



# THE SHILO STAG

Your Canadian Forces Base Shilo Community Newspaper

Volume 45 Issue 6

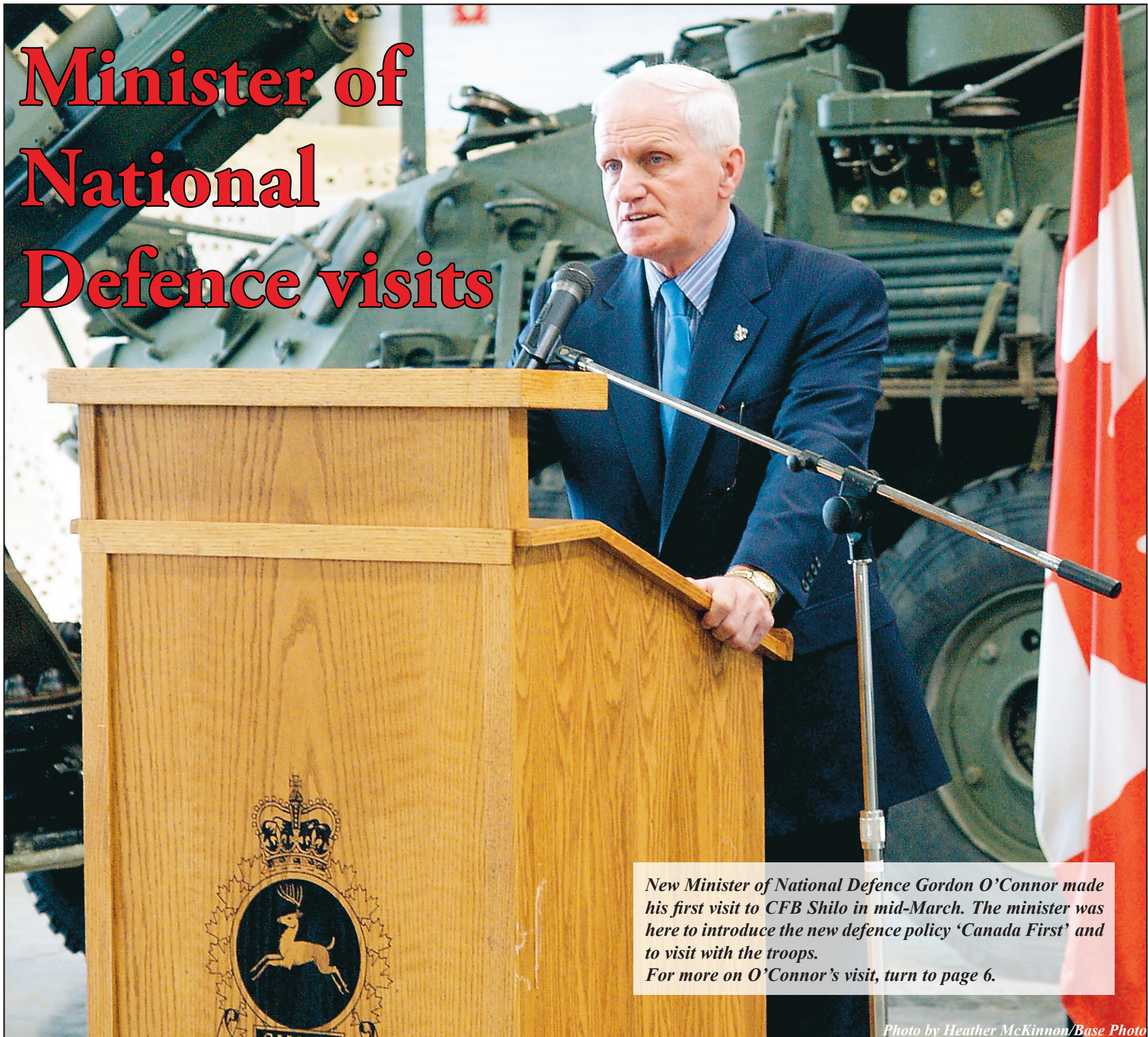
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March 30, 2006

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## Minister of National Defence visits

*New Minister of National Defence Gordon O'Connor made his first visit to CFB Shilo in mid-March. The minister was here to introduce the new defence policy 'Canada First' and to visit with the troops. For more on O'Connor's visit, turn to page 6.*

*Photo by Heather McKinnon/Base Photo*

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## Manitoba's minimum wage is increasing

On April 1, 2006, it will rise to \$7.60 per hour.

For more information, please contact us at 945-3352, toll-free at 1-800-821-4307, or on the internet at [www.manitoba.ca/labour/standards/](http://www.manitoba.ca/labour/standards/)

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## Environmental Youth Corps

### Make a difference in your community

The Environmental Youth Corps (EYC) funding program encourages Manitoba youth to voluntarily participate in projects that will help improve and protect our environment. Previous EYC projects have included community clean-ups, creating green space, and habitat conservation. Project sponsors may apply for grant funding of up to \$5,000 to carry out environment-related EYC projects within their community.

To get the green light for your project, complete an EYC application. Application intake dates for the EYC for the summer of 2006 are:

Friday, May 5, 2006  
Friday, June 2, 2006  
Friday, July 7, 2006

All decisions will be made in writing approximately four (4) weeks from the above dates.

To learn more about the Environmental Youth Corps contact the Manitoba Conservation regional office nearest you, or the program co-ordinator in Winnipeg:



**Pollution Prevention Branch**  
Manitoba Conservation  
123 Main Street, Suite 160  
Winnipeg, MB R3C 1A5  
Telephone: 204-945-4717  
Toll free: 1-800-282-8069, ext. 4717  
Fax: 204-945-1211  
E-mail: [sdif@gov.mb.ca](mailto:sdif@gov.mb.ca)  
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Due to the Shilo contract we can keep our flat rate of \$30 from CFB Shilo to Brandon only. Each rider **Must be Military**. We will require proof of ID. If any rider does not have military ID there will be charges of \$1.70/KM. All trips must originate or terminate at Shilo. Any other locations will be metered at \$1.70/KM. This is due to a new Manitoba Transportation Law that came in effect as of October 31, 2005.

Call 765-2298 or 727-5635 for any questions or more information

# Deployment News

## Sitrep from Kandahar



**LCol PJ Williams**  
CO 1 RCHA

Commanding Officer's SITREP from Kandahar

At the time of writing, Canada has assumed lead of the multinational Brigade in Kandahar, formally called Coalition Task Force Aegis. We thank our comrades from the US Army's 173rd Airborne Brigade, based in Vincenza, Italy, for an excellent han-

dover. Its now up to us to build on their work.

