

SPECIAL  
PULL-OUT INSIDE!

# SHILO STAG

Your Source for Army News in Manitoba

Volume 46 Issue 12

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June 28, 2007

# Reservists at the ready



*Officer Cadet Jon Barnett, Com Sqdn 723 Halifax, a BMOQ student at CFB Shilo's Communication Reserve School trains his sights on the horizon as he continues sentry duty at the school's Forward Operating Base (FOB) on the range June 15. The FOB is an essential part of training for the school's BMOQ/SQ candidates who are offered a chance to apply lessons learned in classrooms and courses to a realistic combat scenario where they will be forced to rely on each other and work as a team. For more, see page 13.*

Photo by Layne Thiessen/Shilo Stag

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# RSM Changeover begins new era

Layne Thiessen  
Shilo Stag

Bright blue skies marked the beginning of a new era for both outgoing Shilo RSM Ray Vigneault and new RSM Steven Walsh as the sun warmed the soldiers and guests who gathered at the L-25 Drill Hall, the morning of June 21.

RSM Walsh began his military career at 2 Service Battalion Petawawa and spent time with 3 RCR Winnipeg and four years with Base Maintenance at CFB Shilo before his promotion to Sgt and subsequent posting to Toronto. After spending time in Gagetown as an Artillery instructor, Walsh was again promoted and moved to Ottawa to work in equipment management. He later became involved in the Mozart project and engaged in occupational analysis with the CF for two years before his recent posting to Shilo. RSM Walsh says he is looking forward to his new position and hopes he can fill the void left by Vigneault.

"The army picked me up to be base chief in Shilo and hopefully fill the boots of Ray

[Vigneault]. It's a challenge but I'm looking forward to it. It's going to be great."

Vigneault, the base RSM for the past three years, who is being commissioned and promoted to Capt on July 2, begins work with the CF's Alternative Dispute Resolution Centre in Quebec City, Quebec. The former RSM had some words of advice for his new replacement.

"Keep your mind open and don't jump to conclusions. Always look to see both sides. That way you won't find yourself in a situation where you'll regret what you've said. There is no course for a base chief and you learn on the spot. Be patient and don't jump to conclusions, learn to walk before you run."

A somber Vigneault thanked everyone on base for their support during his time as RSM.

"I cannot thank everyone enough for their cooperation, communication, and professionalism over the years. The officers, the NCM's, the civil and public employees, they've all formed a great team. I've been blessed to meet and work with them. Together we've helped the people on

base and those going overseas to get ready. Thank you."

BComd LCol John Schneiderbanger, who joined Col Patch, 1 ASG Comd, in congratulating both Vigneault and Walsh on their promotions, shared a laugh with Vigneault and offered his appreciation for the former RSM's advice and assistance at an award ceremony following the parade.

"He's done a lot of hard work both for myself and LCol [Former BComd] Doucette. He's given me a lot of very good advice on numerous issues that we've dealt with. He has been a disciplinarian and a major contributor in helping us move this base forward. I'm sad to see him go."

Vigneault and his wife Denise will leave for his hometown of Quebec City in July.

Individuals awarded after the ceremony included Civilian Employees of the Quarter Nadine Williston, Melody Wojnarski, Richard Kelland, and Kristen Lucyshyn, Soldier of the Quarter MCpl Weber, and CFB Shilo's Ammo Section who received a special BComd's Commendation.



Photos by Layne Thiessen/Shilo Stag

BComd LCol Schneiderbanger offers RSM Vigneault an embroidered gift as a token of thanks for his years of dedicated service to the base.



Former RSM Sgt Maj Vigneault and new RSM Sgt Maj Walsh look on at the RSM Changeover Parade at CFB Shilo's L-25 Drill Hall June 21.

## Sisterhood thanks



Photo submitted by the Military Wives Sisterhood

When Ken McFarlane of Brandon's Sobeys store was approached to provide up-front funding and in-store promotion to raise monies to support military spouses in the Westman area, he was, as the slogan suggests, Ready to Serve! Without hesitation he partnered with the non-profit organization Military Wives Sisterhood to sell almost 1000 yellow ribbon lawn signs from the 18th St. S. location where he is the General Manager. He also encouraged other locations to come on board and from Winnipeg to Saskatchewan the Support Our Troops signs were distributed. Not quite a year later, Sobeys handed the Sisterhood a cheque for \$6969.00, the entire proceeds of the fundraiser and the promise to promote support for the expected deployment in 2008. Thank-you to the staff, management and patrons of Sobeys for your support! Shown in the photo are (left to right) Becky Block, Ken McFarlane, Gayle Raynor, and Jill Piukkala with her son Tyler, in front of the Sobeys south location on 18th Street.

### NOTICE OF MEETING MEMBERS OF VANGUARD CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT a special meeting of the Members of the Credit Union will be held at 7:30 P.M. on Monday, the 16<sup>th</sup> day of July, 2007, at Hamiota Community Centre, 50, 4<sup>th</sup> Street S.E., Hamiota, Manitoba for the following purposes:

1. To consider the amendment of the Credit Union's Articles to allow it to admit associates and do business with them and to allow the issue by the Credit Union of preferred shares;
2. To consider the amendment of the by-laws of the Credit Union;
3. Other business.

#### Proposed Article Amendments

It is proposed that the Articles of the Credit Union be amended to allow the Credit Union to deal with associates (non-members of the Credit Union) and to provide financial services to them and to allow the Credit Union to issue Class "A" Preference Shares. The issue of Preference Shares would allow the Credit Union to increase its equity.

#### Proposed By-Law Amendments

It is proposed that the By-Law of the Credit Union will be amended by repealing the existing by-laws and enacting new ones. Apart from bringing the by-laws up to date and into compliance with changes to legislation and regulation, significant amendments provide for how associates are to be dealt with (assuming that the vote to amend the Credit Union's Articles is passed). There are also changes to the by-laws regarding the process for holding district meetings.

The full text of the proposed Articles and by-laws will be available on request for members' review at each branch of the Credit Union.

DATED this 20<sup>th</sup> day of June 2007

VANGUARD CREDIT UNION LIMITED  
By Order of the Board of Director



Gnr Ingram and the Mini UAV PC Tablet Control Module



Photos by Bdr Longmire/1RCHA

Bdr Hilchie prepares the Mini UAV for flight.



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# CO's message



LCol PJ Williams

CO 1 RCHA

At the time of writing, the following unit members have since been promoted to the ranks indicated: Maj Draho (HQ Bty), Maj Fortin (HQ Bty), Maj Moon (HQ Bty), WO Everett (A Bty), WO Lotocki (HQ Bty), WO O'Grady (HQ Bty), MCpl Gauvin (HQ Bty), MBdr Lefebvre (A Bty), MBdr Simpson (B Bty)

In recognition of long service to the CF, the following personnel have been awarded the Canadian Forces Decoration (CD): WO Clouthier (B Bty), WO Quinlan (A Bty), WO Williams (A Bty), MBdr Churchill (B Bty), MCpl Gerrow (HQ Bty), MCpl Knight (HQ Bty), MCpl Jalbert (HQ Bty)

We've recently had some soldiers who distinguished themselves on various Army courses: WO Johnson (B Bty) was the top student on the Forward Air Controller (FAC) Course at the Artillery School in Gagetown, NB. Sgt Hawtin (B Bty) was the top student on the Gun Area Troop Sergeant-Major Course at the Artillery School. Sgt Hawtin will shortly be deploying to Afghanistan with TF 3-07 and we wish him a safe and successful tour. MBdr Higgins (B Bty) placed second on recent DP 3A Crse at the Artillery School. MBdr Green, a former member of 1 RCHA, placed first on the same course. Bdr Comeau (A Bty) placed first on the Military Freefall Parachute (MFP) Course at the Cana-

dian Forces Land Advanced Warfare Centre in Trenton, ON. Bdr Golding (HQ Bty) placed first on the PLQ Mod 6 Course conducted at WATC Det Shilo.

