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M109 versus da Vinci



Photo by Becky Block/Shilo Stag

Jeremy MacPherson and Matt Hunter (center), co-hosts of The History Channel's show *The Re-Inventors* film a scene at CFB Shilo with their production team and director. The crew was filming for an upcoming episode where they will attempt to successfully replicate Leonardo da Vinci's tank drawing from the 1400's. The team utilized the M109 as a comparative model for the invention. For more on this story, see page 3.



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Balancing demands of today's battlefield on Ex ROCKY SKY



Submitted by
1 RCHA

A Battery took part in Ex ROCKY SKY this August which was an exercise developed with the aim of getting Forward Air Controllers (FACs) combat ready to deploy on TF 1-08. It also provided A Battery Forward Observation Officers (FOOs) the opportunity to work in a contemporary environment with direct and indirect fires as well as aircraft.

While the main effort was to train the FACs, this was still a great opportunity for the FOOs of A Battery and soldiers of 2 PPCLI to get out and train with the guns, calling in indirect fire. Along with C/S 69 and his subordinates from 2 PPCLI Reconnaissance Platoon, A Battery conducted danger close missions at reduced safety distances which equated to rounds landing less than 300 m away from friendly troops using the 105 mm C3 howitzers.

On the gun end, the safety was stepped up to ensure that every round landed safe. Utilizing the All Arms Call

for Fire procedure, FOO parties were able to interpret the infantry's information to get rounds down range safely and on target. With today's three-dimensional battlefield, it is not always possible for a FOO to be in the area where indirect fire is needed, and therefore, at times, it is required by our Infantry comrades from Platoon Commander down to private C6 machine gunner to know the basics of All Arms Call for Fire.

As each operational rotation arrives home with new lessons learned from their experiences overseas, we realize the important role that a FAC plays with any battle that is to be won. This exercise proved to be very important for the FACs to integrate forces on the ground with their respective Forward Observation Officers (FOOs) and the jets. Whether calling a Mark Illumination mission from the 105 mm howitzer's or utilizing the 25 mm tracer rounds from within their own vehicle, the young FACs definitely received realistic training as they would see in Afghanistan.

Supporting this training, A Troop had the opportunity to fire lots of ammunition and although they were undermanned on the cannons,

they were on time and on target with the rounds, enjoying every fire for effect and continuous fire that they received. They also had the opportunity to say goodbye to some personnel who are carrying on with their lives away from the Guns but will always be part of the Artillery family. Both Gnr Edmonds and Bdr MacNeil fired their last rounds. Good luck and Ubique to them both.

Overall, our combined experiences on Ex ROCKY SKY were good ones. There were many opportunities to think "outside the box", apply what we have been trained to do and test our skills. Exercises like this are important to ensure that we all remain current in our roles and that team cohesion continues to be enhanced.



Photo submitted by 1 RCHA

Bdr MacNeil firing his last artillery round, supervised by Det Commander MBdr Tomlinson and sights being observed by Gnr McClelland. Gnr McCauley is watching in the back preparing to load the next round.

Happy to be home



Bdr Adam Wierenga
C Bty, 1 RCHA

After seven months of being away from family and friends and missing all the small things that you take for granted on a day-to-day basis, it's nice to finally be back on Canadian soil.

Capt Francis, Sgt Cochrane, MBdr Ker, Bdr Wierenga, Bdr Fradette, and Bdr Lajoie made up G13 who were deployed to Afghanistan in February 2007. When we finally arrived in KAF, our thoughts were full

of excitement and ready to put our training that we had done for the previous six months to good use.

Trying to make change-over as smooth as possible, we conducted our relief in place (RIP) with the previous task force shortly after arrival. After several patrols and vehicle check points (VCP) we were ready to go off on our own and deploy outside the wire at FOB Masum Ghar. As part of C Company, 3 PPCLI, we manned our position on the highest point of the mountain to provide security and over-watch for the FOB.

Missions and patrols came frequently, never leaving the FOB too far behind. G13 worked efficiently and

effectively together to provide precision indirect fire in support of Task Force 3-07. In our spare time we were entertained with Sgt. Cochrane's great lessons in cattle roping and constructing a state-of-the-art sling-shot. We found that friendly competitive games like the coffee chug made time fly.

After approximately four weeks at Mas'um Ghar, word came down that the C Company was pushing south to Sperwan Ghar to provide a necessary presence in the Panjwai district. Our new home for the remainder of the tour was atop an old man-made hill far above the farms and villages that we overlooked. Providing

a 360-degree overview, our engineer counterparts built us a bunker that was sparse with luxuries but plentiful with camel spiders and sand flies.

Tragically on July 4, 2007, G13 lost one of our own, Capt Jeff Francis, to an IED while working with 2 RCR Battle Group. This loss was tough to swallow after training and fighting side-by-side with an inspiring leader for the past few years. At this time, G-13 would like to formally offer our condolences to Jeff's family, Sylvie and Ry. Jeff frequently spoke of his Toronto posting and thoughts of raising his son. Our party will never forget our fallen brother.

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Reinventing history at museum

Becky Block
Shilo Stag

“We’re given tonnes of freedom on the show”, said Matt Hunter, co-host of the History channels popular Canadian show, *The Re-Inventors*. Hunter and his crew, including fellow co-host Jeremy MacPherson, visited the RCA Museum recently as part of one of their new episodes scheduled to air next spring.

The show’s premise, which is in its second season and is filmed primarily out of Regina, is to dig up original patent designs to build and test inventions from the past.

The Shilo visit is for an upcoming episode where the team will build, for the first time, Leonardo da Vinci’s drawing from the late 1400’s of an armoured tracked tank war vehicle. To support the episode, the *Re-Inventor’s* will compare a modern tank equivalent - the artillery’s M109, a fully armoured, self-propelled gun.

“A lot of these inventions never saw the light of day,”

says Matt Hunter. “We build these things up for the first time and test them, and then we sort of make a call whether it’s performed up to our standards and judge it as patent approved or patent denied”

When speaking with the improvisational Torontonian hosts about the show, both found that the job offers much more than just standing in front of a camera.

