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Volume 46 Issue 22

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In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

- John McCrae

Lest We forget

November 11, 2007



Photo-Illustration by Stacey Brown/Shilo Stag - Photos courtesy Combat Camera & Veterans Affairs Canada

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PRE-DEPLOYMENT TRAINING



Photo by Sgt Donald Clark

Corporal Curtis Stephens, of 2nd Battalion Princess Patricia's Canadian Light Infantry, communicates with his section during a live fire exercise.



Capt Amber Bineau & Sgt Donald Clark
2PPCLI

It started as individual training at various bases across Canada in early spring. It grew into Task Force 1-08 Battle Group sub-units uniting

in September and October at Wainwright's Canadian Manoeuvre Training Centre (CMTC) for high tempo, complex battle scenarios. The training concentrated on integrating the numerous assets afforded to a battle group. Battle scenarios involved infantry and armour combat teams supported by artillery, engineer, medical, armoured reconnaissance, aviation,

close air support assets as well as information operations enablers such as tactical PSYOPS and CIMIC teams.

In September, field commanders and their soldiers were challenged with company and combat team live fire tasks, while October's deployment confirmatory training fully exercised the headquarters planning and operations staff while



Photo by Cpl Dave Carr

Task Force 1-08 Battle Group bombs up in preparation for the level six live fire range.

ground elements operated in a force on force environment. In addition to the opposing force, TF 1-08's Battle Group and Kandahar Provincial Reconstruction Team were heavily involved in interacting with CMTC-hired Afghan-Canadians role playing key leaders and villagers within the various towns built in the training area.



Photo by Sgt Donald Clark

B Squadron Combat Team tanks, of Lord Strathcona's Horse (Royal Canadian), assault a known hostile village.



Photo by Cpl Dave Carr

A CH-146 Griffon Helicopter lands near an Afghan village in order to evacuate a casualty.



Sapper Wasden, of 12 Field Squadron (1 Combat Engineer Regiment) Task Force 1-08 Battle Group, returns to his vehicle after breaching an obstacle.

Photo by Sgt Donald Clark



C Company Combat Team, of the 2nd Battalion Princess Patricia's Canadian Light Infantry Task Force 1-08 Battle Group, secures a village while protecting its religious institution.

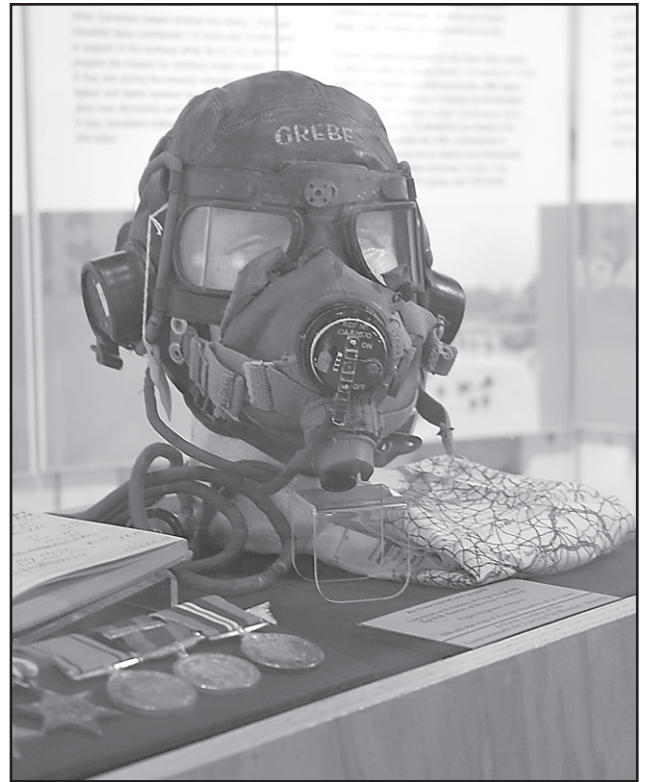
Photo by Sgt Donald Clark



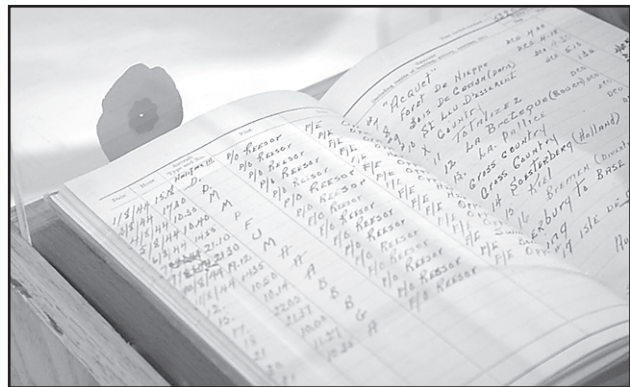
Photo by Sgt Donald Clark

A simulated casualty awaits medical evacuation during a live fire exercise.

Gallery depicts 1,000 years of history



Photos by Marie Brown/Shilo Stag



Marc George, RCA Museum Director, along with staff, colleagues, and guests officially opened the Canadian Forces Heritage Gallery last Friday. The gallery, which spans over 1000 years of CF history, from the arrival of the Vikings in Canada to the current operations in Afghanistan, was largely made possible due to donations from the Canadian War Museum in Ottawa. It showcases 56 interpretive panels, each featuring historic photos or works of art, and is complimented by a number of artifacts, historic guns and uniformed mannequins from the museums collection. The permanent gallery was two years and \$50,000 in the making and sits comfortably next to the recently opened Weapons Vault, which showcases small arms and pistols spanning over 300 years in Canadian history. The RCA Museum has dedicated the gallery to all Canadian soldiers and their families with the goal of telling the military story of Canada, a legacy which, according to George, belongs to each and every one of us. Sgt Redford, a Veteran of Afghanistan and serving member, along with Mr. Jason Beam, spouse of Capt Nichola Goddard cut the official ribbon. The museum is open to the public Monday to Friday 1pm-5pm.

