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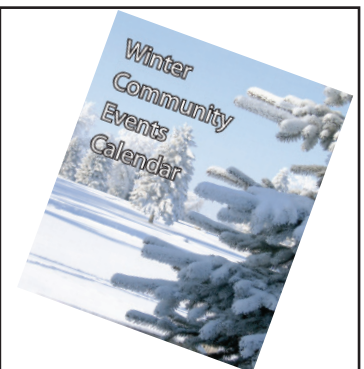
**INSIDE
This Issue**



Prepare for big challenges ahead. Coverage on page 3.



Find your true calling within the CF. Story on page 4.



Check out the Winter Events Guide. See pullout inside.

Memorial a tribute to Canoe River tragedy

JULES XAVIER
Shilo Stag

It was the height of the Korean War.

A train laden with 2nd Regiment, Royal Canadian Horse Artillery troops via CFB Shilo was on its way to Washington State prior to sailing for Korea. On Nov. 21, 1950, the westbound mostly wooden troop train slammed head on into a heavier eastbound passenger train near Canoe River, BC.

Seventeen soldiers lost their lives, along with two engineers and two brakemen in each of the two locomotives.

At CFB Shilo nearly six decades later, hundreds took part in the annual Nov. 21 pre-dawn service held at the Canoe River Memorial Park. At Remembrance Day services at the same site 10 days earlier, similar tributes were made to the Canoe River tragedy.

According to Veterans Affairs Canada, the collision all those years ago is thought to be due to a misunderstanding.

"The eastbound passenger train expected to meet a troop train at Cedarside, east of where the collision occurred, while the westbound troop train expected to meet the passenger train at Gosnell which is west of the scene of the accident. The two trains met on a very sharp curve and although both were travelling at moderate speeds, neither saw the other until almost the moment of impact. The injured soldiers were fortunate that civilian medical help arrived quickly; the troop train's medical officer had disembarked in Edmonton. The uninjured gunners, after a short rest and a chance to reorganize, left Wainwright for Fort Lewis on Nov. 29. Fort Lewis in Washington State was selected as the point of embarkation for the Canadians en route to Korea."

Among those losing their lives in 1950 were:

- Gnr Arden Joseph Atchison from Loon Lake, Saskatchewan,
- Gnr Weldon Eugene Barkhouse from Wolfville,



Flags are lowered at the same time soldiers salute during the Nov. 21 Canoe River Memorial Park ceremony. Photo Bruce Peever/Shilo Stag

- Gnr Norman William Carroll from Pennant, Saskatchewan,
- Gnr Frederick William Conway from Grand Falls, Newfoundland,
- Gnr Robert Arthur Craig from Foam Lake, Saskatchewan,
- Gnr Austin Emery George from Canso, Nova Scotia,
- Gnr Urbain Joseph Levesque from Ottawa, Ontario,
- Gnr Robert William Manley from Niagara Falls, Ontario,
- Gnr Basil Patrick McKeown from Moscow, Ontario,
- Gnr Albert William Orr from Calgary, Alberta,
- Gnr David Owens from Granby, Quebec - who died December 9, 1950,
- Gnr Leslie Albert Snow from St. John's, Newfoundland,
- Gnr Albert George Stroud from Howley, Newfoundland,
- Gnr Joseph Thistle from Conception Bay, Newfoundland,
- Bdr James Milo Wenkert from Cowansville, Quebec,
- Gnr James Joseph White from Placentia Bay, Newfoundland, and
- Gnr William David Wright from Neepawa, Manitoba.

Those killed in the train crash were added to the list of 516 Canadian soldiers who died during the Korean War.

With files from Veterans Affairs Canada



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On Nov. 19 at 11 Health Services building, LCol Luc Généreux, BComd, was in attendance as Health Support Services Manager Sylvia Budd was presented with a special commendation. Budd was recognized for her work in handling the H1N1 crisis. LCol Généreux gave a short speech before presenting Sylvia with the award, commending her hard work and dedication.
 Photo by Cara Czech



Correction

Christmas Eve family service will be held at 6:30 p.m.
 Holy Communion will be held at 11:00 p.m.



