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Volume 45 Issue 12

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June 22, 2006

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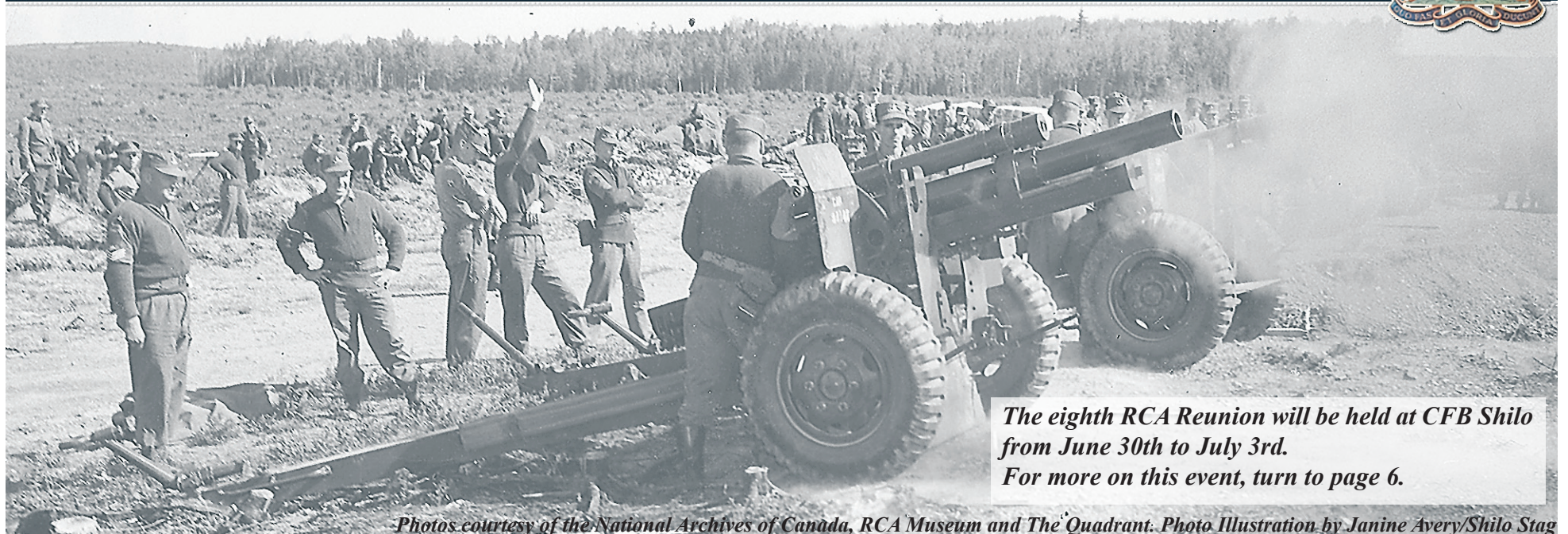
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# RCA Reunion 2006



The eighth RCA Reunion will be held at CFB Shilo from June 30th to July 3rd.  
For more on this event, turn to page 6.

*Photos courtesy of the National Archives of Canada, RCA Museum and The Quadrant. Photo Illustration by Janine Avery/Shilo Stag*

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# Deployment News

Photo: Combat Camera



## SITREP from Kandahar



**LCol PJ Williams**  
CO 1 RCHA

At the time of writing, and with the Afghan summer officially just around the corner, most members of the 1 RCHA contingent have passed the three month point of the tour.

I had the opportunity to visit one of our deployed troops recently. They had been outside the wire for some time, like all members of the battery, supporting the operations of Task Force ORION (based on 1 PPCLI). Morale was high, particularly as supplies had just arrived. I'm happy to report that all our soldiers whom I visited with were in good shape, particularly

the two who were going on leave! The M777 continues to meet the challenges posed by the operational environment in Afghanistan. In discussions with the CO of TF Orion, LCol Hope, he continues to have high praise for the soldiers of A Bty, and the support they provide his troops.

At Brigade level, the FSCC crew continue to coordinate the provision of additional fire support to the multinational Task Forces on the ground.

The ceremonies to bid a final farewell to Capt Nichola Goddard were conducted with great dignity both here and back in Canada, and I have received several messages of condolence from across the Royal Regiment and the wider Army family. On the Nichola's family, I also passed on my thanks to the Afghan National Army for being present at ceremonies in Kandahar. I also passed on At home, I am very grateful for the efforts of those members of the Regiment who have assisted Nichola's husband and family in these difficult times.

I have directed the Regimental leadership in Shilo to find a suitable and perma-

nent way of commemorating the memory of Captain Goddard. I would invite all members of the Regiment to make suggestions in support of this cause.

With the approach of summer, also comes the posting season. I've been working with the 2IC and the RSM so we can let people know where they'll be going and what the manning slate will be for the next year.

I'm sure that those deployed here will agree that his tour has been unlike any other they have experienced. The pace of operations is quite high as is the threat. And, as we are all aware this has not come without cost to the Regiment. Despite these challenges, the "can do" spirit of the soldiers of 1 RCHA continues to prevail, with the common response being to carry on with the mission at hand. Indeed, soldiers from across the Regiment who are deployed here are continually rising to the challenges offered by the mission. With people going on leave, seconds-in-command at all levels have to step up to the plate, and people often find themselves doing work normally far above their rank and experience level. And, more importantly are doing it well.

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

## New Army Commander



**DNNews**

Canada's Army got a new commander today during a ceremony at the Canadian War Museums presided over by Canada's Chief of the Defence Staff.

Lt-Gen Andrew Leslie succeeded Lt-Gen Marc

Caron as Chief of the Land Staff and Commander Land Forces Command in a ceremony officiated by Gen Rick Hillier, Chief of the Defence Staff.

"Lt-Gen Caron is an exceptional Army leader and has been instrumental in the Army's transformation. I thank him wholeheartedly and I wish him well as he enters a well-deserved retirement," said Gen Hillier.

"Lt-Gen Leslie's operational experience and strategic vision make him the right person to ensure our soldiers are trained

and equipped to handle the challenges of the future."

"Canadian soldiers risk their lives to offer stability and hope to people around the world," said Lt-Gen Leslie,

"My job is to make sure that they continue to have the tools and training they need to succeed."

Lt-Gen Leslie previously served as Director General Strategic Plans at National Defence Headquarters.

Lt-Gen Caron, who commanded the Army since February 2005, will be retiring this summer after 35 years of service.

## Local reservist in action



Photo by Sgt Roxanne Clowe/Combat Camera

*Bdr Justin DeRoo, from A Bty, 1 RCHA checks azimuth on the 155 mm M777 lightweight towed Howitzer during refresher training at KAF, Afghanistan.*

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# Reserve soldiers train in urban environment

**Capt Dan Thomas**  
39 Cdn Brigade PAO

Continuing a half-century cross border defence partnership, Canadian reserve soldiers refreshed their artillery skills and built confidence in urban environments by firing 105 mm howitzers and conducting urban operations training at Fort Lewis, WA, June 3 and 4.

During the exercise, Vancouver Police Department Emergency Response Team experts assisted the gunners in adapting their skills to the challenges of operating in an unpredictable urban environment.

"We're looking for thinking soldiers. The most important thing you can do is to communicate. Soldiers that go around corners by themselves will not be coming back," says LCol Dan Kuhn, Commanding Officer of 15th Field Artillery. LCol Kuhn, a Home Depot Canada executive, has also served as a senior multinational liaison officer in Bosnia.

West coast artillery and other units fire in Fort Lewis and Yakima, WA, because the nearest suitable Canadian ranges are in Alberta. Like other reserve units, the 5th (British Columbia) and 15th Field Artillery Regiments, Royal Regiment of Canadian Artillery, are based in communities on Vancouver Island and in Greater Vancouver. Their soldiers train one evening a week and one weekend each month - in addition to their civilian jobs - to conduct continental operations at home and on

overseas operations.

For example, MBdr Derek Newton, a howitzer detachment commander and fourth year civil engineering student, has exercised eight times in Fort Lewis, and eight times in Yakima, since he joined the reserves in 1997. Having served with SFOR in Bosnia, he understood the importance of practicing full spectrum operations among "civilians" in Leschi Town - the new, state of the art urban operations centre in the Fort Lewis training area.

"We need to know both infantry and artillery skills," says MBdr Newton. "We're gunners first, but we must understand how to fight as infantry."

In April, MBdr Newton acted as a pallbearer for his friend, Bdr Myles Mansell, who was killed by an Improvised Explosive Device with three other Canadians in Afghanistan. Canada has deployed approximately 2,300 soldiers to support stabilization and reconstruction efforts in the Taliban stronghold. Sixteen soldiers and one diplomat have died there.