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Students visit RCA Museum



Photo by Marie Brown/Shilo Stag

Lucas Wierenga, a student from O'Kelly School, sits atop an anti-aircraft gun at the RCA Museum. Children in Mr. Halls grade 3/4 class from the school visited with Veterans Peter Ewasiuk and Dave White from the Korean Veterans Association as part of their tour of the museum. The tours, which included several grades from the school, went on throughout the day, rotating the various classes through. Children were engaged in hands on learning about the military.

Nine drinks vs. 14?

Fiona Jeffries
HP Director

According to the Low Risk Drinking Guidelines, women should consume no more than nine standard drinks per week, but men get to have up to 14. Why is this? Is the recommendation based on solid scientific evidence? Turns out it is, and the reasons might surprise you!

Women generally have less body water than men of a similar weight. This means that they reach higher concentrations of alcohol in their blood after consuming equivalent amount of alcohol. Furthermore, women eliminate the alcohol from their bodies faster than men, as a result of having larger livers (per unit lean body mass). So given the same length of time and the same body weight, a woman's liver will pro-

cess more alcohol than a man's. This puts more stress on women's livers than on men's. However, an enzyme called alcohol dehydrogenase, which is found in the liver and is responsible for breaking down alcohol into its non-active (i.e., non-intoxicating) products, appears to be less active in women. Therefore, it is possible that once consumed, more alcohol is able to move into a woman's bloodstream than a man's.

Aside from these effects, women are generally more susceptible to many forms of alcohol-related organ damage. For example:

- Women are more susceptible to developing alcoholic hepatitis and dying of cirrhosis of the liver, after ingesting less alcohol and over shorter periods of time, than men. It is thought that this increased susceptibility

may be linked to the effects of estrogen.

- Some MRI (Magnetic Resonance Imaging) studies suggest that women may be more susceptible to alcohol-related brain damage than men. This is especially evident in areas of the brain that are involved in coordinating the brain's activities.

- Alcohol-associated heart disease is equally present among men and women, in spite of the fact that, on average, female heavy drinkers have 60% less lifetime alcohol use than men. This means that women are much more susceptible to alcohol-associated heart disease than men.

- Consumption of moderate or heavy amounts of alcohol (i.e., two or more standard drinks per day or bingeing) is associated with higher rates of breast cancer.

Given the above evidence, it is clear that the effects of alcohol are much different for women and men, and these differences are reflected in the recommendations of the Low Risk Drinking Guidelines. Remember, always STOP AND THINK BEFORE YOU DRINK!

The week of 19-25 November is Addictions Awareness Week. For more information on the Low-Risk Drinking Guidelines, Addictions Awareness Week and the Health Promotion program, please contact Fiona Jeffries, HP Director at local 3867 or Eva Cam-

Christmas Hamper Mission underway

Rev Dwayne Bos
Base Chaplain

A special thank you to the organizers of the Shilo Rodeo for the first donation of \$250 towards the 2007 Christmas Hamper Mission. Last year, 30 hampers were distributed to needy families in the Shilo area in the form of Canex Gift Cards and Sobey's Gift Certificates, and was coordinated in conjunction with the Christmas Gift program at the Shilo MFRC.

This year, Operation Holiday Harvest is being linked to the Hamper Mission for collections of non-perishable food items but for the most part, cash/monetary donations are the focus of the fundraising. Over the past year, the

left over funds from the Christmas Hamper Mission are used for emergency purposes that arise such as the purchasing of food for the CFB Shilo Emergency Food Bank, and for other supplies that can assist a family in crisis (for example, school supplies, diapers, winter coats).

At this time the Chaplain Team would like to offer a big Thank You to all shoppers at the Canex Mall for their donation of Canex Points to the Base Chaplain Fund. This fund also assists the chaplains in re-stocking the Emergency Food Bank, and for supplying gift cards to needy families during the Christmas Hamper Mission. Your continued support ensures high quality abundant supply for those

who are without.

This year, if individuals would like to make private donations for the Christmas Hamper Mission for tax purposes, you can write your check through one of our base chapels, "Our Lady of Shilo" or "St. Barbara's Chapel" and notate your donation.

The chaplains are having a coffee and free refreshments planning and information meeting at the Faith Centre (T-119) gathering room on 14 Nov, 1000 hrs and representatives from the community and units are invited to attend. Please confirm your attendance at ext. 3091.

We look forward to another successful Christmas Hamper season with your support! God Bless.

Addictions Awareness

Week Activities

Keeping Your Parties Safe

20 or 21 November

1:30 - 4:00 p.m. hrs

Talking to Youth about Alcohol & Other Drugs

21 November 6:00 - 8:00 p.m.

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Ken Kelly, President of the Sprucewoods Shilo Rodeo Club, hands over a cheque for \$250 to Padre McLeod in support of CFB Shilo's Christmas Hamper Mission 2007 while the rest of the club stands in. The Rodeo, which has been active in the Shilo/Sprucewoods community for five years, wanted to give back to the Base in acknowledgment of the support they've been given over the years. Next years rodeo will be pushed back slightly, into the last few weeks of August out of respect to the troops who will be returning from TF 1/08 early August.

