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Volume 46 Issue 21

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332 km for a good cause



Fitness, Sports and Recreation Instructor Kris Brown (right) participated in the 29th Annual Fire Fighters Burn Fund run with CPO2 Bob Mackay, sailor with HMCS Winnipeg. The 332 km run saw participants travel the Trans-Canada Highway from October 22nd to 27th, raising funds for the Fund, as well as awareness for the Navy.

Photo by Lori Truscott/Base PAO



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WE CAN SECURE YOUR FUTURE

Fallen soldier receives degree

Avery Wolaniuk
Voxair, 17 Wing

When his kit returned home from Afghanistan, it was loaded with books. It was an unspoken testament to the dedication to learning Cpl Jordan Anderson, killed in a roadside bomb explosion in early July, demonstrated throughout his career.

Cpl Anderson had been working towards his degree in political science. On Thursday, October 18, the University of Manitoba honoured his work by granting Cpl Anderson his degree posthumously — the first time the university has ever awarded a degree to a serving member of the military, though there are precedents across the country from WWII.

At the 40th annual fall convocation, his widow Amanda accepted the degree in his stead to the standing ovation of Jordan's fellow graduates. "I wish it wasn't me doing it, I wish it was him. But I'll do it. It's an honour," she told the press before the ceremony. "It's something he wanted to do — I'll finish it for him." The couple's two-year anniversary was just two weeks away when the 3 PPCLI soldier was killed.

"He was an amazing person. He was really big on education. He was always

trying to better himself," Cpl Adam Bowness, who trained with Cpl Anderson, said before the ceremony at Church of the Rock in Winnipeg.

Born in Iqualit, and raised in the Northwest Territories, the 25 year-old had been working towards his degree through the Military Support Office at the U of M while in the Reg Force. "He worked very hard. He'd come home from an exercise and he'd start writing a paper right away and be up half the night," said his wife.

Friends of Cpl Anderson brought the situation to the university a week after his death. The decision to confer the degree, made by the university senate, was a complicated process because Cpl Anderson was a couple of electives shy of the degree requirements. He had finished all the courses in his major studies. There were no guarantees the senate would agree.

"It was tough — there was a period of ups and downs," said Dr. George MacLean, acting head of political studies, who advocated for the decision. "This is right and this is proper, good for the university, for the family, and for Jordan. This was a minor positive thing that could come out of such a horrible situation." The good news came through from the senate in late September.



Photo by Avery Wolaniuk/Voxair

Amanda Anderson receives her husband's degree from Dr. Richard Sigurdson, University of Manitoba Dean of the Faculty of the Arts. Cpl Anderson's is the first-ever degree awarded posthumously to a serving military member by the U of M.

"A lot of people worked very hard to make it happen. I think it's amazing that his friends picked up on it. It's not an easy thing to get done," said Mrs. Anderson. "Everybody at the university has been absolutely wonderful and has worked really hard to get this followed through on."

It was his buddies at army.ca who got the ball rolling on getting Cpl Anderson's degree awarded. Alec Herdy, who retired from 3 PPCLI 18 years ago, met Jordan through the site.

He'd been mentoring the soldier through his post-secondary work, and talking to him about graduate studies.

"The last time I talked to him he was looking at the Centre for Military and Strategic Studies in Calgary. He was going to remuster to be an intelligence officer." Mr. Herdy said that approaching the university was just the right thing to do, "because he deserved it. He'd put the effort into it, and his grades were good," he said.

At the same time, members of 3 PPCLI, army.ca and the

family worked towards creating a bursary in his name. Ten thousand dollars was quickly raised, which created 'On the Ramp, in memory of Cpl Jordan Anderson.' The bursary will be awarded to two individuals annually, one to serving CF member, and one to a cadet, who are full-time, part-time, or distance education students. "Our hope is that this scholarship will be offered in about a year," said Dr. MacLean.

"Often during downtime in the army, Jordan would share his knowledge of history and politics with his comrades," Mrs. Anderson said. "This bursary will be his legacy for years to come, sharing his passion for learning."

The two scholarships that have been set up in Cpl Anderson's name have raised \$10,000 to date.

If you wish to make a do-

nation to the "On the Ramp" Corporal Jordan Anderson Scholarships, you can do so through a variety of ways.

Cheques made payable to the University of Manitoba can be mailed to: Department of Development and Advancement Services, 179 Extended Education Complex, University of Manitoba, Winnipeg, MB R3T 2N2.

Should you wish to donate using a credit card, donations can be made online at https://umanitoba.ca/admin/dev_adv/howto-give/donation/index.html or call (204) 474-9195 or toll free at 1-800-330-8066. Contributions to the award can be deposited to fund #614673-317400-416001-7000. Please reference this fund when making contributions to the "On the Ramp" Corporal Jordan Anderson Scholarships.

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Putting a foot forward for charity run

Kris Brown
FS&R Fitness Instructor

As a PSP fitness instructor, I need to keep myself active for unforeseen fitness challenges. Take October 18th for example. Quietly sitting at my desk working diligently when the Fitness Coordinator walks in and says "Hey, you're running 10km next Wednesday!" Not a big deal I guess...if you're a runner. I am not. In fact I have had my running compared to that of a Clydesdale. I like to think they meant strong and powerful but there's an underlying hint of being lumbering and slow in there somewhere.

Regardless of my running prowess, I had the distinct pleasure to represent CFB Shilo and participate in the 29th annual Fire Fighters Burn Fund to raise money for survivors of fire tragedies. Not only did I participate but got to meet Gary Macdonald, the co-founder and Vice Chairman of the fund itself which had an early

beginning in 1974. Proceeds from the Firefighters banquet that year spawned the burn fund which officially got underway in 1978. Since then, the burn fund run has been an annual event which Gary is still a huge part of. He is also one of the sharpest guys I've seen when it came to slinging put-downs, personal shots and the typical banter you get when five guys are cooped up together in a vehicle all day long. This man is pure comedy.

It is worth mentioning that Gary's hard work and monies raised from the burn fund have gone to creating a Burn Camp for kids as well as paying for special equipment and occupational therapists at Winnipeg's Burn Unit at the Health Sciences Centre. Proceeds also go to helping burn survivors across the entire province.

