

# SHILO'S TAG

Your Source for Army News in Manitoba

Volume 48 Issue 19

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October 2, 2008

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# A National Treasure



brables façons  
emière Guerre

restier canadien ont coupé  
tagne et en France; les troupes  
ont fait fonctionner des réseaux  
ées immédiatement derrière  
ntal; des unités médicales et  
nes ont servi dans l'est de la  
-Orient et sur le front occidental;  
es canadiens ont servi en Europe

leading role in achieving Allied victory.

In June 1917, Lieutenant-General Sir Arthur Currie became the first Canadian to command the Canadian Corps. That October-November, fighting on horrific battlefields in waist-deep mud, the Corps captured Passchendaele, in Belgium, suffering 16,000 killed or wounded. From 8 August 1918 to the Armistice of 11 November, the Corps were in the forefront of the Allied attack that defeated Germany. This period is known as the Hundred Days.

rôle de premier plan dans la victoire alliée.

En juin 1917, le lieutenant-général sir Arthur Currie devint le premier Canadien à commander le Corps d'armée canadien. En octobre et novembre de la même année, combattant sur de terrifiants champs de bataille dans la boue jusqu'à la taille, le Corps prit Passchendaele, en Belgique, subissant la perte de 16 000 hommes, morts ou blessés. Du 8 août 1918 à l'Armistice du 11 novembre, les Canadiens furent au premier rang de l'avance alliée qui vint enfin à bout de l'Allemagne. On parle de cette période comme des « Cent Jours » du Canada. Le général Erich Ludendorff, alors chef d'état-major de l'armée allemande, dit du 8 août, le premier jour de l'offensive des Canadiens à Amiens, que ce fut « le jour noir de l'Allemagne ». Quand la guerre prit fin, le Corps canadien était venu à Mons, en Belgique. Le coût de la victoire : dans les trois derniers mois, les Canadiens ont perdu 45 000 hommes, tués ou blessés.

The capture of Vimy Ridge symbolized Canada's significant achievements during the war.

As part of a British offensive around Arras in April 1917, the Canadian Corps was to seize heavily-fortified Vimy Ridge in northern France. The Canadians carefully planned and rehearsed their attack. At 5:30 on the morning of 9 April, all four Canadian divisions, advancing together for the first time, stormed the seven-kilometre-long ridge and captured it, except for two German positions. The cost to Canada was 3,598 killed and 7,000 wounded. But the capture of Vimy Ridge established Canada's reputation as a major military power.

La prise de la crête de Vimy a symbolisé les importantes réalisations du Canada pendant la guerre.

Dans le cadre de l'offensive britannique aux environs d'Arras en avril 1917, le Corps d'armée canadien devait s'emparer de la crête très fortifiée de Vimy, dans le nord de la France. Les Canadiens préparèrent et répétèrent soigneusement leur attaque. À 5 h 30 le matin du 9 avril, les quatre divisions canadiennes, avançant ensemble pour la première fois, prirent d'assaut la crête de sept kilomètres de longueur et s'en emparèrent, à l'exception de deux positions allemandes qui tombèrent trois jours plus tard. Le coût fut élevé pour le Canada : 3598 morts et plus de 7000 blessés. Mais la détermination des Canadiens leur valut la réputation de soldats redoutables et efficaces.

Beaucoup d'historiens et d'auteurs considèrent la spectaculaire victoire canadienne à Vimy comme un moment déterminant pour le Canada, où le pays sortit de l'ombre de la Grande-Bretagne et se sentit capable de grandeur.

Photo by Quinn Roberts

Marc George of the Royal Canadian Artillery Museum poses with one of the guns used on the set of the film Paaschendaele. The museum is one of three finalists for the Deloitte Innovator of the Year award at the Canadian Tourism Leadership Summit to be held in Gatineau Quebec. Story on page 9.



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Because it made us all feel a little closer.

It was a lot of work and more than a little stressful but what you left behind for honour, duty and country stayed together. We kept watch here for you while you kept watch for us there.

