

SHILO'S TAG

Your Source for Army News in Manitoba

Volume 48 Issue 20

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October 17, 2008

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Photo by Karen Griffin

Mackayla Van Dame stands with her mom, Sherri Van Dame waiting to welcome home her dad. He was on the last chalk to return home from Afghanistan.



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Charges against MCpl Robbie Fraser withdrawn

Public Affairs

Ottawa

Capt Holly MacDougall, the Canadian Forces Director of Military Prosecutions (DMP), has withdrawn the charges of Manslaughter and Negligently Performing a Military Duty against Master Corporal Robbie Fraser in the shooting death of Master Corporal Jeffrey Scott Walsh.

On August 9, 2006, while deployed to Afghanistan, Master Corporal Walsh was killed in a shooting incident. On March 12, 2007, the Canadian Forces National Investigation Service (CFNIS) brought charges against Master Corporal Robbie Fraser. These charges were then referred to the DMP by the chain of command on July 11, 2007.

"In this case the defence counsel demonstrated to the prosecutors a possible reconstruction of the events that led to the death of MCpl Walsh," says Lieutenant-Colonel Bruce MacGregor, Deputy Director of Military Prosecutions and prosecutor at the Court Martial of MCpl Fraser. "The evidential foundation to this reconstruction was provided by the accused over the Thanksgiving weekend, although he was under no obligation to do so. The prosecutors in this case analyzed the evidence that was not previously available



MCpl Robbie Fraser had the charges against him withdrawn October 14.

and the defence theory and spoke with key witnesses including an RCMP ballistic expert to determine if the theory was reasonable. Once it was established that this scenario provided a reasonable explanation for the shooting, the prosecutors concluded that they no longer had a reasonable prospect of conviction and had a duty to withdraw the charges."

The charge of Manslaughter was contrary to Section 130 of the National Defence Act, which incorporates Section 236 of the Criminal Code. The charge of Negligently Performing a Military Duty was contrary to Section 124 of the National Defence Act.

MCpl Fraser is current-

ly a soldier with the 2nd Battalion of the Princess Patricia's Canadian Light Infantry (PPCLI), in Shilo, Manitoba.

Military prosecutors consider two main issues when deciding whether to prosecute a charge at court martial: whether the evidence is sufficient to provide a reasonable prospect of conviction and whether the public interest requires a prosecution be pursued. They continually reassess these issues as new information about the case becomes available.

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Scanning your future for prosperity

Karen Griffin
Shilo Stag

You just got home or you're just busy, getting the house ready for winter, buying a new car, making decisions on how to raise your family, going to soccer practise, swimming lessons and making kids' lunches. Where are you getting time to plan for the long haul?

On October 21, the Base Personnel Selection Office (BPSO) is offering the opportunity to take time out to think about your future.

The Second Career Assistance Network (SCAN) seminar will take place at the multi purpose training facility.

The day long seminar consists of several different topics of interest compiled into one group of workshops with all the information you need readily available.

Capt Pahl says the seminar is not just for members approaching retirement.

SCAN is also useful if you're new in your career or at the mid point of your

career.

"The SCAN seminar is an opportunity to give people a view about their career goals and how to get where they want to be. It's also good to provide them with direction on their future to see they're going on the right path."

Capt Pahl recommends in the five years before retirement, members attend two seminars. The first to get an idea of preparing for life outside the CF and one to keep informed on changes or just to keep on track for a steady and fulfilling retirement.

"It's preparation so that when they retire, there won't be any surprises. They won't be thinking 'Oh my God this is all new information'."

Regardless of your background or the conditions of release, there are several seminars recommended for every member to attend says Pahl.

"Release procedures and compensation and benefits and those two presentations are provided by people from Ottawa," says Pahl and are

fairly standard to anyone releasing.

She says there can be unseen challenges that come with release that the seminars can assist members in dealing with.

"People may be surprised at the amount paperwork required to release and it can be an overwhelming experience when all of your social and career contacts exist in the CF."

In addition, as many members retire from service with twenty years of work life remaining, often retraining for a new career takes a number of years and assessing your experience and your goals is important to begin early.

Also of interest says Pahl are seminars on educational reimbursement, insurance and financial planning, Veterans Affairs Canada and vocational rehabilitation which help to provide the tools to make informed choices.

For more information contact the Base Personnel Selection Office at 765-3000 ext. 3087.

BASE PERSONNEL SELECTION OFFICE

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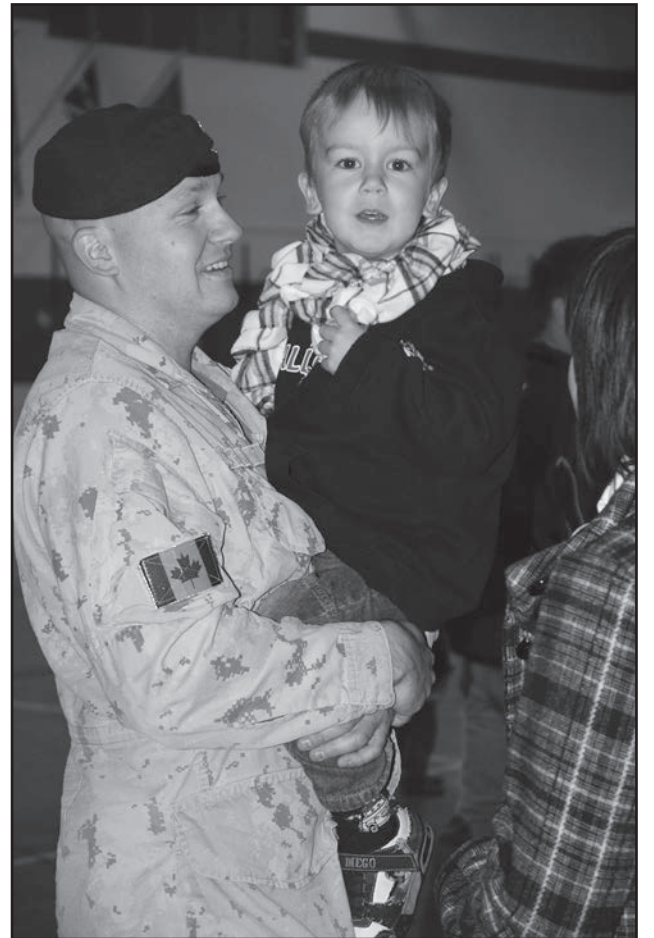
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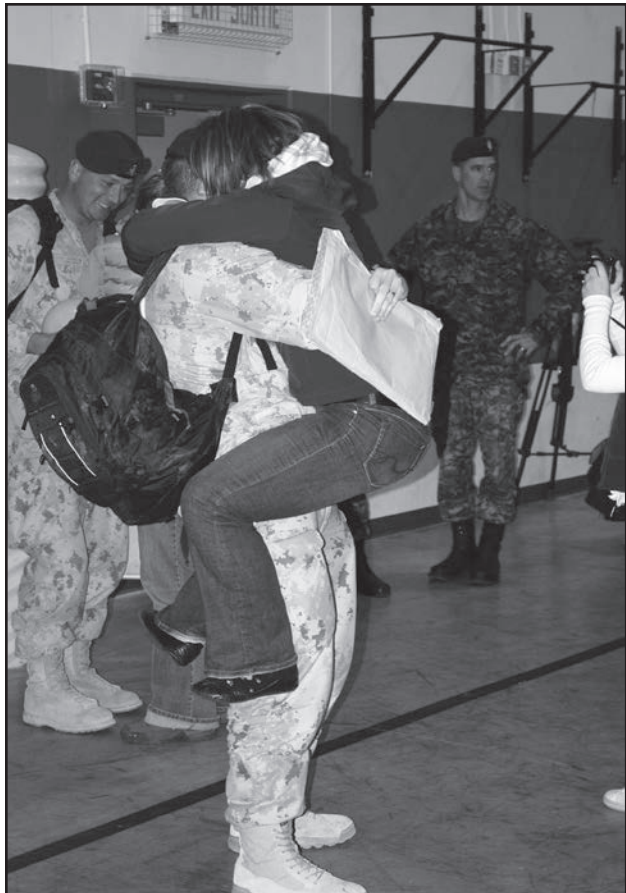
Lesley Hacault and their six children, (left to right) Nathan 6, Thomas 5, Samuel 2 months, Rachel 7, Sandra 3, Nicholas 2, welcomes home their dad, Ludger Hacault, from the last chalk coming home to Shilo from Afghanistan.

