

SHILO STAG

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Volume 47 Issue 11

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Fair-ly good aim



Pte Dean Disotell, A Coy, 2 PPCLI, lets fair-goer Jack (7), of Brandon, see how a C9 machine gun works during the Manitoba Summer Fair, held in Brandon from June 4-8. The C9, mounted by the crew commanders hatch on a LAV III, was the high point of Jack's tour through the vehicle. The fair, in its 127th year, is held annually on the grounds of the Keystone Centre and includes a midway, horse shows, and displays for the whole family.

Photo by ©Cdt. Dennis Power/Public Affairs Shilo

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Deployment News

Photo: Combat Camera



Capt Richard S. Leary

Capt Clarke & Capt Chang B Coy Platoon Commanders

Capt Rich Leary, from Brantford, ON, joined the Canadian Forces for one reason only: to lead soldiers in combat. Rich was a unique individual who possessed many qualities worthy of mention. He was someone who you could trust if you had a problem. He was a tireless worker who volunteered for tasks when no one else would, saying 'If it needs to be done, it just makes sense to do it.' He was determined and focused, a perfectionist who strove to complete all the duties and responsibilities asked of him.

During his phase training in Gagetown, NB, Rich made a name for himself. On Phase III, he shouldered the burden of sleep deprivation better than most. When the going got tough, Rich did not rest so long as there was someone who needed help. He often lightened tensions by articulating his unique point of view regarding life, fondly referred to as the 'Rich Rants'.

A dedicated husband, Rich moved his wife Rachel to Gagetown in order to better balance his life with the demands of training during Phase IV. Fond memories from Gagetown include the time Rich decided to invest in a home-brewing beer kit. He never quite perfected the filtering process, but nevertheless had a fridge packed full of plastic-bottled, terrible-tasting beer.

Rich was posted to 2 PPCLI in September, 2005. Upon arrival in CFB Shilo, Rich took over as Transport Officer. Rich didn't much care for paperwork and disliked writing PERs more than anyone. Promoted to the rank of Capt shortly thereafter, Rich bought the Jeep he had always wanted. A car enthusiast, if a conversation involved either wheels or engines, Rich could be found nearby.

Rich spent a short time as 10 Pl Cmdr with A Coy preparing soldiers for the operational reserve list. When a Pl Cmdr position opened up in B Coy, Rich finally got his wish to be able to lead a platoon. It took him no time at all as he moved right into commanding his platoon during live fire ranges and various training exercises in Wainwright. From that day onward, he was all about those under his command and kept their best interests at heart. Rich formed a quick bond with the soldiers and senior NCOs in his platoon, who often played practical jokes on him. Somewhat vertically challenged, the platoon emphasized this fact by raising the height of Rich's desk with weights to make him feel even shorter. Not to be outdone, Rich decided to leave them there. Never shy with words, Rich was blunt and to the point. He had an opinion on most things and if you asked for it, you got it.

In Afghanistan, Rich led his platoon in a variety of tasks including foot patrols, mounted convoys and coy-level operations. He was excited to leave behind the mundane task of camp defence and move to a remote Combat Outpost in Panjwayi. During a dismounted patrol, Rich was shot while leading his platoon in a prolonged firefight.

Rich was devoted to his wife, Rachel, who were married in 2002. He was never to be seen outside of work as that was the time he spent with his beloved wife, enjoying the small town atmosphere of Shilo. Rich Leary will be sorely missed by all who knew him, a true friend who will not be forgotten.



Capt Jon Snyder

IN MEMORIAM

CEFCOM

Capt Jonathan (Jon) Sutherland Snyder of the 1 PPCLI, based in Edmonton, Alberta, was killed last week after falling into a well while conducting a security patrol in the Zhari District.

"This accident has impacted us all, and the thoughts and prayers of the entire Canadian Task Force are with Capt Snyder's family and friends. We are deeply saddened by his death, and will not forget his commitment and dedication to his fellow soldiers and

to this mission."

"The CF family grieves. The parents and friends of Capt Snyder are inconsolable. May they take comfort in knowing that we share their sadness, as do Canadians from across the country." Said Gov Gen Michaëlle Jean.

Working towards stability



Maj Neil Gregory Acting DCO, 2 PPCLI BG

It's been three months, and nearly four for some members, since the 2 PPCLI BG first touched down on Afghan soil at the beginning of February. The days and weeks have passed quickly.

The BG has been in the midst of some intense work keeping the insurgents within our area of operation on their toes as we enter the so-called fighting season. The BG and its parallel organizations, the OMLT and the Kandahar PRT, have been working closely with representatives from CIDA and the DFAIT to further security, governance and development within the

numerous districts for which we are responsible. Because of that coordination, we are beginning to see some small but positive results. The Joint District Coordination Centres are starting to serve as meeting hubs for District Leaders, Chiefs of Police, and Shura Representatives.

Under the mentorship of military, CIDA and DFAIT personnel, local community leaders and representatives discuss issues that are of primary concern to them and their citizens. These Afghan community leaders determine what needs to be done and how it needs to be done while Canadians lend a guiding hand. We are mentoring those charged with community security and governance responsibilities to take their responsibilities seriously and we are seeing a genuine shift in

those Afghan municipal leaders with whom we closely work. Development projects are selected through a contract bidding process and the most important village needs are met first.

Of course, challenges continue. The environment is harsh and we have encountered a number of risks. Regardless, the soldiers of the BG continue to do remarkable work and regularly operate with the Afghan National Security Force elements in

our areas. They are determined and noble people, and their professionalism as soldiers and policemen continues to progress.

As the summer months are upon us, we will continue to encourage and strengthen the Whole of Government approach within the BG. We will promote success stories. We won't dwell on setbacks, and we will continue working hard to further security, governance and development within Kandahar Province.



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On the beach in Afghanistan

MCpl Travis Good
B Coy, 2 PPCLI BG

Haji Beach: what more can a soldier say? Muslim prayers boast over loud speakers from the local mosque. Soldiers warily wipe the sleep from their eyes, and through the air, unseen roosters croon. The sun begins to peek its head over the distant mountain range. One thinks to oneself: "This wouldn't be such a bad place if bad guys weren't lurking around every corner."

Waking up to the smell of bacon tricks the tired mind into thinking you are at home. The smell of marijuana fields and the soldiers' sweat reminds you that you are in Afghanistan. The banks of the Arghandab River are less than 200 meters away; the fast-flowing, cool water appeals to the sorest parts of the body. The stifling heat begs you to jump in; the landmines, explosives, and fear of Taliban ambush begs you not to.

Picture in your mind a post card of green trees, clear skies, and crystal blue water.

Army it up a bit with some sandbags and barb wire: that is Haji Beach. Cots are strewn about in what would appear to be a haphazard manner; in reality, the lack of space necessitates it. Hesco-Bastion walls protect the troops who call the small combat out-post home. The Afghan National Police (ANP) adds a little local flavour to the camp.

Long patrols throughout varying hours of the day and night add excitement to what would otherwise be a lacklustre routine of security. A group of Canadians, led by the ANP, trudge through the side roads and wadis, cursing the heat under their breaths. Their local counterparts, however, take no notice of the heat, complete with their toques and thick cotton uniforms. Upon return, debriefs take place to share perspectives on anything that could be justified as intelligence.

As night approaches, tired bodies with a belly full of rations start the familiar trek to their bunks to get some well-deserved rack for the evening. Familiar routines

of the nightly "spider check" are carried out before decent shuteye can be obtained. Flashlights are turned on, almost in unison, as the "moonbeams" dance across cots and ceilings, hoping to catch the spiders before they descend into our sleeping bags. Sandals at the ready, smaller troops on the shoulders of larger troops swing wildly at the arachnids, as the eyes of others watch intently before shutting down their senses for the night.

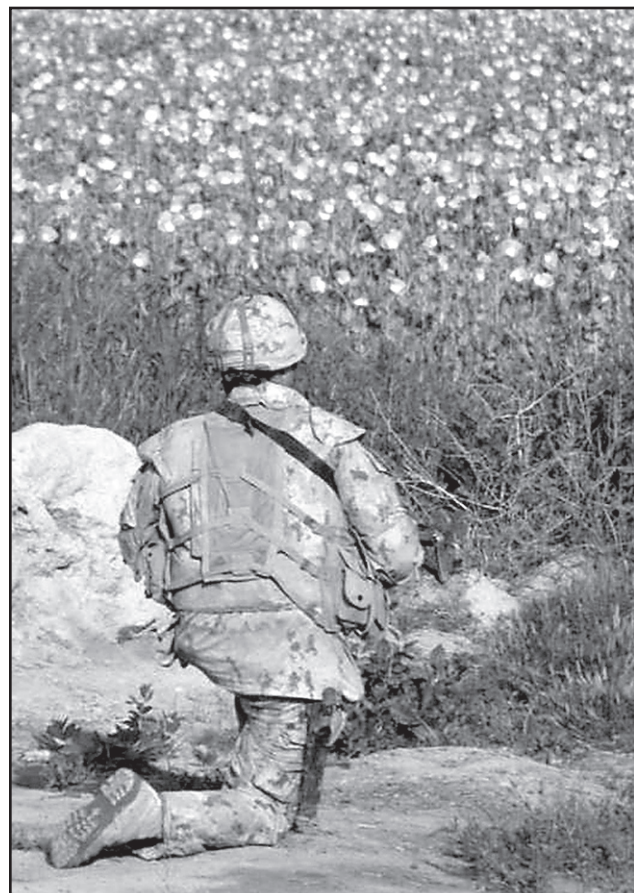
Those not on shift snore the night away, while others tip-toe cautiously around the limbs, making their way to the tower for a shift on observation post (OP). Familiar rustling sounds emit from the kitchen area. Our local celebrity, Sonic the Hedgehog, takes advantage of the quiet night to feast on Cheerios that have been left out for him. Local music plays in the sea can the ANP have made home. The smells of chai and barbecued goat fill the air amid full conversation and laughter. The shadows of the ANP dance on the walls as they horse around and joke with each other until the wee hours of morning. Do these people ever sleep?