And make no mistake, this work can often be very dangerous. On behalf of all ranks of 1 RCHA I'd like to offer our sincere condolences to the family and friends of Cpl Davis and MCpl Wilson, members of our sister unit in Shilo, 2 PPCLI, who were recently killed in a vehicle accident here. Members of the 2nd Battalion can be assured that both soldiers were bid farewell in a very moving and dignified ceremony in Kandahar.

We've had more than our share of visitors to theatre as well:

\* Peter Mansbridge of CBC, who broadcast from here, with a suitable Gun-

ner backdrop of the CHA flag and the M777s in the background.

\* The Prime Minister and Minister of Defence, who made a short notice visit to us here, and with whom we were able to speak with.

\* The CDS, General Hillier, who enjoyed a longer stay with us. Sorry, C Bty, he didn't mention the second line of operation!

\* The 2 CMBG Op Recce Party, looking to prepare TF 3-06 who will arrive in August, with a FOO party from B Bty.

\* And if all goes as planned, we should soon be graced by the presence of a Tim Horton's franchise here in Kandahar.

As home life goes on and with our Op Plan ap-

proved, we are well prepared for the upcoming training year, and in particular getting C Bty ready for whatever lies in store for them.

To the 2IC, RSM and the rest of the Home Front Team, keep up the great work. I was very happy to see that the newsletter produced by Debbie Gallagher and Connie Brown has gained national publicity on CBC news. Excellent work by all concerned! Now that we've been here over a month, the leave programme has started, so some of our soldiers will get to see their families early in the tour. For all the families, rest assured we are all doing well. Good Shooting!

Canada's Prime Minister Stephen Harper (centre) addresses Canadian and other coalition soldiers during his first official visit to Kandahar Airfield, Afghanistan.



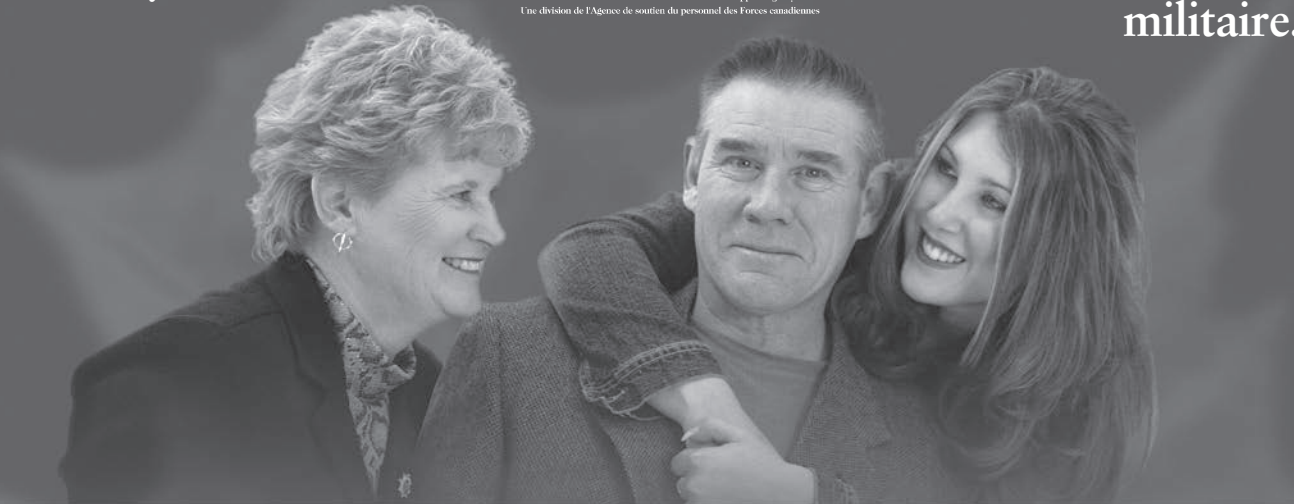
Photo by Sgt Roxanne Clow, Combat Camera

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# Aboriginal Lodge in Shilo

**WO Slvia Durand  
IRCHA**

Kwe Kwe Ataro - Good day Friends

It is always of fascination for me to listen to an Elder. Especially when they are reminding us, Aboriginals of this country, to re-connect with the teachings of our ancestors. They are telling us about the beauty and sacredness of all the ceremonies and places that we cherish as people of the First Nations, Metis and Inuit communities. As a traditional Huron-Wendat woman, I am always trying to walk in beauty on that special road called "The Red Road". For many years now, as a soldier in the Canadian Forces, I felt that something has been missing. Something so important that it would make me feel whole as a warrior. After long reflections and discussions with other people, I realized that there was nothing in the army that makes us, Aboriginals,

feel complete. One huge aspect of that feeling comes from the celebration of our spirituality. It became clearer to me, after having so many visions about it, that something needed to be done. When I arrived here in Shilo last summer, those visions were intensifying and it became clear, as the water that flows in rivers, what task was asked of me.

Since the beginning of this year, I have been trying to create an Aboriginal Lodge on base. I spoke with the various Padres and they realize that our people need a place to gather and celebrate that link that makes us all connected. As mentioned earlier, this would be a first. This has absolutely nothing to do with tokenism. It has everything to do with having our own lodge - a place where each and every one of us, Aboriginals, will feel welcome no matter the area we are from originally. Every Nation or community will

be celebrated in that big Circle of Unity. We will have sharing circles, teachings from elders of different nations, workshops, family related events, and even Pow Wows. What is required now is to gather the community. The lodge will be located in the new Faith Centre on base (across from the Community Centre). It has different rooms that can be used for different events as requested by the community. Please join us as we gather at the Faith centre on 04 April at 7:30 pm. This will give individuals a chance to visit the facility and talk with other members of the community of Shilo. There will be food served for the occasion. Bring your family and friends. For more information, you can contact me at loc. 3967 or Padre Bos at loc. 3090.

Jiawenk (Thank-you). May the Great Spirit guide your way and keep you and your family safe.

# Recreation classes cancelled

**Linda Foster**

**Recreation Coordinator**  
The Recreation Classes Scheduled April 2nd - June 2nd have been cancelled. We apologize for any inconvenience that this may cause.

Fitness Sport and Recreation will be offering the following classes April 24th - June 30th for a small fee.

**Lunch Hour Aquacise**

Day: Mon/Wed  
Date: 24 Apr - Jun 28 (No classes on Stat holidays)  
Time: 12:10-12:50pm  
Place: GSH Pool  
Cost: \$20.00 with GSH Access Card, \$40.00 without GSH Access Card, or \$5.00 drop-in fee per class.

**Lunch Hour Group Fitness Class**

Day: Tuesday  
Time: 12:10-12:50pm  
Date: Apr 25 - Jun 27  
Place: GSH Gym

Cost: Free-Military/GSH Access Cardholders or \$5.00 drop in fee

**Evening Step Class**

Day: Monday  
Date: Apr 24 - Jun 26 (No classes on Stat holidays)  
Time 7pm-8:00  
Place: GSH, Base Gym  
Cost: \$20.00 with GSH Access Card, \$40.00 without GSH Access Card, or \$5.00 drop-in fee per class.

