



THE SHILO STAG

Your Canadian Forces Base Shilo Community Newspaper

Volume 45 Issue 4

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March 2, 2006



The first round from a 81mm mortar sends dirt flying as call sign 15A fires. The mortars are firing from the base at Kandahar Airfield into Tarnak Farms. Call sign 15A is a detachment from A Troop, A Bty, 1 RCHA. They are part of 1 PPCLI Battle Group.

Photo by MCpl K Fenner

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Act now and get a passport

**By Jennifer Chiarotto
Outreach & Deployment**

As many of us have already heard, we will soon need a Passport to cross the border into the United States. However, there are many more reasons why military families should have a Passport on hand at all times, and many of these reasons are specific to international deployments. Many of you, with a partner overseas, are probably considering meeting them in a foreign destination, whether it be Europe, Asia or Central America. I'm sure the thought of getting a Passport in the near future has crossed your mind. My only advice as Deployment Coordinator for the MFRC is act now! In the event of an incident in theatre involving your partner, you

may need to get yourself and/ or your family overseas as quickly as possible. Not having a Passport will only slow down the process.

Passport applications are available on-line at www.pptc.gc.ca/ or any Passport Canada or Canada Post outlet. You will be required to provide Proof of Canadian Citizenship such as a Birth Certificate and Documents Supporting your Identity, such as a valid driver's licence (a full list of accepted documentation is provided with the application). If you are using your married name, you must also provide a Marriage Certificate to authenticate the name change.

Two Passport photos will also be required. These are available for a fee at stores

with a department specializing in photography, CAA, and various other organizations. Do not smile in your picture or it may not be accepted by Passport Canada. Upon completion of your application, you will need a Guarantor to sign a section of your application, and the back of one of your photos. Many of you may now be asking, who or what is a Guarantor? There is actually a specific set of criteria that a person must meet in order to guarantee your application information. They must be a Canadian Citizen, residing in Canada, and have known you for a minimum of 2 years. They must also be a member of a specific professional group (a full listing is available on the Passport Canada website listed above).

Once you have completed the application form, had your picture taken, and a Guarantor has signed off on your identity, you will be ready to send your completed application form to Passport Canada, along with the applicable fees. There are many ways to send your information, including mail. However, to ensure efficiency, speed up the process and lessen governmental red tape I suggest applying in person at the Winnipeg Passport Office at Suite 400-433 Main St. If this isn't a feasible method, drop it off at the Federal Building in Brandon.

Once you receive your Passport, it will be good for about 5 years. Moreover, it will save you a lot of time and stress when it comes to both emergency and leisure travel.

Does your pet need its shots?

The Shilo Community Council will be holding a Vaccination Clinic on Saturday, 08 Apr, 06. The clinic will be held at Community Centre from 0900-1130 hrs. Every dog/cat within the boundaries of the Rural Municipality of Cornwallis must be vaccinated against rabies.

The clinic will be provided to the citizens of Shilo and the surrounding area.

In conjunction with the Rabies Vaccination, the veterinarian is offering other shots such as Distemper and Leukemia, Lyme disease and Kennel Cough.

It is at the owner's discretion to obtain the vaccination required for his pet. On the day of the vaccination clinic, it is mandatory that the owners keep their pet on a leash and under control.

It is the responsibility of every citizen to look after the well being of their animal and to obey the regulations, which are imposed for their pets. Your pet needs care and love as well as veterinary attention for disorders that may occur during its lifetime. Any veterinary attention it may require is at your expense.

Reduced rates

Rabies for dogs & cats	\$20.00
Distemper Combination	\$23.00 (dog)
Distemper Combination	\$23.00 (cat)
Feline Leukemia	\$10.00 (optional for cat)
Bordetella (Kennel Cough)	\$10.00

**Vaccination Clinic
01 Apr 06
0900-1130hrs
Community Centre**

If you need more information, please contact the Recreation Administrative Assistant at ext 3588.



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Returned to sender

Garrison Mailroom Western Sentinel

Undeliverable mail: It's posting time and with that we come to one of favorite times of the year here at the mailroom. "I've moved but mail has not!" Why is that you ask yourself? Have you changed your address with the bank, phone, cable, Internet etc.?

More important, have you given them the correct address? This sounds simple, but it is not always done. "1234 Fake St" is not your proper address, nor is "bb163 is room 24." This never seems to be important until we start looking for T4 slips, government rebate cheques, or that package from mom at Christmas time.

When you clear out of the unit/base it is also important to give a forwarding address. Think of those people whose Alberta Government cheques will have to be returned to sender because of improper addresses or no

forwarding address. It is the member's responsibility to change and update their address within the unit/base. We can only forward your mail if we have your authority to do so. So what is undeliverable?

Undeliverable Mail is mail that fails delivery and does not bear a return address. Mail is considered undeliverable if:

- the address is incomplete or does not exist: ie "bb163 room 24"
- the addressee has moved without providing a change of address or the Change of Address Notification (COAN) has expired
- it is refused by the addressee
- it is refused by the addressee, bears a return address, and is refused by the sender
- the addressee refuses to pay postage due charges
- it is prohibited by law
- it is an item found loose in the mail
- it is an empty wrapper or carton.

Each undeliverable item will be opened to determine the sender's address. If the sender's address is found, the item would be rated as required, placed in a Canada Post envelope and mailed out to the sender. Therefore the process of returning the mail is greatly delayed.

If the sender cannot be determined, the item will be disposed of in the following way:

- If the item has no obvious value, it will be destroyed
 - If the item contains cash, the money will be deposited to the credit of Canada Post.
 - If the item contains merchandise, it will be sold (or otherwise disposed of) by Canada Post and the proceeds deposited to the credit of Canada Post
 - If prohibited by law, it will be disposed of or turned over to the appropriate policing agency.
- Undeliverable items that originate in the United

States or other countries will be returned to the Undeliverable Mail Office of the country of origin.

All customer enquiries concerning undeliverable mail must be directed to the Customer Relationship Network at 1 800 267-1177

Undeliverable Parcels: A parcel that is undeliverable will be returned to the sender. Parcels marked ABANDON will not be returned but forwarded to Canada Post's Undeliverable Mail Office for disposal.

The mailer will be contacted if there are any costs incurred in processing or disposing of an item containing dangerous or prohibited items. Under no circumstances can these items be returned to the sender, forwarded to the addressee or reintroduced into the mail stream.

Note: Because CFB Shilo has PO Boxes, if your street address is on a piece of mail but no PO Box is mentioned, that mail can be returned to sender.

Healthy eating



Megan Valley BU Nursing Student

Something is new in the Flatlands Dining Hall... look for this symbol.

'Set Your Sights on Healthy Eating!' is an initiative for the CF Health Services in partnership with CF Food Services brought to you by Strengthening the Forces. It is being launched in March for Nutrition Month.

This new program aims to promote the healthier food options that are available to you at Flatlands dining hall. It will make it easier for you to make informed food choices.

The Set Your Sights on Healthy Eating! campaign offers information to guide you towards nutritious choices by conveniently identifying these options in the food service areas.

The program aids in promoting the food choices that are lower in fat and sodium and higher in fibre.