## Welcome Home.



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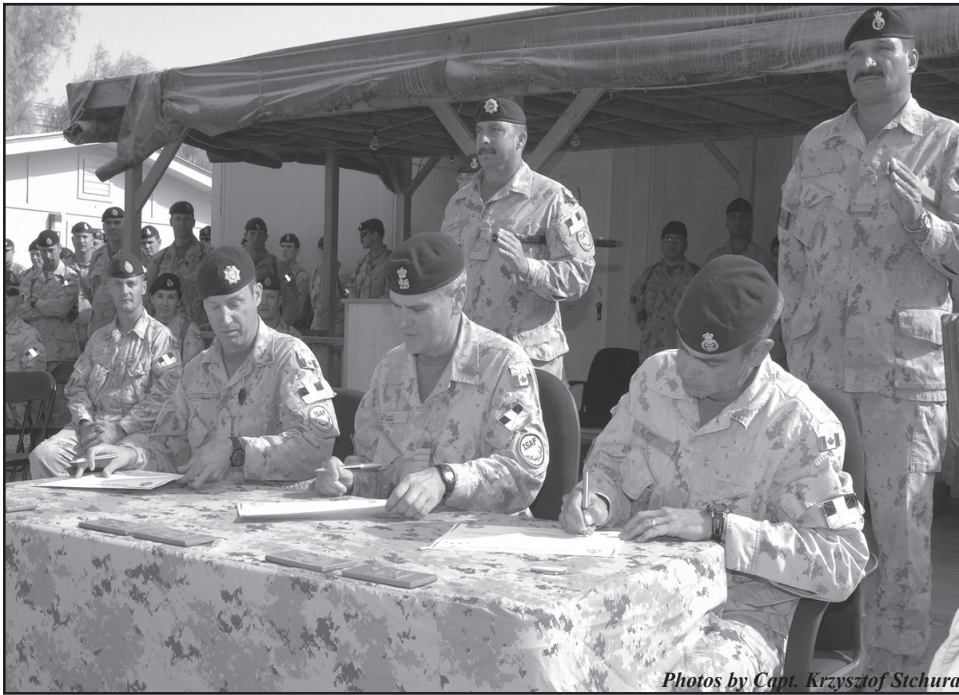
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# 3 RCR BG Transfer of Authority



*Photos by Capt. Krzysztof Stachura*

*(L to R) L-Col Roger Barrett, CO 3 RCR BG, Col Jamie Cade, Deputy Commander TFK, and L-Col Dave Corbould, CO 2 PPCLI BG, officially sign the transfer of authority between the outgoing 2 PPCLI BG and the incoming 3 RCR BG at the Battle Group Compound in KAF, Afghanistan.*

## Capt. Krzysztof Stachura PAO 3 PPCLI BG

On 21 September, under a hot morning sun at the Battle Group Compound in Kandahar Airfield, a small parade is held to signify the Transfer of Authority between the 2 PPCLI Battle Group and the 3 RCR Battle Group. In attendance were L-Col Roger Barrett, CO 3 RCR BG, Col Jamie Cade, Deputy Commander TFK, and L-Col Dave Corbould, CO 2 PPCLI BG. The 2 PPCLI Battle Group has been in Afghanistan for the last 7 months. The 3 RCR Battle Group will continue working closely with Afghan National Security Forces striving to improve the local security situation and help-



*Commanding Officer 3 RCR BG, Colonel Jamie Cade, Deputy Commander TFK, and L-Colonel Dave Corbould, Commanding Officer 2 PPCLI BG shake hands at the Transfer of Authority at KAF.*

ing to set the conditions for future development. Canada is working in partnership with our Afghan and other international partners to

establish a secure environment so reconstruction and development can take place in Kandahar province.



*L-Colonel Dave Corbould, Commanding Officer 2 PPCLI BG, addresses the parade during the Transfer of Authority parade.*

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# Keep 'em coming Reunion tips



Photo by Quinn Roberts

Nathan Verhog gets a long-awaited embrace from fiancée Brice Dods. Verhog arrived home with members of the September 27 command chalk. The last of the troops are all due home within the next 2 weeks.

*Submitted by Christine*

*Howell*

*OSIS*

Reunion is part of the deployment cycle and is filled with joy and stress. The following tips can help you have the best possible reunion.

#### Tips for Soldiers:

- Support good things your family has done.
- Take time to talk with your spouse and children.
- Make individual time for each child and your spouse.
- Go slowly when reestablishing your place in the family.
- Be prepared to make some adjustments.
- Romantic conversation can lead to more enjoyable sex.
- Make your savings last longer.
- Take time to listen and to talk with loved ones.
- Go easy on partying.

#### Tips for Spouses for Reunion:

- Avoid scheduling too many things.
- Go slowly in making adjustments.
- You and your soldier may need time for yourself.
- Remind soldier he or she is still needed in the family.
- Discuss splitting up family chores.
- Stick to your budget until you've had time to talk it through.
- Along with time for the family, make individual time to talk.
- Be patient with yourself and your partner.

#### Tips for Reunion with Children:

- Go slowly. Adapt to the rules and routines already in place.
- Let the child set the pace for getting to know you again.
- Learn from how your spouse managed the children.
- Be available to your child, both with time and with your emotions.
- Delay making changes in rules and routines for a few weeks.
- Expect that the family will not be the same as before you left; everyone has changed.
- Focus on successes with your children; limit your criticisms.
- Encourage children to tell you about what happened during the separation.
- Make individual time for each child and your spouse.