I also had the pleasure of meeting some of Canada's finest sailors from the HMCS Winnipeg in Esquimalt. The Navy has been involved with the Burn

Fund since 1995 and not only is it an outstanding way to have people donate money to an outstanding cause, it is an excellent promotional tool for our Canadian Navy as well, who were an absolute luxury to spend the day with. Fantastic individuals to say the least and huge Montana's All-U-Can-Eat rib fans, so you can imagine their disappointment when I had to inform them that the Montana's franchise had not yet expanded to the rural town of Austin where they would be spending their Wednesday night, rib-less.

My day started shortly after 945am on Wednesday October 24th when Shilo's own Cpl Gagnon finished taking us from the Brandon Fire Station around 0830 to 1st street, then out to the Trans Canada and well past the outskirts of the city. I ran a solid 8 km and Brandon's own Bob Mackay ran with me for a short while before taking the highway alone. We had a lot of encouraging honks from the traffic



Photo by Lori Truscott/Base PAO
Fitness, Sports and Recreation Instructor Kris Brown (right) runs down the Trans-Canada Highway on Wednesday, October 24 with CPO2 Bob Mackay, sailor with HMCS Winnipeg, during the 29th Annual Fire Fighters Burn Fund run. The run, which raises funds for survivors of fire tragedies, stopped at communities along the Trans-Canada Highway en route to Winnipeg's No. 1 Fire Hall on Oct. 27.

going in both directions down the #1 which we acknowledged constantly. Shilo's Major Lessard, and MCpl Hutchison represented our Base extremely well as both are phenomenal runners and between the two of them logged a staggering 50 kms that day. Shilo also had excellent representation from our soldiers on the day before as the run-

ning crew were still talking about Cpl Dube and Cpl Petit and how two soldiers could run that fast and still have a conversation with each other. We finished up our run in Austin, Manitoba and I completed a respectable 14 kms...for a Clydesdale that is, right Patty?

The Crew is running on to Portage la Prairie and then on to Winnipeg

where they will watch the Moose play and the 'donation boot' will be passed around the crowd to help raise even more money. The run officially wrapped up on Saturday October 27th in Winnipeg.

I would like to thank my friends Patty, Barry, Silent Mo and Gary for keeping me entertained all day. I hope you guys have a safe trip back home.

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Nov 4	THE HOME DEPOT	Winnipeg & Brandon	Noon - 4:00
Nov 6	ZELLERS	Winnipeg & Brandon	3:00 - 9:00
Nov 7	CANADIAN TIRE	Winkler	Noon - 5:30
Nov 9	HOME HARDWARE	Dauphin	Noon - 5:30
Nov 10	THE HOME DEPOT	Winnipeg & Brandon	9:00 - 4:00
Nov 13	ZELLERS	Winnipeg & Brandon	3:00 - 9:00

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Retail Hours of Operation

Remembrance Day Sunday, November 11, 2007

Lest we forget

On Sunday, November 11, Manitobans across the province are encouraged to pause for a moment and remember the sacrifices made by Canada's service men and women in the eternal fight for freedom.

We must never forget.

Retail Hours of Operation

Most non-essential businesses are required to be closed on Remembrance Day.

This year, Remembrance Day falls on a Sunday. This means both Remembrance Day and Sunday restrictions apply.

In communities that allow Sunday shopping, stores and malls can be open between 1:00 p.m. and 6:00 p.m.

To learn more

For more information about retail hours and employment legislation, visit Employment Standards at manitoba.ca or call 945-3352 (Winnipeg) or toll-free at 1-800-821-4307.



It happened in your community...



Photo by Becky Block/Shilo Stag

A construction team on Alfriston Crescent makes headway installing new water and sewer service. Construction has been underway for a few weeks after Defence Construction (DCC) began their project to completely replace the systems. The anticipated end date for this fall's portion of the project which includes installing the sidewalks and some minimal landscaping is mid-November. In the spring, the paving will be laid down and the \$1 million project will be completed. DCC and CFHA wish to thank the residents of Alfriston for their ongoing patience and understanding.



Photo by Becky Block/Shilo Stag

You may have noticed a few new stop signs on Kingston Avenue, particularly at the Stonehenge intersection and Sennybridge/Halifax intersection. A request was brought through the Shilo Community Council to add the 4-way intersections as there are several children playing in the area. In an attempt to slow down traffic and aide drivers in being more cautious when driving down Kingston, the two new crossways have been added. Please watch for these new stops and drive with care.



Photo by Stacey Brown/Shilo Stag

Korean War veteran Dave Lucas receives a 25-year gold bar from LCol John Schneiderbanger, BComd, at the WO&Sgt Mess during a Korean Veterans Association of Canada luncheon on October 25th. Vice President Peter Ewasiuk was pleased to see so many members in attendance, particularly a group from Winnipeg.