On average adults spend 60 per cent of their wake

time at work, thus, the food choices made at your base/wing can potentially influence overall health and operational effectiveness.

These symbols will help to recognize the healthier choices, providing the base for GETTING IN THE HABIT of choosing them more often.

Opting for entrees marked by the symbol is one more step towards supporting healthy eating. Healthier food choices can become 'Your Choice', everyday!

For further information, call Anne Todd, Health Promotion Director at Local 3867.

LONG TERM PLANNING SEMINAR

Most members wish that they could be informed early in their careers of the advice and numerous benefits available to them.

Topics covered include:

- _ education reimbursement
- _ local educational institutions
- _ Veteran's Affairs Canada benefits
- _ purchasing a home
- _ financial and insurance planning

CF attendees must be in the early stages of their CF career (3-10 years). This seminar is open to Regular and Primary Reserve members and their spouses/common-law partners. Please contact the BPSO office soonest (204-765-3000 extension 3086) to ensure your participation. Note: Registration will require members to submit request for attendance through their chain of command.

Date: Wed, 12 April 2006 0800-1600 hrs
Location: Shilo, Multi-Purpose Training Facility
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This paper is issued by authority of Maj Chuck LaRocque, CD, Acting Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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SITREP from Kandahar Fundraiser proves beneficial



LCol P.J. Williams
CO/1 RCHA

At the time of writing, most all 1 RCHA members of Op ARCHER have arrived in theatre, and are getting settled in to their new jobs which will last for 6 months, or for some of us, 9 months. Basically our soldiers are employed as follows:

- Members of the COs Fire Support Coordination Centre (FSCC), as the core of the Joint Fires and Effects Centre (JFEC) for Coalition Task Force Aegis (the Multinational Brigade HQ), led by BGen Fraser. The JFEC also includes representatives from the United States, the United Kingdom, the Netherlands and fellow Gunners from 4 AD Regt, Moncton, to provide airspace control. An additional recent Canadian

addition to the JFEC is Maj Jennings from 1 General Support Battalion in Edmonton.

- A Bty, equipped with our new M777 155mm howitzer and the 81 mm mortar, as part of task Force ORION, based on 1 PPCLI. Task Force ORION has already assumed control of its area of responsibility from its outgoing US counterparts, and as you've heard in the media has also provided live fire support to operations in theatre.

- Augmentees to the Multinational Brigade HQ, based on HQ 1 CMBG, where we have personnel working in the Radio Rebroadcast Detachment (MCpl Bilous of HQ Bty) and the Line Section (Cpl Beaton of HQ Bty). At this time we congratulate Cpl Beaton and his wife on the recent news of an impending birth of a child later this year.

- Augmentees to the National Command Element (NCE) and National Support Element (NSER), including Sgt Pomfret of HQ Bty, who will help to provide support to CF per-

sonnel in Kabul, personnel which include Sgt Macpherson of B Bty, working with Col M.D. Capstick, a former CO of 1 RCHA, as part of the Strategic Advisor Team (SAT) working with various departments of the Afghan government.

The weather has been quite mild lately with temperatures running between 9 and 22 C during the day, and there has even been periodic rain, giving us the chance to try out our arid pattern raingear. As US forces depart our soldiers will move from temporary accommodation, which range from tents to weather havens to hard shelters, to more comfortable surroundings.

Amongst the 1 RCHA contingent, morale remains high and mail has started to flow. News that the CDS has invited the CEO of Tim Hortons to accompany him to Kandahar is highly welcome for those who are missing their "double-doubles! We all look forward to continuing the good work of those who have gone before us.

Daniel Finn Shilo YBC Director

Greetings All from the Shilo Youth Bowling of Canada! Recently we held a Silent Auction and Bake Sale to raise funds to support the Shilo Youth Bowling. I would like to express a very warm thank you to all the parents who participated in our efforts to raise funds for the children by baking cookies, banana loaves, cup cakes, biscotti, rice krispie cakes, chocolate and butterscotch squares, nut loaves and marble cake. I would also like to express a warm thank you to all the businesses who donated prizes for our Silent Auction. Without their donations and the time and effort of the parents, we could not have accomplished this fundraiser. It was a great success!!

At this time I would like to extend a very special thank you to Leslie Huber for her time, effort and dedication towards the Bake

Sale and Silent Auction, of which this event could not have gone on from the 24-26 of February 2006.

The winners of the Silent Auction were as follows:

Westman Certificate/Sunflower - Sylvie Drapeau, Brat Cat - Aurora Huber, Big Party Lite - Marice Charles, Party Lite/Certificate Shilo Garage - Joanne Mann, Bratz Pool - Ingrid Waserberg, Gingercat Package - Leslie Huber, Escape Spa Certificate - Heather Kirkman, SandyLand VideA/RJ's Certificate - Marice Charles, Hoodie/2 Wheat Kings Tickets - Maureen Couprie, Girls/Boys Back Pack - Marice Charles, Star FM Hat/Shirt - Tina Pilonand, Party Lite/Shilo Garage Certificate - Dan Marshall, \$25.00 Shoppers Mall Certificate - Andrea Paramor, Bratz Plane - Aurora Huber, Benjamin Moore Paint Gift Certificate - Kelly Birch, CANAD INN Certificate - Leslie Huber

During the last day of the Fundraiser, Shilo YBC hosted

the Program Directors Challenge, in which three other houses or bowling teams participated - they were from Brandon Recreation Lanes, Carberry Lanes, and Neepawa Lanes as well as our own kids from Shilo Recreation Lanes. All bowlers participated in the challenge, bowling 4 games and scored with pins over average with seven winners in all. The two top spots were claimed by

1st Place Winner - Shilo Recreation Lanes - \$40.00 - Marie-Eve Gagnon, 2nd

Place Winner - Shilo Recreation Lanes \$22.50 - Matthew Pelletier. Well done kids! I would like to again thank all the parents who helped with scorekeeping and a very special thank you to Micheal Pope who took time out of his busy schedule to help out as well.

Finally I would like to thank all the bowlers for their efforts to improve their game and make bowling a fun sport.

Yours in Bowling

Tips for your taxes

Phil Marcus

SISIP Financial Services

Now that the RRSP season is behind us, Canadians turn their attention to income tax time. The deadline for filing your 2005 tax return is May 1st 2006. Depending on your situation, non-refundable tax credits can help reduce your tax base. Here are a few simple tips you should keep in mind.

Charitable donations

Those of you who make donations to your favourite charity will get a tax credit when these are claimed on your tax return. Keep in mind that the federal credit is 15% on the first \$200 and 29% on amounts above \$200. In addition, there are corresponding provincial credits based on your province's tax rates.

Charitable donation receipts can be transferred to your spouse. The higher income earner should claim all donations if the province of residence has a provincial surtax and the higher income earner is subject to it. This way you will get the maximum credit against the income in the highest tax bracket. If surtaxes do not apply, either spouse can claim the donations.

Medical Expenses

Medical expenses are also

transferable between spouses. Medical expenses can include amounts paid outside of Canada and they must be more than 3% of your net income or \$1,844, whichever is less. Therefore, the spouse with the lowest income should claim all expenses.

