

# SHILO STAG

Your Source for Army News in Manitoba

Volume 47 Issue 17

Serving Shilo, Sprucewoods & Douglas since 1947

September 4, 2008

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our troops

... and welcome home!



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## Paint The Town Yellow



Photo by Karen Griffin/Shilo Stag

Think yellow! William Russell carries two bags of yellow ribbons along Kirkaldy Drive last Tuesday evening helping his mom and little sister tie ribbons along the street before the thunderstorm started. Families and friends have been out in full force tying ribbons along Veteran's Way and major Brandon streets to welcome troops home.



# Welcome Home

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# Deployment News

Photo: Combat Camera



## Job not complete until last soldier is home



**Maj Stephen Joudrey**  
DCO, 2 PPCLI BG

The past couple of weeks have been very difficult ones for the BG as we move into our final weeks before the redeployment phase. On 20 August, three of our comrades were lost in an improvised explosive device (IED) attack while they were conducting operations in ZHARI District. Lost were: Sgt Shawn Eades, Cpl Dustin Wasden and Spr Steve Stock all of 12 Field Squadron from 1 Combat Engineer Regiment (1 CER) based in Edmonton. First and foremost our deepest condolences go out to their families and loved ones across the country. The BG sent these fine young combat engineers home to their families with the respect and dignity they had earned and rightly deserved. Our collective thoughts and support also go out to their friends in 1 CER and their comrades with whom they had served

these past few months in D Sqn from 12 RBC based in Valcartier. Chimo!

On 21 August, we took our fallen comrades' memories and focused on the BG's largest offensive operation to date designed to rid ZHARI District of some key insurgent IED command and control nodes and bomb-making facilities. This operation — called Operation TIMIS PREEM as you may have read in the news — was a resounding success. The complete BG launched a three-day offensive aimed at these key positions and capabilities within known insurgent areas west of Kandahar City. The operation was responsible for tackling part of the IED issues along Kandahar Province's main highway. BG elements destroyed an important insurgent command and control complex, which has ultimately disrupted the insurgents' ability to plan and launch attacks on Afghan National Security Forces, ISAF and civilians in the area. During the operation, the ANA elements we fought with discovered a residential compound housing numerous weapons and a significant amount of explosive material used in making roadside bombs. This cache was destroyed.

While it will take time to determine the long-term ef-

fects of this operation, the short-term effects are clear: We have successfully disrupted insurgents who plant improvised explosive devices on one of Afghanistan's main highways and we have disrupted those insurgents' ability to coerce area residents. As a concrete measure of how things have improved in this district, throughout the operation, locals interacted with our forces and provided us with important information on insurgents. This willingness of local citizens to provide us with details on insurgent activities demonstrates their desire to see insurgents cleared from their communities so they can live in peace, free from insurgents' threats against them, their families and their property.

Over the course of the 2 PPCLI BG's deployment, we have furthered the Afghan mission! We have operated with Canada's Whole of Government approach in mind; what we often refer to as our three lines of operation—security, governance and development. Every task we have conducted or deliberate operation we have executed, these three critical elements are woven into our plans. The measurement of this is evident in the Joint District Coordination Centres that are now manned by rep-

resentatives from the Afghan National Security Forces, international aid agencies and development organizations that assist local government officials in improving the lives of the local population within the villages in this part of the Province. It is also clear when we see the shops that are now open in the bazaars and markets around the key population areas within PANJWAYI District that progress is being made. Are we at the point we thought we would be in the late summer of 2008? Yes! Is there further to go? Again, Yes! Such is the nature of the counter insurgency campaign that we have sworn to conduct. As the first waves of our replacement BG have arrived, we are mindful of the fact we still have a job to do until the last 2 PPCLI BG soldier has returned home. Our goal now is to ensure our replacements are comfortable in the job being handed to them and to maintain the battlefield momentum we have achieved.

The next issue will be our final instalment as the 2 PPCLI BG deployed in Afghanistan. Shortly after it is published, those BG soldiers who have not yet departed theatre will redeploy and Roto 5 will have completed its tour. I would be remiss if I didn't acknowledge the debt of thanks we owe you - our loved ones - for holding

the home front together during our absence. Each of us who are deployed knows this has been neither easy nor stress-free for those we have left be-

hind. Your support throughout the past six months has kept us focused and determined. We are beholden to you and thank you.

## Final security operations

**Cpl Rémi Veillette**  
D Sqn, 12e Régiment blindé du Canada

In temperatures around 55 degrees Celcius, D Sqn moved into a western district of Kandahar Province in early August to participate in a major operation aimed at stabilizing and increasing security in a region where insurgents had freedom of movement. The Sqn, reinforced with several elements like tanks, infantry, engineers, reconnaissance and a re-supply echelon, operated in conjunction with the ANA.

The operation began early in the morning with a move to the area. Once in place, Recce Sqn established a few observation posts while the tanks assumed a leaguer formation and took up various positions to prevent insurgent movement. The infantry and the reconnaissance platoon had meetings for several days with local Afghans to collect information on the area and on insurgent activities in the region. All these tasks were conducted over a period of more than ten days and were supported by artillery enabling

our day and night protection. Recce Sqn led the combat team, of which each element had important tasks to accomplish. Fatigue and stress due to the high temperatures made the operation difficult. Troop members proved their resourcefulness to get comfortable in this heat by establishing observation posts with tarps hung between vehicles for shade. The echelon was moving between each observation post to bring rations, water and all necessary equipment to the crews so they could accomplish their tasks. We witnessed some sand storms that greatly reduced our visibility and made observation more difficult.

After about ten days of intensive day and night work, constantly thinking about a good shower and fresh water, we returned to our respective camps to recover. This task was accomplished without major problems. And this operation enabled us to keep busy in order to gradually bring us closer to our departure date from Afghanistan.



Photo submitted by D Sqn, 12e Régiment blindé du Canada  
The Sqn Cmdr during a meeting with local Afghans during the operation.

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# Beautifying a small piece of Afghanistan

Sgt Mark Bell (Martha)  
B Sqn, LdSH (RC),  
2 PPCLI BG

The B Sqn common area behind the bunker was a little small for the number of people that hang out during their down time. And so, WO Iain (Green Thumb) Fox and myself decided to carve some of the mountain away.

With pick and shovel we started our project, and as people noticed our project, we began receiving some strange looks

and, of course, many suggestions to bring in a backhoe. It was a manual labour project and some of the members of the Squadron did jump in and help.

Cpl Jeremy (The Shovel) Charlton generously "volunteered" to fill 100 sand bags with the spoil from the mountain wall. As the project progressed, we found ourselves with a large pile of sand bags we had no use for.

We decided to start a sand bag wall to enclose the now larger common

area and to offer a little protection from the incessant rocket attacks on our FOB. But the sand bag wall was kind of ugly so WO (Green Thumb) Fox decided we needed to build a fountain.

The fountain project soon turned into a fountain/garden combo. We struck a deal with one of our local kitchen workers to get us some very expensive grass seed (\$50 US). I guess in a country of sand and rock, grass seed must be hard to come by.