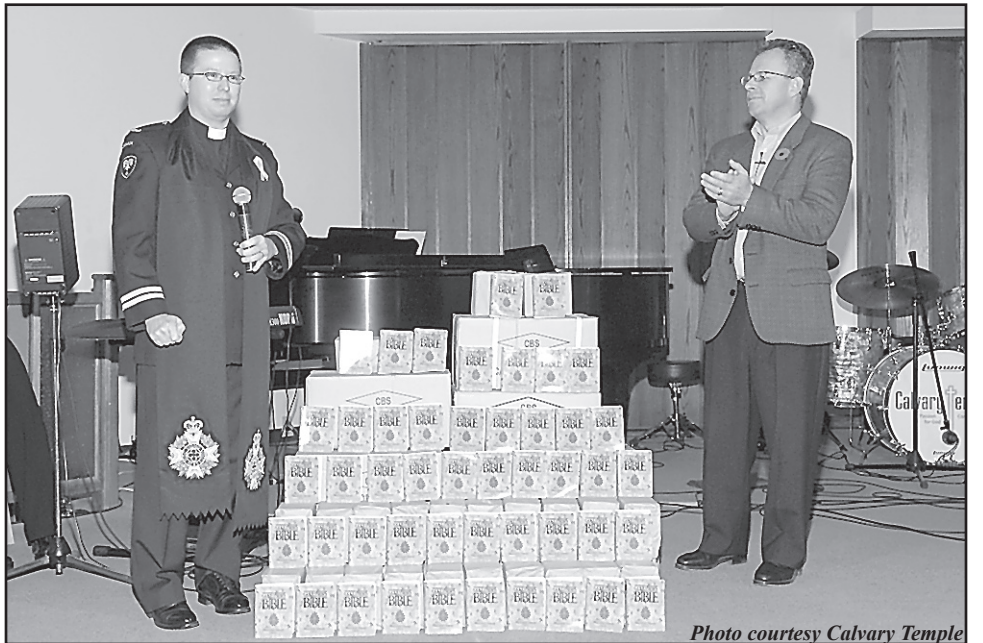


Photo courtesy Calvary Temple

The new full text bibles have finally arrived after a blessing ceremony at Calvary Temple in Brandon. Calvary Temple raised \$2700 for Op Bible, pushing Shilo/Brandon in the lead for the most donations for the project out of all the bases in the CF. Total raised from Brandon/Shilo was over \$7000. These bibles are in English (Protestant/Roman Catholic) and French Roman Catholic. They are FREE! Please pick one up from your unit or base chaplain.



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A guiding hand for the Afghan National Army

Sgt Dennis Power
Army News

The relatively new Afghan National Army (ANA) is rapidly developing into a competent and professional fighting force. An important part of their development has been the guidance they have received from Operational Mentoring Liaison Teams (OMLT).

The ANA was re-established in 2002 after dissolving roughly ten years

earlier and has been making huge strides forward ever since. The OMLT program is a NATO initiative designed to provide the ANA with mentorship by professional soldiers from member countries. The mentors work closely with ANA commanders at all levels, providing professional advice and a liaison capability between the ANA and the International Security Assistance Force (ISAF). They also assist with coordination in the planning of operations

and ensure that the ANA receive the enabling support necessary.

The OMLT training for Task Force 1-08 (TF 1-08) numbers roughly 140 personnel and will take over from the current Canadian team which is very active at the moment. "If we're in an action with our Afghan allies and they need Coalition assistance, then we will provide the conduit to that assistance, be it Canadian, Regional Command (South), or ISAF resources," said Major Chris Comeau, the team G3 who is also tasked to mentor at the Afghan Brigade Headquarters. "Whether we're working side by side with Canadians, other ISAF troops, or independently, we'll be right next to our Afghan counter-parts providing advice and providing an essential link to coalition assets to ensure the ANA are successful on stability and support operations," Comeau said.

Mentoring teams will consist of four members attached to an ANA company averaging 100 sol-



Photos by Sgt Dennis Power/Army News
Captain Simon Cox (left) shouts fire-control orders to members of his four-man while conducting live-fire training in Shilo. The training was conducted to prepare Operational Mentoring Liaison Teams (OMLT) for a deployment to Afghanistan with Task Force 1-08 (TF 1-08).



Afghan National Army (ANA) soldiers on patrol. ANA soldiers often work alongside Canadian and other ISAF troops, having an Operational Mentoring Liaison Team with them maximizes their effectiveness and eases their integration on joint operations.

diers. A Captain who will mentor the ANA Company Commander will command the team; a Warrant Officer who will mentor the ANA Company Sergeant Major will assist him. The two additional members of the team will be the driver and gunner of the team vehicle, an RG-31 Armoured Patrol Vehicle.

"The Afghan soldiers are well motivated, and very well trained," stressed Major Comeau. "They've come a long way in the last couple of years, and they are well on the way to being able to stand on their own in providing the security and stability required by their government and expected by their people."

Soldiers of the Afghan National Army are committed to providing security for their country and are overwhelmingly

appreciative of the assistance they receive from Canadian soldiers attached to them as mentors.



The gunner of an Operational Mentoring Liaison Team (OMLT) loads a C6 7.62mm machine-gun mounted on a Remote Weapon Station (RWS) while conducting live-fire ranges in Shilo. The RWS gives the gunner of the RG-31 Armoured Patrol Vehicle the capability to deliver extremely accurate fire on any target within range.

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A CLOSER LOOK AT THE RG-31

Sgt Dennis Power
Army News

The RG-31 has been on patrol with our troops in Afghanistan for just over a year and a half now and has proven to be very popular due to its utility, as well, it adds a level of protection that is difficult to match in a vehicle of its size.

BAE Land Systems OMC of South Africa manufactured the RG-31, with additional work done by General Dynamics Land Systems – Canada before it was delivered to the troops. The RG-31 was designed to protect its occupants from mine blasts but has proven to protect troops from improvised explosive devices

(or IEDs), suicide bombers, rocket-propelled grenades, and machine-gun fire as well.

A useful addition to the RG-31 has been the Norwegian-built Kongsberg Protector M151 Remote Weapon Station (RWS), which can be mounted with either a 7.62mm or 12.7mm machine-gun, or a 40mm grenade launcher. Each of the crew windows has a gun-port, though they are rarely used due to the effectiveness of the RWS.

The vehicle carries a maximum of seven fully-equipped personnel in an air-conditioned (or heated) blast-proof crew compartment. Everything attached to the vehicle including the wheels, axles, and storage bins are designed to separate from the vehicle in the event of a large blast. This helps to diffuse the blast and protect the crew.



An RG-31 leads a mounted patrol into the village of Sperwan Ghar, south west of Kandahar City. The large windows give the crew good visibility and the C6 mounted on the Remote Weapon Station provides good protection.



A LAV III and an RG-31 block a road in Kandahar to help provide a security envelope around a meeting in a nearby building.



Photos by Sgt Dennis Power/Army News

Machine-gunnery engage targets at dusk using thermal imaging sights on the Remote Weapon Station mounted on an RG31. The machine-gunnery are members of 2 PPCLI completing training just prior to a deployment to Afghanistan. The streak of light is caused by tracer rounds.



While on patrol in Kandahar City, Afghanistan, the gunner of an RG-31 constantly scans areas around his vehicle trying to detect any potential threat to the security of the crew. The display screen is the gun sight with clearly marked cross-hairs indicating the point of aim. The picture comes from a camera mounted next to the gun on the Remote Weapon Station. The gun is controlled with a joystick. The soldier sitting to the front of the gunner is the vehicle-commander.