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In Honour campaign salutes CF members

Virginia Beaton
Trident

From November 1 to 30, all blood donors at Canadian Blood Services across Canada will have the chance to fill out In Honour cards to recognize the work done by CF members at home and abroad.

"Little did I know how important blood was until events unfolded," said Cpl Shaun Fevens. "It helped to save my life."

A member of the Princess Louise Fusiliers, Cpl Fevens was injured in Afghanistan on Apr. 8 in an IED explosion that killed six CF members. "I received a lot more education than I expected."

Cpl Fevens has learned a lot about the importance of blood donation since. "It doesn't take a catastrophic injury for someone to require blood," he observed.

Cpl Fevens received expert medical care here and in Afghanistan, but recognized that care alone cannot save an individual.

"If they do not have the

blood provided after surgery, all that technology is lost. Something as simple as blood helps all that technology come into play."

MGen Herbert Petra, Chief of Reserves and Cadets, sees the importance of Canadian Blood Services and their relationship with the CF.

"Canadian Blood Services indicated to me that what they want to do this year is highlight the reserves and their service to our country," said MGen Herbert Petras. He noted that there are more than 27,000 members of the primary reserves as well as 4,000 Canadian Rangers and more than 7,000 officers in the cadet program. "That's almost 40,000 folks."

MGen Petras described the partnership between the CF and Canadian Blood services as "a terrific fit."

"As a citizen, when you roll up your sleeve and volunteer to give blood, sometimes you don't realize what it does. You may save someone's life or it

may make someone's life a little better," said MGen Herbert Petras.

"How does that fit with what we are doing in the Canadian Forces? Isn't that what the Canadian Forces are all about? Helping save lives and making people's lives a little bit better."

Many reserve units across the country are holding their own clinics, according to MGen Petras. "I'm not going to offer a challenge to anybody, I don't think that's required. What I will say, is to tell our fellow reservists that they are well aware of the impact this program has."

As the reserve force is being highlighted this year, MGen Petras wants to ensure maximum participation.

"I want to make sure I encourage everybody to get on with it and roll up their sleeves. It's the simplest thing you can do for a person who needs it."

According to Dr. Verna Skanes, Chair of Canadian Blood Services' Board of Directors, the CF and the Royal Canadian Legion



MGen Herbert Petras, Chief of Reserves and Cadets, and Dr. Verna Skanes, Chair of the Board of Directors at Canadian Blood Services, speak with blood donor Jessica Peddle of Dartmouth, Nova Scotia, during a visit to the Canadian Blood Services donation centre in Halifax on Oct. 24.

entered a national partnership through the Partners for Life program about two years ago. From January to September 2007, 5,900 blood donations have been made by CF employees, friends and family.

"We hope you will continue to give blood and to encourage your colleagues," said Dr. Skanes, "Your support of this pro-

gram is very valuable."

Dr. Skanes also encouraged donors to participate in the Canadian Blood Services' In Honour program.

"All during November we will be asking people to donate in honour of the troops both in Canada and those who are serving abroad."

Upon donating, donors will be asked to sign a

card and if they choose, add a message.

"Those cards will be delivered to the troops abroad during the month of December," said Dr. Skanes. She noted that at the end of the 2006 campaign, Gen Rick Hillier, Chief of the Defence Staff, picked up the mailbags that contained 20,000 cards and messages himself.

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Training catches attention of ANA

Sgt Dennis Power
Army News

Soldiers preparing to deploy to Afghanistan demand realism in training and the Canadian Manoeuvre Training Centre (CMTC) delivers. Since April of 2006 CMTC has provided each deploying Task Force with the important last steps in training and validation of collective skills.

Canadian soldiers have always been held in high regard by our allies, and with our continued suc-

cesses in Afghanistan they are beginning to look at our training methods.

One aspect of our training being studied is the CMTC experience. "I've had numerous comments from Canadian and NATO commanders on the scope and scale of the training that we do here," said Colonel Craig King, Commanding Officer of CMTC. "What they seem to be struck most about is the amount of progress that we've made in a very short period of time."

The two main bases in Afghanistan, Kandahar Airfield and Camp Nathan Smith, have been replicated in Wainwright along with some of the Forward Operating Bases. Living conditions and training scenarios are as close as possible to what the soldiers will experience overseas. Afghan Canadians are employed to portray villagers and other 'players' and are joined by another group of civilians and soldiers portraying many of the other personnel that members of the Task Force will encounter while deployed.

Col King said the realism of training will allow soldiers to be more prepared to do their jobs in the environment of Afghanistan.

"The exercises run here are designed to give soldiers the opportunity to experience the kinds of things they'll be seeing when they deploy to Afghanistan, and give them



As soldiers take care of simulated casualties during a training exercise, two of many 'Afghan locals' add an extra dimension to the realism of the scenario.

an opportunity to effectively play-out here what they are going to live in their mission area," King added.

An Afghan National Army (ANA) commander in Wainwright to study Canadian Army training methods will apply some lessons learned to training ANA soldiers in Afghanistan. "What I've seen of the training center here has really impressed me," said Colonel Abdul Basir, Commander of the 1st Brigade, 205 Corps, in Kandahar. "The exer-

cises provide very realistic simulations of the fighting in Kandahar Province, and how to fight terrorism. It's good that soldiers also have the opportunity to learn something of our culture. I have also seen lot of good lessons here that will help our soldiers work well together as they continue to conduct operations side by side in Kandahar Province," Basir explained.