#### Confidential Support Resources available are:

Family Peer Support Coordinator	Christine Howell 765-3000 ext. 4031
Peer Support Coordinator - OSISS, www.osiss.ca	Fred Connor 765-3000 ext. 4186
CFB Shilo Base Hospital Social Worker	1-800-883-6094 (non crisis)
Mobile Crisis Unit Brandon	765-3000 ext. 3177
Canadian Forces Members Assistance Program	725-4411
	1-800-268-7708

## WELCOME HOME

### Military Wives Sisterhood

The Military Wives Sisterhood is a not-for-profit organization founded by military spouses to provide empathetic support and friendship. We also ensure access to information, services and community resources. All are welcome!

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# Remembering Capt Jeff Francis

**Quinn Roberts**  
**Shilo Stag**

On a cool September morning at the Shilo Range and Training Area (RTA), the family of Capt Jeff Francis gathered to honor his memory in a special way. A trig point dedication ceremony marks a place where future soldiers will stand to determine their location.

Trig points are grouped together to form a network of triangulation. Positions of all land boundaries, roads, railways, bridges and many other infrastructures can be accurately located by the network. Before the technology existed to instantly locate position trig points were used to help get the best gun point that all guns could use.

"A trig dedication is a good way to remember somebody because it has a long term effect. It's something the troops will pass and remember Capt Francis. It's a permanent reminder of Francis," said Maj Sean Fortin, a previous instructor of Francis'.

The family and friends of Capt Francis arrived from Ontario and Nova Scotia for the occasion. Special guests and the soldiers who knew and served with him were also present and a major part of the ceremony. Francis' former troops stood to receive his family and guest speakers as they arrived at the RTA. Padre Bos began the ceremony with a moving prayer. Maj Henderson (CO of C Company, 3 PP-CLI- C Coy was attached to the 2 RCR battle group that Francis was part of) shared words of great pride working along side Francis. "Trig Francis will always remain in this location and serve as a constant reminder of his sacrifice and dedication to his comrades, unit and country."

"He believed in the mission and he would want it to continue after his death," said his parents.

They recalled a shy man who would blush and wonder what all the fuss was about.



*The family of Capt Jeff Francis gathers at the trig point named in his honour.*

"He loved being a soldier," said his father Russ Francis.

"He came off as a shy but I think that's because he was confident," said Maj Fortin, "He was a very educated man, he had his

masters and was working towards his PHD."

As part of TF 1-07 when he was killed on July 4, 2007 by a roadside bomb while traveling in a RG-31 Nyala Armored vehicle in southern Afghanistan.

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"Through all of the pain and loss to see for yourself the respect these soldiers have for our son gives us pride in what Jeff did," said Francis' father.

After the speeches his forward operational officer's (FOO) lead by C Battery, had a special four gun, four round salute in his memory.

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# L-Gen Leslie visits Shilo

**Karen Griffin**  
Shilo Stag

September 25, Shilo community members received a visit from the Chief of Land Staff, L-Gen Andrew Leslie.

He spent the day meeting with rear parties at IRCHA and 2PPCLI.

Leslie also spent time meeting with other deployment supporters such as the Deployment Support Centre, (DSC) and the MFRC on activities and news at Shilo.

"I'm glad to be here, to meet you, to say that Canada is proud of you and that we are all proud of you," said Leslie as he addressed all present.

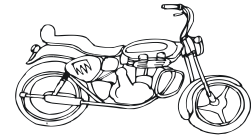
Accompanied by other officials from the Western Area, L-Gen. Leslie expressed his appreciation for Shilo's sacrifices and opened the floor to questions.



Chief of Land Staff L-Gen. Andrew Leslie held a question and answer for Shilo members at the community centre.

Photo Quinn Roberts

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# DSC helps post deployment



Photo by Karen Griffin

The Deployment Support Centre, located inside the community centre on Royal Avenue, will function for additional support services after deployment.

## Lonnie Goodfellow Deployment Support

The Shilo Deployment Support Centre (DSC) has been very busy lately with the return of the members from Afghanistan. We have been receiving many phone calls for information about flights and return dates, as well as calls about common issues with deployments. We are also glad to see people coming into the DSC located in the MFRC building for information or even just to talk. The DSC will remain open for the same hours of operation even after the deployment is over. Monday-Friday 8-9, We will be here for any concerns or issues that are continuing from the deployment and we are getting ready for further deployments in the coming year. We are also expanding with the addition of three Reserve unit members. We hope to give the members and their families the continued support they need now and into the future. Any questions or concerns please call 1-888-5533.

# Welcome Home, Troops



Dave Burgess  
Mayor, City of Brandon

# Advance poll info

Karen Griffin  
Shilo Stag

From September 30 to October 3, members are encouraged to visit the advanced polls at L-25 to vote in the federal election.

"Military members vote 2 weeks in advance of regular polls because many of them

are away from their place of residency," says Capt Reg Coppicus, the Adj for Shilo. The advance polling station is for members only. Spouses and other civilians will receive cards from elections Canada containing their vote information.

Members will be required

to cast a vote for the home riding where they are registered unless they fill out a statement of ordinary residence indicating they wish to vote in the Brandon-Souris riding.