“It’s very, very fun, it’s a dream job” says MacPherson, “Most of its play, and I think people pick up on the fact that you’re having fun.”

“The beauty about this show is that it contains so much historical content” says Hunter.

“It’s a really fun way to deliver history. It’s also fun to watch. Blowing stuff up and setting stuff on fire; it just makes for good TV.”

Da Vinci’s model design depicts a four-wheeled vehicle intended to be powered by animals or humans (it required eight men and initially da Vinci had envisioned this tank as a replacement for the elephant), with turning cranks

attached to the wheels. The tank had holes at the base for firing cannons and a turret at the top for observation and added shooting.

“We’re rebuilding it (in their Regina workshop), and possibly we’ll be able to take it for a drive and shoot some canons” says MacPherson.

“It’s going to be huge, it’s a massive project and it’s all powered by hand,” says Hunter. “We’re gonna have guys inside the thing cranking it and you know, we never know what’s going to happen until our final shoot and our final test.”

Marc George, the Director for the RCA Museum is pleased that the museum is able to assist in projects like these as they are catalysts for exploring Canadian history.

“It’s fun to do television shows for us because it gives us a lot of exposure. People get to see a little bit of our collection and hopefully get interested in coming out and seeing the rest of our artifacts.”

George and Hunter agreed that history is becoming



Photos by Becky Block/Shilo Stag

RCA Museum Director Maj (Ret’d) Marc George (far right) helps the team from *The Re-Inventors* set up their next shot by adding the historical references required. The *Re-Inventors* were filming in Shilo last weekend for an upcoming episode using the M109.

more modern and that children especially will get a lot from the show because of its historical content.

“I think people are feeling a loss as our veterans die and they want to connect with that very important part of Canadian history and the way they do that now is to come to a museum and learn about what those guys did” says George.

“It’s a really interesting lifestyle,” says Hunter who admitted this was his first time to a military base and was impressed with the self-sustaining elements of Shilo, “Coming from downtown Toronto, it’s so distant, so to

come out here and visit and meet these guys who have all served is really cool.”

Jamie Echeverria, the reality-based show’s producer, believes it looks promising that da Vinci’s model will be ‘patent approved’ but we’ll have

to wait six to eight months to find out for certain.

One thing is for sure, the hosting duo pack an entertaining punch and an interesting approach to reinventing our history, one patent at a time.



Re-Inventors co-hosts Matt Hunter (far left) and Jeremy MacPherson enact a scene for their show on *The History Channel* while the production team films the action.

SEPTEMBER 1-30, 2007

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Help save lives – Firearms and other weapons which are unused, inherited or possibly forgotten are often improperly stored and can be accidents waiting to happen. Help save lives, avoid injuries and possibly prevent a gun from being used in a crime by turning in any unwanted or illegal weapons during Gun Amnesty Month.

Help keep weapons off the street – Manitoba Justice and policing agencies throughout the province have joined forces in this month-long gun amnesty program. This is your opportunity to turn over any firearms or other weapons in your possession. Police will not lay criminal charges unless the weapon was used to commit a crime or was stolen.

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Manitoba 

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Annual run a resounding success

Janelle Boyd
Fitness Instructor

Twenty-seven years have passed since Terry Fox made his 3339 mile, 143 day "Marathon of Hope" across Canada in support of cancer research. Terry suffered from bone cancer which caused him to have his right leg amputated.

CFB Shilo held the 27th Annual Terry Fox Run on September 7, beginning and ending at Building L-25. Participants had a choice of completing either a 5km or 10km run, with Kindergarten to grade 2 students completing a loop around the Leslie Parade Square. There were over 400 participants braving the chilly weather, including CF members, civilians and students. Over \$3,700 was raised for the Terry Fox Foundation. Despite the fact there were many members training in Wainwright participation was high and the entire run was a huge success.

Opening ceremonies began shortly after 9 a.m. with Fitness, Sports & Recreation Director Jim MacKenzie giving a quick briefing on the run and LCol John Schneiderbanger, BComd, say-

ing a few words before Kris Brown, Fitness & Sports Instructor started a group warm-up. At 9:30 a.m., the run started with a truck from the fire department leading participants on the course.

A raffle table was set up at CANEX from September 4 to 6, as well on the day of the run in Building L-25. Thank you to all of our volunteers who helped out at the raffle table: Dawn, Lois, Rosemarie, and Linda.

Maple Leaf Pork donated the hot dogs and buns, while Pepsi and Coke donated drinks. Forbidden Flavours donated the morning coffee and the Shilo Men's Club hosted the BBQ. Dynamic Physiotherapy & Sports also made a \$100 donation to the Terry Fox Foundation. Old Dutch Foods Ltd. donated small bags of chips which were given to the students after they completed the run. Base HQ raised an impressive \$400.

This year's 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.

Raffle prizes were donated by: Applebee's Neighborhood Grill & Bar, Base

Hair, Canadian Tire, CFPSA Health Promotions, Creative Memories, Dominos Pizza, Escape Day Spa & Tanning Salon, Forbidden Flavours, Frame-Ups, Keg Steakhouse & Bar, Pizza Hut, Rick's Restaurant & Bar, Rogers Video, Safeway, Sears Canada Inc., Shilo Automotive & Repair Centre, Shilo Golf Course, Shopper's Drug Mart, Stages Clothing Company, Thunderbird Bowl, Total Eye Care, Victoria Inn Hotel & Convention Centre, VIGI Salon & Spa, Westoba Credit Union, Zellers.

Raffle prize winners were: WO Johnstone, Dylan Nash, Linda Beauchemin, Dee Dee, Dawn, Kristen Lucyshyn, M. Todosichuk and Janet Flynn. Winner of the Tiger Woods Picture Frame was Cal Truscott.



Photo by Becky Block/Shilo Stag

Participants in the 27th annual Terry Fox Run didn't let the chilly weather get them down as they made their way around the 5km and 10 km courses in Shilo on Friday, September 7. Over \$3,700 was raised for the Terry Fox Foundation this year, in support of cancer research. Students from the local schools completed a loop around Leslie Parade Square before heading back into their respective schools for hot chocolate.