Photos by Karen Griffin



Sgt. Sebastien Perreault gets a warm welcome home from his son Guillaume and wife Carman Perreault

Welcome home wishes



A big welcome for one of the troops as his girlfriend takes a running jump into his arms.



Sgt. Brian Kooistra comes home to a warm welcome and smiles all around from his wife Kim and their daughter Hailey.

Welcome home!! MCpl. Matthew Aseltine! Your sister, Ken-Dell and I re extremely happy to welcome you home to Canada. she missed you a lot. I am extremely proud and honoured to have been able to serve and work with you during TF1-08

Looking forward to seeing you in Edmonton during your leave.
Love, hugs and kisses
Your sister Kenni and your dad Cpl. Ken Aseltine
CFWA HQ

I would like to welcome home my Uncle Claude Ricard from Afghanistan. I missed you and am very happy you are home safe and sound
Love Colin and Janine Remillard

Glad to have you back home!

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Operational stress injuries affect everyone

Christine Howell
Family Peer Support
Coordinator

Sometimes, as a result of service within the Canadian Forces, our soldiers are injured with an invisible wound. An Operational Stress Injury (OSI) is a natural response to being exposed to trauma; often life threatening trauma. It is a psychological injury not a physical injury. Post Traumatic Stress Disorder (PTSD), anxiety, depression, and addictions are all forms of OSIS.

This is not a new phenomenon but one that has been with us since the beginning of time. Over the centuries OSIs have been referred to as 'Shell Shock', 'Soldier's Heart', 'Combat Fatigue' and 'Nostalgia'. Regardless of the name the impact that is felt by the soldier, his/her family and the community as a whole can be devastating.

The Soldier-memories surrounding the trauma can invade the soldier's life, these are generally memories that they really wish they did not have. Often referred to as 'flashbacks' the soldier has no control of when or where they will occur or how long each one will last. They can occur during the day or during the night in the form of nightmares. Best described as re-living the event, flashbacks come with various signs and symptoms such as increased heart rate, distress, sweating and muscle tension. Several emotions can accompany the physical signs such as anger, fear

and guilt.

As a means of protecting themselves from the memories Soldiers with OSIs will often withdraw from areas of their lives that may 'trigger' a flashback. This may involve avoiding crowds, public places or specific events around the anniversary date of the trauma, just to name a few. They may become emotionally numb, have short-term memory loss and detach from their loved ones and friends. All of these reactions are normal when related to an OSI.

There are several arousal responses associated with OSIs as well. Individuals with OSIs may appear hyper-vigilant, irritable, angry, easily startled and have sleep disturbances and difficulty concentrating.

The Family-Family members of those with OSIs experience their own difficulties. Lack of education and support surrounding OSIs is not uncommon. They see the changes in their loved one; usually before anyone else, yet feel powerless to help. There is a feeling of responsibility or guilt that family members also experience. Self blame for the injury is often present. "If only I had..." is a common response to learning of the injury. In reality the family is not responsible for the development of an OSI; it is not their fault.

There is a negative stigma associated with an OSI and the family members suffer a great deal as a re-

sult. Friends often disconnect because they don't understand what is happening. Community members, because of their lack of exposure to OSIs, sometimes view the Soldier as being 'crazy'. The family member is often isolated as a result and experiences feelings of depression, unworthiness, embarrassment, helplessness and hopelessness.

The Department of National Defence (DND) and Veterans Affairs Canada (VAC) are making great progress in the treatment and support of CF Members, Veterans injured by OSIs and their families.

DND has established Operational Trauma and Stress Support Centres across Canada for the treatment of OSIs. VAC has also created treatment centres called OSI Clinics. Both departments regularly access private clinics specializing in the treatment of OSIs for residential programs.

The Community-Living among us on any given day are a number of soldiers and Veterans. They are our family members, our neighbours and our community leaders. Their willingness to serve our country is the greatest reason we have the freedoms we so richly enjoy today. Sometimes it can be difficult to know what to say or how to approach a Veteran. Many of us are humbled by their sacrifices and those of their families. When an OSI is present there may be a greater challenge. Learning about

Confidential Support Resources available are:

Family Peer Support Coordinator Christine Howell 765-3000 ext. 4031
Peer Support Coordinator Fred Connor 765-3000 ext. 4186
OSISS, www.osiss.ca 1-800-883-6094 (non crisis)
Shilo Military Family Resource Centre Roddy Batson, 765-3000 ext. 4106

CFB Shilo Base Hospital Social Worker 765-3000 ext. 3177
Mobile Crisis Unit Brandon 725-4411

Canadian Forces Members Assistance Program
For Serving Members, Veterans and Families
1-800-268-7708 www.forces.gc.ca/assistance

Operational Stress Injury Clinic Winnipeg 1-204-837-1301

OSIs can help reduce this challenge. No one chooses to get an OSI, the development is a natural response to trauma. Our Veterans and soldiers need understanding and respect; they have served their country.

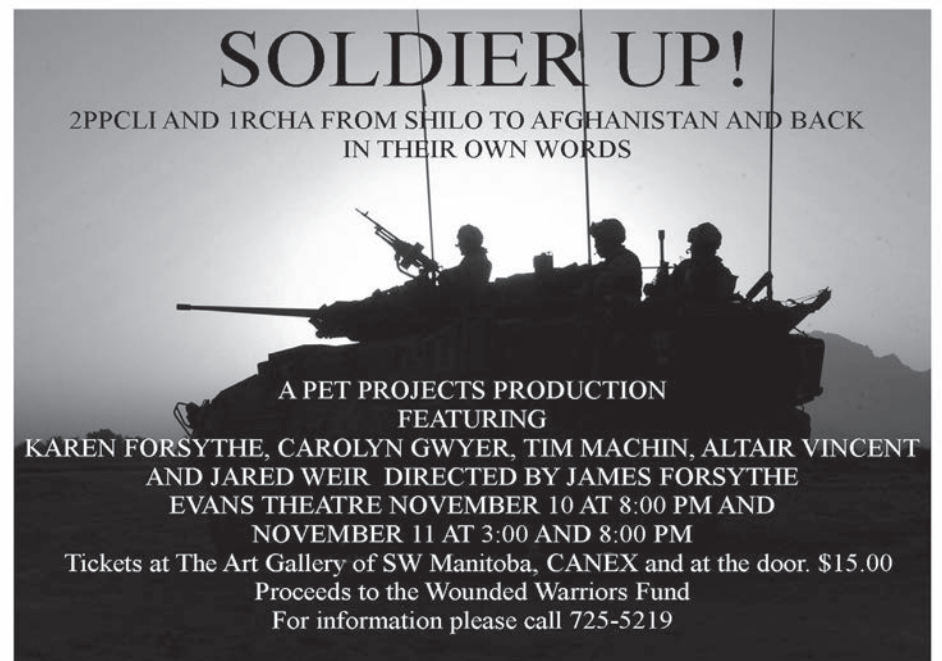
Through a joint venture between these two departments was born the OSISS (Operational Stress Injury

Social Support) program. OSISS enables those injured with OSIs and their family members to gain support, education and a connection to those experiencing similar difficulties. The program is not clinical in nature but rather provides social or peer support. Many great friendships have developed as a result

of the one on one support and group activities. Much healing has begun.

For additional information please visit the OSISS website at www.osiss.ca or the Veterans' Affairs Canada website at www.vac-acc.gc.ca. Information and support is available for you or those effected by an OSI.

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Dave Burgess
Mayor, City of Brandon

Nothing easy about it

MCpl Aesop Zourdoumis 24 Field Squadron, 3 RCR Battle Group

The combat engineers of 24 Field Squadron, from 2 Combat Engineer Regiment based at Canadian Forces Base Petawawa and part of the 3rd Battalion, The Royal Canadian Regiment Battle Group (3 RCR BG), have been in Afghanistan since the beginning of September.

The support they provide includes mobility support, entry into inaccessible structures, combat munitions disposal, as well as providing a vital part of the quick reaction force that responds to emergency situations. Within their respective camps, they also provide infrastructure repair and survivability construction including bunkers and fortifications.

At any given time the

Sappers also find themselves patrolling in close support to their Infantry brothers both mounted and dismounted.

After arriving at their designated patrol base, Sergeant François Bernier's Easy Section was given only a short period of time to settle in and prepare for operations to be conducted within the next 24 hours. Patrol orders were issued and battle preparations began.

Later that night, observation indicated that insurgents had buried a large suspicious object into the main route leading into and out of the patrol base, effectively cutting off a vital access route. The Section Commander was briefed and developed his plan to neutralize the threat. "It took three of them to lift it into place," Sgt Bernier told his troops.