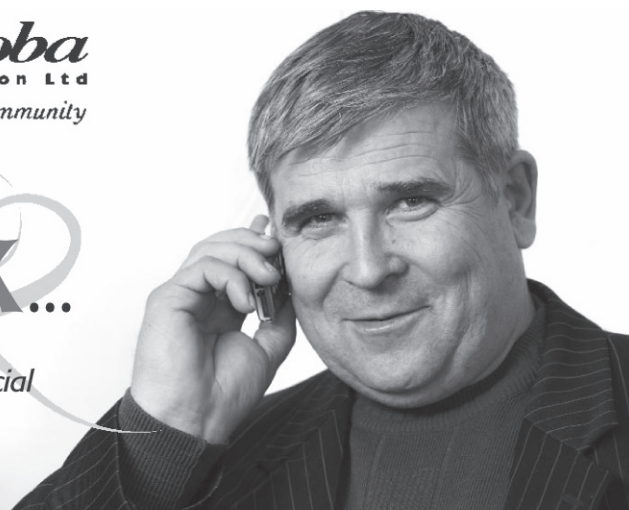


This view of the recently re-built modern section of Kandahar City is from the crew compartment of the RG-31 while on patrol. The bullet-proof, blast-proof windows give soldiers in the vehicle unimpeded views of thier surroundings which increases thier situational awareness.



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Veterans' Week 2007

November 5 - 11

Lest We Forget

The Battle of Vimy Ridge Why we remember - April 9-12, 1917



Photo courtesy of the National Archives of Canada

Pack horses taking up ammunition to the guns of the 20th Battery Canadian Field Artillery, Neuville St. Vaast, April 1917. In the Canadian forward area, roads and tramways were repaired and extended by pioneer and engineering units for the daily hauling of more than 720 tonnes or more of ammunition, rations and stores. Artillery ammunition allotted for the Vimy operation amounted to 38,250 tonnes.

Courtesy of
Veterans Affairs Canada

Every year on Nov. 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then. More than 1,500,000 Canadians have served our country in this way, and more than 100,000 have died. They gave their lives and their futures so that we may live in peace.

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts: they were killed in action, they were wounded, and thousands who returned were forced to live the rest of their lives with the physical and mental scars of war. The people who stayed in Canada also served - in factories, in voluntary service organizations, wherever they were needed.

Yet for many of us, war is a phenomenon seen through the lens of a television camera or a journalist's account of

fighting in distant parts of the world. Our closest physical and emotional experience may be the discovery of wartime memorabilia in a family attic. But even items such as photographs, uniform badges, medals, and diaries can seem vague and unconnected to the life of their owner. For those of us born during peacetime, all wars seem far removed from our daily lives.

We often take for granted our Canadian values and institutions, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The Canadians who went off to war in distant lands went in the belief that the values and beliefs enjoyed by Canadians were being threatened.

By remembering their service and their sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in the present would make a significant difference for the future, but it is up to us to ensure that their dream of peace is realized. On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve.

During times of war, in-

dividual acts of heroism occur frequently; only a few are ever recorded and receive official recognition. By remembering all who have served, we recognize their willingly-endured hardships and fears, taken upon themselves so that we could live in peace.

For past reference...

Immerse yourself in the battlefields of the First World War. Read these books for firsthand accounts of life in battle.

- Adamson, Agar. -- Letters of Agar Adamson, 1914 to 1919 : Lieutenant Colonel, Princess Patricia's Canadian Light Infantry.

- Evans, James Lloyd. -- My Darling Girl: Wartime Letters of James Lloyd Evans, 1914-1918.

- Beatty, David Pierce. -- Memories of the Forgotten War: The World War I Diary of Pte. V.E. Goodwin.

- Antliff, William Shaw. - Letters Home, World War I, 1916-1919. -- Edited and compiled by Caroline Antliff Froom Dodgson.

- Macfarlane, David. -- The Danger Tree: Memory, War, and the Search for a Family's Past.

- Boyd, William. -- With a Field Ambulance at Ypres: Being Letters Written March 7 - August 15, 1915.

The Royal Canadian Legion & The Canadian Forces



www.Legion.ca

Remembrance Day Services

CFB/ASU Shilo – Artillery Park – arrival for 10:40am

Brandon – Westman Place – arrival for 10:40am

There will also be services with CFB Shilo personnel in attendance in:
Neepawa, McCreary, Virden, Carberry, Moosomin, Souris

The RCA Museum will be open November 11th from 1-5pm with FREE admission to all.

G4 Annual United Way Hamburger/Car Wash

Wednesday, 7 November 0900-1400 Hrs
Base POL Point/Wash Bay



\$10 gets you:
Car Wash
Drying
Vacuuming
Window Cleaning

While you wait, try...

- Hamburger & Pop \$3
- Pop only \$1.50
- Burger only \$2

50/50 Draw Tickets

- 1 Ticket \$1
- 3 Tickets \$2
- Arms Length \$5

Draw to be held at 1400 Hrs



Shilo Military Family Resource Centre



And the move is on!

Linda Beauchemin
Outreach & Information
Coordinator

On Thursday, October 4 it was confirmed that the Shilo MFRC Thrift Shop was changing location and moving over to the Faith Centre. Now, normally when you are told you are moving you have 6 months or so to prepare. However, sometimes with the military you only get a few days (some can attest to that). At least we weren't moving across country, only across the street.

So the Thrift Shop volunteers and staff had an emergency meeting on October 5 and we came up with a plan. The whole concept was quite overwhelming at first but the

volunteers came through with flying colors. After giving themselves the weekend to adjust to the fact that they were relocating, they quickly set out for the challenge. In one morning everything was packed and ready to move. Another day was needed to move everything. (Thanks to the military for providing manpower to do the actual move over.)

Now that everything was in the Faith Centre, in a pile, in the middle of a room, shelves were needed. CE stepped in and a few days later had the shelves up and ready to be filled.

"Where do we start?" one volunteer asked. "One shelf at a time." answered another. There was some doubt that the Thrift Shop

would be ready in time for our Grand Re-opening of Tuesday, October 23 but I never lost faith. I knew that if anyone could do it, it would be this group of volunteers. They believe in the Thrift Shop and I knew that they would be there, regardless of the task at hand and that they would make it work. And did they ever! Not only was the Thrift Shop open for business on October 23, but it looks GREAT!

Special thanks to Padre Bos and everyone else at the Faith Centre for being so open and accommodating with the relocation of the Shilo MFRC Thrift

Shop into their space. They definitely have been a Godsend.