You can claim the expenses of all immediate family members (child, spouse, parent, grandparent, brother, uncle, niece...) who depended upon you for support during the tax year. The total of these expenses must be more than the lesser of \$1,844 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

You can claim medical expenses paid in any 12-month period ending in 2005 that were not claimed in the previous year.

Tuition and Education Amounts

You can claim fees paid for post-secondary courses. Each claim must be \$100 or more for each educational institution and the institution should provide you with an official tax receipt or a form T2202A. A portion of the education amounts can also be transferred from spouses and children. To find out what amount is eligible, complete

the calculation on the back of your T2202A or schedule 11 in your income tax forms.

Spouse or Common-Law Partner Amount

If your spouse or common-law partner earned less than \$8,079 last year, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$7,344 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Age and Pension Credits

These amounts are based on your age and whether you are receiving a pension and can also be transferred to your spouse.

All of the above mentioned credits and further explanations are in your General Income Tax and Benefit Guide 2005. Take the time to read the portions of the guide that apply to your claims. It may save you money or prevent you from making a costly mistake.

This article is for general information purposes only and is the opinion of the writer.

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60th Anniversary of first war bride ship

Virginia Beaton
Trident Newspaper

It was on February 9, 1946 that Operation Daddy began.

That was the day that the Mauretania II arrived at Pier 21 in Halifax, with a passenger load comprising 943 dependents of Canadian servicemen.

The press quickly named the ongoing arrival of new citizens as Operation Daddy. There would be a vast wave of young women who married Canadian military members serving in the United Kingdom and Europe during the Second World War, who were crossing the ocean, often with babies and small children, to be reunited with their husbands.

During that year, more than 45,000 war brides and their children arrived at the immigration centre and by 1948, the total had reached nearly 65,000.

Sixty years after Mauretania's arrival, the war brides, now in their 80s, were honoured with a special celebration in the same location where they first set foot in Canada. Several dozen war brides accompanied by husbands, children and grandchildren, were present in the Kenneth C. Rowe Heritage Hall at Pier 21 to receive greetings from dignitaries.

"This is an important date in the history of Canada's war brides," master of ceremonies Olga Milosevich told the audience.

The Honourable Myra Freeman, Lieutenant Governor of Nova Scotia, greeted the war brides and extended her congratulations. "Canadians recognize your tremendous courage and your strength, as you encountered many challenges you had not anticipated at home," she told them.

A brief film presentation supplied background on the war brides. According to the film, approximately 93 per cent were British but there were also war brides from 20 other countries including the Netherlands and France. They married members of the Canadian Army, Navy and Air Force, and followed their husbands to Canada to establish lives with their families in a new and unfamiliar country.

Representatives from several war brides associations spoke, recalling their reactions upon arriving in Halifax. Marguerite Turner, president of the Halifax Dartmouth Area War Brides Association, remembered seeing her husband on the roof of the building as she arrived onboard a ship in March 1946.

When Eswyn Lyster, a war bride from British Co-

lumbia, spoke, she reminisced about life in England during the war, and the involvement that she and other young women had in the war effort there. Years later, while doing research for her book about war brides, Mrs. Lyster met a woman who had worked transporting bombs. "She said that it barely occurred to her that the bombs might blow up," Mrs. Lyster remembered.

That same spirit of adventure and determination sustained many of the war brides as they came to Canada and travelled to remote locations to meet in-laws and establish households, often living in difficult and even primitive conditions.

Mrs. Lyster noted that though wartime courtships were brief, "we were a generation that took marriage seriously."

During her remarks, Mrs. Joan Schnare, president of the Nova Scotia War Brides Association, announced that there will be a war brides reunion at the Lord Nelson Hotel in Halifax from August 17 to 19, 2006.

Dignitaries present for the occasion included Captain(N) Rick Payne, representing Rear Admiral Dan McNeil, commander Joint Task Force Atlantic; Bernard Butler, acting Regional Director Atlantic of Veterans Affairs Canada;

George Aucoin, president of the Royal Canadian Legion Nova Scotia/Nunavut Command; and Robbie Shaw, president of the Pier 21 Society.

A new logo was on display, celebrating the 60th anniversary of the war brides' arrival in Canada. To mark this significant anniversary, New Brunswick and Manitoba have declared 2006 as the Year of the War Bride.

Dan McKinnon, a singer, songwriter and historian, performed the song Kith 'n' Kin, a song he wrote in tribute to the war brides.

A small ensemble from the Stadacona Band of Maritime Forces Atlantic performed period music from the 1940s, and a Grade Five class from Inglis Street School had created an art display about war brides, which was hung in the hall.

In upcoming events related to the 60th anniversary, from July until September of 2006 Pier 21 will present a display titled One-Way Passage: a War Bride Exhibit. The artist Bev Tosh created the exhibit after she interviewed war brides in North America, Britain, Europe, Australia and New Zealand. The exhibit comprises photos, letters, and other objects related to the war brides and their individual stories.

Website brings family to sea

Carmel Ecker
Lookout Newspaper

Families separated by deployment can stay visually connected through DropShots.com.

Photos, videos and even an online conversation are available through a click of a button.

The website eliminates flooding the email system with large photo files, and offers instant access to friendly faces.

People can try out the service through a free account that provides space for 500 photos and 10 two-minute videos. If that's not enough storage, they can open an account for \$4.95 U.S. per month, which provides unlimited space and a few extras.

The genesis of DropShots came from creator Ryan Sit's masters thesis in Computer Science at the University of California San

Diego. After trying to teach his mother how to send digital photos to friends and family, he saw a need for a user-friendly website even the most novice computer literates could manage.

A year after it launched in 2004, 5,000 people were using it. It has grown substantially since then with more than 75,000 people holding accounts.

The website is easy to handle and account holders can upload photos and video on their own private web page.

After registering on the site and creating a password, it's simply a matter of dragging and dropping files onto the DropShots DropBox. Account holders can upload entire folders of photos and video and the website automatically organizes by the date they were taken.

"To help keep in touch and connect family and friends together, it had to be easy and

simple to use for any level of computer user - for aunt, uncle, grandma or grandpa," says Blake Prescott, spokesman for DropShots.

Visitors don't need a password to view the site, and account holders don't have to worry about exposing their personal files to a world of strangers. They have a personal web address they can share with family and friends.

"None of our user's pages are indexable by search engines and none of the tags, descriptions,

captions or comments are searchable outside one's personal page," explains Prescott.

Visitors to the personal pages can also make comments about the images they see. The ongoing commentary creates a conversation between the account holder and the visitor.

"DropShots is more about relationship building and connection than it is a technology to post and store personal media," says Prescott.



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Game Flex Packs - Seven ticket vouchers that can be used for any regular season home game for the price of six!

Sport Chek Family Packs - Available for all Saturday, Sunday and Wednesday home games (2 adult, 2 youth tickets, 4 Maple Leaf hot dogs, 4 soft drinks and 4 programs for just \$40 plus GST). On Sale now at Sport Chek in Shoppers Brandon!

Pizza Hut Birthday Packages - \$79 includes minimum of ten tickets (8 children & 2 adults), treats from Pizza Hut, public address announcement and autographed birthday card!