Canada produces professionally competent soldiers in a way that has drawn the attention of other nations, comments sup-

porting that premise are consistently heard in passing by our soldiers serving overseas. Our soldiers are world class, our allies confirm it, but, a few good words from other professional soldiers are always welcome. LCol James Mingo, Senior Reconnaissance Trainer at the National Training Center at Fort Irwin California, was proud to say, "Having seen what I've seen of the soldiers here, I would feel very confident in fighting alongside with the Canadian Forces."



As casualties are prepared to be moved med-evac helicopters begin to arrive during a training exercise.

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Shilo honours the fallen



Photos by Marie Brown/Shilo Stag



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WWI diary sheds li

From a Stretcher Handle: The World War I Journal and Poems of Pte. Frank Walker

June, 1916 — Third Battle of Ypres
June 14

For forty-eight hours we have been working without a stop, and still the fighting is going on, and the wounded are falling faster than we can pick them up. It has rained all week. The trenches are knee-deep—in some places waist-deep, with mud and water. The dead and wounded lie everywhere: in trenches, and shell pits, and along the sodden roads. Two thousand wounded have passed through our hands since the attack. Hundreds more are dying of exposure a mile away, and we cannot reach them. The wounded who are already here must lie outside the Dressing Station, in the open, under the rain, until their turn comes.

We shall be relieved tonight, for twelve blessed hours, by the 3rd Field Ambulance. We are all in.



*Photos courtesy Veterans Affairs Canada
Taken at Romarin on the Belgium-France frontier, fifteen kilometres behind the line. All Islanders! Frank Walker is standing on extreme right with pipe.*

Mary F. Gaudet
Veterans Affairs Canada

I remember visiting my father in the nursing home one day shortly before he died. It was November 1977. His formidable mind, which had revealed itself to thousands of Islanders in a long and distinguished career as a newspaper editor, had now become confused.

“Do you know me today, Dad?” I asked.

His head turned slightly, and his eyes widened as he peered up at me.

“You look familiar,” he managed.

In an effort to connect with him on a more personal level, I said, “Dad, do you remember your poem, ‘The Ballad of the Stretcher Bearers’?”

He lay very still for a short time. Suddenly, in a cadence well-known to me, he recited the six verses, word for word, as

a single tear fell slowly down his cheek.

The poem was sixty years old. He had written it on the battlefields of Europe. Here at the end of this eighty-three years, disconnected from the present, his mind strayed back to an experience that had seared itself on his memory and had shaped his entire future life. It was obvious to me that the Great War still held deep meaning and lucid memories for my father.

From a Stretcher Handle: The World War I Journal & Poems of Pte. Frank Walker is a first-person narrative centred around the life and times of my father, Prince Edward Islander Frank Walker (1893-1977), during his service with the Canadian Field Ambulance, Canadian Medical Corps, from its inception in 1914 until 1919, after the Great War had come to a close.

a tribute to our country's heroes

Remembrance Day • November 11



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Light on darker days

Packing Out (A Ballad of the Stretcher Bearers)

I
*We loaf around the Aid Post, on the sand bags in the sun,
Taking the jeers and sneers of every passing son-of-a-gun.
We are the lousy stretcher-squads, the discards of the Pack,
The idlers of the Army— til the Army's next attack!*

II
*And then, some bloody morning, when the sky's a blazing red,
And the batteries are roaring loud enough to wake the dead,
And the little mad machine-guns the infernal racket swell
With the din of devils riveting the boiler plates of hell.*

III
*—Oh, then it's "Good Old Stretcher-Bearers: they're the boys for trouble!"
"Gangway for the Stretcher-Bearers coming on the double!"
"Gangway for the Bearers!" goes from trench to trench the cry,
And everybody hops aside to let the "Bearers" by.*

IV
*Into the red confusion the, and through the din we pass, —
Stumbling along the trench mats, holding our breath for Gas —
Scrambling over the bald-spots, hearing the bullets whine —
Over the gaps and through the saps and up the Firing Line.*

V
*We go where men are falling in the awesome barrage-tract,
We dig them out, and pick them up, and pack them safely back.
Over the wire and through the mire and down the Line we go,
And you can bet your old Tin Hat our pace is far from slow!*

VI
*Back and back we go, til the battle-field is clear,
(It's good to hear the wounded chaps giving us the Cheer!)
Back and back we go til the bloody job is through, —
Then it's "Good old Stretcher-Bearers!" and "A double Rum for you!"*

Pte. Frank Walker, April, 1917



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2PPCLI on the front lines in Korea

National Defence
DDH

It was 56 years ago that the 2nd Battalion, Princess Patricia's Canadian Light Infantry became the first Canadian unit sent to the front during the Korean War when it moved to the line north of Yuju under the command of the 27th Commonwealth Infantry Brigade.

The Korean War And The Battle Of Kapyong

At the break of dawn of Sunday, June 25, 1950, an invasion force from the People's Democratic Republic of Korea (North Korea) crossed the 38th parallel into the Republic of Korea (South Korea), and launched the Korean War. With 26,791 troops, three destroyers, an air transport squadron and 22 fighter pilots, Canada was the third-largest contributor (after the United States and the United Kingdom) to the international UN Command that fought the war on South Korea's behalf. By July 27, 1953, when open hostilities ended, 516 Canadians had

died in Korea.