Our Afghan friend was worried about our ability to grow grass in this harsh environment, so he brought us a sieve and showed us how to prepare the ground and plant the seed. Now, we just had to wait and water it, hoping it would grow. Small trees and flowers were quickly added to

the space. A pump was installed and a portable shower was donated by the weapon technicians to keep water flowing down the fountain.

The fountain needed



The completed "Fuchko's Fountain" project in B Sqn's expanded common area behind the troops' shacks at a Panjwayi FOB.

a plaque and "Fuchko's Fountain" was dedicated. MCpl Mike (The Artist) Koestlmaier went to work carving the sign with his Swiss army knife. Not stopping there, he made plaques for the 3 Troop and Maintenance bunkers.

Hayakaze and Hornburg plaques were put above their doors. Tpr

Hayakaze was killed near Mushan and was a member of 3 Troop, C Sqn. Cpl Hornburg was killed on the Arghandab River and was a member of Maintenance Trp, C Sqn. Cpl Fuchko was badly injured near Lakokhel and was a member of 1 Trp, B Sqn. With the dedications complete, all we had to do was wait for the

grass to grow.

After a month of waiting, the grass was ready for its first "mow". A pair of scissors and a lot of patience later, the garden was ready for us to sit back and enjoy. B Sqn, and soon A Sqn, now have a spot of green to relax near and enjoy in the otherwise brown environment of our FOB.

## New military medal announced

Karen Griffin  
Shilo Stag

A new military medal has been inaugurated to commemorate soldiers and civilians who are wounded or killed while serving Canada.

GG Michaëlle Jean, who is also the commander-in-chief of the Canadian Forces, announced the creation of the Sacrifice Medal on Friday. The medal will be awarded to military personnel, members of allied forces or Canadian civilians working under the authority of the CF, who suffered wounds or death caused by hostile action, on or after October 7, 2001.

"Our soldiers deserve our utmost respect and deepest gratitude," said the GG and C-in-C of Canada. "This medal recognizes the valued con-

tribution of those who sacrificed their health or their lives while serving Canada."

The medal can go to anyone killed or wounded after Oct. 7, 2001 - the date of the U.S.-led invasion of Afghanistan - "under honorable circumstances as a direct result of hostile action," the GG said in a statement.

Designs for the award call for a silver medal about 3.5 centimetres in diameter, with a portrait of the Queen on one side and an image from the Vimy Memorial in France on the other.

The Sacrifice Medal will be awarded to an individual based on the recommendation of a commanding officer.

An inaugural presentation ceremony will take place at Rideau Hall at a later date.

### Second Career Assistance Network (SCAN) Seminar

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# G33 deploys to Hawaii as part of RIMPAC

Capt R. A. O'Donnell  
1 RCHA

On the June 21, A Coy, 1PPCLI boarded one of the New Canadian Forces C-17 Globemaster planes and departed enroute to Marine Corps Base Hawaii, located on the island of Oahu. Accompanying them was a FOO party (G33) provided by C Bty, 1 RCHA. This was composed of Capt Rob O'Donnell, Sgt Aaron Cutler, MBdr Patrick Cote and Bdr Rick Hanna. They were part of a group of 150 Canadian soldiers given the opportunity to conduct world class training as part of the Rim of the Pacific Exercise (RIMPAC).

RIMPAC is a large exercise held every two years and features the participation of over 20 countries. It is the world's largest international maritime exercise. While the Canadian Navy has taken part in the exercise since 1971, this marked

the first time the Canadian Army has taken part in over 10 years. Upon arriving, A Coy was attached to the 3rd Marine Regiment providing the second largest number of ground troops in the exercise, behind the Marines themselves. The Marines were very hospitable and bent over backward to accommodate us in any of our requests and to provide us with unique and challenging training.

The Canadians immediately set to work at a very busy training schedule. The average day consisted of waking up at 4:45 am for a run up the Radar Hill followed by a full day of training, culminating with lights out at 2200. This training was diverse and consisted of many events not available in Canada. The highlights of this training were Fast Roping and Dunker Training. Fast Roping consisted of using a thick rope to exit the back of a helicopter. This is used in situations where

the helicopter cannot touch down. G33 were taught the skills and practiced on the rappel tower before fast roping numerous times out of a helo. By the time the EX was complete, A Coy had completed over 1200 fast ropes, more than the average Marine regt does in 3 years. Dunker Training taught the skills necessary to escape a helicopter that has crashed into the water. This involved sitting in a simulator machine suspended over water. Participants wore all of their equipment, and were blindfolded. The dunker then crashes into the water and rolls upside down, simulating what happens in a real life crash. The soldiers were forced to escape from the downed chopper by pushing out a window and swimming to safety. These classes were taught over two days and were some of the most challenging training soldiers had faced in their careers. In addition to this, G33 participated in the numerous ranges, ran the Marines Obstacle course, and did Urban Ops training with simmunition.

The second Phase of RIMPAC involved the Canadian soldiers setting out to sea. The Canadians were stationed aboard the USS Bonhomme Richard, a 253 metre amphibious assault ship, capable of carrying 2000 soldiers, Harrier jets and helicopters. For many of the Canadians, this was their first time out at sea, and getting used to ship life



Capt O'Donnell and MBdr Cote control Jets while working with the USMC on the FSCX.

was as challenging as some of the training. Once out in the Pacific, RIMPAC really began. The Canadians were tasked as the Helo-COY and conducted multiple Helo raids into enemy territory. These involved loading into choppers onboard the flight deck, moving into position and fast roping onto the objective. For one attack Sgt Cutler and Bdr Hannam deployed 48 hours in advance with USMC 4th Recon and conducted reconnaissance

through the jungle onto the objective. This involved a 17 hour march through thick vegetation of sharp volcanic cliffs, but paid dividends through the valuable intelligence they were able to gather. When the main body hit the ground, the infantry moved to sweep through the objective, while G33 complete supported with air strikes and artillery fire. All of our raids went very well resulting in the Canadians quickly gaining the praise

and respect of our Marine Corps brethren.

The highlight of RIMPAC for G33 was the Fire Support Ex. G33 was inserted into a Marine Fire Support team, to act as Forward Air Controllers for the exercise. For this, G33 deployed to the Big Island, and took up an Observation Post (OP) on a small volcano nestled in a valley between Mount Mauna Loa and Mount Mona Kea. The entire landscape consisted of sharp volcanic rock and dark lava flows and winds routinely blew as high as 70 miles per hour. Due to the fact that the OP site was located at over 6000 feet above sea level, temperatures often hovered around the freezing mark. Over a period of five days, G33 controlled numerous aircraft including F-18s, CF-18s, B52 bombers, and Prowlers dropping thousands of pounds of bombs daily.

In total, G33 spent 42 days training in Hawaii with the Marines. We conducted dynamic training unlike anything we had previously experienced. Furthermore, regardless of whether we worked with the US Air Force, the US Navy or the US Marine Corps, we established a very good working relationship with our brothers to the south and whether it is on the beaches of Hawaii or the desert in Afghanistan, the Marines will be happy to work with us again.