Finally, I'd like to recognize both MBdrs Pratt and Davie, both of whom have over 20 years each service to the Guns, and who will soon be retiring. We wish them and their families all the best in future. Well done and congratulations to all these soldiers!

A and B Btys (including members of our recently completed Detachment Second in Command (Det 2IC) Course) recently provided support to 2 PPCLI live platoon attacks as part of their Ex PATRICIA WARRIOR held in Shilo. Having spoken with their CO he was very impressed with the level of support and the realism which 1RCHAs participation lent to this event.

In preparation for Task Force 1-08, we have recently taken delivery of 4 x 155mm M777 howitzers which B Bty has been training with on Ex PRECISION STRIKE 1 in Shilo. At the same time, the Regiment has also received a suite of Surveillance and Target Acquisition (STA) kit: Mini-Uninhabited Aerial Vehicles (Mini-UAVs), the Hostile Artillery Locator (HALO) System and the Lightweight Counter-Mortar Radar (LCMR). The mini-UAVs have been successfully flown in Shilo and the HALO system has been able to successfully detect incoming indirect fire. To assist us with this new STA kit, the Artillery School has sent a team led by Capt Rich Little and including a number of NCO instructors. To round out our Forward Observation Officer (FOO) parties for TF 1-08 we welcome Capt Tom Hicks and his FOO party from our sister regiment, 2 RCHA.

A team from the Regiment also recently visited the 5th Bomb Wing of the US Air Force in Minot, North Dakota. We identified a number of mutual training opportunities, which pending approval

from both our nations will better prepare us for overseas tours. I also hope to be able to extend this partnership to the sporting and social realm through some exchange activities in future.

There are a number of Base and higher initiatives on the personnel support front which are being worked to better cater for the welfare of our soldiers and their families: The Shilo MFRC has recently agreed to the creation of a Youth Social Worker position to provide support to the children of base Shilo military personnel. Ideally this position will be in place for September 2007. On a related note the Base Hospital has recently received approval for the construction of a Mental Health annex, which should be constructed and staffed by Summer 2008. The issue of personnel tempo for those who do not deploy and how to reduce this has been raised to higher levels.

While the training plan and 'Road to War' for TF 1-08 is now pretty much set, we're starting to look now at the 'Road Home from TF 1-08' when those soldiers return to Shilo in summer 2008. Here I'm talking about building on the lessons of previous deployments with particular attention to: How do we ensure a reasonable perstempo for returning TF 1-08 personnel, so they can reunite with family and friends while being able to undertake career courses, etc that they may have missed while deployed? How long after deployment do we keep the 1 RCHA TF 1-08 team together before personnel are posted out of the unit or moved within the unit? Knowing that the Army Commander wants to have 100% of training institutions manned by 'veterans' within 2 years, where do we need to send soldiers (and which soldiers) after the tour to help train future generations of soldiers?

As I say this "Road Home" is being looked at now and I hope to have an outline plan for this before the summer is over.

Finally, our thoughts continue to be with the 15 members of the unit deployed serving as OP parties with the 2 RCR Battle Group and also the Fire Support Advisory Team (FSAT) for HQ JTF Afghanistan. Both groups continue to do excellent work in support of the mission in Afghanistan.

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# TF 1-08 FAC training

**Captain Vaughan**  
B Bty, 1 RCHA

TF 1-08 FACs have been shaking off the dust this spring with a very aggressive schedule in order to prepare them for their tour in Afghanistan in February 2008. Each training venue offered a unique experience that contributed to the larger picture. It started off with a long road move to Wainwright, Alberta for Exercise STEEL RAIN from 07-16 March 07. This exercise was very demanding, requiring the FACs to synchronize all of the effects on the battlefield. They were required to integrate direct and indirect fire into an already complex airspace. CF-18s from 409 Squadron in CFB Cold Lake, Alberta dropped live munitions in support of Reduced Safe Distances for the first time in Canada, which is a huge step in providing more realistic training in better preparing or soldiers for operations.

The FACs returned to Shilo, Manitoba to share their experiences with their peers and to re-pack their kit in order to participate in Exercise GREEN FLAG in Fort Irwin, California from 22 March – 02 April 07. With a desert environment similar to Afghanistan, Fort Irwin offered the FACs an exposure to the extreme temperatures that their Task Force will experience overseas. Fort Irwin National Training Center had a well-developed range that allowed the FACs to work on Urban Close Air Support (CAS). This exercise was support by the United States Air Force (USAF)

and 425 Squadron out of CFB Bagotville, Quebec. The FACs had the opportunity to drop live munitions day and night with many different operational platforms such as: A-10s, F-16s and F-18s. Several lucky FACs got backseat rides in CF-18s and now have a better appreciation of the physical and mental demands faced by the pilots on the other end of the radio during CAS.

After spending Easter weekend with their families, several FACs departed for Avon Park, Florida to participate in Exercise ATLANTIC STRIKE from 14 – 20 April 07. FACs had the opportunity to use the newest equipment offered to the United States Military. Vendors were on hand to answer any questions and to give demonstrations. The FACs used this occasion to test the equipment with live munitions drops from numerous operational air frames.

Upon return from Exercise ATLANTIC STRIKE, the FACs took the oppor-

tunity to settle back into regimental life before heading to Fort Drum, New York from 06 – 12 May 07. Fort Drum offered a unique experience to work with A-10s. The FACs were challenged throughout the week, as four A-10s would check in with tight timelines. The FACs then had to quickly facilitate the release of all their munitions before the aircraft were able to return to their home unit.

Upcoming exercises include Exercise PRECISION STRIKE in Shilo from 04 – 14 June 07; Fort Polk, Louisiana from 25 – 29 June 07; and Exercise RISING STORM in Shilo from 25 – 29 June 07. These exercises will once again test the FACs' ability to synchronize all of the effects on the battlefield. After these exercises the FACs will be rewarded with a long awaited period of leave in order to refresh and prepare themselves for an equally challenging set of exercises in the summer and fall of this year.



*Photo by Maj Allen, 1 RCHA*

**FACs training in Fort Irwin, California. Shown are Capt J Vaughan 1 RCHA, WO D Cyr 1 RCHA, WO Vollick 3 PPCLI, Sgt G Weagle 1 RCHA, Capt T Hicks 2 RCHA**

# Westman offers cheque



*Photo by Layne Thiessen/Shilo Stag*

**Westman Communications Group President and CEO Dave Baxter presents a cheque for \$8,840 to CFB Shilo BComd LCol John Schneiderbanger at noon on June 22 at the Shilo Country Club. The annual donation is part of Westman Communications' agreement with the Base following its takeover of Shilo Cable two years ago.**

# Shilo rolls its sleeves



*Photo by Layne Thiessen/Shilo Stag*

**Blood donor and MFRC Business Manager Christine Howell poses with Westman Clinic Coordinator Karen Dejours after giving blood in the gymnasium at Ecole la Source. The donation event, organized by Canadian Blood Services, took place from 11:30 am to 3:30 pm at the Ecole la Source school on June 12. Coincidentally, this was Howell's 12<sup>th</sup> time donating blood to the organization.**

# Front and Centre



*Photo by Layne Thiessen/Shilo Stag*

**64 CF MFRC and PSP youth workers from across Canada as well as Europe attended the first ever 'Front and Centre' National Youth Programs Conference. The conference which took place in Shilo and Brandon from June 18-22 allowed youth workers to collectively address youth issues, share resources, and come up with effective solutions that will be shared with military bases across Canada.**

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## Students on tour

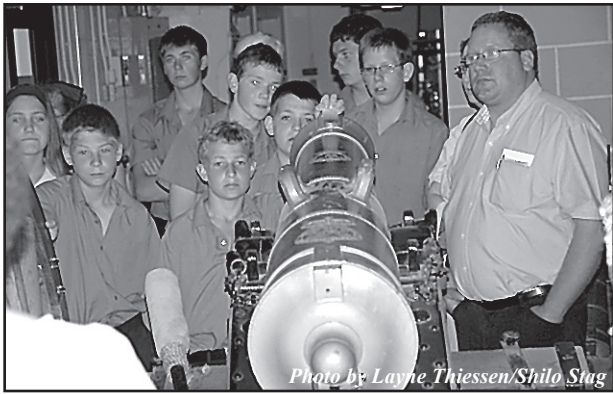


Photo by: Layne Thiessen/Shilo Stag

Several of Northern Shield Academy's 59 students look on as RCA Museum staff conduct a guided tour of the museum on June 23. Students also took part in a tour of Base Maintenance. Numerous schools have toured the base this summer in an effort to learn more about military history and operations. Northern Shield Academy is located in Stonewall.

