was tasked with finding a route from the nearest paved road, nearly three kilometres away, to the start of the first objective. Following their path, C Coy moved under the cover of darkness in order to begin the operation as the sun came up. The lead platoon, working hand-in-hand with their Afghan allies, quickly cleared the numerous compounds that made up the first portion of the abandoned village. With little direction from their Canadian counterparts, the Afghan soldiers demonstrated excellent tactical techniques as they cleared their portions of the objective area.

The initial lack of enemy resistance did not last long as the company came under fire from the enemy from numerous locations simultane-

ously. Throughout the following two days, the seasoned and extensively well practiced combined arms team of 2 PPCLI and 1 RCHA was put on display. The M777 Howitzers accurately engaged the enemy positions allowing soldiers on the ground to continue their advance. By day three, the soldiers of C Coy had adopted a formation that harkened back to wars of the past—long irrigation ditches doubled as a perfect army-style trench.

After completing the clearance of their objectives, the soldiers of C Coy stocked up on water and began the long march back to the welcomed air conditioning of their LAV III vehicles. Spirits were high; the mission achieved success, significantly inflicting damage to the enemy and bringing stability to the volatile region.

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Section Commander, Sgt Martin Tolton, awaits the order to clear a compound as the Company occupies a long trench system.

Educate yourself on tornado safety

**Billy & Dolly Bolen
Bolen's Survival**



Billy Bolen

Over the past few weeks, we have seen on TV or read in the newspapers that tornadoes have been causing a lot of destruction. There have been over 1,000 reported tornadoes this year alone in the USA, and more than 800 of those have been confirmed. In Canada, we have had more than we usually expect.

Just like free trade, tornadoes can cross the border and hit anywhere in Canada. We have already had tornadoes in Manitoba, Saskatchewan, and in southern Ontario. On average, we get 80 to 100 tornadoes a year. Our tornado alley is southwestern Ontario and the southern prairies, but they can strike anywhere.

Tornadoes will most likely strike during June and July, but the season is usually from April to September. They mostly will hit around mid-afternoon or early evening. Of course you may not always be around a TV or radio, so you have to watch for the signs.

In the military, we teach our soldiers how to read the signs when tracking the enemy. Soldiers don't just wake up one day knowing these skills, they must first be taught and then practice a

lot. The same thing applies for weather watching; the first thing you should know is if you live in an area that may be prone to tornadoes. Study the history of the area, and ask the locals.

If you see a storm coming, look for certain things. For example, severe thunder and lightning, rain or hail with strong winds, and a sky that is turning black (or even an unusual green colour). I think that if you see these signs, your spider senses should start to tingle, and you should start looking for shelter. Of course, every time there's a thunderstorm doesn't mean there will be a tornado, but do you want to gamble with your family's life? It's always better to be safe than sorry.

To protect your family you should "Always be Prepared", like that famous Boy Scout saying. This was very

true a few weeks ago in the United States, when a tornado hit a boy scout camp. They couldn't do anything to stop it, but when it happened, they knew what to do and several young boys were credited with saving lives of their fellow Scouts.

If you are caught in a tornado, then you have to protect yourself. Most injuries occur when people are hit by flying debris. When you find shelter, try to put a mattress over yourself and family. Basements or under a stairwell are good places to hide. If you are at school, your school should already have drills for this; if not, parents should bring it up. At schools, you should try to find a small room in the centre of the building which is away from any outside doors or windows.



Photo courtesy: ClickArt Online

Common tornado myths



Dolly Bolen

If you talk to your friends and neighbors, you'll hear a lot of different scenarios on what to do if you are caught in tornadoes. One thing I have learned in school (and Billy has also told me) is that if someone teaches you the wrong thing, it's very hard to correct the mistake. It's very important that you educate your family and friends about these myths.

Myth one: If you open your windows, this will allow the air pressure to equalize.

In fact, when a tornado comes you should seek shelter right away and stay away from the windows.

Myth two: Moving to the southeast corner of a building is the safest place to be.

Myth three: Highway overpasses are a safe area. This is very wrong, you should never go under an overpass, the winds will be stronger and there will be more chance of being sucked out and hit by debris. If you are in the open try to find some low ground, away from

your vehicle.

Myth four: Tornadoes are attracted to mobile homes and trailer parks. This is not true. When a tornado hits a mobile home, there's a lot of damage only because of the flimsy construction of these types of homes.

Myth five: Downtown areas are safe from tornadoes. There are people who believe that a tornado will dissipate in a city because of its tall buildings. There have been many cities that have been hit. For example:

On Mar. 14, 2008, a tornado hit downtown Atlanta, Georgia. On Aug. 8, 2007, a tornado touched down on three separate occasions in Brooklyn, New York. In Edmonton

in 1987, a tornado killed 27 people, and caused over \$300 million in damages.

Taking note of the changes in the weather and knowing the signs of a possible tornado will help you a lot. Don't wait until you see the funnel cloud before you take action.

Bolens' Survival developed a set of 106 Common Sense Security Cards, which provide information so your business, family, friends and you will feel safe and secure no matter where you are.

Our cards are available at the 2 PPCLI Kit Shop located at CFB Shilo. If you would like to contact Billy or Dolly Bolen about Bolen's Survival, contact rangerbolen@hotmail.com.



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YOU CAN PROTECT YOURSELF FROM WEST NILE VIRUS

WHAT ARE THE SYMPTOMS?

- A severe case of West Nile virus (WNV) can be life-threatening and may result in long-term disability.
- Some people develop an illness with symptoms such as fever, headache, fatigue, body aches and rash.
- Most people infected with WNV have no symptoms and do not become ill.

WHO IS AT RISK?

- In southern Manitoba, anyone can be exposed to an infected *Culex tarsalis* mosquito during the summer months.
- Severe illness most often occurs among older adults or people with chronic health conditions or weakened immune systems. However, severe illness has occurred in all age groups.

WHEN IS THE RISK HIGHEST?

- The risk of WNV infection is highest during late June, July, August and early September.
- The risk varies from year to year based on temperature, precipitation, mosquito population and other factors.

HOW DO I PROTECT AGAINST WNV?

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-coloured, loose-fitting, long-sleeved clothing.
- Get rid of standing water around your home.
- Make sure your door and window screens fit tightly and are free of holes.

For more information about West Nile virus (WNV), including information about risk, visit our website at manitoba.ca. For WNV health concerns, contact your doctor or call Health Links-Info Santé at 788-8200 (in Winnipeg); toll-free 1-888-315-9257.

DON'T BE A TARGET



"Chronic fatigue and bouts of depression - all from the bite of a mosquito. Please take the time to protect yourself and those you love."

- Wayne, age 60 (Diagnosed with WNV in 2005)

"Mosquitoes infected with West Nile virus can bite anyone - and that 'anyone' could be you! Take precautions to cut down the risk."

