

SHILO STAG

Your Source for Army News in Manitoba

Volume 45 Issue 18

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September 14, 2006

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UCW event pays tribute



Two fighters from the Ultimate Cage Wars event held at the Keystone Centre in Brandon, duke it out in the octagon. (Inset) Tony Condello, UCW event promoter, presents Capt Randy Moon, 1 RCHA with a plaque dedicated to the troops fighting in Afghanistan. During his presentation at the beginning of the event, after a moment of silence, Condello announced to the crowd, "We are here to fight for sport, those soldiers are over there fighting for our freedom. Bring them home safe."

Photo by Janine Avery/Shilo Stag

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Deployment News

Photo: Combat Camera



Reflections on serving overseas



Padre Harry Crawford
2 PPCLI

The souls of the righteous are in the hands of God, and no torment will ever touch them...

He will guide them to the springs of the water of life, and God will wipe away every tear from their eyes...

There is a time for war, and a time for peace, a time to kill and a time to heal, a time to be born, and a time to die....

Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord my whole life long...

These are but a few of the scripture readings that I have used to help soldiers cope and at the same time honour, their comrades who have died in Afghanistan. I never imagined when I got on the plane to come to this troubled nation that I would have to do the "long walk," otherwise known as a ramp ceremony, so many times. I didn't know how much our

tour would test all of the Canadian soldiers, myself included, mentally, physically and spiritually. I didn't know how much it would change me and my outlook on the world, maybe even on life. I didn't know all this when I came here, but it's beginning to dawn on me now.

As our rotation of Operation Archer draws to a close, and the RIP (its not what you think, in the military it stands for Relief in Place) chaplains are now on the ground, I am begin-

'They are tough and strangely sensitive, are good humoured yet often complaining, and have no real idea of how brave they are.'

ning to reflect on all that has occurred. It has been an amazing experience to be ministering in this land of extremes. Our Canadian Forces have been battling an enemy that seems to have little regard for any life, their own included, and yet the Taliban embed themselves in a local population that is as polite and friendly as any you might encounter in Canada. The land of sand and mountain is stark and plainly beautiful, yet is lit-

tered with the remnants of wars that have been fought here for decades. The summer temperatures are as far above zero as any of ours are below. The most memorable and meaningful memories and experiences that I will take from here however, come from working, worshipping and living with the men and women of the Canadian Forces.

Canadian soldiers are fascinating people. They push the limits of conventional morality without apology in terms of their social behav-

our, and yet will without question travel to the bleakest places on earth to carry out the wishes of their government, as they have done here. I have seen the same man whose chosen phrases would make a sailor blush, cry unabashedly in the arms of his friend, and then head back out to face bullets and bombs. They are generally not religious, yet are all in their own way spiritual, with more than a few kissing the St Michael's medalion they wear around their necks after surviving a particularly close call. They have revived the old Second World War phrase, "there

are no atheists in foxholes," and have seen things that Canadian soldiers generally have not witnessed since Korea. They are tough and strangely sensitive, are good humoured yet often complaining, and have no real idea of how brave they are. Although we have had more than our fair share of tragedy in Afghanistan, I have seen the best that our country has to offer displayed in the actions of our (military's) young men and women.

God has blessed me by placing me among them, and only asks that I give them a shoulder to cry on, a listening ear, an inspired kick in the ass from time to time, and above all, knowledge that they are His beloved children. Who wouldn't love this vocation?

I will continue to reflect and meditate on how Afghanistan has affected and changed me in the weeks and months ahead. No doubt there were will some anxious days and I expect a few tears will flow when I meet with the families of friends who gave their lives over here. That said, I am beginning to believe that I will be a better person for my experiences in Afghanistan, and if I'm ever asked to come again I will answer in the time-honoured tradition of our church, "Here I am Lord, send me."

Fallen troop remembered



Photos by Janine Avery/Shilo Stag

During the memorial service held for Cpl David Braun of 2 PPCLI, Padre Wilson comforts the family. (Below) Veterans pay tribute to the young Corporal as *The Last Post* played in remembrance.



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The Uncommon Soldier

Deborah Sherington

The sun will then again rise to a new day, it will bring with it new challenges and remarkable opportunities. Your eyes will see plenty and burn with rare images from past and present events. At times they will show intensity that most will never see or understand.

Everything you have been through and observed in your time out there. Glimpses of happiness and humour will seep out; glimpses of sadness and anger as well. What makes you unique is how you hold on to your inner person and how you take care and look after one another in a place that is so foreign. You all have the strength within, to be that individual that makes decisions wisely.

You are changing every day. You don't look for glory in the work that you are accomplishing out there and maybe there is not enough recognition for all that you are achieving. Maybe it looks like others do not really seem to understand those decisions that you have to make on a daily basis; but ask yourself this: "What makes you want to get out of bed in the morning and start it all over again?" Don't ever forget "Why you do what you do". Don't ever forget "How you got to that point in your life". Don't ever

forget "The lives that you are saving and the people that you are helping" —(for we don't always see or hear about that). Most of all, don't ever forget "No matter how tired or burnt out you feel, remember that your fellow soldiers-in-arms are looking up to you, for they may be even more tired than you".

For those of you who lead, don't forget how it was to be young, inexperienced and requiring guidance. You have the power to show and share your experiences and knowledge now. Be aware of mistakes made, but most of all, understand and be aware of your own, because out there mistakes will be made. This is not a crime. You are the uncommon soldier, but you are human as well. You are your own destiny, a person of your own will, an exceptional human being.

We thank you for the contributions and the sacrifices you have made on our behalf. For those who are serving, those who have served and those who are gone, but not forgotten, we say this "We are so very proud of you for the path in life you have chosen and for the dedicated service you have given. There is nothing common about you, for you are all the 'Uncommon Soldier'".

*Dedicated to my husband
Sgt Darrel R. Sherington, A
Coy, 2 PPCLI.*

Shilo troops glad to be home

Layne Thiessen
Shilo Stag

Children's laughter and sighs of relief filled the quiet night sky as busses pulled to a stop outside Shilo's MPTF building over the last month. Troops from B Coy, 2 PPCLI and A Bty, 1 RCHA returned from the war-torn country of Afghanistan and into the arms of friends and family members.

Nicole Mulvihill and her two sons, Jeremy (14) and Justin (8), rushed to the open arms of a smiling Cpl Michael Mulvihill immediately after he stepped off the bus.

"I'm just glad he's back in one piece, it's been a long few months," said a relieved Mulvihill.

When asked what favorite activities he had missed and planned to do with his father after he returned, an excited Justin Mulvihill was clearly thinking only about the present moment.