## New doctor for Shilo

Dr. S Gordon will be starting his medical practice at the Shilo Clinic on Tuesday morning starting July 17, 2007. Dr. Gordon will replace Dr. S. Ramaya. Dr. Ramaya's last day in Shilo will be July 10, 2007. Dr. Ramaya invites those patients who would like to continue under her care to attend Western Medical Clinic 144 - 6th Street in Brandon.

Appointments can be made by calling 727-6451, ext. 241

The  
Public  
Utilities  
Board

## Notice of Public Hearing and Pre-Hearing Conference

### Applicant: Manitoba Public Insurance Corporation

#### HEARING:

The Public Utilities Board (Board) will hold a public hearing of an application from Manitoba Public Insurance Corporation (MPI) at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m. on October 3, 2007. A Pre-Hearing Conference (PHC), will be convened by the Board in its Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba at 9:00 a.m. on June 22, 2007.

#### APPLICANT:

Pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*, MPI has applied to the Board for approval of rates and premiums for compulsory driver and vehicle insurance as of March 1, 2008, 2009 and 2010.

#### APPLICATION PARTICULARS:

- MPI's three-year application proposes:
- Average rate levels now in effect to remain unchanged for the insurance year beginning March 1, 2008. Individual rates are subject to experience and other Board-approved adjustments.
- A 7.75% rebate of 2006/07 vehicle premiums, to be paid in MPI's 2008/09 fiscal year (MPI currently projects the February 29, 2008 Rate Stabilization Reserve balance will exceed the Board approved target by 7.75% of 2006/07 gross written vehicle premium).
- Rates effective March 1, 2009 and 2010, to be adjusted from 2008 rates to respond to emerging claim and other information using processes to be accepted by the Board.

#### 2008 RATE IMPACT:

For basic Autopac effective March 1, 2008, while overall average rates would not change, average base premiums for each major vehicle class would change as follows:

Major Class	Number of Vehicles	Increase/Decrease
Private Passenger	662,840	-0.1%
Commercial	40,492	-1.2%
Public	10,020	1.2%
Motorcycles	10,369	9.2%
Trailers	119,274	-4.7%
Off-Road	38,511	0.0%
<b>Overall</b>	<b>881,506</b>	<b>0.0%</b>

Premiums for 54% of vehicles would either remain unchanged or decrease by less than \$50; 43% of vehicles would receive an increase up to \$50; and the remaining 3% an increase of more than \$50. Actual premiums would vary depending on claim experience and driving record, insurance use, territory and vehicle rate group.

No changes are proposed to fleet rebates and surcharges, driver's licence premiums and accident surcharges, and other existing time payment, service and transaction fees. Dealer Moped/Trailer category would be divided into two insurance uses: Dealer Moped and Dealer Trailer.

#### OTHER APPLICATION PARTICULARS:

- MPI also proposes annual experience-based rate adjustments (+15% to -15%) for individual classes, with the exception of mopeds, trailers (\$2,500 or less), and off-road vehicles.
- Annual experience based adjustment up to 25% for mopeds.
- No experience based adjustments for off-road vehicles.
- Combined classification offsets for all vehicles other than motorcycles, trailers and off-road vehicles, to achieve revenue neutrality.
- Capping all rate changes at 20% per year, except rate changes for mopeds, which are capped at 25% per year.

Regarding the application for rates effective March 1, 2009 and March 1, 2010, MPI proposes to update its annual forecasts to reflect emerging claims and other financial developments and make rate adjustments based on actuarial information (individual rate adjustments would be calculated using procedures previously approved by the Board).

- If the actuarially indicated increase or decrease in overall average premium was between -1% and +1%, no change in the overall average rate.
- If the actuarially indicated increase or decrease was more than 1% but less than 3%, MPI would make the indicated changes without being required to make a full application to the Board (no public hearing).
- If the actuarially indicated increase or decrease was more than 3%, MPI would make a full application to the Board and a public hearing would take place.

MPI proposes future, 2009 and following years, premium rebates would be provided from the Rate Stabilization Reserve (RSR) if the maximum RSR level, as established by the Board, is exceeded. The rebate amount would be the total excess RSR amount.

#### PARTICIPATION:

Those wishing to intervene in respect of this application and to participate in the proceeding are required to attend, or send a representative to, the Pre-Hearing Conference (PHC). The objectives of the PHC include:

- to identify interveners;
- to establish status of certain applicant interveners; and
- to establish a timetable for the orderly exchange of evidence and information.

#### PRE-HEARING CONFERENCE:

Interveners are those wishing to examine witnesses, provide evidence, make submissions, and/or present final argument. Interveners should notify the Board of their intention to do so by applying to the Secretary of the Board immediately – the Board will thereupon notify MPI of the intention.

Interveners may be entitled to financial assistance. The Board's Rules of Practice and Procedure (Rules) provide the procedure to seek an award of costs, and the guidelines for an award of costs. Parties wishing to make an application for an award of costs should review the Rules before applying.

Parties wishing to submit a brief or to express comments to the Board, but not wishing to participate in the entire proceeding, should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 24, 2007.

#### GENERAL INFORMATION:

MPI rates shall be reviewed by the Board, and neither a change in rates for services shall be made nor new rates for services shall be introduced without the approval of the Board. Rates for services means in the case of MPI, rate bases and premiums charged for compulsory driver and vehicle insurance. Upon any application to it, the Board may make an Order granting the whole or part of the application, or may grant other relief in addition to or in substitution for that applied for.

The Board's Rules will apply to the conduct of the Hearing. The Rules may be viewed on the Board's website <http://www.pub.gov.mb.ca/> or be obtained on request to the Board, by either emailing ([publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free).

Persons wishing to address the public hearing in French are required to notify the Board's Secretary prior to August 7, 2007 and if possible at the PHC. The Board is also prepared to convene meetings in Brandon or such other locations as may be warranted.

For full particulars, interested parties may examine MPI's application and supporting materials, either at the Corporation's or the Board's office. Interested parties may contact either the Board Secretary, or:

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

DATED this 7th day of June, 2007.

G. Gaudreau, CMA  
Secretary  
The Public Utilities Board



Five days notice required.



Wheelchair access is available.

Manitoba 

# Volunteers deal Shilo a winning hand

Layne Thiessen  
Shilo Stag

Glittering lights, Blackjack dealers, and thousands of dollars exchanging hands were all a part of Shilo's 5<sup>th</sup> Annual Volunteer Appreciation night Tuesday, June 12.

180 VIP volunteers from 20 organizations within the Shilo and Sprucewoods communities were invited to an evening of entertainment at Shilo's most glamorous casino – the WO's & Sgts Mess, which had been transformed into a Vegas style gaming house by local

PSP staff. 'Celebrity' dealers including Fitness, Sports & Recreation's Jim Mackenzie and several other jokers were wild, spinning Roulette wheels and dealing cards. Event organizers went all-in, spending hours decorating the facility and preparing an extravagant buffet of appetizers complete with choco-

late fondue fountains.