- Rachel (Lost her 66-year-old father to WNV in 2007)

Manitoba 

March honours fallen

CEFCOM

The contingent of some 205 CF personnel participating in this year's Nijmegen Marches will pay their respects on July 17 at the Groesbeek Canadian War Cemetery, the final resting place of more than 2,300 Canadian soldiers and airmen who died fighting to liberate the Netherlands in 1944 and 1945.

On the third day of marching, all the military contingents halt at Groesbeek Canadian War Cemetery to pay their respects, and the larger contingents lay wreaths. These ceremonies take place around the Canadian ceremony, which many consider the most important event of the gruelling four-day marches. Each year, the inclusion of the Groesbeek Cemetery memorial service in the Nijmegen Marches demonstrates the extraordinary affection the Dutch and the international community have shown Canadians since the Second World War.

Groesbeek Canadian



Photo by Cpl Matthew Uffholz/CFJFC
The Cross of Sacrifice during a memorial service at the Groesbeek Canadian War Cemetery, July 2006.

War Cemetery contains the largest concentration of Canadian war dead in the Netherlands. In addition to the 2,338 Canadian graves, the cemetery contains the Groesbeek Memorial, which commemorates 1,103 members of the British Commonwealth forces who died during the North-West Europe campaign and have no known grave.

Letter FROM the Editor

What a welcome

Karen Griffin
Shilo Stag

The most at home I'd ever felt outside of Newfoundland was living as a military spouse at Uplands in Ottawa after university.

Perhaps it's a funny thing for a civilian to say but I knew what kind of reception I would receive as soon as I got here and as true to my memory as could be, Shilo didn't let me down. In fact, they outshone Ottawa, but don't tell anyone.

From the welcome here at the Community Centre, to the administration at HQ, people were genuinely interested in helping me get acquainted, in letting me know where to shop and the best places to eat.

Meeting some of the New-

foundlanders on base was a special treat a couple of weeks ago at the Officer's Mess. But can anyone tell me where a girl can get a good jiggs dinner? That would be considered valuable information and it would definitely make my day.

I've learned to love the lattes at Forbidden Flavours, meeting the folks at CANEX and keeping my odometer under 30km, admittedly an ever-so-slight challenge.

A huge thank you to Becky Block, the outgoing editor here at the Stag for her unwavering support, advice and guidance. You will be sorely missed. Also I'd like to thank you, the community for being so warm and welcoming.

The biggest thank you goes to those of you reading this on TF 1-08. Like every civil-

ian here at Shilo, we're here because we believe in you, support you and stand behind you. Being a voice and sharing our community's stories is just one of many small contributions.

Helping us contribute in this way in the coming weeks, you'll meet our new intrepid reporter, Katherine Magne. We welcome Katherine from Cold Lake, Alberta this posting season and hope she and her husband enjoy their time here. Also, you might notice our new book review section and health column from JoAnne Douglas.

Please come in, share your thoughts about the paper or stop by for a coffee and a chat. However you choose to participate, we're interested in hearing what you have to say.

OPME course deadline approaches



Janessa Champagne
Education Coordinator

Although the summer Online Officer Professional Military Education (OPME) session is well under way, it is already time to start planning for fall courses. The online registration deadline for the fall 2008 session is from 01 June - 15 August. The earlier you can register the better! The fall session for

all online courses commences on 01 September and will be completed on 05 December. The registration period for the winter 2009 session is from 01 October to 30 November, and the winter session commences on 05 January, 2009 and will be completed on 03 April, 2009. If you are interested in taking online OPME courses, you should always register as early as possible within the registration period.

As fall approaches, many people begin to wonder if there will be onsite OPME courses offered in Shilo. Unfortunately, the Royal Mili-

tary College has informed me that they were unable to locate suitable instructors to offer any OPME courses onsite, so there will **not** be any onsite courses this fall. If there are courses offered onsite during the winter, then I will be advertising extensively, however it is unlikely that there will be onsite winter courses in Shilo.

If you have any questions or concerns about the OPME program and the registration process, please do not hesitate to contact the Education Coordinator, Janessa Champagne, at local 4078.

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The Manitoba government recently introduced *Family Choices: Manitoba's Five-Year Agenda for Early Learning and Child Care*. This five year investment will mean greater opportunities for advancement, higher salaries with a mandated minimum base wage and a pension plan for ECEs.

Find out more

If you would like to learn more about the ECE Recruitment Incentive Grant or *Family Choices*, please contact:

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Manitoba 

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Stay tuned for more information...

Ten things to do within a 30-minute drive

Karen Griffin
Shilo Stag

With gas prices at an all time high, lengthy road trips might be a challenge but you don't have to venture too far from your doorstep to have a variety of opportunities to have fun.

Looking for something to do with the kids? Wanting to get away from it all by yourself for a few hours? Here are 10 things you can do before summer 2008 comes to an end. You don't have to go far or spend much money.

Free Guided Tours at the

Art Gallery of Southwestern Manitoba

Thursdays: July 10 to August 28, 6-8pm.

Venue: 2nd Floor Room, Main Gallery,
710 Rosser Avenue

Hide from the mosquitoes and take in some local art. They boast a team of volunteers on hand every Thursday night to answer all your questions. Guided tours run every half an hour.

Farmer's Market

Saturdays: July 12 to September 27, 10am-1pm.

Venue: Riverbank Discovery Centre,
545 Conservation Dr. (Across from the Corral Centre)
Buy local! Fresh produce, herbs, meats, cut flowers, baking and preserves. Everything is locally grown and produced in southwestern Manitoba.

Brandon Folk, Music & Art Festival

July 24-27

Venue: Keystone Centre

The Folk Festival is an entire weekend of arts, music and spoken word and entertainment for the whole family or an evening getaway with friends. Browse the booths, sample the food and see a diverse range of artists.

Buy a weekend or a day pass, price is far less than what

you're used to at Bird's Hill. Ticket outlets in Brandon: Lady of the Lake, Marquis Project, Ted Good Music, Ten Thousand Villages

National Appaloosa Show

July 27 to August 1, 2008

Venue: Keystone Centre, 1175-18th Street

Westman is horse country after all and what would an activity guide be without at least one horse show? For more information visit www.appaloosa.ca

CCM Guts & Glory 2 Tour

August 4-7

Venue: Keystone Centre

That's right folks it's never too early to start thinking about the upcoming hockey season. CCM and Sean Skinner will be providing stick handling skill instruction in the largest ice arenas in the largest cities. It's a North American coast to coast road Tour. Players will go through amazing highlight videos, dry land and on-ice session daily. Don't miss out on this once in a lifetime opportunity. More information and registration at CCM's web-site.