BRANDON WHEAT Kings

For Tickets Call 726-3555 or visit ticketmaster.ca

www.wheatkings.com

731 Signal Squadron Ski Day

By Cpl Denny Brown

On February 6th, the CO 731 Signal Squadron and 16 junior ranks embarked on a 'winter mobility' adventure training exercise at Holiday Mountain Ski Hill near La Riviere, Manitoba. The aim of the exercise was to familiarize us with and improve our abilities to manoeuvre in winter conditions. Oh yeah, and also to foster a little esprit de corps.

After a two-hour early morning bus ride courtesy of Base Transport, we arrived at the hill and quickly got oriented to the sur-

roundings. The staff was courteous and efficient, setting us up with rentals and providing us a kit/hang-out room. Then the real fun started. Some of us (less courageous but more stalwart?) strapped on cross-country skis and were not heard again until lunch. Another group (brave but more cautious?) engaged the local alpine ski instructors to help them become masters of the hill. The third group (bold and reckless?) decided to tackle the hill without the help of the instructors. This last group

included some neophyte skiers who decided to take to the hill on their own with little more than a few pointers from their buddies.

It quickly became apparent that we all needed the first few runs to get rid of old kinks and tune our legs to the pleasures of the hill.

After that, we spent the rest of the day in the freestyle area trying out the variety of jumps and bumps. Surprisingly even the greenhorns seemed to naturally pick up how to ski very quickly. Of course it goes without saying that in situations where soldiers face physical chal-

lenges, contests of bravery will develop. Inevitably there were a few amazing crashes that through some miracle did not result in any serious injuries, just a bit of lost pride. Notables were Cpls Purdy and Mulvihill with the two most spectacular crashes seen on the

hill that day. (Cpl Purdy was even begged to take a lesson by one of the ski instructors after his most inelegant face plant.)

After a fulfilling day on the hill we returned our rentals, cleaned up our area, and slowly made our way back to the bus.



Cpl Klassen, Cpl Haight, MCpl San Martin, Cpl Mulvihill, and Cpl Edwards at the top of the ski hill and enjoying the day.



Cpl Mulvihill after a crash landing.

Photos submitted by 731 Signal Squadron

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Deployment News

Photo: Combat Camera



PRACTICE Makes Perfect



Pte Yan Corriveau from B Coy of the 2 PPCLI fires his M203 Grenade launcher. He is firing at targets on the Tarnak Farms range south of Kandahar Airfield in Afghanistan. Six platoon from B Coy is part of the Provincial Reconstruction Team and will be based at Camp Nathan Smith in Kandahar City.



(Right) Gnr McPherson prepares the charges on a 81mm mortar round. The mortars are firing from the base at Kandahar Airfield into Tarnak Farms. A Trp is part of A Bty, 1 RCHA. They are part of 1 PPCLI Battle Group.



Gnr Janie Duquay lays the 81mm mortar on target after receiving a fire mission. MBr Todd Engram, the detachment commander, supervises the actions of Gnr Duquay and Bdr Kelly Johnston. The mortars are firing from the base at Kandahar Airfield into Tarnak Farms.



Photos by MCpl Ken Fenner

E-Troop looks back

By Gnr Johnston & Gnr Lee

E Troop, C Bty, 1 RCHA kicked off the fall with BTE 05 Ex PHOENIX RAM to help other units prepare for their next tour. On this Ex, E Troop soldiers were tasked as OPFOR. They used MILES gear, conducted airborne insertions and extractions, raids, ambushes, and deliberate attacks, all with a specific view to help prepare other soldiers to experience what it was like to be in real life combat situations.

SAT II kicked off for the people who got to stay behind from BTE 05 in mid September. We started off, with about 3 weeks of classroom such as NBCD training, mine awareness, section attacks, and FIBUA. After the class work was done, E Troop moved out to the field where the training became more physical. The well trained and experienced leadership led us

through many successful attacks and let the younger troops have a chance at leading a few themselves. Although SAT II was cancelled for us in the end, E Troop still got to experience and conduct some excellent training while at the same time practice their field skills for future operations.

In early December, E-troop deployed to the field in a simulated helicopter drop, and headed off to the field in Ex DISMOUNTED COBRA. We dismounted the chopper in order of march with 100 lbs rucksacks, and marched 6 kms. After reaching our destination a long halt was conducted and E Troop awaited their chance to deploy the mortars. After a few small hang-ups, E-troop had fun and learned a lot during the two-day ex. E Troop also got a good idea of the importance of being

in good physical shape on exercise.

In late December E-Troop took part in Ex DOOR KICKER. During the Ex, we went to Bldg Q-2 (simulation range) where 3 days were spent practicing FIBUA skills. The first couple of days were spent on teaching points that consisted of entry drills and instinctive shooting. When that was all done a force on force exercise was conducted. That was the fun part, although some very important skills were gained from it as well.

In December, E-troop also helped with setting up and running the Regimental Dance. Although it was hectic at times, the dance was a major success with everyone having fun.

Last but not least were the promotions that occurred during this time. From Gnr to Gnr (T) were Gnr Lee, KA, Gnr Price, Gnr Miles and Gnr Gregoire. From Gnr (T) to Bombardier Bdr Harnish. From Bdr to MBdr, MBdr Labonte. Finally, from Sgt to WO, WO Chubbs.

Professional Transport Driver Training School Orientation Session

Professional Transport Driver Training School is a locally owned and operated Transport Career Development Center. Experienced drivers train students through 3 phases of training, including pre-screening, hands-on and classroom instruction, and optional on-the-job training.

If you are retiring from the Canadian Forces or your spouse is seeking employment as a Professional Transport Driver, Mike Dobell, Career Consultant will conduct this one-hour orientation session. This orientation session is open to Regular Force and Primary Reserve military members and their families.

Please contact the BPSO office soonest (204-765-3000 extension 3086) to ensure your participation:
Date: 15 March 2006
Time: 1000 - 1100 hrs
Location: CFB/ASU SHILO, Building L102, Room 226
Dress: Military or Civilian
Cost: Free

Solid food for your baby?

News Canada

Introducing a baby to the world of food is a new and exciting experience for parents. Dr. Richard Theuer, a consultant to Beech-Nut Nutrition - a company that recently entered the Canadian baby food market - has answers to the five most common questions parents ask about starting their baby on solid food.

1. When can I start exploring the world of food with my baby?

The Canadian Paediatric Society recommends that a baby be introduced to solid foods between four and six months of age. At this age, your baby can move food from the front of the mouth to the back and swallow when fed with a spoon.

2. How do I start my baby on solid food?

One of the most important rules about starting solid foods is to introduce only one new food at a time so you can identify if a food disagrees with your baby. Most doctors recommend iron-fortified rice cereal as baby's first solid food as it is easy to digest and mixes well with breast milk or formula. The best time is the second feeding time of the day - mid-morning. Start by giving about half of the breast feeding or formula you normally do. Then sit your baby upright in your lap

and try a small spoonful of Beech-Nut Rice Cereal. Then continue with breast feeding or formula.