Bdr Hannam and MBdr Cote sit in "The Dunker" waiting for it to drop into the pool as part of downed helo escape training.



(L-R) Capt O'Donnell, Sgt Cutler, Bdr Cote, and MBdr Hannam on the beach in Marine Corps Base Hawaii.

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From 7:00 PM to 9:00 PM

Carberry Rec. Centre - 550 Stickle Ave.

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Inspired by the "Sister Act" movies, starring Whoopi Goldberg.

The group has grown since formed in 1993 to approximately 80 people from all over Winnipeg and surrounding rural communities. Family entertainment!

## BRINGING THEM HOME

Total Kilometers (as of August 29) - 226,000 kms

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Photo by Karen Griffin/Shilo Stag

# 1 ASG visits Shilo Correction

From August 25-27, Shilo hosted 1ASG Commander Col C.A Lamarre.

During his visit, Col Lamarre toured 731 Sigs Sqn, Base Transport and Supply, HQ, the Faith Centre, the Community Centre, the RCA Museum and

other points of interest.

Col Lamarre, Centre, visits Range Control with LCol Schneiderbanger, BComd, and CWO Walsh. 1 ASG is the support formation of LFWA. 1 ASG is made up of 14 Units and over 2,600 military

personnel and civilians spread across Western Canada. It is headquartered in Edmonton.

1ASG generates general service support field troops for deployment locally, nationally and overseas.

On the front page of last issue's *Stag*, the caption was incorrect.

The group participating in the Manitoba Heritage Tattoo was from LFWA-TC Det Shilo not 1RCHA as was indicated. We apologise for any inconvenience this may have caused.

The  
Public  
Utilities  
Board

## Reminder Notice Of Public Hearing

### Applicant:

## Manitoba Public Insurance Corporation

#### HEARING:

The Public Utilities Board (Board) will hold a public hearing of an application for 2009/10 premiums and fees by Manitoba Public Insurance Corporation (MPI) at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba, commencing at 9:00 a.m. on September 22, 2008.

#### APPLICANT:

Pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*, MPI has applied to the Board for approval of rates and premiums for compulsory driver and vehicle insurance as of March 1, 2009.

#### APPLICATION PARTICULARS:

MPI's application proposes:

- Average rate levels now in effect to decrease by 1.0 percent for the insurance year beginning March 1, 2009. Individual rates are subject to experience and other Board-approved adjustments.

#### OTHER APPLICATION PARTICULARS:

- MPI also proposes annual experience-based rate adjustments (+15% to -15%) for individual classes, with the exception of mopeds, motor scooters, trailers (\$2,500 or less), and off-road vehicles.
- Annual experience based adjustment up to 25% for mopeds and motorcycles with body style of motor scooter.
- Combined classification offsets for all vehicles except off-road vehicles to achieve revenue neutrality.
- Capping all rate changes at 20% per year, except rate changes for mopeds and motor scooters, which are capped at 25% per year.

#### PARTICIPATION:

Parties wishing to submit a brief or to express comments to the Board, but not wishing to participate in the entire proceeding, should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 12, 2008.

#### GENERAL INFORMATION:

Neither a change in rates for services shall be made, nor new rates for services shall be introduced, without the approval of the Board. In the case of MPI, rates for services means, rate bases and premiums charged for compulsory driver and vehicle insurance. The Board may make an Order granting the whole or part of the application, or may grant other relief in addition to or in substitution for that applied for.

The Board's Rules of Practice and Procedure will apply to the conduct of the Hearing. The Rules may be viewed on the Board's website <http://www.pub.gov.mb.ca/> or be obtained on request to the Board, by either emailing ([publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free).

For full particulars, interested parties may examine MPI's application and supporting materials, either at the Corporation's or the Board's office. Interested parties may contact either the Board Secretary, or:

Manitoba Public Insurance  
Attention: Gail Granger  
8th Floor, 234 Donald Street  
Winnipeg, Manitoba R3C 4A4  
Telephone: 985-7335 (collect calls accepted)

DATED this 12th day of August, 2008.

G. Gaudreau, CMA  
Secretary  
The Public Utilities Board



Five days notice  
required.



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Manitoba 

# Suicide prevention: it's everybody's business



**Jo-Anne Douglas**  
Health Promotion  
Director

Suicide is a tragic loss of life. It also affects anyone who knows the victim and has a profound impact on the morale of all Forces members who are aware of the event.

Over the past few years, there have been an average of 12 suicides annually in the CF. These figures are no higher than for the general Canadian popu-

lation, but for something as devastating as suicide, even one is too many.

Suicide is a complex issue. Most individuals have more than one reason for attempting it. Most people who attempt suicide do not want to die. Rather, it is a desperate act aimed at stopping the pain of living. Evidence clearly shows that if a person is prevented from committing suicide, he or she is very thankful afterwards.

Every suicide raises the question of whether or not the death could have been prevented. It would seem that many suicides could be prevented since most are preceded by warning signs. All CF

members should be familiar with these signs and know what to do to help prevent this needless loss of a life.

Sudden changes in behaviour in an individual may indicate underlying emotional problems. These could include an abrupt increase in absenteeism, reduced job performance, lack of interest and withdrawal, changed relationships with fellow workers, increased irritability or aggressiveness, and increased or heavy use of alcohol or drugs.

Sudden changes in attitude or personality may also be a telltale sign of problems. Making final arrangements is another common act of someone

thinking about suicide. In younger people, this might include giving away prized personal possessions. In older individuals, it might involve updating a will, attention to personal financial planning, and the like.

Some warning signs are more direct. Eight out of 10 people who take their own life give definite clues before doing so. Suicide hints or threats must therefore be taken seriously. These could be statements such as: "I won't be around much longer for you to put up with me" or "My family would be better off without me."

If you think someone is contemplating suicide,

there are some things you can do. You should:

- **ASK** the individual directly if they are thinking of suicide. You will NOT put the idea of suicide in someone's head by asking about it. As difficult as it may be, you need to ASK. This lets the person know you are okay with the subject and are willing to talk about it.

- **LISTEN** to what they have to say without judging. Sometimes just the act of talking can slow down the thoughts of suicide.

- **BELIEVE** what the individual says and take all threats of suicide seriously.

- **REASSURE** the person that help is available.

- **ACT** immediately. Make contact with others to ensure the person's safety.

Don't try to deal with the situation yourself. Medical staff, social workers, a chaplain/padre, or the individual's CO are all people you can turn to quickly for help. The suicide crisis line in Brandon is 725-4411.

Health Promotion will be offering ASIST (Applied Suicide Intervention Skills Training), a two-day workshop, on October 21 and 22 on the base. We can also offer suicide prevention briefings tailored to a unit's needs. Call Eva at ext 3868 or myself at ext 3867 for more information.

## News from Health Promotion

We're walking our troops home from Afghanistan. Record your physical activity and add it to our group total – we need to log 10.4 million kms. For more information call us at ext 3868 or send your activity to [walkourtroopshome@gmail.com](mailto:walkourtroopshome@gmail.com). Submit often so we can track our progress.