The polling station will be opened from September 30 to October 3 from 0900 to 1500 hours.

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# Speaking out against family violence



**Jo Anne Douglas**  
Health Promotion

Family violence is the abuse of power in a personal or intimate relationship. It can take many forms. We often think of physical abuse (hitting, kicking, choking) but it can also be emotional, sexual, or financial abuse.

-**Emotional** or psychological abuse can include threats to leave you, commit suicide, kill a pet, insults, constant criticism, damage to your belonging, or stalking. -**Sexual** abuse includes unwanted sexual activity. It may also include control over birth control or forced pregnancies or abortions.

- **Financial** abuse occurs when an individual uses finances to control another person. This could include forcing someone to hand



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over their paycheque or denying access to funds.

It isn't always easy to tell when someone is living with abuse. It can happen between married partners, people who are living together or perhaps just dating. The victims can be men or women, the elderly, youth, people with disabilities, or same sex partners. Regardless of gender or relationship status, family violence is characterized by a power imbalance, where one person tries to control another. The aggressor uses intimidation, fear and abuse to maintain control.

Many abuse victims are ashamed or afraid so they don't report abuse or seek help. Some may worry

about a spouse's military career being hurt and the self-esteem of some victims is so damaged they may feel that the abuse is their fault.

**Take a Stand.** Using violence and abuse to control another person is not acceptable. Abusers choose this behaviour but they can also choose to seek help from a padre or from mental health services. Victims of abuse should also seek help. The cycle of violence often escalates (more frequent, more severe) so seeking help early, rather than waiting until the situation becomes more dangerous, is very important.

Health Promotion and Mental Health Services

can give a Family Violence Awareness briefing to units on the base. Call 3867 for more information.

**SOME FACTS ABOUT SPOUSAL VIOLENCE** (from Statistics Canada, Family Violence in Canada, 2005)

7% of Canadians had experienced spousal violence in the last 5 years

An estimated 653,000 women and 546,000 men experienced spousal violence in the last 5 year period

Female victims of spousal violence were three times more likely to fear for their life than male victims

Those 15 - 24 who live in a common-law relationship, who have been in the relationship for less than 3 years, and whose partner is a heavy drinker are MOST likely to experience violence at the hands of their partner

76% of all homicide-suicides in Canada between 1961 and 2003 involved family members. 97% of the victims were female spouses.

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# Gunner profiled in APTN documentary

Quinn Roberts  
Shilo Stag

Pte Esther Wolki smiles shyly as Zoe Ho and Dave Stewart from the Aboriginal People's Television Network (APTN) interview her on the challenges she faced being from the North. Ho and Stewart are making a documentary on girls from small communities in the North and the courage it takes them to come to the south and follow their dreams. Wolki is from, Tusaayaksat, NT. She joined the CF and became a Gunner at 1 RCHA. According to Wolki, it's uncommon for women to leave the community. Even more uncommon for somebody to join the military.

Wolki is the only member from her community to move down South, let alone the only person to join the army. "I wanted to do this interview to help educate others from my community about the military and what it's all about," she said. "I knew I couldn't turn back or quit, everybody at home was cheering me on and supporting me and I couldn't let them down."

Wolki is one out of three girls Ho and Stewart will be following in hopes to help shed some light on how much courage it takes for them to leave their communities. For Wolkie, it all started when she left for basic training. "We wanted to show how strong she is. She found the courage to leave home and follow her dream to find a career for herself," commented Ho. "This



Photo by Quinn Roberts

Gunner Esther Wolkie shows a film crew around Shilo over 2 days. The documentary profiles 3 Northern women who have overcome odds to pursue success in the south.

way we can show other young girls that it can be done," said Stewart. "She really inspired us and we couldn't wait to come down here and work on this story," said Ho.

Ho and Stewart will spend about 2 days at Shilo with Wolki, learning about her work and the different opportunities it has to offer. They will tour the base, going to different buildings and seeing what life is like on a base. Wolki blushes as Ho and Stewart talk about how everybody from the North will have the chance to view the documentary and learn about her life. "I know lots of people back home who are interested in the army but never had the chance to see what its like or don't know how to join. Hopefully by doing this interview more people will understand what it is all about and how to join," she said. "We just want to help educate people

and show them what life is like in the South. Many have never travelled this far South before," said Ho. "Being able to do this documentary means a lot to us and we can't wait for it to air." The one-hour documentary will air in 2009 and feature two other women from the North who have pursued their dreams in Southern Canada.

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# Men's club celebrate's 40th anniversary

**Mike McEwan**  
PSP Manager

On October 10 the Shilo and Region Men's Club will celebrate 40 years of service to the Shilo area. Founded in 1968, the club has given over \$400,000 to various charitable and community causes in the area. Membership has ranged from 120 members to 13 over the years.