3. What do I need to know about food safety for my baby?

There are some do's and don'ts that parents need to be aware of:

DO listen for the 'pop' of the lid when you open

Between five and 25 per cent of babies have allergies. Babies in a family with a history of allergy are more likely to have allergies of their own. If there is a history of allergy in your family, delay starting solids until six months of age or later. Corn, wheat, eggs (especially egg whites), milk, soy, peanuts, tree nuts, fish and citrus are most likely to be allergens, so talk to your medical advisor about when to introduce these foods.

5. What are the nutritional needs while moving a baby onto solid foods?

Breast milk or infant formula supplies all the nutrition your baby

needs and should be the basis of the diet for the first year.

At four to six months of age, your baby's need for iron increases. The Canadian Paediatric Society recommends iron-containing foods such as iron-fortified cereals as the first solid foods to prevent iron deficiency. Beech-Nut makes iron-fortified Rice Cereal, Oatmeal Cereal, and Barley Cereal.

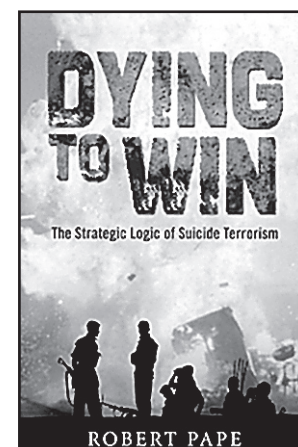
Introducing solid food into a baby's diet is one of the most important and exciting times in their growth. It is a learning experience for parent and child so there will always be questions. For further information call the Beech-Nut Helpline at 1-800-523-6633 weekdays 9:00a.m. to 6:00p.m. Eastern Time.

Introducing solid food into a baby's diet is one of the most important and exciting times in their growth. It is a learning experience for parent and child so there will always be questions. For further information call the Beech-Nut Helpline at 1-800-523-6633 weekdays 9:00a.m. to 6:00p.m. Eastern Time.

Mothers can also consult the Canadian Paediatric Society website for further information on food safety.

4. Will my baby suffer from food allergies?

The mindset of a terrorist



Dying to win: The Strategic Logic of Suicide Terrorism
 By Robert A. Pape
 Published by Scribe,
 May 2005.

Review by Cpl Jamieson
 Australian Army News

EACH day we can read in the news how another suicide bomb has been used as the ultimate guided weapon system.

From Sri Lanka to Israel, they have often been regarded as a tool of religious fanatics, but Pape's academic approach reveals that religion often has only a veneer role to play, if any role at all.

Dying to win is a study that reveals how the role of every suicide campaign from 1980 to 2003 has been to compel modern democracies to withdraw military forces from territory that terrorists view as their homeland.

Pape's critical analysis of the suicide terrorist makes

for interesting reading, but it falls down in two main areas. First, the study covers the period up to 2003, omitting the many recent attacks that have plagued the world.

Second, Pape's recommendations to policy makers seem to be in line with the terrorist's demands, that is, remove the western troops from the regions of conflict.

Anyone contemplating reading this book should be aware that it is essentially an academic text, but for those who want to get into the mindset of the suicide terrorists this book will give you a valuable insight into their frightening world.



Photo submitted by 1 RCHA

NOTICE

Spring Road Restrictions – 2006 Order #1 Released

Each year, the pavement on our provincial highways is weakened by the spring thaw.

To reduce damage to our roads, reduced allowable vehicle weights will be applied to certain provincial highways between March 18 and May 31, 2006.

Changes made to last year's Spring Road Restrictions will affect transportation in various regions of the province. Motor carriers and businesses should review the list of restricted highways early and plan their spring time activities based on the new restrictions.

To find out how the 2006 Spring Road Restrictions will affect you, please check the following sources:

- www.gov.mb.ca/tgs/transreg/compreg/spring-restrict
- fax poll: (204) 945-6499
- Compliance and Regulatory Services at (204) 945-3961 or (204) 945-3890
- Manitoba Transportation and Government Services regional offices and weigh stations

Manitoba 
 Building for the Future

UK troops to bolster NATO mission in southern Afghanistan

By Tim Ripley

JDW Correspondent London
Jane's Defence Weekly

The UK will 'surge deploy' nearly 6,000 troops to Afghanistan over the next six months to kick start a three-year mission to expand NATO's peacekeeping mission into the lawless south of the country, UK Defence Secretary John Reid announced on 26 January.

Reid said the deployment was essential to ensure the success of NATO's International Security Assistance Force (ISAF) mission and prevent Afghanistan once again becoming a base for supporters of Al-Qaeda leader Osama bin Laden.

However, the Defence Secretary was less precise about when the UK force would actually start deploying and when it would take over responsibility of Helmand province from US forces currently conducting anti-terrorist operations in the area. Reid said he expected the handover to be complete "by the summer" (mid-2006) but stressed that the UK's plans might change or timings slip to accommodate events on the ground.

Reid played down fears

that the Netherlands parliament might veto plans by the Dutch government to send 1,400 troops to join the expected 9,000-strong NATO mission in southwest Afghanistan. He said he was "confident" the Dutch would commit their troops as promised but that the UK would not make up any shortfall if they did not. "NATO will find the forces; we will not plug the gap," he said.

Reid stressed that the principal objective of the force would be to allow the Afghan government to establish its authority over Helmand province, which Foreign Office Minister Kim Howells described as the "heartland of the Afghan narcotics trade".

Playing down any involvement in warfighting or combat operations, Reid said: "We are not going to wage war but to help the Afghan people." He said the UK operation would be conducted very differently from the current US-led 'seek and destroy' anti-terrorist mission, which was aimed at getting terrorists "in jail or under the soil".

JDW understands that a significant contingent of UK Special Forces, including elements of the Special Air

Service Regiment and the newly formed Joint Special Forces Support Group - currently based on the 1st Battalion, The Parachute Regiment - would be on hand to act as a rapid reaction capability throughout southern Afghanistan, under the direction of 16 Air Assault Brigade's planning staff.

The surge deployment over the next six months will be gradually followed by a drawdown of the support assets needed to establish the force, said Reid. He said the mission is expected to cost around GBP1 billion (USD1.8 billion) over its three-year duration.

While in the process of building up its new force package, the UK is to wind down its existing activities in Afghanistan. The provincial reconstruction team in Mazar-el-Sharif will not be replaced when the 1st Battalion, The Royal Gloucestershire, Berkshire and Wiltshire Light Infantry complete their current tour in April. The RAF's detachment of six Harrier GR.7 strike aircraft operating out of Kandahar are also to return home in June or July when another NATO air force contingent is

expected to take their place.

UK force package elements * A command group supporting the Headquarters Allied Rapid Reaction Corps (ARRC), comprising some 1,000 troops from 7 and 16 Signals Regiment, as well as an ARRC Support Battalion.

* A preliminary operations force of some 240 personnel is already in Kandahar conducting reconnaissance missions and working with US and Canadian NATO forces already in the region.

This is understood to include a strong contingent of UK Special Forces personnel.