Now for all those who used the Thrift Shop in the past, let it be known that nothing but the location has changed. The hours of operation remain that same - Tuesday 1:30-3:00 & 6:30-8:00pm and Thursday from 9:30-11:00am & 6:30-8:00pm; the service will also remain the same; and there are still great deals to be found.

For anyone who hasn't had the opportunity to check us out, we haven't gone away we've just moved across the street.



Photos submitted by Linda Beauchemin, Shilo MFRC
Shilo MFRC Thrift Shop volunteers in their new space in the Faith Centre.



Thrift Shop volunteers ringing in the sales at the Grand Re-opening on October 23.

The MFRC Needs Your Help!

The Holiday season is quickly approaching, leaving many wondering what gifts to give to their loved ones. For children this is a special time, one where they are given the opportunity to learn the spirit of giving.

Each year the MFRC provides a Kids Christmas Shopping area at the Shilo Christmas Bazaar. For a nominal fee, children are able to independently purchase gifts for their parents. When children pick out and wrap their parent's gifts all by themselves, they gain a sense of personal pride.

In order to make this event a success the MFRC needs your assistance. We are looking for donations of items such as picture frames, candles, jewellery, key chains, pens, wallets, ties, cards, mugs, etc. If you have any of these items and don't know what to do with them, please bring them by the MFRC.

For more information, please contact Linda at 765-3000 ext. 3161.

Shop Til You Drop for the Holidays
Shoppers Bus to Winnipeg
Join us for a full day of Christmas shopping!

The bus leaves the MFRC at 9am and returns at approx. 8pm.
Saturday, November 17
Bus fare is \$10.00
Register by Noon,
Wednesday, November 14



Help a child this holiday season



Linda Beauchemin
Outreach & Information
Coordinator

The MFRC along with the Protestant and Catholic Chapels are, once again, taking part in Operation Christmas Child. This is a project, by Samaritans Purse, brings joy and hope to children in desperate sit-

uations around the world. For more info about Operation Christmas Child you can visit their website at www.samaritanspurse.ca.

How we take part in this project is by providing boxes and drop off locations. How you can take part is by providing the "goodies" that go into the



Photos by Linda Beauchemin, Shilo MFRC

boxes. These shoe boxes are filled with items such as school supplies, toys, toiletries, etc.

Put a smile on a child's face and take part in Opera-

tion Christmas Child.

Boxes must be dropped off by Friday, November 9 at the MFRC or the Chapels by November 11. For more info contact Linda at 3161.



Operation Christmas Child shoeboxes (left) will be filled by volunteers (above) for distribution to children and families in desperate situations around the world.

OSISS reaches out to troops and families



Fred Connor
PSC, Shilo

The mission of the Operational Stress Injury Social Support Program (OSISS) is to establish, develop and improve social support programs for CF members, veterans and their families affected by operational stress; and to provide education and training in the Canadian Forces community to create understanding and acceptance of Operational Stress Injuries.

An operational Stress In-

jury (OSI) is defined as a persistent psychological difficulty resulting from operational duties performed by a member of the Canadian Forces. The term OSI describes a host of problems, including anxiety, major depression, alcohol or substance abuse and post-traumatic stress disorder (PTSD).

Injuries caused by operational stress and trauma have always been a part of warfare. These are not wounds caused by direct enemy fire but wounds that injure the mind and spirit.

The effect of trauma on the human mind is well documented from the dawn of civilization. As far back as the 16th century, military doctors have described the psychological effects of nervousness, depression and disturbed sleep resulting from war. It was only due to the vast scale of the psycho-

logical injuries of the First World War that forced military doctors to confront the treatment and rehabilitation of Operational Stress Injuries. However, the stigma of mental illness is sometimes so strong that military members are often unwilling to admit they are injured, and these injuries can often affect the member's work and home environment.

How we can help

During the 1990's, thousands of military members lived through the conflicts of the Persian Gulf, Rwanda, Former Yugoslavia, Somalia, Afghanistan and beyond. The Canadian public heard about Romeo Dallaire and Christian McEachern, but many more like them remain invisible suffering in silence and alone.

In 2001, a small group of Veterans set up a peer support network composed of

staff and volunteers. This network grew and now includes a separate network supporting the families of serving CF members and Veterans suffering from OSIs. These individuals have experienced firsthand what is like to live with an OSI, or live with someone with an OSI. They have managed to regain their health and are now in a position to help you.

Their first role is to listen. They have been there and they understand your situation, they will respect your privacy and your need for confidentiality. Only one person will know your name. Peer Support Network Coordinators (PSC) across the country know how to find you help to regain your health and wellness. They can put you in contact with community resources and specially designed OSI

programs and services with Veterans Affairs Canada and the Canadian Forces.

How much they help, and when, is up to you. Your Peer Support Network Coordinator will listen, suggest a few ideas, and leave the choices to you. They can assist you to regain control of your life. To join the network and obtain help, or to volunteer some of your time to assist others who need help, please communicate with one of the Peer Support Network Coordinators.

About me

I joined The 2nd Field Engineer Regt, as primary reserve unit in Toronto Ont in May 1984. In 1986 I decided to transfer to the Reg force and became a cook at CFB Cornwallis in Jan 1987. I was posted to CFB Calgary and served in 1 Svc Bn, HQ and Sigs Sqn, until 1994. During that time, I served

with 3 PPCLI in Cyprus ('88) and then with A Coy, 2 PPCLI on Op Harmony ROTO 2 in Croatia from April to Oct 1993. I was then posted to CFB Kingston where I stayed for two years, was promoted, and was posted to CFB Borden FS & S Coy as an instructor. In 2000 I was posted to 1 RCHA, CFB Shilo and was promoted and posted over to 2 PPCLI. I am being medically released from the Canadian Forces effective April 20, 2008 but am fully trained and eager to help others who have or are suffering from an OSI. I can be reached at the information below.