Live fire training by night



Lt Rob Clark
B Coy, 2 PPCLI

With the goal of confirming the soldier's ability to carry out

attacks under the darkness of night, 2 PPCLI Battle Group's B Company participated in live pairs and section attack ranges during the week of August 7 - 10.

The ranges allowed soldiers to utilise the Surveillance Target Acquisition and Night Observation (STANO)

tools at their disposal. For the majority of the Company, this was its first experience with monocular night vision goggles and laser designators on a live fire exercise—all in preparation for deployment to Afghanistan.

Low moon visibility and largely reduced ambient light made the STANO equipment absolutely essential for the completion of the task.

The pairs ranges run at the platoon level included the use of fragmentation grenades, which were posted at the given objective.

This range emphasized the importance of communication as being critical for success. Especially at night,

ensuring the passage of information throughout the sections is the key to providing an accurate picture of the battlefield.

With reduced visibility, a commanders' and soldiers' situational awareness puzzle is put together by the individual pieces of information each soldier provides further stressing the importance of communication.

All B Company members improved their ability and confidence to work within their sections under the pressures invoked by the lack of light.

With this, B Company is a step closer to deployment as part of Task Force 1-08.

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Experience a day in Afghanistan

Becky Block
Shilo Stag

Ever wonder about the country our soldiers are working in and what it's all about? Are you curious about Afghanistan's culture, food, clothing and customs? Inquisitive about a traditional Afghan marketplace and how the local population creates and displays their goods? Have your questions and curiosities satisfied by attending the Afghan Awareness Week running this weekend in Brandon at East Port Hall.

The Military Wives Sisterhood has partnered with several organizations across Canada, including CFB Shilo, to present you with a traditional Afghan Marketplace. According to Gayle Raynor, MWS Founder, the event will have you feeling

as if you've been transported to Afghanistan.

"From the moment you walk in the door, you will be surrounded with Afghan music and the ambiance of market sellers displaying their wares and products" she says.

A carpet vendor, traditional tea house, fabrics, food sampling and Afghan classroom replicas are all part of the marketplace's layout. Raynor has also booked several class tours to come through and learn about Afghanistan and their people in an educational guided format.

"We will have interpretive guides available to tour visitors through and explain some of the language and cultural elements that Afghans are accustomed to. Through this, the hope is that children and Westman residents will gain

better understanding about a country much different from Canada" says Raynor.

The Afghan Marketplace will be open from 9am through 9pm Friday September 21st and from 9am to 6pm on Saturday the 22nd. Admission is free of charge.

For those interested in delving further into the Afghan culture, a traditional Afghan dinner, prepared by Afghan women including some of their customary dishes, is planned for Saturday night at 6pm. Tickets are \$20 each and attendees will also be treated to the special guest speakers of the night, renowned journalist and author Sally Armstrong and Janis Rapchuk from Canadian Women for Women in Afghanistan. Dinner tickets may still be available. Call Gayle Raynor at 725-3210 for more information.

Soaking up the limelight

Layne Thiessen
Shilo Stag

Have you ever wanted to be a famous theatre or musical performer with hundreds of captivated eyes watching your every move? Maybe you're someone who enjoys just meeting different people and having exciting new experiences. Whatever your desire, the Shilo Drama and Theatre Club has something for everyone.

"Come on out and give it a try! Anybody can do it and if they're not interested in acting, they can work be-

hind the stage in producing, lighting, or they may even want to write a play," says Lt Navy Carl Hartman, club chairman who has been involved with the club for over six months.

The club is always looking for new members and is currently preparing for their November production of 'Those Crazy Ladies in a House on the Corner'.

In addition to musical and theatrical productions, the club allows interested members to participate in provincial acting workshops with industry profes-

sionals and work on making contacts and developing their personal talents.

"There are workshops throughout the area. Some of our members just came from one in Winnipeg and it was a real hit. They dressed up in medieval period costumes. The cost is minimal and everyone has a really great time."

The club is also interested in expanding and starting up more programs for youth.

"We're seeing more interest from the youth and we'll probably have our first

O'Kelly School news

Sarah Babin
O'Kelly School

School's in, welcome back! My name is Sarah Babin and I am a grade 8 student at O'Kelly School. I would like to take this opportunity to give a warm O'Kelly Panther welcome to all new and returning students this year, and would like to especially welcome the new kindergarten classes. As a reminder, if you are coming into the school, please use the front doors, as the side doors may be locked.

Important upcoming dates to remember:

Sept. 14, Grades 5 and 7 E.L.A assessment;

Sept. 18, Welcome back BBQ for O'Kelly families - 4:15-5:30 at O'Kelly School playground;

Sept. 18, Grades 4-8, guest author Debora Ellis, speaking about children in Afghanistan;

Sept. 19, Parent Council Annual General Meeting in the Library. Everyone is

welcome and encouraged to attend;

Sept. 24, School photos;

Sept. 25-26, Grade 5 and 7/8 Math assessment.

Also, as a reminder, there is an allergy alert at O'Kelly School - please no nut products.

Have a fun and safe year!



Bursary awarded

Sharon Brooks
Sprucewoods and Area
Lions Club

We are pleased to announce that Lauren Lambkin was the first winner of the Birch Bursary sponsored by the Sprucewood and Area Lions Club. The award was open to grades 7 and 8 students at O'Kelly School.

Applicants were required to write a short essay on the importance of volunteerism within the community, as well as list volunteer work they have done and extra curricular activities.

Lauren had a myriad of activities and volunteer work. She is a member of the volleyball and basketball teams, track and field, cadets, assists in coaching soccer and takes piano and voice lessons.

She co-wrote Teen Talk for the Shilo Stag, participated in Buddy Reading with young children, put together a team for Relay For Life, as well as many other activities. She has also taken part in the Lions Walk-for-Dog Guides.

Lauren is the daughter of Shilo resident, Lois Lambkin. Congratulations, Lauren!

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Mission brings care to affected regions

Editor's Note:

In early July, Sgt Pattie Powell from 1 Dental Unit in Shilo climbed aboard the USNS Comfort, a U.S. Navy hospital ship that toured the Pacific for a two month humanitarian tour. Sgt Powell has been keeping the Stag up to date on her mission via photos and the following piece written by her Commander, Captain Scott Flinn. The following piece depicts his feedback on the tour.