Western Canadian Senior B Open Mens & Womens Fast Pitch Softball Championships

August 7-10

Venue: To be announced.

If you're interested in being taken out to the ball game, contact Brett Turner at 204-727-6379 for more details.

X-Fest 2

August 8-9

Venue: Turtle Crossing Campground

Confirmed bands include: Finger Eleven, 3 Doors Down, Puddle of Mudd, Theory of a Deadman, Hedley, The Trews, GOB, Alien Ant Farm, Powerman 5000, Cancer Bats, Jet Set Satellite, X Engine X, Kill Rhythm and Cold Driven. The festival will also feature the Battle of the

Bands: Winnipeg and the Battle of the Bands: Brandon.

Cruisin the Dub, Brandon Area Car Enthusiasts (B.A.C.E.)

August 14, 6-10pm

Venue: Rosser Avenue between 6th Street and 13th Street, Downtown Brandon

Sponsored by: A&W and BMO Bank of Montreal

A great opportunity to see some custom, vintage, and antique cars, trucks, and motorcycles. As much a street festival as it is a car show. The local radio station plays their brand of music, street vendors, BMO Bank of Montreal charity barbecues, and on occasion - live entertainment! For details go to www.bace.ca

Manitoba Heritage Tattoo

August 18-19

Monday, 7:00 pm; Tuesday, 2:00 pm

Venue: Keystone Centre

An equestrian and musical spectacular. Featuring the RCMP Musical Ride, the Lord Strathcona Mounted Troop Ride (Edmonton), Air Command Band (Winnipeg), The Heritage Tattoo Massed Pipes and Drums, The Heritage Tattoo Massed Chorus, Sierra Noble (internationally renowned fiddler), Terrance Littleton (World champion hoop dancer), Cavalcade of Horse-Drawn Vehicles. Announcer: Arvel Gray, Canadian television personality.

Brandon Golf Classic

August 27, 12:00

Venue: Glen Lea Golf Club, 6 km east of 1st Street on Lori Road

For the golf enthusiast who can't get enough at the Shilo Country Club, this tournament is presented by the CNIB & Freedom 55 Financial. Tee off is 1:00 pm

Contact Kevan or Charlene McCarthy at: 204-758-5500 or kevan.mccarthy@freedom55financial.com or Ruth Baker, CNIB, 727-0631 for details.

What's on the horizon? Protect yourself from severe weather.

Severe weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself - weather or not.

Look for the signs

Hot and/or muggy days and warm nights indicate thunderstorms may be forming - so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

Listen for the warnings

Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a Weatheradio receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

Take shelter

When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

Be prepared

Storms often strike quickly so it's important that you have a plan in place before severe weather hits.

Prepare a "72 Hour" emergency kit - Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio - with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

Reduce the hazards on your property - Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

Find out more

Learn more about how you can protect yourself from the dangers of severe summer weather at

manitoba.ca

Manitoba 

KVA shows appreciation to outgoing members



At left, Major Michael Wright, outgoing Rear Party PA for 2PPCLI receives a certificate of appreciation from Dave White and Peter Ewasiuk, Vice President of the Korean Veteran's Association Unit 17. "We just wanted to thank [Maj. Wright] for all his hard work," says Ewasiuk.

RSM Zalazny, in right photo, receives a teakwood pace stick from members of the Korean Veteran's Association as a token of appreciation. Zalazny is posting to the Tactical School at CFB Gagetown. "Mr. Zalazny has been outstanding in his job and always kept the KVA informed about activities in the Unit," says Ewasiuk.



CF shooters make their mark

Submitted by
CF

The 2008 Canadian Forces Combat Shooting Team (CFCST) is back in Canada after much success at the International Small Arms Competition in Bisley, United Kingdom. This competition is world renowned, bringing together military marksmen from as far away as Australia, New Zealand and the Sultanate of Oman to compete head to head in some of the most competitive military shooting there is.

After four weeks of training, the team won the very first event, the National Rifle Association (NRA) Falling Plates match, putting an end to Oman's nine

year winning streak. By the second day, every CFCST member was ranked in the top fifty shooters among all two hundred and forty competitors. On 10 July, Canadians won third place, ahead of Australia and New Zealand, in the International Service Rifle Championship which encompassed the aggregate of all matches from the previous four days. That very afternoon, they came in second for the Army Rifle Association (ARA) Falling Plates match. On 11 July, the battle for The Methuen Cup saw the Canadian team rank second behind Oman for the international teams and third overall (including the United Kingdom teams). The CFCST generally stayed ahead of Australia and New Zealand

throughout the competition, winning gold in the Brinsmead match, silver in the Mappin match and seeing many team members earning bronze bars.

"It's a privilege for me to be the Team Captain" said Major Jacques Gobin of 4 Air Defence Regiment at CFB Gagetown. His unit had such good representation during the 2007 CF Small Arms Competition, where the best shooters qualify to go to Bisley that they were asked to administer the 2008 CFCST. "There were many objectives in sending a CF team to Bisley, including honouring historical ties to the Commonwealth, recognizing/rewarding results from CF-SAC, and promoting combat shooting within the CF"

he explained, adding that he has been very impressed with the team members' passion for shooting.

These premier CF shooters proved to be international level competitors and represented our country very well during this prestigious event. They've enhanced their marksmanship skills and have gained valuable experience and self-confidence that will stay with them for the remainder of their service to our country. More importantly, the knowledge these individuals acquired will be passed along within their respective units and the return of that technical expertise to other members of the CF will only serve to benefit and improve our military capabilities.

Drummers entertain at MFRC



Whirling Butterfly accompanies her father's drumming group, Sweet Grass Ojibway, as they perform a type of song called a Fancy Dance. The group was invited to perform for children at the MFRC day care last Friday. They have been performing at pow wows together for two years.



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Ready, set, grow: Gym expansion a go

Karen Griffin
Shilo Stag

It's been a few years in the making, but the model of Shilo's brand new gym facility sits on Fitness Sports & Recreation Director, Jim MacKenzie's desk.

