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# Shilo Stag

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## INSIDE This Issue

Only one place for spent shells. Story on page 2.

Broomiloo... a local sports favourite. See page 6.

Happy Easter! The *Stag* office will be closed Friday, April 2 and Monday, April 5.

# Burn tower replacement comes April 1

**By Ayh Ctog**  
Special to the Shilo Stag

Shilo firefighters were shocked April 1 to find their two-month-old burn tower melted half-way to the ground.

Built to withstand extreme cold weather, the burn tower, only the second to be built on a Canadian Forces base, had been operational since mid February. Speculation is our unnaturally mild winter played havoc with the tower's structural support system.

Fire department officials were quick to utilize a Plan B. Medieval Concepts was contacted April 1 to bring in a portable two-storey training station that promises many of the same features of the former tower with a few extras thrown in.

Lirpa Loof, Project Manager for Medieval Concepts, was excited to be setting up one of his inflatables at CFB Shilo.

"It's great for training, as long as you make sure you're not carrying sharp objects," the manager stated.

"There are ladders, ramps and out the back, a long slide to use when the training gets too tough. You can even fill it with helium and float it behind your fire truck in parades, which is something you definitely could not do with your old one," Loof added.

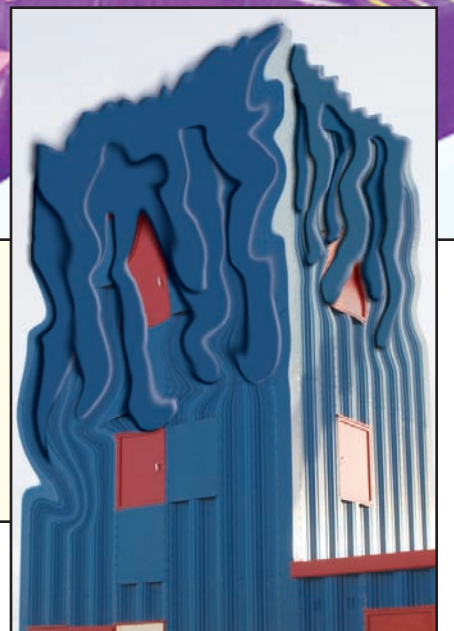
The new facility, in bright pink and purple, is expected to be highly visible even when heavy smoke is used during training. Inflatable walls on the castle's exterior will be very much appreciated during rappelling exercises. And the soft walls and bouncy floor should make it easy for firefighters to get around even during intense training.

"This really is your best solution to this problem. However you will find younger fire recruits wanting to take on this training, so watch out for that," Loof said.



Soft walls and a bouncy floor await Shilo firefighters at their new portable fire tower, above. An unseasonable mild winter is thought to be at fault after the top half of the current burn tower (at right) started to melt away on April 1.

*Photo enhancement by Quinn Roberts*



**Go Spring**

**Go Summer**

**Go Shop**

# SHOPPERS MALL



# Shell scare a wake-up call for base personnel

By Bruce Peever  
Shilo Stag

The projectiles tossed into the garbage could have caused tremendous damage, potentially even the loss of life.

Fortunately two 105 millimetre HCBE rounds found March 15 at the Shilo garbage dump were completely empty. The severity of what could have happened though, could not be stressed enough by CFB Shilo Ammo Techs MWO Bryan Waters and Sgt Keenan Rehaluk.

"Everyone gets training, before they go onto the firing range, not to touch anything. To the untrained eye, you just don't know if something will explode," Sgt Rehaluk said. "If you find something out there, let your chain of command know and we'll take care of it."

It was mid afternoon on March 15 when MWO Waters got the

call of unexploded ordnance (UXO). The dump operator did the right thing in contacting authorities.

"Mario Lajoie at the dump said he had found some shells and contacted Range Control who in turn contacted the ammo section. The thing is, the person who picked this up first, and threw it away, had no way of knowing what was left inside," MWO Waters stated.

Sgt Rehaluk pointed out both shells had been filled with smoke canisters, and both had been fired judging by the rifling marks on the shell's outside. But there could have been a canister still inside either shell. Or residue remaining from the firing. UXOs have the potential to blow up the garbage compactor and its operator at the dump.