**Capt Scott Flinn
Medical Contingent Cmdr,
Peleliu Pacific Partnership**

As we wrap up the mission, I have a few thoughts for consideration. Our commander's 3 objectives were to do

well providing health care support to the Host Nation, to integrate NGOs on warships and to integrate Partner Nations on the warship. We did all of that, very successfully, seeing over 30,000 patients and positively affecting literally tens of thousands of lives through your efforts. For the medical portion of our tour, we had three supporting objectives that were unknowns going into the mission:

One - Will a warship be accepted by the Host Nation as an HA platform?

A resounding yes, with Vietnam being the most fascinating evolution. - during 10 days anchored off DaNang, we started with quite a bit of control

imposed on our activities, and as time went on we were able to slowly expand what we were able to do. We performed very professionally and the government decided to embark three Vietnamese providers as Partner Nation participants as observers for the rest of the deployment. After a few weeks of being underway and observing, they requested and were granted full privileges and became full fledged partner nation participants. A wonderful evolution.

Two - Can we embark NGOs and PNs into an HA mission on a warship?

A resounding yes - key way we managed it was to have all muster/work for a

director - not divided into PN/NGO groups.

Three - Can this platform sustain high level surgical operations?

Yes - had 2 ORs doing 5-6 general surgery cases a day and an eye room doing up to 9 cases a day, for multiple days in a row,

surgeries included ileo-sotomy take down, huge thyroids, tumors, lap choles, etc.

You all contributed greatly to success of the mission, a trial of doing an HA mission on a grey hull platform. Lots of people watching us very intently

to see if it worked or not, and if it worked did it work well enough to do another mission of this type in the future. Bottom line is you did so well that big Navy has decided to continue these types of missions in the future on grey hulls.

Well done.



(Left to right): LCDR Jay Geistkemper, a US Marine Dentist, Sgt Pattie Powell, and Pre-Dental Society student, Kjeld, in the Solomon Islands. The ocean was only 100 meters away and Sgt Powell was tempted to go swimming except there are sea crocodiles in these areas and were advise not to go in. Average temperature in the area was 32 Celsius, and combined with the high humidity, the teams were often hot from the inside out. The location was hit with a tsunami April 2 and approximately one-third of the population was still living up in the mountains. There are no vehicles in this area except what was brought off the ship. The local villagers were very friendly and gave them fresh fruit daily, coconuts and mangoes.



Photos submitted by Sgt Pattie Powell

Notice sweat marks on the shirts, gloves and arms. The average temp in Majuro, Republic of Marshall Islands, was 30 - 36 Celsius with 100 percent humidity. Rain was a mixed blessing, as within 15 to 20 minutes, the temperature would increase again. Delap was the only place the mission worked inside while at Republic of Marshall Islands; normally, they worked outdoors under tents.



A group of children at one of the stops on the USNS Comfort's humanitarian mission in the Pacific. Sgt Powell was one of 25 CF Health Services personnel, including doctors, nurses, physiotherapists, and dental professionals, who were deployed on two U.S. Navy vessels that visited poverty-stricken regions of the South Pacific from July to September. Sgt Powell joined eight CF Health Care professionals aboard the amphibious USS Peleliu during the third rotation's changeover in July in Singapore. From Singapore, the mission moved to Papua New Guinea, the Solomon Islands, and the Republic of Marshall Islands.

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Underdog Stags capture National gold

Danny Hamilton
Sports Co-Ordinator

The CFB Shilo Men's Slo-Pitch team captured the gold medal at the CF National Slo-Pitch Championship at CFB Borden, September 8-12. Shilo earned the right to represent the Prairie region by virtue of winning the Prairie Region Championship in July.

Each region was represented by their respective champions: Pacific, Formation Esquimalt Titans, the defending champions; Ontario, CFB Petawawa Stags; Atlantic, 14 Wg Greenwood Bombers; Québec,

CFB Valcartier Lions; and Prairie, CFB Shilo Stags.

The first game pitted the Stags against Lions. The Lions rallied for six runs in the bottom of the seventh inning to post a 15-14 victory. Leading the hitting with five hits was CFB Wainwright's MCpl Justin Power. Also contributing with a grand slam homerun in the deciding inning was 2 PPCLI's Pte Nick Kerr.

Game two saw the Stags facing the defending champions from Esquimalt. In a very hard fought game, the Stags were defeated 3-1.

Shilo's only bright spot was 17 Wing's Lt Rob Young with a solo blast in the last inning.

In the third game against Greenwood, the Bombers came out with seven homeruns against the Stags to defeat them soundly, 22-3. The fourth game saw the Stags playing CFB Petawawa, also known as the Stags. In a win-or-go home situation, the Shilo Stags showed they were a solid team throughout and easily handled the Petawawa Stags with a final score of 13-4. Leading with four hits was Power and contrib-

uting with three hits each were Kerr and 1 RCHA's Rick Hannam.

Third-placed Shilo faced the Titans in the play-offs on the final day. Lead by Young's first inning grand slam, Power's three homeruns and 2 PPCLI's Cpl Scott Hefferan's solo blast, the Stags prevailed with a 9-8 victory.

Valcartier pulled off the other upset by beating the previously undefeated the Greenwood Bombers 13-12. As a result, the two underdog teams were positioned to face each other in the final game. With solo homeruns by Hefferan and Young, the Stag defeated the Lions with a score of 9-8.

Congratulations to Power and Hannam, who were selected to the tournament all-star team. Coach Danny Hamilton, FS&R Sports Co-ordinator, was also awarded the Dedication to Slo-Pitch sports award. This is the second time he has won an



Photo by Becky Block/Shilo Stag
Base CWO Walsh, and Maj LaRocque, COS stand with Sgt Power and WO Jackson of the Shilo Stags Slo-Pitch team with the official pennant.

award of this calibre, as he was previously awarded the Dedication to Hockey in 2004.

This is only the second national championship team to emerge from CFB Shilo. Congratulations to the Stags on winning the Nationals!