Volunteers have helped build a thriving community through their time, effort, and commitment. The difference they have made has not gone unnoticed. Each day presents new opportunities to enhance the Shilo community but without volunteers giving their precious time and

personal contributions, many of these events and programs would not be possible. The next time you see a volunteer in the community, please take the time to thank them.

In the past five years over 1,000 individuals who have sacrificed their own time to ensure that Shilo remains a safe and vibrant community

have been recognized. Without the tremendous support of SISIP, who has provided \$15,000.00 over the five years and the Shilo Base Fund, it would not be possible to recognize Shilo's volunteers in such a way. Thank you to all of Shilo's volunteers who continue to help this community draw a winning hand.



Photos by Kristen Lucyshyn/Community Rec

Community members from various service clubs and council's pose with COS Chuck LaRocque.



MFRC Volunteers!



John Cleary and Deanna Hartmier (right) from SISIP present a cheque for \$3000 to COS Chuck LaRocque in support of the event.



Members, leaders, coaches and more from all of the various clubs and organizations at CFB Shilo pose with Mike McEwan, PSP Manager.



Volunteers from the RCA Museum pose with Marc George, Director.

## NOTICE OF PUBLIC HEARING

# The Public Utilities Board

## To determine maximum allowable charges and fees for payday loans

PURSUANT to *The Consumer Protection Act (C.C.S.M. c.200)* the Manitoba Public Utilities Board (Board) will conduct public hearings to determine the maximum allowable charges and fees for payday loans. *The Consumer Protection Act* was amended by *The Consumer Protection Amendment Act (Payday Loans) [Act]*, S.M. 2006 c.31 and received royal assent in December 2006. The amendment provides for the establishment of maximum allowable charges and fees for loans defined in this Act as follows:

"payday loan" means, subject to the regulations, a loan of money with

- (a) an initial advance of no more than \$1,500; and
- (b) an initial term, ignoring any extension or renewal, that is no longer than 62 days.

Public hearings will be held in three Manitoba locations to hear submissions from any and all interested parties. Following the hearings, the Board will set the maximum amount which any organization or person may charge for payday loans. The regulation, expected to be available this summer, will address a number of requirements such as licencing, licence fees, bonding, information that must be provided to borrowers, record keeping, and administrative penalties.

*The Consumer Protection Act (C.C.S.M. c.200)* provides as follows:

**The Board's mandate as defined by the Act is to:**

- (a) fix the maximum cost of credit, or establish a rate, formula, or tariff for determining the maximum cost of credit, that may be charged, required or accepted in respect of a payday loan;
- (b) fix the maximum amount, or establish a rate, formula, or tariff for determining the maximum amount, that may be charged, required or accepted in respect of the extension or renewal of a payday loan or in respect of a replacement loan; and
- (c) fix the maximum amount, or establish a rate, formula, or tariff for determining the maximum amount, that may be charged, required or accepted in respect of a default by a borrower under a payday loan.

**In making an Order, the Board may consider:**

- (a) the operating expenses and revenue requirements of payday lenders in relation to their payday lending business;
- (b) the terms and conditions of payday loans;
- (c) the circumstances of, and credit options available to, payday loan borrowers generally, and the financial risks taken by payday lenders;
- (d) the regulation of payday lenders and payday loans in other jurisdictions;
- (e) any other factors that the board considers relevant and in the public interest; and
- (f) any data that the board considers relevant.

### HEARING DATES AND LOCATIONS:

**Pre hearing Conference: Winnipeg, July 6, 2007 at 9 a.m. Hearing Room- 4th Floor 330 Portage Ave.  
Thompson, Nov. 5 at 1:00 p.m. Council Chambers, 226 Mystery Lake Road  
Brandon, Nov. 7 at 1:00 p.m. Council Chambers, 2nd Floor, 410 – 9th Street  
Winnipeg, Nov. 13 to 28, 2007 at 9:00 a.m. Hearing Room- 4th Floor 330 Portage Ave.  
Closing Arguments: Winnipeg, Dec. 3, 2007 at 9:00 a.m. Hearing Room – 4th Floor 330 Portage Ave.**

### PARTICIPATION

#### Intervener Status

All persons, firms or corporations wishing to intervene in respect of this matter, and to participate in the examination of witnesses, provide evidence, or make submissions and final arguments, are required to send an application for intervener status to the Board at The Public Utilities Board, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 by June 29, 2007. The forms are available on the Board's website [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca) and may be submitted by email. Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of interventions.

The Board may determine whether an intervener is entitled to costs for participating in the hearing and may fix the amount of those costs. Criteria defining the award of costs are described in the Board's Rules of Practice and Procedures which are also available on the website.

#### Presenter Status

Those parties wishing to submit a written brief or to express oral comments to the Board, but who do not wish to participate in the entire proceeding, are known as presenters. They should submit their written briefs or advise the Secretary of the Board of their intention to appear at the public hearing by no later than October 31, 2007. Persons wishing to address the Hearing in French are required to notify the Board's Secretary prior to October 20, 2007.

#### Filing of Information

The Board will circulate all material filed in this matter by interveners and presenters to all participants on the Board's mailing list. Interested parties can examine these filings at the Board's office. Anyone desiring copies of the material filed should contact the Board.

#### Pre-hearing Conference

The Board will hold a Pre-Hearing Conference in the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m., July 6, 2007 at which hearing, parties to the proceeding will be identified and a timetable prepared for the orderly exchange of information leading to the public hearing.

An Order flowing from the Pre-hearing Conference will be issued and this Order will set out a timetable for the orderly filing of information and confirm the hearing dates.

#### Procedure

The Board's Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the Board's requirements. This document is viewable on the Board's website or is available upon request to the Secretary of the Board at 400-330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 or by calling (204) 945-2638 or 1-866-854-3698 (toll free). Our email address is: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

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**Tips to survive family road-trips**

Planning on heading out on the highway for that long awaited family vacation? Well, don't start it off on the wrong foot with bored backseat passengers chanting "Are we there yet?" Take some time to add items to your packing list that will keep the kids entertained and help you log some serious kilometers in peace.

Here are some road-trip entertainment survival tips for you and the kids. Happy trails.

1. Travel Size: Put together a bag of travel sized games to keep the kids entertained. Include some old favorites such as Uno, Scrabble, Clue, Sorry, and Trouble, along with hand held electronic

games from Sony and Nintendo. Make sure to visit Blockbuster before hitting the road to pick up some new video game releases, including Pokemon Diamond, Pokemon Pearl, Surf's Up, TouchMaster, Transformers or Professor Brainium. Get the whole family involved (except for the driver of course) and have competitions to beat the best score.

2. "X" Marks the Spot: Bring a large map for the kids. Have them use stickers and highlighters to mark each road you take on your journey. Just be cautious of backseat drivers. Turn it into a game and see who can be the first to find other cities, towns

and highways along the way.

3. Hollywood Hits the Road: A surefire sanity-saver is to entertain the kids with a portable DVD player or laptop computer and turn your vehicle into a theatre on wheels. Pick up some new DVD releases and travel along with Lightning McQueen on his road to self discovery in CARS or hitch a ride on Manny's back as he and Elli make their way to the boat on the other side of the valley in Ice Age 2 - The Meltdown. To have an assortment of movies to choose from, be sure to take advantage of in-store promotions or purchase your own previously viewed movies.

News Canada

**Watermelon cupcake**



These cupcakes are a fun way for children to make their own watermelon cupcakes. Children will have fun cutting the watermelon into slices using cookie cutters, while their parents can use the creamy vanilla frosting and watermelon slices with their favourite sprinkles for garnish.

Ingredients:  
 8 muffin cup liners  
 8 slices of watermelon  
 2 cups store-bought vanilla frosting  
 sprinkles for garnish

Instructions:  
 Place the liners in an 8-cup (7.5 cm) round metal cookie tin. Place a slice of watermelon in each liner. Place a dollop of frosting on top of each slice. Decorate as desired with sprinkles.