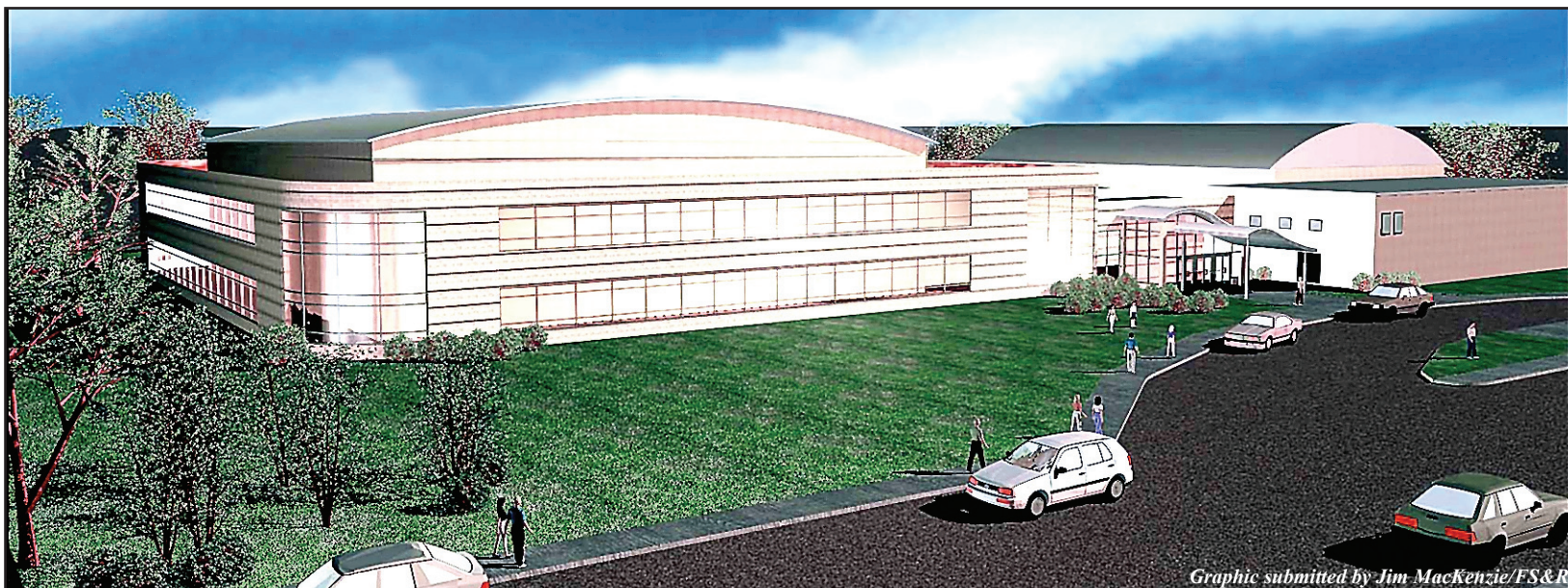
"I've been working on this for about six years. With the relocation from Winnipeg we knew we didn't have enough facilities to provide for everyone."

MacKenzie says the population of the base doubled overnight and all the units were consulted about their fitness needs.

"We determined we would need more gym floor space, indoor running, storage and office space to accommodate more activities."

After a few plans, the final designs were approved and the gym expansions will double the size of General Strange Hall to just over 74,000 feet. This will include an aerobics room and a 200 metre running track.

"It's fine in the summer because a lot of physical activities can take place outside. But in the winter, you don't want the guys running in -40 degree weather."



The expansion of the General Strange Hall, as seen in this conceptual drawing by Calnitsky Associates Architects, will begin this year and should be completed by 2010.

The construction, to be completed by Bird Construction Company, is anticipated to take about 15-18 months.

Engineering Officer Robert Riesz says Bird has recently been awarded the contract and thus is still in planning stages.

"We're expecting things to begin late July with [Bird] breaking ground some time in August."

MacKenzie says the anticipated completion time is early in 2010.

The new gym will be able

to meet the needs of activity groups as the walls and floors are being designed with many sports activities in mind.

"We should be able to meet everyone's needs. In the gym now, ball hockey is not permitted because of wall damage and floors needing to be replaced. But all regular sports will be accommodated in the new facility," says MacKenzie.

In the meantime, there will be a few changes to how people access the gym. For example, the main entrance will

be closed and the west side entrance will be accessible.

"The cardio equipment will also be moved down to the curling rink hopefully just for 6 or 7 months."

As the curling community in Shilo has not been historically active, this shouldn't be an inconvenience to the rink either says MacKenzie.

The pool will remain unaffected and the theatre will still be available for briefings. More news and updates on the gym expansion will be available in the coming months.

Closure of Cardio & Weight Rooms at GSH

Due to renovations and construction at General Strange Hall, the Cardio & Weight rooms will be closed Wed 23 Jul and Thu 24 Jul 08 for relocation of all equipment.

The rooms will re-open on Fri 25 Jul at the Shilo Country Club. Until further notice the Hours of Operation for the Cardio/Weight Room at the Country Club will be Mon-Fri 0700-1530hrs.

We apologize for any inconveniences.

J. MacKenzie
Fitness, Sports & Recreation Director



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Front Parking Lot

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PILOTES D'ESSAI

Essayez les nouvelles motocyclettes Harley-Davidson^{MD} et Buell^{MD} 2008. Plus de 20 modèles en démonstration.




Des chaussures et vêtements convenables, un casque approuvé par TC et un permis de conduire pour motocyclette sont requis pour participer à la démonstration.

Date :
Mercredi 13 août

Heure :
11 h à 17 h

Lieu :
BFC Shilo
Stationnement du
SuperMart CANEX

Organisé par Harley-Davidson^{MD} et Buell^{MD} à l'appui des Forces canadiennes



Shilo Military Family Resource Centre



MFRC receives surprise donation

Willemien van Lankvelt
Executive Director

Imagine our surprise when late June we opened our mail and found a cheque for \$20,000.00 from ARC Resources LTD in Calgary made payable to the Shilo MFRC.

The enclosed letter only stated the following: "Please find enclosed a cheque in the amount of \$ 20,000.00. ARC Resources is proud to support the Shilo MFRC."

I contacted the Senior Vice President of Capital Markets

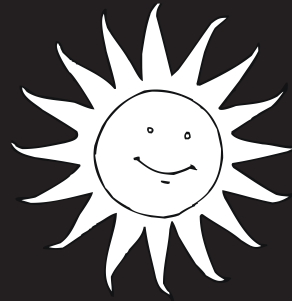
to inquire about this "wind-fall".

He explained that each year the corporation donates a large sum of money to charitable organizations. Last year they donated to the Calgary, Edmonton and Gaagetown MFRC's and this year, given our high deployment numbers, they targeted Shilo. This is one way they can thank the men and women in uniform for their services.

ARC Resources LTD owns the gas and oil producing assets of ARC Energy Trust.

The company was founded in 1996 and are based out of Calgary. Properties are primarily located in Northern BC, Pembina, Redwater, Manitoba, southwestern Saskatchewan and central, northern and southeastern Alberta.

On behalf of the Shilo MFRC, I would like to thank ARC Resources LTD for their very generous donation. This will go a long way in providing enhanced programs and services to the military families in Shilo and surrounding area.