**Evening Cycle Class**

Day: Tuesday  
Date: Apr 25 - Jun 27  
Time 7pm-7:50pm  
Place: GSH, Theatre  
Cost: \$20.00 with GSH Access Card, \$40.00 without GSH Access Card, or \$5.00 drop-in fee per class.

**Beginner Belly Dancing**

Day: Wednesday  
Date: Apr 26 - Jun 14  
Time: 7pm-8pm  
Place: Comm. Center  
Cost: \$20.00 with GSH

Access Card, \$40.00 without GSH Access Card, or \$5.00 drop-in fee per class.  
Instructor: Stephanie

**Evening Power Yoga Class**

Day: Thursday  
Date: Apr 27 - Jun 29  
Time: 7pm-8:00pm  
Place: Community Center  
Cost: \$25.00 with GSH Access Card, \$50.00 without GSH Access Card, or \$5.00 drop-in fee per class.

**Evening Aquacise Class**

Day: Tues/Thursday  
Date: Apr 25 - Jun 29  
Time 7pm-8:00  
Place: GSH, Pool  
Cost: \$30.00 with GSH Access Card, \$50.00 without GSH Access Card, or \$5.00 drop-in fee per class

Registration contact for all of the listed classes: Community Rec Office 765-3000 ext 3588.

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## Compassionate Assistance for Manitobans with Hepatitis C

You may also apply as the representative for the estate of an individual who died of hepatitis C after contracting the virus from blood or blood products received in Manitoba during the period covered by the Manitoba program.

### WHAT IF I BECAME INFECTED BETWEEN 1986 AND 1990?

A separate compensation program administered by the federal government, covers eligible Manitobans infected with the hepatitis C virus between 1986 and 1990. The Manitoba government also contributes to the federally administered program, and is committed to providing the best possible care and treatment for anyone suffering from hepatitis C.

- ▶ Did you receive blood or blood products that exposed you to hepatitis C?
- ▶ If so, you may be eligible for a one-time assistance payment of \$10,000 through the Manitoba Hepatitis C Assistance Program (MHCAP).

### WHO QUALIFIES FOR THIS PAYMENT?

To qualify for this assistance, you must have contracted hepatitis C before January 1, 1986 or between July 1, 1990 and September 28, 1998:

- directly, as a result of a blood transfusion or the administration of blood products in Manitoba; or
- indirectly, from a spouse, partner or parent who contracted the disease from a blood transfusion or blood products.

- Hepatitis C is an infection of the liver that is transmitted through the blood.
- People may carry the virus for many years without any symptoms.
- Canada's blood supply is now routinely tested for the hepatitis C virus.

**CONTACT MANITOBA HEALTH:**

- for more information;
- to obtain an application package;
- to get help in filling out your application form; and
- if you have any other questions about MHCAP.

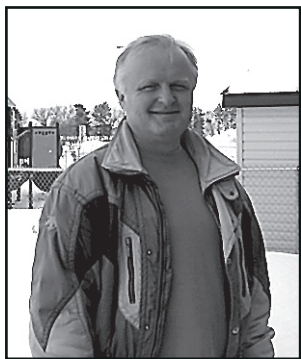
**CALL 788-6339 (IN WINNIPEG) OR TOLL-FREE 1-866-357-0196**



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# New face on the base



My name is Art Asham and I am the new Child and Family Services worker for CFB Shilo and the surrounding area.

Let me begin by expressing my heartfelt sympathies to the families of Cpl Paul Davis and MCpl Timothy Wilson. We all

share in their sorrow and give thanks for the ultimate sacrifice they have made for this country.

As a past member of the military, I am acutely aware of the commitment members of our military make on a daily basis as well as the stressors this commitment/service places on them and their families. It has always been my belief that when families experience difficulties my role as a family services worker is to do whatever is necessary to keep the family together and strengthen the family unit. I am a strong believer in

both the military and the family and will endeavor to help families in any way I can in my work here on the base.

Many things have changed since I left the military in the early '80s but I look forward to my re-involvement and look endeavor to be available to anyone who may need my services. I plan to work closely with the Family Resource Center and the excellent staff they have working there.

Please feel free to contact me at 726-6030 ext 6109 or drop by the office at the CANEX Mall.

# Make wise food choices

## Health Promotions

The average Canadian household visits a restaurant for a meal or snack 520 times a year (Dietitians of Canada, 2006). Wise food choices are easy when eating out if you know what to look for. Choosing foods prepared with little or no added fat, limiting creams, sauces, salad dressings and gravies (or choosing lower calorie versions), and adding vegetables to your meal go a long way in making your meal healthier.

One area to be extra cautious of is portion size. Perhaps you have noticed that the regular dinner plate has grown and been replaced with a platter-sized version in many eating establishments. The portions have grown over the last 20 years to fit the dinnerware. According to the latest health surveys done by Statistics Canada and the CF, adults and children are expanding as well.

Let's have a look at how things have changed over the last 2 decades. It used to be, that when you went to the movies, you would get a glass of regular pop (6.5 oz) and a small bag

of popcorn. (5 cups). That added up to 355 calories. Today, you're more likely to get 20 oz regular pop and 11 cups of popcorn, adding up to 880 calories. That's over 500 extra calories!

A trip to a fast food restaurant where you purchased a cheeseburger and small fries would give you 543 calories. Today, the "small" versions are quite a

they would have normally. Perhaps it's our conscience (and our parent's voice telling us to clean our plates), perhaps we just want to feel we're getting the best value for our money, or perhaps it's the "see-food" diet. At any rate, enjoy your meal and don't be shy about asking to take the leftovers home when you are served far more than you need.

Most serving staff are willing to accommodate.

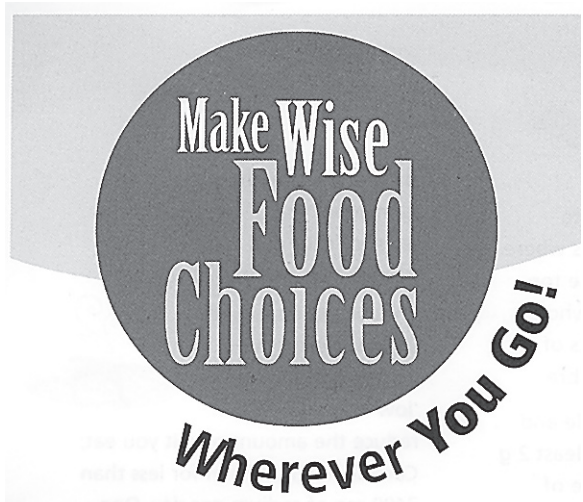
Second, you can always ask for half portions. Many restaurants will offer smaller servings even if it's not listed on the menu.