Historians divide the Korean conflict into five phases:

- June 25, 1950-August 1, 1950: North Korean army invades South Korea, eventually reaching Taegu and cornering the UN forces in a small pocket in the southeast corner of South Korea;

- September 15, 1950-November 26, 1950: the counteroffensive, when the UN forces turn back the North Korean invasion force and push into North Korea, even reaching points on the Chinese border;

- November 27, 1950-January 24, 1951: the tide of war turns again, when the People's Republic of China intervenes on the side of North Korea with an army of hundreds of thousands of "volunteer" soldiers, and the Communist forces push the front line back to the city of Yoju, 50 kilometers south of Seoul;

- January 25, 1951-May 24, 1951: the final offensive, when UN forces slowly push the Commu-

nist forces north of Seoul and stall just short of the 38th parallel; and

- May 25, 1951-July 27, 1953: Communist and UN negotiators conduct peace talks that are occasionally interrupted by ground battles; during this period, UN troops advance to and secure the area around the 38th parallel.

The battle at Kapyong belongs to the third phase of the war. It began on April 23, 1951, when the Communist (Chinese and North Korean) forces moved to check the UN advance just north of the 38th parallel, taking the initiative for the second time. On the night of April 22-23, 1951, the Communist front hit the UN central and west sectors, pushing back two large U.S. Army formations, I Corps and IX Corps.

The 6th (Republic of Korea) Division, an element of IX Corps, was in grave danger of being cut off and destroyed because its withdrawal route lay through the valley of the Kapyong River. To keep the route open and guard



Photo courtesy Bill Olsen, Library and Archives Canada

Troops of "B" Company, 2nd Battalion, Princess Patricia's Canadian Light Infantry Crossing a Log Bridge, North Korea, ca. February 1951.

the Koreans' rear, the 27th (British Commonwealth) Brigade established a defensive position straddling the river, north of the village of Kapyong.

The 2nd Battalion of Princess Patricia's Canadian Light Infantry (2 PPCLI) dug in on Hill 677, west of the Kapyong River, while the 3rd Battalion of the Royal Australian Regiment occupied Hill 504, east of the river. South of the Patricia's, on their rear, were the 1st Battalion of the Middlesex Regiment (a British unit) and the 16th Field Regiment, Royal New Zealand Artillery.

On the night of April

23-24, the Communists attacked the Canadian and Australian positions, screaming, shouting, blowing whistles and moving forward in encircling waves. The Canadians and Australians fought them off with everything they had - Captain Mills, in command of D Company, 2 PPCLI, even called down artillery fire directly on his position - but, at 1730 hrs on April 24, the Australians were forced to withdraw. The battle-weary Patricia's held on, receiving a fresh supply of food and ammunition at around 0400 hrs on April 25 by air-drop from four USAF C

119 Packet transports. In the afternoon of April 25, the Communists broke off their attack and the fighting was over.

Although the Communist forces at Kapyong outnumbered the Canadians by as much as eight to one, 2 PPCLI lost only ten killed and 23 wounded in the battle. (The Communists' casualty figures are not known.) 2 PPCLI fought so well that it earned the US Presidential Citation for "outstanding heroism and exceptionally meritorious conduct in the performance of outstanding services." No other Canadians have ever received this distinction.

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Lending a hand



Photo courtesy Brandon Wheat Kings

LCol John Schneiderbanger, BComd (2nd from left) drops the puck at the ceremonial opening face-off for the Brandon Wheat Kings game, Sunday, November 11, at Westman Communications Group Place. Joining him on the ice are (left to right) Dan Boyle, captain of the Wheat Kings, Hudson Mealy of the Boissevain Novice, Carter Charney of the Shoal Lake Squirts, CWO Steven Walsh, and the Regina Pats' captain Logan Pyett. The Wheat Kings won the game 2-1.

Hammers & High Heels



Women's accessory of the month: Tool belt

News Canada

In the industry of skilled trades, it seems it is still a man's world. Canada is currently faced with a shortage of skilled trades people and demand will only increase due to a booming economy, aging population and declining birth rates. Despite the abundance of jobs in skilled trades, the industry continues to be a "boys club" that women rarely join.

However, a number of initiatives are underway to change this. The government

of Ontario has launched a program promoting women's participation in skilled trades. In March 2007, the Minister Responsible for Women's Issues, Sandra Pupatello, announced more than \$1.2 million to help low-income women develop new skills, find employment and help achieve economic independence.

Government programs like this one also aim to break the common stereotype that women do not have the physical strength to perform skilled trades. In reality,

physical work does not solely imply strength; skilled trades require dexterity, stamina and good hand-eye coordination - all attributes that women equally possess. Construction specifically is largely underrepresented by women. According to Statistics Canada, only six per cent of all construction workers (trades workers, equipment operators and labourers) in the province are female.

"We see the quality work skilled trades people do every day and we support the initiative to encourage more young

people, especially women, to choose a career in skilled trades," says Lorne Blatt, Insulation Expert, Owens Corning. "Women interested in exploring the field can hone their skills working on renovations and simple do-it-yourself projects at home. Installing insulation is one home renovation that can be practical and easy for women to undertake."

Women should not be intimidated by the industry. There are over 200 skilled trades to choose from including: carpentry, plumbing, tool



Photo courtesy News Canada

and die, machinery, welding and construction. There is a trade for every interest and aptitude and a career in skilled trades promises to be challenging and rewarding.

For more information on skilled trades visit www.careerintrades.ca and for more information on home improvements, visit www.owenscorning.ca.