Tiny Toes Summer Program

3-5 yrs old

Sign your child up for this fun and exciting summer program.
Program runs Tues, Wed & Thurs
from 10:00am-3:00pm
(snacks included, lunch not provided)

July 28-31 Navigating Nature
August 12-14 Under the Big Top
August 19-21 Kitchen Fun

\$30.00/week



Summer Fun Day Camp hits halfway point

Age: 5-12 yrs

- Monday afternoon - Scavenger hunts
- Tuesday afternoon - Swimming at the GSH
- Wednesday afternoon - Wacky Wednesday
- Thursday afternoon - Special Group Activity
- Friday - Field Trip away from Shilo.

- Week 5: Wild Wild West - Fraser Farm
- Week 6: Wacky Water Week - Portage Water Slides
- Week 7: Circus is in Town - Winnipeg Zoo
- Week 8: Animal Week - Hickory Hollow Farm

Summer Fun Rates per week

\$60.00 per week for one child • \$90.00 per week for two children
\$120.00 per week for three children

Regular Hours of Operation

Monday-Thursday 9:00am-12:00 & 1:00-4:00pm
Friday 9:00am-4:00pm (field trip day)

Extended Hours and Rates

For those who require extra hours for their child(ren) we offer extended hours with an additional cost.

Hours

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

If lunch hour is required a lunch must be supplied from home.

COSTS:

1 session is \$10.00/per week/per child
2 or 3 sessions are \$15.00/per week/per child.

For information on the cost please contact

Suzanne Linegar, School-Age Program Leader @ 4555 or reception @ 3352.



Participants in this year's Summer Fun Day Camp get to take part in a wide variety of activities.



www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

Twenty-one days to a healthier life

Karen Griffin
Shilo Stag

According to Jo-Anne Douglas, new Health Promotions director, it only takes 21 days to make a new lifestyle change a habit.

"You have to do something for 21 days before you get used to it, like going for a walk in the evenings."

Douglas has 20 years of educating the public about health and prevention.

"People forget that they can come here before they're sick to prevent a problem and stay healthier," says Douglas.

The Health Promotions office, located in the CANEX Mall, is mandated to assist personnel in keeping healthy so they are operationally ready.

Douglas encourages CF members, spouses and civilian employees at Shilo to visit her when looking to make a lifestyle change.

Whether its to manage weight or quit smoking before bad habits become major health problems, Health Promotions has the tools to assist you.

"People have a tendency to wait until they're sick. It's hard to find the time for yourself. But it's important to make little changes," says Douglas.

The Health Promotions office runs eight programs from stress management to healthy eating and healthy relationships.

Also, there are perks to visiting Jo-Anne.

"In Brandon these programs are very expensive but here we offer them for free."

The best part of her job, she says, is talking to groups about her passion.

"I really like talking to groups. If one person learns something then it kind of makes your day."

Coming from civilian life to work in Shilo is an adjustment for a civilian but

Jo-Anne has enjoyed her first six weeks.

"People here have been very friendly. They make you feel really connected to the community."

Before working at Health Promotions, Douglas worked at the Lung Association in Brandon.

"I worked as a health educator doing prevention with kids and quit programs with adolescents and adults."

She chose the Health Promotions position at Shilo because she wanted to give back to the community.

"I wanted a change but I've done [health promotion] with Shilo before and I wanted to do something for the military community."

For Douglas, a wife and mother with a full time job, she knows how hard balancing work and family can be. She says usually you're last on the priority list as a parent.

"I know I need to exercise more and eat healthier too. I tend to work first and save the relaxation for later. What I want people to know is that there's no judgement here. We're not perfect. We don't condemn people for smoking. We know what it's like."

So how does the Health Promotions director stay healthy? She schedules time to relax and recalls a favourite summertime family tradition.

"We have a backyard pool so for stress relief as a family, we take a mid-night swim,"

To find out which programs will be offered in the fall, please contact Jo-Anne directly. Health Promotions can also provide short group briefings on health-related subjects to accommodate schedules.

You can talk to Jo-Anne at 765-3000 ext. 3867. Health Promotions is open Monday to Friday, 8-4 pm.



Photo by Karen Griffin/Shilo Stag
Jo-Anne Douglas, the new Health Promotions director.

Health Promotions Programs

BUTT OUT

- Smoking cessation program

TOP FUEL FOR TOP PERFORMANCE

- Proper nutrition for the "soldier-athlete"

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

- Trains members to become Suicide First Aiders

WEIGHT WELLNESS

- Focuses on achieving a healthy weight by developing a healthy physical activity and healthy eating blueprint (plan)

STRESS TAKE CHARGE

- Stress management program

- ### ALCOHOL, OTHER DRUGS AND GAMBLING
- Designed to increase knowledge and understanding of a variety of issues related to alcohol, other drugs and gambling

MANAGING ANGRY MOMENTS

- Anger management program

BASIC RELATIONSHIP TRAINING

- Prevention of problems in relationships

For more information on these programs, contact Health Promotions at 3867

Don't take it sitting down!

Simple desk exercises can keep you feeling energetic



Jo-Anne Douglas
Health Promotions
Director

I'm dating myself here, but remember that old Gino Vanelli song "People Gotta Move"?

Okay, I'm actually way too young to remember it so I had to Google the lyrics.

"Shake all your brains and pump your heart

Show all the world what you are

You come on for right, you come on for wrong, you come on for zeal

'Cause the tones of your bones makes you feel

You gotta move

People gotta move."

Vanelli had it right. People were designed to move. The human body wasn't meant to be sedentary for long periods of time. That's why many office workers end up feeling pain, stiffness or discomfort in their muscles after too long in front of the computer screen or hunched over a desk. And the lack of movement can cause fatigue and lethargy.

Ergonomic experts suggest that we do simple stretching exercises several times during the work day. The increased flexibility gained will reduce the chance of injury AND it will help you feel refreshed and energized.

Try to break for a couple of minutes every hour and do some simple stretches. Here's just one

example if you have a pain in the neck (the literal kind -- I'm not sure how to eliminate the other kind):

Sit tall. Keep face forward, try to touch your left shoulder with your left ear. Hold. Return head to upright. Repeat on the right. Don't tense and don't hunch your shoulders while doing this. Don't hold your breath while doing exercises.

To ease shoulder aches, sit or stand with good posture. Raise your shoulders and gently rotate them 2 or 3 times in a forward direction. Do the same in a backward direction.

If you'd like to learn more desk exercises, a good website to check out is www.efuse.com/yoga. It shows some desktop yoga moves (don't worry, not the stand on your head

with your legs wrapped around your neck kind of yoga) and includes moving diagrams. You can also phone Health Promotion ext. 3867 and ask us to e-mail you some exercise websites.

Another thing to remember during the day is to just plain move! Get up from your desk at least once every hour, stretch and move around, even if it's just to stand, walk around the room or take a walk down the hall. Try to incorporate movement into your day – take a walking coffee break, walk if you have an errand to do, park further away from your building, and if you have time, take advantage of the great facilities operated by Fitness, Sports and Recreation. Remember, people gotta move!