"I just wanna run up and hug him and grab his hand and rip him all the way to the car and stick him in it."

MCpl Jason Lucier, B Coy, 2PPCLI met his wife Andrea Lucier and their sons Dustin, Cameron, Brandon, and Matthew. Lucier was clearly pleased to be back but was also looking forward to some time off.

"You step off the bus and you're back into normalcy. It's nice to see things that you're familiar with and get back to the old routine. I'm looking forward to a holiday for the next six weeks or so."

DCO 2 PPCLI Maj Ste-



Photo courtesy of 17 Wing Imaging, Winnipeg

A smiling Sienna Seaton, 2, looks in awe at her daddy Shaun as he arrived off the plane in Winnipeg from Afghanistan, while wife Marlyn looks on.

phen Joudrey was among those welcoming the troops back and encouraged all of the soldiers to enjoy some downtime with their families and friends.

"It's been a long six months for them and their families are obviously excited to have them back. The battalion is also excited to have them back. The families and soldiers will be going through quite a range of emotions, there is euphoria and then they are adjusting back into family life."

Brandon-Souris MP Merv Tweed, who was also on hand, was impressed by the display of support from civilian communities throughout the riding and believes that continuing to support the soldiers regardless of one's personal convictions concerning Canada's foreign policy is important.

"The support for our troops here and for the base in Shilo has been tremendous. Regardless of people's opinion (on Afghanistan), the support for

our soldiers is strong and the community is going to come out in full force."

Tweed believes in the mission in Afghanistan and that it is important for the media to emphasize the positive things the troops are doing overseas.

"Through the media we tend to see only the negative things that happen. They're (Canadian troops) making progress in education systems and giving women equal status within the communities. I have to say I'm very proud of that. That's the story we have to tell people. The troops believe in what they're doing and they're making progress."

With the large quantity of yellow ribbons displayed

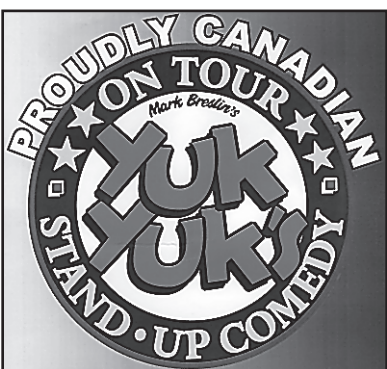
in local communities and even along the highway as the troops traveled home from the Winnipeg airport, it seems clear thousands of Manitobans agree with Tweed's sentiments.

For most of Shilo's returning soldiers, however, a large paper banner inside the MPTF building might have best expressed their collective emotions regarding their widely anticipated arrival.

Overshadowed by brightly coloured messages and artwork left by children and spouses as they anxiously awaited the return of their soldiers, was a simple but poignant message of four small words printed clearly and plainly in dark green marker. "Glad to be home."

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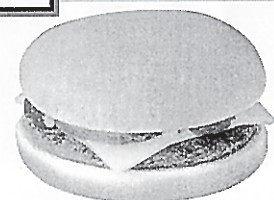
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New commander committed to teamwork

Layne Thiessen
Shilo Stag

CFB Shilo stood at attention on Thursday, August 31st as LCol Tom Doucette retired as Base Commander and signed command over to LCol J. J. Schneiderbanger with Col A.C. Patch, Commander, 1 ASG presiding.

When Doucette took over the base in 2003 it was in the midst of a difficult transition phase as German forces had left and 2 PPCLI had moved in to help fill their place and maintain the base's position as an important and contributing member of 1 ASG.

Doucette spoke about the financial difficulties that concerned the base and some of the challenges involved in maintaining Shilo's vital role in the Canadian Forces. He also thanked his staff for their assistance and singled out Shilo's surrounding communities for their dedicated support and commitment to the base. Among his proudest accomplishments,

Doucette listed the bases new partnerships with Brandon Salutes and local businesses, revitalization programs, as well as Brandon's Yellow Ribbon campaign as highlights of his tenure as Base Commander.

Although Doucette refused to give himself credit for the newfound stability of the base and his role as Commanding Officer in the reconstruction team in Afghanistan, Col Patch offered his own congratulations to Doucette.

"You should take pride in the accomplishments you've achieved here in Shilo, overseas in operations, and over the course of a long and successful career. I thank you for your service to Canada, the Canadian Forces, and the army for over 31 years."

Patch noted the successful move of 2 PPCLI from Winnipeg to Shilo, completion and opening of construction projects including the Community Centre, the Fire Hall, involvement with Brandon Salutes, and the naming of the

Low Road to Veteran's Way, in particular as he praised Doucette for his efforts.

Doucette, who is moving on to work with the Canadian Forces' museums in Calgary, admitted that he did feel a tremendous amount of pride in regards to one project he has been involved in.

"We were involved with Mr. Charles Carlson of the Legion and others to rename the Low Road to Veteran's Way. Every time I see that sign it puts my chest out double because I'm so proud of what they did."

Shilo has clearly passed into a new era and the base, under the guidance of LCol Doucette, has successfully overcome many of the uncertain times and challenges presented in the past. It's a path that new Base Commander Schneiderbanger hopes to continue on.

"It is my intent to build on the success already achieved by the base while under the command of Lt Col Doucette," said Schneiderbanger.



LCol John Schneiderbanger, BComd, CFB Shilo, shakes the hand of outgoing commander LCol Tom Doucette, while the 1 ASG Commander A.C. Patch presides.

"I look forward to all the challenges that we will face together as a team. Working together as one family, one support team, one combat team, we will succeed in overcoming all challenges and will provide the best possible support to all units on base. (We will) ensure that those who deploy will see the best possible support and training."

Schneiderbanger, who is taking up his first base command, also promised to work for the base's families as troops deployed.

"It should always be at the front of our minds. Providing support to all families that have members deployed overseas. The military family must be healthy and taken care of to ensure that we can do our jobs and that puts individuals deployed overseas at ease as well."



Photos by Heather McKinnon/Base Photo
LCol Schneiderbanger, BComd, CFB Shilo, takes command of the Leslie Parade Square after the handover.

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A101 is offered for sale and removal from CFB/ASU Shilo MB.

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Base Engineer
Engineering Services Building P101
Canadian Forces Base/Area Support Unit Shilo
PO Box 5000 Stn Main
Shilo, MB, R0K 2A0

not later than 3:00 PM, 5 October 2006. Sales are subject to Conditions of Sale which can be obtained from the Base Property Officer Kim Walker at (204) 765-3000 ext. 3385, or Garnet Shearer at (204) 765-3000 ext. 3133. Electronic photos of building exterior are also available.