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 * Gunner Robert Arthur Craig of Foam Lake, Saskatchewan,
 * Gunner Austin Emery George of Canso, Nova Scotia,
 * Gunner Urbain Joseph Levesque of Ottawa, Ontario,
 * Gunner Robert William Manley of Niagara Falls, Ontario,
 * Gunner Basil Patrick McKeown of Moscow, Ontario,
 * Gunner Albert William Orr of Calgary, Alberta,
 * Gunner David Owens of Granby, Quebec - who died

- December 9, 1950,
 * Gunner Leslie Albert Snow of St. John's, Newfoundland,
 * Gunner Albert George Stroud of Howley, Newfoundland,
 * Gunner Joseph Thistle of Conception Bay, Newfoundland,
 * Bombardier James Milo Wenkert of Cowansville, Quebec,
 * Gunner James Joseph White of Placentia Bay, Newfoundland, and
 * Gunner William David Wright of Neepawa, Manitoba.

Those killed in the train accident were added to the list of 516 Canadian soldiers who died during the Korean War.

With files from Veterans Affairs Canada.

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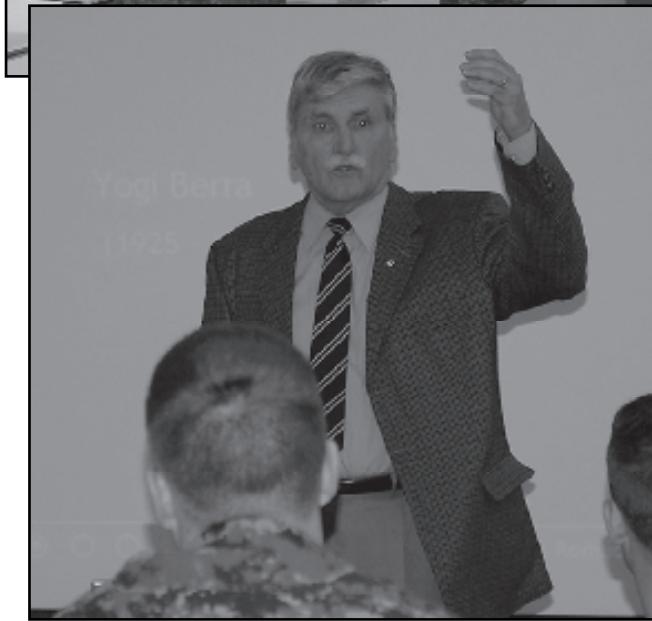
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'We're in a new era'

Senator Roméo Dallaire speaks to JOC participants in Shilo



LGen (ret'd) Senator the Hon Roméo Dallaire visited Shilo on November 21 as a keynote speaker for the RCA's Junior Officers Course. Dallaire spoke of the importance of leadership in a "new era" for the Canadian Forces. "I don't think there is a more significant time to serve than in this era," Dallaire said. "The challenges are extraordinary."



Above: Sen Roméo Dallaire, standing, answered audience questions after speaking for about an hour on the importance of leadership in the Canadian Forces. Right: The audience, mostly participants in the RCA Junior Officers Course, was rapt as Dallaire spoke. Left: Dallaire gestures as he speaks to the crowd of about 50 in the theatre at 1RCHA headquarters.

photos by Sara Cumming



CANEX The Canadian Forces Personnel and Family Support Services (CFPFSS) delivers Personnel Support Programs that contribute to the operational effectiveness of the Canadian Forces and improve the quality of life of the military family community.

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For more information or to apply, visit our website at www.cfpss.com or send your confidential resume to: CFPFSS, NPF Human Resources, Box 5000 5th Forces, CFB Shilo, MB R6K 2A9, by fax to (204) 765-5815, or by e-mail to naim.dana@cfpsa.com.