Drive safe this winter

News Canada

Summer tires, winter tires, all season tires. The choice is up to you. One thing's for sure, though - Canada has four distinct seasons with four distinct types of driving weather. Here's some information from the Rubber Association of Canada to help you decide what type of tire to buy:

•Summer tires are designed primarily for dry and some wet driving; they are not for use in snow, ice or other winter or heavy rain conditions. They have a very smooth-looking tread design, with minimal or no sipes. Sipes are small slits in the tread that help improve traction.

•All season tires provide a good balance of quiet, comfort and handling for most Canadian drivers. The tread design has more grooves and sipes than summer tires, providing better wet traction. They can be identified by "M+S" branding on the side of the tire and can therefore be used in moderate snow and slush conditions.

•Winter tires offer a combination of specialized tread designs and compounds providing effective traction in Canada's difficult winter conditions (i.e. snow, ice, sleet, rain and low road-surface temperatures). At temperatures below 7°C, standard compound tires begin to lose elasticity, resulting in reduced traction. Winter tire compounds retain elas-

ticity to grip at much lower temperatures. Typical winter tread designs have larger grooves and tread blocks that have many more sipes than the typical all season tire. Tires marked with the RAC mountain snowflake symbol molded on the sidewall have been tested to provide a minimum 10 per cent better traction in severe snow conditions. Many winter tires provide 30 to 50 per cent better traction in winter conditions.

•Caution - winter tires should be installed in sets of four. Failure to follow this recommendation could result in severe and dangerous handling conditions. Visit betiresmart.ca or vehicles.gc.ca for more tips on tire selection and maintenance.

Holiday budgeting

News Canada

'Tis the season to shop and, more importantly, 'tis the season to control your spending. Research conducted by Visa Canada last year indicated that Canadians expected to spend \$20 billion during the 2006 holiday season. To ensure you don't go overboard this year, develop a realistic and manageable budget when you draw up your holiday shopping list.

Here are some tips to help you create your holiday budget:

How much can you afford?

Write down your monthly household income and subtract your monthly expenses. Don't forget to include all

household expenses, utilities, entertainment, transportation and all other spending. The remaining amount should give you a realistic idea of how much you have to spend on gifts.

How much do you need to spend?

Take a good look at all the people on your list and estimate how much you would like to spend on each of them. Be sure to include other holiday expenses, such as decorations, entertaining, hostess gifts and postage. You can find a handy gift log at www.practicalmoneyskills.ca to help you decide who to shop for and how much to spend on each person.

Track, trim and target

If the amount you'd like

to spend is more than what you can afford, take a second look to see where your costs are highest. If your gift giving list is just too long, ask close friends and family if they're comfortable setting a maximum spending limit or having a gift exchange instead. Getting together with friends for a night out in lieu of gifts is a popular choice - everyone can relax and enjoy each other's company without the stress of hitting the malls.

Staying within budget is one of the most important things you can do to ease holiday pressures. Before the season's festivities begin, spend some time budgeting and planning to help ensure you have a strong financial start to 2008.



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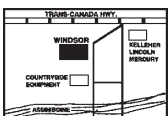


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Shilo Military Family Resource Centre



A sweet treat for kids this Christmas

Linda Beauchemin
Outreach & Information
Coordinator

Christmas season is coming upon us very fast and it's the time to start asking yourself, "What am I going to buy mom and/or dad for Christmas?" Well ask no more because we have a solution for you!

The Shilo MFRC is taking part in the Christmas Bazaar and will be offering the Annual Kids' Shopping Centre along with the Cookie Decorating Station. For only \$1.00 you can pick out a present for mom and dad and have it wrapped. All you need to

do after that is put it under your Christmas tree and wait for Christmas.

Don't forget to stop at our Cookie Decorating Station where you can take a break while you enjoy decorating and eating your Christmas creation. There is no fee

for this and you don't even have to go shopping first.

So mark this on your calendar - **Saturday, December 1 (1:00-4:00pm)** - and join us at L-25 for the Shilo MFRC Annual Kid's Shopping Centre and Cookie Decorating Station.



Photo submitted by Linda Beauchemin/Shilo MFRC



Regressive behavior in children

Patricia Marchand, MSW
Child & Youth Counselor

Are you thinking about how your children and teens will react when you leave for Afghanistan in February? Are you worried that it will not be a smooth transition? Fortunately for most families, the period prior to deployment is an opportunity to engage in discussion and prepare children & teens for the long absence of deployment. As many of you are already aware, children and teens handle separation differently. Some children and teens have increased difficulties coping with separation and develop different ways to soothe their anger, frustration, fear and sadness. Should your child experience the following behavioral issues consider seeking assistance, particularly if this behavior exhibits itself over a prolonged period.

Ages 0 to 5

Many very young children will engage in regressive behavior (behaviors that were normal at an earlier stage of development). This type of behavior might include:

- thumb sucking
- bed-wetting
- loss of bladder
- bowel control

- inability to dress or feed selves

- specific fears.

If these were not an issue prior to the separation be assured that this is normal and with a great deal of patience and understanding the child will regain their previous abilities.

Ages 6 to 11

A child has a different level of awareness of threats to personal and family safety than adults, and can increase the possibility of regressive behavior in order to cope with threats of uncomfortable change. But remember, regressive behaviors are not uncommon. Some children will exhibit the following;

- disobedience, if not outright defiance
- depression
- headaches
- stomach aches & nausea

- visual or hearing problems

- deterioration in academic performance and school refusal.

- a loss of interest in commonly enjoyed activities.