There are currently about 70 members from retired and serving soldiers, DND employees, local business owners and residents of the area. Members range from all trades and ranks of the military and all walks of civilian life. They operate under the authority of the Base Commander who approves their constitution and receives a copy of the minutes of each meeting. The club meets the last Wednesday of each month and is always looking for new members. The club and its Constitution, minutes and financial statements are open for review. The aim



Photo submitted by Mike McEwan

*Members of the Shilo Men's Club pose for a winning team picture after a baseball game. The members are avid supporters of community causes and events.*

of the club as stated in their Constitution is:

"To make our community a better place in which to live by contributing to the well being of the Shilo and Region community by assisting local organizations and members of the community to succeed."

The club organizes numerous charitable events throughout the year to raise funds for various causes, most notably the annual Downhomer's Lobsterfest. They also lend a hand with

other community events such as the recent Terry Fox Run. The Club may assist local residents who are in need as well. For example, the club makes a wheelchair and wheel chair ramp available to the community members in need for short term loan until they can make more permanent arrangements and has assisted a number of spouses of deployed members with tasks that they could not perform themselves.

There is a High School

Bursary Program and a distress fund to assist community members who have are in immediate need of assistance due to an unforeseen tragedy. As well, they support charitable community activities such as funding support to organizations and institutions such as Special Olympics, Brandon General Hospital and Fairview Home.

They are also active as individuals in the community through involvement in many other clubs, charities

and recreational activities. They also participate in other community activities as a Club. As an example they recently won the Intersection Ball Championship once again, which for a club, who on average, tends to be of a slightly more advanced age than other competitors this is a noteworthy accomplishment.

The Shilo Men's Club has been an important and unique part of our community for the past 40 years, working to make our community a better place and as you can see, have made some significant contributions toward that effort. So if you see a Shilo Men's Club Member out and about in the community wish him

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## Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies

Having a baby changes your life. New babies can be demanding, especially for new parents. That's why the Healthy Baby community programs were developed.

Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby.

Drop in to your local Healthy Baby group and you can:

- Ask questions about your pregnancy, your baby's development or parenting support
- Enjoy nutritious snacks, try new recipes and get information about nutrition and health
- Visit with other moms and dads and take part in activities with your baby

It's what's inside that counts

It's important to eat well to help you and your growing baby when you're pregnant. If you live in Manitoba, and your net family income is less than \$32,000 a year, you can receive a monthly Manitoba Prenatal Benefit cheque during your pregnancy to help you buy the healthy foods you need.



**For more information**

To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

945-1301 (in Winnipeg)

1-888-848-0140 (outside Winnipeg)

[www.manitoba.ca/healthychild](http://www.manitoba.ca/healthychild)

or contact your local public health office



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# Community supports marathon of hope

**Janelle Boyd**  
Program Coordinator

Shilo held the 28<sup>th</sup> Annual Terry Fox Run on 12 September 2008, here on Base. The run began and ended at Building L-25. Participants had a choice of completing either a 5km or 10km run, with Kindergarten to grade 2 students completing an activity loop around the Leslie Parade Square. There were over 500 participants enjoying the beautiful weather, including CF members, civilians and students. Over \$4000 was raised for the Terry Fox Foundation (which met our goal of fundraising more than last year). Way to go Shilo Community! The run was a huge success.

Shilo Men's Club and SI-SIP donated \$500 each.

Shilo Men's Club volunteered their time to do the BBQ.

Maple Leaf Pork donated the hotdogs.

Canada Bread donated

the hot dog buns.

Pepsi donated the canned soft drinks.

Forbidden Flavours donated 2 perks of coffee, cream & sugar for participants.

Old Dutch donated small bags of chips for the school kids.

Both schools donated money to foundation as well. Thank you to O'Kelly School's Maureen Thompson, and Ecole de la Source's Natalie Dionne for acting as Event OPIs.

Opening Ceremonies began at 0915 with Fitness Director Jim MacKenzie giving a quick briefing of the run, and Maj Laroque giving a few words. Carolyn Derksen & Brenda Cavanaugh led with the warm-up with a few volunteers from the crowd. The fire Department led the fun with a fire truck at 0930.

Thank you to all the OPIs.

Canadian Tire donated a \$100 gift certificate.

Businesses that also do-

nated raffle prizes:

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CFPSA Health Promotions

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Escape Day Spa and Tanning Salon

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The Green Spot  
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We raised over \$1000 from the raffle and t-shirt sales. Volunteers who donated their time with the raffle set up at Canex 8-11 Sept 08 from 1000 hrs to



Photo by Quinn Roberts

Children from the MFRC daycare come out to get some fresh air and participate in the annual Terry Fox run. The Shilo community raised over \$4000 in proceeds for the foundation. Over 500 people participated.

1300 hrs, and run day at Building L-25. A big thank you to Annie McCulloch, Dawn Battams, Jocelyn Goumans, Lois Burke, Marguerite Paddock, Myrna Lane, Rosemarie Blair for all of their help with the

raffle. 27 years have passed since Terry Fox made his 3339 mile, 143 day "Marathon of Hope" across Canada in support of Cancer Research.