* A pre-deployment force in southern Afghanistan that will construct the fortified camp and other facilities to be occupied by the main force. This will begin work next month and include about 850 troops from 39 Engineer Regiment, with a force protection package provided by a company of 42 Commando Royal Marines and three Royal Air Force (RAF) Boeing Chinook helicopters of 18 Squadron.

* The main force package is to be some 3,300 personnel strong and will include elements of the headquarters of the British Army's 16 Air



16 Air Assault Brigade during Exercise 'Herrick Flight' before its mission to Afghanistan.

Assault Brigade and airborne infantry battle group, initially drawn from 3rd Battalion, the Parachute Regiment.

* An aviation battlegroup from 9 Regiment Army Air Corps will deploy nine AH.1 Apache attack helicopters and four AH.9 Lynx utility helicopters, making the first time the UK has used its Apache in a real operation. The RAF is to establish a force of six Chinooks in southern Afghanistan and increase the number of C-130 Hercules medium tactical transport aircraft in the country from two to six.

* Army support units will

include an armoured reconnaissance squadron from the Household Cavalry Regiment, a battery of 105 mm Light Guns of 7th Parachute Regiment, Royal Horse Artillery and a battery of Desert Hawk unmanned aerial vehicles operated by 32 Regiment Royal Artillery. Logistic support will be provided by 13 Air Assault and 29 Regiments of the Royal Logistic Corps, 7 Battalion, the Royal Mechanical and Electrical Engineers and 16 Close Support Medical Regiment.

Article courtesy of Jane's Information Group,
www.janes.com

Discover how self-directed investing can really improve your financial future and cash flow.

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Free Public Information Sessions

Brandon
Tues. March 14
7:30 pm
Victoria Inn

Shilo
Wed. March 15
7:30 pm
Sprucewoods
Community Centre

Brandon
Thurs. March 18, 7:30 pm
Chamber of Commerce

For more info on other locations go to: www.trustedconnexions.com/events

Brandon Office -- Suite 2, 37 11th Street
Brandon, MB R7A 4J2
Toll Free - 1-866-383-7868



For more information in Brandon contact: Denis Badiou (204)724-4989 • Brian Gutscher (204) 761-5356



Shilo Military Family Resource Centre



Restoring Hope to Grieving Youth

Dear Parents,

The Shilo MFRC is running RAINBOWS - the deployment version, which is a peer support program for children who are dealing with their feelings about their parent being deployed.

Trained staff members and volunteers who have taken training for RAINBOWS will be available right after school at the MRFC Tuesdays or Thursdays to run the program. The program can be offered in both French and English and there is no cost to the family. The strength of the program is in the peer support, which the children provide to each other by recognizing that they are not alone dealing with the changes in their families.

The children are arranged into small, age appropriate groups and the groups meet weekly for 11 weeks and the 12th week there will be a Celebrate ME party to end the program. The confidentiality contract which children sign means that they cannot share what anyone else says in the group outside the group. They can share what they contribute, if they wish with their parents. If any concerns regarding the child arise during the groups, the group facilitator will contact the child's parent so that they are aware and can deal with the concerns. The group facilitators are also bound by confidentiality.

Please complete the attached form if you would like your child to participate in RAINBOWS or if you would like more information about the programs. Signed parental consent is required for your child to attend the program. Completed forms need to be dropped at the FRONT DESK of the MRFC by March 10, 2006. RAINBOWS sessions to start March 21 and 23, 2006.

Christi Morcombe Ext. 4106
Prevention, Support, and Intervention Coordinator

Name: _____ Age: _____ Grade: _____

Address: _____

Phone: _____

Child's Signature: _____

Parent's Signature: _____

Please check preferred day

Tuesday 3:45 - 4:30 _____

Thursday 3:45 - 4:30 _____

Have YOU Heard from the MFRC?

If your spouse/partner is away, and you have not heard from us yet please let us know! The MFRC wants to make sure that no one is missed during a deployment. If you have not heard from us, we may not have your name or your correct contact information! In order to provide proper and equal service to all military families going through a deployment, we hope to keep our lists up to date!

Please contact Jennifer Chiarotto 765-3000 ext. 3853

Weekday Workout Child Care

Is your spouse away and have no child care to get to the gym in the evening?

This is for you!

Child care will be offered in the OCC room at the Community Centre

Thursdays

6:30-8:30pm

\$5.00/child or \$10.00/family per session

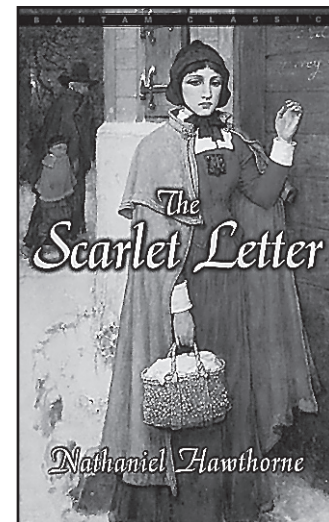
Child care must be booked by

NOON the day of - ext. 3352

Shilo Book Club BOOK OF THE MONTH

The Scarlet Letter

By Nathaniel Hawthorne



Join us on March 28th to discuss this book over coffee and cookies. Bring your ideas about how the book made you feel, what you were touched by/annoyed by, or angered by, and give your opinion to all of us. We'll also be picking our next selection for the month of April so bring your ideas!



Cours Prénataux

vendredi le 17 mars

19hrs à 21hrs

rencontre à l'hôpital

Brandon

tour du département de la maternité

samedi le 18 mars

10hrs à 15hrs

centre communautaire

Téléphoner à Susan au

571-8479

pour plus d'information ou pour l'inscription

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*Non-commercial ads only

Homes for Sale

New Country Home

1344 sq foot Country style home on 5 acre lot - 15 minutes from Shilo. Priced to go at \$176,500. Call 834-3752 or 724-6580.

2003 Mobile Home - 1200 sq. ft. custom design mobile home. Possession date negotiable for "soon to be posted" Shilo troops. Ph: 728-3875

Out of Town Home

Wawanesa - Family home, 4 bedrooms, total area approx 1440 sq. ft., 3 bdrms upstairs, new addition, new deck, new fence. Affordably priced at \$65,000. Other rural homes & acreages for sale. Countryland Realty, call Dave Mooney 824-2094.

For Sale

Sunny 4 bedroom bi-level close to Shoppers Mall, school and bus. Cedar hot tub room with attached garage. Finished up and down. New Oak kitchen, flooring main, water tank. Mature trees. Asking \$159,900. 729-9991

House for sale in Brandon. 2+1 bedroom, 2 bath, central air, new high efficiency Lennox furnace, new hot water tank, very private yard on the edge of the city, near ACC and hospital: \$129,900.00. Call 725-4598, leave message please.

70 Shilo Road, over 1100 square feet, 5 bedroom, double garage, central vac, fenced back yard, 100x150 land, \$120,000 call 763-4720 for more info.

Private Carberry 2 plus 1 bedroom, 1.5 bath. Mudroom attached screened patio. Detached garage, call 834-2001

Homes for sale

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 family home, new addition, fenced yard priced at \$65,000. Countryland Realty-Dave Mooney 824-2094.