Members of the championship team included: pitchers - RCHA's Bdr Merle Harnish, B Maint's MCpl Joe Bishop; catcher - 2 PPCLI Pte Nick Kerr;

short-stop - 2 PPCLI Pte Matt Lupton; second basemen - BTL List LS Ian Smith, 17 Wg Wpg Cpl Jamie Upshall; third basemen: W A T C Wainwright MCpl Justin Power; first basemen - WO Mike Jackson; outfielders - WATC Det Shilo Sgt Jason Power, 17 Wg Wpg Lt Rob Young, 2 PPCLI Cpl Scott Hefferan, 1 RCHA, Bdr's Rick Hannam, Shannon Macneil, William Swanson.

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Interested applicants are requested to visit the **Careers Section** of our website at www.hydro.mb.ca to "Register to Apply Online". Once registered, you can log in to your Candidate Personal Page, "Search for Jobs" and apply. If you are unable to access a computer, please call our Job Line at 204-477-7282 or 1-800-565-5200.

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2. Power Electrician Program: a four-year apprenticeship program.

Both programs include on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You must have one of the qualifications listed below to be considered for either program:

- Two (2) year diploma in Electrical or Electronic or Instrumentation Engineering Technology, **OR**
 - High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
- Qualifications unique to the Power Supply Worker:
- Two (2) year diploma in Mechanical Engineering Technology, **OR**
 - Journeyman license (Construction Electrician or Industrial Mechanic) and a high school diploma

All applications must include a personal resume and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

The deadline for applications is **October 5, 2007**.

We thank you for your interest and will contact you if you are selected for an interview.

Manitoba Hydro is committed to diversity and employment equity.

Manitoba Hydro



Shilo Military Family Resource Centre



Dealing with stress and anxiety in children

Patricia Marchand

Child and Youth Counsellor

It is never easy to deal with difficult family situations; as adults, we have coping mechanisms that we have fostered throughout our adolescence and into our adulthood. For the young children and youth who live on and off CFB Shilo, these coping mechanisms are not inherent in their ability to deal with every day situations or traumatic events as they have not necessarily built up ways of coping with how the outside world influences their daily life.

Normal stressors are part of everyday life and ones which a child has some control over. If they persist, however, they can become long-term stressors. The following is a list of examples of normal stressors:

- having too much to do (kids can be over stimulated and can become stressed!)
- being hurried from one activity to another
- not being able to express a need or want
- fighting with sibling
- losing or forgetting something
- fear of dogs or the dark
- health problems
- needing an operation
- exposure to world disasters on television
- being teased at lunch time or not having someone to sit with
- bullying at school

- being late for school
- having to perform in front of others
- having too much school work
- pressure to excel
- not getting along with friends or classmates
- a crowded place

Short-term stressors act as a barometer for parents to see how well children cope with daily life stressors which continue to occur throughout the child's life. It is these types of stressors that, although less serious, will help develop appropriate coping mechanisms for positive mental health.

Some of these examples (as stated above) are opportunities for parents to assist children in mastering how they deal with issues that pop up in their daily routine. For example, every child who has a sibling inevitably has had a 'verbal' or 'physical' fight with them. More often than not, a child will mimic a pattern of how someone in their environment deals with aggression, confrontation, anger, sadness, frustration etc. It is important to intervene in a way that will not perpetuate negative attitudes in the child but instead encourage positive ways in dealing with conflict.

Children who cope well with short term stressors are often better prepared for the long term stressors.

Long-term stressors, examples of which are listed

below, continue over a long period of time and a child has little or no control over them:

- moving to a new home
- moving to a new school
- change in family composition (separation, divorce, re-marriage, step-siblings)
- parental fighting (excessive and hurtful i.e. non constructive)
- poverty, financial difficulties
- death of a family member or pet
- fear of failure in school, sports, or group activities
- heightened expectations from self or others being left on one's own to long
- prolonged separation from a loved one (i.e. deployments)
- exposure to family violence

Signs of Stress in Children:

Become concerned when you notice a SIGNIFICANT difference or a change in a child's usual pattern of behavior that incorporates frequency and degree. For example, a quiet or a shy child becomes withdrawn, or a normally outgoing and active child may become aggressive.

If some of the behaviors listed below occur more frequently it is usually a sign that a child is experiencing difficulty. Remember, do not minimize the experiences that may be causing stress & anxiety on your child. The following are ex-

amples of attitudes, behaviors and body language that you should be aware of:

Body

- tense muscles
- headache
- stomach ache
- shallow breathing
- rapid heartbeat
- dry Mouth
- cold, sweating palms
- skin rash
- eyes dart back and forth
- clenched jaw
- tense face
- disturbed sleep
- fatigue
- illness
- shaking

Mind

- poor concentration
- whirling mind
- forgetfulness
- less creative
- difficulty problem solving
- not spontaneous
- easily distracted
- confused
- irrational

Feelings

- intense feelings
- withdrawn
- fearful
- anxious
- frustrated
- sad
- angry
- overwhelmed
- panicky
- overly sensitive
- irritability
- helpless
- hopeless
- threatened
- overexcited

Behaviour

- whining

- clinging
- poor listening
- biting, kicking
- crying
- hair twisting
- thumb sucking
- nail biting
- day dreaming
- fighting with friends and family
- restless
- jumpy
- impulsive
- cautious
- poor school performance
- lack of appetite
- eating more than usual

(Adapted from Kids Have Stress Too!, A program of the Psychology Foundation of Canada, www.kidshavestresstoo.org)

Talk to your child to find out what is causing them stress and anxiety. Children are extremely egocentric and therefore may blame themselves for situations they had nothing to do with. This 'self-centred' and normal behavior coupled with an active imagination can conjure up all kinds of scenarios that can have a negative impact on them.

For example, I was working with a 5-year old child whose older sibling was diagnosed with a form of cancer. This child, who previously had no history of behavior problems began to cling to his mother and exhibit other signs of stress, such as weeping, crying and withdrawing from his pre-school mates.

Upon working with this child, it became clear that he blamed himself for his brother's cancer. He thought that horsing around with his brother and accidentally hitting him on the nose is what caused his brother's cancer. He needed to heard and be assured by his parents that he was not at fault for the diagnosis.