Fred Connor
OSISS PSC
HQ Bldg, Rm 251
204-765-3000 Ext: 4186
CSN: 258-4186
Cell: 1-204-573-6769
peersupportshi@aol.com

Help shape tomorrow's soldiers today

Capt Bruce Gundling
Senior CLO

Cadets is a federally-sponsored program for young Canadians ages 12 to 18 who are interested in participating in a variety of challenging and rewarding activities, and learning more about the Canadian Forces. The Canadian Cadet Program is run by a highly trained group of professional individuals that directly support the Cadet Program. For Manitoba and North Western Ontario this is Cadet Detachment Winnipeg, lead by Lieutenant Commander Hurley and his dedicated staff. But what many people do not know

is that Regular and Reserve Force members also support the Cadet Program as Cadet Liaison Officers (CLOs).

Cadet Liaison Officers are serving Regular and Reserve Force personnel who volunteer for this officially sanctioned secondary duty in support of the Cadet Program. They are women and men in service to their country that take time out of their personal lives to assist with the cadet program. Some are former cadets or have young adults in the cadet program while others just want to assist the cadet program, understanding that this youth program engages over 54,000 young Canadians nation-wide.

In my capacity as the Senior Cadet Liaison Officer, I am responsible to the 17 Wing Commander, Colonel Howden to assign capable Regular and Reserve Force personnel to act as Cadet Liaison Officers to all 62 units supported by Cadet Detachment Winnipeg. In all, forty-four CLOs, from Master Corporal to Major, from Recruiters to Reserve Supply Staff, Pilots, Technicians, Musicians, Navigators and yes, even AERE Officers make up CLO staff. They come from units in Shilo, Portage, Winnipeg and Thunder Bay – quite a span of individuals both professionally and geographically.

- CLO duties consist of:
- visiting, on occasions as determined by the Area Cadet Officer (ACO) and the appropriate Cadet Unit Commanding Officer, his/her assigned cadet corps, twice or three times a year to provide the Cadets, Cadet Staff and parents with CF visibility;
 - submitting a report to the ACO (thru the SCLO) after each visit to their assigned cadet corps;
 - assisting the cadet corps in its local training and general administration;
 - ensuring that service equipment is properly maintained;
 - assisting with inventory control; and

- arranging for use of facilities and assistance, where available, from the support Wing/Base/Station and/or the affiliated unit.
- CLOs are keen and dedicated individuals that support the Cadet Program run through Cadet Detachment Winnipeg. If you are a serving Regular of Reserve Force member and are interested in becoming a CLO or would like more information on CLOs, contact the Manitoba - North Western Ontario Senior Cadet Liaison Officer, Captain Bruce Gundling at 204-833-2500 ext 5342 or via DWAN email at Gundling.BG@forces.gc.ca

Open House - Sunday, November 4 2-4 pm



20 Canada Crescent



Extremely well kept 2 + 2 bi-level in popular Riverheights area. Features include eat-in Kitchen, 3-Season Deck, Immaculate Landscaped Yard, Oversized Single Garage, and Private, Treed Lot. Upgrades include Shingles, Hot water tank, Interior Paint, Windows and more!!! MLS: 2717194

For your private viewing call Catherine at Century 21: 573-8839

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COME SEE US AT THE CANEX MALL

Evans theatre
on the campus of Brandon University
COMING ATTRACTIONS

November 2 & 3
Eastern Promises Fri 7:30, Sat 9:30

November 3 & 4
Once Sat 7:00, Sun 7:30

November 9 & 10
Pierpoint: The Last Hangman Fri 7:30, Sat 9:30

November 10 & 11
Radiant City Sat 7:00, Sun 7:30

November 16 & 17
Emotional Arithmetic Fri 7:30, Sat 9:30

November 17 & 18
2:37 Sat 7:00, Sun 7:30

November 23 & 24
In the Valley of Elah Fri 7:30, Sat 9:30

November 24 & 25
TBA - Sat 7:00, Sun 7:30

November 30 & December 1
Into the Wild Fri 7:30, Sat 9:30

December 1 & 2
The Jane Austen Book Club Sat 7:00, Sun 7:30

All Tickets \$6 Regular Pass \$24 Student/Senior Pass \$20

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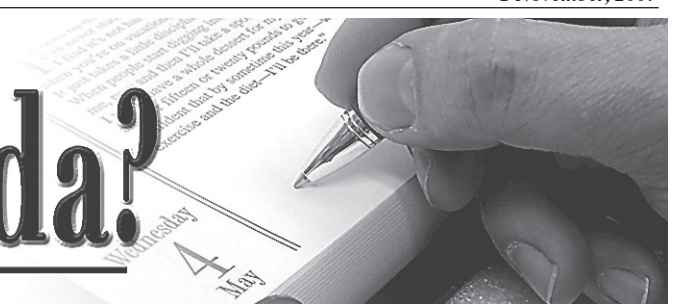
Catch the Action at the next Home Game...

Fri., Nov. 2 vs. Swift Current Broncos
Sat., Nov. 3 vs. Moose Jaw Warriors
Fri., Nov. 9 vs. Edmonton Oil Kings
Sun., Nov. 11 vs. Regina Pats

For Tickets Call 726-3555 or visit ticketmaster.ca

www.wheatkings.com

What's on Your Agenda?



Weight Loss Support Groups!

Drop in, everyone welcome and NO COST!

Tuesdays - 10:30am at Public Health, Brandon

Thursdays - 7pm at 20-7th Street, Brandon and Starting September 10th! - **Mondays** - 6:30pm at Public Health. For more information call Arlene at 571-8359.

"The Lady Pirates of Captain Bree"

... a dinner theatre presented by Wawanessa School
7:00 pm -

November 16 & 17
Tickets \$25

Contact Karen Paulson:
824-2027

Shilo Community Library REGULAR LIBRARY HOURS

Monday: 6-8:30

Tuesday & Thursday
9:30-12:30, 1-4, 6-8:30

Watch for the **Winter Community Events Calendar** in The Stag - November 29th

Sprucewoods Community

Weekly Events:

Mondays - CRIB, 7pm.

Tuesdays - TOPS, 6pm.

Thursdays - BINGO, doors open at 6:30, game at 7pm.

For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

4th Annual

Christmas Concert

General Strange Theatre, Shilo, MB, Sunday, December 2, 2-5pm. All proceeds to International Music Camp. Skits, snacks, Santa & songs, songs, songs. Tickets \$5 each or \$10 per family. Available from any Jammer or call: Reg 763-4716, Brenda 752-2153, or Wayne 834-2130.

Drop In Sports Nite for Teens. Every Thursday evening @ GSH, 7:30-9pm.