Third, you can share foods with your family and friends. Ask for another plate and more cutlery.

Lastly, find activities you enjoy and participate often. Being active everyday helps to keep you fit and helps with weight management.

Eating out often does not have to lead to weight gain. Being aware of the best choices will help. For more information, look for the Strengthening the Forces Nutrition Month displays at Flatlands Dining Hall and GSH, or stop by the Health Promotion Office in the CANEX Mall.

For more information on Portion Distortion, visit <http://hp2010.nhlbihin.net/portion/>



## Commander's Commendation



Photo by Heather McKinnon/Base Photo

Base Chaplain LCmdr Douglas Ohs (left) is presented with a Commander's Commendation from LFWA Commander BGen Tim Grant. The commendation recognizes Ohs' efforts in organizing the 9/11 symposium at CFB Shilo and in the City of Brandon that saw padres from the New York Police Department and the New York branch of the FBI visit Shilo and share their experiences of event with soldiers and civilians alike.

## Posted to Kingston in 2006?



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# Family support site wants you

**Ann-Janette Zuber**

Welcome home, pull up a chair, and tell us about your day! Knowing that you are appreciated and forever welcome is the feeling you get when you log into Canada's greatest military family support site: Married to the Canadian Forces! Recently moving to a dot com site, this Home Away From Home, as they describe themselves, has grown to a community of over 200 members in a short time. And here, members are not just part of a community, they are part of a family!

Originally an msn groups site, Married to the Canadian Forces has seen many changes in its two year reign moving to a free phpbb site late last year and finally to its new home <http://marriedtothecanadianforces.com>. The future outlook for this site knows no boundaries and its success is due in large part to its two owners, Natascha McKay and Louise Morris and its amazingly strong and versatile staff, Jen Gavin, Angeie Zuber, Rebecca Verrall, Kathie Capewell, Paula Donaldson, and the moderators, Lisa Miller, and Sara McKie.

Originally meeting in Edmonton, Natascha and Louise decided to set up their own support site when another one closed. Quickly

recruiting the efforts of Jen, Angeie, and Rebecca, they set about making Married to the Canadian Forces, lovingly known as MCF, into the most inclusive, best organized, and well respected support sites out there. MCF offers its members a wide variety of forums that focuses on various issues relevant to military life, regular everyday things, as well as a Hot Topics section to discuss difficult issues. The site's philosophy is to never stop evolving, to keep changing to suit the times and the requests or needs of its members. Since many of the site members are female (although more men and male members are joining), there are sections dedicated to relationship issues, parenting advice, and personal topics.

"We wanted to provide military families with a place to come and relax, a place where they could discuss what it's like to be the one who stays at home through a deployment, a place where they could ask for or give advice and just be comfortable in their own skin; their camouflage skin," said Natascha, "It's important to know that you are understood and sometimes, our civvie family doesn't quite understand what it's

like to live this life or what it's like to be Married to the Canadian Forces." Known for her calm voice of reason and her interesting spelling (also called Nat-ese by the staff), she is the quiet voice of MCF.

Louise Morris, on the other hand, is a boisterous presence who can not enter a room without commanding it. Known for her love of life, exuberance, and beer bucket (you'll have to join to learn that secret), she says that, "despite the size of the site and the craziness that sometimes ensues, MCF is my sanity. It keeps me grounded, it reminds me of who I am, and when I have an off day, I have over 400 ears to listen to me."

Management is spread out all over the country, yet MCF is their living room where they get together for chats and virtual tea. "Being alone does not mean you have to be lonely; MCF has shown me this," said well-loved loquacious member, Robin, "Oh...and when DH (darling husband) comes home and tells me (yet again) that something major has changed...I often think, 'I'd like to use my lifeline'...and I log on to MCF!" Kathie, a manager at MCF, perfectly sums up the acronym MCF as Many

Caring Friends.

In addition to its warm atmosphere, MCF offers its members links to useful military, business, and personal sites as well as lightening the mood with a humorous game of, "What did you say??" where members posts are purposely taken out of context for hilarity. More importantly, each forum provides updates and articles about things relevant to the section and to military life, like Cycles of Deployment or How Your PMQ Rent is Determined. An accomplished author, Angeie tries to make sure she contributes at least one article a month. Administration prides itself on its continued professionalism and the site's detailed yet organized layout.

So, when you decide to never be alone again, pop in and pull up a chair; the fireplace is always on and you will be in great company. We look forward to seeing you in our Home Away From Home.

MCF can be found on the web at <http://marriedtothecanadianforces.com>. More information about MCF can be obtained by contacting Ann-Janette Zuber, MCF Public Affairs Representative, at [angeie@marriedtothecanadianforces.com](mailto:angeie@marriedtothecanadianforces.com)

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## Pet vaccination

**Kristen Lucyshyn  
Recreation**

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.

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.

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

**Vaccination Clinic**  
**8 April 2006**  
**0900-1130hrs**  
**Community Centre**

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

**Easter Egg Hunt & More**

Shilo Community Council Presents...

**The Easter Egg Hunt & More on April 16, 2006.**


Located at the GSH from 1:30-3:30pm for children 10 years old and younger.

There will be cookies and juice for children over 10 years old. Join us for an afternoon of games, crafts, a bouncy castle and face painting.

**Hunt Schedule**

0-4yrs old	1:45pm to 2:00pm
5-7yrs old	2:15pm to 2:30pm
8-10yrs old	2:45pm to 3:00pm


For more info, please call Kristen at 765-3000 ext 3588



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# Western curling champions



The Western Canada Curling Championships were held in Edmonton on March 3 - March 5. The Shilo Gunners, the Westman team, finished in first place in the A Division. The team is comprised of Jeff Gardner, Trent Gussie, Harvey Chambers, Eppie Goumans (coach), Ian Swain, and Craig McLaren. The team beat out Penticton 7-5 in the final game. The medals at the tournament were handed out by curling professional Randy Furby.

## Archery/Gun Club membership

Sunday, Wednesday, and Friday  
 Building L-25 (South Door facing JR Club Parking Lot)  
 6:30pm to 9:00pm (As of April 1, 2006)  
 \$21.40 per year (taxes included)  
 Shooting fees: Archery \$2.00 per evening to cover butt replacement.  
 An additional \$1.00 to cover Target fees.  
 For information, contact Tom Foster at 763-4822 or at local 3263.

# Minister delivers platform

Janine Avery  
 Shilo Stag

Creating new units, buying new equipment and increasing numbers in the CF are all part of the plan in the new Conservative defence policy 'Canada First.' The new Minister of National Defence Gordon O'Connor made his first visit to CFB Shilo on Mar. 21st introducing the plan and getting a general impression of the base.