Early the next morning, Easy Section was deployed with a security element from Mike Company, 3 RCR BG, and a contingent of soldiers from the Afghan National Army. Once the Afghan soldiers achieved area security, the combat engineers began their task of confirming whether or not an IED had actually been emplaced on the road the night before.

Sapper (Spr) Jean-Philippe Couture, on his first deployment to Afghanistan, found himself first man in the breach; face to face with a threat he'd been training for the last twelve months. Despite the intense heat, the threat of small arms fire and the very real possibility of discovering a secondary device, the intense situation had little effect on his demeanour. After a significant period of time, his Section Com-

mander sent him back to the vehicle to rehydrate and rest so he would remain alert for later tasks. Despite his objections, he followed orders.

Spr Corey McCue was sent in to continue the job after being thoroughly briefed by his section mate. As the hours continued to tick by, Spr McCue worked his equipment, investigating every area that could possibly contain an explosive threat. He finally came to within two meters of the suspected device. He reported his findings to his Section Commander and returned to the vehicle.

When asked later about how he felt being within six feet of the most effective weapon in the enemy's arsenal he simply replied, "It was hot as hell and I could use a smoke. I just wanted to find the thing. Hey, what'd you do with

the Doritos?"

Sgt Bernier placed his section within the cover of their armoured vehicle to conduct his approach manually under observation from the vehicle's remote weapon system. Using his bayonet and later his hands to explore the last bit of uncleared ground between him and the target, he continued the slow process started by the junior members of his team. Once he came close enough to make a solid visual assessment, the scene was handed over to the Counter-IED Team, the true experts in this field.

Once the operation was complete and the section returned to camp, they did the same thing they find themselves doing every time they return from patrol: they rechecked their equipment and cleaned weapons; they drank bottles of water and smoked cigarettes; they good-naturedly insulted each other and, most telling of all, they spoke of plans for vacation. There's plenty of time for clowning around and talking about home, but, like the truly consummate professionals they are, when it's time to do the job, the job is all they do.

'Brave hearts do not back down'
-Sophocles

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RCA Museum advises on Passchendaele film

Karen Griffin
Shilo Stag

The inspiration for the film *Paschendale* was implanted in the young mind of Canadian actor, director and screen writer Paul Gross on a fishing trip with his grandfather at the age of fifteen.

"I'd always bothered him to tell me about his experience in the First World War. He never spoke about it. I guess I just wore him down."

Gross says in those days, soldiers were not encouraged to talk about the experiences they'd endured while in combat. Something he says he is grateful to see is not the norm anymore.

It was in his grandfather's fishing boat that the script's opening scene was born.

"He was in the front of the boat and I couldn't see his face," says Gross of his grandfather looking off into space as though to place himself back in the boat.

On the trip, Gross's grandfather recounted the tale of watching friends die as they attempted to take the hideout out of a German Gunner. In the end, in no danger and successful in the capture, Dunne killed a German soldier who had, in his own way, asked for mercy.

"He didn't know why he did it but it seemed to stick with him for a long time after," says Gross.

His grandfather, Michael Dunne, enlisted with a friend when he arrived in Alberta. Dunne was at the battle of Pass-

chendaele and wounded three times, the last time, he'd been shot 15 times.

"[Paschendale] was an unbelievable cataclysm of pre-modern war. There was a massive recruitment drive. Nine million people were killed," says Gross, who has a reverence for the event in military and Canadian history.

He doesn't come at Canadian military history with no experience. As a child, Gross travelled with his family. His father was a member of Lord Strathcona's Horse.

"I lived in Gagetown, Germany, Suffield, a few places." He says and enjoyed being an 'army brat'. "My brother hated it but I loved it."

Paschendale the film was ten years and twenty million dollars in the making, with \$5.5 and \$3.5 million coming from the Government of Alberta and the Federal Government, as well as various other private enterprises, such as CANWEST and the Asper family.

Marc George, Director of the Royal Canadian Artillery Museum also contributed his expertise to the film.

"We were contacted about providing guns as props for the movie," says George who also received a request from the production crew to review the script.

"Their commitment to making it accurate was impressive. It was very good in that regard."

George also had his hand behind the scenes in other



The opening of the film *Passchendaele*, inspired by Gross' grandfather, Michael Dunne. The film opens nationwide October 17.

areas.

"I also trained the extras to do gun drills."

He shows us a 4.5 inch Howitzer, used in the film and a similar type of gun used in *Paschendale*. Many of the other guns were painted and fitted with pyrotechnics to make them workable for the film.

"It's actually good to see them get used because it helps keep them in good shape. The same as it's good to drive your car regularly and not let it sit idle," explains George.

All are on display at the RCA museum presently.

"So few Canadians know what we did for World War

One. I bet no one knows that when the British couldn't do it, when the French couldn't do it, they always called in the Canadians."

It was our reputation for getting the job done that won us a reputation as a small but fierce military.

Lt-Gen Launcelot Kiggell, Chief of Staff for Sir Douglas Haig was quoted as saying, after visiting the battle field, "Good God, did we really send men to fight in that?"

While the odds were stacked against the British, Canadians and all the allies, on November 10th, 1917, the battle of *Paschendale* was concluded.

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Letter to the Editor

From BGen Jorgensen

Wednesday, October 8 will mark the final major flight of soldiers returning to Winnipeg and Shilo after their recent tour in Afghanistan which lasted approximately six months. The welcome that our Afghanistan veterans have received from Manitobans has been exemplary and is appreciated by not only the

returning soldiers and their families but also by other serving members of the Canadian Forces and veterans.

I would like to thank the staff at 17 Wing Winnipeg and the James A. Richardson International Airport for their efficiency and professionalism in getting our soldiers reunited with their families.

I wish to also highlight Manitoba's Military Family Resource Centres in Shilo and Winnipeg, the Military Wives Sisterhood and Brandon Salutes for their efforts to ensure that every soldier, sailor, airman or air woman comes home to a rousing welcome. Their tireless work and dedication, exemplified by thou-

sands of yellow ribbons, have made the final leg of the troops' long journey home one those soldiers will never forget.

On behalf of my soldiers and their families, thank you.

Brigadier-General Mike Jorgensen
Commander
Land Force Western Area.

Letter to the Editor

FROM

This area under construction

"Mistakes are a great educator when one is honest enough to admit them and willing to learn from them."

Hey, you're the new Editor at the Stag right?

'That's me!' I say, extending my hand and excited to meet another Stag reader.

'You spelled MCpl Smith's name with two Ss. Just thought you should know.'

'Awesome thanks.'

'Oh, and WATC, not WAT-C.'

'Thank you,' I say and know that my Americano will pretty much be ready by the time I get to the front of the line and I will have met three more people on my way to the office.

As you might have noticed over the past few

months, the Stag is undergoing some changes.

We all make mistakes. It's par for the course. But when we do, we hope no one will notice...or at least they won't notice before we have the opportunity to rectify the situation!

It doesn't quite happen that way with a newspaper. With staffing changes come the learning curve and boy, this one has sure been rather huge.

I came from a high achieving position where I knew most of the answers and made few mistakes I couldn't catch before it went out into the world. Now I'm in a world where there's an acronym for everything and that alone has been a humbling experience. A wise person once said, you must learn to walk before you can run and before you walk, you



spend a little time stumbling and scraping your knees. Despite the growing pains, we keep working hard to keep you up-to-date, informed and well entertained. We're glad to see that people will strike up a conversation in line at the CANEX or stroll into

the office or down the hall at HQ and say, nice picture or we're glad you ran that article. So you might wonder why I'm writing this. It's for a few reasons: to say thank you for your patience dear readers and to thank you for sticking with us while we learn.

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Welcome Home Troops!

Weight Wellness program starting soon



Joanne Douglas
Health Promotion

It's not often that you win when you lose.

But in the case of weight wellness, a few lost pounds can vastly improve your health. Being overweight puts you at greater risk of developing health problems, such as heart disease,

stroke, diabetes, certain types of cancer, and gall-bladder disease.

Health Promotion will be offering the Strengthening the Forces Weight Wellness program this fall. In the program you will attend an intro session and then 9 meetings over several weeks, receive a workbook, and develop a personalized "blueprint" for physical activity and healthy eating. The program was designed and tested specifically for the Canadian Forces. The key to long-term weight

management is to set small goals and make gradual, realistic changes to your lifestyle and usual way of eating.

Here are some basic weight management tips from Dietitians of Canada:

Always eat within two hours of waking. This revs up your metabolism. Skipping breakfast is strongly related to being overweight.