Suicide is everybody's business. Find out how you can help someone

who may be having suicidal thoughts by attending a one hour briefing on Tuesday, September 16 at 1100 hours or 1330 hours. Please call Health Promotion at 3867 or 3868 to register. Military, spouses, civilians all welcome.

ASIST (Applied Suicide Intervention Strategies Training) will be held on base October 21 and 22. This is a two-day workshop. Please call Health Promotion to register.



Eva Cameron, Health Promotion Administrative Assistant (left) and Cpl C. Kempp invite civilians, military, and the general public to help "walk our troops home" by recording their physical activity. Call the Health Promotion office at 3868 or email [walkourtroopshome@gmail.com](mailto:walkourtroopshome@gmail.com) for more information.

## Send welcome home wishes to someone you love!



Messages will be printed in  
The Stag homecoming issues -  
September 18 (Deadline - Sept 11)

October 2 (Deadline - Sept 25)

October 16 (Deadline - Oct 9)

Each message costs only \$10

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# WCG Supports Base Fund



Left, CEO of Westman Communications Group, David Baxter presents a cheque to LCol John Schniederbanger, BComd, for the Base Fund on Thursday, August 21.

## Good housekeeping



Cpl. Peter Munroe from Base Transport assists with beautifying Shilo around Royal Avenue last Friday afternoon.

## Where's your learning plan?



**BPSO's Corner**  
Janessa Champagne  
Education Coordinator

As fall arrives, many of us are thinking of or are already planning on going back to school. Whether your inspiration is to finish a high school diploma or to start a college or university program, you are undoubtedly excited about a fresh start and all the challenges that await you. And let's face it, there's a little part in all of us that loves to buy new school supplies!

At this time of year, I would like to remind everyone about the Canadian

Forces Education Reimbursement programs and the eligibility requirements. If you are a Regular or Reserve force officer or non-commissioned member of the Canadian Forces, you may be eligible for education reimbursement funding. For further details on eligibility requirements for each of the programs, please contact the Base Education Coordinator, Janessa Champagne at local 4078.

Individual Learning Plans (ILPs) are one requirement that are consistent between all of the education reimbursement programs. ILPs are personal learning plans that outline a member's learning priorities and objectives as well as the educational, training and certification activi-

ties required to upgrade their existing educational or professional qualifications. The components of an ILP include a member's personal contact information, education institutional information as well as the financial forecast for the proposed education plan. Further, there is a substantiation section that allows the member to summarize what you are taking and how it is relevant to your trade and how it will advance your academic and professional development skills while benefiting the Canadian Forces as a whole.

The most important thing to remember about ILPs is that **you MUST have an ILP submitted and approved before a course is complete in order to be eligible for the**

**education reimbursement programs.**

I strongly recommend that any member who is considering taking courses submit an ILP well before starting a course.

ILPs are now in electronic format only, and any member can submit one if they use their Employee Member Access Application (EMAA) username and password to log in to the following site:

[http://img-dcb-iout-pro.forces.mil.ca:88/ILP/engraph/login\\_e.asp?Expired=true](http://img-dcb-iout-pro.forces.mil.ca:88/ILP/engraph/login_e.asp?Expired=true)

For further questions and clarifications on ILPs and the Canadian Forces Education Reimbursement Programs, please contact Janessa Champagne at local 4078.



### MERV TWEED

Member of Parliament  
Brandon-Souris

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### LONG TERM PLANNING (LTP) SEMINAR

If you are a Regular or Reserve Force member in the early stage of your career (3-10 years), you should attend this seminar!

- UPGRADING
- POSTING
- FAMILY
- PURCHASING A HOME
- INCURRING AN INJURY
- CHANGING TRADES

DATE: Tuesday, 28 October 2008

TIME: 0800-1600 hrs

LOCATION: MPTF

DRESS: Civilian or Military Attire

COST: Free

**See Shilo Banner**

**Or call ext 4078 to register**

## NOW HIRING



### Delivery Drivers

Apply at  
824 18th Street  
Attention: Darren

For information on the Military Wives Sisterhood, visit our website at [www.militarywivessisterhood.com](http://www.militarywivessisterhood.com) or give us a call at **725-3210**

[www.rcamuseum.com](http://www.rcamuseum.com)  
Call 204-765-3000 extension 3570  
CFB SHILO

EXPERIENCE HISTORY WITH A BANG!

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LE MUSÉE NATIONAL DE L'ARTILLERIE DU CANADA

### LE MUSÉE DE L'ARC

FAITES DE L'HISTOIRE AVEC UN BANG!

BFC SHILO  
Contacter le 204-765-3000 poste 3570  
[www.rcamuseum.com](http://www.rcamuseum.com)



# Shilo Military Family Resource Centre



## Steps towards a healthy lifestyle

Submitted by  
Shilo MFRC

For your children, this time of year means new teachers, new friends and new routines. It is a time for fresh beginnings. Where do you start?

We all spend some time during our day making lunches. Think of the lunch you are making as fuel you put in your child's tank. If you choose the wrong kind of fuel they might run out of energy before the day is over. So what is the right type of fuel?

What does a healthy lunch look like?

**Choose fresh fruits and veggies** - These items are packed with vitamins and fibre. If your child is not crazy about them keep offering them and serve them in a fun way.

**Know the facts about fat** - Kids need some fats in their diet to stay healthy. Fat is found in butter, oils, cheese, nuts and meats. Higher fat lunches include French fries, hotdogs, cheeseburgers, mac and cheese. Try to serve these items less, in smaller portions.

**Choose the whole grain option** - It is clear that whole grains are better than refined grains. Choose them when you can.

**Slurp Sensibly** - It is not just what you eat, drinks count too. Provide mainly water and milk for your child. Juice should only be provided 1 time/day.

**Balance your lunch** - A balanced lunch means a meal that includes all food groups.

**Steer clear of packaged lunches** - Use this alternative once in a while. Don't use packaged items as a meal plan. These items are high in salt and sugar and have limited nutritional value

Be sure to include your child in grocery shopping and lunch preparation. Give them choices and variety as much as possible.

### Incredible Edible Veggie Bowl

*Ingredients:*

- 1 green, yellow or red pepper - washed
- 1 bunch of celery - washed
- 1 carrot - washed and

peeled  
your favorite salad dressing

*Utensils:*

knife  
cutting board

*Directions:*

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.

2. Cut the other half of the pepper into skinny slices.

3. Cut the carrot into skinny sticks about 4" long.

4. Cut celery into skinny sticks so each one is about

4" long.

5. Put a little salad dressing in the bottom of your pepper bowl.

6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.

7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

For more information on Healthy Living join us at the 2nd Annual Healthy Family Fair where other healthy options will be available.



Photos submitted by Shilo MFRC



### 2<sup>nd</sup> Annual Healthy Family Fair

Wednesday,  
September 17  
1:00-6:00 pm  
Shilo MFRC  
(Community Centre)

For parents with children 0-12 yrs Exhibitors will include:

- Ages and Stages
- Healthy Smiles
- Fit 4 Two
- Elespheth Reid Centre
- Varsity Eye Centre and more!!