Source: watermelon.org.

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# Watermelon Cakes



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ing and decorate their treat  
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to 3-inch (7.5 cm) thick slices 1  
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up muffin tin. Using a 3-inch  
ie cutter, cut 8 rounds from  
lace 1 watermelon round in  
of frosting on each round.  
rinkles. Serves 8.

News Canada

## Treating sunburn from within

**Eric Marsden**  
BSc, ND

With temperatures rising, there has been an increase in the amount of news coverage about the effects of sunshine on our health that has left many of us confused.

While you are right to be concerned about over-exposing yourself to it, the sun is, essentially, healthy. Moderate exposure to sunshine has positive effects on not only our health, but on our well being as well.

Sunshine is a great source of Vitamin D, which helps prevent osteoporosis and rickets, among other diseases. It also helps reduce the risk of developing cancers of the cervix, ovaries and breast. In addition, most of us notice our mood is elevated by and in sunshine, leading to a reduction in stress and depression.

One key to reducing the risk from sunshine is protection - be it clothing (including a hat) or a chemical sunscreen - and to be cognizant of the time of day. Ultraviolet radiation from the sun is at its peak between 10 a.m. and 2 p.m.; try to limit your time in the sun at these times.

Another, equally important way to protect yourself from sunburn is to alkalinize your body. Many individuals have

accumulated acids within the body due to a diet rich in acidic foods (e.g. cheese, meats, eggs) and deficient in alkalizing foods like leafy greens. Acidity in the tissues of the body can sensitize the immune cells and lead to an increased tendency to inflammation. As a result of this sensitization, individuals who are "acidic" may get sunburns more easily or experience more intense burns.

Finally, as a Naturopathic Doctor, I recommend to my patients that, if they are going to be in the sun for any length of time, it is critically impor-

tant for them to take anti-oxidants, such as vitamins A, C and E, as well as selenium and chokeberry (aronia), which is the strongest antioxidant food yet discovered.

For those who are going to be exposed to the sun for prolonged periods, I will often recommend that they take chokeberry capsules, which contain a much more concentrated form of the antioxidant. Finally, keep yourself hydrated when you are outdoors.

Now, go have some fun in the sun.

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## Wash car with care

Running the car through a service station car wash can add a lot more money to your gasoline bill every week – and it's a cost that seems totally unnecessary in summer. In fact, many car buffs have far more fun doing it themselves, insisting on a clean-and-shine regimen of their own.

No wonder. Consider all the new fangled cleaning tools available now. One example is the advance-tech, hand-held system that cleans a car thoroughly, spot-free and with absolutely no hand drying. The AutoDry Pro-Series Car wash by Mr. Clean uses a special soap formula with an innovative water filter, plus a jet action spray that is five times more powerful than the rinse spray setting. This tool is ideal for motorcycles, boats, RVs - and for household windows too. Here are a few more do-it-yourself car cleaning tips, courtesy of Mr. Clean:

- If your windshield blurs when you turn the wipers on, dampen a cloth with some full-strength white vinegar and run it down the

full length of each blade once or twice.

- To get rid of stale odours from your car's interior use Febreze Fabric Refresher on seats, floorboards and even in the trunk.

- Dust the car interior thoroughly. To make it a breeze around all the nooks and crannies, put any one of your Swiffer Dusters to work.

- Use a spray cleaner formulated for all hard surfaces, including windows and mirrors. For example, the antibacterial multi-surfaces spray by Mr. Clean, does many jobs at once. It cuts grease without a film; makes all glass, mirror and chrome sparkle, streak free; and it kills germs on contact too. For stubborn stains and scuffs use one of the Magic Eraser pads. There's a Magic Eraser marked "extra strength" and a new one now that foams on contact with water. These pads are nifty for getting into the grooves and gaps of the car interior, and they can also make the wheels and hubcaps shiny and new.

News Canada

## Rainy day survival



Weather not co-operating? When a wet day interrupts the kids' summer outdoor fun, be prepared with indoor activities. With a small amount of planning and a little creativity, you'll be surprised at how much fun everyone can have.

**Playing the Classics Hollywood Style:** Games are a great way for the whole family to have fun together. Pick a classic favorite like Scrabble, Pictionary or Charades and theme it around some of the kids' best loved movies like Charlotte's Web, Happy Feet or Monsters Inc.

- Rent one of the DVDs to refresh everyone's memory on some of the characters, plots and scenes. Then, create some visual aids based on the movie to help with the game especially if there are some younger players. Step it up a notch and have the children get into the role of their favourite character for the whole game. To level the playing field so older children don't win every round, give points for the best impersonation.

**Lights, Camera, Action:** Children love to play make believe. Encourage the kids to use some of this summer's hot new releases like Arthur and the Invisibles, The Sandlot: Heading Home and Firehouse Dog as inspiration for their fictional fun.

- Find old clothes or scraps of material to make costumes. A simple brown table cloth can help transform someone into Hoc, the Ant Wizard from The Ant Bully or a pink towel and green pants can turn young girls into Ariel from The Little Mermaid. Use arts and crafts to transform a room into a scene from a movie. Print off characters from websites and have the kids colour and then tape them up around the room.

News Canada

## Summer first aid

It's summertime, and for kids it means living a carefree life, having fun with outdoor sports, family vacations, camp and long afternoon picnics by the beach. But if they aren't careful, some of the joys of summer can bring havoc to the largest organ on their body: the skin. Many cuts and scrapes don't require a trip to the emergency room, but proper care is important to prevent infection and to speed healing so children can get back into the throes of summer.

Here is what to do:

1. Calm your child and let him/her know you can help
2. Wash your hands thoroughly and if possible, put on gloves before treating a wound

3. If there is bleeding, use a dressing and put direct pressure on the wound

4. Wash the cut area well with soap and water, but do not scrub the wound. Remove any dirt particles from the area and let the water from the faucet run over it for at least 5 minutes. A dirty

cut or scrape that is not thoroughly cleaned can cause scarring

5. Once bleeding has stopped, apply a bandage to cover the wound. This will help prevent infection by sealing out dirt and germs and allow the wound to heal faster.

6. For a wound that is a minor scrape and is a little too big for a regular sized adhesive bandage, an alternative suggestion would be to try Nexcare™ No-Sting Liquid Bandage Spray. It provides an invisible, waterproof shield and because it's alcohol free, it doesn't sting when applied. Covering the wound promotes healing while a child continues to have an active summer's day.

7. If it is a minor scrape, apply an antibiotic cream or ointment before bandaging but don't overuse it as it may affect the bandage's adhesive ability.

8. Avoid blowing on the abrasion, as that can cause germs to grow

9. Check the area each day and keep it clean and dry.

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# Going it guy-style on Father's Day



**Patsy & Leon**  
**Road Apples**

Yeehaw! It's Father's Day (or at least it was) and it's all about Dad! Brunches here, sales there, Daddy toys everywhere! Yes it's a glorious day filled with testosterone, baseball (or some other guy sport) and fun! Does it get any better? Nope. It's guy utopia.

Insert sound effects here indicating reality setting in.

The kids are up at 6 a.m. The wife is making the coffee though and that's a good thing. Somehow it's hard to relax though when you have a three year flying through

the air (as I send up a prayer in hopes that he doesn't land in that one place). Sound all too familiar? Welcome to a typical Sunday morning in our household. Parents to be... be glad of the time you have to yourself. It doesn't last. Sweet bliss is something of the past once you have kids. I wouldn't trade it for the world though. A little lost sleep is something easily regained, if you give it the chance.

Anyways...on with MY day here. My wife graciously booked our babysitter and the kids love her to death as their day is filled with fun when she's about. The kids can't wait for her arrival. I know I should feel bad here for not partaking in the Sprucewoods' Fathers' Day Brunch, but pigging out at Chicago Joe's (the best brunch in town I think) was more than I could stand. Af-

ter my third serving of artery hardening, heart and artery clogging goodness, I called it quits and with a smile to the wife and I headed off to more of guy utopia.