Get moving every day. It is recommended to build 30 to 60 minutes of mod-

erate physical activity into daily life for all adults. You don't have to do it all at once; add it up in periods of at least 10 minutes at a time.

Eat fruit rather than drinking fruit juice – it's lower in calories and contains fibre to help you feel full.

Focus on vegetables. At supper, fill half your plate with raw or cooked vegetables and try choosing only vegetables if you want second helpings. Vegetable

soups and salads can be very filling.

When choosing breads, cereals, crackers, pasta and rice, look for whole grains and high fibre.

Include lean protein foods such as fish, poultry, lean meat, eggs, legumes or low-fat dairy products in your meals and snacks.

Have a drink of water before giving into a snack craving; feeling hungry can sometimes be caused by dehydration.

Think about why you're

eating – do you feel physically hungry or could you be eating simply because the food looks or smells good? Do you eat when you're bored, feeling lonely, tired or angry?

Focus on the tips above and eat a variety of foods according to Canada's Food Guide, choosing the lower number of servings suggested for each food group except vegetables and fruit. (we have free copies of the food guide at Health Promotion in the CANEX)

Contact Health promotion Manager, Jo-Anne Douglas at 3868 to register.

PLATE MATE

Joanne Douglas
Health Promotion

Want to know what to eat to meet your nutrient needs, maintain a healthy weight, and improve your health?

Drop by the Health Promotion office (in the CANEX) and pick up a free Plate Mate. It's a handy guide, based on Canada's Food Guide, to help you easily see how many items you need from each food group each day. It tells you, based on what category you fall in, how many fruits and vegetables, grain products, milk products, and meat products you need each day to fuel your body.

For example, if I was a female aged 19 – 50 (oh wait, I am a female aged 19 – 50!) I would need the following:

- 2 meat and alternatives
- 2 milk and alternatives
- 6 – 7 grain products
- 7-8 fruits and vegetables

That sounds like a lot of servings, but then I can use The Plate Mate to check

how big one serving might be. The guide gives me some examples of what constitutes a serving: two "trees" of broccoli, ½ cup canned tomatoes, 1 cup of raw spinach, ½ cup fruit juice or one small apple. So it's easier than you might think to get enough servings of fruits and vegetables during a day's eating.

There's also a little set of four "wheels" inside the guide so you can keep track of the number of servings you've had during a day. This would get tiring after a while, but it might be fun to try for a day or two.

I was looking for the chocolate bar and cake food group, but unfortunately there isn't one. The food guide says high-sugar and high-fat "treats" should only be consumed occasionally.

The guide also reminds us to be physically active every day. For adults, 30 – 60 minutes a day contributes to healthy weight.

If you'd like to try this fun guide to eating, drop by and pick up your free copy before we run out.

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Families mobilize to remember

Gayle Raynor
Shilo Stag

A Calgary based, non-profit association called FIRMM (Families in Remembrance of Military Members) is about to release a memorial calendar that highlights all of the fallen Canadian soldiers 2002-2008.

The four part project has come together as a photo collection that aims to show fallen soldiers in the two roles they played, one as beloved family members and one as members of the Canadian Forces.

It involved efforts from all the families and promotes FIRMM's purpose: to support family sponsored events in remembrance of fallen soldiers, Canadian veterans (with an emphasis on wounded soldiers), and the reconstruction in Afghanistan.

"Our intent is to create a tribute to these special men and women and our hope is that the calendar will be kept beyond the 18 months in memory of them", Shane Keating, uncle of Cpl Shane Keating and founder of FIRMM said.

"They deserve it." Any funds raised from the sale of the calendar will be distributed under the guidance of families from across Canada and helps to educate within Canada while emphasizing the soldiers as family members and raising awareness about the difference they make.

Calendars will be available by late October and can be ordered by fax or mail at a cost of \$20 from FIRMM, 23 Marquis Meadows Place SE, Calgary, AB, T3S 0A6, (403)-720-6172.

More Exhibitors at fair



The fair is an opportunity for you to connect with schools and potential employers.

Quinn Roberts
Shilo Stag

Exhibitors will be back on October 22 for the 4th annual Employment and Education Fair, offering jobs, schooling, and opportunities to all local Shilo residents.

From 3-7pm, companies and post-secondary institutions will be available in the community centre to answer questions and advise on employment opportunities.

Facilitated by the MFRC, the fair brings employers, educators and social service agencies to offer information on potential employers and educational opportunities in Manitoba.

Christine Helgason, Program Coordinator at the Shilo MFRC is excited to have more exhibitors this year.

"Last year we had 21 [exhibitors] now we're up to 30. We're so excited to have even more exhibitors here this year, to offer so many different jobs or schools," she said. Some of the new



Two exhibitors from last year, sharing information about their booth.

exhibitors include the RCMP, Canada Border Services Agency, Assiniboine Regional Health Authority and Manitoba Infrastructure and Transportation.

Helgason encourages military members who are looking to work toward a degree, to civilians who want to change careers to attend. Youth deciding on

post-secondary institutions will also find the fair useful.

Helgason advises people come prepared.

"We have a very limited time frame with all of the exhibitors so come bring your resume and lots of questions. People can even apply for jobs right at the fair."



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Being part of a military community brings up special challenges that need to be addressed, such as having your spouse transferred.

This fair offers a helping hand to that. Being able to take distance education courses that allow you to be anywhere to take the classes can help you get closer to

your degree says Helgason.

Being able to work for national companies offering this ability to transfer their employees in the event of a posting is also a great opportunity for the military spouse to continue a rewarding career.

Child care is provided by the occasional daycare

located in the community centre. You are encouraged to plan ahead and book for your childcare needs ahead of time.

According to Helgason it's a win-win opportunity.

"You can come apply for jobs, look into schools and win door prizes."



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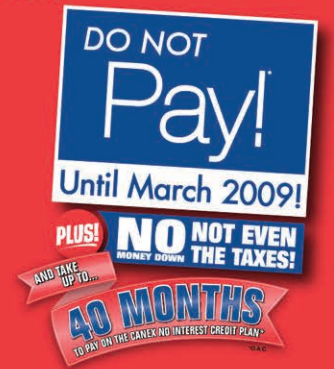
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It's the soldier

In honour of all of you who have just returned home and for those who we will never forget.

By: Charles M. Province

A protest raged on a courthouse lawn,
 Round a makeshift stage they charged on,
 Fifteen hundred or more they say,
 Had come to burn a Flag that day.
 A boy held up the folded Flag,
 Cursed it, and called it a dirty rag.
 An OLD MAN pushed through the angry crowd,
 With a rusty shotgun shouldered proud.
 His uniform jacket was old and tight,
 He had polished each button, shiny and bright.
 He crossed that stage with a soldier's grace,
 Until he and the boy stood face to face.

"FREEDOM OF SPEECH", the OLD MAN said,
 "Is worth dying for, good men are dead,
 So you can stand on this courthouse lawn,
 And talk us down from dusk to dawn,
 But before any Flag gets burned today,
 This OLD MAN IS GOING TO HAVE HIS SAY!!

My father died on a foreign shore,
 In a war they said would end all war.
 But Tommy and I wasn't even full grown,
 Before we fought in a war of our own.
 And Tommy died on Iwo Jima's beach,
 In the shadow of a hill he couldn't quite reach
 where five good men raised this Flag so high,

That the WHOLE WORLD COULD SEE IT FLY.

I got this bum leg that I still drag,
Fighting for this same old Flag.

Now there's but one shot in this old gun,
so now it's time to decide which one,
which one of you will follow our lead,

To stand and die for what you believe?

For as sure as there is a rising sun,
You'll burn before this Flag burns, son.

Now this riot never came to pass.
The crowd got quiet and that can of gas,

Got set aside as they walked away
To talk about what they had heard this day.

And the boy who had called it a "dirty rag",

Handed the OLD SOLDIER the folded Flag.

So the battle of the Flag this day was won

By a tired OLD SOLDIER with a rusty gun,

Who for one last time, had to show to some,

THIS FLAG MAY FADE, YET THESE COLORS DON'T RUN

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Moving with an unsold home

Leanne Leblanc
Relocation Consultant
Royal LePage

It has been said that moving can be one of the greatest stressors on a family or an individual. Unfortunately, moves can sometimes occur when the origin home has not yet sold placing even further stress on the relocation.

Hopefully, the Canadian Forces Integrated Relocation Program (CFIRP) does provide for Temporary Dual Residence Assistance (TDRA) which will help you to breathe smoothly.

What are the conditions? Your origin home must

- Be unsold
- Be vacant
- Be actively marketed

and you must maintain two residences (origin and destination) at the same time

What are the benefits that

may be reimbursed for your origin home?