Interested Parties are required to obtain all necessary municipal permits for the removal and relocation of any or all of the above noted structures. Inspection prior to submitting an offer is **mandatory** during a site visit which will be held at 1:00 PM on 28 September 2006, interested parties are to be assembled at the main entrance of Building P101 at CFB Shilo at 1:00 PM sharp. Offer to Purchase forms will be distributed during the site visit.

THE HIGHEST OR ANY OFFER WILL NOT NECESSARILY BE ACCEPTED.

Community Council needs your feedback

Maj Scott
Shilo Mayor

The Shilo Community Council can not be compared with any other small town council. It is not responsible for roads, parks, hydro, water, sewers or lighting. Recreational facilities...nope! Housing complaints...not really! It can not declare community holidays. It thankfully does not set municipal tax rates. Bylaws, law enforcement, and emergency services... wrong, nope, nattah.

It should be of little surprise that on my recent appointment as the Chairman of the Community Council, locally dubbed "the mayor" I asked what is it that I do?

As the years have passed, many newer organisations have appeared and taken on responsibilities that Shilo community council had previously done. Housing

issues now go to CFHA. Recreation activities and clubs are now directly tied to Community Recreation. Family support activities are well handled by the Military Family Resource Centre. Police, fire, ambulance, street cleaning, snow removal, park maintenance, and orders are all within the scope of ASU Shilo.

So this question I put to you, "What do you expect from your community council in 2006-2007?"

From September to December the council meetings will be likened to a "town forum", just not as stuffy. Each meeting we will focus on a current issue, receive residents' opinions, receive group/agency opinions and then give a reasoned recommendation to the Base Commander. On the evening of September 20th (7 pm to 9 pm) and afternoon of September 21st (12:30 to

2:30 pm) I will host a Town Hall at the community centre, simply to learn what you want for your council.

If you can not make these meetings but want your opinion heard I will happily read your written submission delivered by 21 September to the Recreation Administrative Assistant at the Community Recreation Office.

So what are the issues? You tell me! Give me your three most important issues that you would like to see the Community Council focussed on. These issues should be so important that you would come to a town hall to personally explain your case or provide a signed written submission. Let myself and your ward representatives consider the issue and trust that we will provide reasoned advice, findings or recommendations direct to the Base Commander.

Your list of three, submit-

ted to the Recreation Administrative Assistant by 21 September 2006 will be the method through which I will determine the most important issues to be the topics of the October and November town halls. Your feedback on Council Expectation will assist the Base Commander in formally sanctioning the Shilo Community Council in its new role for you.

If you are a Shilo resident and want to be part of the council in order to directly influence the recommendations, there are vacant ward positions needing dedicated volunteer. Contact the Recreation Administrative Assistant for more information. A Vice-President for the Council is also being sought. The ideal candidate will be a strong leader at the MWO rank. Nominations should be made through the chain of command to the Base Commander.

My Proposed Shilo Community Town Hall Topics!

Priority One: _____

Priority Two: _____

Priority Three: _____

What I want council to do for me!

Submit by mail to:

Rec Admin Ass't
PO Box 5000 Stn Main
CFB Shilo, Manitoba
R0K 2A0

Drop off to:

Rec Admin Ass't
Community Centre
CFB Shilo

Or email to: lucyshyn.ka@forces.gc.ca

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OSISS reaches out to troops

Layne Thiessen
Shilo Stag

Troops returning home from Afghanistan and other tours of duty who feel angry, afraid, hyper-vigilant, depressed, or even suicidal, but do not know how to reach out for help take comfort. There is a support network that is completely confidential and can help end the pain they are feeling and help them live meaningful lives with their families and serve competently in their military careers once again.

Operational Stress Injuries (OSI) can occur throughout all branches of the Canadian Forces and strike regardless of one's rank, role, or combat experience. Operational Stress Injury Social Support (OSISS) is a relatively new but not particularly well-

known institution that operates outside of the Department of National Defense (DND), is completely confidential, and has helped hundreds of soldiers return to their military careers with confidence. OSISS operates completely outside of the military and arms suffering troops with a vast array of resources from support groups to independent physicians.

Michael Mathieu, OSISS Peer Support Coordinator, who formally served with the Canadian Forces for 15 years before being released with PTSD, understands exactly what some soldiers who have returned home might be feeling and says that is exactly why he desperately wants to help.

"When I was hurt and at my worst, on the verge of suicide, I had no idea who could help

me. I felt totally alone and alienated myself from everyone. I lost a family. I fought and climbed back out after finding the OSISS program. It's now my passion. I don't have MD behind my name, I know how it is from my own experience."

OSI sufferers often have to deal with such problems as anxiety, depression, and PTSD, which can lead to other behaviors which can hurt not only soldiers but their families and friends as well. Mathieu hopes to set up support groups in Shilo and to educate the community on just how serious OSI is while assuring victims that they can be healed and that there are a wide variety of resources available to them that will not destroy their military careers.

"Your mind becomes scattered, it becomes fragmented,

I (OSISS) can set up counseling services and help them understand that there is light at the end of the tunnel and that they're not alone in this fight. They're not weak or to be ashamed. It can happen to anyone, even when you're not on deployment."

Mathieu wants to stress that the sooner the healing process starts after being affected by OSI, the sooner victims can fully recover and return to healthy, happy lives with their families. One of the biggest challenges Mathieu deals with is finding and helping soldiers who are afraid to come forward. He wants to stress that the services OSISS can offer are safe and will not ruin or affect military careers.

"I don't report to DND. If you come to me and express that you would like assistance, it's totally anonymous

within the organization. Your employer (DND) won't know. It's none of their business. The repercussions of going back to work are minimal to nil."

Anyone who is concerned that they might be suffering from OSI or is concerned for someone they love or care about, is encouraged to call OSISS at 1-800-883-6094 or to contact Mathieu directly at (204) 984-0878.



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MFRC, Academy of Learning team up to offer courses

Layne Thiessen
Shilo Stag

Looking for a new and rewarding career? Wanting to upgrade your job skills and increase your confidence in skills you already have? Shilo's MFRC has teamed up with Brandon's Academy of Learning to bring employment related courses and instruction directly to the base.

MFRC Coordinator Garry Reid says that the MFRC has

been looking to form a partnership with an educational institution in Brandon for a long time and believes that the Academy of Learning is the perfect fit for Shilo.

"We have a computer club here that can offer (work related) workshops. However, if you go out into the workforce and apply for a job but don't have a certificate, a lot of companies aren't interested in what you know and can do. This company can offer (Shilo residents) indi-

vidualized learning that they need and allow them to get the certificate they need to get employment."