Another Victoria artillery soldier, Sgt Fraser Thompson, shared MBdr Newton's assessment. A veteran of a 1992-1993 UN peace-keeping tour in Cyprus, Sgt Thompson now works at CFB Esquimalt Base Operations. "It's going to be interesting," he said as he prepared to lead a foot patrol. "I've done house clearing before, when everyone was a 'bad guy.' Now, you have civilians mixed in there."

Canadian soldiers trained at Fort Lewis in 1950 for

the Korean War, where the Second Battalion, Princess Patricia's Canadian Light Infantry, earned a U.S. Presidential Unit Citation at the Battle of Kapyong. Later, the Third Battalion PPCLI, based at Work Point Barracks between 1970 and 1994, was

a frequent visitor to Fort Lewis for major manoeuvres and live fire exercises.

The relationship has continued through cross-border exercises and exchanges to the recent loan of Canadian LAV III light armoured vehicles to help establish the

Stryker program.

Fort Lewis has become a major centre of U.S. Army Transformation, due the trials of the Stryker wheeled brigade combat team concept there - the conversion of its former heavy armour and light infantry brigades

to the new concept - and their deployments overseas.

Leschi Town and other facilities are heavily booked for U.S. operational requirements, but sometimes become available for Canadian guests who lack equivalent facilities at home.



**It's not always easy to know** if a medical problem needs emergency care. In some situations, emergency medical treatment is a must. Other conditions are best dealt with by your family doctor or at a local health clinic.

### How do you decide?

Understanding how an emergency room works may help you decide if you need to go there. When you arrive, a nurse will speak with you and decide the urgency and level of care you need:

#### 1. Emergency

Heart attack, major trauma, severe head injury, amputation, severe difficulty breathing (due to an allergic reaction or other cause), anytime a patient is unconscious, severe bleeding

#### 2. Urgent

Head injury but still awake, deep cut, foreign body in the eyes or ears, high fever in an infant or toddler, chest pain (not related to a known heart problem), signs of serious infection

#### 3. Less Urgent

Possible fracture/sprain, back pain, skin/wound infection, headaches (migraines)

#### 4. Not Urgent

Colds, minor cuts, bites, sore throat, sinus problems

### If you think it's an emergency or urgent, don't hesitate!

#### How long will I wait?

Patients are seen by a doctor in order of need, not time of arrival. Arriving by ambulance does not always mean you will be seen sooner than other patients. How long you wait will depend on:

- how urgently you need care
- how urgently others in the emergency room need care
- how busy the emergency room is when you arrive

### Are there other choices?

- Contact Health Links-Info Santé for answers to questions about common health concerns. This telephone health information service is staffed 24 hours a day, seven days a week by knowledgeable, experienced nurses and free of charge everywhere in Manitoba. Call 788-8200 in Winnipeg or 1-888-315-9257 toll-free elsewhere in the province.
- Your family doctor, local health clinic or Urgent Care Centre (Misericordia Health Centre) may be a better choice than your local emergency room to treat mild or chronic headaches, back pain or stomach pain; minor cuts or burns; colds, sore throat or sinus problems.
- For broken bones, sprains, cuts or bruises, the Pan Am Minor Injury Clinic is open seven days a week (weekdays, 8 am to 8 pm; weekends, 10 am to 6 pm).

### What else can I do?

- Ask about your family doctor's regular office hours and after-hours availability. Your doctor knows your family history best. Many provide 24-hour response to their patients.
- Ensure you and your family have enough prescribed medication over holidays and weekends.
- If you have a chronic illness, keep your regularly scheduled appointments with your doctor. Be sure you understand your doctor's advice and ask what changes in your condition would require medical attention.

If you're not sure, call *Health Links-Info Santé* - 24 hours a day, seven days a week.

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Bdr Kelly Perpeluk of 5 Fd Artillery Regt prepares a 105mm round during Ex Temperate Forest.

# All terrain vehicle safety

**Editors Note: On June 4th, 2006, an accident occurred at CFB Shilo. Two Shilo males were riding their quads on the path behind the RAU patch when a serious accident took both to hospital with severe injuries.**

**An investigation is ongoing and the Shilo Military Police have asked that if anyone has any information about this accident to please contact them at extension 3337. At this point in the investigation, it doesn't appear that alcohol was a factor and that both men were wearing safety gear.**

**Noreen Goss  
Safety Officer**

Summer is here, and for many of us that means heading out to the trails and off-roading on our ATV's.

The term all-terrain vehicle is used in a general sense to describe any of a number of small open motorized buggies and tricycles designed for off-road use. In recent years, ATV's have become very popular for the outdoor enthusiast. Trails and designated ATV use areas seem to have sprung up over night.

With increased exposure has come an increase in the ATV related injuries and fatalities - most of them preventable. An ATV takes a great deal of skill and judgment to operate safely. Speed, lack of helmets and suitable Personal Protective Equipment (PPE), inexperienced riders and alcohol/drug use are common factors in ATV accidents.

With any vehicle, from ATV to tractor-trailer, there is no substitute for a responsible driver. Obviously, ATV's offer less personal protection than an enclosed vehicle. An ATV doesn't come equipped with, fenders, doors or airbags to protect you in the event of a crash. The best protection is preparation and a positive safety attitude.

Before you purchase

your ATV, do your research. All ATV's must be registered and insured in the Province of Manitoba. Check with the Manitoba Public Insurance branch for registration, insurance and licensing requirements. In addition to provincial requirements, CFB Shilo requires that all off-road vehicles register with the community recreation office in the community center.

There is no substitution for proper safety training. The Manitoba Safety Council (MSC) offers one-day training course for ATV Safety consisting of in-class theory and practical lessons. Courses are offered in Brandon on an as-needed basis. For more information, contact the MSC at (204) 949-1085.

ATV's are not toys. Keep your children off them. By Manitoba laws, no person under the age of 16 is allowed to operate ATV's on public land. They must also be in possession of a valid drivers license. Inexperienced riders, regardless of age, should be closely supervised by an experienced rider.

Before you head out, do a pre-ride check. Always read the instruction manual for use, maintenance and pre-ride checks. A pre-ride check should include, as a minimum;

-Tires and wheels. Make sure your tires are inflated as per the manufacturers instructions. Check for wear and tear, gouges and foreign material in the tread.

-Fluid levels - check oil levels, brake fluid levels etc.

-Throttle cables - check your front and rear brake and chassis cables for defects.

Ride with others-never alone. If you're involved in an accident off-road, you're on your own.

Never ride under the influence of alcohol or drugs. There are things that are stupider, but the list is short.

Don't ride double. The majority of ATV's manufactured are designed for a single rider. The large seat on an ATV is designed to allow the driver to distribute their weight properly and move around to balance the ATV.

Use approved Personal

Protective Equipment (PPE).

-Helmets are mandatory in the Province of Manitoba. Not just any helmet will do. Ensure that your helmet meets CSA standards and inspect it before each use. If your helmet gets banged around, replace it. If you're not using a full-face helmet, mouth protection is important to keep that smile on your face.

-Goggles should wrap around and enclose the eye to prevent bugs, dirt and debris from flying up under the edge and lodging in the eyes.

-The entire body should be covered in clothing made of a sturdy fabric. Long sleeved shirts or jackets, gloves, boots and long sturdy pants will act as a barrier between you and the road if you're thrown from your ATV.

Utility trailers are meant to carry cargo, not people. Many serious accidents have occurred when people are joy riding in utility trailers. If you're use a trailer, inspect the hitch before you drive, center you and secure your load ensuring the cargo weight is distributed evenly and adjust your speed for the added weight.

Keep to the speed limit. Speed is one of the top contributors to ATV accidents. Speed limits in built up areas on CFB Shilo, including the access routes behind the MQ's is 30 kms/hour. On Range trails the speed limit is 50 km/hour. Remember, maximum speed limits are for ideal conditions only! The trails are not groomed and you're sure to find bumps and ruts around every bend. Also, take into consideration environmental factors such as rain and fog and adjust your speed accordingly.

Know the laws of the area that you are riding in. Before you hop on your ATV - Know the MB Off-Road Vehicles Act.

The Shilo Recreation Vehicle Club is a local organization committed to promoting safe and environmentally friendly recreational vehicle practices. Whether it's ATV's, dirt bikes, or snow machines, they can assist you. For more information, please contact club President Cpl Jay O'Neill at 765-4202 or Vice President Cpl Matt Croft at 765-4479.

# Le marché aux puces pour le terrain de jeux

**Ecole La Source**

Samedi le 10 juin a été une journée bien agréable au marché aux puces dans le gymnase de l'école La Source. Il y avait assez d'affaires données par les familles de l'école pour couvrir plus que quinze tables. Un grand merci aux gens qui ont loués des tables pour vendre leurs choses, ainsi que les bénévoles qui sont venus. Tout cela pour ramasser des sous pour l'achat de l'équipement pour le terrain de jeux!