- -Mortgage Interest
- -Property taxes (pro-rated)
- -School taxes (pro-rated)
- -Property maintenance such as snow removal, cutting lawn...
- -Utilities (electricity, water, heat...)
- -Property insurance & Interest on bridge loan / second mortgage on new property at destination

Please bring forward any questions on those benefits and their limitation and processing to your RLLRS consultant as they may not be the same for everyone depending on your actual scenario.

Unfortunately, as per Canada Revenue Agency's directive, many of the above mentioned benefits are taxable.



Selling your home requires lots of planning and preparation.

Did You Know?

The average Manitoba home sold for almost \$183,000 in August of 2008. That's up over \$20,000 from last year.

Canadian Real Estate Association: www.crea.ca

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Camouflage art and the desire for peace



Photos by Barb Hunt

War torn, an example of Hunt's artwork surrounding war and textiles.

Karen Griffin
Shilo Stag

As part of a collaboration of artists, Barb Hunt of Newfoundland is displaying her installations at the Royal Canadian Artillery museum.

Other artists will display their work at through the exhibition called Aricrafts, Arms and Art at the Art Gallery of Western Manitoba,

Other exhibiting artists are Steve Gouthro, Paul Robles, Allen Ball, and Maskull Lasserr. The exhibit is co-curated by Chris Reid and Amber Andersen



Groundwork, one of Hunt's pieces using nature as a medium.

Barb Hunt knits antipersonnel land mines in pink wool, and creates artwork using worn camouflage army uniforms.

Her work has been shown in solo and group exhibitions across Canada and internationally.

She lives in Corner Brook, Newfoundland where she teaches at Sir Wilfred Grenfell College, Memorial University.

She has received grants from the Canada Council for the Arts, the President's Award for Outstanding Research from Memorial Uni-

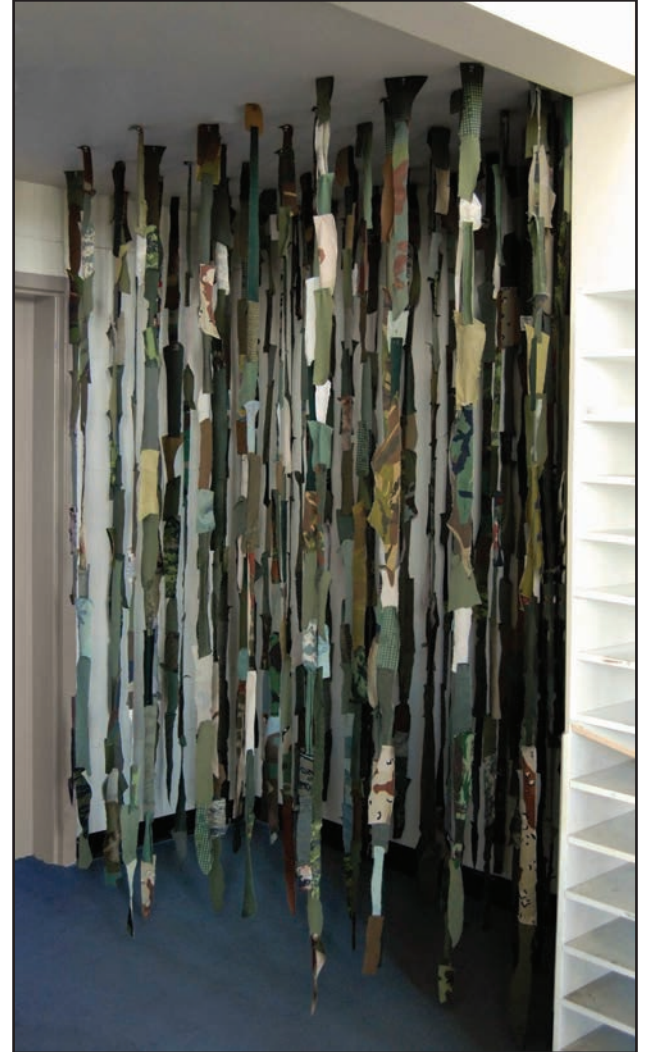
versity, and has been an artist-in-residence in Canada, Paris and Ireland.

Living in Newfoundland with its rich tradition of textile practices has inspired me to return to these processes and materials in my art practice. My past work focussed on rituals of death and mourning, particularly those of Newfoundland.

This led to my current work about the devastation of war, using fabric from worn camouflage uniforms. Fabric has associations with bodily protection, and this is a particularly important role for camouflage uniforms.

In my work I am remaking the fabric from used army fatigues for a new purpose: to mourn the loss of life during war.

I put pieces of camouflage fabric together in forms that evoke nature, the original source of the camouflage patterns, so the fabric is no longer in the service of war. My work comes from both compassion for the individual soldier and the desire for peace.



Storm in progress, one of several installations at the RCA museum by artist, Barabara Hunt.

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BGen Jorgensen visits 2PPCLI



Left to right: Maj Lunney, RSM Morrison, newly promoted Corporals Rochellan, Stevenson, Lavallee, North, Cochrane and Fisher with BGen Michael P Jorgensen



Photos by Peter Ewasiuk

On October 10, BGen Jorgensen visited 2PPCLI for a barbecue and was in attendance for some promotions. Left to right: Maj Chris Lunney, RSM Morrison, Lt Reekie, BGen Jorgensen and newly promoted Cpl Serypnyk.

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Left to right: RSM Morrisson, newly promoted Cpl Hebenton and BGen Jorgensen.

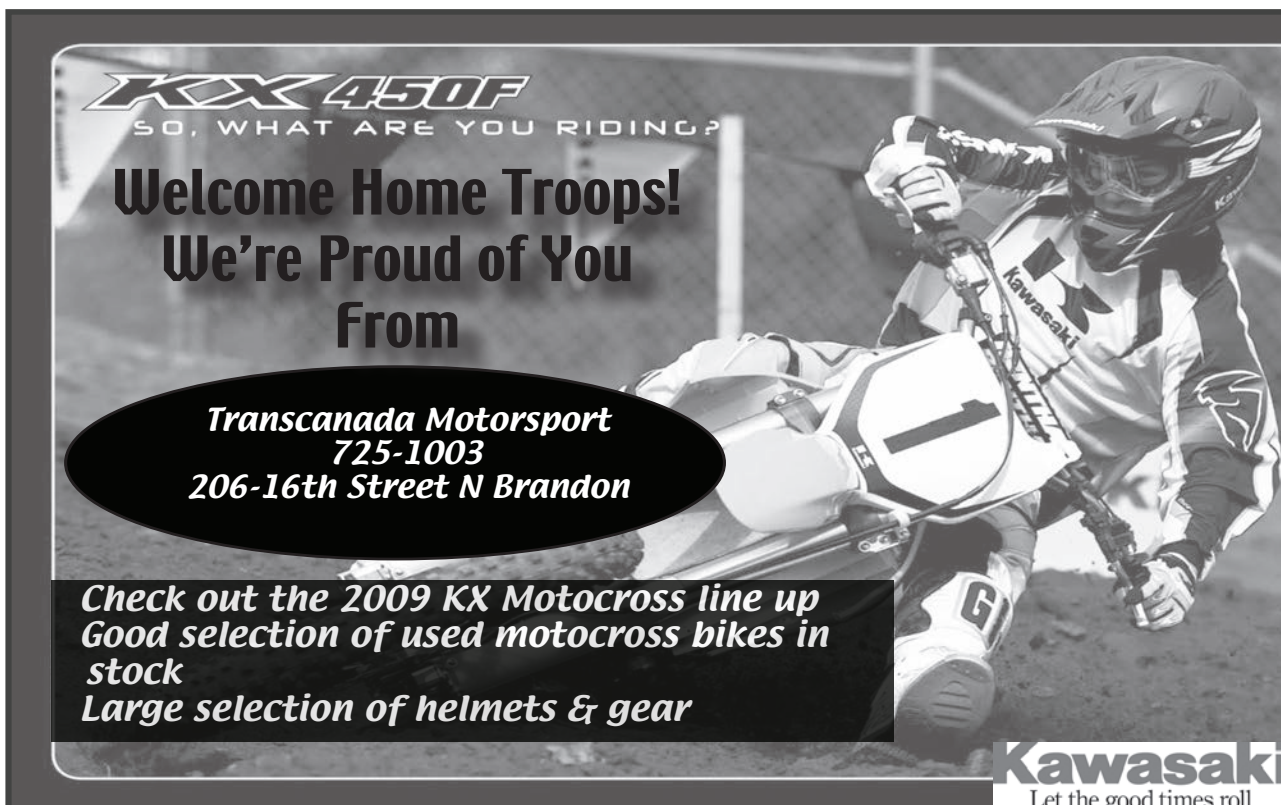
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NATO weapons help Afghanistan

Combined Security Transition Command

Afghan national security forces will receive a huge capability and mobility boost throughout the next year. The ANSF will receive more than 6,000 up-armored vehicles and more than 75,000 M-16 rifles from Combined Security Transition Command - Afghanistan.