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COME SEE US AT THE CANEX MALL

Who's new at CFB Shilo



New BPSO — Lt Tammy Dettrich

You may be quite content in your current military role. For those servicemen and women within the Canadian Forces who might be thinking of changing vocations however, there is help for making that important decision.

Lt Tammy Dettrich is CFB Shilo's new Base Personal Selection Officer (BPSO) and notes her role is more than just human resources.

Unlike a PSO that you might find at a civilian recruiting centre, Lt Dettrich's duties are centred around active CF personnel. Her role includes working with occupational transfers, educational upgrades, those requiring vocation change for medical reasons and retirements.

"What we do is sit down with them to develop a plan of action. For vocational rehabilitation we see if they can remain in the services and then take the necessary steps to transfer them. If they are not looking at staying in the services, I look at what they can do, and what we can do in terms of training," Lt Dettrich says.

For those looking to upgrade their skill set leading to a future return to the civilian work force, the BPSO takes care of that too.

"You could be in the combat area and not everyone wants to make a career out of that. They may want to look for a more skilled trade like a electrician, firefighter or military police that they can take into civilian life. But again, they have to make a specific request," Lt Dettrich states.

The Brandon native, who says it's taken almost 20 years to find her way back here, points out her team works with Brandon University and Assiniboine Community College to provide the best in local higher education. Long distance learning is available through most Canadian universities and the Royal Military College in Kingston, ON.

Military personnel having to look for another vocation following serious injury can also be aided by the BPSO. But first they would have to be recommended through their chain of command.

The process for each BPSO assignment starts with the referral process. The commanding officer from each unit suggests possible names, which then starts an assessment. Lt Dettrich performs a structured interview lasting 90 minutes to two hours. She then files a report to National Defence Headquarters in Ottawa where a board reviews each application.

"All occupations open up once a year. Those which are already fully staffed are harder to get into and are known as Red trades. The Green trades often have openings, while the Amber trades are not sure when openings come up," Lt. Dettrich informs.

"We encourage people, if they have questions, that there is no problem to set up some counselling to make yourself eligible. If we can improve their quality of life, by better suiting them to an occupation, that's our goal," she adds.

She points out the BPSO position is not well known and suggests anyone in a career change must first talk to their commanding officer. If approval is granted, interested parties can drop by Room 204 of Building L102, or call extension 3086.

Deadline looms for Christmas contests

Time is running out on the Shilo Stag's first ever Christmas Story and Christmas Recipe contest.

Enter early and often for your chance to win a Christmas Gift Basket valued at over \$150.

The Christmas Story contest is for local authors who want to write about a favourite memory or story from the past. Stories must be between 300 and 800 words and non fiction in nature. The other is a Christmas Recipe contest. Dig out those yuletide recipes passed down from past generations



that have now become present day favourites. Please do not use recipes

that have been published before.

Both contests will be judged by Stag staff and winners will be notified in early December. Winners from each cate-

gory will receive a Christmas Gift Basket provided by area retailers including

Brandon's It's About Tea and Lady of the Lake.

The preferred format for sending in stories and recipes is by email at stag@mts.net. Submissions can also be dropped off at our office inside the Shilo Community Centre. Please include your telephone number and street address so we could reach you if necessary for prize purposes.

Deadline for submitted stories and recipes is Friday, Dec. 4. Submissions will be published in our Christmas Special issue coming out on December 10.

Be a Returning Officer or Assistant Returning Officer



You can make a significant contribution to our democratic process in Manitoba by ensuring the conduct of a free and fair election in your community.

As the manager or assistant manager of the election, ROs and AROs see to the planning, organization, implementation and monitoring of all election activities in a returning office.