Félicitations aux jeunes bénévoles de l'école La Source qui ont participé à cet événement. Gabriel Pellizzari a travaillé à la table des enfants où il a vendu des biscuits, de la limonade et des sacs à surprise. BRAVO aussi à Sabryna Martel et Sophie Deschambault qui ont vendu des billets pour le tirage. Merci beaucoup

aussi aux parents qui ont aidé: Peggy Blakely, Nadia Vincent, Sylvie Dumontier et Alex Pellizzari, Katy Coussineau, Sheri Picard et sa fille Melissa, Daniel et Jay Lynn Deschambault, Isabelle Vauzelle, Sheila and Raymond Vrignon et une grandmère, Louise Clark.

La communauté a bien appuyé cet effort pour le terrain de jeux et beaucoup de monde ont loué des tables. Shilo Men's Club a apporté leur barbecue, la base militaire a fourni les tables et les chaises, le magasin Canex a donné plusieurs prix pour la table de tirage, et Home Depot de Brandon a donné des certificats pour le tirage. Forbidden Flavours a fourni le café pour l'événement et le magasin Safeway de Brandon a commandité la nourriture. Merci aussi à Louise Clark pour les desserts et les plantes qu'elle a donné pour vendre au

marché.

Si le temps n'a pas coopéré pour nous permettre de faire la vente dehors, il faut dire que le sourire des petits enfants allumaient de toute façon l'intérieur du gymnase de l'école La Source. Sans doute, ces enfants étaient ceux qui ont eu le plus de plaisir parmi tous les jouets. Déjà les gens parlaient du prochain marché aux puces. C'est certain que le prix élevé d'équipement pour un terrain de jeux nous oblige de continuer des levées de fonds.

Sheila Clark-Turcotte, du réseau communautaire a coordonné ce marché aux puces. Présentement elle prépare le champ pour un camp d'été en français du 21 au 24 août à Shilo. Pour plus d'informations, veuillez la contacter en composant le 1-204-797-3349, laissez votre nom et numéro et elle vous rappellera sans faute.

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# Cadets from Shilo take awards

Lois Lambkin

2520 Royal Canadian Army Cadet Corps held their annual review and awards presentation at Brandon Armory on May 31, 2006. Maj C.W.J. LaRocque A/B Comd CFB Shilo was the Reviewing Officer. Congratulations go

out to cadets from Shilo who received numerous awards for their efforts. C/Sgt David Ellingson received the award for Top Fourth Year Cadet. C/Gnr Lauren Lambkin and C/Gnr Dustin Alexander shared the award for Top First Year Cadet. C/MBdr Daniel Balsdon, C/Gnr Veronica Balsdon

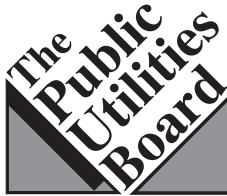
and C/Gnr Lauren Lambkin received awards for 100% Attendance. C/Gnr Lauren Lambkin received further awards for Community Service and the RCAC Assoc award. Sgt Ron Balsdon was presented with a thank you gift from the corps for all his assistance through the past years. This event

completed a busy year for the cadets. Several of the cadets

will now be attending camp in Vernon or Whitehorse over the summer months. Thanks go out to instructors with the corps including Bdr Scott Avery and Mrs Janine Avery for the hours spent in training the young cadets.



Photo by Scott Avery



## Notice of Public Hearing and Pre-Hearing Conference

### Applicant: The Manitoba Public Insurance Corporation

#### APPLICANT:

The Manitoba Public Insurance Corporation (the Corporation) has applied to The Public Utilities Board (the Board) for approval of the Corporation's 2007 base rates and premiums charged for compulsory driver and vehicle insurance. The application is being filed pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*.

#### RATE IMPACT:

The Corporation is requesting approval for basic Autopac rates effective March 1, 2007, which would decrease its overall premium revenue by 2.6 per cent. However, the changes proposed for 2007/2008 affect average base premiums for each major vehicle use category as listed below.

These changes will affect the major vehicle classes as follows:

Major Use	Number of Vehicles	Increase/Decrease
Private Passenger	654,877	-3.0%
Commercial	40,855	5.4%
Public	9,913	-2.4%
Motorcycles	9,476	8.4%
Trailers	112,659	-14.1%
Off-Road	36,306	0.0%
<b>Overall</b>	<b>864,086</b>	<b>-2.6%</b>

The impact of proposed rate adjustments on the total vehicle population is distributed as follows:

- 644,050, or 74.5% of vehicles to receive a rate decrease; most decreases are less than \$50;
- 53,439, or 6.2% of vehicles to receive no change in rate;
- 114,431, or 13.2% of vehicles to receive a rate increase of up to \$20;
- 34,032, or 4.0% of vehicles to receive an increase between \$20 and \$50;
- 11,954, or 1.4% of vehicles to receive an increase between \$50 and \$100; and,
- 6,180, or 0.7% of vehicles to receive an increase greater than \$100.

Actual changes to an individual's premium vary depending on the owner's claim experience, driving record, insurance use, territory and vehicle rate group. The cumulative effect of these variations on individual rates all fall within the dollar amounts described above.

No changes are proposed to fleet rebates and surcharges, existing driver's licence premiums or accident surcharges, other existing time payment fees or other existing service and transaction fees.

#### PARTICULARS OF THE APPLICATION:

The Corporation proposes the following rate adjustments for policies issued between March 1, 2007 and February 29, 2008.

- Experience-based rate adjustments ranging from +15% to -15% for individual classes, with the exception of mopeds, trailers (\$2,500 or less), and off-road vehicles.
- Combined classification offsets ranging from -3.31% to 11.11%, for all vehicles other than motorcycles, trailers and off-road vehicles, to achieve revenue neutrality.
- Capping all rate changes at 20%, except for an average increase of 94.8% for mopeds and an average decrease of 73.2% for motorscooters.
- Harmonizing moped and motorscooter rates.

For full particulars, interested parties should examine the Corporation's application, testimony and supporting materials at the Corporation's offices, or at the Board's office.

Interested parties who wish to obtain copies of the application should contact:

Manitoba Public Insurance  
Attention: Gail Granger  
8th Floor, 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7335 (collect calls accepted)

#### RATE VARIATION:

Rates for services by The Manitoba Public Insurance Corporation shall be reviewed by The Public Utilities Board under *The Public Utilities Board Act* and no change in rates for services shall be made and no new rates for services shall be introduced without the approval of The Public Utilities Board. Rates for services means in the case of The Manitoba Public Insurance Corporation, rate bases and premiums charged for compulsory driver and vehicle insurance provided by that Corporation. Upon any application to it, the Board may make an Order granting the whole or part only of the application or may grant such further or other relief in addition to or in substitution for that applied for, as fully and in all respects as if the application had been for such partial, further or other relief.

#### HEARING:

The Board will hold a public hearing at the Public Utilities Board Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m., October 2, 2006.

#### RURAL MEETINGS:

Based on the public's response to this notice and other notices, the Board is prepared to convene meetings in Brandon or such other locations as are warranted by the response. People who intend to appear are to write the Board's Secretary confirming the location where they wish to appear. Notice of intention should be mailed to the Board by August 7, 2006.

Confirmation of these meetings will appear in future notices. Interested parties may also contact the Board office for details.

#### PROCEDURE:

The Board's Rules of Practice and Procedure will apply to the conduct of the General Rate Hearing. Copies of this document can be viewed on the Board's website <http://www.pub.gov.mb.ca/> or are available upon request to the Board by writing to the Secretary or by calling 945-2638 or 1-866-854-3698 (toll free).

#### PRE-HEARING CONFERENCE:

All persons, firms or corporations wishing to intervene in respect of this application and to participate in the examination of witnesses, to provide evidence or to make submission and final arguments are required to attend, or send a representative to, a Pre-Hearing Conference (PHC), to be convened by the Board in its Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba on Friday, June 23, 2006 at 9:00 a.m.

The objectives of the PHC are:

- to identify the interveners, their reasons for intervention and to avoid duplication of content;
- to establish status of certain applicant interveners; and
- to establish a timetable for the orderly exchange of evidence and information.

Persons wishing to address the public hearing in French are required to notify the Board's Secretary prior to August 7, 2006 and if possible at the PHC.

#### PARTICIPATION:

Interveners shall be persons, firms or corporations wishing to examine witnesses, or to provide evidence, or to make submissions and final argument. Interveners should notify the Board of their intention to do so by applying to the Secretary of the Board immediately.

Copies of such notices should also be sent to the Corporation's Counsel:

Kevin M. McCulloch  
Vice President, Corporate Legal  
General Counsel and Corporate Secretary  
Manitoba Public Insurance  
912 - 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7383

Parties wishing to submit a brief or to express comments to the Board, but who do not wish to participate in the entire proceeding, are known as presenters. They should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 25, 2006.