"This is great," said Army Maj Charles McPhail, chief of plans and requirements. "The Afghan national army will become a modernized army with Humvees and NATO weapons. This transformation will help usher their forces into the

21st century."

McPhail cited the M-16 rifle's accuracy and durability since its introduction as the primary weapon for the U.S. military more than 30 years ago.

The Russian built AK-47 has been the primary weapon of the Afghan national army since its formation, but Afghan government and military leaders prefer the sturdy M-16 rifle.

"Accuracy will always be more important than lots of shots," said McPhail. "They wanted a weapon that doesn't waste shots. That's the reason the Afghan government asked for the M-16."

Afghan national army Maj Hasim Habiuallah, a company commander assigned to a forward deploying battalion, said the weapons and vehicles will allow them to protect the country more effectively.

"Our soldiers like these weapons," said Habiuallah. "Some of them have already qualified with the M-16 rifle. All this new equipment will help us rid Afghanistan of the Taliban."

Afghan forces' mobility will be greatly enhanced by the addition of more than 6,000 Humvees. The Humvee is the most commonly deployed tactical

vehicle used by the U.S. Armed Forces and NATO.

"The Humvees are already preferred because of the heavy armor," said Habiuallah. "All of our soldiers realize that it is safer to travel in them too. These vehicles will give us an edge in battle we didn't have before."

The ANSF has already received nearly 600 Humvees and more than 6,000 M-16 rifles. Training is commencing at Kabul Military Training Center to train Afghan soldiers in the operation and maintenance of the new weapons and vehicles.



An Afghan soldier and an American soldier unload a shipment of weapons.

Walk home celebration lunch

Jo-Anne Douglas Health Promotion

The Health Promotion campaign to collectively walk 10.4 millions kms has reached its goal.

The 10.4 million kms represents the 13,000 km-

distance from Kandahar, Afghanistan to Shilo, Manitoba that each of the 800 deployed soldiers traveled to return home.

People from Shilo, Brandon, and locations across Manitoba and Canada re-

corded their physical activity to contribute to the total. The event was both a show of support for our troops in Afghanistan and a way to encourage physical activity.

An earlier event, Walk to Afghanistan, was held ear-

lier in 2008 at the time of the most recent deployment of Shilo soldiers.

A celebration lunch will be held on 17 October at 12:00 in the Jr. Ranks Club in Shilo. All are welcome to attend.

For further details contact:

Health Promotion, CANEX Mall

765-3000 ext 3867 or 765-3000 ext 3868

Researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week better cognitive function and less cognitive decline than women who walked less than 40 minutes per week. Think about that!



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New Champion for Persons With Disabilities

Karen Christiuk
1 Cdn Air Div/CANR

"I am here to listen," said LGen Angus Watt, Chief of the Air Staff, who attended the national meeting of the Defence Advisory Group for Persons with Disabilities (DAGPWD) in Victoria in September.

LGen. Watt was recently appointed Champion for Persons with Disabilities and Visible Minorities within the Department of National Defence, and he kick-started his new role by spending a day with military and civilian co-chairs from the local DAGPWD regions in order to learn

more about their struggles and successes.

"Although you are a small group, you are huge in effect," remarked LGen. Watt.

With an aging population, and the risk of injuries from military operations, living with a disability is a cultural reality for many civilian and military personnel within the Department of National Defence and Canadian Forces. Regional group members of the DAGPWD work within their own communities to exchange information on issues affecting persons with disabilities within Department of National De-

fence, and offer advice and suggestions to leadership within the organization.

LGen. Watt said he is looking forward to advocating and promoting the DAGPWD and reminded everyone that every small grassroots activity can grow into something larger.

"We recently installed (wheelchair) evacuation chairs at National Defence Headquarters in Ottawa," said LGen Watt. "You start small and grow."

During the three day DAGPWD annual meeting in Victoria, regional co-chairs listened to presentations on disability management and workplace

accommodation, and examined current disability issues.

Sgt Denise Childerhose, Military Co-chair for 17 Wing, said that meeting with her colleagues from across Canada was an invaluable experience.

"It was great to gather ideas and find out what other regions are doing," said Sgt Childerhose. "As a new co-chair, it was also helpful for me to learn more about the programs and services that are currently available for people with disabilities within the Canadian Forces and the Department of National Defence."



LGen Angus Watt attended the national meeting of the Defence Advisory Group for Persons with Disabilities

Triple P the Positive Parenting Program

For all parents. For all children. For all the right reasons.

Every parent needs a little help sometimes and Triple P can provide it.

Manitoba has introduced Triple P to help parents like you learn effective ways to deal with the challenges of raising children. Triple P shows you simple routines and small changes that you can use to make a big difference in building a strong, positive relationship with your child.

Small changes make a big difference

Whether you're a new parent or a mom or dad with a house full of kids, Triple P can help you. From creating a positive learning environment to taking care of yourself as a parent, Triple P offers the advice and guidance you need to build strong, positive relationships with your children.

And, best of all...it works.

Find out more

Triple P can help you.
Please visit: manitoba.ca/triplep
or call 945-4777 in Winnipeg
1-877-945-4777 toll-free



Healthy Child Manitoba
Putting children and families first

Manitoba 



Shilo Military Family Resource Centre



MFRC awarded commendation

Linda Beauchemin
Outreach & Information
Coordinator

On Monday, October 6, 2008 Col K.A. Corbould, Commanding Officer of 1 Canadian Mechanized Brigade Group was in Shilo to present the MFRC a Commander's Commendation. Col Corbould awarded the Commander 1 Canadian Mechanized Brigade Group Headquarters Commendation in recognition of the MFRC's "continued and outstanding support to family members of both the 1st RCHA and 2 PPCLI" said Col Corbould.

Col Corbould presented the commendation in appreciation for the outstanding contribution and efforts to the Brigade soldiers and their families. He stated



photo by Quinn Roberts

standing contribution and efforts to the Brigade soldiers and their families from Col Andre Corbould Comd 1 CMBG.

"Whether supporting families through daycare programs, deployment support or programs for teens and

youth, your involvement in the Shilo community has been and continues to be a resounding success. De-

ployed soldiers rest easily knowing that their families on the home front, are afforded the very best of

services through the Shilo Military Family Resource Centre. For that I simply thank you, for your dedication and your commitment to our most valuable resource, our soldiers and families".

The presentation took place at the Community Centre with the Base Commander, LCol JJ Schneiderbanger and the staff of the MFRC and DSC in attendance.

Operation Christmas Child

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, that brings joy and hope to children in desperate situations around the world. For more info about Operation Christmas Child you can visit their website at <http://www.samaritans-purse.org/>

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 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 Operation Christmas Child.

Boxes must be dropped off by Friday, November 21 at the MFRC or the chapels by November 23. For more info contact Linda at 3161.

The new counsellor has arrived



Photo submitted by the MFRC

The new child/youth counsellor, Elaine Ellis

Elaine Ellis
Child/Youth Counsellor

Hello Shilo! My name is Elaine Ellis and I have joined the Shilo MFRC as the Child/Youth Counsellor. I have been in the counselling field for several years in many different capacities. I really enjoy the benefits as well as the challenges that come with working with

children/youth. To tell you a little about myself, I grew up in Brandon and continue to live there with my three sons Brad, Mitchell and Tyler.

I am very excited to begin working with the children and youth in the community, so feel free to make an appointment to come in and meet me.

Elaine Ellis call
765-3000 ext. 3373

A little Christmas cheer

Each year the MFRC provides a "Kids Christmas Shopping" opportunity where, for a nominal fee, children are able to independently purchase gifts for their parents. When children pick out and wrap their parents' gifts all by themselves, they gain a sense of personal pride. This year it will be held on Sunday, December 7 combined with a pancake

breakfast and sleigh ride.

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 Colleen at 765-3000 ext. 4553.