These are physical manifestations of how a child may handle stressful situations with the loss of a loved one or how they yearn for a loved one who is absent from their life. Let children feel these 'losses'

and guide them as best as possible to cope with the transformations within the home. Should these physical manifestations persist to the point where daily tasks cannot be preformed contact a professional for help. Remember you are not alone and there are people who can help.

Ages 12 to 17

Children of this age experience a new level of devel-

opment in which they are struggling to become more self-reliant, to establish an identity distinct from that of their family, and to develop much closer relationships with their peers. Behavior may include:

- social withdrawal or isolation
- depression
- School problems
- physical complaints are common.

They may also initiate a pattern of high risk taking behaviors that include:

- alcohol and drug use
- indiscriminate sexual behavior
- other anti-social behaviors.

These types of behavior can be distressing for a parent to witness. If your child is already engaging in this type of risky behavior, seek professional help. The best

assistance for a teen is to provide guidance through action & investment.

Having said all that, it is important to realize that deployments also offer an opportunity for families to grow and experience new things.

If you have any suggestions or comments please contact pmarchand@shilomfrc.ca or call me at 573-0862.

CALLING ALL CURRENT SHILO MFRC VOLUNTEERS!

We know how crazy busy the Christmas season gets...so mark your calendars now

POTLUCK AND TURKEY BINGO

MONDAY, DECEMBER 10 - 5:00 - 7:30 pm
COMMUNITY CENTRE

Your personal invitation will be mailed out soon but we wanted to give you advance notice... so you won't miss the fun (lots of food, fun and more than a few surprises... Shilo MFRC staff will sing again!)



Photo submitted by Linda Beauchemin/Shilo MFRC



www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

PRT vital for success in Afghanistan

Sgt Dennis Power
Army News

Canada's commitment to helping Afghanistan achieve stability and a strong future in Kandahar Province can be focused on two very dynamic groups of soldiers operating in the region; The Battle Group element of the Task Force, and the Kandahar Provincial Reconstruction Team (KPRT). They are mutually supportive in achieving their missions, but responsibility for achieving long-term stability through development is the focus of the KPRT.

"The mission of my unit (KPRT) is to enable and mentor Afghans to provide them with the skills and the knowledge to lead their nation," said Lieutenant Colonel Dana Wood-

worth, Commander of the KPRT for Task Force 1-08. "We accomplish that using what is called 'The Whole of Government' approach. We have experts on our team in the fields of security, governance, and development," Woodworth said. "We coordinate their efforts with Afghans and, with all of us pulling together in the same direction, we provide guidance for a solid future for Afghanistan."

"My unit consists of approximately 300 personnel, and is not entirely military," Woodworth explained. "We have the Department of Foreign Affairs and International Trade (DFAIT) for assisting with governance, the RCMP and other civilian police forces for security aspects and we are also partnered with the Canadian International De-

velopment Agency (CIDA) for development," Woodworth added.

Among the military personnel on the KPRT, which will be based at Camp Nathan Smith (CNS) in Kandahar City, some of the most visible members out on patrol will be the Civilian Military Cooperation (CIMIC) operators, according to Major James Allen, the commander of the CIMIC team. "My CIMIC operators will patrol around our area of operations, meet with locals, determine what their basic needs are, and what their priorities are in meeting those needs," said Allen.

"CIMIC operators will act as the interface between locals (primarily elders and village leaders) and non-governmental agencies providing aid, we'll facilitate the locals getting that aid, and in doing so we help Afghans, and foster trust and goodwill between us," he added.

"We need to win over the support of locals and



Photos by Sgt Dennis Power/Army News

Captain Neil Stocker is shown some of the problems that need to be addressed at a technical school in Kandahar that will be renovated as part of a Canadian initiative to restore infrastructure.

have them support our mission, which is in their best interest," said Allen emphasizing the need to maintain good relations with people in the area.

"The ideal end state would be a safe and secure environment that would permit civilian agencies to continue helping develop

Afghanistan without coalition forces present and, eventually, for them to be stand on their own without our help," Allen also said.


LCol Woodworth lauds praise on the soldiers of the Battle Group who, he says have done a fantastic job in providing security and have set the condi-

tions for others to come in to do their part. With security comes development.

"Success in Afghanistan is based on the long-term development of the Province, and of the country as a whole. That's the real key to success, and that's what my unit will achieve," Woodworth added.



As roadwork continues nearby, Engineers overseeing the project inspect sections of Route Summit that have already been completed. The road, completed by local workers and contractors will connect the busy District Center of Bazari Panjwayi to Highway 1.



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We welcome your suggestions!

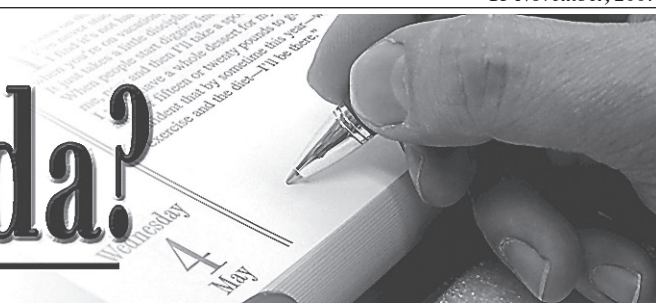
The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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

Submitting articles and photos for print:

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

What's on Your Agenda?