Highlights of the plan include a general expansion of the CF, and improvement on training and recruiting within the forces.

O'Connor, having just returned from a week-long visit to Afghanistan with Prime Minister Stephen Harper, was impressed with moral of the troops currently deployed to the country, a message he wanted to bring back to the families of deployed members and the troops here on the ground.

"We met large numbers of troops who have very high moral, who are pumped up with their mission, who believe they are well trained and well equipped for their mission," said O'Connor.

The Minister also stressed the importance of the mission in Afghanistan and Canada's role in it.

"We're in Afghanistan because it's in our national interest to be in Afghanistan," said O'Connor,

"We're also in Afghanistan because we must be part of the world. And we have

to take some leadership to try to help solve some problems of the world."

O'Connor took time during his visit to meet with spouses at the Shilo Community Centre and tour the new facility. The minister was then heading to Edmonton Garrison to tour facilities and meet with troops there.



Photo by Heather McKinnon/Base Photo

New Minister of National Defence, Gordon O'Connor, arrives at his press conference with Maj Liam McGarry, acting CO, 1 RCHA, during his visit to CFB Shilo.

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# Final tribute to fallen



A public memorial service was held on Mar. 17<sup>th</sup> to honour fallen soldiers Cpl Paul Davis and MCpl Timothy Wilson, both members of B Coy, 2 PPCLI, killed in a vehicle accident in Afghanistan at the beginning of the month. Local and provincial dignitaries including Manitoba Premier Gary Doer, along with soldiers, families and friends, gathered to pay tribute to the soldiers.

A soldier stands in final tribute as the bugler played the Last Post.

Photos by Janine Avery/Shilo Stag

A photo of Cpl Paul Davis on display as soldiers of 2 PPCLI march into the Multi-Purpose Training Facility at CFB Shilo.



# Men's Club Charity Golf Tournament



Photo submitted by Shilo Men's Club

Murdock MacKenzie and Ken Wells present Eppie Goumans with a donation to the local Special Olympics team as Mens' Club President Eugene Gondek looks on. The money was raised during the Men's Clubs' Annual Charity Golf Tournament. This year's tournament will be held at the Shilo Country Club on Aug. 20<sup>th</sup>, 2006 with a 9:30 A.M. "Shotgun Start". The cost is \$40.00 per golfer which includes breakfast from 7:30 - 9:00 A.M. and supper at 3:30 P.M. Please register by Aug. 17<sup>th</sup> 2006 with Murdock MacKenzie at 763-8821 or 765-3000 ext 3134 or 3353. Pre-payment can be made by mailing a cheque to The Shilo Men's Club, Box 252 Shilo MB, R0K 2A0 or cash or cheque directly to Murdock. This year we have some super prizes, so we hope to see you out for what is sure to be a great day!

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In support of CFB Shilo and their "Fallen Heroes" in Afghanistan, "CTU 24" will donate 20% of our hourly rate throughout the month of April to the families of the fallen soldiers Cpl Paul Davis and MCpl Timothy Wilson.

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# Don't take fire safety lightly

## Shilo Emergency Services

If you learned that your child's school didn't practise regular fire drills you'd have every right to be furious because your child's safety would be compromised.

It's a mystery, then, why many of us don't extend that concern to our homes, given that the majority of fire deaths occur in homes between 11 p.m. and 6 a.m. Seniors and children under the age of 5 are at the greatest risk of dying in a fire.

My generation thinks it created child safety. If there isn't a gadget to buy, there's a book to read to keep our children from harm.

But on a recent tour of a standard two-storey, three bedroom Toronto home with Alan Speed, who is co-chair of the Ontario Fire Marshal's Public Fire Safety Council and a retired Toronto fire chief, I learned there are several mistakes we might be making, often with the best of intentions, that could place our families at risk.

One of those errors is failing to review safe, efficient escape routes. Talking about fire is difficult because we don't want to scare our kids. But given the speed with which a fire can spread and how quickly carbon monoxide can lead to confusion or put someone into a deep sleep, knowing the safest route out can save lives.

Speed recommends practising your home drill once a month, including setting up a portable escape ladder. These fold up like an accordion for storage and hook on to the window ledge. For about \$50, they can mean all the difference in trying to get out of a burning house.

Your plans should include a clearly defined meeting spot outside to keep track

of everyone. That way, firefighters never endanger their lives looking for someone needlessly.

One of the prime weapons in fighting fire deaths, of course, is the smoke detector. But did you know you should have two kinds? Speed cautions that the type wired in to your electrical system will not work in a power failure, while battery-operated ones rely on people to ensure those batteries aren't dead. Cover yourself with both. Some newer models come with escape lights, particularly useful in a household with small children.

And while we tend to think in terms of an alarm per floor, he urges people to install detectors in all sleep areas, and that means an alarm in every room where someone sleeps with the door closed.

Smoke detectors need to be as high up as possible because heat takes the gases produced by the fire to the highest point and smoke - not fire - is what kills people most often.

If you buy a fire extinguisher, learn how to use it because they can be tricky. Speed suggests talking to the local fire hall or the manufacturer to learn proper usage. And call 911 before you activate an extinguisher because time is always crucial in a fire. Put yourself between the fire and the door, and if you can't put a fire out in 30 seconds, Speed warns, don't hang around.

Cooking, of course, can pose all sorts of dangers when we aren't thinking. Speed says cooking with a tea towel handy is a good idea so that should a sleeve catch fire you can wrap your arm and extinguish the fire. Pot lids and oven mitts are also vital, because the temptation when a pot

catches fire is to run to the sink to put it out. Doing so can spread the fire. The proper response is to slide a lid on the burning pot to cut off the oxygen supply and extinguish the fire.

Along with the standard warnings about not leaving matches where children can find them, Speed notes that our growing love affair with candles can pose a huge safety hazard.

Never, ever, leave a candle lit if you leave a room, even for a second. Flickering flames are a lure to small children and pets, says Speed, who knows all too well that when small children start a fire they often run and hide, fearing they are in trouble, and don't alert adults, so the fire grows.

And if a pet brushes up against a candle, it can spread that fire rapidly in the few moments you are off answering the phone.

To be at their safest, candles should have a hurricane cover and never be too close to a window, where a sudden breeze can cause disaster.

It is clear when Al Speed speaks that his passion for fire safety is motivated, in part, by the tragedy he's seen.

And when asked the most basic fire safety rule there is, he says simply, "No one should go to sleep tonight without a smoke detector."

The batteries in my annoying kitchen detector that goes off when I so much as boil water are snugly back in place.