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

Royal Canadian Legion Branch #3

October Activities

• Weekly cribbage held at Legion No. 3 in the Lounge, Tues. 7:30pm

• Weekly soft dart league held at Legion No. 3 in Lounge, Thurs. 7pm. For more info, call Jack @ 727-5869

• Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.

• Weekly bingos are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.

Nov. 3 Legion Craft Sale, Banquet Hall, 10am-2:30pm

Nov. 3 - Maple Leaf Dance, Banquet Hall, 8pm-12am, lunch served, music by Winston Simpson, \$10

Nov. 11 Brandon Branch No. 3 and Wheat City Branch No. 247 **Remembrance Day Service**, West-

man Place, band selections commencing at 10:20 am

Have you served on a peacekeeping mission?

Canadian Association of Veterans in United Nations Peacekeeping

You can consult our corporate website for more information at www.cavnup.org or contact the local chapter.

The chapter is based at #3 Legion, 560 - 13th Street East, Brandon. We hold monthly meetings except in July, August and December. These meetings will take place on the 2nd Wednesday of each month at 7 p.m. at the #3 Legion.

Kids N' Us - Skip on over every Saturday for our new and exciting drop in games and story time with our recreation leader. Runs Sept. 22 - Nov. 24 @ the Community Centre. For more info, call Brenda @ 3317. Times: 3-5 yrs, 9-9:45am; 5-7 yrs, 10-10:45am; 7-9 yrs, 11:-11:45am.

Crafters Wanted! CFB/ASU Shilo is holding their annual Christmas Bazaar on Sat. Dec. 1/07 from 12-4pm, L-25. Tables (4x6) are \$10 each. Please book enough tables as additional tables will not be available the day of the Bazaar. All proceeds to the Shilo Christmas Hamper Campaign. For more info, contact the Community Recreation Office @ 765-300, ext. 3588 or 3317.

Fitness, Sports & Recreation's Christmas Bazaar Saturday, December 1, 12-4pm, Community Centre Annex, Building L-25. Visit Santa during the Bazaar from 3-4pm in Building L-25! Sponsored by Base Fund

PLEASE NOTE: THE CHRISTMAS PARADE HAS BEEN CANCELLED DUE TO OPERATIONAL COMMITMENTS.

CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free*

Classified Ads to

stag@mts.net

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

Homes/Property

2 New Homes on 5 Acre lots 15 minutes from Shilo

First home: 2300 Sq Ft walkin style, 3 bdrms, 2 and 1/2 baths and attached double car garage. Second home: 1368 Sq Ft Bungalow style, full basement, 3 bdrms, 2 baths and attached double car garage. Phone 824-3752; cell 724-6580

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

For Rent: 2 bedroom house (upper level) in Wawanessa. \$500 per month plus utilities. Call 824-2248 or 729-7608

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

Homes/Property

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

For Sale

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

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

For Sale: King size Sears-O-Pedic, Tranquility firm support mattresses and box spring. \$400. Call 763-4990.

For Sale

18 foot 2005 Glastron Boat. 190 Horsepower in-board Volvo Penta-Drive, with Easy Haul Trailer and water toys. Fewer than 20 hours on the vesicle. Like new. Asking \$20,000 OBO. Call Mike at 761-5175 in Brandon.

2002 Kawasaki KLR 650, OD Green & Black, excellent commuter & trail bike; 50 mpg; strong 4-stroke motor with good top end speed for hwy cruising, very reliable, incl. 2 helmets, 2 manuals, spares, etc.\$4500 as is or, \$4900 safetied (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

Ladies' 14kt white gold, 4 prong solitaire engagement ring. 1 Rd brilliant cut diamond - 0.79 ct, clarity L-1, colour F-G, good cut. Replacement value \$6800, orig. paid \$3899, only 1 yr. old. Exc. cond. To view, call 526-0566.

Child care

Licensed daycare - 2 spots for school age (before and afterschool care available and inservice days coming up), 1 full-time spot for preschooler age 2-5. Call Crystal at 765-2617 for interview. Filling up fast!

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

Looking for care for my 3 1/2 yr old daughter. Either in Shilo or Brandon. Please call 573-0148.

Tutoring

Teacher available to tutor students in: Writing skills, Math, Homework/Assignments, Basic French. Please contact Chantal at 765-2959

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted. Manitoba Hunter Safety Course Instructor. Greg Steele, 725-1608 or ggs57@wegwave.ca Next course dates - Hunter Safety Nov. 4, Brandon. CFSE, Nov. 25, Brandon. CFSC challenges by appointment. Unwated guns? Amnesty questions? I buy guns working or not - Licensed dealer.

Dick & Jane went to a Passion Party. Their order came in. Now they don't answer their phone anymore. Curious?? 204-573-3573 www.daphnewilson.com

Furniture

Posted In/Out of 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**

Services

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

Stress-free holiday shopping! Get gifts for everyone on your list or just enjoy a FREE pampering session. Call for an appointment today or shop online. Brice Dodds 765-2868, www.marykay.ca/bdodds

St. Barbara's Protestant Chapel

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

Our Lady of Shilo Roman Catholic Chapel

Sunday's 1030 hrs Weekday mass will be announced every Sunday Padre Persaud - ext 6836 Padre McLeod - ext 3089

Talking to children about deployment



Patricia Marchand, MSW

As we prepare to welcome our spouses & partners back from their two month exercise in Wainwright Alberta we are reminded that February is just around the corner. Preparing your children & teens for the upcoming deployment is essential and must not be underestimated. It is very important that they be properly informed and prepared in order to cope with the stress and sadness associated with having a loved one deployed.

1. *Take time to naturally (but gradually) discuss the upcoming deployment.* Don't force the conversation but watch for cues from your child to invite dialogue to develop. Do not wait till the last minute to tell your child about the deployment. Just as we need time to adjust and prepare for their departure so do children.

2. *Be empathetic* – but also remember that they need guidance and support from you. Make sure you are emotionally prepared to engage in this kind of

conversation. Remember that your child is not to be used as your support – it is not appropriate to expect a child to comfort you. By role modeling good coping behaviors to your child they will likely have a better emotional outcome and gain greater self understanding of how they deal with sadness and loss.