HARNESS RACING IN WAWANESA



Saturday, August 16th
1:30 pm
Sunday, August 17th
1:30 pm

Roast Beef Supper
Saturday at 4:00 pm
Served in the Rink

TASMANIAN TAXI



Shilo Taxi
Knight-Line Express Charters

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

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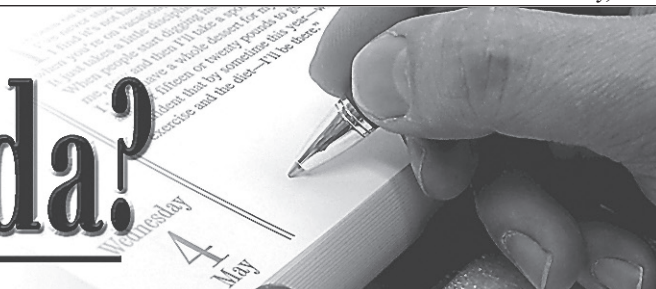
Are you being posted? Let us help you sell your existing home. Ask us to provide a realtor for your next HHT.

765-2876

BARRY RABE 725-8830
BRAD HARDY 725-8841
WENDY FLANNIGAN 725-8823

COME SEE US AT THE CANEX MALL

What's on Your Agenda?



Prayers for the Fallen

*A time to remember
A time to come together
A time to grieve in community
A time to strengthen faith*
Memorial prayers will be offered at both chapels during Sunday worship at 1030 hrs on these dates for all Fallen Shilo Soldiers:
10 August
14 September

Summer Yard Contest

August 13
No need to register... just decorate!
1st place \$150
2nd place \$100
3rd place \$75
Judging at 12:00 noon
For more info, please call the Community Recreation Office at 765-3000, ext 3317/3588
Sponsored by Base Fund
www.cfcommunitygateway.com

Shilo Community Library

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

Did you know?

The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

Kenosee Superslides

Looking for something to do this summer? We'll provide the transportation and a great deal on your entrance fee to the Kenosee Waterslides.

Age: All
Date: Thurs, Aug 14 (Registration deadline Aug 8)
Time: Bus leaves at 8:30am and returns at 6pm
Cost: \$16
Place: Bus leaves north side of CANEX
Contact & Registration Info: Community Recreation Office at 765-3000 ext 3317/3588

Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Men's Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763 4990.

The Shilo & Region Men's Club Serving the Community Since 1968

Play N' Park Mondays
Waterpark
10-11:30 am; and 1:30 - 3pm
Tuesdays
Sapper
10-11:30 am; and 1:30 - 3pm
Thursdays
Kingston
10-11:30 am; and 1:30 - 3pm

Ki Rin Shilo Taekwon-Do Summer Camp

Tues/Thurs 2-4 pm
Register any time!
Faith Centre
T-119 Notre Dame Road
Contact: Mr. (Capt) Dwayne Bos for more information
Ph: 765-3000 ext 3088
Cell: 724-4227
Email: bos.dw@forces.gc.ca

An invitation to attend a Red Friday Rally Raymore SK

In memory of Cpl David Braun (2 PPCLI)
Friday, August 1 4-6pm
For more information, contact Monia Stelwagen at m.stelwagen@sasktel.net or 306-483-2970

Shilo Vacation Bible School August 5-8, 2008

God's Big Backyard Where kids have a blast serving Jesus!
Join the fun!
Ages: 5-10 (Older kids may attend as helpers)
Where: Faith Centre T-119
When: 9:30 am - 12 pm Tues-Fri
Cost: \$0 (all donations will go to Sleeping Children Around the World)
Pre-register: Sylvie, 765-3000, ext 3091

Preschool Booster For Kindergarten Students

Wednesday, August 27
Shilo Community Centre
1-3 pm
For more information, please contact Susan at 571-8479
No appointment necessary!

Women's Group Calendar of Events

Wrap Up
July 30 - Shilo Pot Luck & Sharing Circle
Location
Shilo: Faith Centre, Multi-Purpose Room
Brandon:
Brandon Armory, 1116 Victoria Ave.
Coffee and snacks will be served
If you have any questions, please contact MFRC 765-3000, ext 3352

Pastoral Practice Education

Two days per week starting September 2008 - May 2009
Accredited by the Canadian Association for Pastoral Practice & Education (CAPPE) through the University of Winnipeg
For more info call Joanne, BRHC Chaplain at 578-4796

BINGO

Sprucewoods Community Hall Thursdays
• Share The Wealth from 6:20pm
• Early Birds at 7:00pm
• Regular Games at 7:30pm
Intermission Games - Progressive Games - And More!

CLASSIFIED ADS!

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

Hobby Farm - Wawanesa area - 79.5 acres highway frontage, 3 BR bungalow, 1040 sq.ft., electric furnace, full basement, hip roof barn. Great setup for horses or purebred stock. Countryland Realty - Dave Mooney 824-2094.

Help Wanted

Part-time help wanted for weekends. Wage equal to experience. Drop resume off at Homefire Cafe in CANEX.

Spud Plains Farms, Wellwood MB is looking for seasonal **Truck Drivers** during fall potato harvest beginning Sept 3, 2008 til approx. first week October. Wages \$13.00/hour 7am - 7:30pm six days per week. Truck drivers need a valid Class 5 or better drivers license. Light suppers provided. Bonus for full attendance at end of season. Previous experience an asset. Call Paul or Kim @ 834-3386 or cell 729-7241.

Help Wanted

Spud Plains Farms, Wellwood MB is looking for seasonal employees for the positions of **Sorters** during fall potato harvest beginning Sept 3, 2008 til approx. first week October. Wages \$12.00/hour 7am - 7:30pm six days per week. Light suppers provided. Bonus for full attendance at end of season. Previous experience an asset. Call Paul or Kim @ 834-3386 or cell 729-7241.

For Sale

5 yr old, 18 cu. ft. fridge, excellent condition \$200. 18-20 yr old stove, only been used for 2 yrs, very good condition \$150. 13 yr old Hotpoint washing machine \$100. 5 yr old dryer, Whirlpool \$150. \$200 for washer/dryer pair. Open to offers. Call 765-5170 if interested.

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

1984 Yamaha 750 Virago low rider. 22,000km, new tires & battery. Excellent condition. \$1990. Brandon: 727-2305 during the day, 725-3033 after 6.

For Sale

For Sale: Three and a half year old 24 cubic foot side by side refrigerator/freezer, white in colour, also has ice cube maker and water dispenser. Will sell for \$850 firm or will trade for a black 18 cubic foot fridge/freezer, but must not be any older than 5 yrs. Reason for selling - too big for my kitchen. If interested call 765-4556, leave message, and I will get back to you ASAP.