The MFRC's Employment Coordinator Christine Helgason believes that the courses offered will be rewarding and relevant to the community's needs because members in the community have spoken out for them.

"We don't just offer courses and as a committee come up with what we think the community needs. This

decision is based on what the community's articulated to us," says Helgason.

Academy of Learning is a franchise of schools which began to open across Canada in 1986 and originally offered students computer and business training. There are now over 100 schools in Canada as well in countries including the United States and Australia. Academy of Learning's curriculum has rapidly expanded in recent years and includes programs

such as Accounting, Customer Service, Healthcare, Information Technology, and even Graphic and Web Design.

While there are a wide variety of institutions that offer similar programs, Brandon's Academy of Learning Director Carl Dyck believes that his school offers its students a distinct advantage.

"Rather than being a structural education program, we have a flexible integrated learning system that uses different tools to help students learn."

Dyck says that the Academy of Learning focuses on individual students and their current skill level and career goals, tailoring an educational program that is right for them. The school is centered around the student rather than the other way around.

"Whether it's skills upgrading or a career change we can pretty much customize a program to the individual and whatever their goals happen to be."

Dyck, who hopes the new relationship with Shilo will be a long-lasting and rewarding one, says one of the benefits for military members and their families is that courses with flexible schedules are transferable to any of the over 100 Academy of Learning locations all over the country.

"We have schools close to pretty well all the military bases in Canada. We also offer that at any given time, if

a student has missed components of a particular course, they can update and at any location that offers it."

The MFRC believes that having instruction on base will make it more accessible to a number of residents who face childcare or transportation obstacles.

"By offering it here, they can bring their children in here and use our occasional childcare. They don't have to leave the base, they can walk over," says Reid.

An important consideration for many potential students when deciding whether to enroll in a program is whether the course will bring them tangible benefits such as future employment. Dyck is particularly proud of how successful his school's students are at finding course related employment in the workforce.

"For our Diploma programs, 87 per cent of our graduates are working in the fields that they've been trained in. We have one program running right now that has had a one hundred per cent success rate."

The Academy of Learning has been contracted by the MFRC to offer ten-week courses of individual instruction. The MFRC is holding an information night on September 19 at 6:00 p.m. and courses are scheduled to begin in the Shilo Community Centre's computer lab on Tuesdays and Thursdays from 1:00 p.m. to 4:00 p.m. starting on Oct 3.

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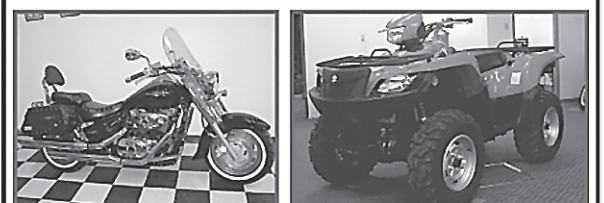
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Firefighters prepare for national competition



Photos by Layne Thiessen/Shilo Stag

Layne Thiessen
Shilo Stag

Eight of Shilo's firefighters will be battling in the Scott FireFit National Championships this week in Niagara Falls, Ontario.

Team spokesperson and participant Paul Tobin says that in addition to the excitement of competing at a national level, the training, self-improvement, and teamwork that is involved in preparing also make participating worthwhile.

"It prepares us for the real world. When the bell goes and there's a real incident, there are physical abilities that are required to work in that environment, we'll be ready for it. We get involved because it promotes physical fitness and teamwork."

To win the event, a participant or team must finish an obstacle course that tests endurance, strength, and vital firefighting skills in the quickest time possible. There's a team event and one for individuals as well.

The course includes a pull exercise that simulates pulling a fire hose up five stories, swinging a large sledgehammer to move a weight in a motion that is similar to breaking down a door or chopping a hole through a roof, and a 175 lb. dummy pull that is comparable to carrying a victim out of a burning building to a

distance of 100 feet.

Tobin, who was involved in FireFit in Goose Bay, Labrador, decided to involve Shilo Emergency Services just over a year ago.

"I was in Goose Bay for a couple of years and I did it up there. After I came here, I decided to start it up again."

Although the team was successful enough to pass through the regional qualifiers in Moose Jaw and Vermillion this year, Tobin says that because this is only their second year, main goals include improving their time as individuals and as a team.

"Individually this is only our second year so we're looking to

meet individual goals like getting close to the two minute mark. In the team relay portion, we're hoping to make it to the final day and break the 1:20 mark."

Tobin and the other firefighters are grateful for base support.

"We'd like to thank the Base Commander, the Base Construction Officer, and the fire chief. These are the people who play major roles in supporting us and without them we couldn't do this."

The FireFit Championships take place in Niagara Falls, September 14-17, and has categories for men, women, and individuals over 40. The national championships have been held every year since 1994.



Team Firefit.

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CANEX celebrates change and community

Layne Thiessen
Shilo Stag

What do a pig roast, tanning beds, and the internet all have in common? They are all related to new services and activities offered by Shilo's CANEX mall.

A lot has changed in CFB Shilo's CANEX over the last year. New community services that have been added include a full-line pharmacy, tanning beds, chiropractor, and Health Promotions and doctor's offices all of which are a part of the mall's restructuring and professional area development.

Rick Kehler, who has been CANEX's mall manager for the last four years, is pleased with the changes, particularly the addition of Electronic Salesperson Abby Willson to the CANEX Supermart.

"She'll assist customers in any way, even hook-ups. It's not out of her place to go to customer's homes and make sure everything is hooked up properly," says Kehler.

Kehler is excited about the future and is already planning this year's CANEX Birthday Sale in September.

"This year we'll have a big birthday party on September 16th. There will be games, bouncy rides, good deals in the store, a pig barbeque, and fresh baking and produce available from a local Hutterite colony."

Kehler says that one aspect of the celebration is to help foster a sense of community and adds that the barbeque and rides will all be free.

Kehler also hopes to install a canopy over the gas bar before the snow falls.

"It can be raining all it wants or snowing all it wants and it won't be snowing on you."

Despite the success of CANEX over the last year, Kehler would like to emphasize that the center exists to serve the military community, including troops and their families.

"Our biggest mandate is serving those who serve. Our first priority is building the military community. The higher our business here, the more successful the Base Fund. Everything that CANEX sells just increases the amount of mon-

ey that we're donating to the Base Fund."

In the last fiscal year, CANEX contributed approximately \$124,000 to the Base Fund which helps support, among other things, Shilo's clubs and recreational activities.

Kehler says that CANEX also wants to include the outlying community as well as Shilo.

"We also want to serve the outlying areas such as Wawanessa, Carberry, and even Brandon. We're not just a closed entity."