Keys to success:

- excellent people skills and the ability to motivate others
- project management experience
- organizational skills, attentive to detail
- ability to work independently
- time management skills, the ability to multi-task
- good written and oral communications skills
- computer literate, experienced with Microsoft Office

Would be an asset:

- experience with record keeping
- experience hiring and training

You must be available on an intermittent basis for training and planning activities up to an election and to work full-time during an election. Election law requires employers, in most circumstances, to grant unpaid leave to anyone wanting to work as a Returning Officer or Assistant Returning Officer.

To qualify, you must be an eligible voter in your electoral division and demonstrate that you can conduct the Office in an independent, non-political manner. French language skills are preferred in designated bilingual electoral divisions. Call us or visit our employment webpage for a list of the divisions with openings.

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Employment Equity is a factor in selection. Applicants are requested to indicate if they are from any of the following groups: Aboriginal people, visible minorities and persons with disabilities.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Vehicles put out to pasture at year's end

by Bruce Peever
Shilo Stag

It's time to get those old vehicles out of the Community Recreation Vehicle Compound.

Fitness, Sports and Recreation Director Jim MacKenzie warns if these vehicles are not

removed before the end of the year, they will be towed away.

"Upon inspecting the Community Recreation Vehicle Compound, it has been identified that numerous cars/trucks have been left sitting for many years. As this compound is for Recreation

Vehicles only (campers/trailers/boats and trailers/etc) these vehicles must be removed by 31 Dec. 2009. If no owners make arrangements for the removal of the vehicles they will be declared derelict vehicles and the FS&R staff will make immediate arrangements to

have them towed away," MacKenzie warns.

Owners of the following vehicles must contact Mike Gagnon, the FS&R Facility Manager at local 3315 prior to 31 Dec 09 to remove their vehicles:

* Red Mercury Topaz, BC plate # HXC359, VIN # mebm36u9k638126;

* Black Toyota, Ontario plate # 855 IRD;

* Red Firefly, no license plate, VIN # jglm-r2125hk731597;

* Beige Plymouth Sundance, no license plate, VIN # 4p3bp-48k01n184591;

* Blue Nissan Pathfinder, no license plate,

VIB # jn814y5kw101066; and

* Yellow Chevy Cargo Van, no license plate, VIN # 2gceg25h4e4147766.

If you have any questions please contact Jim MacKenzie at local 3316 or Mike Gagnon at local 3315.

Canex points bring big results around Shilo



Padre H.J. King

So, it's just after supper time, and you're out on the fly to buy a jug of milk because the Miss'us asked you to pick it up for the kids in the morning. At the CANEX, the young cashier asks, "What's your CANEX number?" You can't remember, the beloved has the CANEX card, and you're in a hurry to get back home to the game. Simple solution - donate the points to the Padres!

Left: Padre Harold King, right, accepts a CANEX Club Xtra certificate from Rick Kehler, CANEX manager. The certificate, worth over \$2,400, brings this year's total of donated CANEX points to over \$6,500. The donated Club Xtra points, which come from members of the community, are used by the padres to help military members and their families in times of crisis, as well as to help support local charities and schools.

The points that are donated by the good men and women of CFB Shilo at the local CANEX are turned into dollars that the Padre team in Shilo use to help members and their families in times of crisis - for things such as emergency food, housing, and travel. These CANEX points are also used to support the two local schools in Shilo, the MFRC, the Christmas Hamper program, Samari-

tan House Food Bank, and the larger Sprucewoods, Cottonwoods and Brandon communities.

So next time the CANEX cashier asks for that card number - think of the Padres Fund and the amazing work that is accomplished with those ever growing CANEX points. Blessings all around.

Padre Harold King is a Base Chaplain at CFB Shilo.

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Getting into the holiday spirit



Representatives from Shilo got together on the evening of November 21 to take part in Brandon's Santa Clause Parade. From left, WO Marco Lauzon, Lt Elery Burton and Nutters, the MFRC mascot, stopped to pose for a photo as they made their way onto 17th St. from Rosser Ave. The CANEX Support Our Troops mascot (not pictured) was also in attendance.

photo by Sara Cumming

Write to Us!