#### INTERVENER COSTS:

Interveners may be entitled to financial assistance. Board Order No. 163/87 dated November 12, 1987 provides for the procedure for the award of costs to interveners and Board's guidelines for an award of costs. Parties who may wish to make an application for costs should review this Order and may obtain a copy of it from the Secretary.

DATED this 9th day of June, 2006.

G. Gaudreau  
Acting Secretary  
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Manitoba

# RCA Reunion 2006

## Capt Lonnie Goodfellow - Chair, Reunion Organizing Committee



It is hard to believe that three years has passed since we last got together in reunion to rekindle the good memories that so many of us have from our service in the Regiment. As Reunion 2006 looms out of the smoke the efforts of the organizing committee members individually and as a group are coming together and we look forward to several days of fun and fellowship on the Canada day weekend.

Our thanks must be extended once more to the Commander CFB Shilo for his support to the reunion throughout its organization. Without the backing of LCol Doucette, Maj Laroque and the base staff we just wouldn't be able to come together at the home station the way we do.

Despite most of the First Regiment being on deployment in Afghanistan the Commanding officer, RSM and all ranks of 1RCHA are doing all they can to make this reunion a special and memorable one. We appreciate being invited to tour the regimental lines and talk to some of the members.

I would particularly like to recognize the efforts of both the Base and Regt cooks, as without their support the reunion would not be the success it has been in the past and will be again this year. They put in many hours at the kitchen to make the fine food that is served.

Our heartfelt thanks goes out to the Shilo Men's club for once again giving us so much help and assistance. The "Men in Green" have been a source of energy and unity in the Shilo community for so many years and have helped us throughout our planning and execution of this year's reunion. If any of you attending the Reunion have a chance to do so please take the time to say thanks.

Our thanks as well to the PMCs of the messes who have kindly agreed to special hours of operation this weekend to allow those attending the reunion from afar to enjoy the warmth and friendliness of RCA messes that so many of us remember so well.

I'd like to convey special thanks to Capt Chuck Roeder, the secretary treasurer of our committee for coordinating all the detail associated with this years reunion. He's worked hard for us and if you see him around please tell him that you appreciate his good work. Likewise our stenographer Mary Lu Barnes who licked a lot of envelopes and mailed out thousands of letters for us deserves our recognition and thanks as well.

In closing I would extend my sincere gratitude to all of you who have made the effort to come out to RCA Reunion 2006. It is your spirit and interest that gives our Regiment the strength that it has. You set a good example of Regimental solidarity and unity for the younger members who will be around this weekend. They'll see that it is a worthy thing to belong to the Royal Regiment. This is very important particularly now that our Regiment is once again deployed on deadly and dangerous operations and our members are making great sacrifices for our country.

Enjoy Reunion 2006. I look forward to meeting as many of you as I can this weekend.

Sincerely,

Captain Lonnie Goodfellow - Chair, Reunion Organizing Committee

## Leanne Rowat - MLA, Minnedosa



It gives me great pleasure as the Member of the Legislative Assembly for Minnedosa to convey heartfelt greetings from the Government of Manitoba, myself, and all citizens of this constituency and Manitobans everywhere, to the serving and former members of the Royal Regiment of Canadian Artillery. We warmly welcome all those members of the Regiment who are coming together this summer in Shilo for their 2006 reunion.

The special relationship that exists between the people here and your regiment goes back nearly 100 years and since its inception, the regiment has been a source of pride and happiness to us all. For your accomplishments, contributions, and commitment to Canada, we are truly grateful. We are delighted that you have once again decided to come to Shilo to relive all the very fine memories that your regiment has created. We sincerely hope that your visit is pleasant and memorable and wish you all the very best until we meet again.

Yours sincerely,

Leanne Rowat - MLA, Minnedosa

## Maj C.W.J. (Chuck) LaRocque - Acting Base Commander, CFB/ASU Shilo



I would like to extend a sincere welcome on behalf of the Home Station to the serving and former members of the Royal Regiment of Canadian Artillery who are coming together for the 2006 Regimental Reunion. I'm certain you will see that Shilo has undergone considerable transformation since many of you were last here. Our current development and construction program is the largest we've undertaken since World War II. A new home for 2PPCLI, who arrived here in 2004, a new medical and dental facility, a new community centre and renovated messes are but a few of the projects that have been completed. I hope your visit to Shilo is a pleasant one.

Major C.W.J. (Chuck) LaRocque - Acting Base Commander, CFB/ASU Shilo

## Dave Burgess - Mayor, City of Brandon



It gives me great pleasure as Mayor of the City of Brandon and on behalf of the members of the Brandon City Council and the citizens of Brandon to extend best wishes to all serving and former members of the Royal Regiment of Canadian Artillery on the occasion that goes back many years and we are of course delighted that you have chosen Shilo and Brandon to come together to rekindle your friendships, many of which began here.

We hope your stay is a pleasant one and trust that the memories you relive are all good ones. We wish you all the best until we meet again.

Yours truly,

Dave Burgess - Mayor, City of Brandon

## D.J. (Scotty) McIntosh - Reeve, RM of Cornwallis



It is my pleasure to extend greetings to the former and serving members of the Royal Regiment of Canadian Artillery.

On behalf of the constituents of the Rural Municipality of Cornwallis and myself, I extend best wishes on the occasion of your 2006 reunion.

Yours truly,

D.J. (Scotty) McIntosh - Reeve, RM of Cornwallis

## Merv Tweed - MP, Brandon-Souris



It gives me great pleasure to convey greetings to you and all of the former and serving members of the Royal Regiment of Canadian Artillery who will come together for your reunion at Shilo this summer.

I am certain I can speak on behalf of all the constituents of Brandon-Souris in saying that we take immense pride in our Armed Forces and all their accomplishments in the service of our country and in the pursuit of world peace. We are delighted that CFB Shilo has been a bastion of military readiness and a home for our so many Canadian soldiers for nearly 100 years. Many of us have made lasting and rewarding friendships with many members of the Regiment and we are delighted that you have once again decided to come to Shilo to rekindle your acquaintances and relive the good memories that I am sure you all have.

As the Member of Parliament for Brandon-Souris, I would extend a warm welcome to each and every one of you and hope that your visit to Shilo is a joyous one. My sincere best wishes to you all.

Sincerely,

Merv Tweed - MP, Brandon-Souris

## RCA Reunion 2006 - June 30<sup>th</sup> - July 3<sup>rd</sup>

The Organizing Committee of RCA Reunion 2006 advises that the reunion doors will open here at Shilo at Building L-25 on Friday 30 June at 0900. While most of those attending will be former and serving members of the Royal Regiment of Canadian Artillery, any members of any other armed forces trade or classification who may have served with or alongside any artillery unit are welcome as well. Likewise former or serving members of allied forces and members of the public who have an interest in Canada's armed forces will also be very welcome. Registrations will be accepted on Friday 30 June at Building L-25 from 0900 until 2100 and again on Saturday 1 July from 0900 until 1700. Cost is \$30 per person and for this attendees will be able to attend the Reunion Meet and Greet on 30 June, the banquet and dance on 1 July and the barbecue on 2 July.

## Itinerary of Activity

Registration	0900 - 2100	Fri 30 June	(Building 1 - 25)
	0900 - 1700	Sat 1 July	"
Meet & Greet	1800 - 2400	Fri 30 June	"
Banquet & Dance	1800 - 0100	Sat 1 July	"
Memorial Service	0930 - 1010	Sun 2 July	(Korea Parade Square)
Barbecue	1130 - 1700	Sun 2 July	(Building L-25)
Golf Tournament	1000	Mon 3 July	(Shilo Golf and Country Club)

*Additional activity will include a tour of the RCA Museum and a visit to the lines of 1 RCHA. Base messes will be open at various times through out.*

# Manitoba

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# Protect your pet: Canine Parvovirus Disease in Shilo

*Editors Note: There have been three confirmed cases of Canine Parvovirus disease in Shilo recently. This information can help you identify the symptoms of the disease and how to best protect your pet.*

## What is Canine Parvo?

Canine parvovirus (CPV) is a severe and highly contagious disease that predominantly affects puppies. It first appeared in 1977 and now is found worldwide.

## How does a dog become infected with parvovirus?

Canine parvovirus, as the name suggests, is caused by a virus. The main source of virus is from the feces of infected dogs, although their vomitus or saliva can also contain viral particles. Susceptible animals become infected by ingesting the virus. It is then carried to the intestine where it invades the intestinal wall and causes inflammation.

Unlike many other viruses, CPV is very stable in the environment and is resistant to heat, detergents and alcohol. The virus can be carried on the hair or feet of infected dogs, as well as contaminated shoes, clothes or other objects. Direct contact between dogs is not required to transmit the virus. Susceptible dogs will usually become ill within 7 to 10 days of the initial infection.