3. *Be prepared to deal with anger and sadness;* Chances are your child/teen is already aware that their parent is leaving for Afghanistan, and they are most likely having a difficult time managing their emotions. Anger outbursts and sadness are absolutely normal, but need to be addressed if you think it specifically relates to deployment. Take note of any abnormal behavior and if it persists contact a health professional.

4. *Being truthful, don't lie and the importance of dispelling myths* – Children and teens learn a great deal from one another including issues around military deployment. More often than not the information is misleading and scary – and can contribute to confusion. By having frank, age appropriate conversation with your children will not

minimize the danger overseas but creates relationship of trust and security because the truth is not camouflaged from them.

5. *Do not underestimate* – Whether this is the first or tenth time dealing with a loved one's deployment it is difficult. Sometimes, past deployments bring up emotions of unresolved issues. Never minimize how a child/teen is feeling – and never assume that they are handling it well, sometimes assuming that they are fine can lead to greater difficulties in the future.

6. *Network* – Make sure that all professionals involved with your child are aware of the deployment (teachers, coaches etc). They will be your greatest ally in monitoring your children along with you.

7. *Seek help before things get too difficult to manage at home* – There are people on base who are trained to help you and your children. Every effort will be made to support you and your family throughout the deployment and reunification.

Should you have any questions about this article or have any topics that you would like covered in this space please contact me at 765-3000 ext 3373.

Club gives back

Sharon Brooks
Sprucewoods & Area
Lions Club

After four postponements due to extremely hot or rainy weather, we were finally able to get out and clean the ditches. We were able to clean the area from Shilo south gate to the turn-off into Sprucewoods. Things were much better this time – although Tim Hortons and Forbidden Flavours were both present. A big thanks to non-Lion volunteers Erin, Doris, Haley and Sela King, Emma Long and her mom Jackie, Katie and Michael Brooks, Ryan and Eric Jenkins and Reg Jones, Laurie Rubenuik.

This year, it was suggested by Lion Grace, that the feature on our "Community Spirit Calendar"

should be one of our advertisers as decided by a draw. Congratulations to Jenny Clemens of Century 21.

On October 24th, our Zone Chair Lion Margaret Martin will attend our Dinner Meeting at the Shilo Inn for the purpose of swearing in our two new members, Garnet Carvery and Heather Walker. She will also swear in our new slate of officers - Lions President, Jerry Rubenuik, Vice President, Marvin Brooks, Secretary, Grace Flynn, Treasurer, Sharon Brooks. During the absence of Lions Marvin and Sharon for a winter holiday, Lions Garnet Carvery

and Cameron Haggerty will step up to the plate as Vice President and Lion Scotty MacIntosh will serve as acting Treasurer.

We have started a Christmas Draw and are selling Poker Hands for Diabetes. You may support both by stopping at our table in the CANEX mall Monday, Wednesday and Fridays from 10:00 a.m. to 1:00 p.m. If you wish to make a direct donation to diabetes contact Sharon Brooks, 763-4765, Grace Flynn, 763-8798 or Coordinator Peggy Stock 763-4728.

Our wish for you today – a flu and cold free winter.

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

7-Eleven

- Willowdale & 26th
- 34th & Victoria
- 10th & Van Horne

Carberry

- East Side Service
- Carberry Legion

Douglas

- Douglas General Store

Minnedosa

- Minnedosa Legion

Neepawa

- Neepawa Legion
- Shilo

CANEX Mall

- Forbidden Flavours
- Shilo Community Centre
- Base Headquarters
- GSH
- Country Club (Rick's)
- All Messes

Sprucewoods

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



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We welcome your suggestions!

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

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

Submitting articles and photos for print:

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

Games bring competitors together in India



Photo by Lyndon Goveas, CFPSA

(Left) Lt(N) Sharlene Harding takes to the ball during a match against France in Hyderabad, India.

The 4th International Military Sports Council (CISM) Military World Games (MWG) are being held by the Ministry of Defence, the Government of India and are the biggest multi-sport International event to be conducted anywhere around the globe this year. This year's MWG will see the participation of 4581 military personnel from 89 countries. Of these 3006 are athletes (2272 men and 734 women) and 1575 team officials. This does not include the 1300 technical officials who along with the organizing committee members add up to a sizable sum.

The ultimate goal is to contribute to world peace by uniting armed forces through sports. The motto 'Friendship through Sport' celebrates world peace and shows the remarkable spirit of friendship and solidarity that unites all CISM member countries.



Photo by Sgt Roxanne Clowe, Canadian Forces Combat Camera
Capt Eric Hardy, based in Ottawa, during the cycling portion of the triathlon held in Mumbai, India. Mumbai hosted two of the most technical events - triathlon and sailing with the remainder events being held in Hyderabad.



Base Personnel Selection Office



SCAN Seminar

Second Career Assistance Network

21 & 22 NOVEMBER 2007
0800 - 1600 hrs

Location: Multi-Purpose Training Facility

*If you are releasing, retiring within 5 years,
or medically releasing,
you must attend this seminar!*

Call 765-3000 ext 3086
For more information and to register

Spouses & common-law partners
are encouraged to attend.



Photo by Sgt Roxanne Clowe, Canadian Forces Combat Camera

Members of Team Canada enter the stadium for the Oath-taking Ceremony of the 4th International Military Sports Council (CISM) Military World Games (MWG) held at Mumbai, India from Oct 14-21. A Canadian contingent of 135 CF athletes competed in the Games, which is the second largest athletic competition in the world after the Olympics.

Canada Post to send free mail overseas

It's that time of year when Canada Post will again be providing free regular parcel service for family and friends of deployed CF members from now until January 11th. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CF bases, where they will be forwarded through the CF postal system to friends and loved ones overseas.

Additionally, Canada Post will also begin providing free delivery of letters to deployed troops effective October 26th, through 2008. At the end of that period, Canada Post and DND will jointly evaluate the program.

Due to cargo limitations on military flights, this offer is restricted to those operations served by the Belleville, Ontario K8N 5W6

address and to any deployed Canadian ship. Additional mailing guidelines are available at the 'write to the troops' link found at www.forces.gc.ca Also ensure the proper customs declaration forms and correct addressing information are on all letters and parcels and they must be deposited at a Canada Post retail outlet-Mail deposited in street letter boxes will 'not' be deposited.