Fox suffered from bone cancer which caused him

to have his right leg amputated.

The 28<sup>th</sup> Annual Terry Fox Run was a huge success. The Shilo Community should be proud being part of Terry's dream to find a cure for cancer.

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# Who would you run for?

**Quinn Roberts**  
Shilo Stag

On October 5th, runners will take to the track once more in the CIBC Run for the Cure. Michelle Augustyn is on the CIBC volunteer board helping to pull this event together. Augustyn started volunteering not only her time but her energy to take part in the run, 8 years ago when the event first came to Brandon. "I don't run for just one person. I run for those women who can't run." Augustyn said. "I started volunteering because I was lucky enough to be young and healthy so I could run. Its important to me to run for all of those who can't run and to help

raise awareness of breast cancer." Augustyn hopes to raise at least \$500 herself if not \$1,000. She would like to try to raise \$2,500 with her team. The run helps to raise money not only for breast cancer research but breast cancer awareness as well. "1 out of 9 women is affected by this illness. By helping to raise awareness and education about breast cancer we can help save more lives." said Augustyn. When asked what keeps her coming back year after year Augustyn said, "In hopes breast cancer will one day be gone. It makes you feel good about what you did. Watching the people who beat cancer and won really inspires you to do more."

Augustyn helps to

raise money in a number of different ways. At the last Wheat Kings game team "Breast Friends" were selling different kinds of goodies, such as, chocolates, pink hats, pink hair, or a pink dog leash. On October 4th they will be back at the Wheat Kings game this time to raffle off a pink hockey stick signed by team members from the Wheat Kings. They also recently had a pink dinner at a local restaurant in Brandon. The pink dinner included everything from pink menus to special pink drinks. With proceeds going to the CIBC Run for the Cure. Augustyn was pleased with the turn out of people saying "we had every corner in the restaurant filled. Everybody was having a great evening and enjoying all of the pink!"

Head down to the River Bank Discovery Centre to support the runners, running for loved ones or simply running for those who cannot. Also check out the fun afternoon of activities. Including a local band from Brandon, Willow Creek. They play anything from oldies, to folk, to pop music. They will also have tents set up with people from the Canadian Breast Cancer Centre to help answer any questions, raise awareness and help educate people at the run. They will also have a massage area set up for the runners.

Augustyn is excited



Photo submitted by Michelle Augustyn

Participants in last year's CIBC Run for the Cure show their team spirit. CIBC Run for the Cure brought in over 400 participants last year and raised over \$80,000. This year's run takes place on October 5th at the Riverbank Discovery Centre.

for this year's run. Her team "Breast Friends" has roughly 15 people involved with numbers growing. She believes this year will be a fun day for everybody to help raise money for a good cause.

Registration starting at 11 am down at the River Bank Discovery Centre, following registration Opening Ceremonies will start.

Right before the run starts everyone will take part in a group warm up, then they can walk or run the 5k or 1k track. Runners must at least raise \$40 to take part in the run. CIBC Run for the Cure brought in over 400 participants last year and raised over \$80,000.

Money raised through the Run is used by the Canadian Breast Cancer

Foundation to fund breast cancer research and community education programs. Augustyn would like to say special thanks to the Shilo Men's Club for their support in this year's run. If you have any questions about the run or, you would like to volunteer or, donate money, Michelle Augustyn can be reached at 204-728-4031.

*Glad to have you back home!*

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# Shilo kicks off Fire Prevention Week



Photo by Quinn Roberts

Members of Crew 4, BComd J.J.S Schneiderbanger, Dept Fire Chief Martin Haller and Maj Steve Lane gather for the proclamation of Fire Prevention Week.

**Dan Barney**  
Chief Fire Inspector

Shilo Emergency Services Urges CFB/ASU Shilo Personnel and Residents

to "Prevent Home Fires" CFB/ASU Shilo Personnel and Residents, 05 October, 2008— A pot holder too close to a lit burner or a space heater left on overnight could be all it takes to start a home fire. In fact, cooking and heating are among the leading causes of home fires in the United States, according to the nonprofit National Fire Protection Association (NFPA).

That's why Shilo Emergency Services is teaming up with NFPA from Octo-

ber 5-11 to urge CFB/ASU Shilo residents to "Prevent Home Fires" during Fire Prevention Week. This year's campaign focuses on preventing all the leading causes of home fires – cooking, heating and electrical equipment, and smoking materials. Additionally, fire safety educators will be teaching local residents how to plan and practice escape from a home in case a fire occurs.

According the latest research from NFPA, more than 2,500 people died in home fires in the Canada in 2006, and 12,500 were injured. Fire departments responded to 396,000 home fires, which accounted for 80% of civilian deaths and

76% of injuries that year.