## How does this disease affect the dog?

Typically, affected animals exhibit severe vomiting and diarrhea, with vomiting usually presenting first. The diarrhea may or may not contain blood. They are often depressed, feverish and disinterested in food. Because the virus causes the loss of the intestinal lining, dehydration, electrolyte (sodium and potassium) imbalances, and septicemia (infection in the bloodstream) may occur. The animal will likely die without aggressive treatment. Parvo may affect dogs of all ages, but puppies less than five months old are often the most severely affected and the most difficult to treat.

## How is parvovirus diagnosed?

Since the clinical signs of CPV infection can mimic other diseases causing vomiting and diarrhea, diagnosis can be a challenge. It can be confirmed by testing for virus in the stool. Occasionally, a dog will have parvovirus but test negative for virus in the stool; this is uncommon. A tentative diagnosis can be based on the presence of a reduced white blood cell count (leukopenia). However, some Parvo dogs may not necessarily be leukopenic. In dogs that do have leukopenia, follow-up blood samples can help determine the severity of the infection and the likelihood of recovery.

## Can it be treated successfully?

Because nothing can kill the virus in infected dogs (the dog's own immune system has to fight it over time), treatment is aimed instead at controlling the symptoms. The first step is to correct dehydration and electrolyte imbalances by the administration of intravenous fluids. Antibiotics and anti-inflammatory drugs are given to prevent or control septicemia. Antispasmodic drugs may be required to inhibit severe diarrhea and vomiting. The length of hospital stay varies from a few days to over a week, depending on the severity of the disease. After recovery, a bland diet and possibly antibiotics are required for several weeks to allow healing of the intestinal lining.

## What is the survival rate?

Most dogs with CPV infection recover if aggressive treatment is used and if therapy is initiated before severe septicemia and dehydration occur. For reasons not fully understood, some breeds, notably the Rottweiler, Doberman pinscher and German Shepherd have a higher fatality rate than other breeds.

## Can parvovirus be prevented?

Proper vaccination is the best method of protecting your dog against CPV infection. Puppies receive a vaccination against parvovirus as part of their multiple-agent vaccine at

8, 12 and 16 weeks of age. In some situations, veterinarians will give the vaccine at two week intervals and/or additional boosters at 18 to 20 weeks of age. After the initial series of puppy vaccinations, all dogs should be boosted at least once a year. Bitches should be boosted within two weeks of whelping in order to transfer protective antibodies to the puppies.

## Can parvovirus occur in my vaccinated puppy?

Although antibodies obtained from the mother's milk help protect the puppies from infection during the first months of life, they also interfere with the puppy's response to vaccination. There may be a lapse in protection as maternal antibody declines and before the puppy responds to vaccination. Despite these possibilities, proper vaccination is still the best means of prevention we have.

## Is there a way to kill the virus in the environment?

It is important to properly disinfect contaminated areas since the virus is so stable in the environment. Clean food bowls, water bowls, and other contaminated items with a solution of 1/2 cup of chlorine bleach in a gallon of water (133mL in 4 liters of water). Clothing, blankets and towels should also be soaked in this solution since regular washing and drying will not kill the virus.

## How do I minimize a puppy's exposure to the virus?

Puppies are most susceptible between the ages of 6 to 20 weeks. Be cautious! Avoid areas that are contaminated with feces and clean up feces from your own animal. Even an apparently healthy dog can be a "carrier" of infection and shed the virus in their feces or saliva. By the second set of vaccinations, most puppies are protected against parvovirus. Still, large amounts of the virus can overcome this protection (for example, ingesting vomitus from a sick animal). So continue to take precautions until the vaccination series is complete.

*Information provided by Blue Cross Animal Hospital Sarnia, Ontario.*

# Just a little off the back and sides



*Photo by Janine Avery/Shilo Stag*

Keith Pierunek, also known as Otto-Man, had his luxurious long locks shaved off by raffle draw winner Janessa Champagne on the seventh of June. Buzzed at the Shilo Barber Shop, Pierunek raised \$500 by selling \$2 raffle tickets as part of his Team Diabetes fundraiser for a full marathon in Honolulu this December. The hair is being donated to Locks of Love, a company in the United States who provides hairpieces to disadvantaged children who suffer from long-term medical hair loss.

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# Shilo thanks its volunteers



(Left) The volunteer appreciation BBQ was held at Rick's Restaurant on Tuesday June 6th. Shown here are recipients from the Youth Bowling, Scouts Canada, Girl Guides, Wood Hobby Club, Shilo Recreational Vehicle Club, Theatre Club, Archery & Shooting Club, Flewin Flyers, Shilo Minor Soccer, Shilo Minor Hockey, Community Library and Terry Fox. This group was presented by Mike McEwan, PSP Manager.



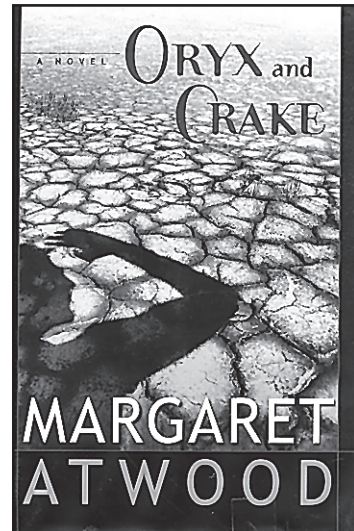
(Right) Volunteers from the Shilo Military Family Resource Centre and the Teen Centre were presented their awards from Sheila Avery, Executive Director, MFRC.



(Left) Volunteers from Shilo Community Council, RCA Museum, Base Coaches, Base Transport, St. Barbara's Chapel, St. Barbara's Protestant Chapel Guild, Our Lady of Shilo, Catholic Women's League, Sprucewoods Lion's Club, Sprucewoods Community Club and the Sprucewoods Snowdrifters are all recipients of a recognition award presented by the Acting Base Commander, Maj Chuck LaRocque.

Photos by Becky Block/Shilo Stag

## JOIN THE BOOK CLUB!



Pick up your copy of **Oryx and Crake** by Margaret Atwood today at the Shilo Library and join us Tuesday June 27th at 7pm to discuss it.

Call ext. 3013 for more information on the club and you can help choose next month's selection!

## Whats New at the Library?

From the **NEVER AGAIN** series!



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Family	\$1,110 <sup>00</sup>	\$1,243 <sup>75</sup>
Student	\$281 <sup>80</sup>	\$303 <sup>30</sup>
Junior	\$174 <sup>80</sup>	\$206 <sup>90</sup>

All prices include applicable taxes. Various payment plans available including monthly allotments!

**New Golf Professional Dave Scinocca on site!**

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# Flea Market fundraiser for new playground equipment a success

## Ecole La Source

Saturday, June 10th was a fun day at the Flea Market in the gymnasium of Ecole La Source. There were enough donations to cover more than fifteen tables. A big thank you to the people who rented tables and those who came to volunteer. All this effort was to raise funds for the purchase of playground equipment.

Congratulations to the young volunteers from Ecole La Source who participated in this event. Gabriel Pellizzari worked at the Children's Table, where

he sold cookies, lemonade and surprise bags. Bravo to Sabryna Martel and Sophie Deschambault who sold tickets for the raffle. Merci beaucoup to all the parents who helped out with this event; Peggy Blakely, Nadia Vincent, Sylvie Dumontier and Alex Pellizzari, Katy Coussineau, Sheri Picard and daughter Melissa, Daniel and Jay Lynn Deschambault, Isabelle Vauzelle, Sheila and Raymond Vrignon, and one grandmother, Louise Clark.

The community also supported this fundraising effort, as shown by the number of tables rented out.

Shilo Men's Club brought their barbecue over, the base supplied tables and chairs, Canex and Home Depot gave prizes and some nice gift certificates. Forbidden Flavours supplied freshly ground coffee and the Safeway store supplied some of the food for the event. Thank you also to Louise Clark for providing desserts and plants for the sale.

If the weather didn't cooperate, by allowing us to hold the sale outdoors, you can't deny that the children's big smiles brightened the day inside the gym. Without a doubt, the kids were the happiest shoppers amongst

all those toys. Already people are asking about the next "Flea Market". One thing is for sure, with the high price of playground equipment, we will have to continue our fundraising efforts for some time.

Sheila Clark-Turcotte, from the "Community Network" coordinated this Flea Market. She is currently preparing the way for a French Summer Camp in Shilo, scheduled for August 21-24. For more information please call 1-204-797-3349 and leave a message with a number where you can be reached and she will be sure to return your call.

# New beast in town

## D-News

DARPA (Defense Advanced Research Projects Agency) and the U.S. Army recently unveiled the Crusher unmanned ground combat vehicle. Crusher is a six-wheeled, all-wheel drive, hybrid electric, skid-steered, unmanned ground vehicle. The vehicle weighs 14,000 pounds fully fueled, and is designed to carry a 3,000-pound payload - at this 17,000 pound total weight, two Crusher vehicles can be carried by a single C-130H aircraft at substantial range. If desired, Crusher can carry up to 8,000 pounds of payload and armor without compromising its mobility.