The sun begins to rise, signalling the start of a new day at Haji. The process of food, work and rest begins anew. Patrols depart for new places to meet with new locals. New scents of breakfast waft from the mess. Cheerios are added to the hedgehog's dish. Cigarettes smoked and coffee drank, the day at last begins. Maybe today, we will get re-supplied.

Note: One of Kandahar Province's combat outposts is named after the following villages: Haji Soltan-mohammad Khan, Haji Atamohammad Khan and Haji Mohammad Yusof.



Photos by MCpl Travis Good/B Coy, 2 PPCLI BG
 Sgt Tim Fletcher and Pte Dennis Bray maintain their vigilance while patrolling an area near their combat outpost.



Cpl James Anderson watches his arcs during a routine security patrol amidst the area's poppy fields.

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First two months see highs and lows

Lt Frank Helms
B Bty, 1 RCHA

D Troop arrived at Kandahar Air Field (KAF) in late February of this year. After a day and a half of travel to get here we were anxious to get to sleep but that would have to wait. By the time we cleared in, sorted out our military kit and found our living quarters it was several hours later. The following two days were spent in briefings on many of the things we had covered in Canada during training. It was one last reminder before moving on that if we hit an IED, it wouldn't be a puff of baby powder that blew up into the air like our work-up training back home. This was the real deal.

We departed KAF for what would be our home for the tour. We flew to our Forward Operating Base (FOB) and the photos of the Afghan countryside we'd seen on pre-deployment training became

very real to us. Instead of enjoying the view of the villages and farmers fields below, I began to study and understand the infantry's challenges of maneuverability across the complex terrain below me. Seeing pictures is one thing, but to finally see it with our own eyes is quite another.

We arrived at the FOB and began the Relief In Place (RiP) with elements from our predecessors from Valcartier, Quebec. The lessons learned from 5 RALC were carefully listened to and we soaked up all the information we could. When supertime arrived, our hosts BBQ'd some steaks, but they had run out of dinner plates. So, we had the entire Troop with cooked steaks in their hands, but no one really minded since we were happy to have fresh rations. The following days were spent adjusting to FOB life and sorting through our assigned vehicles and equipment.

Our first operation had us supporting Reconnaissance



D Trp, B Bty, 1 RCHA at its Kandahar Province FOB.

Squadron and we were anxious to get outside the FOB. The road move to our deployment area was eleven hours long, about ten hours of which were cross-country. The IED threat was considered severe so our convoy moved slowly and deliberately. Once in our assigned deployment area, the remain-

der of the convoy carried on to the District Centre for the RiP. The RiP took one night and the following day we were back with the convoy headed to our FOB. The move back took even more time as we set up a camp for the night three-quarters of the way back. Once the task was completed, we did a tally and

figured we had spent more time in our vehicles on the move than on the ground in the deployment area.

We returned to our FOB and awaited our next task, which was with a British unit. D Trp was very excited for this operation as we were told if anyone was going to get the guns firing, it was our group. Until this point, we had only fired Illumination rounds and we were waiting for the opportunity to send some High Explosive (HE) rounds down range. We were told to prepare for a two-week mission. We attached ourselves to our host's convoy and moved out to a desert camp close to the district of interest. This location and one other area would be our new home for the following 29 days while the operation was conducted.

The desert leaguer had beautiful scenery. To the North was a vast mountain range and to the South, across the Arghandab River, we could see the Registan Desert. The beauty was lost, however, once one of the many sand storms swept into us. We were able to prepare for the sand storm as you could see the massive cloud of sand approaching from across the open plains. Once the sand storm hit, our visibility dropped to about one metre. The wind tore down the tarps we had tied to the sides of our vehicles for our sleeping quar-

ters. Sand made its way into every pore of our bodies and sadly we only had one pack of *Wet Ones* with which to clean up with afterwards. One night, while in the leaguer, we had three rockets impact outside of the position. We suffered no casualties from the rockets as they impacted fairly far away from our positions. We returned fire with Illumination rounds in order to see the launch points and fire back. None were found. With the insurgents not willing to stand and fight the British patrols, our firing of Illumination rounds was all we could do to participate.

We returned to the FOB the next day pretty eager to shower and have a fresh meal. We were a little disappointed we hadn't fired HE shells. It would have been an ideal way to show our capabilities, but we know it's a sign our presence is being felt throughout the region and having a positive affect. As Khandahar Province continues to make progress in security and self-governance, the BG will be less and less involved in kinetic activity and more involved in local reconstruction. Not having fired an HE round for the first two months of our tour is a good sign our mission is succeeding. Mark my words though - when the day comes and we are called upon to fire HE, D Trp will be ready.

UBIQUE!

Thanks for the treats



Photo provided by Cpl Josefsson/1 MP Unit Det Shilo

Members of the Combined Security Transition Command - Afghanistan team wish to thank the 1st Shilo Beavers, Cubs and Scouts for their generous donation of Scouts popcorn and Tim Horton's gift certificates. Cpl Martin, 1 Det Wainwright, Cpl Josefsson, 1 MP Unit Det Shilo, BGen Howard, ANA Development, Cpl Felix, 1 PPCLI, MCpl Sperling, FMPS Marland Halifax, and Sgt Martin, CANOSCOM pose in front of the CSTC-A seal with some of the contents of the parcel, which was mailed with the help of Linda Levesque, 1st Shilo Commissioner.

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New CDS appointed

Released by the Office of the Prime Minister

Prime Minister Stephen Harper announced this week that LGen Walter J. Natynczyk, currently VCDS, has been appointed CDS, and promoted to the rank of General. The change of command ceremony will take place in the coming weeks.

"LGen Walter J. Natynczyk brings strong leadership and unparalleled experience to his new position," said Prime Minister Harper. "His service record includes a broad range of achievement at home and abroad. The CF are a vital institution making a tremendous contribution to our country. Walter Natynczyk is the ideal person to lead the CF forward."

Gen Natynczyk assumed his current position as VCDS on June 28, 2006. He has extensive experience leading forces abroad and at home. He joined the military in 1975 and has held progressively more senior positions since that time, including the command of the Canadian Task Force in Bosnia and deputy



Photo by Cpl Turcotte/CF Photo
LGen Walter J. Natynczyk, VCDS, has been appointed CDS, and promoted to the rank of Gen.

command of the U.S. Army Corps in Fort Hood, Texas. This led him to a 15-month deployment in Iraq as DCG of the Multi-National Corps. He has served as the Chief Transformation Officer responsible for the implementation of CF restructuring. Gen Natynczyk was born in Manitoba and attended Royal Roads Military College and Collège Militaire Royal, graduating with a degree in Business Administration.

The Prime Minister took the opportunity to thank Gen Rick Hillier for his leadership as the CDS since February 2005 and wished him all the best in his future endeavours.

Royal visit to support troops

Cpl Bill Gomm
Army News

"I want you to know how much the service and the role that the Canadian Forces play," said His Royal Highness Prince Edward, The Earl of Wessex. "How much they are appreciated by the other countries serving in Afghanistan."

Prince Edward and Premier Gary Doer hosted a reception for military families that currently have loved ones serving overseas. The reception was held at the Provincial Legislature Gardens June 2.

"We are certainly very proud of the work of our reserves we are very proud of the soldiers and families in the PPCLI in Shilo and in Winnipeg and of course Air Command and 17 Wing," said Premier Doer.

"We are very very proud of your sacrifice the bravery of the soldiers serving in Afghanistan on our behalf."

After speaking, the Premier called upon two children who have parents overseas to present the Prince with two plush polar bears, representing polar bears that he observed on his trip to Churchill in 1990.



Photo by OCdt Dennis Power/Public Affairs Shilo

Prince Edward spends a few minutes speaking with the Lucier family of Shilo. MCpl Jason Lucier (left, rear), home on leave from Afghanistan, video tapes the meeting while his wife Andrea and four sons meet Prince Edward. Everyone present had the opportunity to meet the prince, who appeared genuinely pleased to meet the families of our deployed soldiers.