This example pinpoints the fact that children need to know **the who, what, when, where and why** in language that they can understand (with appropriate content) from a trusted adult so that they feel safe & secure with the information provided.

Children learn at an early age to accept the changes that come with the lifestyle of having a parent in the Canadian Armed Forces. They know the difficulties that accompany a parent 'going away' for deployment. Children will adapt and they are resilient but there is no question that resiliency is precarious. It must be nurtured and fostered in order to preserve good mental health. Resilience is not just about 'bouncing back', it is about dealing with the bumps and bruises along the way and forming positive coping mechanisms for the future. This being said, difficulties are normal and but must be addressed.

If you have concerns, please contact me at 765-3000, extension 3373.

Navigate your course

Military families who have a child with special needs or those who provide elder-care or care for a family member with complex health concerns can now turn to the internet to get help with transitioning their family to a new community and/or managing during a military deployment.

A new web site and web tool is online and available to military families throughout

Canada. The tool is designed to connect people within your community and country that have similar challenges. It offers families assistance to identify their needs and access resources in specific communities in Canada and abroad.

Take time to navigate yourself through www.familynavigator.ca for any additional information please contact Dana Thompson at 765-3000, extension 4105.

That's a Wrap!

Would you like to take a break? Would you like to meet with friends over a cup of coffee? This is an informal, relaxed group that meets every Friday in the Community Centre public lounge. Just a nice way to end the week! We meet from 10:00 – 11:30 am. If you are new to the community or have been here for a while and would like to meet some new friends please come and join us. Everyone is welcome. The service is free; Childcare is available at an nominal cost. For more details please contact Garry at 765-3000, ext. 3857 Starts Friday, October 5!

www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

2 PPCLI tests skills in Minaki



Photos submitted by 2 PPCLI

2 PPCLI's Reconnaissance Platoon pauses for a group photo during mountain training in Minaki, Ont. The platoon immersed itself in casualty evacuation, rappelling and mountaineering skills in Minaki's cottage country from August 17 to 19.



A member of 2 PPCLI Reconnaissance Platoon is tied in an alpine basket in preparation for casualty evacuation.

Supplies on the move

Sgt Dennis Power
Army News

They occupy a place far from the spotlight, but Traffic Techs at the Central Materiel Traffic Terminal (CMTT) at bases across Canada work hard to keep supplies moving.

Almost everything soldiers use during a day at work on the base has passed through the Traffic Techs at CMTT, and if something needs to be shipped out, it'll go through their hands last, as tracking documents are signed and trucks are loaded.

"It's always busy here. There are always trucks coming or going, and paperwork needs to be done fast to get things off the floor," said Cpl Chris Niedbalka, as he bundled packages. "As soon as we're done with one load there's usually another. The days go pretty fast here."

From the smallest items on the scale of issue, right up to Leopard Tanks, they handle it all. Most CMTTs are staffed by a small section of Traffic Techs assisted by civilian co-workers. Operation hours generally match those of civilian shipping companies, unless there is a major exercise or deployment being supported. Once the doors are locked for the day, duty personnel are always ready to



Photo by Sgt Dennis Power/Army News

Corporal Vance Barrett, a Traffic Tech at CFB Shilo packages a computer and accessories to be shipped out for maintenance by a manufacturer.

respond to meet the needs of soldiers.

In addition to keeping the normal supply chain moving, Traffic Techs also get involved in moving equipment by air, sea, and rail, and assisting in the movement of large numbers of personnel by aircraft for training in Canada and deployments overseas. While they deploy regularly and frequently themselves, most often they are keeping materiel in motion from the Traffic Terminals on bases. Though the work they do is critical, what they do on a daily basis is largely unseen by soldiers unless they are preparing to travel.

"The only time we see

most soldiers down here is when they're going on course or deploying. They'll have some kit they need to send ahead to another base, or some Unaccompanied Baggage (UAB) to send overseas," said Sgt Heather Hovdestad, the CMTT Section supervisor at CFB Shilo. "Whether we send it out with a military or civilian carrier, we do our best to get their kit to the destination as quickly as possible, and in good condition. Most of us have come from Army trades so we understand how important it is for soldiers that we get their kit to them, when they need it, wherever they're going."

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What's on Your Agenda?

Bar 77 Ranch trail rides now open for boarding. Outdoor boarding available. Over 160 acres of pasture to ride out. Call 726-0231.

Hampton Gray Memorial School Reunion!

For former teachers, students, and parents on October 6,7th, 2007. Deadline date is 31 August/07. Please contact hamptongrayalumni@hotmail.com or phone Sheila (Lambert) McCalum at (902) 466-2611. Lots of activities planned!

Weight Loss Support Groups!

Drop in, everyone welcome and NO COST!

Tuesdays - 10:30am at Public Health, Brandon

Thursdays - 7pm at 20-7th Street, Brandon and Starting September 10th! - **Mondays** - 6:30pm at Public Health. For more information call Arlene at 571-8359.

Sprucewoods Community

Weekly Events:

Mondays - CRIB, 7pm.
Tuesdays - TOPPS, 7pm.
Thursdays - BINGO, doors open at 6:30, game at 7pm.
For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

1st Shilo Scouting is looking for responsible, energetic adults who would like to become involved in the community and with youth. We are looking for Beaver Leaders (ages 5-8) and Cub Leaders (ages 8-12) and to fill some executive positions. If you are interested please call Linda at 763-8776 after 5pm.

2007 Super Seminar for Coaches

Sat. Oct. 20, Maples Collegiate & Maples Multiplex. Keynote Address: Pat Quinn, former NHL & Canadian Olympic Coach. Registration \$65. For more information:

www.coachingmanitoba.ca

Royal Canadian Legion Branch #3

September Activities

• Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.

• Weekly bingo's are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.

September 22 - Beef Pit BBQ and Dance.

Supper from 6:00 p.m. to 7:30, Tickets - adult \$10, - children 6-12 years old \$4; Dance to follow, music by Reflections.