St. John Ambulance Babysitting Course

'What Every Babysitter Should Know'
Sat. December 15th
9am-3:30pm

Designed for kids ages 11-14 but is open to any age. Certificates will be issued to all successful participants. Course is held at the St. John Ambulance training and Community Services Centre in the second floor Business Centre of the Shoppers Mall. For more information, call 727-4466. Pre-registration is required and space is limited. Cost is \$30

The Brandon Gun & Collectible Show

Manitoba's largest!
December 8 & 9th
Keystone Centre
BUY, SELL, TRADE!
Sat. 10am-5pm
Sun. 10am-4pm
For more info or table rentals phone 725-4363

Sprucewoods Community Weekly Events:

Mondays - CRIB, 7:30pm.
Tuesdays - TOPS, 6pm.
Wednesdays - Lions Club, contact Grace at 763-4372
Thursdays - BINGO, doors open at 6, share the wealth at 6:20pm.

Upcoming Events:

Dec 9th - 2-4pm - Kids Christmas Party. Bring the kids out to see Santa. Treats, decorating and more! Presents must be purchased by the parents so Santa. Pre-register your child by calling Andy at 763-4843

Dec 31st - New Years Eve Dinner & Dance. \$25/person. Doors open at 6:30pm. 7-9pm is the silent auction/dinner. 9-1am is dancing the new year in with 'Unique Sound' Advance ticket sales only, contact Frank at 763-4919

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

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.

4th Annual

Christmas Concert

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

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.

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.

Street Hockey Tourney

3 on 3 for United Way
Friday November 23rd
8am-4pm, Building M101
\$50 Registration Fee.
Contact Dan Hamilton at 3894 to register your 10-man team. Players must wear gloves and provide their own snacks. Goalie equipment is provided.

The Base Fund, Shilo Men's Club & Military Wives Sisterhood present:

CFB Shilo Support Our Troops Comedy Show & Dance

Featuring  Comedian Barbara North, star of the CBC comedy special, *Army Brats*

Diamonds and Dirt 

With DJ Services Provided by **LOOK** Music Services

Saturday, November 17 L-25
Doors Open 6:30 pm
Comedian 7:30 pm - Band/Dance 9:00 pm
FREE ADMISSION

L-25 Kitchen will be open all night
For more information contact Mike McEwan at 3073

Shilo Community Library
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!

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 watering bowl & 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

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

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.

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

For Sale

18 foot 2005 Glastron Boat. 190 Horsepower in-board Volve 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 safety-tied (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

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**

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

Tutoring

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

Services

Have you served on a peacekeeping mission?
CAVNUP invites you to attend our monthly meetings. Every second Wednesday of the month at 7pm in the Legion #3 560 - 13th St. Bdn.

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted. Manitoba Hunter Safety Course Instructor. Greg Steele, 725-1608 or ggs57@wcgwave.ca Next course dates - CFSE, Nov. 25, Brandon. CFSC challenges by appointment. Unwanted 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

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
Mondays - 6:30pm at Public Health. For more information call Arlene at 571-8359.

Services

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

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

St. Barbara's Protestant Chapel

Sunday's @ 1030 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

It happened in your community...



Cpl Gagnon (right) receives a Commander IASG Commendation from BComd LCol Schneiderbanger in recognition of his 1 ASG Soldier of the Year Award. Cpl Gagnon demonstrated unrivalled trade knowledge, meticulous attention to detail and admirable work ethic while maintaining a positive attitude and performing several selfless acts to improve the lives of those in the CFB Shilo community.



Mr. Guy Thibeault accepts his 45 years of service award from BComd LCol Schneiderbanger at a town hall held at L-25. Mr. Thibeault's contributions through the 731 Signals Squadron were noted as commendable and appreciated.



MWO Gittens
SMHA President

On Monday night at the Gunner Arena the Shilo PeeWee Storm took on the Minnedosa Bombers in front of a packed house. The Base Commander LCol Schneiderbanger was in attendance and dropped the ceremonial puck to start

the game. The night was dedicated to the Shilo Base Fund Committee for the generous grant given to the association to purchase new shirts and goaltender equipment for all divisions.

In October the President of the Shilo Minor Hockey Association (SMHA) approached the Base Fund for a grant of \$3500 to purchase

new goalie equipment. The Base Fund committee was informed that SMHA intended to purchase new jerseys from their registration money, leaving no money for emergencies. The Base Fund decided to purchase the jerseys and equipment, allowing the SMHA Board the flexibility to invest in other avenues to improve our hockey program here in Shilo.

This grant will enable us to keep our registration fees at a reasonable level and give children the opportunity to play this great game that otherwise may not have had the chance in other towns and cities because of the huge registration fees. The Shilo Minor Hockey Association sincerely extends their appreciation to the Shilo Base Fund Committee for this generous grant.



Shilo residents participated in various Halloween activities this year, including the CANEX Pumpkin Carving Contest and Halloween Decorating Contest. First place winner of the Carving Contest was the Miller Family with an elaborately decorated pumpkin (pictured); second prize went to Kyana Roussel and third to Reagan McConnell. CANEX also created a Haunted Office Tour for children – young and old alike – to walk through on Halloween. The Dolomonts of 75 Kingston won the Decorating Contest, presented by FS&R, with the Mills of 57 Kingston and the Philpitts of 47 Frontenac winning second and third places, respectively.

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Remember comrades lost.

Remember friendships found.

Remember husbands, fathers and brothers.

Remember wives, sisters and mothers.

Remember the heroic sacrifice.

Remember the simple act of kindness.

Remember conflicts on distant shores.

Remember the hearths kept warm.

Remember those who fought and returned.

Remember those who did not.

Remember the reasons why they fought.

Remember why we hold those reasons dear.

On this day, it is all they ask.

Remember.