Staples...computer stuff and programs and gadgets galore...how could a guy be so lucky? After being hauled out of there with little more than a game or two, but with dreams of much more later when I can sneak out alone, we continued on to Sobey's. What's so great about that? FOOD!!!! Gourmet food related to grilling. Now THAT'S what I'm talking about! The thoughts and dreams I have about grilling are amazing! Pathetic? Naw! A real man dreams about providing and cooking for his family to feel the true gratification of their smiles when they sink their teeth into something truly good.

Next was Canadian Tire and the grills...yes the \$1100 grills most of us dream about? Yes that includes me, too. Tools, sports items, auto parts, camping gear and back yard decor that makes your eyes light up like kid in candy stores. My day was shaping up.

Then...Pennington's. Now most guys would have their hopes dashed right about there. Now let me let you guys in on a secret. This was a good and tactical move. You military guys understand about tactics don't you? Go with her! Go in the store and BE FRIGGIN HAPPY! Encourage her (to a point). Why? Because...

She will look better, she will feel better and once she has spent a little money on her, guess what...she might loosen the purse strings a little and let you have a little more guy stuff. Now my life may be a whole lot different from now on, but you other guys' life just may improve. I hope my wife will be a little more understanding from here on out and I just may not get what I want as often, but I had to share. Good luck guys! Remember, although Your better half may not go to Pennington's, encourage her to pamper herself a little at the beauty parlour,

shoe store or whatever. It's really for your benefit.

Then we had Wal-mart, and then Princess Auto (see how that worked out?) and more toys for me for little projects that are ostensibly for me anyways and life is good. The wife fixed up a grade "A" meal fit for a king featuring crab legs and steak. It was great! The time I got to share with the kids after was wonderful and it ended off with a little quality time with the wife after the exhausted kids passed out early and were sent off to bed.

Fathers' Day...the life of Riley...a blessing in our lives of hard work.

## Bene's pizza perfect



**Becky & Layne**  
**Off the Spice Rack**

**Bene Pizza -**  
**May 24, 2007**

On May 24, the anniversary of the day Italy declared war on Austria-Hungary in 1915, Becky and I were hungry for a saucy taste from the "boot" or *lo stivale* as Italy is referred to by native Italians. Having had our fill of the delicious pasta that graces the menu of Crang's in the Shilo Inn the week before, pizza was the obvious choice.

The pizza or 'pissa,' as it was once known in Latin, has its origins in 18<sup>th</sup> century Naples. Poor Italian families would add tomato sauce, a substitute for the meat they could not afford, to cheaply made flat bread. More well-to-do families occasionally flavoured their 'pissa' with scintillating ingredients that included oil and tallow, a disgustingly bitter, oozing substance often used to make candles and made entirely from the supple fat of domesticated beasts.

Sadly for many pizza

lovers, centuries later, not much has changed. Rubbery dough, stale tomato sauce, greasy cardboard boxes, and skimpy toppings await the unwary late-night reveler in dire need of sustenance who scans the yellow pages for pizza delivery.

What hope was there that two poor military newspaper staffers, alone in a world of pizza mediocrity would find the perfect pie at a price they could afford on a small army base in Canada's hinterland? As the two famished, weary stragglers stumbled, seemingly without purpose, into the base CANEX with gaunt faces and tired eyes, their spirits were awakened by the rich, warm aroma of hearty tomato sauce, fresh mozzarella, and savory well-seasoned meats and vegetables cooking at well over 700 degrees Fahrenheit.

While pizza purists consider there to be only two types of pizza, the simple Marinara and Margherita, Bene's menu offers a great deal more and includes cultural classics such as the Canadian and the Hawaiian, both choices which Becky and I decided to sample. We were not disappointed in taste or value.

Using only the freshest of toppings, Leon, Bene's pizzaiolo, piles cheese, meats, and vegetables sky-high onto

a thick crust, lightly brushed with pizza sauce. The pies come in a wide variety of sizes from small to gargantuan and, considering the quantity and quality of topping, are very reasonably priced. Salads and subs are also available along with Bene's award-winning chili, a delicious mammoth-sized bowl of mildly spiced, hearty beef chili that sells for a price you will find difficult to believe. We discovered that the chili goes particularly well with a full order of garlic or cheese toast depending on one's personal preference.

The dining area was sparse but clean and the staff was particularly friendly. Pizza is also served by the slice (a VERY large slice) and there are daily lunch specials. While falling short of the stringent standards of the European Union's highbrow, Associazione vera pizza napoletana, which demand that dough be hand-formed and no more than 3 mm thick while baked for 60 to 90 seconds in a 905 °F stone oven with an oak-wood fire, Bene's pizza is fresh, delicious, and affordable. Although not a true taste of old Italy, the new pizzeria in the CANEX offers prices that the 18<sup>th</sup> century Naplese could stomach and a taste that Shilo residents will love. Tallow, perhaps fortunately, is not on the menu.

## New wheels!




Louis Blakely, with a little help from his dad, sits on the new bike he won at the Bike Rodeo held in June. Katelyn MacEachern also won one of the two bikes donated by CANEX. Thanks to the Personal Insurance, over 80 attendees were treated to a free BBQ as well as the bike rodeo. The Shilo Mens Club also donated helmets that were drawn for at the event. Prize winners included Janessa Weatherbie, Chloe Ordze, Autum Barkley, Kaeleigh Coull, Emma Long, Sarah Willson, Kylie MacEachern, Faryn Metcalf, Riley Poirier, Michael Carr, Josh Coull, Cody Braid, Keegan Horan, Tyler Weatherbie, Brayden Ordze, and Jack Mason.

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# Shilo Military Family Resource Centre



## A year looking back

**Val White**  
Shilo MFRC

“I think I can, I think I can”, is the way things started for the Shilo MFRC Pre-Kindergarten class of 2006-07. With bright eyes and rosy cheeks, 30 children greeted Miss White with smiles and excitement on the fifth and sixth of September 2006.

From that first day on, each day was filled with fun, new friends and oh yeah, “learning”. September quickly became October and everyone’s thoughts went to spooky stuff, costumes and parties. We all had a great time with visits from witches, spider-man, pumpkins, ghosts, fairies, and princesses. Overlooking all the drama and fun was a giant pink and black “Flamingo Witch”. Fall blew into November and then came the greatest time of the year if you’re three and four years old. Preparations were underway for our Christmas

parties along with learning colours, shapes, numbers and such. Miss White says these things are important! When the parties finally arrived, we celebrated in our p.j.’s and welcomed Santa to join the fun. Everyone received a new book from the jolly Elf to read during our holiday break.

January raced in at Mach 2 and winter in Shilo was well under way. Despite the cold temperature, we braved playing in the cold snow whenever we could. February had us making hearts and professing love for everyone around. Miss White kept insisting everyone keep learning stuff while playing with each other so learn we did despite ourselves. March saw a lot of green popping up in the classroom and in our clothing. Then all of a sudden we were looking for what Miss White calls “signs of Spring?????” We all finally figured out she was talking about the snow melting, the sun getting warmer,

birds returning from winter homes and best of all No More Snowsuits! The Easter Bunny (well, his blue helper) was found at the MFRC as part of our Easter celebration in April. May saw more “signs of spring” and the playground turn from snow to mud (yahoo, if you aren’t a grown-up), to grass and sand. By this time those lessons of Miss White’s about numbers, shapes, colours and ABC’s started to really make sense to most of us.