Every room in your house should merit a critical eye for potential fire safety hazards. For more information on keeping your family safe contact Shilo Emergency Services Fire Prevention Branch Dan Barney or Jeff Fisher at 765-3000 ext: 3296/3467

# Easter celebration activities

## Padre Bos

### IRCHA

#### Maundy Thursday

13 April

To celebrate the Christian Passover, St Barbara's Chapel with Our Lady of Shilo will be hosting a Sedar Supper preceded with a potluck supper at the new Faith Centre (located directly beside Our Lady of Shilo). The potluck dinner will start at 1630 hrs (4:30 pm) and the Symbolic Sedar supper will take afterwards. Come hear the Passover story and explore the symbols of faith.

#### Good Friday

### Community Cross Walk

14 April

To mark the Passion of Jesus Christ, Chapel Com-

munities will be remembering the Stations of the Cross which recount the last moments of Jesus' life before his Crucifixion. We will meet at 1000 hrs at St. Barbara's Chapel and the journey will involve walking to various locations on the base while carrying a wooden cross as a symbol of Jesus' journey. The service will end at Our Lady of Shilo with the final reflection and we will have a luncheon at the Faith Centre afterwards. All are welcome to join, men/women, children and dogs.

#### Saturday Easter Vigil

After the darkest day of the Christian calendar, the Christian Community

will gather at night around a large Bon Fire by St. Barbara's Chapel property around 2000 hrs (8pm). A service of light will be held and fire will be brought into the Chapel to symbolize the light of Jesus in the world. As we gather in darkness, lights will be illuminated and the celebration of Easter will begin. This is the most important and symbolic service you will ever attend. Baptismal vows will be renewed and those seeking sacraments will be presented. All are welcome to join.

#### Easter Sunday

Both St. Barbara's and Our Lady of Shilo will celebrate regular Easter Sunday services at 1030 hrs.

# RCA Reunion in Shilo

## Rick Wilson

### RCA Reunion

Former and serving members of Canada's Royal Regiment of Canadian Artillery will assemble in reunion at CFB Shilo from 30 June to 3 July to renew acquaintances and friendships. Scheduled every three years, this will be the eighth such reunion held at Shilo since 1985. Those attending will have seen service in World War II, and the Korean War as well as most operational deployments undertaken by the CF since then.

Shilo has been the host site for the reunions largely because of its long history as an artillery training camp that dates back to 1910. It has been a centre of operational excellence for all Canadian Army

artillery units for nearly 100 years. Additionally the base was designated the Home Station of the Royal Regiment of Canadian Artillery in 1960. Few, if any, of the many regimental members attending the reunion will have not served at Shilo at one time or another.

Those attending the reunion will be able to enjoy numerous social events, compete in a golf tournament, visit the Regimental Museum in its new building and tour some of the new facilities at Shilo that have been built since the last reunion in 2003. A memorial service will be held on Sunday morning, 2 July. This reunion will also see a gathering of about 12 former members of the Royal Cana-

dian Artillery Officer Candidate Programme Course of 1964/1965. This rigorous 12 month course of training was conducted by the Royal Canadian School of Artillery which at the time was located at Shilo. Its purpose was to train young men who on graduation would be commissioned as second lieutenants in the Regiment. Some of these men haven't seen each other since their graduation in 1965.

Any regimental member, relative, friend or associate of any member would be welcome at the reunion and tickets can be obtained by writing to: RCA Reunion, PO Box 214, Shilo, MB, R0K 2A0. (For more information contact Rick Wilson at (204)571-0133.

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Some factors to take into consideration when you evaluate your life insurance needs are:

- \* How many dependants you have, their age and education needs

- \* The amount of money you owe (mortgage, loans, line of credits, etc.)

- \* The amount of savings you have now and at retirement

- \* Properties you own
- \* Your projected date of retirement

- \* How much money you want to leave to your heirs (spouse, children, charity, etc.)

The purpose of life insurance is not to make your loved ones rich, but for them to go on with their lives, while main-

taining their current standard of living. When you pass away, your family may need to replace your lost income for many years.

Typically, your life insurance premium is based on the amount of coverage, your age, gender, health, and your smoking status. Whether you buy new coverage or renew an existing term life policy, the older you are, the higher your premiums will be. Also, the older you are, the harder it is to get life insurance, as the likelihood of medical problems increases as one gets older. By purchasing life insurance when you are young and healthy, as long as there is a need, you are assuring yourself coverage for when you get older.

It is important that you review your coverage and beneficiaries (the ones you leave the money to) with a licensed life insurance representative whenever a major event occurs that could affect your family's financial situation, such as releasing from the CF. Having a needs analysis done with a professional insurance representative will determine the amount and type of insurance you need.

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

# Arctic survival training

**MCpl John Bradley**  
Canadian Army

CAMBRIDGE BAY, Nunavut - (March 22, 2006) The hamlet of Cambridge Bay, located 1,851 km north-east of Edmonton, has become the base of operations for over 80 personnel from A Company, 3rd Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI).

A Company took part in an Arctic sovereignty operation to demonstrate Canadian Forces proficiency in an extreme environment.

Soldiers underwent intensive training in basic survival techniques in harsh winter conditions, in addition to basic soldier skills such as patrolling, long-range movement and observation post construction.

The first phase of the exercise acclimatized soldiers to the extreme cold. The first few days consisted of light tasks outdoors and learning how to build the komatik or sled, under the instruction of members of the Canadian Rangers patrol in Cambridge Bay.

Once the komatiks were completed, the soldiers spent a day traveling to Mount Pelly, northeast of Cambridge Bay. Rangers led the trip and soldiers traveled with light oversnow vehicles with the majority of personnel on the komatiks.

The purpose of the trip was to test the construction of the komatiks and loading procedures, and to give the soldiers an opportunity to learn proper movement techniques required while using the sleds and LOSVs.

"It is pretty well organized and I like how we traveled by the snowmobiles and komatiks. I like interacting with the locals, that's why I like coming up here," said

Master Corporal Jeff Watson, a signal operator.

Upon arrival, the Company dismounted and began a slow but steady march to the summit, about 650 meters above the base camp.

At the summit, the Company was directed to a cairn marker placed by the regiment in March 1989 to acknowledge the Inuit who had served with the regiment in peace and war, and to commemorate the 75th Anniversary of the founding of the PPCLI.

After returning to the forward operating location at the Cambridge Bay airport, preparations were made for departure for the next phase of training. From March 12 to 16, the Company undertook survival training on Kitiga Lake, about 19 km northwest of Cambridge Bay.

The trip to the lake was slow but steady. Upon arrival, the sections began setting up their arctic tents on their bivouac sites. Survival training on Kitiga Lake included basic soldier skills such as maintaining a constant observation of each other by using the buddy system to check for signs of frostbite and dehydration.