In addition to serving Shilo and its surrounding communities, CANEX has branched out to serve soldiers as far away as Afghanistan through its online 'What You Need' store.

"It's specifically geared for deployed troops but anybody can access it. You can order online and that product is then shipped from the CANEX nearest your home. For deployed personnel, if you were overseas and wanted to do Christmas shopping, you could access electronics, sporting, health

and beauty goods, and men and women's clothing. It's pretty slick," says Kehler.

One of Kehler's proudest accomplishments as the CANEX manager is bringing the mall's variety of services to a level where CANEX can provide everything that families or serving members on base could possibly need.

"CANEX is able to provide everything you need to live. You don't have to leave the Shilo area. That's been repeated to me and it's a pretty big thing to be able to satisfy their needs."

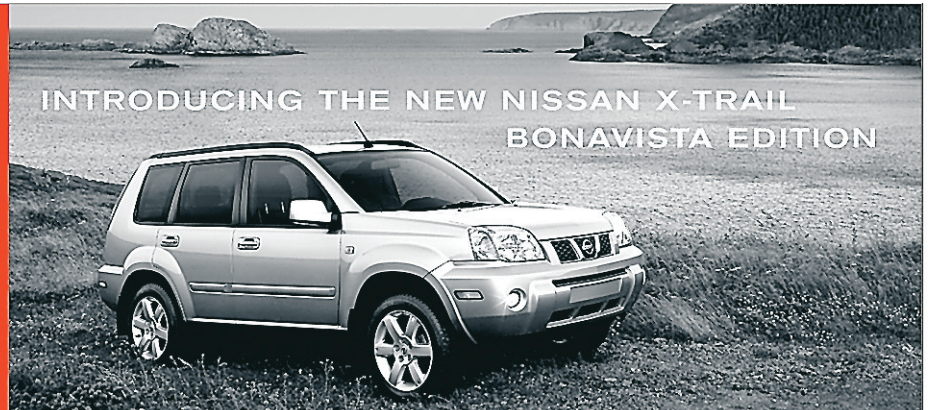
Kehler hopes to continue the spirit of change and constant improvement at CANEX by renovating the washrooms and corridor, providing improved doctor services, and expanding the Supermart into separate grocery and retail stores. If the past year is any indication of the abilities of CANEX and its staff to adapt and improve, the level of service Shilo residents have come to expect and enjoy should carry on long into the future.



LCol Schneiderbanger, BComd, CFB Shilo displays the winning ballot of this year's CANEX Backyard BBQ Contest.



Mr. Bob Long, the winner of this year's Backyard BBQ contest holds the poster showing everything he's won. The contest runs each year from the beginning of July until the end of August. To enter the contest, patrons must submit minimum \$50. of CANEX receipts which show their Club Extra number and their name into the draw box within the SuperMart. The lucky winner receives all the fixins for a backyard steak BBQ for 10 people which is delivered to their house, and cooked by the CANEX manager and staff. At the end of the meal, the cooks leave everything behind, including the new BBQ and tank. The entire prize is valued at over \$550.



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HQ Bty on Ex MOUNTAINOUS GUNNER



Pte Jason Buchanan
IRCHA

In mid-August IRCHA HQ Bty headed to Glacier National Park for Ex MOUNTAINOUS GUNNER 06. We were 44 participants and we stayed at the AVCON barracks at Parks Canada.

After a 1300 km (16 hours) trip with many pit stops for food and to stretch our legs we arrived late at night in Rogers Pass. Early the next morning we had breakfast then set to preparing for the main body to arrive, putting together various new items of furniture and the foosball table (very important). We also made sure that there was lots of food to eat. Late that night the rest of the group arrived and, after some food, snacks and deciding who was sleeping where, it was off to bed.

Early the next morning

we loaded on the bus and headed off to the Kicking Horse River to go white water rafting. When we arrived at the river we put on our wetsuits and into the boats (rafts). It had been raining all morning so it was wet and cold and, as we floated down the river, we listened to our instructors explain the finer points of white water rafting. Not everyone grasped the concept, which resulted in a few people falling out of the rafts but we managed to fish them out and continue down the river. The scenery was amazing and the water was turquoise blue and very cold – the river is glacier fed after all! We rafted through level 2, 3, and 4 rapids, a classification based on the difficulty of the river. At every opportunity we went swimming in the river and had water fights. The whole experience was awesome.

In addition to the rafting we also went hiking in the mountains. We hiked to an altitude of 6910 ft and the hike up the mountain was 10 km and took us about 6

hours. The view was fantastic and because we were in a National Park we saw lots of wild animals including bears. We were carrying bear spray just in case the bears decided to check what kind of snacks we were carrying. Although we never had to use the spray on the bears one member of the group managed to get bear spray in his eyes (OUCH!).

On the final day, we went mountain biking. The 20 km ride took 3 1/2 hrs and because our abilities varied from beginner to experienced riders there were some wipe-outs (13 to be exact). Again the scenery was amazing. In the evenings there was air hockey, darts, foosball and cards to keep us busy when we weren't cooking or eating. There was always lots of food and snacks to keep us going.

After an amazing few days it was back on the bus for the trip home. In all it was a great exercise but next time I am flying. There is no such thing as a comfortable bus!



Cpl Maglanque trailed by MCpl Hazelwood (left) and Bdr Emberly (right) during an uphill climb at Moonraker's Biking Trails in Golden, B.C.

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Janessa Champagne
Education Coordinator

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claim for reimbursement, and they are as follows:

1. Successful completion of the course: You must bring in an original copy of your transcript to prove that you have passed your course(s). You will not be reimbursed for failed or incomplete courses. All original copies will be retained with your claim.

2. Original copies of all receipts: You will need to bring in original copies of your tuition statement, textbook receipts and receipts for any other mandatory materials.

Tuition statements: Your tuition statement must show the institute name, student name, course, amount and marked as PAID.

Textbook receipts: It is very important that you fill in an itemized textbook list (provided by BPSO's office), which accompanies each receipt. All original receipts will be retained with the claim.

3. Proof of mandatory materials: Most instructors will provide students with a course outline (syllabus) that provides a list of required materials. In order to be reimbursed for these items,


you are required to submit your course syllabus and any documentation necessary to prove that your materials were MANDATORY. If necessary, have your instructor type a letter listing the materials and a bold statement

proving they were mandatory. There are many expenses that are not reimbursable, such as meals, accommodations, and mileage or travel expenses. Please contact the education coordinator for full details on your eligible expenses, or you can review the policies for your education reimbursement program

at the Canadian Defence Academy website: http://www.cda.forces.gc.ca/er/engraph/ilp/ilp_form/ilp.asp.