Don't forget to attend our Dinner's On Us - Chili and a bun from 4:00 to 6:00 pm.

## Get involved - volunteer with us

Wanda Janssens  
Volunteer Coordinator

Hello to all volunteers! Thank you for making my first couple of months in this position so great.

I have had a chance to meet many of you, however, if we haven't met yet please be sure to call, send an e-mail or drop into the office to say hello.

Volunteers really are the

core of everything we do at the Shilo MFRC. Without you, most of our programs would not run. Your enormous commitment is an inspiration to me and the rest of the staff.

Thank you for your continuing support.

I can be reached by email at [wjanssens@shilomfrc.ca](mailto:wjanssens@shilomfrc.ca), or by phone at 765-3000 ext. 4558.

### Volunteers Needed For These Upcoming Events/ Programs

- Children's Deployment Afternoon - Sept 13, 27, Oct 18, Nov 8 & Dec 13 from 1:00-5:00 pm
- Tumbleweeds (Play Group) - every Tuesday from 9:30-11:00 am
- Relaxation Station - every Wednesday from 1:00-3:00 pm
- Healthy Family Fair - Wednesday, September 17 from 1:00-6:00 pm (2.5 hrs shifts)
- Reception - (3 hrs per week)
- Employment & Education Fair - Wednesday, October 22 from 1:00-7:00 pm (2 hr shifts)
- Thrift Shop - (2.5 hrs per week)
- Baby Quilts - Need volunteers in all areas, from cutting to pinning and sewing.

Contact Wanda at 4558 for any of these positions or to become a MFRC volunteer.



Photos Submitted by Shilo MFRC



### Lunch Program for School Age - Non-Bussed Children All School Days - Monday to Friday

Children go to the library with their bagged lunch; supervision is provided until 12:40 pm then they are sent outside. We have a microwave available on premises.

The cost for this program is \$1.00/day per child. Payment can be made two ways:

- Punch cards in \$5.00 and \$10.00 denominations.

Each time a member of your family comes to the lunch program we punch out \$1.00 off the card. Punch cards are good for the whole year and do not have to be used up each month.

- Pay monthly

You pay for only those days that school is in.

All participants must be registered! It allows us to have emergency contacts and medical information such as allergies etc. If you think you might use this service register now and avoid having to come in later.

This is a new school year, everyone **MUST** register so contact information is up to date.

When signing up daily we require a phone call by 10:30 am that day; this allows us to know that your child is coming. This is for safety purposes; if the child fails to show up, we will be aware that they should be here and we will check the school and contact you if we cannot locate them. If you sign up monthly we require a phone call by 10:30 am if your child is not attending that day; again to ensure the safety of children by knowing whether they are coming to the program or not.

If you require further information, or to register, please contact Doris or Garry at local 3352.

[www.shilomfrc.ca](http://www.shilomfrc.ca)

Note: Deployment programs will not be cancelled.



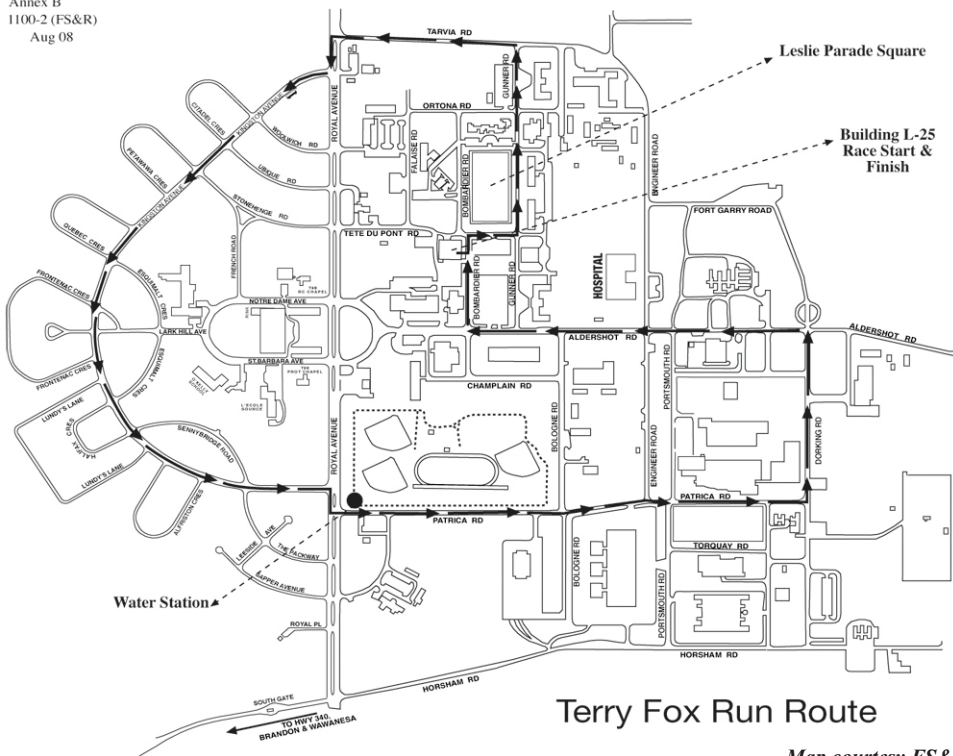
# Annual Terry Fox Run to be held September 12



Shilo Stag File Photos

Participants in this year's edition of the Terry Fox Run on September 12 will begin at Building L-25 and follow the routes shown on the map below. Registration begins at 0815-0900 hrs, with opening ceremonies and a group warm-up at 0915 hrs. The run begins at 0930 hrs. For information, contact Janelle Boyd at 3899.

Annex B  
1100-2 (FS&R)  
Aug 08



Terry Fox Run Route

Map courtesy FS&R

**Janelle Boyd**  
Fitness Instructor

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

Shilo's 28<sup>th</sup> Annual Terry Fox Run will be held on Friday, 12 September in the Community Centre Annex, Building L-25. Registration is from 0815-0900 hrs. Opening ceremonies will begin at 0915 hrs with a group warm-up led by a Fitness Instructor and the official race starting at 0930 hrs.

Participants can either chose to do the 5km route (one lap) or the 10km route (2 laps). Students in Kindergarten to Grade 2 will use the Leslie Parade Square located near Build-

ing L-25 (1km).

The race will be followed with the Terry Fox BBQ at 1100 in Building L-25. Hotdogs and drinks will be available for all participants.

Raffle tickets and Terry Fox merchandise (t-shirts) will be sold September 8-12 in CANEX from 1000-1300 hrs. They will also be sold in Building L-25 on 12 September 2008 (run day) with proceeds going towards the Terry Fox Foundation. Raffle tickets are 3 for \$1 for general prizes and \$1 per ticket for the Tie Domi autographed print. Draws will be made at 1100 hrs during the BBQ.

Last year the Shilo Community raised over \$3700.00 for cancer research and we hope to raise even more this year. Pledge forms are available at the GSH and the Shilo Curling Club. Let's show the Terry Fox Foundation just how

much spirit Shilo has! So come out on 12 September and show your support.

For more information contact Janelle Boyd, Terry Fox Organizer, at 765-3000 ext 3899 or email [boyd.je@forces.gc.ca](mailto:boyd.je@forces.gc.ca)

## NOTICE OF NOMINATIONS

RURAL MUNICIPALITY OF CORNWALLIS

NOTICE IS HEREBY GIVEN that on September 10, 11, 12, 15 and 16, 2008 between the hours of 8:30 a.m. and 12:00 noon and 1:00 p.m. and 4:30 p.m. at the administrative offices of the Rural Municipality of Cornwallis, I will receive nominations for the offices of Reeve of the aforesaid Local Authority.

The nomination deadline is September 16, 2008 at 4:30 p.m., local time. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an official agent, or by fax. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the Senior Election Official at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

R.L. (Bob) Wallis  
Senior Election Official  
Rural Municipality of Cornwallis  
(204) 725-8686 Telephone  
(204) 725-3659 Fax  
[info@gov.cornwallis.mb.ca](mailto:info@gov.cornwallis.mb.ca) email

Dated at Brandon, Manitoba on August 20, 2008



Participants in last year's Terry Fox Run took full advantage of the warm-up session.

## Workshops help with adjustments

**Karen Griffin**  
Shilo Stag

Roddy Batson, Prevention Support and Intervention Coordinator for the MFRC, says there is a list of resources spouses and families are encouraged to take advantage of even after the Family re-integration briefings.

Everything from additional workshops, information sessions and one on one counselling. Also there are 2 workshops on

September 9 from 1-3pm and September 11 from 7-9pm in the Faith Centre.

"We'll cover some stuff like issues the kids might have. [The seminars] are good for anyone who is new to the [deployment] experience.

"There can be changes that families should be aware of."

Batson encourages all deployed families to reach out if they have questions or concerns about adjusting to having

their spouse return after a prolonged absence.

"We can help provide strategies, we have more support from the units and we can work together for solutions to problems."

Batson, who has been in the coordinator position for five years, says it's great to have support

through the DSC.

"They're able to field the calls and direct people with concerns to me."

For more information on the upcoming work-

shops on September 9 and 11th or other support available contact Roddy Batson at 765-3000 ext. 4106 or [rbatson@shilomfr.ca](mailto:rbatson@shilomfr.ca)

**LOOK MUSIC SERVICES**

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- SOUND REINFORCEMENT

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OWNER  
**204-726-0794**  
BRANDON, MB  
FAX: 204-728-0055  
EMAIL: [LOOKMUSIC@WESTMAN.WAVE.CA](mailto:LOOKMUSIC@WESTMAN.WAVE.CA)

**Evans theatre**  
on the campus of Brandon University

**NEW SHOWTIMES!**  
All films at the Evans start at 7:30 pm

**All Tickets \$6**      5 movie passes \$24  
Student/Senior Pass \$20

For more information visit [WWW.FILMFEST.MB.CA](http://WWW.FILMFEST.MB.CA)

**COMING ATTRACTIONS**

**September 12-14**  
THE VISITOR - 104 mins - PG

**September 19-21**  
THE STONE ANGEL - Canada  
116mins - 14A

**September 26-28**  
FUGITIVE PIECES - 106mins - 14A

**October 3 - 5**  
BRICK LANE - 101mins - PG

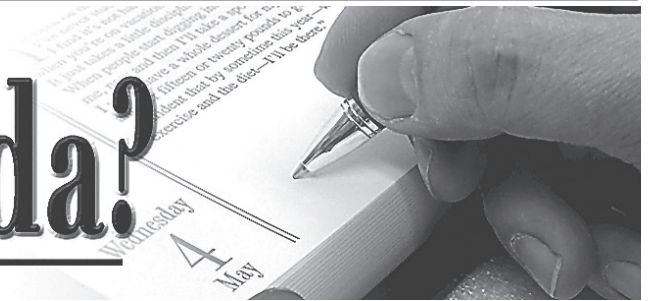
**New to the neighbourhood?**

**WELCOME WAGON**  
SINCE 1930

Call us to receive a complimentary Welcome Wagon visit.

**TOLL FREE 1-877-675-8466**  
Or visit: [welcomewagon.ca](http://welcomewagon.ca)

# What's on Your Agenda?



**Got an upcoming event to promote?  
Send us an email with all the details to  
stag@mts.net  
Deadline for next issue:  
SEPTEMBER 11, 12:00 PM**

**Prayers for the Fallen**  
*A time to remember  
A time to come together  
A time to grieve in  
community*

*A time to strengthen faith*  
Memorial prayers will be offered at both chapels during Sunday worship at 1030 hrs on these dates for all Fallen Shilo Soldiers:  
14 September

**Need temporary use of a  
Wheel Chair Ramp or a  
Medi-Chair?  
If so the Shilo Men's Club  
can help!**

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more

permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

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

**Ki Rin ITF Taekwon-do Shilo**  
Instructor: Mr. Dwayne Bos, I  
Location: T-119 Faith Centre,  
Notre Dame Road

Phone: 724-4227 or ext 3088  
Starting Date: September 9/08  
Practices: Tuesday/Thursday  
6:30 pm  
Monday 6pm White Belts, 7pm  
Colour Belts at Brandon Ki Rin  
(10th Street between Rosser/  
Princess)  
Ages 7 and up  
Fees: \$40 per month (uniform/  
sparring equipment extra)  
Pre-register any time or after

introduction classes  
Registration for new members  
must be completed by Sept. 23

**Wag-A-Tail Walk-A-Thon  
Sunday, September 7  
Riverbank Discovery  
Centre, Brandon**

**In support of the  
Brandon Humane Society**  
Registration at 9 am  
Walk from 9 - 11 am  
2 km & 5 km walk  
Barbeque to follow with  
Brandon Wheat Kings  
Prizes awarded for top pledge  
collector.

Event runs rain or shine.  
For more information, please  
contact the Brandon Humane  
Society at 728-1333  
www.brandonhumanesociety.ca

**Phone Line Counselors  
Needed**

Are you interested in helping  
people in crisis? Do you wish  
to gain experience in the coun-  
seling field?

Join the Clinic's Crisis Line  
Volunteer Program in Brandon!  
No previous experience is  
required. 2008 training begins  
September 30th. Deadline for

applications: September 15th  
Call today to ensure your space!

For more information or to  
apply, contact Janet Smith,  
Program Manager  
571-4182  
www.klinic.mb.ca

**Alzheimer Coffee Break**

Join us and make your  
coffee count  
**September 17  
9:45 - 10:30 am  
CANEX Mall**

If you would like to have a col-  
lection box in your canteen or  
coffee area, please let us know.  
For further information, call:  
Eva Cameron  
Health Promotions, 3868

**Suicide Prevention:  
It's Everybody's Business**  
(1 hour briefing)  
September 16

11:00 am - 12:00 pm or  
1:30 pm to 2:30 pm  
Call Eva @ 3868 to register.  
Space is limited.

**The Royal Canadian Legion  
Brandon Branch #3  
560-13th Street East**

## Community Recreation Activities

**Join us for Dinner on Us and Fall Registration**  
Thursday, September 4, Community Centre 4-7 pm

**Friday Nite Lights**  
Begins Friday, September 5 @ Base Theatre, 6:30 pm  
September 5: Toy Story  
September 12: College Road Trip

**Community Fitness Classes and Red Cross Swim Lessons**  
Begin September 15  
For more info, call Brenda at 765-3000, ext 3317

### September Activities

- **Weekly cribbage** in the Lounge, Tuesdays, 7:30 pm, starting Sept. 16
- **Weekly soft dart league** in the Lounge, Thursdays, 7:00 pm. For further information, call Jack @ 727-5869
- **Weekly bingos**, No. 3 banquet hall, Thurs. Doors open @ 5:30 pm, early birds start @ 7:00 pm, regular games @ 7:30 pm. All welcome!
- **Weekly meat draws**, in the Lounge, Fri & Sat @ 4:30 pm. Everyone welcome!
- **September 13 - Maple Leaf Dance @ Banquet Hall** from 8:00 pm - 12:00 am. Lunch served, music by Country Expressions. Admission \$10.

### Weight Management Classes

A series of 8 classes focussing on healthy eating, activity, motivation, and emotions. Practical tips to assist with weight management.  
**Starts: Monday, September 22nd**  
6:30 - 8:00 pm.  
Call 571-8357 to register.

### Did you know?

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

# CLASSIFIED ADS

**\$10 for first 20 words,  
10¢ for each additional word\*  
Deadline for next issue:  
SEPTEMBER 11, 12:00 PM**

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

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

## Homes to Move

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

## For Sale

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

For Sale: Mason & Rich Up-  
right Piano with matching  
bench in good condition, excel-  
lent for beginner and interme-  
diate players, \$450; wooden  
glider with cushions, \$25; 2 po-  
sition high chair, also converts  
to chair and table for toddler,  
\$35. Call Nathalie at 763-4139.  
Pictures can be emailed.

Sailboat Abbot 22. Fin keel  
new sails VHF radio motor at  
Ninette Village, Pelican Lake.  
\$13,500. Custom trailer \$5,500.  
728-8239 or taylorm@west-  
man.wave.ca

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

## For Sale

Extra lean ground beef 1lb  
packages \$2.50 per pound. Gov-  
ernment inspected. Call Perry  
726-0231

For Sale: Quad Pocket Bike  
\$350. If interested please con-  
tact Jaime 765-5144

## Child care

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

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

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

Wanted: Reliable, mature per-  
son to babysit our 3 kids in our  
home, full-time days. If inter-  
ested, please contact Jaime at  
765-5144

## Help Wanted

**La Garderie  
Coopérative de Les Amis de  
La Source Inc.** recherche:

-éducateur (trice) à la  
jeune enfance  
(temps partiel)  
-cuisinier (ière)  
(temps partiel)

Ces postes pourraient être  
combinés pour faire un poste à  
temps plein

Les candidates doivent démon-  
trer une bonne maîtrise de la  
langue française.

Préférence pour le poste  
d'éducateur (trice) sera  
accordée aux candidats ayant  
leur E.J.E. niveau

II ou III  
Salaire selon l'échelle salariale  
(V) de la MCCA

Veillez parvenir votre cur-  
riculum vitae à:  
amislasource@atrium.ca

ou  
Les Amis de la Source Inc.  
c.p. 118  
Shilo (Manitoba)  
R0K 2A0  
765-3000 ext 3618

## Help Wanted

**GREAT OPPORTUNITY  
- FLEXIBLE SCHEDULE.**  
Position available for a moti-  
vated, reliable massage thera-  
pist. Professional facility and  
all necessary supplies provid-  
ed. Commission based position  
with great potential. Contact  
Coral @ BASE Hair and Tan-  
ning 765-4247 or grop resume  
off at the salon in the CANEX  
Mall, Shilo.

## Lost

Sony Digital Camera - lost at  
GSH swimming pool on Fri-  
day, July 11 during a birthday  
party. Was inside a Sobey's  
shopping bag. Would at least  
like the memory card returned.  
The photos have sentimen-  
tal value. Reward offered! If  
found, please contact Sheila at  
824-2091.

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

## Services

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

## Services

Canadian Firearms Safety  
Course Instructor/Examiner,  
Restricted & Non-restricted,  
Manitoba Hunter Safety Course  
Instructor Greg Steele 725-1608  
or ggs57@wgcwave.ca call for  
next course dates, challenges  
by appointment. MB Hunter  
Safety - Sept 6. Canadian Fire-  
arms Safety - Sept. 7

Arbonne International is proud  
to be part of the Shilo commu-  
nity. 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

Dick & Jane went to a Pas-  
sion Party. Their order came in.  
Now they don't answer their  
phone anymore. Curious??  
204-573-3573 www.daph-  
newilson.com

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ing a full range of tailoring,  
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ing! Zippers replaced, Pants  
hemmed, Garment repair, Mess  
Kits, Custom Kit modifications.  
Home 763-4202, cell 573-9278

## Services

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



**St. Barbara's  
Protestant Chapel**

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

Padre Bos - ext 3088

**Our Lady of Shilo  
Roman Catholic Chapel**

*Sunday's 1030 hrs  
Confession 1000 hrs  
Weekday Mass - Tuesday to  
Friday, 1205 hrs*

Padre McLeod - ext 3089  
**Both chapels will be open  
Wednesday afternoons from  
1200 - 1500 hrs  
during the deployment for  
prayer and quiet  
reflection.**

# IN MEMORIAM



Sgt Shawn Eades



Cpl Dustin Wasden



Spr Stephan Stock

**CEFCOM**

Three Canadian soldiers were killed and one soldier injured after an improvised explosive device detonated near their vehicle, while on patrol, on Highway 1 in Zharey District at approximately 10:30

a.m., Kandahar time, on August 20, 2008.

The fallen are:

Sgt Shawn Eades, a combat engineer with 12 Field Squadron, 1 CER from Edmonton, Alberta and attached to the 2 PPCLI BG.

Cpl Dustin Roy Robert Joseph Wasden, a com-

bat engineer with 12 Field Squadron, 1 CER from Edmonton, Alberta, and attached to the 2 PPCLI BG.

Spr Stephan John Stock a combat engineer with 12 Field Squadron, 1 CER from Edmonton, Alberta, and attached to the 2 PP-

The injured soldier is in serious but stable condition. The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar Province.

The four soldiers were evacuated to Kandahar Air Field's Role 3 Multi-National Medical Facility. Sadly, three soldiers were confirmed dead by medical authorities.

## What's on your bookshelf?



Dawn Henrikson  
The Shilo Stag's  
Biggest Fan

### The Boy in the Striped Pajamas

JOHN BOYNE

*Read:* The Boy in the Striped Pajamas  
*By:* John Boyne

*Why would you recommend it?*

Provides a point of view on a well-known historical period most people would not consider thinking about. It's not an easy read but it's a fast read.

*What's the book about?*

I'm not allowed to tell you. You must read it to find out.