"I would like to call upon Alec and Lexie to present to your RH two polar bears that are a little more friendly than the polar bears that would be in Churchill."

"It was pretty exciting, an honour to meet the Prince" said Alec Ricard after giving one of the polar bears.

"There are three Reserve units that I have a connection

with one of which is the Saskatchewan Dragoons, who are not very far away and part of the same Brigade," said the Prince. "And I have a very close association with The Royal Winnipeg Rifles."

"I know there many of those serving in Afghanistan like the R Wpg Rif and I know there are members of the Sask D's currently serv-

ing in Afghanistan. So I know very much what some of the feelings you're going through currently as families and concerns you have."

After speaking to the assembled guests, Prince Edward took time to meet with the assembled families and military guests, stopping to talk with as many people as he could.



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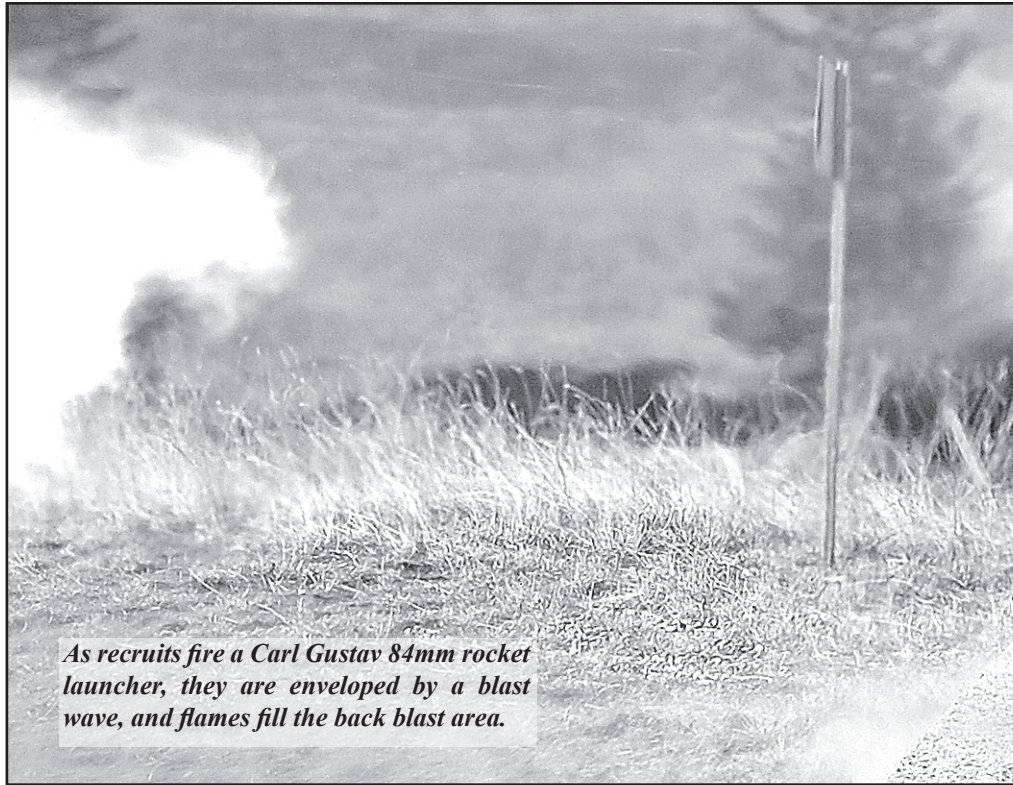
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BIQ grads ready to move on to next level



As recruits fire a Carl Gustav 84mm rocket launcher, they are enveloped by a blast wave, and flames fill the back blast area.



Photos by OCdt Dennis Power/Public Affairs Shilo

OCdt Dennis Power
Public Affairs Shilo

From mid-March through the first week of June, recruits on Basic Infantryman Quali-

fication Course 0023 (Vimy) endured 11 weeks of grueling training on the path to becoming soldiers. During the course, the recruits learned the basic skills required to be an infan-

tryman, and earned the privilege of wearing the cap badge of the Princess Patricia's Canadian Light Infantry.

Current operations in Afghanistan were a constant

reminder to the recruits that the hardships of training served a purpose; many of these new soldiers are likely to serve overseas within the next two years. Half of the soldiers graduating from the

course will remain in Shilo, and will join the ranks of 2 PPCLI. The remainder will be joining 1 PPCLI and 3 PPCLI in Edmonton.

Wearing their new hat badges proudly, the soldiers

look forward to joining their respective battalions, and advancing their training with the prospect of a deployment. They have had a taste of soldiering, and now they are ready for more.



As Reviewing Officer, Maj Mike Wright, Acting CO, 2 PPCLI, inspects soldiers of BIQ 0023 (Vimy) on their Graduation Parade.



Using controlled aggression, Pte (R) Braeden MacWilliams takes out a target on the bayonet range.

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Summer

Community Events Calendar



Photo courtesy stock.xchng

KELLEHER FORD WELCOMES SUMMER!

**Mustang Rally
Saturday, June 14th**



**THE '08 SUMMER COMMUNITY EVENTS CALENDAR
BROUGHT TO YOU BY**



Pre-School

Pre-Kindergarten Service

This program is a provincially regulated and licensed program for 3-5 year olds in the Shilo/Sprucewoods/Douglas area. Children must be 3 and fully toilet trained.

* Taking registration for September.

Monday to Friday

Mornings – 9:00-11:30 am **OR**

Afternoons – 1:00-3:30 pm

Cost:

Mon/Wed/Fri (3 x ½ days) - \$105/month

Tue/Thurs (2 x ½ days) - \$70/month

One session per week - \$35/month

For more information and to register contact Val White – Pre-Kindergarten Director @ 3854 or MFRC @ 3352.

New This Year! Tiny Toes Summer Program

Sign your child up for this fun and exciting summer program for ages 3-5 years.

Date: Every Tuesday, Wednesday, Thursday

Time: 10:00 am-3:00 pm

(snacks included, lunch not provided)

Cost: \$30.00/week

Dates and themes:

July 8-10 Frogs and Turtles

July 15-17 Hot! Hot! Hot!

July 22-24 Wet and Wacky

July 28-31 Wild Wild West

August 12-14 Under the Big Top

August 19-21 Kitchen Fun

Book for 1 or all!!!

Register by: Noon, the Friday prior to - MFRC @ 3352

Sign your child up for a fun bubblegum party to play games, sing and dance.

Date: Tuesday, July 29

Time: 1:00-3:00 pm

Cost: \$4.00

Place: Shilo MFRC

Register by: Noon, Friday, July 25 - MFRC @ 3352

Red Cross Swimming Lessons (Session 2)

Age: Preschool to Level 10

Date: Monday to Thursday (August 18-28)

Check School Age Programs for details.

Preschool Party - The Ladybug Picnic

Enjoy a picnic with outdoor games and fun.

Date: Tuesday, August 26

Time: 1:00-3:00 pm

Cost: \$4.00

Place: Shilo MFRC

Register by Noon, Friday, August 22 - MFRC @ 3352

Red Cross Swimming Lessons (Session 1)

Age: Preschool to Level 10

Date: Monday to Thursday, (July 21-31)

Check School Age Programs for details.

Preschool Party - Bubblegum Bop

Age: 2-5 years

School Aged

Summer Fun Day Camp June 30-Aug 22

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 1: Summer Fun Olympics - Trip to Brandon (mini putt, rock climbing)

Week 2: Christmas in July - Children's Museum in Winnipeg

Week 3: Tropical Places - Turtle Crossing

Week 4: Wonders of Nature - Clear Lake

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 per week for one child

\$90 per week for two children

\$120 per week for three children

Regular Hours

Monday-Thursday 9:00 am-12:00 & 1:00-4:00 pm

Friday 9:00 am-4:00 pm (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:

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

If lunch hour is required a lunch must

be supplied from home.

COSTS:

1 session is \$10/per week /per child

2 or 3 sessions are \$15/per week/per child.

For information please contact Suzanne Linegar, School-Age Program Leader @ 4555 or reception @ 3352.

Spaces are limited so please register early.

Register by: Noon, the Friday prior to - MFRC @ 3352

Play N Park

Come enjoy this free drop in program. Our playground leaders will meet you at the park for a fantastic morning or afternoon of fun and games. Those 6 and under **MUST** be accompanied by an adult or a caregiver over twelve years of age.

No registration required!