We always welcome your submissions and letters to the editor. To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

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Canada Post offering free service to Afghanistan

Canada Post will again be providing free regular parcel service for family and friends of deployed CF members between now and Jan. 15, 2010. 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 CF members overseas.

Additionally, Canada Post will also continue providing free delivery of letters to deployed troops through 2010.

Due to cargo limitations on military

flights, this offer is restricted to those operations served by the Belleville, ON 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.

To ensure the proper customs declaration forms and correct addressing information, all letters and parcels must be deposited at a Canada Post retail outlet. Mail deposited in street letter boxes will not be delivered.

If you have flu symptoms...

Early treatment could be very important

Flu symptoms...

- Symptoms usually appear suddenly and can include cough and a fever, sore throat, muscle aches, joint pain, fatigue.
- You may sometimes feel sick to your stomach, vomit or have diarrhea. Elderly people, young children and people with lowered immunity may not have a fever. Some people do not have all of the usual symptoms.
- If your symptoms are mild and you aren't at increased risk for severe illness (see the list below) stay home, treat your fever and other symptoms, drink fluids, limit unnecessary contact with others and rest until you feel well enough to return to work or school. Monitor yourself or your child for persistent or worsening symptoms. Most Manitobans who became ill during the first wave of H1N1 did not need specific medical care or hospitalization.
- Unlike other flu seasons, people under 65 have been at greater risk for severe H1N1 illness than people who are older.

Contact your health care provider...

- If you have flu symptoms and you also have an increased risk for severe H1N1 illness, for example:
 - children under five
 - Aboriginal ancestry
 - disadvantaged populations (eg. homeless)
 - people living in remote or isolated areas
 - chronic medical condition
 - severe obesity
 - alcoholism
 - weakened immune system
 - pregnant women

People 65 years and older and others who may be frail, have mobility problems or live alone may be at risk for severe illness from H1N1 and seasonal flu.

- If your flu symptoms persist or get worse (even if you don't have risks for severe illness).
- If you are concerned about your health – regardless of when you last saw your doctor.
- Early treatment including anti-viral medications (Tamiflu® or Relenza®) – ideally within 24 hours – may be very important. If you are not able to contact your health care provider for advice, you can call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

Go for emergency medical help...

If you or a family member has any of the following symptoms, go directly to an emergency room, nursing station, or health care provider, or call 911:

- shortness of breath or difficulty breathing
- severe or worsening symptoms
- dehydration (eg. decreased urination, increased thirst)
- drowsiness or confusion
- fever in an infant under three months old

For more information about the flu, call Health Links-Info Santé at 788-8200 or 1-888-315-9257 or visit the flu website at manitoba.ca

Manitoba

Coping with holiday stress

The holiday season is a time of family joy, reconciliation and dreams coming true. But this magical picture is not a reality for many of us. In fact, holidays can be a source of great stress. Love, fellowship, togetherness and giving have become the hallmarks of the holiday season. But what if you are not able to be around people and feel you have nothing to give?

Who Suffers Holiday Stress?

Many Canadians find it difficult to conform to this so-called 'spirit of the season'. For those who have no regular companionship, those who are isolated, and those who are marking unhappy anniversaries (i.e., death, divorce, bankruptcy, job loss, etc.) it can be an agonizing time of year. They can easily feel lost, lonely or forgotten among the busy-ness of the season.

One's financial burden tends to increase substantially due to the pressures of buying gifts, entertaining, travel, and the like. For low income individuals and families, this is particularly difficult as they may find themselves in deeper debt or feeling inadequate for not being able to provide or participate in festivities as much as they would like.