The soldiers were also shown how to live off the land. They have practiced ice fishing and hunted for game with the Rangers.

"It is going very, very well and we are meeting all our training objectives", said Major Jean-Marc Doucet, officer commanding A Company. He indicated that while the majority of his soldiers are relatively new to the Army and to the battalion, "they are absorbing the lessons being taught by the Rangers and all have the ability and motivation".

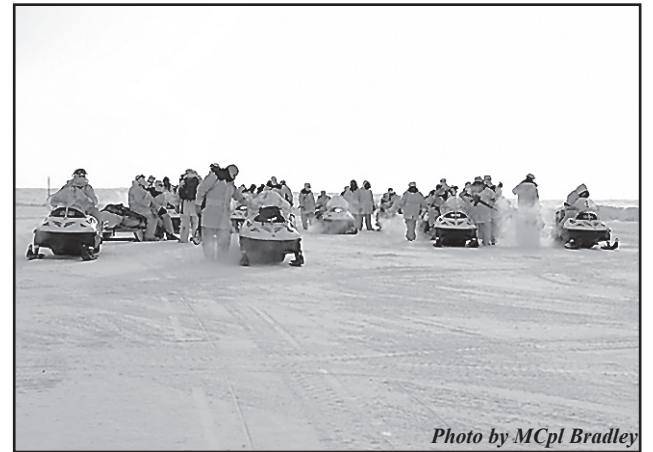


Photo by MCpl Bradley

Members of A Company, 3 PPCLI, waiting at their Light Over Snow Vehicles (LOS), prior to departing for the Company hide North-west of Cambridge Bay, Nunavut.

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# Shilo Military Family Resource Centre



## JOBS...JOBS...JOBS...JOBS!

### Volunteer Coordinator

The Shilo Military Family Resource Centre (MFRC) has an opening for the position of Volunteer Coordinator responsible for management and coordination of the MFRC volunteer program.

Responsibilities include:

- Implementing a comprehensive volunteer management program
- Maintaining and developing orientation manuals for the Board of Directors and MFRC volunteers
- Promotion of appropriate privacy codes and confidentiality policies for the MFRC
- Develop and maintain a risk management program with staff to address issues and concerns

Specific Qualifications:

- Previous working experience in volunteer management essential
- Post secondary education in a related field
- A demonstrated commitment to volunteerism within your community
- Knowledge of non profit organizations and Board of Directors
- Knowledge of PIPEDA an asset

This position is for 30 hrs./week. Salary range: \$27,000-\$32,478/annum dependent on education/experience. Please submit resumes by April 7, 2006 to:

Executive Director  
Shilo Military Family Resource Centre  
P.O. Box 5000 Stn. Main, Bldg. T114  
Shilo, MB. R0K 2A0

We thank all applicants who apply, but only those selected for an interview will be contacted.

## GED

Thinking about getting your High School Diploma? Don't know where to start? Call Garry for information about the GED program that will be starting in April. 765-3000 ext. 3352



## Bunny Sighting Contest

### Have you heard?

The MFRC Always Ready Bunny is making its rounds again this year. It will be hopping around the base and planting Easter treats from

**Mon, April 3 to Sun, April 16**

Fill out a ballot and enter to win an Easter Basket. To enter all you need to do is:

**Fill out a ballot with 3 sightings (whether you have seen the MFRC Bunny or heard of its whereabouts)**

Ballots available and dropped off at the MFRC or CANEX. One ballot per person please but make sure all your family and friends participate. Prizes will be drawn on Tuesday, April 17.



## Teen Centre Attendants

The Shilo MFRC is looking of adults interested in working as Teen Centre Attendants.

The position requires adults to help supervise the Teens and the Teen Club facility in order to ensure the Teen Centre is a safe, relaxed environment where teens can gather. This position would also require the Attendant to interact with the Teens as a positive adult figure.

Responsibilities include; monitoring activities to ensure safety, adherence to rules of conduct, and interacting with teens in friendly, positive way, while maintaining the appropriate role of "adult in charge".

The successful candidates should have;

- High School diploma required, post secondary education in a related field preferred;
- Proven experience with youths ages 13-18;
- Excellent organizational, interpersonal and communication skills;
- Strong leadership skills;
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- Criminal record and child abuse clearance is required



Please submit resume:  
Program Coordinator,  
Shilo Military Family Resource Centre,  
Box 5000 Station Main  
Shilo, Manitoba R0K 2A0

**Deadline for applications extended to 12:00 NOON, Friday, April 7, 2006**

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House for sale in Brandon. 2+1 bedroom, 2 bath, central air, new high efficiency Lennox furnace, hot water heater, 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.

Smaller 2 Bedroom House to Rent in Wawanesa. Fridge, stove included, available immediately, call (204) 824-2519 or 725-6303

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

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

## Homes for Sale

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

### Childcare Wanted

2 yr old (full day) and 6 yr old (half days) need childcare Mon to Fri. Will go to your home or can stay at our home. For further info, please call Patsy or Leon @ 765-4756, evenings

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

### O' Kelly School Parent Advisory Council Urgent!!

Immediate opening for Lunchroom Attendant. Our program has helped many parents over the school year. Without a lunchroom Attendant we will be forced to suspend the program. This is a "paid" position. Experience preferred. Contact Chair of Parent Council - Kerri Braid @ 765-4626 or Vice Chair Tammy Power @ 765-5278 for more information.

Seasonal position available at Shilo Farms Ltd. Cutting, Grading Seed Appr Start April 2006, Tractor Operators Appr Start April 15. Call Wayne 763-8824.

## 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

ATV

2003 Yamaha Blaster asking \$3200.00 Call 765-2472

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

### Wedding Dress!

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

### 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 frigeidaire 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).

### 1988 Corsair

**Supreme Motor home** 95000 KM, Need new carburetor and some TLC \$3000 O.B.O, Phone # (204)765-3000 ext 3415 After work (204)765-2893

## 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

### Dietrich Auctions

Are available to conduct auctions in your area. If you are downsizing/moving, or wanting to sell unwanted items, give us a call. Dietrich Auctions Ph 204-761-0201 in Brandon.

**All Ranks Karaoke Saturday April 8th 9pm-1am Door prizes throughout evening. See you there!**

# base hair & tanning salon

765-HAIR ❖ CANEX Mall ❖ 765-4247

**Did you know that when you use a home color you are putting on a product that has the same ph as OVEN CLEANER? The natural ph of your hair is about 7 and oven cleaner is 14. YIKES!**

As we continue our journey for the best products and services to offer you, we have taken one step closer. Last week we had a 5 hour class on how and why to use Paul Mitchell color. The results were absolutely awesome! The beauty and shine and condition of the hair confirmed that we had made an exceptional choice.