July & August

Mondays - Waterpark

10 - 11:30 am and 1:30 3pm

August 4 - Stat Holiday, No Play N Park

Tuesdays - Sapper

10 - 11:30 am and 1:30 3pm

July 1 - Stat Holiday, No Play N Park

Thursday - Kingston

10 - 11:30 am and 1:30 3pm

Red Cross Swimming Lessons (Session 1)

Age: Preschool to Level 10

Date: Monday to Thursday, (July 21-31)

Time: Between 4:00-6:30 pm

Cost: \$40 for the first and second child

\$30 for third child

\$20 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register: Community Recreation Office

***Please note: No refund will be issued without original receipt**

Red Cross Swimming Lessons (Session 2)

Age: Preschool to Level 10

Date: Monday to Thursday (August 18-28)

Time: Between 4:00-6:30 pm

Cost: \$40 for the first and second child

\$30 for third child

\$20 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register: Community Recreation Office

***Please note: No refund will be issued without original receipt**

Amaze in the Corn

Age: 10-16 yrs

Back by popular demand. If you've never been there, it's time you join us.

Date: Monday, August 25

Time: TBA

Cost: \$10

Place: St. Adolphe

Register by: Noon, Monday, August 18 - MFRC @ 3352

Check the Teen Programs for activities for 12 year olds.

Shilo MFRC

Office Hours

Monday to Thursday

8:00 am - 9:00 pm

Friday

8:00 am - 4:30 pm

Occasional Childcare Hours

Monday

9:00 am - 12:00

1:00-4:00 pm

5:00-9:00 pm

Tuesday-Thursday

9:00 am - 4:00 pm

5:00-9:00 pm

Friday

9:00 am - 12:00

1:00-4:00 pm

Check out these exciting dates

Saturday, June 14: *Summer Sizzler*

Saturday, June 21: *Base Commander Lobsterfest*

July 18-20: *Sprucewoods Rodeo*

Wednesday, August 13: *Summer Yard Contest*

Volunteers Needed

The Community Recreation has volunteer opportunities available throughout the year. If you are interested in helping during one of our special events, contact Brenda at 765-3000 ext 3317. It's a great way to build a resume, while giving back to your community.



Community Library Hours

Monday 6:00-8:30pm

Tuesday & Thursday

9:30am--4:00pm

Storytime

Every Thurs 10:00am

For more information call 3664

Teens

Teen Centre Summer Hours:

Tweens: Tuesday and Thursday 1-4 pm, ages 11-14 yrs
Teens: Tuesday and Thursday 7-10 pm, ages 14-17 yrs

Blue Bombers Game

Age: 12-17 yrs
Join us for a road trip to see the Bombers vs. BC Lions.
Date: Friday, July 11
Time: Game at 7 pm, departure time TBA
Cost: TBA
Place: Winnipeg
Register by: Noon, Monday, June 30 - MFRC @ 3352

Capital Theatre Trip

Age: 12-17 yrs
A night on the town taking in a movie of your choice at the Capital.
Date: Monday, July 14
Time: TBA
Cost: Entrance to movie
Register by: Noon, Friday, July 11 - MFRC @ 3352

Goldeyes Baseball Game

Age: 12-17 yrs
Take me out to the Ball Park.....
Date: Wednesday, July 30
Time: Game at 7 pm, departure TBA
Cost: TBA
Register by: Noon, Monday, July 21 - MFRC @ 3352

Splash Island Waterpark

Age: 12-17 yrs
Spend the day at the waterpark and hang out with your friends.
Date: Friday, August 8
Time: 10 am-4 pm
Cost: TBA
Place: Portage
Register by: Noon, Wednesday, August 6 - MFRC @ 3352

Swimming Lessons

Come and learn to swim or improve your strokes.
Age: 16+
Date: Monday-Thursday (August 11-14)
Cost: \$40 per person
Place: Shilo Pool
Contact Aquatic Supervisor @ 3318
Register: Community Recreation Office
***Please note: No refund will be issued without original receipt**

Sandhills Hike

Age: 12-17 yrs
Hi Ho, Hi Ho it's off to Sprucewoods we go.
Date: Monday, August 18
Time: TBA
Cost: Free!
Place: Sprucewoods Provincial Park
Register by: Noon, Friday, August 15 - MFRC @ 3352

Amaze in the Corn

Age: 10-16 yrs
Back by popular demand. If you've never been there, it's time you join us.
Date: Monday, August 25
Time: TBA
Cost: \$10
Place: St. Adolphe
Register by: Noon, Monday, August 18 - MFRC @ 3352

CFB Shilo Youth Cardio/Strength Training Orientation

Successful completion of this clinic plus an additional short follow-up session allows youth to use the Cardio Room and Weight Training Room. Once forms are signed by parents and submitted to the GSH front desk, youth are permitted to train under supervision of a parent or guardian till the Orientation Session. Thereafter, youth will be allowed unsupervised access for 2-4 weeks while they train for their individual follow-up session.
Age: 13-17 yrs
Date: Tuesday, August 26
Time: 12:30-3:30 pm
Cost: Free of charge
Place: GSH
Instructor: Janelle Boyd
Register by: Registration forms handed in to GSH by noon, Monday, August 25. Forms must be signed by parents so come in early to pick up the registration package at the Front Desk at GSH.
Contact: Community Recreation Office ext 3889

Adult

"Communication"

A presentation on "Communication, the key to healthy interaction between your Family, Friends and Significant others."
Date: Thursday, July 24
Time: 7:00-9:00 pm
Cost: No fee

Place: Community Centre
Instructor: Roddy Batson R.P.N., B.A.
Register by: Noon, Wednesday, July 16 - MFRC @ 3352

Adult Swimming Lessons

Come and learn to swim or improve your strokes.
Age: 16+

Date: Monday-Thursday (August 11-14)
Cost: \$40 per person
Place: Shilo Pool
Contact Aquatic Supervisor @ 3318
Register: Community Recreation Office
***Please note: No refund will be issued without original receipt**

Deployment Activities

The Shilo MFRC definition of deployment:

Any occasion where your partner is away for 30 days or more on; course, training or operational duty, regardless of location.
Contact Colleen @ 4553 for all deployment activities.

with other kids going through a deployment. There is a different theme every month. Soldier Bear activity will be held on the 2nd Saturday.

Date: Saturdays - July 12, 26, Aug 9 & 23
Time: 1:00-5:00 pm
Cost: Free

Spaces are limited so registration is recommended by Wednesday prior to - MFRC @ 3352

Place: Bus leaves from Community Centre at 8:00 am
Registration by: Noon, Monday, July 14 - MFRC @ 3352

Playtime

Bring the kids to the ultimate indoor play centre in Brandon.
Date: Saturday, July 5 & Thursday, July 24
Time: 2:00-5:00 pm
Place: Playtime
Contact: MFRC @ 3352

Deployment Childcare

Up to 6 hours of free childcare per month will be provided when your spouse is away.

Any week day in the Occasional Childcare room
Date: Saturdays - July 12, 26, August 9 & 23
Time: 1:00-5:00 pm

Spaces are limited so book early. Deadline for Saturday childcare is the Monday before. The MFRC also has an off-site childcare voucher system, call Dana @ 4105 for details.

Deployment Scrapbooking for Adults

Join other deployed spouses/partners for scrapbooking.
Date: Saturdays - July 26 & August 23
Time: 1:00-4:00 pm
Cost: Varies according to project
Registration recommended by the Wednesday before for supplies - MFRC @ 3352

Soldier Bear Picnic

Deployed families are invited to a Soldier Bear Picnic. Bring your bears and swim suit and let's have some fun!
Date: Sunday, July 27
Time: 3:00-5:30 pm
Place: Community Centre water park
Contact: MFRC @ 3352

Spouses of Spouses Away SOSA

An informal support group for partners going through or preparing for a deployment.
Dates in Shilo: Tuesdays, July 8 & August 5
Time: 7:00-9:00 pm (Forbidden Flavours)
(child care available at the MFRC for the Shilo SOSA)
Dates in Brandon: Tuesdays, July 15 & August 12
Time: 6:00-8:00 pm (location vary)
Dates in Carberry: Monday, July 21 & August 18
Time: 6:00-8:00 pm (Evangelical Free Church)
Registration is recommended for Brandon SOSA - MFRC @ 3352

Deployment Rock Band

Age: 9-13 yrs
Come on out and form your own Rock Band.
Date: Thursdays, July 17 & August 14
Time: 4:30-5:30 pm
Place: Teen Centre
Contact: MFRC @ 3352

Deployment Coffee Break

An opportunity for deployed families to get together; the Units' Rear Party Reps and Deployment Support Service will be available for questions and feedback.
Dates in Shilo: Wednesdays, July 30 & August 27
Time: 10:00 am & 7:00 pm
Place: Community Centre
Childcare will be available in OCC but please book in advance
Dates in Brandon: Thursdays, July 31 & Aug 28
Time: 7:00 pm
Place: Brandon Armoury
Contact: MFRC @ 3352

Children's Deployment Afternoon

Age: 5-12 yrs
Enjoy an afternoon of crafts, and games while socializing

Winnipeg Zoo

Let's go off to the zoo for the day.
Date: Saturday, July 19
Time: 8:00-6:00 pm
Cost: Entrance fee to the Zoo

Deployment Activities

Back to School Shopper's Bus

Where did the summer go? Come with us to Winnipeg for some good back to school deals.