No one knows for sure how the shells ended up in the garbage. There

Sgt Keenan Rehaluk shows off one of two 105 mm HCBE shells found March 15 at the Shilo garbage dump.



Photo by Bruce Peever

are however safeguards in place should an UXO return from the field.

"All soldiers, after an exercise, give a declaration that they don't have any explosives on their person. There are also red Amnesty boxes around the base to place ammunition in them, no questions asked. These boxes have white lettering and are placed around the front door of every major unit on the base," Sgt Rehaluk explained.

MWO Waters said in the past two years or so, his team have made several UXO calls. Many are outside the boundaries of CFB/ASU Shilo.

"It goes in streaks. We got a call once from Rapid City. Someone had found an old shell and they called the radio station. Someone on the base here

heard it on the radio," MWO Waters remarked.

Sgt. Rehaluk pointed out the area around Rivers was once used as an air force bombing range, and there is occasional UXO found there. Other places the team is called out to include residential homes.

"Grandfather may have an old shell, a souvenir from a world war that's 60, 70 or 80 years old. He may have known how to deal with it, but if he's gone, his children certainly don't," Sgt. Rehaluk noted.

If you find a UXO, please let the experts decide the course of action, the ammo section advises. They have all the training, tools and disposal sites.

Call ext. 3241 if you have any UXO concerns.

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# Manitoba moves forward

## Manitoba's five-year economic plan

Manitoba is meeting the challenge of a global recession with an economic plan that returns the province to surplus within five years, supports families and strengthens the economy. Manitoba's Five-Year Economic Plan was introduced in Budget 2010 to sustain economic health and ensure Manitoba is strong and ready to embrace the future.

### Manitoba's plan will:

- 1. Invest in Vital Front-Line Services:** continue to improve health care, education, training, policing and supports for families.
- 2. Stimulate Economic Growth:** build and upgrade needed infrastructure to create jobs, and invest in innovation to secure a prosperous future.
- 3. Manage Government Spending:** responsibly limit spending to ensure Manitobans' priorities come first.
- 4. Restore Balance:** return to surplus by Budget 2014.
- 5. Maintain Affordability:** keep Manitoba as one of the most affordable places to live, work and raise a family.

health care

create jobs

education & training

Find out what Manitoba's five-year plan means to you by visiting [manitoba.ca](http://manitoba.ca)

**Manitoba** 



# Grant helps Camp Hughes restoration in 2010

By Bruce Peever  
Shilo Stag

A \$20,000 municipal grant announced earlier this month is just the start of huge plans for restoring Camp Hughes.

The surviving First World War trench warfare training site, which is also the predecessor of CFB Shilo, was the subject of a joint Town of Carberry, RM of North Cypress five year grant. Both municipality will contribute \$2,000 in seed money each year until 2015 in a bid to 'protect, preserve and promote' the site north of the Trans Canada Highway.

Brad Wells, Reeve of the Rural Municipality of North Cypress, said support for Camp Hughes at the municipal level was tremendous.

"We had unanimous support and lots of encouragement around the council table," the reeve said of the funding decision.

Spearheading the restoration project is the group Friends of Camp Hughes. RCA Museum Director and Friends



Photo by Bruce Peever

This map shows the location of an extensive trench network still mostly intact inside Camp Hughes. This

member Marc George says Camp Hughes is a natural treasure well worth preserving.

"If we want to increase the use of the site, we need to have a clear vision," George explains. "Once it is a National Heritage Site there may be grants from Parks Canada. We would like to eventually build a Visitors' Centre. There is great potential for increased tourism, especially when you include Camp Hughes with the RCA Museum and the Commonwealth Air Training Museum in Brandon."

Plans for this summer include getting a team of

volunteers together to construct a fence around sensitive areas. There has been some damage due to cattle grazing and human vandalism, George states.

"This year we are hoping to fence off less than 30 acres with a perimeter fence. We would like to make the camp more people-friendly," George explains.

#### Important training site

In its heyday Camp Hughes housed close to 30,000 troops who trained there for the trenches of the Great War.

summer the Friends of Camp Hughes hope to install fencing and make the area more visitor friendly.