House for sale in Brandon. 2+1 bedroom, 2 bath, near ACC, hospital, call 725-4598 or view at www.comfree.ca

Homes for Sale

Available March 1 - Furnished room in private home: includes utilities, cable, phone, laundry & parking. Share home with owner @ \$400 per month. Please call 728-5507 or 724-3242 after 5pm. References required.

Approx. 6 acre yard site. Well treed, lots of water, near Stockton, open to offers, call 824-2827

For Sale

2002 Ford Windstar Sport Van for sale. Loaded with leather and power sliding doors. Blue in color with 89,000kms. Please call for more details. Asking \$14,500 obo. 727-0017

1998 FORD EXPLORER SPORT

4x4, 4L V6, Fully Loaded, power seat, air, cruise, 221 000 hwy km's. Safetied \$6200 obo. call 328-7974

Take over lease on a 2005 Kia Rio, black in color, 32000 km, monthly payments are 274.27. Must go asap. call 824-2394 (wawanesa) after 5:00pm

Save \$10000! 05 Malibu LT Fully loaded including V6 automatic, sunroof, heated leather seats, and factory remote start. Affordable buy at only \$21600 OR Lease for just \$341 per month taxes included 729-1925

Wanted

A female to look after a disable woman. Physical strength required. No experience necessary. Shilo/Part Time/\$11.00hr 765-2542

Brandon Bluefins Swim Club

Requires Assistant Coach
Level 1 Skills course preferred. Previous competitive experience an asset. Part-time position approx 5 hrs per week (+ meets). Please forward resume by March 7th to c/o 708 McDiarmid Drive Brandon, MB R7B 2H8 or email to wagnergr@mts.net

Serving Pieces.

1847 Rogers Bros. Dafodil Silver Plate issued 1950. Please contact (204) 571-1592.

For Sale

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

Like new! One-double size mattress & box spring, one-double mattress + couch + chair, call 725-4305/763-4007

Double sized three month old pillow top mattress for sale. \$250 or best offer. Call 763-4007

1998 Ford F 150 XL

Ext. Cab with 3rd door. 6 Cyl Std trans, 123K km, Ex Cond, Air, Cruise, CD Stacker, Box Liner, Storage Box, \$9500 OBO. Call Mike at 763 4990.

2003 Jeep TJ sport, 4.0L, 6cyl, 21 000km Inc. soft and hard tops, \$18 500, Call Richard 765-4604

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

Infant/Toddler Boy clothes 0-18 months and misc. items for sale. All items in excellent condition and worn only for one child. Prices range from .75-\$15.00. Please call 727-0017

Advertise in The Shilo Stag 765-3000, ext.3013

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 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.

Fish Tank for Sale

10gal Fish tank w/ accessories \$20.00, 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.

For Sale

Magic Chef Dryer, approx 5 years old. Very good condition. \$250.00. Call 763-4663 after 4pm or leave message.

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

3 piece living room set (sofa, love seat & chair) excellent condition, grey in color, approximately 8 yrs old, (non smoking / no pets) asking \$300 obo

- 18 cubic foot frige daire refrigerator (top freezer) excellent condition (2 yrs old) asking \$300.00 obo,

- Kenmore quiet guard, ultra wash dishwasher - approximately 4yrs old asking \$150.00 obo. Call (204) 765-5257 (home) or (204) 761-5405 (cell).

Furniture

Posted In/Out or just looking for great deals. We Buy and Sell good used Furniture/ Appliances/Beds. Visit

People's Market Place 32-13th Street, Brandon or call 727-4708

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

Bottle Drive

1st Shilo Scouting would like to thank all who donated their bottles to us. For anyone who would like to get rid of their beer bottles and cans during the year, we will pick up cases of beer bottles and beer cans. To arrange pick-up of 3 or more cases please call ext. 3396. Leave your address and where they will be and someone will pick them up before the end of the day.

Melia's Piano Teaching

I have 10 years of experience and live in the Shilo/Cottonwood area. Theory included, call 763-8930.

base hair & tanning salon

765-HAIR ❖ CANEX Mall ❖ 765-4247

How to Find the Right Hair Style for Your Look

Are you looking for the perfect short haircut? Or maybe you need a few tips on how to manage and maintain the short hairstyle you already have? If so, you've found the right place to begin exploring all the fun and convenience of short hair!

A short hair style that suits you and your lifestyle can dramatically change the way you feel and look-- it can boost your confidence, make you look younger, and reduce the amount of time and money you spend on hair care.

A good short haircut has the right proportions and includes all the basic elements of balance, line and movement. The cut should be manageable and the hair should look great in its natural form even before it is styled. Selecting a short hair cut style means choosing from curly styles, layered hair cut, bobs, and bangs, among many options.

Choosing the Right Hair Cut

Choosing the right hair cut is part technique and part art. The first step in finding the right hairstyle always comes down to determining facial structure. Each face has its own unique structure. The shape of your face and head has a major role to play in the type of hairstyle you can wear best.

Knowing the shape of your face before you head to the salon will help you to choose the right hairstyle and will help you to communicate better with your stylist.

Narrow Down Your Hair Style Choices

Once you know your face shape, all you need is some hairstyle ideas and inspiration. However there are probably more than 100 hairstyles that can suit your particular face. In order to narrow down your choices and find the best and the most suitable hairstyles for you and your lifestyle, you need to consider a hair consultation. Magazines are a great source of ideas when looking for a new do! Bring pictures and ideas to Base Hair & Tanning for a free consultation with a stylist. Together you will find the perfect hairstyle for you.

Tip of the Week

Consider having foil high or lowlights added to your hair. A single foil is only \$10.00 and it can make a dramatic difference in how you look. A single face-framing highlight turns a good haircut into a great new look! Call Keri or Tari for a free consultation or drop by to see them at Base Hair & Tanning in the CANEX Mall.

Wawanesa School' presents TEAM TRIVIA CHALLENGE!

Friday March 17th at Wawanesa School
Doors open at 7:30pm, play begins at 8pm
\$10/person at the door
Get a team of 4-8 people, pick a theme and play for bragging rights.

For information, call Angela at 824-2111

US visit, exercises; highlights for F Troop

By Bdr Hansford
C Bty, F Tp

Last year the 13th Marine expedition force, slated for Iraq, asked for a coalition force from C Bty to deploy to Victorville, California to aide them in their training. It was hard to leave Canada to go to California, however we deployed anyways. It is especially difficult when we're able to train with foreign equipment, including mines and IED training. For part of our training, members of C Bty participated in realistic First Aid training. This took place during section and platoon movement in an urban environment. Included in our training was the use of the Quickie Saw. The Quickie Saw is a lot like a chainsaw but has a round disc on the end; this saw is used for cutting down doors. After all of this grueling training, we got a little vacation with 24hrs R & R in Las Vegas. Refreshed, we completed the Ex with a battalion size attack on an old US Air Force PMQ area.

August 22-26/05 C Bty soldiers took part in two parachute descents over water and one Helo Cast. This made for a little anticipation and excitement as the jump-

ers found out that their landings were a little more wet than they were accustomed to. However, what they did not know was that they had to swim back to the shoreline after each jump. The jumps proved to be so much fun that the swim back was an acceptable inconvenience if it meant making the next lift on the helicopter.