Crusher represents a new class of unmanned ground combat vehicles (UGCVs). It is a highly mobile vehicle designed from the outset to be unmanned. It is being equipped with state-of-the-art perception capabilities, and will be used to validate the

key technologies necessary for an unmanned ground vehicle to perform military missions autonomously. Crusher will be equipped with representative sensing and weapons payloads for planned field experiments.

"The technologies embodied in the Crusher vehicles provide a glimpse into the future of autonomous ground platforms. The Crusher and its predecessor, the Spinner, demonstrate the realm of the possible with regard to a combination of autonomous behaviors, hybrid electric propulsion and robust vehicle design," stated Deputy Assistant Secretary of the Army (Research and Technology) Dr. Thomas Killion. "All of this combines to give the Soldier greatly enhanced standoff capabilities with minimum impact on workload."

"The two new Crusher vehicles are a major improvement in unmanned ground vehicle capability," added Larry Jackel, DARPA UGCV-Per-

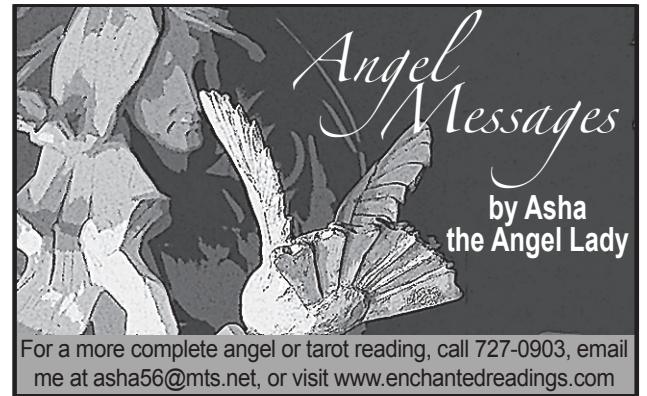
ception for Off-Road Robots Integration (UPI) program manager. "The original Spinner UGCV is an excellent platform, but in shakeout experiments, the new Crushers have already outperformed Spinner in all aspects. Combined with its autonomous control system, the Crusher defines the state-of-the-art in autonomous unmanned ground vehicles systems."

The UPI program will conduct rigorous field experiments of the two Crusher vehicles and their perception

and payload systems, with experiments planned at Fort Carson, Colorado, this summer. The program will culminate in 2007 with Army users operating Crusher vehicles during representative missions in natural terrain. The UPI effort will merge all Crusher functions (mission planning, perception monitoring, vehicle monitoring, and payload operation) into an operator workstation interface and determine interaction requirements via experimentation.



Crusher is able to negotiate difficult terrain such as steep ditches - head on or by angle - even on side slopes of 30°.



**Aries (Mar 21 - Apr.19)** - It is time for you to speak your truth honestly in a loving way. This way you will maintain your sense of integrity. Your angels say that it is time to stick to what you believe.

**Taurus (April 20 - May 20)** - For those of you who have been struggling to find your life path, know that this information is right around the corner. The angels applaud you as you have found your way!

**Gemini (May 21 - June 21)** - Give your fears to the angels, as they want to assure you that you and your loved ones are being taken care of. Be open to receiving gifts and help from others.

**Cancer (June 22 - July 22)** - Know that you will be triumphant, and your dreams will be fulfilled. What you think is what you create, so your angels remind you to think positively.

**Leo (July 23 - August 22)** - You need to reduce the stress in your life and also to change the way you are dealing with it. Be assertive to those that you know you should be, and learn to say, "NO!" The angels remind you to take time for yourself.

**Virgo (August 23 - Sept. 22)** - Play close attention to children around you or to your own inner child. Your angels mention that you need to learn to play again! So have fun.

**Libra (Sept. 23 - October 23)** - Your angels want you to believe that yes, you can single-handedly make a difference in the world. Your soul wants to express itself and make your opinions known.

**Scorpio October 24 - November 21)** - Your guardian angels want to thank you for your hard work and dedication to helping others. You certainly do deserve this pat on the back!

**Sagittarius (Nov. 22- Dec. 21)** - Your angels remind you that with faith all things are possible. Don't worry about how the things that you want will appear, just, "Know," that they will.

**Capricorn (Dec. 22- Jan 19)** - Know that your travels are blessed by the angels. Enjoy your time off, as you truly do deserve it.

**Aquarius (Jan. 20- Feb.18)** - Be honest with those around you, and remember that you don't have to compromise in order to achieve your goals and dreams.

**Pisces (Feb. 19- Mar. 20)** - If relationships have been on your mind, know that your angels are helping you to meet your soulmate, to lead you to a wonderful marriage. Make sure to think about the relationship that you want, not what you don't want!



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## We Welcome Your Submissions

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

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

### Submitting articles and photos for print:

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



# Shilo Military Family Resource Centre



## Jen Chiarotto

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

I am the Outreach and Deployment Coordinator. I oversee all of the deployment programs and services run by the MFRC and work closely with the unit home front personnel to ensure that families of deployed members are well supported. I also oversee our special events, and community outreach programs on and off base.

### *How long have you worked for the MFRC?*

I have been with the MFRC for a little over one year.

### *What is your favorite part of your job?*

I am an extrovert, I love public speaking, and keeping people informed, so the Deployment and Reunion briefings are what I am most passionate about.

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

I was born and raised in Winnipeg, Manitoba, but I spent a year in Nigeria, and another year traveling the globe as a child.

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

I love history, reading, talking politics and continuing my education (I can't pick just one). I know it sounds boring to some, but I love to stimulate my mind.

### *Anything you would like to add?*

Since I enjoy following international issues and love public speaking, I am pushing forward in my career and education endeavours this fall by taking on the challenge of a Master of Arts Degree in Professional Communication with a Specialization in Intercultural and International Communication. I will also be the ever-growing staff member at the MFRC over the next few months as I am expecting my second child in early January 2007.

## MFRC Pre-Kindergarten Pre-Registration

As one year winds down thoughts turn to preparation for the September 2006-2007 school year. If you have a preschooler born in the years 2002 or 2003 this information is just for you. Shilo MFRC Pre-Kindergarten is now accepting registrations for this September's school year. Introduce your child to the wonderful world of "education" as our program is full of learning fun and friendship. Our sessions are enrolment driven so session choices are open, but sessions offered will be determined come September. With this in mind PLEASE make sure that on your registration form (available at the MFRC) your first and second choices are clearly marked. Session information is as follows:

Monday - Friday (5 days/week)	\$174.00/month
Monday-Wednesday-Friday	\$104.40/month
Tuesday-Thursday	\$ 69.60/month
One 1/2 day per week	\$ 34.80/month

Morning sessions running from 9:00-11:30 OR  
Afternoon sessions running from 1:00 - 3:30 are available.

Children enrolled in this program must be toilet trained completely. Preference will be given to children preparing to enter Kindergarten.

Information can be obtained by contacting Val White, Pre-Kindergarten Director 765-3000 ext. 3854 or at MFRC Reception 765-3000 ext. 3352

## How do you spell volunteer appreciation? Shilo MFRC Volunteers "We Build Community!"

As you can see in the photo, the Centre boasts a number of volunteers who work closely with all Centre staff to ensure that Shilo MFRC is "... the place to be!". More than 25 volunteers were able to attend the annual volunteer appreciation dinner and social evening hosted on June 12th. Volunteers and staff enjoyed a relaxed evening of great food, music, conversation, entertainment and a few surprises! One highlight of the evening was Shilo Spotlight's staging of their production "The Handyman Special". More than a few chuckles and an encore were earned! Volunteers and staff documented the volunteer contributions and their importance to the Centre and community by making a banner. Check it out on the wall in the Community Centre lounge. A number of lucky volunteers walked away with delightful centerpieces donated by The Green Spot and from all reports, everyone had a great time!

The MFRC would like to thank every one of the 66 volunteers who made a contribution of time, talent and dedication to the Centre this past year. Their combined efforts totaled more than 3,440 hours of service to this community and Centre! Volunteers are such an important and integral part of the MFRC. They're into everything and the Centre could not exist without them. During the last year at the Shilo MFRC, 48 people volunteered on a regular basis to support all mandated program areas (support management & administration; personal development & community integration; child & youth development; deployment, family separation & reunion; prevention, support & intervention) and also added support to site-specific efforts (such as the Thrift Shop, etc.), along with an additional 18 'occasional volunteers'. We'd like to take this opportunity to thank and acknowledge these very special 'help out' folks in our community (Eric B.; Lauren L.; Cheryl L.; Chris L.; Melynda L.; Rob L.; Val M.; Deanna M.; Brittany M.; Robin M.; Melissa P.; Jillian P.; Jami S. and Val T) and encourage these 'occasional' volunteers to consider becoming regular volunteers so we can recognize their efforts more formally and on an ongoing basis.