The most important aspect to successfully submitting a claim is to keep an organized file as soon as you start your course or program. Your claim will be prepared when all nec-

essary documentation has been submitted, at which time you will be required to return to the BPSO's office to sign your claim as the last step in getting your funds reimbursed. Please contact Janessa at local 4078 for more information on the requirements for submitting a claim.



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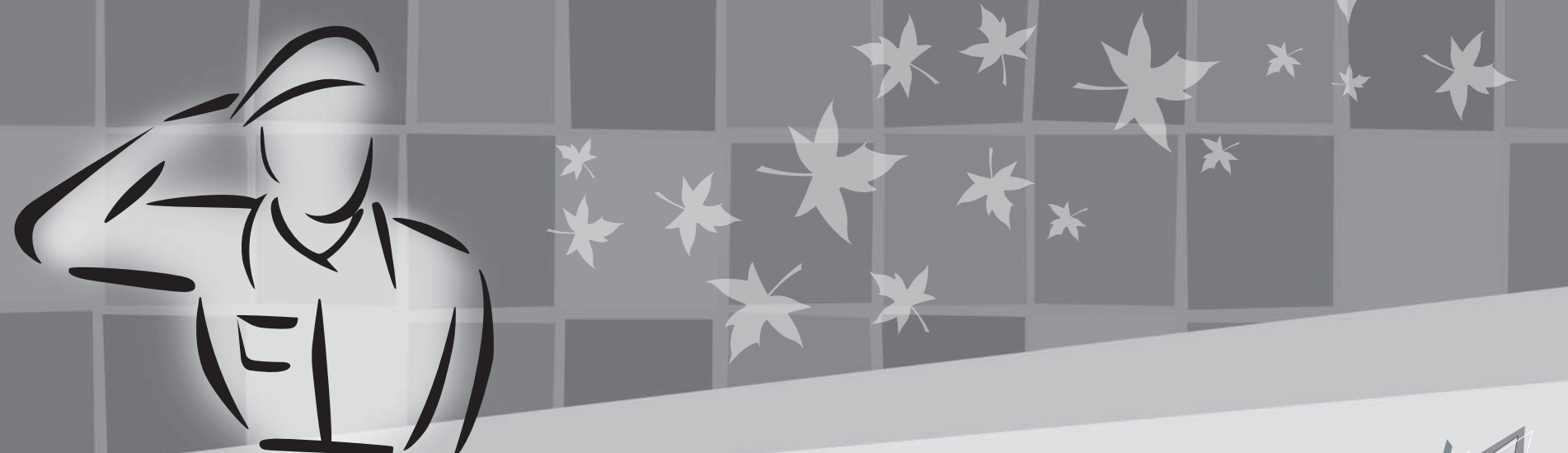
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Shilo Military Family Resource Centre



Roddy Batson

Hi Shilo:

For those who do not know me, my name is Roddy Batson. I have recently taken on the position of "Prevention, Support and Intervention Coordinator".



I have been working at the Shilo Military Family Resource Centre for approximately three years in the capacity of "Youth Outreach Worker". Coupled with this experience and my five years of service in the Military I am familiar with the intricacies of Shilo. I have an extensive background working in Mental Health having worked as a Psychiatric Nurse and Nursing Manager, formal education having a university degree from Brandon University, and two courses away from my Master's in Education specializing in guidance and counseling. I previously worked in private practice as a "Mental Health Practitioner" providing counseling and therapy to youth, adults and families on a variety of social and problematic issues.

I can also offer workshops and presentations on many mental health client/group driven issues as needed. I have instructed at both Assiniboine Community College and Brandon University, with this year facilitating a lab in the Health Studies program at B.U.

Services provided at the Shilo MFRC are private and confidential for the Shilo/area community members and if I may be of service to you please call me at 765-3000 ext. 4106 to arrange an appointment.

Roddy Batson R.P.N., B.A.

Volunteers add up to success



Photo by Linda Beauchemin/MFRC

Oh those lazy, hazy days of summer! Not so for dozen of Shilo MFRC volunteers. From April 1 to July 31st, volunteers have contributed almost 1000 hours of service to a variety of programs and services:

- 173 hours provided by our Board of Directors and volunteers on committees.
- 197 hours provided by volunteers doing reception, clerical and administrative assistance to all areas of Shilo MFRC programming.

- 38 hours provided by volunteers assisting with outreach packages and other activities.

- 14 hours provided by volunteers at the registration table at our annual Employment & Education Fair.

- 48 hours provided by volunteers doing 'warm line', community contact and other related outreach/deployment support activities.

- 297 hours provided by the dedicated team of thrift shop volunteers (clerks and bookkeeping assistance).

- 86 hours provided by volunteers assisting in day-care and Pre-Kindergarten areas, and last but not least,

- 136 hours provided by volunteer (many of these youth) assisting with child & youth activities such as Summer Fun.

Volunteers are part of a massive positive energy force across Canada... accordingly to the National Survey of Non-profit and Voluntary Organizations released in 2004, Canadians volunteer two billion hours

every year (the equivalent of more than 1 million full-time jobs) to fill 19 million volunteer positions!

A big **THANK YOU** to each and every volunteer who helped out at Shilo MFRC over the last 4 months! We really appreciate your time, interest and dedication in making Shilo MFRC 'the place to be'!

For more information or to check out volunteering, contact Valerie A. Liske, Volunteer Coordinator 765 3000, ext. 3858.



Supporting Our Troops

Since mid-August, Brandon has come out in full force to show their support to the troops. A booth in Shopper's Mall has had a variety of Support Our Troops merchandise available for purchase, with all proceeds going to the Shilo MFRC. To date \$1,000 has been raised.



Your Shilo MFRC Board of Directors

Shilo MFRC is very fortunate to have a very dedicated and conscientious group of people provide key community input and leadership guidance as our Board of Directors. At this year's AGM/Volunteer Appreciation Dinner, a warm welcome was extended to two new incom-

ing Directors who will work to provide governance to the Centre in the upcoming year!

From left to right (back row) Dwayne Bos, Becky Block, Debbie Hoddinott, Carol Carr, Crystal Yaroslowsky and (front row) Adrienne Golding and Shannon Barnes-Girouard. Missing from the photo

is Gayle Raynor.

If you are interested in helping to shape how programs and services are delivered at Shilo MFRC and feel you have skills, energy and time to be a Director, please contact Valerie Liske at 765-3000, ext. 3858 for a Board Package!



Photo by Linda Beauchemin/MFRC

Many thanks to our sponsors!