The site started out as Camp Sewell in 1910 and was used for the training of militia. According to George, training shifted in 1915 to that of local battalions. The site was renamed Camp Hughes in 1915 to correspond with Hughes Siding on the nearby CPR.

"The camp opened in the spring of 1915 with some 11,000 troops. It closed down in October as the men were sent home because it was too cold to spend the winter there in tents. It opened again in the spring of 1916 with 27,754 troops and 1,600 staff. It was the

second largest occupied site in Manitoba then, bigger than Brandon," George informs.

Soldiers trained in the trench system similar to that set up

in Europe. A series of trenches including firing, communications and more housed everything from reinforcements to medical areas. Across the way, officers played the role of Germans in a similar trench system. Almost 100 years later, many of the Camp Hughes trenches are still visible.

After the war the camp was moved to present day Shilo due to the limitations caused by the Douglas Marsh. As part of a Great Depression relief project, many of Camp Hughes' buildings were moved to Shilo.

Watch the *Stag* for more developments on Camp Hughes restoration.



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### THE PUBLIC UTILITIES BOARD NOTICE OF TRIENNIAL REVIEW OF ALLOWABLE FEES FOR CASHING GOVERNMENT CHEQUES

PURSUANT to amendments made to *The Consumer Protection Amendment Act (Government Cheque Cashing Fees)*, S.M. 2006 c.17 the Public Utilities Board (Board) conducted public hearings in 2006 and 2007 towards determining maximum amounts to be charged, required, or accepted as a cheque cashing fee for cheques issued by the federal and provincial governments, local government bodies, and government agencies as designated by regulation. On May 28, 2007, the Board issued its decision (Order 72/07), which is available for viewing on the Board's website, [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca).

The Act requires that

169(5) The board must review its existing orders under this section at least once every three years. After the review, the board must make a new order that replaces the existing orders.

The Board has begun the process of conducting the required triennial review and seeks input from any and all interested parties.

Submissions are to be made in writing to the Public Utilities Board, a) by mail to the Board at 4th Floor 330 Portage Ave., Winnipeg MB R3C 0C4, or b) by email to [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca). Submissions must be received by the Board on or before April 15, 2010.

Following review of submissions received, the Board will determine whether there is a need for an oral hearing. If not deemed necessary, the Board will deliberate on the fee schedule, taking into account all comments submitted. If a public hearing is deemed to be necessary by the Board, it will begin May 10, 2010, and, in that event, interested parties will be notified and provided with procedural information ahead of the hearing date.

#### Procedure

The Board's Rules of Practice and Procedure apply, and are available on the Board's website and either upon request to the Secretary of the Board (at 400-330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4) or by calling at (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca).

Gerry Gaudreau, CMA  
Secretary, Public Utilities Board



Five days notice required.



Wheelchair access is available.





# Letters & Opinions



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General Manager Mike McEwan ext. 3073  
 Managing Editor Bruce Peever ext. 3013  
 Asst. Editor Sara Cumming ext. 3013  
 Production Asst./ QuINN Roberts ext. 6008  
 Base Photographer  
 Advertising Rep. Jennifer Roehl 573-6771  
 Editorial Advisor Lori Truscott ext. 3813

Fax: 204-765-3814 Email: [stag@mts.net](mailto:stag@mts.net)

Mailing Address:

Box 5000, Stn Main

CFB Shilo, Manitoba, R0K 2A0

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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](mailto: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.



Photo by Bruce Peever

Eleven-year-old Brendan washes the remnants of a long, cold winter off the family jalopy at the Base Car Wash located off Bolonge Road in the back of the Shilo Car Club building. For \$1 per cycle you can have your vehicle washed, rinsed and waxed with proceeds going to the Wood Hobby Club.

## Letter to the Editor

### Survey response helps to prioritize goals

Dear Editor:

During November 2009, 11 CF Hlth Svcs conducted a Patient Experience Survey. We would like to take this opportunity to thank all members who responded to the survey, for your input and contribution in ensuring commitment to quality health care.

Feedback from the survey provides insight into healthcare needs and concerns and is essential to the development of our Strategic Plan and for future delivery of healthcare services.