September 25 - Legion Branch Meeting

is at 7:30 p.m. in the Banquet Hall, for membership information, call Barb at 727-3054. September 29 - Dance in Legion No. 3 Lounge, 8:30 p.m. - 11:30 p.m., music by POP-KORN, \$7. For more information, phone 727-1079

Shilo Community Library REGULAR LIBRARY HOURS

Monday: 6-8:30
Tuesday & Thursday
9:30-12:30, 1-4, 6-8:30

2007 Women Alive

Brandon Conference

Saturday, October 20, 2007, 9:00 a.m. to 4:00 p.m., Victoria Inn and Convention Centre. Registration opens at 8:30 a.m., cost \$45, including lunch. Deadline for registration: Oct. 15. Keynote speaker: Christine Wyrzten. Register online www.womenalive.org or call 1-800-387-4753

Volunteer on the Manitoba Suicide Line. Next training session runs October 1st to December 13th. (6-9:30pm) in Brandon. Deadline for application is September 24th. For more information call 571-4182.

Are you hosting an event that the community should know about? Call 765-3000, ext. 3013 today to add it to our free community listing!

Sprucewoods Annual Fowl Supper

Sprucewoods Community Hall September 30

5:00 pm sharp

Adults \$10

Children ages 4-10 \$5

Toddlers, 3 and under Free

Deadline for buying tickets: September 25
For tickets call Marilyn or Frank Hambrook
763-4919



Have you served on a peacekeeping mission?

Canadian Association of Veterans in United Nations Peacekeeping

You can consult our corporate website for more information at www.cavnup.org or contact the local chapter.

The chapter is based at #3 Legion, 560 - 13th Street East, Brandon. We hold monthly meetings except in July, August and December. These meetings will take place on the 2nd Wednesday of each month at 7 p.m. at the #3 Legion.

CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free*

Classified Ads to

stag@mts.net

*Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area.

Homes/Property

For Rent: 2 bedroom house (upper level) in Wawanesa. \$500 per month plus utilities. Call 824-2248 or 729-7608

2 New Homes on 5 Acre lots 15 minutes from Shilo

First home: 2300 Sq Ft walkin style, 3 bdrms, 2 and 1/2 baths and attached double car garage. Second home: 1368 Sq Ft Bungalow style, full basement, 3 bdrms, 2 baths and attached double car garage. Phone 824-3752; cell 724-6580

5.15 acres with trees & rolling hills, newly renovated 4 bdrm, 3 bath bungalow. Double garage. Low taxes. 30'x40' shop (in floor heat, wired 220). Horse Haven: Corrals, lean, heated dual watering bowl & fenced pasture, unlimited water supply. 1/2 hr. east of Brandon on 351 Hwy. 20 mins to Shilo. MLS#2707628, call 725-8841

Have something to sell? Call our office today at 765-3000 ext., 3013 and find out how you can maximize your business!

Homes/Property

2 bedrooms, new laminate floors, new bathroom, big kitchen and living room, Central air, new shingles, double car garage, lot has a barn with other sheds. Lots of good water. 10.88 acres on #1, 17 miles east of Brandon. If interested, please call 763-8840.

For Sale

1989 Jeep Cherokee Larado, 4x4, 4inch lift, 4.0L, cd, air, needs some work. \$1000 obo

1961 Renault caravell (2 of them) project cars, one is stripped and partially sanded. soft and hard top optional. 400 Call after 5pm 824-2394 ask for Preston

18 foot 2005 Glastron Boat. 190 Horsepower in-board Volve Penta-Drive, with Easy Haul Trailer and water toys. Fewer than 20 hours on the vesicle. Like new. Asking \$20,000 OBO. Call Mike at 761-5175 in Brandon.

For Sale

For Sale: King size Sears-O-Pedic, Tranquility firm support mattresses and box spring. \$400. Call 764-4990.

1977 Triple E 17.5 ft Travel Trailer

Excellent Condition, Dry Weight 3600lbs - Sleeps 5, Convertible electric/propane Fridge & Furnace, Two piece Bath, Three burner range with oven, New H2O & Propane Lines - 2005, New Upholstery including foam/plywood - 2005. View @ 738-23rd St, Brandon or call Travis @ 725-3210

2002 Kawasaki KLR 650, OD Green & Black, excellent commuter & trail bike; 50 mpg; strong 4-stroke motor with good top end speed for hwy cruising, very reliable, incl. 2 helmets, 2 manuals, spares, etc.\$4500 as is or, \$4900 safetied (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

For Sale

2000 Jeep TJ Hard Top and 2 full size doors - green. Jeep recently written off, hard top and doors not on at time of accident. Call 765-2619 for price/info.

1991 Bluehills Gooseneck Trailer; 6' wide x 12' long (floor length) x 6'6" high, dual axle, rubber floor mats, swing and sliding back door, gravel guard. Have hauled 3 horses in trailer quite comfortably. Pics available. \$3500. 204-239-6526 or email: ruthal@mts.net

Child care

Home daycare has spots open, flexible hours, healthy snacks and lunch provided. Call Mel at 765-4962

Looking for care for my 3 yr old daughter. Either in Shilo or Brandon. Please call 573-0148.

Tutoring

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

Services

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

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted. Manitoba Hunter Safety Course Instructor. Greg Steele, 725-1608 or ggs57@wcgwave.ca Next course dates. Hunter Safety October 13. CFSC challenges by appointment.

Furniture

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Services

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

Experience the ultimate 'girls night' and discover what the buzz is all about. Have one of 'those' parties to celebrate anything or just the discovery of a whole new you! Email in-mysterious-ways@hotmail.com or call 573-3574 (to learn how to earn free product and a discount on your preferred products".

St. Barbara's

Protestant Chapel

Sunday's @ 1030 with Sunday School & Nursery
Padre Donnelly - ext 3090
Padre Bos - ext 3088

Our Lady of Shilo

Roman Catholic Chapel
Sunday's 1030 hrs
Weekday mass will be announced every Sunday
Padre Persaud - ext 6836
Padre McLeod - ext 3089

Environment training prepares recruits

Sgt Dennis Power
Army News

Training to operate in any environment under any conditions is taken very seriously by the Canadian Forces. This training begins early as recently discovered by candidates on Basic Military Qualification (BMQ) Course 0706 in Shilo.