Eating, drinking and parties have become virtually synonymous with the holiday season. While many people complain about expanding waistlines, there are many others for whom these temptations are far greater than just a nuisance. Individuals who have alcohol abuse problems are faced with not only seasonal stressors, but also an abundance of alcohol. The combination may be difficult to resist.

Family reunions are another aspect of holidays

which can be stressful in the best of circumstances. Families have to deal with the stress of long standing relationship patterns that may not work well. There can be difficult times and hurt feelings because of the way people treat have always treated each other.

Women can be particularly vulnerable because of the added work the holidays bring. They are often the ones who do most of the decorating, baking, cooking, cleaning, present buying and child care. Women can get worn out and feel rotten for feeling rotten at this "happy" time of year.

Dealing with Stress

Remember that lots of people feel stress over the holidays. 'Holiday blues' often result from the expectations we place on ourselves and those that are placed on us that fall far short of the holiday hype of peace, love and harmony. Here are some tips on how to avoid and deal with seasonal stress:

•Think about what the



holiday season means to you: What values do you think of when you think of the holidays - are you practicing them? Think about previous holidays and how you spent your time and energy, what worked and what didn't. Develop a plan. This will help you be more realistic which helps reduce burn out.

•Coping with loss and loneliness: It is normal to feel depressed because of loneliness, an unhappy anniversary, or from a recent romantic break-up. For the holidays, you may want to do something different like take a vacation with a family member or friend or spend time with people who care about you. Try not to isolate yourself. If you feel there is no one available, then reach out to others in need and consider attend-

ing a religious service or community gathering. Try to tell those around you what you need, since they may not know how to help you.

•Be realistic about your family situation: Many families have problems when they get together. Develop a plan for the family events that includes ways to reduce or avoid family fights or difficulties. It is important to remember that all families have long standing patterns that don't work well. An older brother may always act like the older brother, telling the younger ones what to do. A plan helps you reduce the friction.

•Be flexible with traditions: As a family, consider the traditions and rituals that you practice. Which ones do you enjoy

the most or the least? It is good to let go of traditions that do not work for you. Be flexible and willing to adapt to changes in your family structure (marriages, remarriages, divorce). Let go of any attachment to the way things 'should be' or to celebrating on the actual holiday if they don't work. You may wish to spend time with family (and friends) soon after the holidays as opposed to on Christmas day. Remember, it is spending time together that matters - not when.

•The holidays are not about how much you spend: Do not blame yourself if you are in a difficult financial situation and do not spend out of guilt. Try and avoid the trap of equating love with the quantity or cost of gifts. Set a budget and

stick to it! You can show someone you care by putting a lot of thought into a special meaningful gift that does not cost an arm and a leg. Consider making your gifts or giving the gift of your time such as visiting a shut in friend or helping build or repair something important to the other person.

•Take care of yourself. Don't forget what the holidays mean for you. Remember to pay attention to your own needs and feelings. Take care of yourself by getting enough sleep, eating well and regularly and keeping active. Watch how much alcohol you drink. Spend time with positive, supportive people and pace yourself so you don't get burned out.

www.cpa.ca



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- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.Legion.ca/ServiceBureau.



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ROLLING RIVER SCHOOL DIVISION Statement of Operating Fund Revenue and Expenditures for the year ended June 30, 2009

Revenue	
Provincial Funding of Schools Program	\$9,548,961.
Other Dept. of Ed. - Adult Learning Centre	\$131,251.
Other Dept. of Ed/Other Prov. Departments	\$374,915.
Education Property Tax Credit	\$1,691,710.
Tax Incentive Grant (TIG)	\$382,750.
Provincial Government Total	\$12,129,587.
Federal Government	\$56,338.
Municipal Government (Net of Ed. Property Tax Credit)	\$5,252,836.
Other School Divisions	\$79,170.
First Nations	\$1,072,754.
Private Organizations and Individuals	\$61,907.
Other Sources	\$42,946.
Total Revenue	\$19,695,538.
Expenditures	
Regular Instruction	\$11,520,364.
Exceptional	\$2,591,975.
Adult Learning Centre	\$132,851.
Community Education and Services	\$17,962.
Administration	\$785,461.
Instructional and Pupil Support Services	\$573,359.
Transportation of Pupils	\$1,373,994.
Operations and Maintenance	\$2,177,727.
Fiscal	\$266,392.
Total Expenses	\$19,530,075.
Transfers to Capital Fund	\$ 182,459.
Operating Fund Deficit	\$ (18,998).