A summary of the results from the survey have been received with the goal to take the feedback and

organize/prioritize improvement projects.

Once again, we would like to thank the members for their valuable feedback, which will assist 11 Health Services as we strive towards our vision of being the CF premier clinic with regard to provision of quality healthcare (physically and emotionally).

Sincerely,  
 Diane Hagyard,  
 Quality Improvement Manager  
 Patient and Staff Relations Officer  
 11CF Health Services Centre

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# Healthy choices to reduce your risk during Cancer Month

April is Cancer Month across Canada and a good time to take stock of cancer prevention.

Up to 35 percent of all cancers can be prevented by being active, eating well and maintaining a healthy body weight. After not smoking, maintaining a healthy body weight is one of the best things you can do to reduce your risk of getting cancer.

Even small changes to what you eat and how active you are can make a difference to your risk of cancer. Here are some tips to help you stay healthy and reduce your risk:

- Choose seven to 10 servings of vegetables and fruit every day.

Vegetables and fruit are an excellent sources of vitamins, minerals and



**Your Health**  
Anne Todd

phytochemicals (cancer-fighting components in plant foods), high in fibre (to keep your digestive system healthy) and are naturally low in fat and calories. A diet that includes a variety of vegetables and fruit — instead of higher fat, higher calorie foods — can help you achieve and maintain a healthy weight.



People who are overweight are at greater risk for cancer and other health problems such as diabetes, heart disease and stroke. A good way to improve your diet is to eat seven to 10 servings of vegetables and fruit each day. Variety is important for good health, so mix up your choices as much as you can.

- Have vegetables and fruit more often than juice.

Eating a vegetable or fruit gives your body more fibre than juice. You're also likely to feel

fuller and be better able to maintain a healthy weight by choosing vegetables and fruit. If you do reach for juice, check that the label says 100 percent juice. Fruit drinks, cocktails and punches do not count as real fruit juice because they usually contain only a small amount of real fruit or vegetable juice along with sugar and water.

- Limit alcohol consumption.

Know the benefits of cutting down on drinking. If you do

drink, limit how much. Keep it to less than one drink a day for women and less than two drinks a day for men. Be a non-smoker. Tobacco and alcohol together are worse for you than either one alone.

Many people do not know that drinking alcohol can increase the risk of developing several types of cancer including cancer of the breast, colon and rectum, oesophagus, larynx, liver, mouth and pharynx. The less alcohol you drink, the more you reduce your risk.

- Be active everyday.

Research shows that regular physical activity can help protect against certain types of cancer such as colorectal, breast and uterine cancer. Being active also keeps your heart healthy, makes

your bones and muscles stronger and helps you feel better about yourself.

Physical activity is also one of the best ways to achieve and maintain a healthy weight. People who are overweight are at greater risk for cancer of the breast, esophagus, gallbladder, kidney, liver, pancreas and the uterus.

Building activity into our busy lives takes some effort, but there are lots of good reasons to be active. Being active keeps your heart healthy, makes your bones and muscles stronger, and helps you feel better about yourself.

Adapted from [www.cancer.ca](http://www.cancer.ca).

Anne Todd is Health Promotions Director at CFB Shilo.



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# 2 PPCLI celebrates Regimental Day with Broomiloo



Members of 2nd Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) enjoyed a game of Broomiloo on March 17 as part of Regimental Day to celebrate Princess Patricia's birthday. Officers took on senior NCOs, with the Officers prevailing 2-0. Broomiloo is a game much like lacrosse. However you use a larger ball and stick with a paddle on the end. There are few rules to Broomiloo. When shooting on net, you must shoot with the paddle. There is no crossing checking from behind, as well as no fighting.