Thanking volunteers with an Ice Cream Social

Wanda Janssens
Volunteer Coordinator

What a night The Shilo Military Family Resource Centre was host to the first Volunteer Ice Cream Social. Although it wasn't a hot summer day, that didn't stop the very dedicated volunteers that help in the many programs we offer at the MFRC. Volunteers were invited to attend a meet and greet on October 6th as a way for staff and volunteers to come together and get to know each other. Seeing that it was the start of Fam-

ily Week it was a good idea to have volunteers include their families in the making of an ice cream sundae. What better way to enjoy an evening then over a big bowl of ice cream with your favourite toppings?

It's hard to believe but it's only been 6 months since I started into the Volunteer Coordinator position and it was nice to have an opportunity to put a face to the name of volunteers and to meet their families. The evening was very helpful in getting ideas; flip charts offered the volunteers a chance to write down their ideas as to how to better

serve volunteers both with programming and appreciation events. If you were not able to make the Ice Cream Social and have ideas in these areas, please feel free to call me at ext. 3341 or email me at wjanssens@shilomfrc.ca

Shilo MFRC volunteers are the heart of our programs and we appreciate all the time and energy that they put into our programs. We are always looking for volunteers so if you have time on your hands, here are some areas where we could use helpers:

Employment & Education Fair - Wednesday Oc-

tober 22

Relaxation Station (preschool) - every Wednesday afternoon

Tumbleweeds (preschool) - every Tuesday morning

Reception - long term commitment for one half day per week.

Special Event - Sunday, December 7 from 10:45 am to 1:30 pm

Teen Centre - Adult supervisors

Monthly Deployment Children's Afternoon

Pre-Kindergarten - special projects

Thanks to all the Volunteers and their families for



Photo submitted by the MFRC

One of Shilo's smallest volunteers enjoys her ice cream at the first Volunteer Ice Cream Social.

coming out to this event and keep an eye out for a

Christmas event coming soon.

www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

Win with Army Trivia

Here's your chance to win some golf passes for the Shilo Country Club before the season comes to a close. Hit the green with by showing us you've got the right stuff. Answer the six army trivia questions and email your answers to stag@mts.net. The correct answers will be compiled and the winner will be randomly chosen.

1. Name five reasons why things are seen?
2. What calibre is the Lav III's main armament?
3. What are the three ways of determining the range of an object?
4. Who manufactures the C7A2 service rifle?
5. What year marks the 50th Anniversary of the end of the Korean War?
 - a) 1999
 - b) 2001
 - c) 2008
6. What helicopters did Canada's Dept of National Defense procure in 2008? Deadline for sending in your army trivia answers is **Thursday October 23**. Email your contact information with your answers to: stag@mts.net Good Luck!

More money more gas

newscanada

Follow these tips for fuel efficient driving from Natural Resources Canada and make fewer trips to the gas station this winter:

Avoid quick starts, hard stops and aggressive driving – this can increase your fuel consumption by up to 39 per cent;

Drive at the posted speed limit – decreasing your cruising speed from 120 km/h to 100 km/h will decrease fuel consumption by

approximately 20 per cent;

Don't idle – Idling for more than 10 seconds uses more fuel and produces more CO2 compared to restarting your engine


Use cruise control - on dry, flat, wide-open highways, use cruise control to help improve fuel efficiency by maintaining an even speed;

Maintain your vehicle properly – a poorly maintained vehicle consumes more fuel, produces higher levels of emissions, requires expensive repairs, and has a

low resale value;

Measure your tire pressure once a month - A single tire under-inflated by just 56 kilopascals (eight pounds per square inch) can increase your vehicle's fuel consumption by four per cent;

Calculate your mileage – Set your odometer every time you fill up and challenge yourself to get better and better readings. Natural Resources Canada has a handy online fuel calculator on their website at vehicles.gc.ca.




Power Electrician Trainee
The Power Electrician Trainee Program is a four-year apprenticeship program. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.
You must have one of the qualifications listed below to be considered:
• Two (2) year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
• High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40

Power Supply Worker – Electrical Trainee
Power Supply Worker – Electrical/Operator Program is a six-year training program. The program includes completion of a four year apprenticeship program as a Power Electrician with a further two years training in station operations. This will result in you receiving dual certification as a Power Electrician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.
You must have one of the qualifications listed below to be considered for the program:
• Two (2) year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
• High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
• Journeyman license as a Construction Electrician and a high school diploma and willing to upgrade to the qualifications listed above.

Power Supply Worker – Mechanical Trainee (Industrial Mechanic)
Power Supply Worker – Mechanical/Operator Program is a six-year training program. The program includes completion of a four year Industrial Mechanic Apprenticeship with a further two years training in station operations. This will result in your receiving dual certification as a Mechanical Technician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.
You must have one of the qualifications listed below to be considered for this program:
• Two (2) year diploma in Mechanical Engineering Technology, **OR**
• High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
• Journeyman license as an Industrial Mechanic and a high school diploma and willing to upgrade to the qualifications listed above.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community.

Manitoba Hydro is committed to diversity and employment equity.



The deadline for applications is November 7, 2008. We thank you for your interest and will contact you if you are selected for an interview.



A properly maintained vehicle will save gas money.

News in Brief

The Shilo United Way campaign kicks off October 23rd. Festivities begin with a flag raising event at the community centre. The kick off will be followed by a fundraising barbecue courtesy of the Men's Club. Support the United Way Shilo campaign by purchasing a hamburger or hotdog and a pop for just \$3.

The O'Kelly School Parent Council has recently obtained a Club Xtra card. You can donate your points from your purchases at the cash register at the Canex. The number is 8104888. The points will be used to support the O'Kelly school breakfast program and programs and supplies not funded by Division or school fees.



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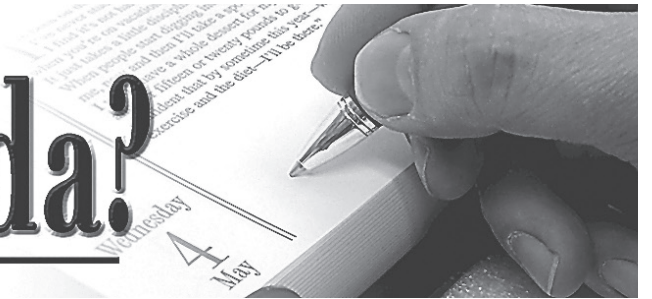
2009 Mazda6

Come see it for yourself at **Northside Mazda**

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What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair?

If so the Shilo Men's Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

*The Shilo & Region Men's Club
Serving the Community Since 1968*

Shilo Community Library

Monday: 6-8:30
Tuesday & Thursday
9:30-12:30, 1-4, 6-8:30
Story Time - Thurs @ 1:30

Do you or someone you know have an acquired brain (head) injury?

Caused by stroke, illness, accident, fall or assault
Help us assess what supports you need!

What are your issues in dealing with or supporting someone with a brain injury?

Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.

For more info call
578-4500 or go to
www.brandonrha.mb.ca

Brandon Wheat Kings

vs.
Portland Winterhawks
Friday October 17
7:30 pm
Keystone Centre

Brandon Wheat Kings

vs.
Swift Current Broncos
Saturday October 18
7:30 pm
Keystone Centre

RCA Museum October is 'Passchendaele' month

Come and see the guns actually used in the movie and enter a free draw for an authentic movie crew jacket
Monday-Friday
10-5pm
www.rcamuseum.com

Volunteers Needed
The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events.
Call Kristen at 571-2804.

Fitness, Sports & Recreation Presents CFB Shilo's Halloween Display Contest
October 31
1st Prize-\$150
2nd Prize-\$100
3rd Prize-\$75
Judging at 6pm
No need to register just decorate!

Widow/Widowers Support Committee
Meet on Wednesday, times vary contact Lorna-729-5367 or
Janice-726-0972 for more information

Friday, October 31
-Safe indoor trick-or-treating Shoppers mall 4pm-6:30pm call 728-3255 for more information
-Monster Mash starting at 6:30pm-11pm. For more information call 726-3500

Pet Vaccination Clinic
All dogs and cats must have rabies vaccination
Date: Saturday, October 25
Time: 09:00-11:30 hrs.
Where: community centre
Rabies for dogs and cats-\$25
Additional Vaccinations
Dog Distemper-\$25
Feline Distemper-\$25
Feline Leukemia-\$20
Canine Kennel Cough-\$20
Free Pet Registration for RM of Cornwallis
For more information contact the Community Recreation Office at 765-3000 ext 3317/3588

CFB Shilo Christmas Craft Sale
Saturday November 1
9am-2pm
Community Centre Annex,

Bldg L-25
Come experience over 90 different craft table
Admission is free!
For more information, please contact the Community Recreation Office at 765-3000 ext 3317/3588

Home Coming Ceremony
Brandon Keystone Centre
November 15
All day event
Everyone welcome!
for more information call 726-3500

Saturday, October 18
1pm-4pm Childrens Deployment afternoon. Multi-purpose room 3

Did you know?