"While the number of home fires is daunting, the good news is that many are easily preventable when residents take simple steps to increase their safety from fire," said Daniel Barney, Chief Fire Inspector. "Whether it's smoking outside the home, keeping space heaters at least three feet away from anything that can burn, or staying in the kitchen when you are using the stovetop, there are easy things you can do to keep your home and family safe from fire."

Do you know how to keep your home safe from fire hazards? Reviewing the following information and taking action can help you

"Prevent Home Fires" during Fire Prevention Week and year-round.

**Cooking:** Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period time, turn off the stove.

**Heating:** Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.

**Electrical:** Replace cracked and damaged electrical cords; use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.

**Smoking:** If you smoke,

### Fire Prevention Week Events

**October 1 - 4**  
There will be an open house at the Shilo Fire Hall.

**October 2**  
There will be a Fire Fighter display table at the Canex hosted by a Shilo Fire Fighter.

**October 3**  
Fire Chief for The Day, one student from each school in the Brandon School Division, will be chosen to be Fire Chief for the Day. All Fire Chiefs will receive a tour of the Brandon Fire Hall. Following with lunch for all of the Fire Chiefs at McDonald's with activities at the Manitoba Fire college.

smoke outside; wherever you smoke, use deep, sturdy ashtrays.

Fire Prevention Week is actively supported by fire departments across the country. For 85 years fire departments have observed

Fire Prevention Week, making it the longest running public health and safety observance on record.

For more information on "It's Fire Prevention Week – Prevent Home Fires!" visit [www.firepreventionweek.org](http://www.firepreventionweek.org)

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# Shilo Military Family Resource Centre



## A focus on healthy families

**Dana Thompson**  
Children Services  
Coordinator

The 2<sup>nd</sup> annual Healthy Family Fair proved to be, once again, an informative outlet for the families of Shilo. A hot and spicy supper including chili, bun and fruit was also enjoyed.

There was something for everyone at this event. Children got a chance to use the germ detector, learn teeth brushing and experience a helmet watermelon drop. Families were informed on topics such as using pesticides around children, mom/baby programs,

healthy eating choices and much more.

Some quotes from participants evaluations were:

“Great exhibits, lots of information and we had fun too!”

“Better than last year, loved the Ages and Stages”

“I thought the displays looked great, very informative”

The exhibitors were extremely excited to provide information about their services to Shilo and to see some new faces. One exhibitor even commented “There is great energy in this community”.



Photo by Quinn Roberts

As part of the Healthy Family Day exhibit the Military Police ID unit offered parents the opportunity to have their children fingerprinted. Tommy Green gets his fingerprints taken by Linda Levesque.

**Thank you to all the exhibitors**

Shilo Public Library	Brandon RHA
Healthy Smiles	Military Police ID unit
Art Gallery of Southwestern MB	Public Health
Brandon & Area Environmental Council	Chemist Cupboard
Westman Women's Shelter	Elespeth Reid Centre
Varsity Eye Centre	Fit 4 Two
Manitoba in Motion	Lung Association
See you all next year at the 3 <sup>rd</sup> annual Healthy Family Fair.	Think 1 <sup>st</sup> - Bike Safety
	Base Health Promotions

## Burger break helps families

**Dana Thompson**  
Children Services  
Coordinator

Boyd Autobody teamed up with the Shilo MFRC and held a BBQ with proceeds going towards the Occasional Childcare Service.

As the burgers flew off the BBQ, we heard words of support and great stories from veterans and local farmers. The support for the families was overwhelm-

ing and as the day wrapped up funds collected were matched 100% by Boyd Autobody giving a total of \$860.00 to go towards the Occasional Child Care service (OCC).

This past year, OCC has been extremely busy supplying some well-deserved respite time for families. With our extended evening and Saturday hours we see more families coming

through the door and we welcome them!

A big thank you to the sponsors of the event:

- M&M Meats
  - Kupiers Bakery
  - Coke a Cola
  - Old Dutch
  - Humpty's Family Restaurant (18<sup>th</sup> Street location)
- And a HUGE thanks to Boyd Autobody supporting the Shilo MFRC.



Photo submitted by the MFRC

Funds collected from a fundraising barbecue were matched 100% by Boyd Autobody giving a total of \$860.00 to go towards the Occasional Child Care service

## Good news for MFRC

The Shilo MFRC has hired a new Children's and Youth Counsellor. Her name is Elaine Ellis and she will be starting on October 6. Check the next Stag for more information about her.

# Lordy lordy Canex turns forty



**CANEX Manager Rick Kehler poses for the camera at the CANEX 40th Birthday celebration.**

**Karen Griffin**  
*Shilo Stag*

September 20th marked the 40th birthday for Canex.

From noon to 3pm families were treated to mini golf, paint ball, a cow milking contest and a variety of other fun and games for the kids.

The Independent Insurance company held a barbecue to feed giant appetites.