It's all about color. And Paul Mitchell® has an array of color products to create a full spectrum of looks, whether you want to add deep mahogany hues to your hair, go platinum blond, or prefer edgy dimensional looks. You can rely on your hairstylist and Paul Mitchell the color to create the head-turning looks you desire.

### GET LUNCH TIME COLOR WITH PM SHINES

If you have never colored your hair and want shiney beautiful color a little bit different from your own, "Lunch Time Color" is for you. PM SHINES® is a translucent, hydrating deposit-only, ammonia-free, demi-permanent professional hair color that provides shiny, healthy, beautiful hair. PM SHINES® is perfect to 'test drive' hair color without a commitment. PM SHINES lasts 4 to 6 weeks and the service is quick and convenient.

PM SHINES delivers exceptional shine and condition It's all about color. And Paul Mitchell® has an array of color products to create a full spectrum of looks, whether you want to add deep mahogany hues to your hair, go platinum blond, or prefer edgy dimensional looks. You can rely on your hairstylist and Paul Mitchell the color to create the head-turning looks you desire.

Hair coloring can be a great way to cover up gray hair, to add vibrancy to your current hair color or get the hair color that you've always wanted.

## YOU DECIDE:

- Temporary- Color only lasts for one shampoo
- Semi-Temporary- Color will last about 5 shampoos.
- Demi- Permanent- will last about six weeks.
- Permanent- will completely change hair color.

Touch ups needed about every six weeks.

To get the most wear out of your beautiful hair we have products especially for those who have colored their hair. Our trained stylists know which products are right for you so that you get the most from your investment. We have Paul Mitchell Color Protect shampoo, conditioner, treatments. These products are gentle care for color-treated hair. Cares - Gently cleanses while adding strength, elasticity and body Extends - High-powered sunscreens and sunflower extract extend life of hair color Moisturizes and Adds Shine - Activated Moisturizing and Shine blend provides ample moisture and intensified shine

## TIP OF THE WEEK

In addition to using high quality professional products for colored hair, here are a few other ways to make your color last longer. When shampooing your hair use cool water rather than hot water. The hot water will fade your color faster than cool water. Also, protect your hair from the elements and chlorine. Hats, bandanas and swimming caps will keep the harsh elements off of your hair

## April Specials

In keeping with the color theme, we are featuring beautiful Paul Mitchell color. With every color service of \$60.00+ we have a take home color care product pack just for you at no extra charge. This pack helps you care for your new fresh color. Each take home kit contains a 3.4 oz bottle of shampoo a 3.4 oz daily conditioner and a 1.7 oz reconstructive treatment. Again, this \$14.99 value is yours at no extra charge because we really do care about you and your hair!



# C Bty on Ex PEGASUS WARRIOR

## Bdr Noel & Bdr Thorne 1 RCHA

10 minutes, seat belts off, get ready, stand up, hook up, check static line, check your equipment, winds 36 at altitude, winds 5 on DZ, stand by, And GO!

It was a good week (4-11 Mar 06) for C Bty, 1 RCHA when two FOO Party's and an 81mm mortar troop were set to conduct airborne operations into Kamloops, BC on a cooperative tactical exercise with 3PPCLI called 'Ex PEGASUS WARRIOR'.

C Bty made history this day as the last time that the artillery had jumped with an indirect fire capability was November 11, 1993 with E Bty 2 RCHA. Unfortunately, some bad weather prevented the parachute insertion of the FOO party's G31 and G32 with the advance group, but it presented a great opportunity, after ground insertion, for MBdr Van Damme to demonstrate his impro-

vised ravine crossing skills, while the remainder used the bridge. The average rucksack load carried by all C Bty soldiers weighed in at well over 100 lbs. This provided quite a physical challenge to members of the battery (especially the FOO party's who marched 20 km) as they navigated through the mountainous terrain at higher altitudes.

Despite the changing weather, the mortar troop managed to conduct a full equipment ramp jump from a CC130 Hercules onto Drop Zone GUNNER before the winds got the better of everybody. Due to strong winds at altitude, the mortar troop had the rather unique experience of practicing their tree landing drills just South of the drop zone. No worries, due to the well-rehearsed drills performed during the para refresher in Edmonton, all members executed the proper procedures and with a few excep-

tions, all troops reported to the drop zone rendezvous point unscathed. The mortar tubes were located, de-rigged from their harnesses, recorded, and fired (dry) in support of C Coy's raid on the small town of Tranquil.

Immediately following the assault, the troop 'rucked up' and marched seven kilometers to the objective where we conducted a tactical link-up with the remainder of the company. We then received orders and conducted battle procedure in preparation for subsequent operations as an infantry platoon (minus) the following day.

Early the next morning the company conducted an airmobile insertion by "air" bus into the former correctional facility at Rayleigh where the troop conducted urban operations in the Contemporary Operating Environment. Shortly after, orders were issued for an Engines Remain On (ERO) ex-

traction by CC130 Hercules from the Kamloops airport with a subsequent parachute descent into Drop Zone Buxton back in Edmonton. Due to a snowstorm and after an in-flight dressing, a stop drop was issued and we landed at the Edmonton International Airport.

Overall, the exercise was a great success with a para insertion of the mortar troop and many lessons learned. Special acknowledgments go out to WO Johnson (first jump in 16 years, landed in the trees), BC C Bty, Maj Comeau and Bdr Murphy for having to deploy their reserve chutes to climb down from the trees.

UBIQUE



Photos submitted by C Bty/1 RCHA

Dressed and waiting to board the CC130.



G3 in the mountains as part of Ex PEGASUS WARRIOR.

## Tough trucks for troops



MCpl Doug Desrochers, TFA Roto 1

KANDAHAR AIRFIELD, Afghanistan - The first two of a new shipment of Nyala Canadian Engineer mine vehicles were unloaded off an IL-76 Aircraft at Kandahar Airfield. The Nyala is a mine-hardened vehicle used by Field Engineer Reconnaissance units to evaluate routes in areas where the mine threat is high. The vehicle is designed to resist a blast equivalent to two anti-tank mines detonating simultaneously.

## Fallen Heroes Social

Thursday, April 13

Brandon Armoury

1116 Victoria Avenue

8pm - 1am

Music provided by *Expressions*

> Silent Auction > Jail and Bail > Social Food

> Donations of school supplies will be collected on site for Afghani school children

Tickets Available at:

Giant Tiger  
2626 Victoria Ave.  
Brandon

Forbidden Flavours  
Canex Mall  
Shilo

Shilo MFRC  
Bldg T-114  
Shilo

**Come Out & Support YOUR Soldiers**

All money raised will go to families of local soldiers lost in Afghanistan

Friends  
of Fallen  
Heroes

For information on purchasing tickets or to donate please contact: [friendsofheroes@yahoo.ca](mailto:friendsofheroes@yahoo.ca)