The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

BINGO

Sprucewoods Community Hall
Thursdays

- Share The Wealth from 6:20pm
 - Early Birds at 7:00pm
 - Regular Games at 7:30pm
- Intermission Games - Progressive Games - And More!

CLASSIFIED ADS

Email: stag@mts.net • Phone 765-3000, ext 3013 • Fax 765-3814

**\$10 for first 20 words,
10¢ for each additional word***
**Deadline for next issue:
OCTOBER 23, 12:00 PM**

**Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanasa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.*

For Sale

For Sale: River Front Parcel
7.25 Acres only 10 minutes from Shilo
Asking \$75,000
Call 204-724-6719

For Sale: Sprucewoods house
Professionally renovated 1276 sq. ft. - 5 bedrooms, 2 bathrooms, smoke free, many upgrades including custom kitchen, top of the line laminate flooring, bathroom, exterior, central air, new attached garage and deck, large yard
Contact Dave or Jennifer Montgomery at 465-4296 or 725-9572

For Sale: fully equipped 25 gallon fish tank, all ready to go plus 11 fish. Asking \$125.00. If interested call 765-4556

For Sale: 24 cubic side by side fridge/freezer, 3 yrs old, white in colour. Asking \$800.00. If interested call 765-4556

For Sale: 1997 GMC 1 Ton crew cab 4x4 with leather interior, gooseneck hitch installed, well maintained. \$6000.00 Call 728-1521 after 3pm

For Sale

For Sale: Mason & Rich Upright Piano with matching bench in good condition, excellent for beginner and intermediate players, \$450; wooden glider with cushions, \$25; 2 position high chair, also converts to chair and table for toddler, \$35. Call Nathalie at 763-4139. Pictures can be emailed.

House for sale in Green Acres area in the Brandon East end. 1565 sq. feet. 3+1 bedroom, 3 baths, 1 attached garage and 1 detached garage. Main floor family room and laundry, jacuzzi tub, huge finished basement with wet bar and large yard. Pictures available. Please call 726-4373

Homes to Move

For Sale:
1974 Mobile home to be moved.
Asking 12,900
Call 728-7749

TO BE MOVED: 1998 Moduline 16x76 Mobile Home. 3 bedrooms, 2 full baths. Sky-light. Good condition. Price \$62,500.00 Phone: 763-4250

Child care

Are you looking for a babysitter or child minder? Then look no further - I am first aid and CPR trained and I am available Mon, Tues, Wed, Fri and Sat evenings only. Please call 765-4556

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

Childcare available for before and after school and in-service days for either O'Kelly or the Pre-Kindergarten program at the MFRC. Snacks and lunch provided. Please call Katie - 765-4874. Prices negotiable.

Wanted

Kim's Grocery in Wawanasa is now hiring. Full and Part-time positions are available. Apply in person between 9am and 6pm. Please call Monica or Daniel at 824-2481 for further information.

Services

Hi my name is Katie and I am a Tupperware Consultant in the Shilo area! Orders go in EVERY Friday! First person to place an order over \$100 gets a FREE Quick Shake Container!!! To get a catalogue or for more information, please call Katie at 765-4874 or email katie.wiseman@mts.net

"Baking by Crystal" Homemade cakes, cookies, squares, ect. Made to order. Dozens of recipes to choose from. I can also do dessert trays, sandwich trays, and many different theme cakes. Call Crystal 765-2484

Sew Crazy Services - Reliable Service, Great Rates! Providing a full range of tailoring, repair work and custom sewing! Zippers replaced, Pants hemmed, Garment repair, Mess Kits, Custom Kit modifications. Home 763-4202, cell 573-9278

Lost

On evening between Aug. 4-8 between Royal Ave. and the CFHA, an iPod Classic. If found, please contact 765-2926.

Services

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele 725-1608 or ggs57@wcgwave.ca call for next course dates, challenges by appointment.

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

Want some photos of you and your soldier? Family, Child and Wedding photos! Great deal. Soldier and Family special - \$20.00. Including photo CD. Call 765-5049

Services



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
Confession 1000 hrs
Weekday Mass - Tuesday to
Friday, 1205 hrs
Padre McLeod - ext 3089

Both chapels will be open
Wednesday afternoons from
1200 - 1500 hrs
during the deployment for
prayer and quiet
reflection.

In Memoriam



Daphne Jane Wilson
(nee Penner)
1973 - 2008 -

On Sunday, September 28, near Wawanesa, Daphne Wilson, aged 35 years of Shilo passed away accidentally.

She leaves to mourn her passing, her daughter, Sheralynn Kennedy of Brandon; stepson, Jesse Wilson of Winnipeg; sister, April Penner and brother, Christopher Penner, brother, Terry Hildebrand of Brandon; her father, Will Penner and stepmother, Pearl Doerksen of Calgary, AB.

She was predeceased by

her husband, Tim Wilson in 2006 and her mother, Nettie Hoes (nee Hildebrand) in 2000.

A funeral service was held on Friday, October 3, at 2:30 p.m. at Wiebe Funeral Chapel in Morden. Interment followed at Chortitz Old Colony Menonite Church Cemetery.

A trust account has been set up for Daphne's children. If you would like to contribute, you may do so at Westoba Credit Union 1711A Kirkcaldy Dr. Brandon, MB R7A 0B9 (204) 765-6350.

Free post overseas extended

Submitted by
MCpl Rodriguez
1 RCHA

Canada Post has extended its offer to provide free letter mail to Canadian soldiers serving on peacekeeping missions overseas from their family and friends until December 31, 2009.

In addition, from October 20, 2008 to January 16, 2009. Canada Post will again offer free regular parcel service to deployed

Canadian Forces members from family and friends to the following three Canadian Forces bases, where parcels will be forwarded to the Canadian Forces Postal system. :

ALL PO BOX
NUMBERS,
STN FORCES,
Halifax NS
B3K 5X5

ALL PO BOX

NUMBERS,
STN FORCES
Victoria, BC
V9A 7N2

ALL PO BOX
NUMBERS,
STN FORCES
Belleville, ON
K8N 5W6

Lettermail weighing up to 500 grams (standard and non-standard) is free. Registered mail is not acceptable.

No meter label postage

should be affixed to the item.

In order for the Department of National Defence to determine where the letter is being shipped once it gets to the temporary overseas airforce base, the rank, initials and name of the Canadian Forces member, section or mess number, HMCS (name of ship) or unit, postal box number and name of the city, province and postal code.

Winter car care survival

NewsCanada

Snow, salt and sand make a triple threat combination every car driver should be cautious of.

Before heading out, consider the following tips to give your car a little extra care for winter survival while also improving your safety on the road.

Because Canadians are constantly battling hills of packed snow, or driving on snow covered highways it is worth considering switching to snow tires for winter.

Ask your local mechanic for advice on whether switching for the winter months is right for your vehicle. Also, make sure you have a spare in the trunk in case of an emergency flat

tire.

Getting stuck in the snow is an unfortunate possibility thanks to the harsh Canadian winters. To prepare for any unexpected emergency roadside stops, store items such as a blanket, gloves, boots and flash light in the trunk.

As the weather gets colder, oil tends to thicken so make sure you read the owner's manual to determine the proper oil needed for your car in different weather conditions.

Put windshield washer fluid in the windshield washer reservoir, plain water freezes in winter and will not stand up to the frigid temperatures.

Although it is difficult to keep the outside of a car clean due to tough winter



News Canada

Getting stuck in the snow is inevitable in Manitoba winters. Store items like blankets, warm clothes and a flashlight in your trunk.

weather, using products such as Armor All Glass Wipes, Cleaning Wipes, and Protectant Wipes to lift away dirt on the inside without harming delicate automotive surfaces will

ensure a clear view from the driver's seat. Don't forget to wipe the dashboard, steering wheel and interior trim. More information is available online at www.armorall.ca.

Read a newspaper with YOU in mind!



Relevant Community News & Events

Pick up your FREE copy of the **SHILO STAG** 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
Dock's Restaurant

Wawanesa

Lucky Dollar



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General Manager Mike McEwan ext. 3073

Editor-in-Chief Karen Griffin ext. 3013

Production Asst/ Quinn Roberts ext. 3013

Editorial Advisor Lori Truscott ext. 3813

Advertising Rep. Gayle Raynor 761-5305

Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

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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.