Date: Saturday, August 16

Cost: TBA

Limited space available so registration is needed

Register by: Noon, Wednesday, August 13 - MFRC @ 3352

Boys Club

Age: 9-14 yrs

New! Boys only club offering various sports and games

each month. Activities will vary based on what participants would like to do.

Date: Thursday, August 21

Time: 5:15-7:00 pm

Place: GSH Gym

Contact: MFRC @ 3352

Special Events

Dinner's On Us BBQ

Shilo MFRC would like to invite the community to come on out and have dinner on us.

Date in Shilo: Thursday, July 3

Time: 4:00-6:30 pm

Cost: Free

Place: Community Centre

Date in Brandon: Wednesday, August 6

Time: 4:00-6:30 pm

Place: Brandon Armoury

Cost: Free

Contact: MFRC @ 3352

Place: Bus leaves north side of the Canex

Register by: Friday, July 11 Community Recreation Office - Brenda @ 3317

Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee, or MFRC employee. (A parent/legal guardian must accompany 13yrs + under).

Family Road Trip – Waterslides

Age: All

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

Date: Thursday, August 14

Time: Bus leaves at 8:30 am and returns at 6:00 pm

Cost: \$16

Place: Bus leaves north side of the Canex

Register by: Friday, August 8 Community Recreation Office - Brenda @ 3317

Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee and/or MFRC employee. (A parent/legal guardian must accompany 13yrs + under).

Family Road Trip – River Tubing

Age: All

"Assessippi" it's not just a ski hill. Join us for a day of tubing down the river. Don't forget your water bottles, sunscreen and lunch. Please do not bring any glass containers. Lifejackets are mandatory.

Date: Thursday, July 17

Time: Bus leaves at 8:30 am and returns at approx 6:00 pm

Cost: TBD

www.cfcommunitygateway.ca

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Shooting and Archery Club	Rob Love		763-4720
Auto Club	Brian Nichols	3276	720-4318
Ballet & Jazz (Dance Images)	Charlene Hiscock	728-5801	727-4284 char_dance@hotmail.com
Block Parents	Kristen Lucyshyn	3588	
Bowling Leagues	Brenda Cavanagh	3317	
Catholic Women's League	Chapel	3364	
Ceramics	Bill Fierens	3511	
Community Library	Pat Wells	3664	shilocommunitylibrary@yahoo.ca
Computer Club	Bruce Organ	3433	573-5034
Drama/Theatre Club	Linda Beauchemin	3161	
Flewin Flyers	Sergio Bilny	3551	
Girl Guides of Canada	Leah Myslicki		765-2905
Jiu Jitsu (Martial Arts)	Brenda Cavanaugh	3317	
Military Wives Sisterhood	Gayle Raynor	725-3210	www.militarywivessisterhood.com
Minor Hockey	Brent Gitten	3293	765-4561
Minor Soccer	Brenda Cavanagh	3317	
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Recreational Vehicle Club	Justin Kirkpatrick	3584	
Skating Lessons	Brenda Cavanagh	3317	
Scouts Canada	Linda Levesque	3396	763-8776
Scuba Club	Brenda Cavanagh	3317	
Shilo Men's Club	Eugene Gondek	Box 252	763-4320
Shilo Stingrays /Swim Club	Brenda Cavanagh	3317	
Sprucewoods Lions Club	Marvin Brooks		763-4765
Sprucewoods Community Club	Frank Hambrook		763-4919
Wild Life Club	Dave Lucas	Box 739	763-4707
Wood Hobby Club	Micheal Burse	3171	765-4689
Wood Hobby Club	Donnie Pope	3528	Club 765-3000 ext 3389

Shilo Bowling Alley Party Packs

Party 1-8 kids Cost: \$60

Party 9-12 kids Cost: \$75

Party packs include:

2 hours of unlimited Bowling or Glo Bowling, Shoe Rental, Hot dog, Pop, Bowling 2 for 1 pass for another day

Contact Info: 765-3000 ext 3588

RCA Officers' Mess

Coffee Break Every Mon & Wed 10-10:30am, Wed's Pastries

Happy Hour Fri 3:30-8:30pm Food served 5-6pm

Check www.cfcommunitygateway.ca for entertainment events

•No Happy Hours on Fridays before long weekends.

WO & Sgts' Mess

Daily Coffee Break 9-10:30am Mon-Fri

Sticky Bun Day Wed 9-10:30am

Happy Hour Check www.cfcommunitygateway.ca for entertainment events

El Prado Club

Daily Coffee Break 9:30-10:30am

Happy Hour Check www.cfcommunitygateway.ca for entertainment events

Shilo Pool

Please join us in the pool for a splashing good time. Children 6 and under require adult supervision within arms reach in the water.

A lane will be designated for lap swimmers during all public swim times. Enjoy our waterslide; tot pool and 25yd pool. Please note that we now have a hydraulic chair lift for easy pool access.

SUMMER HOURS (JULY 2 - AUGUST 25)

Place: Shilo Pool

Cost: \$3.00 Drop in fee or GSH Access Card Daytime

Monday - Friday 1:00 - 3:15 pm

Evenings 6:30 - 8:00 pm

Weekends Saturdays & Sundays

2:00 - 4:30 pm & 5:00 - 7:00 pm

Statutory Holidays (July 1 & August 4) 1:00-4:30pm

Lap Swim

Mon-Fri 12:00-1:00pm

Evenings Tuesday & Thursday (only)

8:00-9:00pm

Pool Rentals

Need a great place to host a birthday party, team party, or wrap-up party? Why not rent the pool at the GSH. All rentals include lifeguard supervision, use of pool toys and waterslide. Call our aquatic supervisor @ 3318 for more information.

General Strange Hall

The GSH is a place where people of all ages can come to compete, learn, exercise, relax, meet and enjoy a healthy and active lifestyle. Come and enjoy our gymnasium; weight training equipment; cardio equipment; 25 yd swimming pool, tot pool, waterslide, sauna, racquetball and squash courts, and meeting room.

Your GSH card grants you admittance to public swimming, public skating, drop-in programs and daily use of the gymnasium, racquet courts, cardio room and weight room. 17 & under are not allowed in the weight room, cardio room until they have successfully completed the youth weight training program. Drop by GSH to get your card today!

Hours of Operation

Monday-Friday 6:00am-9:45pm

Saturday 9:00am-9:45pm

Sunday & Stat Holidays 12:00-9:45pm

765-3000 ext 3889

Sport Stores Hours of Operation

Monday-Friday 7:30am-12:00pm, 1:00-4:00pm

765-3000 ext 3541

Community Recreation Office

Hours of Operation

Mon-Fri 7:30 am - 4:30 pm

765-3000 ext 3317 or 3588

Local Army Cadets find adventure in Shilo

OCdt Dennis Power
Public Affairs Shilo

The rain was driving hard as cadets from Royal Canadian Army Cadet Corps 2520 (Brandon) set up their tents at the Obstacle Course in Shilo. It was the first weekend of June and un-

usually wet, each cadet was hoping the weather would clear, but everyone was ready to tough it out if they had to.

Saturday morning arrived with a blazing sun and everything dried out quickly. The cadets began the day with a visit to the RCA Museum for a bit

of a history lesson and to develop a greater understanding of the role of the Canadian Forces. Following a hearty box lunch, the cadets all prepared for an afternoon at the rappel tower, donning equipment, and learning the do's and don'ts.

The cadets all met the

challenge of stepping off the edge of the tower, in some cases it took the summoning of a lot of courage, and in other cases it became a race to the bottom to get in line for another turn. Supper was a quick meal, it doesn't take long to eat the contents of a ration pack, especially for a hungry kid.

Saturday night was a team event, racing through the Obstacle Course. Each team consisted of four cadets competing for fastest time through the course, and best team spirit. For many of the cadets this was the first time facing this type of physical challenge. Some of the obstacles seemed huge, and impossible, but teamed with older cadets; everyone made it through the course.

Sunday started as another sunny day, and began with a visit to Kapyong Barracks to meet soldiers. The cadets arrived to an enthusiastic



Cadets gear-up with helmets and goggles as they prepare to go for LAV III rides with soldiers of 2 PPCLI.

welcome, learned about the weapons that soldiers carry, and went for LAV III rides. For most cadets this was the highlight of the weekend, and the friendliness of the troops made a lasting impression.

Just as the cadets finished packing up their gear, and wolfing down another box lunch, the skies opened up with a huge downpour. Fortunately, their bus home was only about 100 meters away, and closing fast. Everyone

was loaded quickly and soon on the way. It was an unforgettable weekend for the cadets, made possible by the generous help of a lot of people.

Thanks go out to Marc George at the RCA Museum, the soldiers of 2 PPCLI who spent their Sunday with the cadets, and the following Shilo soldiers who volunteer as Cadet Instructors during their time off; Capt Brian Wiltshire (WATC), MBdr Corey Rein (WATC), Pte Jarrett Hill (Base Maint).