The 2006 MFRC BBQ season seems to have passed almost as quickly as it came. However, the events were an overwhelming success, with attendance reaching into the hundreds. Whether enjoying a free meal, socializing with others, or watching the kids bouncing on the Undersea Adventure, playing mini golf, or enjoying the petting zoo, everyone had a really good time.

Thank you to the community and our sponsors for

making the "Dinners on Us BBQ's" the place to be this summer.

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Homes for Sale

Acreage for Sale

Hobby farm, 45 acres, 15 1/2 miles south of Wawanessa on #18 Hwy. 2 storey home approx 1960 sqft. Double garage, 1 barns, nice location asking \$108,000. Wawanessa - good selection of 2 + 3 bdrm homes also good selection of farms in the area. Countryland Realty - Dave Mooney 204-824-2094.

Land for Sale

140 acres along Assiniboine river, with 1984 14x74 mobile home, mature yardsite. 120 acres on Assiniboine river, lots of trees, no buildings. 160 acres, few trees, lots of water, some cultivated (120 acres), no buildings. All land is 25 minute drive to Shilo. Open to offers. Call 824-2827.

STOLEN!

Men's chrome watch, taken from vehicle of the night of 17 August 2006. Bulova chrome & gold wrist band with blue face. CASH reward. Call Kevin 765-5008 evenings, leave msg.

Furniture

BRAND NEW! WRAPPED!

Chiropedic support pillow top bed set with edge-guard matching, sell for \$375. Ashley Microfibre sofa \$695 (loveseat & recliner available). Solid pine bunk set, bolted & separable, \$495. All wood 72" table & 6 chairs, \$795. Can deliver, call 571-1971 in Brandon.

For Sale



1992 Ford Escort

Cheap on gas! \$2500
Featuring blue 2-door hatchback, A/C, Cruise, Remote car start for wintertime, 2x 6x9" speakers, 192,000 kms, great little car that's cheap on gas! Maintained by second female owner, in great condition outside of a few rust spots. New battery, a great first car, call Becky at 765-2355.

Hotpoint Stove (almond) \$200.00 Hotpoint Portable Dishwasher (almond) \$125.00, Magic Chef Dryer (heavy duty 22 lb capacity) \$200.00, Stove Hood Range (almond) \$50.00, Older Danby Fridge \$50.00 Yvonne Danebrock, ext 3500

13mm Electric drill, 14.4V Mastercraft cordless drill & reciprocating saw w/2 batteries, charger, case. Hardshell car rooftop carrier, Mastercraft socket set, Electric Weed trimmer, Misc tools, Infant toddler high chair, Eddie Bauer infant/toddler stroller, baby toys, clothes, girls trail type bike, all in excellent condition, will take best offer for any, all or combo of items, call 765-2737.

Apartment sized Piano. Wagner, \$300 Call 763-4681 or 761-0810. Ask for Francoise.

Announcements

Please welcome our new addition **Michaela Laureen LaHaye**. Born August 20th, 2006 to Jennifer & Andre

Help Wanted

Forbidden Flavours Shilo is looking for 1-2 employees to join our Forbidden Flavours Family. Our Forbidden Flavours Family is looking for fun, energetic and team oriented people to work various evenings and weekends.

Please contact Leita PICHE at Forbidden Flavours Shilo if you think you would like to be part of The Forbidden Flavours Family.

Base Hair & Tanning Salon is looking for a licensed part-time hair stylist to join our team. Keep your current job and work with us part-time. Call 765-4247 or drop by the salon in the CANEX Mall.

Wooden dining room table and 4 round back chairs will seat up to 6 people ask \$250.00 OBO. Wooden coffee table and 2 end tables asking \$85.00 OBO. Phone 765-4556.

51" HD Widescreen TV made by Sony. Excellent condition. Plus Wall Unit for the TV \$1000.00 for both Contact: 765-5167 leave message

Honda 350 ES ATV Factory condition, low mileage 765km. Full time 4x4, original owner. Bargain at \$7,000 Call Carl at 765-4659

Upcoming Events

Women Alive Brandon Conference, at Western Manitoba Centennial Auditorium on October 21, 2006. To register with credit card phone Norrine 204-727-8934, Sharol 204-328-7158 or online at www.womenalive.org. Cost is \$40.00.

BINGO!

Every Thursday evening at the Sprucewoods Community Club. Share the wealth at 6:20pm with the Early Bird at 7pm. \$1000 in 52 numbers!

Childcare

Kidz Zone Daycare

2 mths to school age children spots available. Lunch & snacks provided. Lots of fun, activities and more. CPR & First Aid certified. Call Jaylee for more info 765-5035.

Kids R Kids Licensed Family Daycare

2 school age spots - Available plus one preschooler spot open for September Snacks and lunch provided, CPR and First Aid qualified, Child Abuse and Criminal Record Check done, Subsidy available, Lots of fun activities, crafts and outside outings. Over 10 years of experience working with children.

Call Kerri 765-4626

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ABRAHAMSE

Jeremy and Angela are very excited and proud to announce the arrival of their precious daughter. Madison Darnell was born at the Brandon Regional Health Centre on August 24, 2006 at 17:49 hrs, weighing 7 lbs-1 oz and measuring 22 inches long. First time grandparents all around are Holly Richard of Lac du Bonnet, MB, Mike and Terry Richard of Orillia, ON, and Jack and Johanna Abrahamse of Fontheil, ON. A special thank you to midwife Kari for her care and support, we couldn't have done it without you. Lots of hugs and kisses to Daddy for all your help.



base hair & tanning salon

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Although it's new to Base Hair and Tanning, reflexology has over 4000 years of history. It is used to facilitate natural healing, ease pain, reduce stress and tension, or just for pleasurable relaxation, reflexology just may be the answer you are looking for...

The Reflexology Association of Canada defines it as "A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body." By stimulating and applying pressure to the feet or hands, you are increasing circulation and promoting specific bodily and muscular functions.

Our practitioner, Sophia Tritt, is committed to sharing her wealth of knowledge and extensive experience while treating her clients. She inspires us all to take control of our own health by adopting an alternative approach to healthcare.

Foot Reflexology Treatments have been shown to reduce harmful stress and tension, as well as relieving pain and discomfort due to injury. Not only does reflexology reduce physical, emotional, and psychological pain, the reduction of stress protects the body from prolonged and harmful levels of stress. Prolonged stress has been proven to cause a depletion of the body's immune system, which can lead to disease. It is for this reason reflexology is a viable preventative health care measure.

Your session starts with a warm, Tea Tree footbath. The rest is just pure relaxation and an amazing experience. You can add a 1/2 hour session to your massage or you can devote an entire hour or 90 minutes to your feet. It's "Amazing", pure and simple!