Learning to operate as soldiers in a contaminated environment begins at the recruit level with Chemical, Biological, Radiological, and Nuclear (CBRN) training. Once the theory portion of training is complete, recruits understand the effect different agents will have on the human body. The next step in training involves the use and care of the Individual Protective Ensemble (IPE), which includes the respirator, or 'gas mask'.

CBRN training at the re-

cruit level culminates with a series of tests at the Gas Hut. The purpose of the test is twofold; to demonstrate to the recruits that the IPE is effective in a contaminated environment, and to ensure that the recruits are able to carry out the proper drills on entering a contaminated environment.

"It's their first exposure to gas today," said Capt Tim Paterson, Course Officer of BMQ 0706. "Like most of us, it's an experience they'll remember for the rest of their lives." The tear gas in the hut has no lasting harmful effects but provides the ideal environment for demonstrating the effectiveness of a soldier's IPE. On the first trip into the hut the recruits are wearing all their IPE and initially the nervousness is apparent. After a few minutes everyone is confident that the equipment works.

On the second trip into the hut some nerves are shattered as the gas envelops the soldiers, now entering without their masks. It is nearly impossible for soldiers to keep their eyes open for more than a few seconds after entering and, following their instructions, they mask up as they begin to feel the burning effect of the gas. The gas is incapacitating to anyone in the hut who is exposed to it for longer than they can hold their breath. Safety staff monitor all trainees closely to provide assistance if required.

The third trip into the hut requires soldiers to remove their masks and perform decontamination drills. The drills are practised first in fresh air. Next, in a room full of tear gas, there is a little more urgency in completing them.

"I was doing my decon-

tamination drills and when I first tried to get my mask back on I couldn't (eyes cannot be opened)," said Private (Recruit) Chris Ukleja.

"Then my partner tried helping me and with both of us pulling on my mask one of the straps broke, then when I did get the mask back on it wouldn't keep a seal," he added. Keeping himself calm in an alarming situation, Ukleja remedied the problem by applying pressure to the area of his mask affected by the broken strap. "I didn't need to panic because I was able to keep a seal, but I think the lesson here is not to rush the drills and everything will be good."

With the last test completed most of the recruits were now red-faced and bleary eyed as they lined up to wash and rinse their masks. Watching over them was one of their instructors, Warrant Officer Carl Lee, who commented with a smile, "It's better being an instructor, I get to keep my mask on."



Photos by Sgt Dennis Power/Army News

A recruit completes decontamination drills in the gas hut. The sponge in his hand contains a decontamination agent which must be applied to all areas of exposed skin. Soldiers must not be distracted by the burning sensation of the tear gas on their skin, and must complete the drill in the time they can hold their breath.



Sergeant Trent Lum, an instructor at the Comm Reserve School at CFB Shilo, briefs recruits preparing to enter the gas hut.



Girl Guide Registration

Tuesday September 25, 2007

MFRC, Multi Purpose Room 1

7:00 - 8:30 p.m.

Accepting registration for Guides (ages 9-11)
Leaders still needed to volunteer with Sparks (5-6 years old),
Brownies (7-8 years old), Pathfinders (12-15 years old)

FOR MORE INFO CALL: 725-3416

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

Brandon

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

7-Eleven

• Willowdale & 26th
• 34th & Victoria
• 10th & Van Horne

Carberry

East Side Service
Carberry Legion

Douglas

Douglas General
Store

Minnedosa

Minnedosa Legion

Neepawa

Neepawa Legion

Shilo

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Shilo Community Centre
Base Headquarters
GSH
Country Club

All Messes

Sprucewoods
The Shilo Inn
(Crang's)
340 Esso Station
Wawanesa
Lucky Dollar



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We welcome your suggestions!

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

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

Submitting articles and photos for print:

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

Backyard winner



Photo by Rick Kehler, CANEX

Stephanie Funk poses with her new barbecue after winning the CANEX Backyard BBQ contest held from June 28 to August 31. LCol John Schneiderbanger, BComd, pulled the winning ballot at the September 13th O GROUP. Several hundred ballots were entered into the contest, which awarded the winner with a new BroilKing barbecue, TankTrader propane tank, 10 Rib Eye steaks from Obermaier's meats, two cases of Coke, Old Dutch&Frito Lay chips, a bag of Kuiper buns, and the necessities for barbecue for 10 friends. CANEX would like to thank everyone who entered.

1 RCHA troops lock and load



Photo by Bdr Longmire/1 RCHA

Members of HQ Bty, 1 RCHA work on their Personal Weapons Level 3 Training (PWT) on the ranges of CFB Shilo last month. As part of their annual training, troops work with demo grenades, and 9mm pistol firing as seen above. All troops complete a PWT annually to ensure their skills are consistently updated and maintained.

Notes From Home headed overseas



Photo by Stacey Brown/Shilo Stag

Base CWO Stephen Walsh, MCpl Renay Groves and LCol John Schneiderbanger, BComd, pose with Notes From Home, a memory book destined for CF members serving Afghanistan in Shilo's CANEX Mall on Wednesday, September 12. MCpl Groves has travelled across the country with the book, collecting thoughts and messages from thousands of Canadians, including several politicians. The books will travel with MCpl Groves to Afghanistan at the end of September, where it will be available for viewing by troops in Canada House. In 2009, Notes From Home will be relocated to the Canadian War Museum in Ottawa for public viewing.

Happy Birthday!



Photo by Becky Block/Shilo Stag

A few Shילו youth smack their lips on some cotton candy at CANEX's Birthday bash held September 15th. CANEX turned 39 this year and marked the day with a carnival themed community event. Children and families were entertained with several carnival games, laser tag competitions, popcorn and other special treats. A community BBQ was hosted by The Personal Insurance and offered corn dogs, fries, smokies and more. A big thank you to all of the Shילו youth who assisted in the days activities. Happy Birthday CANEX.

Afghan Marketplace

FREE Admission

Friday Sept 21 9-9 pm
Saturday Sept 22 9-6 pm

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530 Richmond Ave. E
Brandon, MB

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