Photos by OCdt Power, Public Affairs

Cadet Dustin Cotton leads his team through an obstacle as they race against other teams for the best time through the Obstacle Course at CFB Shilo.

Help available for those living with stress



Christine Howell
OSISS

I have been working as a Family Peer Support Coordinator with OSISS for about 5 months now. I have been living with someone who has PTSD for about 12 years, I think. I am not really sure when it all started, but I can tell you we lived in pain for a long time before he was finally diagnosed and we knew "what was wrong".

A soldier can experience an incident years ago and the effects not show for years later. I wanted to put an article in the Stag for a while now but really had a hard time coming up with the right story. I know that there are a lot of soldiers and families living in Shilo and surrounding areas suffering silently. I really wanted something that would make the soldiers want to come forward and get help. I wanted to tell families what they can do to help their soldier so their

families wouldn't be torn apart. I have talked to many families that are no longer together because they didn't understand. I have read many books and articles on Operational Stress Injuries and PTSD. Many of which I thought I could copy a part (with permission) that would make soldiers and families come forward before it was too late. A lot of different stories had parts that I wanted to tell you about but none had everything I thought you should know, so I am trying to tell you myself, and from my point of view.

For the soldiers: How could you experience something as scary, stressful, demanding, tense, nerve-racking, exhilarating, exciting, awful, terrible, as a tour overseas and not be affected emotionally and come back home to your families the same way you were before you left? An experience like that changes most people, but when that change is disruptive and affects your relationships with your spouse, friends and others, then you need to talk about it – investigate it.

Most soldiers return thinking it's all over. You survived war. You can handle anything. BUT you can't sleep, you have bad dreams, get furious at anything and everything, you keep looking for road-

side bombs. You're fine. You survived a war. What kind of help could you possibly need after that? Why would you be affected? But you are, you are numb, you can't feel, maybe you drink more than you used to, you want to be alone, you are angry, you are yelling, you are suffering. Why can't I just get over it? You are not fine. Admitting you are not fine and need help is hard but losing your friends and family will be harder. If you think no one can help, you are wrong.

For the families: Your spouse may not be quite the same as they were before the tour and you notice personality changes. They may be withdrawn, depressed, sleepless, angry, hard to get along with, don't want to participate in activities with friends or family.

I spent many many hours trying to figure out what to do to make him happy. I was always walking on egg shells. Keeping the kids quiet so he wouldn't get mad and yell. I was always making excuses for his behaviour. I thought if I could just do whatever I could to make him happy everything would be okay. I was always either trying to calm him down or cheer him up. If I could just be the perfect wife, mother, lover, friend, everything would be

okay. I thought I was doing something wrong. It took me a long time to realize I didn't cause it, I couldn't control it and I couldn't cure it.

Then I started talking to friends and a counselor. She helped me to understand the symptoms and behaviours of living with someone who has PTSD so that I didn't blame him or myself for what was happening in our lives. Together we talked about it and began to deal with it. Life got much better and today life is good.

For the friends and parents: If you notice behaviour or personality changes after their return from a tour it should be investigated. They may come back different but that doesn't mean there is something wrong – they just need to learn to deal with the change in themselves. Were they lots of fun, the life of the party, enjoy sports, fishing, hunting doing things with their buddies but now don't want to do anything and are content to be alone, drink alone and drink a lot all the time? Does it seem like they are looking for that rush – risk taking by speeding or driving recklessly? Then maybe they are hurting and you could help them see that they aren't themselves and they don't need to be ashamed to ask for

help or share their pain. You can stand there and watch him tear apart his family and his whole life and never know why, or you can question.

Family members should find out as much as they can about Operational Stress Injuries and PTSD and get help for themselves, even if their soldier doesn't seek help. Family members can encourage the soldier to enquire about education and counseling but they should not pressure or try to force there loved one to get help.

There is so much help available, and all you have to do is ask. People are waiting and wanting to help. Please call me if you want more information at my office 765-

3000 ext. 4031 or cell phone 724-6422.

Confidential Support Resources available are: Family Peer Support Coordinator – Christine Howell 765-3000 ext. 4031; Peer Support Coordinator - Fred Connor 765-3000 ext. 4186; OSISS, www.osiss.ca, 1-800-883-6094 (non crisis); Shilo Military Family Resource Centre - Roddy Batson, 765-3000 ext. 4106; CFB Shilo Base Hospital Social Worker - 765-3000 ext. 3177; Mobile Crisis Unit Brandon - 725-4411; Canadian Forces Members Assistance Program For Serving Members, Veterans and Families 1-800-268-7708, www.forces.gc.ca/assistance; Operational Stress Injury Clinic Winnipeg - 1-204-837-1301

RELOCATING TO CFB GAGETOWN

Born, raised and married military.
I know the issues with moving
from base to base to base.
Call someone that understands.



Crystal DeMont
Sales Associate

Cell: (506) 461-0659
Bus: (506) 455-3948
Fax: (506) 455-5841
E-mail: cdemont@exitadvantage.ca

461 St. Mary's St.
Fredericton NB. E3A 8H4





Shilo Military Family Resource Centre



Snapshots from the Volunteer Appreciation Dinner

Photos by Christine Helgason/Shilo MFRC



*What a wonderful group
to be a part of!
Kous Burke*



Family Counsellor/Child and Youth

This is a full-time position, under the direction of the Executive Director, providing outreach services, crisis intervention, short-term counselling and referral services to children and youth of military families as well as networking with civilian and military resources. The position also involves preventative education and training for parents, childcare providers and educators.

Qualifications:

- Post-secondary degree (BSW, MSW, B.A. Psych or related field)
- Professional certification with a registered body.
- A minimum of 3-5 years experience working with children/youth in a counselling capacity and in providing social services.
- Strong foundation in various intervention, prevention and support models.
- Valid Driver's license and access to a vehicle.
- Criminal record and child abuse clearance required.
- Must be able to work flexible hours.
- French an asset.
- Working knowledge of the military lifestyle.

Salary Range: \$43,500 - \$51,500

How to Apply:

By Mail:

Box 5000 Station Main
Shilo, Manitoba
R0K 2A0
Attn: Willemien van Lankvelt, Executive Director

In Person: Between 8:00 am and 4:30 pm

By Fax: (204) 765-3859

By Email: reception@shilomfrc.ca

Deadline for Applications: Tuesday, June 17, 2008 by noon.

Major changes to university program



Janessa Champagne
Education Coordinator

In accordance with a contract between DND and Télé-université in force since 1987, DND provided Télé-université with funding to allow it to employ personnel dedicated to servicing military members, their spouses, and DND civilian employees, and to providing them with specialised

academic and administrative services adapted to their needs, through the PUFC office. Following the withdrawal of financial support to Télé-université by DND in 2006, it is no longer possible for Télé-université to continue to offer those same specialised services and to dedicate the same personnel resources to that clientèle.

Consequently, as of 1st of June of this year, the following changes concerning Télé-université's PUFC clientèle and services will be in effect.

1. Military spouses and

DND civilian employees will no longer be considered as being part of the PUFC cohort and will not be served through the PUFC office. Academic support functions for military spouses and DND civilian employees (pre-analysis, academic guidance, accreditation) will be assumed by faculty program coordinators. Demands from these students concerning administrative issues (extensions, exams, course material, computer support, etc.) will have to be submitted directly by them to the appropriate sec-

tion concerned at Télé-université or to the the Service d'accueil et de renseignement for proper routing, as for any other regular student. Thus, from the 1st of June, for any question concerning academic matters, those students will have to contact their program coordinator (the name and phone extension of the coordinator for each program are indicated on Télé-université's website in the program descriptions). Those who are pursuing a bachelors degree through certificates, will have to contact Mrs Isabelle Barrette at

1-800-665-4333 or 418-657-2262, extension 5374. For any question concerning by them administrative matters, they will have to contact the appropriate section of Télé-université (1-800-665-4333 or 418-657-2262) directly or the Service d'accueil et de renseignement (1-888-843-4333 or 418-657-3695) (info@teluq.uqam.ca).

2. Military members (Regular and Reserve) will continue to be considered as PUFC clientèle and to receive academic services through this office. Services provided by the PUFC of-

fice will however be limited henceforth to academic support proper (pre-analysis, academic guidance and follow-up, accreditation, etc.). Le PUFC office will no longer assume administrative/logistic support services for those students. Requests pertaining to administrative issues will have to be submitted to the appropriate section of Télé-université (1-800-665-4333 or 418-657-2262) directly or to the Service d'accueil et de renseignement (1-888-843-4333 or 418-657-3695) (info@teluq.uqam.ca), as for any other regular student.

Positive parenting begins with kind words

Invest in Kids
www.investinkids.ca

For many parents, praising their children for a job well done comes naturally. Applauding their successes in words and deeds is likely second nature. But do these positive actions by parents make them "positive parents"? While children respond well to these clear demonstrations of loving and supportive parenting, the definition of positive parenting digs much deeper.