The above represents only the 2008-2009 Operating Fund Revenue and Expense Statement. A Consolidated Statement of Operating, Capital and Special Purpose Funds prepared to Public Sector Accounting Board standards is available for inspection at the Division Office in Minnedosa. A resident elector, at his own expense, may have a copy of all, or any part of the report.

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- EMAIL: LOOKMUSIC@shaw.ca



Sports & Recreation



Action at Seggie Memorial tournament



Lt.-Col. Généreux and BCWO Walsh represent Shilo in the Brandon Wheat Kings pre-game puck drop at the Keystone Centre on Remembrance Day. The Wheat Kings went on to defeat the Prince George Cougars 7 - 3.

Photo by Cara Czech



Photos by Bruce Peever

Clockwise from above, Jim and Shirley Seggie drop the puck; the Niverville Novice Clippers celebrate a goal; Niverville and the Brandon Leafs chase the puck; and sweaters are presented to the Seggies.



Do you have a message for our deployed troops?



Contact The Stag to have your message published.

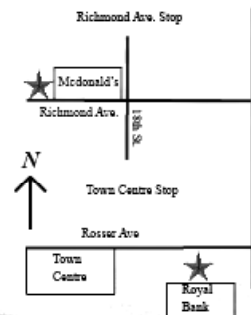
Email: stag@mts.net
Phone: 765-3000 ext 3013
In person: Our office is located in the Community Centre

CFB/ASU Shilo - Worker's Bus Schedule

Morning Pick-Up:

- 6:20am - 1915 Richmond Ave (White "CFB Shilo Shuttle" sign)
- 6:22am - 22nd and Queens Ave (South East side of intersection)
- 6:25am - 25th and McTavish Ave (South West side of intersection)
- 6:30am - Town Centre on Rosser Avenue (South side by RBC, White "CFB Shilo Shuttle" Sign)

- Drop Off:**
- CANEX
 - Base HQ
 - Flatlands Dining Hall
 - CE
 - Base Hospital
 - 2 PPCLI
 - 731 Sig Sqn
 - Base Maintenance
 - Base Transport



Afternoon Pick-Up:

- 4:00
- Canex
- Base HQ
- Flatlands Dining Hall
- CE
- Base Hospital
- 2 PPCLI
- 731 Sig Sqn
- Base Maintenance

- Drop off:**
- 20th and Richmond Ave.
 - 22nd and Queens Ave.
 - 25th and McTavish Ave.
 - Town Center on Rosser Ave.

*Other drop-off and pick up locations may be accommodated, subject to approval. Please call Base Transport dispatch at 765-3000 ext. 3280 for more information

Firing his last round



LGen (ret'd) J. Arp, CMM, CD, fired his traditional "last round" in Shilo on Nov. 21 to commemorate his retirement from the artillery after a long career. For more on LGen Arp's last round, please see the Dec. 10 issue of the *Stag*.

Photos by Bruce Peever

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To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.

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

Brandon

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

Sobey's

- 1645B 18th Street
- 3409 Victoria Ave

Forbidden Flavours
• 1060 18th Street
• 3300 Victoria Ave
ANAF - 31 14th St.

Carberry

East Side Service
Carberry Legion
Douglas
General Store
Minnedosa
Minnedosa Legion

Shilo

CANEX Mall
Forbidden Flavours
Shilo Community Centre
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.