Prior to leaving for the annual excursion to Wainwright, we conducted our work up training in Shilo. This training included the C9, C6 and C7 PWT level 3, and 84mm and M72. We worked out of a FOB (forward operating base) with 3VP, 1GS BN, and 1 Field Amb. All, or I should say most soldiers, lived out of the austere bivouac sight, living with the bugs in our personal shelters. This Ex consisted of us conducting dismounted and mounted patrols in order to gather intelligence on enemy activity in our AOR. As a result of our aggressive intelligence gathering techniques, the battle group launched two company size attacks supported by our C Bty mortars. In the attack we were inserted by helicopter approx. 7-8km from the objective; then traveled

dismounted through the rolling terrain and across a river being attacked continually along the way. This was much fun for our C Bty soldiers as they moved with mortars and ammo strapped to their ruck. Nonetheless we soldiered on destroying all contacts and restoring order to our area of operations. In the end, under fire, we humped back to the PZ upon the successful completion of the attack!

Limber Gunner, from 22-26 August, was another good go for all C Bty soldiers. We were tasked as belligerents, and in doing so, had the opportunity to remain unshaven and blissfully out of dress while assuming that role. The concept of the Ex was to exercise A Bty and their respective skills as part of their work up for pre deployment training to the Kandahar region. Incorporated in this training were dismounted and mounted patrols, Counter Convoy Ambush, IED drills, and Mine Strike drills.

On 12 Nov, C Bty was tasked to conduct a full equipment jump to include the 81mm mortars. Nine members of the battery had the opportunity to parachute with a new prototype

bag designed to carry the mortar. We took off for Edmonton for 7 days of training and rigging. The mortar was put into the bag and rigged as a LE load (light equipment load). Jumpers got ready to jump into the pitch-black night. They exited at 1000 feet AGL and had a successful Aerial Deployment with the mortars on DZ Torii in CFB Edmonton. Back in CFB Shilo the Bty was conducting a mortar conversion course for all unqualified members of the Bty. All candidates went on to the live fire portion to complete their course.

From 28 - 30 Nov C Bty conducted a dismounted mortar exercise called DISMOUNTED COBRA. The exercise consisted of a few short (2-3km) live fire moves to confirm detachment level techniques and tactics.

On 9 Dec we received nine new jumpers, each one had successfully passed their Basic Parachutist course conducted 19 Nov - 09 Dec at CPC Trenton. Congratulations to those who participated and passed.

Fifteen personnel were sent to Fort Lewis, Washington for

MENTON DAYS in the early part of December. MENTON DAYS was the 51st annual commemoration of the disbandment of the first Special Service Force. The American jumpers there wanted to jump with Canadian chutes (CT-1); and we wanted to jump with the US (MC1-1) chutes in order to qualify us to receive our American Wings. To the American jumpers surprise, they discovered that our chutes fall more rapidly. Other activities included C Bty participating in a friendly timed instinctive shooting competition with the Americans and members of the 1 SSF. After the shoot everyone decided to have a friendly soccer game. The teams were made up of members of C Bty and 3VP vs. the Americans. The final score was 2-1 for the northern front.

Just before going on Christmas holidays C Bty conducted a simunition kill house at the new indoor range in building Q2. For those of you who do not know...simunition hurts, which is good training because it makes it more realistic. I remember taking this one hallway where I exposed just enough of myself to get shot

right in the head. This type of realistic training really makes people think more about their drills. In this exercise we covered room clearing and stairway drills, which are always fun. We received 5000 rounds and every round was fired in our two day exercise.

As of January 2006 we are beginning our PCF cycle, this cycle allows us to continue with soldiers career progression as well as meet the demands of any upcoming Operations. On the operations front, C Bty is preparing to come under the command of LCol. Eyre, CO 3 PPCLI, as of 10 Apr 06 and we'll begin to prepare for TF 2-07.

In conclusion, the soldiers of C Bty had a fairly busy quarter and year. Each demand was met with resounding success, even if it meant going into a task shorthanded. Like any successful organization that needs the right people to get the job done, C Bty members proved that we have the right people and the right work ethic to get the job done throughout the year. With each success we build on our teamwork and confidence. We're looking forward to the challenges that lie ahead in 2006.

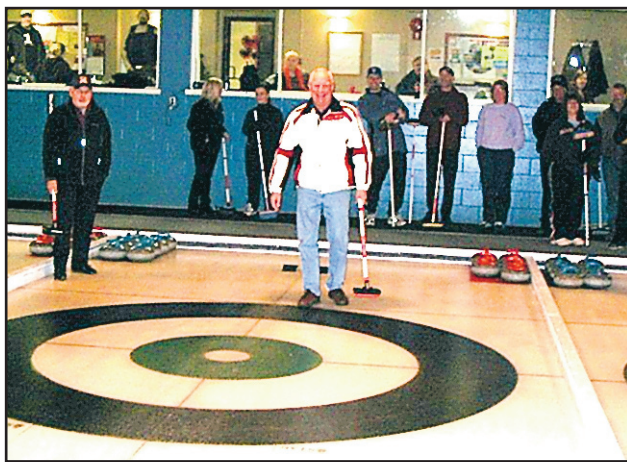
Curling Bonspiel success

Trish Alexander
Shilo Curling Club

On February 10-12th, the Shilo Curling Club hosted the 3rd Annual Men's Club Mixed Bonspiel. This event was well received with twelve teams from the surrounding area and as far away as The Pas! The Club was able to hand out over \$1000 in total cash for prizes in the 'A', 'B', and 'C' events.

The president of The Shilo Men's Club, Eugene Gondek, threw the first rock to kick off the first draw on Friday night. The Aube rink took the 'A' event, the Wilson rink succeeded the 'B' event, and the Mosiondz rink took the 'C' event.

We would like to take this opportunity to thank all of the teams for their participation as well as the Shilo Men's Club for their sponsorship in this event. There was a banquet on the Saturday night with a fantastic meal put on by The Men's Club. What a great job they did. We look forward to a 4th Annual bonspiel, and to working with The Men's Club one again next year.



There will be one more mixed bonspiel at the Shilo Curling Club on April 7-9th. This will be another cash bonspiel with a maximum of 16 teams. Please note that you only need ONE member of the oppo-

site sex to submit a team. If you are interested, please contact Trish to register at 765-5197. The first paid 16 teams will be accepted, so register early! Looking forward to seeing you at the next event.

Taking aim



Photo by: Master Corporal Ken Fenner/Task Force Afghanistan Photographer

A Canadian gun detachment fires an illumination round from their M777 155mm howitzer in support of Coalition forces. B Trp is part of A Bty, 1 RCHA based at Shilo, Manitoba. 1 RCHA is part of the 1 PPCLI Battle Group.

Canada's mission in Afghanistan is part of our contribution to the international campaign against terrorism. The overarching goal is to prevent Afghanistan from relapsing into a failed state that gives terrorists and terrorist organizations a safe haven. The next phase of Canadian operations in Afghanistan will continue to help improve the quality of life for the Afghan people, and to ensure that the progress made is sustainable.