Furniture

Posted In/Out or just looking for great deals?

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

Child care

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

Child care

Kids R Kids Licensed home daycare is currently accepting names for 2 daycare spots starting in January. CPR and first aid qualified, snacks and lunches provided following the Canada Food Guide, lots of crafts and activities. Subsidy available. 765-4626
Wanted: Reliable, mature person to babysit our 3 kids in our home, full-time days. If interested, please contact Jaime at 765-5144

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

Are you looking for a Childminder-Babysitter? Then look no further. I am able to look after children weekday evenings and anytime on the weekends. CPR and first aid trained. If you have any questions call 765-4556 and leave a message, will get back to you ASAP.

Services

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

Services

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

Sew Crazy Services - Reliable Service, Great Rates! Providing a full range of tailoring, repair work and custom sewing! Zippers replaced, Pants hemmed, Garment repair, Mess Kits, Custom Kit modifications. Tailor Shop 765-3000, ext 3224. Home 763-4202, cell 573-9278

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

Stress-free holiday shopping! Get gifts for everyone on your list or just enjoy a FREE pampering session. Call for an appointment today or shop online. Brice Dodds 765-2868, www.marykay.ca/bdodds

Services

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



St. Barbara's Protestant Chapel

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

Our Lady of Shilo Roman Catholic Chapel

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

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

Quick Quesadilla Pockets

Mealtime.org

The beans provide protein and fiber, you provide the fun! Canned beans, corn and olives take the work out of the preparation for this quick, handheld Mexican meal your kids will love.

Preparation Time: 15 minutes

Cook Time: 20 minutes

Servings: 6

Ingredients:

- Non-stick cooking spray
- 1 tablespoon canola oil
- 1 large, red bell pepper, finely diced
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1 can (15 1/2 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) corn
- 1/2 cup salsa
- 2 cups shredded, reduced-

fat Mexican blend or Cheddar cheese

6 (8-inch) flour tortillas
1 can (2 1/4 ounces) sliced black olives, drained, optional

1/2 cup reduced-fat sour cream, optional

Preparation:

Preheat the oven to 400°F. Lightly coat a large baking sheet with cooking spray and set aside.

Heat oil in a large, non-stick skillet over medium-high heat. Add bell pepper, chili powder and onion powder and cook until tender, about 5 minutes.

Add beans, corn and salsa and heat through. Reduce heat to low. Add 1 1/2 cups of cheese and stir until cheese melts, about 1 minute.

Assemble quesadillas



Photo courtesy Anna Moderska/Stock.xchng

Quick Quesadilla Pockets are easy to make and fun to eat!

by arranging bean mixture evenly over half of each tortilla. Fold over, press down gently and place each on the baking sheet. Sprinkle remaining cheese and olives on quesadillas, if desired.

Bake until cheese melts and tortillas become crisp at the edges, about 8 minutes. Cut into quarters and

serve. Top with sour cream, if desired.

Nutritional Information
Per Serving: Calories 350; Total fat 9g; Saturated fat 2g; Sodium 630mg; Carbohydrate 49g; Fiber 9g; Protein 18g

Original recipe from "The Moms' Guide to Meal Makeovers".

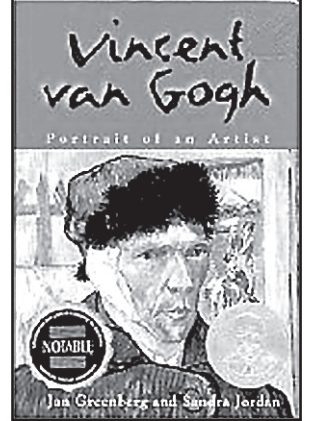
What's on your bookshelf?



Leita Piche
Forbidden Flavours

Read: Vincent Van Gogh: Portrait of an Artist
By: Jan Greenberg & Sandra Jordan
What did you like about it?

[Van Gogh] had to deal with so much with his mental illness. I like stories about the underdog. He was kicked down so many times and he just kept getting up.



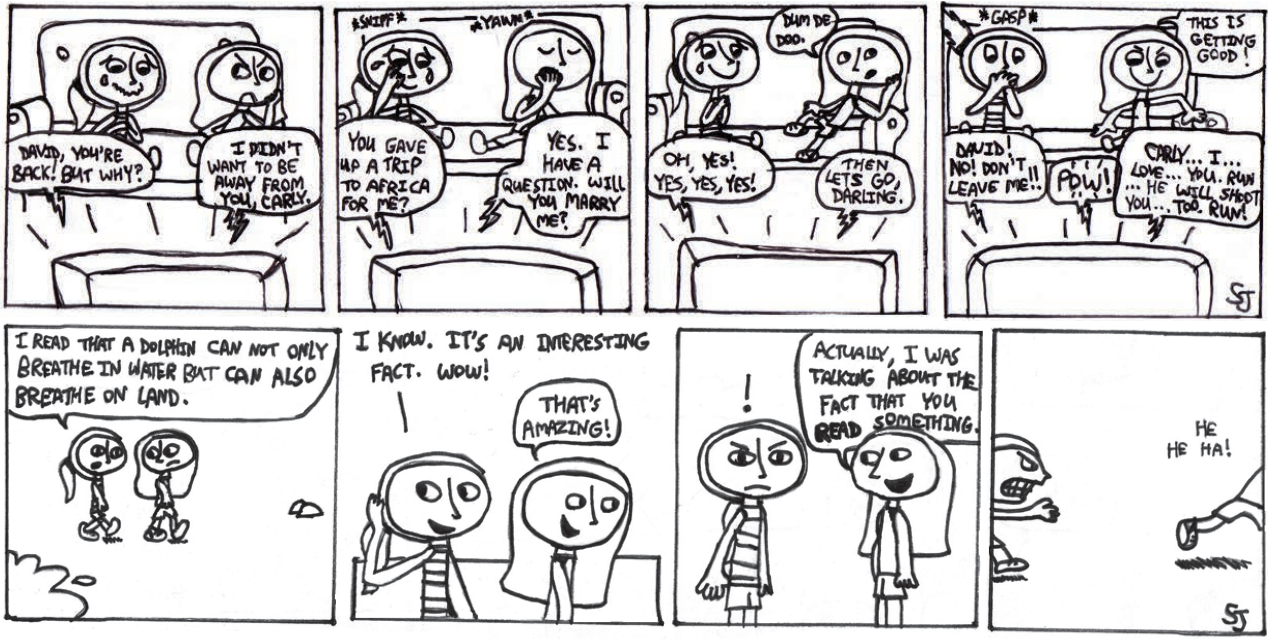
Why would you recommend it?