Furthering our commitment to you and your families we are dedicating 5% of this month's retail profit to be given to the "Support the Troops" sisterhood. We all use shampoo and haircare products so please purchase yours from Base Hair and Tanning so that we can continue to make a difference in the Shilo community.

SEPTEMBER SPECIALS

- Due to amazing response last month to our Color/ or highlights/ cut/ and Take home package, we are extending this special through September. Now is a great time for a new look. \$70.00 gets you color/cut and hair care products. If you use home color, now would be a great time to treat yourself and enjoy the benefits and quality of professional coloring. Try it, you'll love it!
- Massage and Reflexology is the ultimate in relaxation and wellness. With every massage you will receive a 10-minute complementary session of foot reflexology. This is a great introduction to this incredible art! If you would like to add 1/2 hour of reflexology onto any massage package, the price is only \$20.00. If you would like an hour session by itself, it is \$50 and 1 1/2 hours are \$70.00.

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basehair@westman.wave.ca

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Next month we are having our 1st annual "Hairiest back" contest. The winner receives a complete back waxing absolutely FREE. Ladies.... Now is your chance to nominate your hairy beast!

Veterans Way billboard unveiling



Photo by Layne Thiessen/Shilo Stag

Charles Carlson, President of the Brandon Legion Branch #3 of The Royal Canadian Legion pauses for a moment after the official unveiling of the billboard sign on the low road in August. Many were on hand to celebrate the event including former BCmnd LCol Tom Doucette, Mayor Dave Burgess, Brandon West MLA Scott Smith, Reeve of Cornwallis Scotty McIntosh, and Brandon East MLA Drew Caldwell. The low-road was renamed last year and this ceremony commemorated it with signage.



Read a newspaper with YOU in mind!

OSI Family Group

Thursday Sept. 21, 2006, at 7:00 p.m.
(please call for location)

For more information please contact Sandra Guenther, OSISS Family Peer Support Coordinator (204) 782-3119 or familypswcwin@aol.com ALL calls are confidential

The Operational Stress Injury Social Support (OSISS) Program is a joint initiative between the Department of National Defence and Veterans Affairs Canada. www.osiss.ca

Spotlight on Shilo Theatre Company

Join us for another exciting season!

- Acting • Directing • Lighting • Make-up • Costumes • Set Design

General Meeting

Monday, Sept. 18 at the Community Centre

Call Cpl Celine Filion at 765-2701 or Linda Beauchemin at 763-4720

Corrections

In the July 20th issue of the Shilo Stag, a picture of BSM Poss was incorrectly identified him as receiving the Commander's Commendation. The cutline should have read as follows: C Battery, 1 RCHA received the 1 CMBG Commander's Commendation for the professional execution of their duties that exceeded all expectations during Ex PHOENIX RAM 05. The effort of C



Bty, whose sole task was the level 5 live fire indirect fire safety, was paramount to the success of Ex PHOENIX RAM. The planning and execution that went into the development of the indirect live fire portion of the exercise was nothing short of remarkable. The success of Ex PHOENIX RAM was attributable, in no small part, to the effort of this sub-unit and helped create a level of realistic exercise that has never before been seen in the Canadian Forces.

In the last issue of the Shilo Stag, Isabel Shaw was mistakenly identified as Sgt Oliver's sister in the article 'RCA Museum acquires medals from local hero'. Ms. Shaw was, in fact, Sgt Oliver's daughter.



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WATC DS reservists fire for the first time

Layne Thiessen
Shilo Stag

Ear-shattering thunder erupted from the mouths of artillery guns at CFB Shilo's weapons range on a sweltering August afternoon. Nineteen reservists from all over western Canada were firing live artillery for the first time as part of the Western Area Training Centre Detachment Shilo (WATC DS) Developmental Period One (DP1) artillery course. The course, which started on July 31st and ended on Aug. 25th, is designed to introduce students to artillery weapons and teach them how to work as members of a gun detachment in different positions including on the sights, loading, and firing the gun.

Capt Pierre Lajoie, Course Officer for the DP1 artillery reserve course at WATC DS, says that course scenarios are designed to prepare students who have completed basic training for real artillery work in combat situations similar to Afghanistan.

"Basically they're trying to clear out insurgents, but as artillery they don't actually see the targets.

The forward observation posts see the targets and the guns engage them from a few kilometers away."

Students fired 105 mm C3 Howitzers which will be the same guns used when they return to their reserve units. Lajoie says that while this course will help prepare them for overseas deployment, it will also allow them to branch out into other, more specialized areas.

"After this course they could potentially deploy as gun members. They could go on to a communications course to learn about the radios and how to operate them. They could also train as a command post technician, learning to transfer map information into gun information so the guns can engage the target."

Lajoie, who is the Regular Support Staff Officer with 15 Field Regiment in Vancouver, says that it is very satisfying to see students develop from novices into gunners.

"It's rewarding to see students go from knowing nothing to be able to work on the gun effectively. There are four students on the course from my unit. It's nice to see them develop and take them back

to the unit and know what they can do."

Lajoie says that the course builds a sense of teamwork and confidence along with the new skills that are learned.

Pte Melissa Ramsey, 26 Field Artillery, from Brandon agrees.

"It's been challenging, but it's been a very good experience and I wouldn't have missed it for the world. You're a part of something bigger and it's a good feeling. It's improved my confidence in my abilities and myself," says Ramsey.

Ramsey, who is taking LPN nursing courses at Assiniboine Community College this fall, had just finished Soldier Qualification (SQ) training at CFB Wainwright and says that while she enjoyed SQ, she was impressed by the mental fitness required for the artillery.

"This is the next step and it's a little more challenging because you have to think fast. There's a lot of math involved but it's



Members of WATC DS's DP1 artillery course get ready to fire off a round for the first time on the ranges of CFB Shilo. The course is designed to produce scenarios for the reservists to learn from including setting the sights, loading, and firing the gun.

also very physically demanding. I didn't realize how mobile the artillery was until I was part of this course."

The DP1 course requires students to possess a high level of mental and physical fitness as well as excellent coping skills.

"There are surprise sce-

narios that come at any time, even in the middle of the night. In reality you have to be able to function when you're tired and you can't jam up over stress. We get tired but we have to tough it out," says Ramsey.

Course students will return to their individual units after Aug. 25th when

the DP1 course ends.

WATC DS runs a number of Infantry and Artillery courses throughout the year for both Regular and Reserve Force members as well as leadership training for NCMs and officers. Its purpose is to educate and train soldiers to be effective and well-prepared for modern combat.

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We Welcome Your Submissions

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.
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