"Positive parenting is much more than simply being nice to your child," says Dr. Chaya Kulkarni, a parenting expert with Invest in Kids. "A positive parent is a loving, understanding, reasonable and protective teacher and model."

"Based on decades of research into the links between parenting and how young children respond to life's challenges, positive parenting is a chief determinant of child outcomes and it helps create a life-long warm, respectful and loving relationship between parents and their children."

The importance of positive parenting is brought home in two important Canadian studies. Results of a Statistics Canada survey found nearly 30 per cent of Canada's infants and young children have identifiable social, emotional or learning problems which may be related to a lack of positive parenting. Invest in Kids' National Survey of Parents of Young Children shows that although 9 out of 10 Canadian parents believe parenting is the most important thing they do, parents could increase their

positive parenting, be more effective in their parenting and decrease their punitive parenting.

Invest in Kids has developed a practical and engaging pathway to positive parenting. Comfort, Play & Teach: A Positive Approach to Parenting® is based on three core interactions between parents and their children. Each comfort, play or teach action by a parent leads to a predictable response from their child.

The approach shows parents how to turn natural, everyday moments into positive parenting opportunities. When parents do this, they see how their actions influence their child's response. And, with every positive response from their child, parents are motivated to do more. In this gentle circle of action-response, Comfort, Play & Teach helps parents build their knowledge, skills and confidence about parenting and child development, support their child's healthy social, emotional and intellectual development, and forge a strong parent-child bond.

"If there's anything that's come out of the scientific literature in the last 25 years, it's the importance of comforting, playing with and teaching children," says Dr. Carol Crill Russell, Senior Research Associate with Invest in Kids.

Comfort is the first thing babies need from parents. It is clearly supported by the research on attachment, depression, parenting style and discipline, which shows that children do best in environments with high levels of warmth and positive regard and low levels of

behaviour that punishes or is angry. When babies are comforted, they learn to feel secure, loved and valued.

Play is the work of children and parents are essential partners. It is a critical aspect of learning to talk, becoming creative and getting along with others. When parents play with their children, they learn to explore and discover the world around them and their role in it.

It is through teaching that parents help their children learn. Over and over, teaching is demonstrated as crucial for intellectual, moral and ethical development. When parents teach their children, they learn how to relate to others, solve problems and communicate.

Invest in Kids has developed a whole series of practical, easy-to-do Comfort, Play & Teach activities for parents, based on the age and capabilities of infants, toddlers and preschoolers. Comfort, Play & Teach activities are straightforward and teach parents a great deal about how children grow and mature physically, socially, emotionally and intellectually. By engaging in Comfort, Play & Teach activities every day, parents move their positive parenting ahead by leaps and bounds.

Invest in Kids is a national charity dedicated to helping parents become the parents they want and need to be. By translating the science of parenting and child development into engaging,



"If there's anything that's come out of the literature in the last 25 years, it's the importance of comforting, playing with and teaching children." — Dr. Carol Crill Russell, Invest in Kids.

easy-to-understand, relevant resources for parents and professionals, Invest in Kids aims to strengthen the parenting knowledge, skills and confidence of all those

who touch the lives of our youngest children to ensure the healthy social, emotional and intellectual development of children from birth to age five.

Wondering how you'll manage the rising cost of post-secondary education?

Apply for a **low-interest loan** through the Educational Assistance Loan Program offered by the Canadian Forces Personnel Assistance Fund (CFPAF).



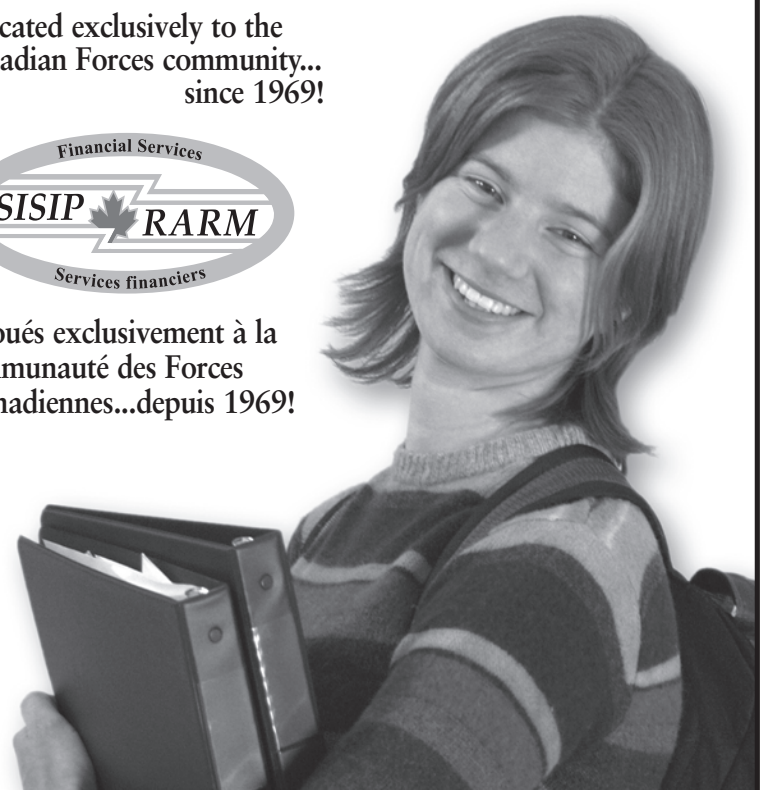
La hausse des frais d'études postsecondaires vous préoccupe?

Communiquez avec la Caisse d'assistance au personnel des Forces canadiennes (CAPFC), qui offre des **prêts à faible taux d'intérêt** dans le cadre du programme de prêts d'études.

Dedicated exclusively to the Canadian Forces community... since 1969!



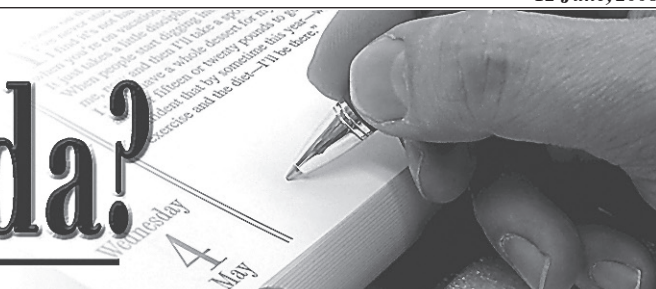
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What's on Your Agenda?



Royal Canadian Legion Branch #3 June Activities

- Weekly cribbage held at Legion No. 3 in the Lounge, Tues. 7:30pm
- Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.
- Weekly bingos are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.
- June 15 - Legion No. 3 Father's Day Breakfast from 9-11:30 am. Includes eggs, sausage, toast and coffee. Cost: 5 & under, free; 6-12 yrs \$4; adults \$6.
- June 24 - Legion Branch meeting, 7:30 pm, Banquet Hall. For membership information call Barb at 727-3054

Base Golf Playdowns 23, 24, 27 June

Reg Force, Class B and C Res Only
Top 5 Male, Top 1 Female to Rep CFB Shilo at the PR Golf Champ being held in Shilo 14-17 July
Register with Sports Co-ord (3894) prior to 20 June

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.

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:
15 June
13 July
10 August
14 September

CFB Shilo's Annual Christmas Craft Sale
Saturday, November 1, 2008
9 am - 2 pm
Community Centre Annex, Bldg L-25
Tables \$10 each
To book your tables or for more information, please call 765-3000 ext 3588

WANTED Stories of Kapyong

The former Kapyong Barracks site in Winnipeg is about to be redeveloped. It is important that the historical significance of the site does not get lost. Do you have memories or anecdotes about living at or visiting the Kapyong Barracks, stories about the site's military history, stories about the Battle at Kapyong, images or mementos that encapsulate the site significance? If so please contact stephaniewhitehouse@mts.net. (This research is being conducted as part of a graduate studies practicum and is for the proposed inclusion in site redevelopment).

Women's Group Calendar of Events

Welcoming Home Our Partners
June 25 - Shilo Concerns & Expectations
What is an OSI/PTSD & what are the signs and symptoms?
What services are available to us?

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

Summer Safety Sizzler Family Day June 14

Join us for a free Pancake Breakfast, Bike Rodeo, Bike Maintenance Clinic, Police Dog Demo, LAV rides, Mini Commando, Static displays, Skateboard Demo, Family Games and Dinner's On Us BBQ sponsored by the Shilo MFRC!

For more information, please call the Community Recreation Office at 765-3000 ext 3317

Volunteers Needed

The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call Kristen at 571-2804.

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



GREAT COUNTRY ACREAGE

Between Wawanesa and Glenboro on Hwy #2. Ten acres with nice 3 bedroom home, attached garage plus another detached garage, 40' x 60' Butler building, creek along west side, private treed yardsite, 20 minutes from Shilo Base and school bus pickup in yard.