Shilo MFRC is very fortunate to have a very dedicated and conscientious group of people provide key community input and leadership guidance as our Board of Directors. At this year's AGM/Volunteer Appreciation Dinner, Myrna Lane stepped down as a Director (but will continue volunteering on the Program Committee, Thrift Shop, and other Centre activities) and Stephanie Ley and Patricia Damjanoff resigned their positions on the Board during the year. A warm welcome was extended to incoming Directors (Becky Block and Crystal Yaroslowsky) who were nominated for a 2-year term at the AGM. Becky and Crystal join existing Directors Dwayne Bos, Adrienne Golding, Shannon Beyer, Shannon Barnes-Girouard, Gayle Raynor, Carol Carr and Debbie Hoddinott in providing governance to the Centre in the upcoming year!

If you are 12 yrs. or older and would like to join this great group, we would love to hear from you! Call Valerie at extension 3858 for more information.



Photos by Linda Beauchemin/MFRC

## Daycare Casuals Needed

### For Day Care Services.

The applicant must be 18 yrs or older.

Some duties are: interacting with children Ages 3 months to 12 years, serving meals, doing activities with children. Hours will vary week to week.

Salary is \$8.61 per hour

Flexibility and short notice is an asset

Please send resumes to:

**Shilo Military Family Resource Centre**

**Attn: Andrea Doubleday**

**Box 5000 Station Main**

**Shilo, MB**

**R0K 2A0**

# CLASSIFIEDS!

Call 765-3000 ext. 3013

or email your free\*

Classified Ads to

stag@mts.net

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

## Homes for Sale

### Wawanesa \$149,900

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

Affordable family home for sale. Three plus 2 bedroom bungalow style home on large corner lot located in Sprucewood. Single attached garage. Extensive renovations including eaves, windows, carpet, etc. Fridge, stove, dishwasher stay. Taxes under \$1,000. Call 763-8872 to view. \$89,000 firm

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

### Carberry

721 3rd Avenue  
2 + 1 bdrm, 1.5 baths, screened patio, detached garage, low taxes & utilities. Call 728-6913



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

Wawanesa: 3bdrm bungalow on beautiful large lot, close to school, partly finished basement including 4th bdrm & family room & wood stove all for \$100,000  
Wawanesa: 4bdrm, 1 1/2 storey famiy home, new addition, fenced yard priced at \$65,000. Countryland Realty-Dave Mooney 824-2094.

1999 Bowes Mobile home for sale. 3 bdrm, located in Brandon, asking price is \$64,900. Call 571-9424 for more information

## For Sale

### Free to a good home.

A 10-month-old female Mechon.  
Sarah is a small white dog with lots of energy, good with small children. She is fix and tattooed and has her first shots she is also kennel trained. She is also clipped down for the summer. She loves to play and comes with her own toys and kennel. Sarah likes to watch children's cartoons when none is home. Perfect for a young family. She will need a family with a fenced yard, she loves to run and play with small children. Call Winnie or Ed at 765-2738

1157 SqFt, 4 bdrm Cedar bungalow on 5.15 acres. Basement 3/4 finished, new shingles and windows. Detached garage. 30x40 heated shop. Situated 6 miles west of Carberry, call 834-2341

### Twin bedroom suite

Captains bed, headboard with storage, 6 drawer dresser with mirror, 5 drawer dresser, and night table. Great Condition \$350.00 OBO Heidi @ 765-5167

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

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

## Childcare

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

## Furniture

### BRAND NEW! WRAPPED!

Chiropedic support pillow top bed set with edgeguard matching, sell for \$375. Ashley Microfibre sofa \$695 (loveseat & recliner available). Solid pine bunk set, bolted & separable, \$495. All wood 72" table & 6 chairs, \$795. Can deliver, call 571-1971 in Brandon.

## For Sale



### 1992 Ford Escort

**Cheap on gas! \$2800**  
Featuring blue 2-door hatchback, A/C, Cruise, Remote car start for wintertime, 2x 6x9" speakers, 192,000 kms, great little car that's cheap on gas! Maintained by second female owner, in great condition outside of a few rust spots. New battery, a great first car, call Becky at 765-2355.

Craftsman 16" scroll Saw \$100.00, Testrite Drill stand w/tilt table \$20.00 B&D 209mm compound miter saw w/stand of-fers, Linda at ext 3396

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

### Black Lab Puppies.

Excellent breeding. super temperment, will ruin you for any other breed of dog. \$300. 824 2704. Pick up date June 12.

### Pro-Form CR 610 Treadmill

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

Two aquariums: 20 (2ft x 2ft) and 40 (3ft x 3ft) gallon. Each of them comes complete with filter, heater, lights, decorations, faux plants & aquarium stands. Asking \$80 for the 20 gallon, and \$170 for the 40 gallon. ALSO-'life' magazines from the 50's,60's, and 70's, aswell as Cosmopolitan, US magazine, People, and a few others. Asking \$2 each. Call Lynn Linegar 765-2893.

### Wedding Dress!

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

Mens Nordica vertech downhill ski boots size 26.5cm(8 1/2) \$125.00, Marlin model 25N .22cal rifle w/ accessories \$150.00. All items o.b.o. call Troy or Carrie 765-4644.

## Other

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

**Melia's Piano Teaching**  
I have 10 years of experience and live in the Shilo/Cottonwood area. Theory included, call 763-8930.

**Sandra's Sew Crazy!**  
Hemming, Zippers, Heavy duty Textiles, Pick-up and delivery available, call 763-4202

### BINGO!

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

### Vacation Bible School July 17th - 21st

The theme this year is The Incredible Race! This year's VBS will be held at the Faith Centre and this action-packed program runs daily from 9:30am-11:30am. Each day will include song, story/drama, high powered crafts/games and yummy snacks! There is a whole week of fun races to be had, with each day themed differently. To take advantage and sign your child up, please call 3091 before July 10th! See you at the races!

### 2 Cats to Give Away!

Must go by June 27th as we are moving. For more information, call 827-3940

**Have something to sell? Call The Shilo Stag to advertise it today!**

### WANTED

A female to look after a disabled woman. Physical strength required. No experience necessary. Shilo/Part-time/\$11.00/hour call 765-2542

### Driver Wanted

Weekend days, class 4 needed, call Leon at 761-0794 for more info.

CANEX Pizza Hut is looking for delivery drivers. Applicants must possess a class 5 drivers license and must have own vehicle. Applicants can apply directly at 765-5000 or in person at Pizza Hut.

# base hair & tanning salon

765-HAIR ❖ CANEX Mall ❖ 765-4247

## SUMMER MAKEUP TIPS

Sweltering heat and humidity can wreak havoc with your summer makeup. Foundation may seem to melt or liquefy, and no powder stands up to those little beads of sweat that collect around your hair-line. A modification of your regimen may be in order, and a few tricks will get you through a midday makeup meltdown. Thanks everyone for their input on these summer makeup tips!

To keep your summer look fresh, less is more!

\* Skip the foundation if possible, and opt for a tinted moisturizer. Hempz Shimmer Bronze is our new product that has subtle and natural color and wonderful hemp moisturizers.

\* Keep lips protected and moisturized as they have no protection at all against the UV rays.

\* Wear mascara that doesn't smudge or clump. The "Goth" look isn't cool anymore!

\* Use colors that are light and delicate such as pinks and lavenders.

\* Freshen up your makeup and hair with a moisture spritz. This will revive tired skin and reactivate your styling products.

### MINIMIZE YOUR MAKEUP

Minimal color that is light and fresh is your best bet this summer. Don't go too orange or too bronze as these colors accentuate the skin's yellow undertones and harden the look of your face.

As this column is being written our first shipment of "Bibo" professional make-up is on its way to the salon. The "Metamorphosis" collections are fresh and simple and come in a pallet that contains two eye shadows, blush and lip gloss and a mirror. The colors are complimentary so the guess work is gone. This collection comes in a beautiful all-in-one case and is small so it can go anywhere you go! It is perfect for Grad or Weddings as the size fits easily in the small clutch purses.

Painted Lady Color Collection - Includes eye shadows in fresh pink and cool lavender, a cheek blush in light, natural mauve and two lip glosses in rich mauve and shimmery pink

Monarch Color Collection - Includes eye shadows in sheer nude and warm purple-brown, a cheek blush in deep tawny and two lip glosses in cocoa and shimmery nude.

Also on route is Bibo's "Full Effect Mascara". You can enhance lashes in every way with this new, all-in-one formula. It curls, lengthens, thickens and defines with no smudging and no clumping. It contains vitamin A and wheat proteins to moisturize and condition your lashes.