A local Hutterite community sold fresh local produce to interested visitors.

Established in 1968 the retail operation made up of a number of stores and services, designed specifically to meet the needs of



*Photo by Quinn Roberts*

**National Manager René Parent along with CANEX store manager Rick Kehler and Silvia Ukleja present Heather Walker from the CANEX post office with her 15 years of service award.**

the military community.

According to the website, Canex goes beyond the normal retail requirements in order to ensure the military community reaps extra benefit from the operation.

It also operates an international merchandising organization whose goal is to provide a wide range of goods and services to the Canadian military community.

In Canada, business consists of retail, grocery, petroleum, food services and special service outlets operating at CF Bases/Wings

and Units. In Europe, similar facilities are operated in Germany for NATO.

CANEX operates its outlets in the same way as any private sector retailer. We offer goods and services at competitive prices in an effort to meet consumer needs while generating profits for our owners - the CF. Our profits, like any business belong to our owners, and are distributed under a royalty formula (dividend) to CF Bases, Wings and Units where they are earned and go towards the funding of local Personnel Support Programs.

## She's a winner



*Photo submitted by Rick Kehler*

**Carri Johnson stands beside her new BBQ she won with the CANEX summer backyard BBQ contest.**

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Stocking shelves/coolers, janitorial (cleaning washrooms, showers and continuous store cleaning), dealing with customers (giving information and/or directions, handling cash, suggestive selling). Should be capable of lifting 50 lbs. Shifts available: 7am-3pm, 8am-4pm, 3pm-11pm and 11pm-7am. The C-store and fuel pumps are open 24 hours/day. Some overtime and last minute call-in may be required.

**Servers: Male or Female.**  
Taking orders and serving customers in restaurant. Other general duties include stocking of food products, dishwashing, food prep, cleanliness of restaurant.

Shifts available: 6am-2:30pm, 2:30pm-11pm. Restaurant is open Monday to Sunday 6am-11pm. Some overtime and last minute call-in may be required.

**To apply send resumes to:**

Mail: 1990-18th St. North  
Brandon, MB  
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Email: bvfalk@hotmail.com

Fax: 725-1342

### Welcome Home Troops!



# 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 Heberton 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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NewsCanada

During both heating and air conditioning periods, air leaks cost you more than you may think. In fact, you could save as much as 30% off your energy bill by making your home's envelope more airtight through the use of weatherstripping.

In addition to reducing your energy consumption, the installation of weatherstripping increases the comfort of your home, provides better protection to the building's framework, reduces outside noise and dust as well as greenhouse gas emissions, which are directly related to the phenomenon of climate change.

## Where are the air leaks?

Air can leak from a number of places throughout the house. As a rule, sources of air leaks are:

- . Doors: frame, sides, bottom and threshold
- . Windows and patio doors
- . Garage
- . Air conditioner and air vents
- . Electrical outlets and switches
- . Hatches and ceiling lights
- . Joints between baseboards and floors
- . Unsealed wall openings

and cracks.

Your hardware store or renovation centre carries weatherstripping adapted to each of these sources. You would do well to install weatherstripping before winter, since its installation will be easier and more efficient before the cold hits.

## How to detect air leaks?

To detect air leaks in your home, you could hire a contractor or opt for a simple, yet effective method: do the job yourself using the flicker test. This test consists in slowly moving a smoke pen where air leaks are most likely to be, that is, around doors and windows as well as along the edge of walls, floors and ceilings. The smoke will stir when an air leak is present.

An indispensable tool, the Comfort Plus smoke pen makes it possible to detect air leaks quickly and efficiently. "Unlike a candle or incense stick, the smoke pen not only avoids possible wax or ash messes, but is much safer," said François Gagné of RCR International inc., a recognized pioneer in the insulation of doors and windows. "It releases a steady stream of smoke for approximately 30 minutes, allowing you

to conduct 60 thirty-second smoke tests. It contains no hazardous or corrosive substances."

The smoke pen is an efficient tool for detecting air leaks as well as for testing smoke detectors, ventilation systems, fireplaces and chimneys.

You will be surprised by how many places need to be sealed. Often, tiny, seemingly innocuous openings can cause significant increases in energy costs.

As well, check the quality and flexibility of weatherstripping around door and window frames. Replace it when it shows signs of wear using an appropriate product. To check the airtightness of your garage door, turn on the light at night or use a flashlight, then close the door and inspect it from the outside. If you spot light around the door, you've got air leaks. For a healthy environment these small measures will make it possible for you to reduce your energy consumption and, by the same token, your costs while ensuring the comfort of your home. And remember, it's the sum total of all our individual actions, as modest as they might be, that yields impressive results on a collective scale.

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Volume 47 • Issue 19

Regular Circulation: 3,000

Delivered by The Shilo Scouts & Girl Guides  
Printed bi-weekly by the  
Brandon Sun, Brandon, MB



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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.