**Eleanor McCallum
726-9851**

HomeLife Home Professional Realty Inc.
MLS # 2801237

Shared Accomodation: Man in Dunrea has home to share with 1 or 2 responsible men, non-smoking only. \$400/month & share of utilities. 204-776-2038.

Wawanesa-Glenboro area - 45 km from Shilo. 6 acres on wooded, beautiful, landscaped yard overlooking small river running through property. 1 1/2 storey older home in good condition, 3 BR, triple-pane windows, 1 1/2 baths, full basement, small pasture & orchard. School bus to door. 1/4 mile off Hwy#2. Price \$138,000. Call Herby Hutlet 827-2794 after 8pm.

Homes/Property



LOOKING FOR PRIVACY? HERE IT IS!

Five bedroom home on 27.54 acres with barn, detached garage, ideal for horses, 1 1/2 baths, spacious living room, bedroom/den on main, 4 bedrooms up, large mud room, eat-in kitchen, west side of property fenced and approx. 20 miles to Shilo.

**Eleanor McCallum
726-9851**

HomeLife Home Professional Realty Inc.
MLS # 2806868

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.

Extra lean ground beef 1lb packages \$2.50 per pound. Government inspected. Call Perry 726-0231

For Sale

For Sale: Treadmill \$100, Safety 1st Jogging Stroller \$100, Baby Bassinet \$50, Ocean Wonders Baby Swing \$75, Graco Infant Carseat \$50. If interested please contact Jaime 765-5144

Help Wanted

100% Tuition Funding for Truck Driver Training!

- Exciting & challenging opportunities
- A high-demand occupation
- Paid on-the-job training

For more info visit www.mpi.mb.ca

or call
**(204) 632-6600 or
1-866-820-1317**

Wanted: Independent contractors in Shilo for retail evaluation. No fee to apply. Apply online at www.experienceexchange.com

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**

Auction Sales

Clendon Bakers Farm Auction sale Wednesday June 18 at his farm north of Wawanesa, 8 miles on PTH 340 then 3 miles west then 2 1/2 miles north. Starting @ 1 pm. Tractors - 966 diesel with 3PT hitch, cab, factory duals, 6540 hrs and front end loader. IHC 756 diesel with cozy cab, dual hyd & PTO, 6132 hrs. Allis Chalmers ride on mower, 11 HP. Honda ATV 200 - 3 wheeler with trailer. Allied 7 ft rear mount snow blower. Rossi 9 wheel rake with 3 wheel cart - new condition. Hesston 5500 round baler, New Idea #56 trailer mower, New Idea Model 5409 discmower, 9 ft. New Idea 484 round baler, Toyota Tercel car 4dr, 1985, no safety. 1982 Dodge 1 ton with duals, box and hoist, no safety. Guns - Winchester 30-30, Russian double barrel shotgun, 2-single shot 22 rifles, New Englander 50 cal. black powder gun. IHC end wheel drill, 3 rubber tired wagons with bale racks, Co-op 15 ft SP swather. Gleaner A2 SP combine plus other equipment. Cattle - 14 good stock cows, Red Angus, Simental - Charolais with Red Angus calves, good Red Angus bull, 3 yrs old. Morningstar Metals cattle squeeze, cattle equipment. For a full list faxed to you, please call 824-2094. Come early. Sale conducted by Mooney Auction Service. Dave Mooney, Auctioneer, cell 824-2094. Clendon Baker 824-2185.

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
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!

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

Wanted: Reliable, mature person to babysit our 3 kids in our home, full-time days. If interested, please contact Jaime at 765-5144

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.

Pets

6yr old grey cat, shorthaired, fixed, front paws declawed. Must give away - allergies. 765-4434

Pets

TO GIVE AWAY 10 month, very loveable silver tortoise shell male kitten, goes by the name of Dexter. He is also fixed. If interested, call 765-4556 and leave a message. Will get back to you ASAP.

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele 725-1608 or ggs57@wcgwave.ca call for next course dates, challenges by appointment. Combined Manitoba Hunters Safety CFSC June 13-14. Canadian Restricted Firearms Course June 15.

"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

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

Lions active in spring Returning the favour

Sharon Brooks
Sprucewoods & Area
Lions Club

We have formed a partnership with the Waggle Springs Fish and Game Association and we now hold our meetings and events in their hall located at 4 Phillips in Sprucewoods. Our meetings are still held on the second and fourth Wednesdays at 7 p.m. New members, both male and female, are welcome.

If you were driving to or from Brandon on the 10th of May, you probably saw us out there cleaning the ditches. You may have noticed that a lot of us were long in the tooth so you can imagine how happy we were when an angel of mercy named

Linda Beauchemin stopped and asked if we needed help. A few minutes later, she returned with three young people and herself to assist.

Many thanks to non-Lions Cathy Bouchard, Eric Bouchard, Melynda Love, Linda Beauchemin and also Mario Lajoie for their assistance. We didn't get that far because there was a lot of garbage particularly on the north side of the highway. Once again Tim Horton's was the most frequent fast food garbage found.

On Sunday June 1st we held our annual Walk for Dog Guides. We didn't have a lot of walkers but we doubled last years efforts. Thanks to everyone who came out. The walk was followed by hot dogs at

the hall and there was also a yard sale going on. It was a busy weekend because on Friday evening we held our last meet draw at the Shilo Inn with proceeds going to the Canadian Landmine Association for the Dog named Paul - we are pleased to advise that the dog named Jeff after one of Shilo's fallen soldiers, has been paid for. We will continue the meet draws again in the fall.

We have held our elections for the coming Lions' year which starts July 1st. They are: President - Cameron Haggerty, Vice President - Marvin Brooks, and Secretary/Treasurer - Sharon Brooks.

This will be our last report until the fall. Have a safe and happy summer.



Photo by Becky Block/Shilo Stag

(Above) Members of CFB Shilo's various units run down Royal Avenue last week wearing red t-shirts in support of the first ever Canadian Forces Walk/Run. As part of traditional CF Day activities, this year the CDS added a new twist; to run or walk 5 kms while wearing red to show support back to all those who show their support to the military every year. Participants made their way around CFB Shilo and finished up at CANEX where they were treated to a health break of fresh hot coffee and fruit and bagel platters.

Kyra and Kate

by S. Joudrey



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

Shilo Taxi
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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 | 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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Your Source for Army News in Manitoba

Volume 47 • Issue 11

Regular Circulation: 3,000

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

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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.

Teamwork is key in training courses



Pte Youngs (facing camera) and fellow course mates tend to a casualty during a Casualty Simulation exercise.

MCpl Natalie Gajewski
3 Sec Comd

The students of course BMQ/SQ 0801, also known as 1 Plt, are currently on their sixth week of training at the Communication Reserve School at CFB Shilo. When the bus from Winnipeg Airport arrived on the ground 26 April, 39 long-haired and wide-eyed civilians got off. Many were unsure of what to expect, but over the

next few days they were quickly familiarized with the military lifestyle.

Over the next week, the troops had classes on dress and deportment, general military knowledge, foot drill, and first aid. The following week they were issued their C7 service rifle, and eventually mastered the handling drills for their personal weapon. Their third week of course included classes on navigation, CBRN (Chemical, Biological,

Radiological, Nuclear) knowledge and drills, as well as further weapons training.

The BMQ course then culminated in a six day field training exercise, during which all candidates successfully passed their Personal Weapons Test (PWT) 1, and completed a PWT 2 familiarization day shoot. They also learned how to live in the field, prepare field rations, participated in day and night navigation

exercises and confirmed their CBRN drills in the gas hut. Their exercise also included a casualty simulation, where the candidates applied their first aid skills to a realistic operational scenario and of course, rucksack marches. Over this month, the students also participated in physical training, learned the finer points of kit and quarters maintenance, and began to grow together as a solid team. Thus, 36 of these 39 civil-



MCpl Bailey, 2 Sec Comd (far right) instructs a class in the field.

ians had completed their BMQ course and had begun their transformation from civilian into soldier.

Following two days of well-deserved rest, the troops dived headfirst into their Soldier Qualification (SQ) course on 28 May. By the end of their second week, they had been instructed in C9 Light Machine Gun (LMG) and C6 General Purpose Machine Gun (GPMG) handling drills, as well as how to throw grenades, and some elements of offensive and defensive operations. The SQ course is more physically and mentally challenging than the BMQ and the troops

of 1 Platoon have stepped up to the challenge with zeal. Activities such as the confidence course have enhanced teamwork skills and fostered esprit de corps within the platoon.

They look forward to the final field exercise which will take place 11-16 June 08. This demanding six-day exercise will consist of patrols, section attacks, as well as the construction of a defensive position in a Contemporary Operating Environment (COE). On 21 June, the soldiers of 1 Plt will march proudly off their graduation parade to rejoin their home units.



Members of BMQ 0801 complete the confidence course.



1 Section stops for a pose just before heading out on their day navigation exercise.



The Stag is now available online!

Go to
www.cfcommunitygateway.ca/en/Shilo/
and follow the links through to The Stag
online