Then there was talk of going to the “big school” and Kindergarten in September. Some of us were not to sure this was a great idea as Miss White didn’t get to go with us. The only good thing about this change was that we get to have a really BIG party with Moms, Dads and guests. This party was big as preparation for it took from mid-May until the party arrived. Of course, it would not have taken so long if we didn’t stop for field trips to the Fire Hall and O’Kelly

School. But after baking 100 cupcakes, decorating the same cupcakes, without eating the decorations, Miss White said we are ready. The big day has arrived and 29 very excited children and their parents and their guests enjoyed all of our preparations. Diplomas and books were handed out to each graduated and returnee. Pinatas were smacked and hot dogs devoured. All those cupcakes were gone in no time. The water park was an added attraction and enjoyed by young and old. “I knew I could, I knew I could” is now the phrase of summer.

P.S. Anyone the right age, 3 before December 2007, should come see Miss White and see about a spot for this September because as we all discover this year learning really is fun and there are lots of friends to make and activities to be enjoyed!



## Need a big hug?



Trying to explain to your children why you won’t be home to hug them and hold them isn’t always easy. So why not give them something to hug?

**Meet Soldier Bear!**

Soldier comes all the way from Nova Scotia to help the

children and families of the Canadian Forces personnel deployed to Afghanistan. Soldier was created by Fred Herman, a Veteran to the forces, to show his appreciation of the contribution of the men and women who are serving our country and others.

For only \$20 Soldier Bear can be purchased at the Shilo MFRC and other MFRC’s across Canada. To learn more about Soldier Bear, please see the following website [www.geocities.com/canadianafghanteddybear/](http://www.geocities.com/canadianafghanteddybear/).



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Note: Deployment programs will not be cancelled.

# IN MEMORIAM...



Sgt Karigiarmis



Cpl Bouzane



Pte Wiebe

**CEFCOM  
Ottawa**

Three Canadian soldiers were killed at approximately 8 a.m. Kandahar time June 20 when the vehicle in which they were traveling struck a suspected improvised explosive device on the main road, approximately 40 kms west of Kandahar City. The incident occurred while the soldiers were conducting resupply operations between checkpoints.

The Honourable Gordon O'Connor, Minister of National Defence, issued the following statement on June 20 on the deaths of the three

## Troop killed in Afghanistan



A Canadian soldier was killed on June 11 when a roadside bomb detonated near the vehicle he was travelling in, about 40

soldiers:

"I would like to extend my deepest sympathies to the families of Sergeant Christos Karigiannis, Corporal Stephen Bouzane and Private Joel Wiebe, who were killed today in Afghanistan.

These three dedicated Canadian soldiers lost their lives when the vehicle they were traveling in struck an improvised explosive device while conducting a re-supply operation between two checkpoints in the Panjwaii district of Kandahar province.

This is a tragic loss for Canada and the Canadian Forces - but it was not in vain. Afghans are re-establishing

themselves and their communities, and their lives are improving. They see the positive work we are doing in contributing to stability and a lasting peace. Thanks to the bravery of soldiers like Sergeant Karigiannis, Corporal Bouzane and Private Wiebe, we are making great progress in this region in creating a better future for the Afghan people.

Sgt Karigiannis, Cpl Bouzane and Pte Wiebe, all of the 3rd Battalion PPCLI, were three great Canadians who will be missed by the Canadian Forces family, their communities and Canadians everywhere - we will always remember them."

km north of Kandahar City. Killed was Tpr Darryl Caswell of The Royal Canadian Dragoons (RCD), based at Petawawa, Ont. Tpr Caswell was deployed in the south of Afghanistan with the RCD Reconnaissance Squadron as part of the 2nd Battalion, The Royal Canadian Regiment (2RCR) Battle Group.

"On behalf of all Canadians, I would like to extend

my condolences to the family and friends of Tpr Darryl Caswell. Our thoughts are with them during this difficult time," said Prime Minister Stephen Harper. Tpr Caswell was part of a Combat Logistics Patrol (CLP) convoy, conducting a resupply mission for Canadian troops based at a forward operating base in Kahriz when the incident occurred.

# Reservists in the field

**Layne Thiessen  
Shilo Stag**

Surprise enemy attacks and sleepless nights plagued over 50 Communication Reservists from all across Canada who completed part of their Basic Military (BMQ), Soldier (SQ), and Primary Leadership Qualifications (PLQ) on CFB Shilo's range in mid-June.

BMQ and SQ candidates took part in a week-long Forward Operating Base (FOB) where, in addition to regular classes, they were subjected to unexpected enemy attacks and duties such as reinforcing trenches and manning sentry towers, all while sleeping for only four hours every 24 hour cycle.

The FOB is an essential component of troop operation overseas and, while designs vary considerably, Command Headquarters, sentry towers, fortified defensive positions such as trenches and a sleeping tent are regular features of the base.

The base is an essential aspect of training as it forces recruits to apply what they've learned in class and work together as a team.

Capt Ouellette, Commander Peleton and an instructor with the school is confident that the BMQ/SQ recruits will be fully prepared for the next stage of their military careers after they finish their qualification courses this summer.

"A lot of the recruits are not used to this environment. As the course goes on and

the instructors drill teamwork into them, you can see their confidence grow. In this kind of environment outside of the classroom, they have to work together. You have to be alert, you have to be quick, and you have to make good decisions.

The eight-week course for basic recruits is split into two parts. The BMQ introduces recruits to subjects including military drill, cross-country navigation, first aid, nuclear, biological, and chemical defence, and operation of the C7 service rifle.

The SQ course, while allowing soldiers to participate in a week-long field exercise, also trains soldiers to fire heavy weapons and grenades, participate in offensive and defensive operations, and operate tactical communication equipment.

"SQ is their introduction to soldiering skills. They're learning to fill in a trench and section attacks, how to be a member of a fire team," says Communication Reserve School Adjutant Capt Sarah-Jo Doucet.

Not far from the FOB and the Demo camp, where enemy soldiers are planning their surprise attacks, junior non-commissioned members prepare for future leadership roles and advanced training by completing their PLQ. In this course, students develop skills such as leading sections in offensive, defensive, and urban operations as well as learning about range safety while receiving a maximum of four hours of sleep for ev-

ery 36 hour cycle. WO Edward Freiheit, the PLQ's Platoon Leader from 745 Com Squadron Edmonton believes the PLQ course is essential in ensuring effective leadership and structure in the CF's Signal Squadrons.

"They are Canada's future leaders. They are taken from being soldiers and made into leaders. They have to lead others and be sufficiently organized. This is a key stepping stone for them."

Cpl Andrew Urquhart, a reservist from 723 Signal Squadron Halifax, admits that while the field training has been tough, it's part of the job and something he'll never regret once completed.

"It's been interesting, it's had its ups and downs but it's supposed to be difficult. It's the nature of the job. It will lead to good opportunities in the future."

Many PLQ students return to lead detachments at their individual Communication Reserve Units while others become BMQ course instructors.

At the conclusion of their courses, PLQ and BMQ/SQ students are combined, with PLQ students leading their sections in patrols, defensive exercises, and any surprises or obstacles course instructors decide to put in their path.

Classes that began in late April end this month and new courses will run through July and August. The Communication Reserve School trains over 300 reservists from 23 Communication Reserve units across Canada each summer.

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

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

**7-Eleven**

- Willowdale & 26th
- 34<sup>th</sup> & Victoria
- 10<sup>th</sup> & Van Horne

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- CANEX Mall
- Forbidden Flavours
- Shilo Community Centre
- Base Headquarters
- GSH
- Country Club

**All Messes**

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



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### We welcome your suggestions!

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

Submissions can be sent to the Stag via email at stag@mts.net, dropped 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.

# What's on Your Agenda?

## BINGO!

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

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

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

## Hampton Gray Memorial School Reunion!

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

## Shilo Community Library

Monday  
6:00-8:30pm  
Tuesday/Thursday  
9:30-12:30pm, 1-4pm,  
6:00-8:30pm  
**STORYTIME**  
Every Thursday 10:00am

## Sprucewoods Community

### Weekly Events:

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

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

## PSA

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

## X Company's PHAT Camp is coming to Carberry!

4-6.5 days of Physical Arts Training  
August 7-10th \$25-\$100 fee range

Early bird discount if you register before June 29th. Registration forms available at the Carberry Plains Arts Office. For more information, view xcompany.net

## Ceramic Club!

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

El Prado Club presents...