It definitely makes you take a look at your own life and realise you're blessed for what you have. You appreciate your own life more.

Are you reading a book that you'd like to share with us? Email us at stag@mts.net.

Kyra and Kate

by S. Joudrey



The Stag is now available online!

Go to [cfcommunity gateway.ca/en/Shilo/](http://cfcommunity.gateway.ca/en/Shilo/) and follow the links through to The Stag online

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

Brandon

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

Sobey's

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

Carberry

- East Side Service
- Carberry Legion
- Douglas**
- General Store
- Minnedosa**
- Minnedosa Legion

Neepawa

- Neepawa Legion
- Shilo**
- CANEX Mall
- Forbidden Flavours
- Shilo Community Centre
- GSH

Country Club (Rick's)

- All Messes
- Sprucewoods**
- The Shilo Inn (Crang's)
- 340 Esso Station
- Wawanesa**
- Lucky Dollar



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- General Manager Mike McEwan ext. 3073
- Editor-in-Chief Karen Griffin ext. 3013
- Assistant Editor Stacey Brown ext. 3013
- Editorial Advisor Lori Truscott ext. 3813
- Advertising Rep. Gayle Raynor 761-5305

Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

CFB Shilo, Manitoba, R0K 2A0

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We welcome your suggestions!

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

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

Submitting articles and photos for print:

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

Edmonton takes top prizes at tournament



(Left) Maj Shawn Fortin, Acting BComd, stands with the winning team from the Edmonton Garrison at the 2008 Prairie Regional Golf Tournament, held at the Shilo Country Club July 15-17. Maj Eric Schulz, PO1 Chris Hale, MCpl Jody Noseworthy, MWO Steve Downey, CPO1 Jocelyne Ross and MCpl Shaun Cameron made up the team, who placed first in the Men's, Women's and Team divisions.



(Above) The second-place team in the Men's and Team divisions from CFB Shilo, consisting of WO Brady MacDonald, Sgt Chris Desjardins, WO Mike Hamilton, Pte Kevin Goat, Cpl Eric Mermans, and MCpl Jay Dance, pose with Maj Shawn Fortin after accepting their medals.

Danny Hamilton
Sports Co-ord

Edmonton Garrison defeated CFB Shilo by 20 strokes to win the 2008 Prairie Regional Golf Championships, held at the Shilo Country Club from July 15-17.

Forty-eight golfers (46 men and two women) from around the region took in the sun, fog and rain for

three days of the tournament. Maj Sean Fortin, Acting BComd, opened the tournament with words of welcome and a tee-off at the first hole. Teams from CFB Wainwright, 17 Wg Winnipeg, 15 Wg Moose Jaw, 4 Wg Cold Lake, CFB Suffield and Det Dundurn also participated in this year's event.

In the 54-hole stroke play event, the Men's, Women's

and Team divisions were up for play. Scoring for the team event was based on the top four scores each day, with all three rounds counting towards the team's final score.

Edmonton Garrison placed first in all three divisions, with CFB Shilo coming in second in the Team and Men's divisions. 4 Wg Cold Lake placed second in the Women's division.

Results of 2008 Prairie Regional Golf Tournament, July 15 - 17

Team	Men's	Women's
Edmonton Garrison 985	MWO Steve Downey 230 (Edmonton)	CPO Jocelyne Ross 271 (Edmonton)
CFB Shilo 1005	St Chris Desjardins 233 (CFB Shilo)	Cpl Rosalind Fitzpatrick (4 Wg Cold Lake) 296
17 Wg Winnipeg 1018	MCpl Jody Noseworthy (Edmonton) 244	

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CFB Shilo

30 JUNE - 31 AUGUST 2008 DU 30 JUIN AU 31 AOÛT 2008

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PRIX D'UNE VALEUR D'ENVIRON 500 \$!

PARTICIPEZ ET COUREZ LA CHANCE DE GAGNER

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- FULL PROPANE TANK
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- 10 BAKED POTATOES
- 10 CORN ON THE COB
- 10 FRESH BUNS
- 1 LB BUTTER
- 1 BOTTLE OF BBQ SAUCE
- 2 BAGS OF OLD DUTCH® CHIPS
- 2 BAGS OF HOSTESS® CHIPS
- 2 - 12 CAN CASE OF COCA COLA® POP
- DISPOSABLE PLATES, NAPKINS AND CUTLERY

À L'ACHAT DE MARCHANDISE DE 50 \$ OU PLUS AU SUPERMART DE CANEX À LA BFC SHILO, RECEVEZ UN BULLETIN VOUS DONNANT LA CHANCE DE GAGNER!*

LE PRIX :

- BBQ BROILMATE®, MODÈLE I3024 LP
- BONBONNE REMPLIE DE PROPANE
- 10 BIFTECKS DE FAUX-FILET
- 10 POMMES DE TERRE AU FOUR
- 10 MAÏS EN ÉPIS
- 10 PETITS PAINS FRAIS
- 1 LB DE BEURRE
- 1 BOUTEILLE DE SAUCE BBQ
- 2 SACS DE CROUSTILLES OLD DUTCH®
- 2 SACS DE CROUSTILLES HOSTESS®
- 2 CAISSES DE 12 CANETTES DE BOISSON COCA-COLA®
- ASSIETTES, SERVIETTES ET USTENSILES JETABLES

MAJOR SPONSORS: COCA COLA® • OBERMAIERS SAUSAGE & MEATS® • TANK TRADERS®
SPONSORS: KUIPERS FAMILY BAKERY® • HOSTESS® • OLD DUTCH FOODS®

COMMANDITAIRES PRINCIPAUX : COCA-COLA® - OBERMAIERS SAUSAGE & MEATS - TANK TRADERS®
COMMANDITAIRES : KUIPERS FAMILY BAKERY® - HOSTESS® - OLD DUTCH FOODS®

* Only CANEX SuperMart CFB Shilo receipts showing a total purchase of a minimum of \$50 before taxes are eligible. Receipts must be dated between 30 June - 31 August 2008 and generated from personal purchases only. Please include your CANEX Club Xtra card number for validation on each ballot. Ballot box located in-store. Sorry, no prize substitutions. Authorized patrons only. Ask us for no purchase necessary contest details.

* Uniquement les reçus du SuperMart de CANEX à la BFC Shilo d'un montant d'au moins 50 \$ (excluant les taxes) sont admissibles. Les reçus doivent être datés du 30 juin au 31 août 2008 et représenter des achats personnels seulement. Veuillez inclure votre numéro de carte du Club Xtra de CANEX sur chaque bulletin à des fins de validation. La boîte de tirage est en magasin. Les prix doivent être acceptés tels quels. Clients autorisés seulement. Demandez-nous les détails pour participer au concours sans faire d'achat.