### SPRITZ YOUR SKIN

Nothing feels better on your skin when it's hot and steamy than a cooling mist of water. It helps calm and moisturize your complexion, and makes it look dewy rather than slick. We have Paul Mitchell Awapuhi Moisture mist at the salon. This hydrating spray contains a blend of natural extracts, amino acids and vitamins that are essential for soft, healthy-looking skin. Moisture Mist helps revive tired skin and reactivates styling products as it helps to provide deep moisture.

### TIP OF THE WEEK

Hempz Shimmer Bronze lotions is available for the introductory price of \$22.47 (reg \$26.44) With each Bibo Makeup Collection you will receive a FREE "Full Effect Mascara". Total package is regularly worth \$66. We are offering it to you for the incredible introductory price of only \$34.99. Professional products at fabulous prices!

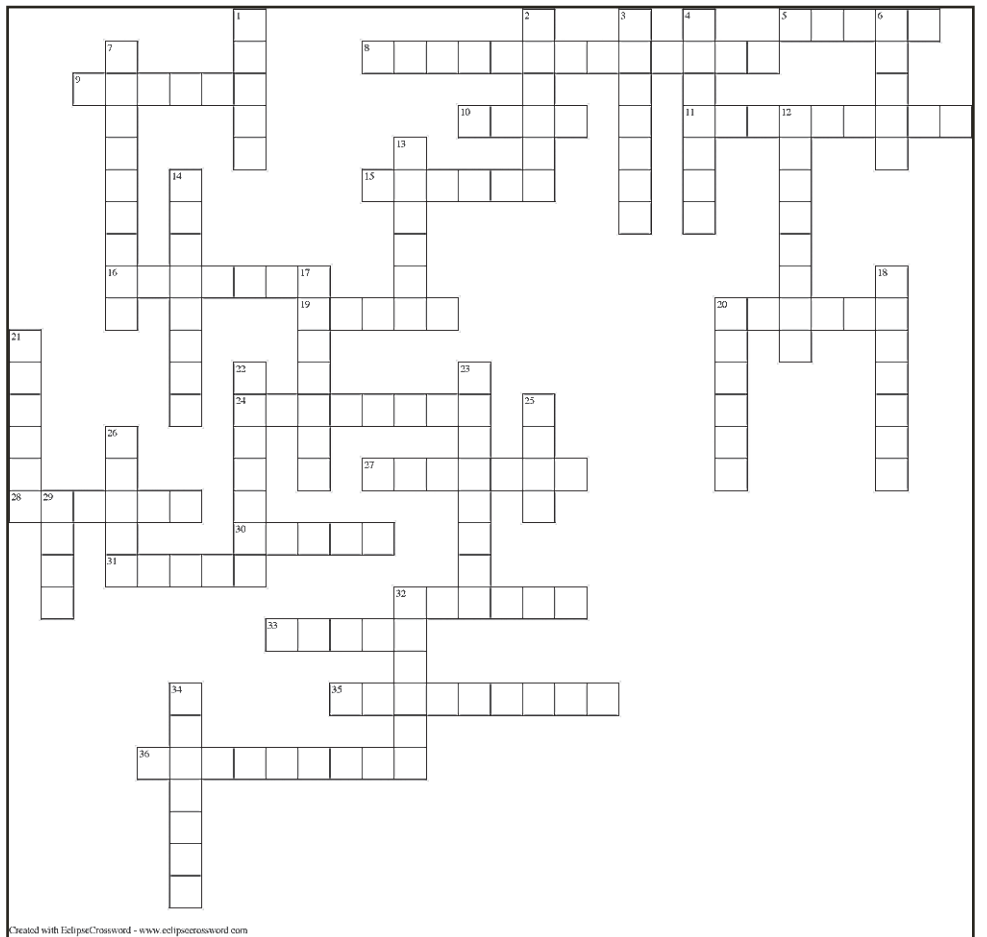
## Across

5. Plays Sethe in the movie, Beloved
8. Capital city of Prince Edward Island
9. Internet search engine
10. Computer manufacturer, dude
11. Space shuttle to be launched July 1st
15. Hockey team in the Stanley Cup Finals
16. Last name of actor who played on Pee-Wee's Playhouse
19. Fraternal and identical
20. Mattel's prettiest in pink
24. Sportswear company, University, and a record label
27. A camera you don't need film for
28. The name of Brad Pitt and Angelina Jolie's new baby
30. Group of holy singers
31. The numerical month are we in
32. Made from beans, just add water
33. A chocolate substitute for baking
35. Used to predict your future
36. Pirates Of The Caribbean co-star, not a flower

## Down

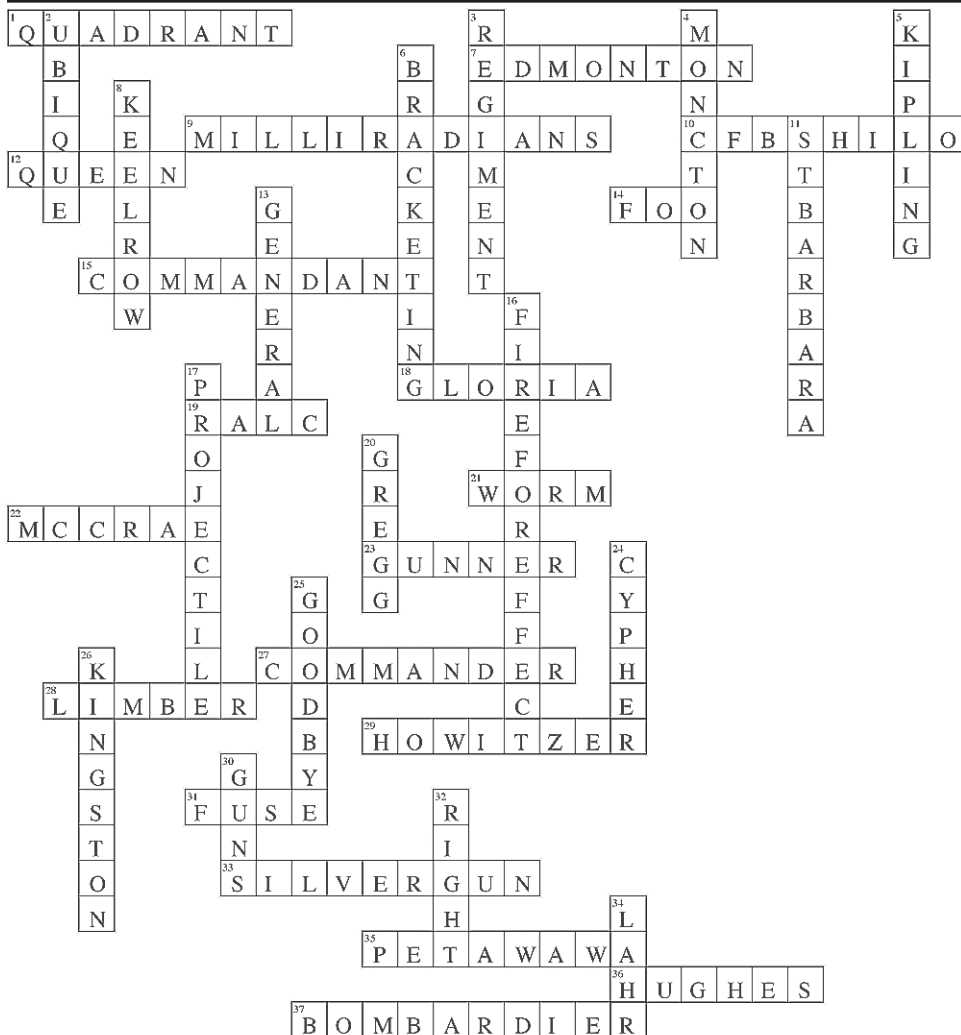
1. Blue and yellow make...
2. The Duchess of Cornwall, last name
3. Where the 2006 World Cup is located
4. Ride through Venice in this
6. The main character in Disney's The Little Mermaid
7. Playing card game, alone
12. Novels are divided into these
13. An Aussie marrying country star Keith Urban
14. Vegetable, green
17. That was easy
18. You are issued this upon a purchase
20. The dance seen in The Nutcracker
21. What are R2-D2 and C-3PO?
22. Character on hit youth TV series, Saved By The Bell
23. The maker of the men's fragrance, Cool Water
25. Online auction site
26. Where maps of the world can be found
29. Host of Entertainment Tonight...you may even love her
32. Canadian comedian, not stupid or a liar
34. Famous oil painter, lends an ear

# Odds & Ends Crossword



Created with EclipsCrossword - www.eclipscrossword.com

## Artillery Crossword Solution from June 8



[www.canex.ca](http://www.canex.ca)  
CFB Shilo

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Our firm intention is to have every advertised item available for purchase during the period of the promotion. If for any reason, an item is not in stock, we will issue a raincheck. No raincheck available is specified on an item, we request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but will be pleased to advise them through special order. We reserve the right to limit the quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction.