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**INSIDE
This Issue**



Awards handed out at Base quarterly. Page 2



Bittersweet departure back to Ontario. Page 4



Sweet fun during Easter Egg hunt. Page 12



Garden hose endurance

1RCHA's Cpl Pierre Poulin is stoic as he stands in line while a steady stream of water from a garden hose hits him in the face. He was one of more than 40 soldiers taking part in a week-long SEALFIT exercise hosted by 1RCHA on the Base. For more on SEALFIT see pages 3, 6 and 7.
Photo by Jules Xavier

I will live it up!

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Enthusiasm, dedication at work garners accolades for Cpl Albert

Shilo Stag

With the advent of spring, the Base recognized a number of soldiers and civilians during a quarterly parade held at the MPTF.

A number of meritorious service clasps and medals were presented by BComd LCol Stephen Joudrey and BRSM CWO James Doppler.

Sgt Sinnett received his CD second clasp for 32 years of military service, while Capt Sloat, WO Trottier and Cpl Hunka each received their CD first clasp after reaching 22 years of service. Maj Wall and Capt Desjardins each received their CD for 12 years of service.

MCpl Oliver and Cpl Sokal were presented with their General Campaign Star – South West Asia ribbon.

Civilian long service awards were handed out to Lori Truscott of Base HQ (15 years); Brian McLean of CE (25 years); Gisele Sayer of Base Supply (25 years); Johanne Wilcox of Base Accommodation (25 years) and Rob Riesz of CE (35 years).

Afterwards, LCol Joudrey then handed out a number of Command Team commendations. The following were recognized:

- CFB Shilo's manager of Fitness Sports and Recreation, Jim MacKenzie, received his commendation in recognition of his many years of dedicated service and hard work.

His many accomplishments have significantly enhanced the quality of life for the Base's soldiers and their families and indeed the entire CFB Shilo community.



Officers head for the parade square during the spring quarterly held at the MPTF.

Photo by Jules Xavier

- Stag production assistant Jillian Driessen was recognized for the outstanding effort put forward by her, in the performance of her job at the Base newspaper. Driessen's hard work, dedication, and initiative have been instrumental in making the Stag a success. A true professional who takes great pride in her work, she has proven to be a great asset to both PSP branch and the CFB Shilo community in general.

As this paper went to press, Driessen is on the Trans Canada highway returning to Ontario to pursue other career opportunities. She was with the Stag since April 2012.

Command Team coins were then presented to the following:

- Cpl Labelle of Base Maintenance has demonstrated an outstanding level of dedication and creativity.

Using skills developed while exploring hobbies outside of the workplace, he was able to fabricate a control board for a generator after determining this part was not available. This resulted in the generator being returned to service versus being replaced. Cpl Labelle's ability to apply a creative solution to a complex technical challenge has enabled Base Maintenance to save resources.

- Pte Pietracupa received his Command Team coin for outstanding commitment and performance while employed as a communicator at Range Control from April 1, 2014 to Feb. 2 of this year.

During his time with Range Control, Pte Pietracupa consistently worked at a level far above his current rank. Despite limited communications training and a short time in the Canadian Armed Forces (CAF), Pte Pietracupa quickly mastered the necessary skills to work effectively in the Range Control operations cell. His enthusiasm, job knowledge and dedication to detail made him a mentor and role model to the other communicators and his work ethic ensured success whenever he was on shift.

- Commissionaire Diana Paddock's performance of the identification clerk duties has been commendable. Since October, Paddock has had an increased workflow of nearly 300 per cent and was recently recognized by the Corps of Commissionaires for her excellent service. She received a Command Team coin.

See **CIVILIAN** page 9



Pet of the Week

Oliver

Oliver, pictured here at five months of age, is a frisky kitten who enjoys living life with "his" dogs. He's really just one of the dogs at his Shilo home and he likes to frolic and play with his canine brethren. Jillian Driessen's feline friend likes to bird watch and enjoys long naps on the couch.

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Wet and snow-covered SEALFIT soldiers enter the GSH for further testing.
Photo by Jules Xavier

Soldiers test their mettle

Jules Xavier
Shilo Stag

A 12-hour "crucible" awaited the more than 40 soldiers from 1RCHA and 2PPCLI involved in SEALFIT training on the final day.

It was no TGIF for them, starting at 7 a.m. out in nature, with full rucksack, C7 and gas masks. Soaked to the bone, the exhausted soldiers returned to the GSH and used the upstairs gym to do further workouts, including using the ancient log poles as weighted props.

Earlier in the week, they also spent some quality time in the GSH pool, but the willing soldiers were pushed to the limit in their final hours.

One of the "coaches" called what he observed at the 1RCHA facility as "epic" work done by the SEALFIT participants.

According to its literature, being SEALFIT is "more than just a sculpted physique; it is a way of life, state of mind and a way of orienting oneself in the world. To be SEALFIT is to embody character traits like honour, courage, discipline, integrity, responsibility and leadership."

The mission of the four coaches who spent a week on the Base was to provide the participants with some extremely effective training and coaching, giving them the tools to succeed and excel as warrior athletes.

SEALFIT was developed by Navy SEAL Mark Divine for the unique and specialized needs of the industrial athlete, who rely on their bodies to work at near peak, and their minds to be mentally tough, for their daily jobs. This group includes the military.

SEALFIT coaches believe there is an athlete and warrior within everyone, whether you are in the infantry fighting at the front, or moving a M777 into position with the artillery.

Sometimes "tough love" is part of the training, but coaches treat each of their pupils in training with respect and encouragement. Even when holding a garden hose dousing a soldier doing push-ups, or barking out encouragement to get a participant to keep pushing through the pain of being immersed

in icy water.

Using the infamous Navy SEAL 'hell week' as a framework, the SEALFIT camp held on the Base leverages cutting-edge warrior training principles to include high-intensity functional fitness, elite team building, self-mastery and the warrior leader's five-mountain path, awareness development through warrior yoga, and mental toughness and durability training.

The program experienced by the 2PPCLI and 1RCHA participants was intense — let's say a 10 on a 10-point scale of difficulty. While Bdr Reuben Pickering looked relaxed while "sleeping" on the floor during a respite from training, a few minutes later he was up doing push-ups while being soaked with a garden hose. Nearby, MWO Todd Buchanan was equally wet as he fought off a spray of water to the face from a coach hovering over him.

The Stag talked with 1RCHA A Bty OC Maj Joe O'Donnell about SEALFIT returning to this Base for a second consecutive year, with soldiers being offered the opportunity to participate.

SS: Why did you decide to expose soldiers to the SEALFIT experience? What was the purpose?

JO: "The decision was [1RCHA CO] LCol Taylor's after a few members from 1RCHA had the opportunity to take part in the 2PPCLI-hosted SEALFIT training in 2014. After receiving supportive feedback from a number of the troops who experienced last year's training event, we included it in our Op Plan.

"The idea started with 2PPCLI in 2014 when they ran the training. LCol Taylor took part in the final workout that year and decided to host it at 1RCHA this year due to the incredible response from the grads in 2014.

"The purpose of this training was to provide a unique and rewarding opportunity for soldiers to challenge themselves both mentally and physically. SEALFIT's motto is 'Forging Mental Toughness' and there were quite a few members of 1RCHA who were interested in testing their mettle in this unique '20X' challenge."

See SEALFIT page 5

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Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX 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.

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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

For her outstanding efforts working for the Stag since the spring of 2012, and volunteering on the Base, outgoing production assistant Jillian Driessen received a Command Team commendation from BComd LCol Stephen Joudrey and BRSW CWO James Doppler during the spring quarterly parade at the MPTF. Photo by Jules Xavier

Bittersweet departure for Jillian Driessen

If a decade ago someone asked me where I thought I would be in 10 years, I'm certain I would have told them I could be found in a swanky coffee shop drinking a latte while pretentiously pecking away at my keyboard writing cutting edge, important things.

Not once did I ever think I would find myself living and working at CFB Shilo. Until I parked my car in the driveway, it didn't even seem like a real possibility.

It's been five years since I first parked my Honda in the driveway and I can definitively say that while this isn't where I thought life would take me, I am glad to say it did.

Living and working here has been one of the most rewarding experiences of my life. I have met some of the greatest people in both my professional and personal life, and have been blessed to call them my friends and colleagues.

Outside of meeting some of the greatest people this fine country — and many others — have to offer, I have also been afforded opportunities beyond most journalist's wildest dreams.

I've interviewed people from all walks of life. I have fired a Howitzer M777. I have flown in the nose of a B-17 Flying Fortress. I have been a firefighter for a day. I have flown over the training area with troops rappelling from the open doors of a Griffon helicopter. I've seen the front lines of domestic operations. I've slept in a tent with the rumble of artillery fire for a lullaby. I've seen section attacks, eaten IMPs, seen sweet sorrowful partings, and felt the joy and excitement of homecomings.

I've also, as most anyone who has taken me to or from the field knows, battled more motion-sickness than the average journalist does just to get the job done.

The majority of community journalists won't see the things or do the things I've been able to do at CFB Shilo. These exciting things, however, aren't the things that have kept me here at the Stag for the past several years. What has kept me smiling through the

work weeks is the community I have served.

I know I will be greeted with friendly faces and warm smiles everywhere I go at CFB Shilo. This is truly a diamond in the rough — a shining star in Canada's west and true example of what it means to be a real community.

Shilo is a unique Base and I have been proud to call it home for the last five years because it is more than just an army base. It has become my home. This place will always hold a piece of my heart.

While I am leaving it behind, I am taking five years of memories and wonderful friendships with me.

Five years ago, I left London to come to CFB Shilo. I left the only life I had ever known behind me. I left my city behind. I left my life, friends, family, and swanky coffee shops.

At first glance, CFB Shilo didn't seem like a fair trade. I was proved wrong. Time and time again, I have learned this Base is worth its weight in gold. I gained a lot of perspective, new friends who became family, and actually built a much more well-rounded life than I thought I would have a decade ago.

I have become more than just a journalist here. I've had the opportunity to bring more than news to this community and, in return, Shilo has given me more than a place to live and work. It's taught me more about life than living in the 519-area code and swanky coffee shops ever could.

I've learned life is completely unexpected. It will take you where you least expect it to.

I had never expected to land here. I never expected to fly in a Second World War plane, fire an M777, or sleep to the sounds of artillery fire. But I did all of these things and I loved every minute.

I may be returning to my family, friends, and swanky coffee shops, but I am returning a different person than the woman who packed up a Honda and left five years ago and it's certainly for the better.

I still have the same Honda, but I have a little bit of prairie in my veins now and I have CFB Shilo to thank for that.



Shilo Theatre
(Located in the General Strange Hall)

April 10 Taken 3 - 14A
April 17 Night at the Museum: Secret of the Tomb - PG
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1RCHA CO LCol Stewart Taylor wears a gas mask while doing PT. Photo by Jules Xavier

SEALFIT coaches endure Manitoba's winter conditions

From Page 3

SS: Being part of the SEALFIT experience, what do you think they get out of it?

JO: "I think they become stronger soldiers. Being in the combat arms, they are already disciplined and have a good degree of physical and mental toughness. What the SEALFIT 20X challenge brings them is the additional techniques to develop their emotional control, durability, spiritual strength or as they say, the 'unconquerable spirit.'"

SS: What type of feedback have you received from the participants?

JO: "The majority of the soldiers I spoke with at the grad ceremony were very happy to have gone through it and had a great sense of accomplishment."

SS: From your observations on the final night, then getting a sampling by being part of it, what did you think of the approach the "coaches" took with the participants?

JO: "I had a very small sampling, about an hour out of the entire week, but what I could gather is their training methods were very effective."

"With the majority of the coaches being from a US Navy SEAL background and who have gone on to focus specifically on developing resiliency and performance optimization, they definitely know what they're doing. They are looking to teach soldiers to thrive amidst chaos."

SS: How can you incorporate this into your 1RCHA day-to-day training?

JO: "I'm not sure we'll adopt the same training methods in 1RCHA as SEALFIT has a very specific purpose and are applied to a specific audience. Perhaps some of the grads may incorporate some of the PT into the Regiment PT periods."

SS: What did you think of the efforts of Gnr Misty Brown, the lone woman and what she accomplished among the boys?

JO: "It's a great accomplishment for anyone, male or female. There were a number of people who dropped out of the training on the last day during the gruelling 12-hour crucible. My hat's off to all who completed, especially considering that coach Smith mentioned that this was the toughest 20X that he's ever ran."

SS: What feedback did you get from the coaches who were leading the various SEALFIT activities?

JO: "The coaches really enjoyed the experience. One of them made mention that they were trying to break the candidates down by making them cold, push-ups in snow while drenched, etc but often the [California-based] coaches would get too cold before the candidates would 'break.' They were quite impressed with the intestinal fortitude of the graduates."



Jersey on display

The framed jersey was presented to CFB Shilo personnel by the Brandon and District United Way to say thanks. These game worn Brandon Wheat Kings special edition jerseys were auctioned to raise funds for the United Way fundraising campaign last November. More than \$16,000 was raised during the military-themed initiative. Cpl Carmen Pietracupa (right) had an opportunity to see the framed jersey, which also featured a photo of her dropping the game's ceremonial puck. Photos by Jules Xavier



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Bdr Reuben Pickering relaxes during a moment with no SEALFIT chaos.

PHOTOS BY JULES XAVIER



1RCHA B Bty MWO Todd Buchanan endures the garden hose.



SEALFIT INTENSITY



It was an intense 12 hours for the SEALFIT participants on the final day, with 1RCHA and 2PPCLI soldiers experiencing running, lifting, and sometimes frigid exposure during a canoe bath in icy water.



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Questions can be directed to:
CWO Brad Ball at (204)765-3000 ext 3338.

What is your spiritual resilience?

Capt Troy Dennis
Stag Special

What is spiritual resilience?
Spiritual resilience is a person's ability to withstand the effects of trauma or disaster, whether personal or professional. It is the capacity to remain unaffected, to readily bounce back, or to bounce back in new, positive ways.

Obviously, the worse the situation, the more likely we will be affected. The goal of spiritual resiliency is to draw upon sources of strength in order to cope in positive ways.

Some people react to the word "spiritual" because it seems to suggest religious practice. This is not what we mean, however. Spiritual resilience draws its strength from the energy, momentum and power of the human spirit. In this way we are not necessarily talking about formal religion.

What helps spiritual resiliency?

Here are some tips.

- Maintain good diet and exercise. When we are in shape, we have more energy to deal with life's problems, while also preventing future health issues.
- Stay connected to friends and family. This helps us share the load with others and gives us a sense



of much-needed connection. Social media helps, but voice is better, and face-to-face is best when possible.

- Cultivate a strong sense of right and wrong. This extends spiritual strength and guides us in making important decisions.

- Reduce stressors. Don't be afraid to seek help in this. Get relationship help or financial counselling if needed.

- Become involved. Join a club, choir, sports team, or service group. Volunteer service provides deeper connections with others and helps

us feel better about ourselves.

- Learn a new skill. Take a class, start a new hobby, become informed. In this we experience new possibilities.

- Rekindle or maintain ties to religious or spiritual communities. A recent Rand study concluded that belief in transcendental meaning and purpose contributes to a sense of well-being.

No one is immune from life's difficulties. However, there are some steps we can take to help us when we face trouble, trauma or disaster.

CFB Shilo's chaplains can be reached through the units, or Faith Centre by dialing 204-765-3000 ext 3091. Or call the Base duty phone at ext 3044.

Sand trapped

If Mother Nature co-operates, and the snow finally melts away, it won't be long before the Shilo Country Club will be open for business this month. Then Sgt Wolfgang Schroeder can dust off his golf clubs and hit the links for a round of golf on the 18-hole course. *Photo by Jules Xavier*



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BComd LCol Stephen Joudrey inspects his troops during the Base spring quarterly held at the MPTF.
 Photos by Jules Xavier

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Civilian winner provides mentorship

From Page 2

Her willingness to consistently go above and beyond her normal duties demonstrates the loyalty and dedication that she holds towards her CFB Shilo clients.

Having worked with Base Transport since November 2004, Pierre Desjardins was recognized with a Command Team certificate of appreciation.

During that time he has assisted in many projects in the RTA and with SNIC. Desjardins has readily shared his knowledge with his supervisors in construction matters and trained personnel in the use of heavy equipment.

He has shown exceptional dedication to both his co-workers and his supervisors. Desjardins' efforts have been instrumental to the success of CFB Shilo.

The first Civilian of the Quarter award for this year was presented to Chris Storozinski. His dedication to Base Maintenance, the RCEME branch and CFB Shilo has been outstanding.

He provided mentorship to the section apprentice, stepped up to be acting team leader as required, explained maintenance issues with vehicle operators to

assist in reducing issues in the future and culminated with him volunteering to go with Sgt Breton to assist in the return of the SETRA bus which broke down in Thunder Bay, Ont.

Similarly, the Solider of the Quarter award was garnered by Cpl Albert of Base CE for his efforts in implementing an R-22 refrigerant replacement program and his keen intellect and ability to forward plan.

In order to become compliant with the Federal Halocarbon Regulations, CFB Shilo has until 2020 to correct and modify any units currently using R-22 refrigerant.

Cpl Albert's dedication and enthusiasm to generate replacement projects as well as updating of service logs has moved our Halocarbon compliance program forward significantly.

The awards quarterly was concluded with the BComd and BRSM promoting eight soldiers in front of their peers: from MCpl to sergeant - Sgt Robinson; accelerated promotion from Craftsman (trained) to corporal - Cpl Lupul; private basic to private (trained): Pte Martin, Pte Normand; Craftsman basic to Craftsman (trained): Craftsman Organ, Craftsman McGillis, Craftsman Beaudin and Craftsman Van De Woestyne.



McLean Storozinski Desjardins Truscott Paddock MacKenzie Riesz Wilcox

SISIP ready to help with finances

Stag Special

When it comes to savings, we've all heard it before: "spend less than you earn and put the rest to work," "the earlier you start, the more you will save" and the all important "pay yourself first."

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The CAF Savings Plans focus on simple savings/investment solutions empowering CAF personnel and their families to build lasting financial health and security.

By participating, members can start implementing sound money-management habits and strategies to help them meet the demands inherent to military life; the constant relocations, loss of spousal income, drastic cost-of-living variations depending on the posting, etc. As such, CAF members can prepare for both short and long term gain by:

- Creating an emergency fund
- Saving for the purchase of a new vehicle
- Accumulating a down payment for a new home
- Banking their severance for when they release/retire



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Archers on target



The Shilo Archery Club hosted its 3-D competition at L25, with competitors arriving from across Manitoba to test their skills on an array of targets. The targets included deer, elk, bear, cougar and even a stegosaurus. Yes, a dinosaur was a popular target for bowman, young and old. Here, Shilo Archery Club coach Christine Fleet helps one of her young archers score her arrows. A few club members will be at provincials in Carberry this Sunday.
Photo by Jules Xavier



National Defence
Defence nationale

WARNING SHILO RANGES

Day and night firing will be carried out at the Shilo Ranges until further notice.

The range consists of DND controlled property lying approximately 32 kms SE from Brandon and N of the Assiniboine River in Townships 7, 8 and 9; Range 14 WPM, Townships 8, 9 and 10; Ranges 15 and 16 WPM and Townships 9 and 10; Range 17 WPM in the Province of Manitoba. If required, a detailed description of the Shilo property may be obtained from the Base Construction Engineering Office at Canadian Forces Base Shilo.


All boundaries, entry ways, roads and tracks into the Range are clearly marked and posted with signs indicating that there is to be NO TRESPASSING. Hunting is no longer permitted on the Shilo Ranges.

STRAY AMMUNITION AND EXPLOSIVE OBJECTS
Bombs, grenades, shells, similar explosive objects, and their casings are a hazard to life and limb. Do not pick up or retain such objects as souvenirs. If you have found or have in your possession any object which you believe to be an explosive, notify your local police and arrangements will be made to dispose of it.

No unauthorized person may enter this area and trespassing on the area is strictly prohibited.

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77



Canada



National Defence
Defence nationale

AVERTISSEMENT POLYGONES DE TIR DE SHILO

Des tirs de jour et de nuit seront effectués aux polygones de tir de Shilo jusqu'à nouvel ordre.

Les polygones de tir sont des terrains sous le contrôle du MDN situés à environ 32 km au sud-est de Brandon et au nord de la rivière Assiniboine dans les cantons 7, 8 et 9; polygone 14 OMP, cantons 8, 9 et 10; polygones 15 et 16 OMP et cantons 9 et 10; polygone 17 OMP, dans la Province du Manitoba. Au besoin, une description détaillée de la propriété de Shilo peut être obtenue du Bureau du génie construction de la Base des Forces canadiennes Shilo.

Toutes les limites, voies d'accès, routes et sentiers menant aux polygones sont clairement marqués et ornés d'écriteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polygones de tir de Shilo.

MUNITIONS ET EXPLOSIFS PERDUS
Les bombes, grenades, obus et autres engins explosifs similaires et leurs enveloppes peuvent causer des blessures ou entraîner la mort. Ne ramassez pas ces objets et ne les gardez pas comme souvenirs. Si vous avez trouvé ou si vous avez en votre possession un objet que vous croyez être un explosif, signalez-le à la police locale, qui prendra les mesures nécessaires pour l'éliminer.

Aucune personne non autorisée ne peut entrer dans ce secteur où tout accès est strictement interdit.

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

Get a head start on your financial planning, by paying yourself first.
Make an appointment with a SISIP Financial advisor at the CANEX office today, or visit www.sisip.com



THE BATTLE OF ATLANTIC

1939 - 1945

A Parade and service

will be held to commemorate those who fought in the longest battle of World War II

on

Sunday, 3rd May 2015 - 11:00 A.M. in

The Brandon Armoury,

11th Street and 7th Avenue



Entrance through 11th Street door

RCSCG SWIFTSURE & NLCC STAN HAWITT

will hold a short parade and review.

Light lunch to follow for the Cadets and invited guests

Navy League of Canada Brandon Branch,

Royal Canadian Sea Cadet Corps #60 Swiftsure,

Navy League Cadet Corps Stan Hawitt #4

RSVP to: GeorgeWH19@gmail.com

no later than 25th April 2015

Relationships

MFRC offering tune-up for couples

MFRC
Special

We have tune-ups for our cars, lawnmowers — even our bikes. Why not our relationships?

Relationships play a large role in our lives, but outside of major events, such as birthdays and holidays, we often don't pay much attention to them.

Our relationships are affected by the wear-and-tear of our busy lives, and sometimes we need to hit the pause button and see where we're at.

The Aurora Family Therapy Centre, as part of the University of Winnipeg, has been running a "relationship check-up" for several years as a way to help couples in Winnipeg. Shilo MFRC is now offering a "relationship check-up" to the our community this month.

What is it? It is a simple tool designed to help couples gauge where their relationship is at.

It is not a therapy session, but a simple and fun way to explore what is happening between the two of you. It is a one-time free session to tune up something you may have overlooked — your relationship.

How does it work? The couple first books an appointment to come in and fill out a brief questionnaire together. A marriage and family therapist then goes over the results with the couple. The therapist highlights the strengths of the relationship as well as its weak points. They then offer ways the couple can use their strengths to improve on all areas of their relationship.

So why not schedule a check-up for the most important relationship in your life?

For more information or to schedule an appointment, contact Ryan Blackman at 204-765-3000 ext 3329. Or e-mail rcheckup@gmail.com

Visit the
RCA Museum open
Monday to Friday
from 10 a.m. to 5 p.m.
204-765-3000
ext. 3570

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We want you on our team

The Shilo Stag is looking for another sales consultant for its team. It's posting season, which is the perfect opportunity to sell the Brandon business market on advertising in the Stag. They have a captive audience — people are new to the community after being posted here from elsewhere in Canada. Where do you shop for new glasses; groom your dog; take the wife out for an anniversary dinner; buy a new car or have winter tires put on the van with the advent of winter; shop for back to school clothes and supplies? Working on commission, you can set your own hours. The more you hustle and sign advertisers up to promote their business in the Stag, the more you earn. Drop by the Stag's office in CANEX and see Jillian or Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning Shilo Stag team.



It can be lonely working the Base guardhouses, but not when you have a snow buddy to greet motorists at the south entrance.

Photo by Jules Xavier

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

**\$10 for first 20 words,
10¢ for each additional word**
Deadline for next issue:

April 16 at noon

Free ads (non-profit only)
restricted to members of the
CAF, employees of CFB Shilo and the
citizens of the surrounding area.

Services



St. Barbara's Protestant Chapel
Sunday @ 10:30 a.m. with Sunday school & nursery
Padre Lee - ext 3088
Padre Neil - ext 3090
Padre Olive - ext 6836
Padre Costen - ext 3381
Our Lady of Shilo Roman Catholic Chapel
Sunday 10:30 a.m.
Wednesday 12:05 p.m.
Confession by appointment
Padre Inienwe - ext 3089

Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses offered at least monthly and more often by demand. May 30 Neepawa Gun Show. Examinations by appointment • 204-725-1608 • e-mail: ggs57@wcgwave.ca. huntershooterguy.com

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 204-573-1509.

We buy and sell good used furniture/appliances and we deal in coins and coin/stamp supplies. People's Market Place, 32-13th St., Brandon, 204-727-4708.

Homes For Sale

Recreational Paradise: Ranchhouse with wrap-around-deck built in 1992 on 14 acres . 1935 sq ft on main floor with a finished basement. 4 BR, 2 full bath, office with separate entrance, walkout basement, attached dbl garage, with 800 sq ft of undeveloped bonus space above it. Large 3 bay shed approx 3300 sq ft, with heated shop area. Must be seen to be appreciated. 6 mi west of Carberry and 20 miles east of Shilo. For more info contact Bob (204) 834-1164. Ad to follow on KIJJI with photos.

Services

NEED YOUR TAXES DONE? Fast, friendly, and personal service. E-FILE. For all your income tax needs call Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.

Employment

Golf Course Greenskeeper (2 part-time positions), wage \$11.06 - \$12/hr. Working under the supervision of the greens supervisor, the job commences May 4. As part of your job, the greenskeeper maintains the Shilo Country Club's golf course property using powered and manual equipment. You maintain the greens, tee box areas, turf on fairways, sand traps and rough areas. You also perform horticultural duties such as planting trees, shrubs and flowers. Duties also include maintaining and creating flowerbeds. For information on this Category 1 unionized position, visit www.cfmws.com or e-mail npfhrshilo@cfmws.com for information. Competition #SHI-15-22 File No. 6004-8 (11) closes April 13.

Pick up your FREE copy at any of the following locations:

Brandon

Safeway
Brandon Armoury
Women's Resource Centre - Town Centre Mall
Royal Cdn Legion Branch No. 3
Sobey's

Forbidden Flavours

ANAF
CFB Shilo
CANEX Mall
Forbidden Flavours
Shilo Community Centre
GSH

Country Club (Rick's)

All Messes
Carberry
East Side Service
Carberry Legion
Douglas
General Store

Minnedosa

Minnedosa Legion
Sprucewoods
The Shilo Inn
340 Esso
Wawanesa
Lucky Dollar



EASTER EGG HUNT



It was a hive of activity at the GSH during the annual Easter egg hunt. Children, with help from their parents, found delicious chocolate scattered throughout the building.



Photos by Jules Xavier



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Posted to the NCR and need housing? Look no further
Self Help Housing has 3-bedroom units available.



SHHO provides clean, renovated housing at great rates for junior-ranked military personnel.

Live in a military community, close to amenities.

For more information visit www.pspottawa.ca/shho or call 613-521-2696



Disponible : le Service autonome de logement (SAL) offre des logements de trois chambres.



Militaires subalternes mutés dans la RCN, informez-vous!
Le SAL offre des logements fraîchement rénovés et abordables dans une communauté militaire à proximité des commodités.

www.pspottawa.ca/shho ou 613-521-2696