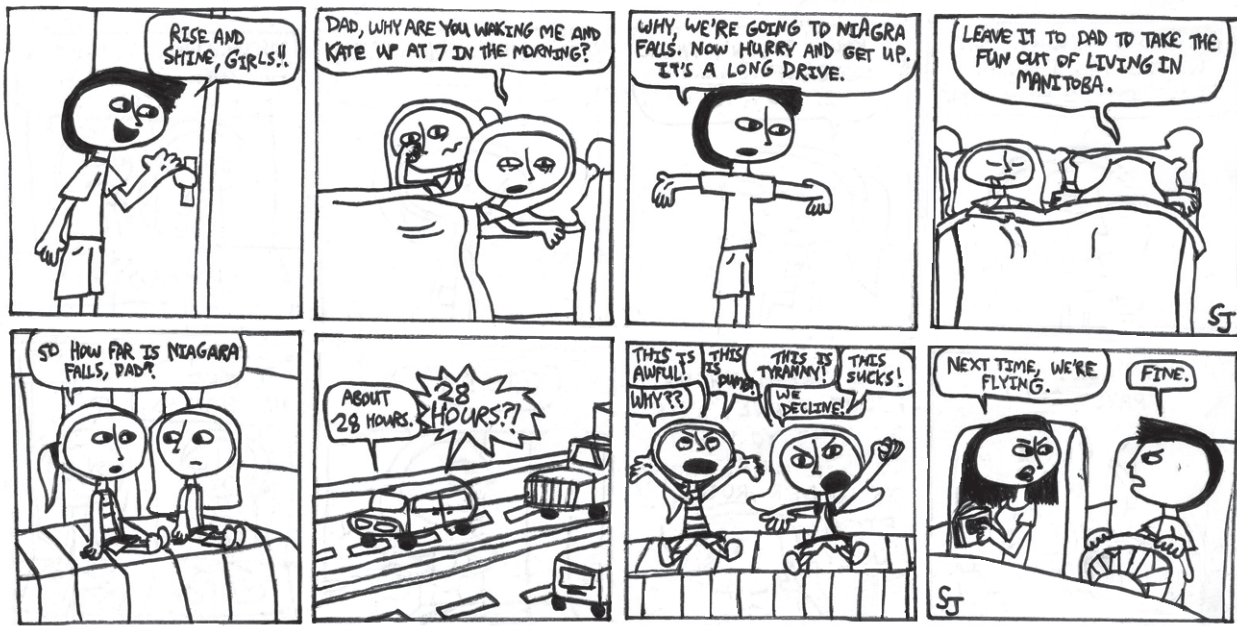
*Why do you like it?*

It's written from a unique and interesting angle. It was so well written it was very moving.

*Would you like to share what's on your bookshelf with us? Email your reading recommendations to stag@mts.net*

## Kyra and Kate

by S. Joudrey



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

**Brandon**

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

**Sobey's**

- 1645B 18th Street
- 3409 Victoria Ave
- Forbidden Flavours
- 1060 18th Street
- 3300 Victoria Ave
- ANAF - 31 14th St.

**Carberry**

- East Side Service
- Carberry Legion
- Douglas**
- General Store
- Minnedosa**
- Minnedosa Legion

**Shilo**

- CANEX Mall
- Forbidden Flavours
- Shilo Community Centre
- GSH
- Country Club (Rick's)
- All Messes

**Sprucewoods**

- The Shilo Inn (Crang's)
- 340 Esso Station
- Dock's Restaurant

**Wawanesa**

- Lucky Dollar



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### 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.

# The Yellow Ribbon: a symbol of humanity

Jennifer Chiarotto  
December 2006

Why display a yellow ribbon? Many Canadians have seen a yellow ribbon hanging in someone's window. Media outlets have reported on those who tear the ribbon down because of political opinion. However, few people actually know what this controversial symbol stands for. Without proper understanding of its meaning, no one has the right to tear the yellow ribbon down.

Yellow ribbon history is steeped in romanticism. It first appeared during the Indian Wars that dominated the United States Cavalry in the latter half of the 19<sup>th</sup> century. The wives of cavalrymen began wearing a yellow ribbon as a sign of the hopeful safe return of their husbands (Kinsella, 2006, para. 6). It was not a symbol of patriotism. Instead, it signified the bond between a soldier and his family.

Modern Canadian military families display their yellow ribbons with pride. If one were to ask a mili-

tary spouse "why the yellow ribbon" Her response would likely echo the lyrics of a Russ Morgan folk song, "It's for my lover who is far far away" (1949). The power behind this emblem has become indescribable. Through the symbol of the yellow ribbon, parents can show their pride in their son or daughter's accomplishments. A wife can show her affection for her husband, and a child can display her love for a distant parent.

As Canadian citizens, military personnel need to feel that the public is behind them. Displaying a yellow ribbon does not align someone with the decisions made in Ottawa. It aligns them with the men and women on the front lines. The yellow ribbon acts as a visual symbol of their sacrifice. It signifies hope for the safe return of all members of the Canadian Forces.

The symbol of the yellow ribbon reminds Canadians that the men and women of the Canadian Forces are on call for Canadian citizens 24 hours a day. They cannot go on strike; they cannot

easily refuse an order, and they do not shy away from a difficult mission. When the banks of the Red River flood, the military abate the disaster. When the fires of British Columbia threaten the homes of Canadian citizens, the military fight the flames. When members of the global community are at risk, Canadian soldiers stand in defence of the innocent. They do not leave their families out of choice; they leave them out of a sense of duty to the Canadian public.

All Canadians, as members of the Canadian family, should make an effort to understand the yellow ribbon. By displaying a yellow ribbon in a window or on the bumper of a car, Canadians can wish individual military members good luck and safe journey. Regardless of political affiliation, Canadians from all walks of life have the opportunity to unite in this gesture of humanity. Canadians do not have to support the mission, but they should support the human being. Please display a yellow ribbon!



Photo submitted by Gayle Raynor/Military Wives Sisterhood  
Members of the Military Wives Sisterhood were at Sobeys 18th Street South in Brandon recently to raise awareness and gain support for the returning troops by encouraging members of the community to purchase a yellow ribbon lawn sign.

## Military Wives Sisterhood

While excited families members prepare in their own individual ways for the fast-approaching homecoming, the Westman community is also preparing. Yellow ribbons spring up like daffodils in store windows, and along boulevards. Last weekend, members of the Sisterhood set up in front of Sobeys 18<sup>th</sup> St. South store to raise awareness, gain support,

and get as many lawn signs out there as possible. It was a great opportunity for the residents of Westman to meet military family members personally and offer their support and thanks. It was also a good chance to thank Sobeys for their support and encourage others to join the thousands of community members whose adorned cars, yards, and businesses speak for them in voices loud and clear - Welcome Home and Thank-you!

And, as with past deployments, the Sisterhood will be here after the soldiers have returned - our new fall/winter events/activities have been designed to gather family members and provide opportunities to share. Join us to reacquaint with old friends and meet new community members in an empathetic, friendly environment.

Visit our website Bulletin Board for details - [www.militarywivessisterhood.com](http://www.militarywivessisterhood.com)

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