## JULIAN AUSTIN ALL RANKS!

**July 6<sup>th</sup>**

Doors open at 7pm, show starts at 8pm,  
Get your tickets early at any mess to avoid higher costs later!  
Call 3363 or 3395

## Brandon Soccer Association 2007 Fall Soccer Registration

**Registration Dates:** June 25-July 15, 2007

**Times:** Mon-Fri 8:30am-Noon

**Location:** Brandon Soccer office  
#204, 37 11th Street, Brandon

**Phone** 725-2003

**Cost:** U4-U8 - \$40

U10 & up - \$50

The fall season will run September 3rd through September 27th at Optimist Soccer Park in Brandon.

## Teen talk

*How are things at Wawanesa Dustin? Looking forward to the end of school yet?!*

Yes! Unfortunately though grade seven to twelve have exams this week, Monday, Tuesday and Wednesday. *Well at O'Kelly we have no exams thankfully! What else is happening at Wawanesa Dustin?* Well Lauren, we had no school Thursday the 28th, it was administration day. Friday the 29th we only have to go to school in the morn-

ing for awards day, and get our report cards. We are very close to the end of the year and are finishing up our classes. We are currently working on finishing our portfolios. *Well Dustin at O'Kelly we're pretty much rapping things up too. Especially the grade eights, we are now technically finished school for the year. We had our graduation last Wednesday the 20th and we didn't have to go back after that. We finished up all of our*

*classes and said our good-byes! Next year we'll be off to high school! Just in case you forgot Lauren I will be starting high school too! Oh yes, don't worry Dustin I haven't forgotten! That's good Lauren! Well guess what we did last week at Wawanesa? We went to the baseball diamonds in Wawanesa, at the horse track and we shot home made rockets off that we created in science class!*

That about sums things up for this year, thank-you to all our readers. We'll be back in the fall, have a great summer!

# CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free\*

Classified Ads to

stag@mts.net

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

## Homes/Property

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

Wawanesa - Family home - 2 storey 3 bedroom stucco over brick home. Large treed lot w/new windows and flooring, garage, low taxes, reasonable hydro-air. All for \$80,000. Also several other rural homes and acreages. Call Dave Mooney at 824-2094. Countryland Realty.

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

## Homes/Property

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

2 bedrooms, new laminate floors, new bathroom, big kitchen and living room, Central air, new shingles, double car garage, lot has a barn with other sheds. Lots of good water. 10.88 acres on #1, 17 miles east of Brandon. If interested, please call 763-8840.

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

## For Sale

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

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

1961 Renault caravell (2 of them) project cars, one is stripped and partially sanded. soft and hard top optional. 400 Call after 5pm 824-2394 ask for Preston

**2 New Homes on 5 Acre lots 15 minutes from Shilo**  
First home: 2300 Sq Ft walkin style, 3 bdrms, 2 and 1/2 baths and attached double car garage. Second home: 1368 Sq Ft Bungalow style, full basement, 3 bdrms, 2 baths and attached double car garage. Phone 824-3752; cell 724-6580

## Help Wanted

Part-time cleaner required for CANEX. Please contact Jim at 726-3399

## Child care

**Experienced, Reliable Childcare Provider Has 2 Spaces Available Immediately!**

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

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

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

## Services

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

## Property/Homes

Glenboro - 990 sq ft bungalow on large treed lot with detached garage. Home has some new flooring updates and some appliances. Price reduced to only \$22,000. Countryland Realty - Dave Mooney at 824-2094.

Cypress River - 10 acre yard site with 2 BR home. Excellent dring rafter style shop - insulated and heated. 4 Cattle sheds and small barn. 1/2 mile off #2. Asking \$75,000, offers considered. Call Dave Mooney, Countryland Realty at 824-2094

## Services

Arbonne International is proud to be part of the Shilo community. ALL natural, no animal testing, vegan approved skin care products for babies to adults. SAMPLES available. Please call Audrey Brazeau at 765-5180 for more information

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

## St. Barbara's Protestant Chapel

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

## Our Lady of Shilo Roman Catholic Chapel

Sunday's 1030 hrs  
Weekday mass will be announced every Sunday  
Padre Persaud - ext 6836

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

# Rappelling, accident among grad highlights

Layne Thiessen  
Shilo Stag

Upon arriving at CFB Shilo's Korea Parade Square on the day of their graduation, 52 Communication Reserve School graduates sprang into action administering First Aid and caring for casualties after a bus drove over an Improvised Explosive Device (IED) leaving nearly a dozen civilians injured.

The planned incident, which was part of the school's Graduation Parade, followed successful Rappel Tower demonstrations and completion of the Confidence course by the graduates. The ceremony which included Basic Military Qualification (BMQ) and Soldier Qualification (SQ) along with Primary Leadership Qualification (PLQ) students, took place under cloudy skies the morning of June 23 and showcased some of the soldiering and leadership skills developed by reservists over the last eight weeks of their respective courses.

Cpl Robert Head from 722 Comm Sqn St. John, a PLQ graduate who commanded all the students as their Platoon Commander in the exercise, was happy to be finished and returning home but found his course rewarding and believes it has adequately prepared him for future duties.

"The entire thing has been a challenge but it's been rewarding and a good experience. If you can do well in this course, you'll do well for the rest of your career."

After running the platoon through the obstacle course and bringing the sections in to do basics, Cpl Head gave orders and organized

a recce after learning about the accident. Arriving at the parade square, students administered First Aid and led the victims to safety prior to the arrival, inspection, and address of Col Francois Vertefeuille, Communication Reserve Commander.

Col Vertefeuille praised the efforts of BMQ, SQ, and PLQ graduates who will be returning to 23 Communication Reserve units across Canada. He acknowledged their hard work and accomplishments while noting the significance of their future careers.

"I would like to congratulate you . . . for the dedication you have demonstrated for the last couple of months. The army would have serious difficulties meeting its commitments without the support of the Communications Reserve. The demand for your services and skills will grow exponentially with time. You should expect and look forward to participating in operations at home and abroad."

The Graduation Parade also included a prayer of remembrance by Student Chaplain Lt Paul Beriault and the acceptance of awards by several students who had demonstrated special ability or overall excellence in their courses.

Over 100 visitors, many of them family members of graduates, attended the parade to show their support for the students, including Ian Gray who came all the way from Saskatoon to see his son Cpl Logan Gray successfully complete his PLQ training.

"We're very proud. We came to his SQ graduation a few years ago and I originally wasn't going to take the time off work but it's such



Two Communication Reserve School graduates offer support and First Aid to a wounded civilian following a simulated explosion and bus accident on CFB Shilo's Korea Parade Square June 23. Students also completed a Confidence course Rappel Tower Skid before attending to the casualties and taking their position in the formal parade that followed.

a demanding course that I thought we'd better come and congratulate him."

The Communications Reserve School, which provides training for approximately 300 candidates a year, helps the Communication Reserve fulfill its mandate of providing combat capable information technology to the CF and providing a link between the Canadian military and civilian communities. The school's BMQ and SQ courses provide reservists with the basic fundamentals they need to become competent and professional soldiers while the PLQ course prepares non-commissioned



Col Francois Vertefeuille, Commander, Communication Reserve School, inspects Communication Reserve School graduates before delivering his address at the Graduation Parade at the Korea Parade Square June 23.



A Communication Reservist holds her position at graduation exercises on June 23 as Platoon Commander and PLQ graduate Cpl Robert Head prepares to send his troops to assist injured civilians in a bus accident at CFB Shilo's Korea Parade Square.

Photos by Layne Thiessen/Shilo Stag

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