Photos by Quinn Roberts

A new gallery | Une nouvelle galerie

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## Notice of Pesticide Usage at Shilo Country Club during 2010:



Public Notice is hereby given that the CFB Shilo Country Club intends to conduct the following Pesticide Control Programs during 2010:

1. To control noxious weeds at CFB Shilo Country Club Within the parameters of the Country Club. The projected Dates of application will be from April 1, 2010 to November 1, 2010. The herbicides to be used include:

- 2-4-D amine
- Glyphosate
- Trillion

2. To control Turf Grass disease, including dollar spot, Pink and grey snow mould, anthracnose. The proposed dates of application for these programs will be from April 1, 2010 to November 1, 2010. The pesticides to be

Used include:

- Daconil 2787
- Rovral Green
- Banner Maxx
- Quintozene liquid

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Conservation  
Pesticide/Fertilizer Section  
Suite 160, 123 Main street  
Winnipeg, Manitoba, R3C 1A5



# Throw in your hat and perhaps improve Shilo

**By Bruce Peever**  
Shilo Stag

Justlikethoserecruiting posters of a bygone era, your community needs you.

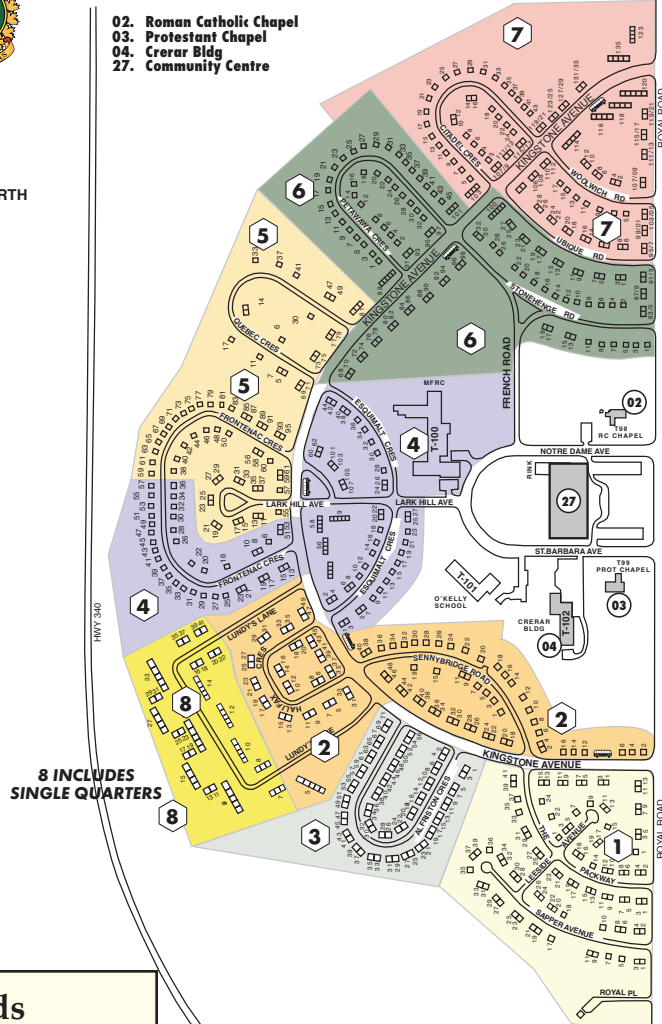
Currently there are three vacancies on the Shilo Community Council as outlined at a council meeting March 16 at the Faith Centre. So now's your chance to do your civic duty and work toward bettering the Shilo community, according to BCompt Capt Jim Rees, current Shilo Chairperson.

The process for filling those positions is easy. Just call Capt Rees at ext. 3072 or Vice Chairperson MWO Demetruk at ext. 3237. Nominations can also be emailed at Rees Capt JD@CFB/ASU Shilo Comp@Shilo or Demetruk MWO ME@CFB/ASU Shilo Supply @ Shilo.

"Just let us know your intentions. You could also inform us at the April council meeting," Capt Rees informs.



**LEGEND**  
02. Roman Catholic Chapel  
03. Protestant Chapel  
04. Crerar Bldg  
27. Community Centre



Shilo Ward Councillors			
Ward/Pos	Name	Local	Unit
Chairperson	Capt Jim Rees	3072	BHq
Vice Chairperson	MWO Mary Demetruk	3237	BSup
Ward 1 Rep	MWO Dan Merlin	4140	DRC
2	Cpl Jeff Coull	6860	2PPCLI
3	VACANT		
4	VACANT		
5	MCpl Glenn Neville	6844	2PPCLI
6	MCpl Stephen Ker	4871	1RCHA
7	Lt John McDonald	3489	1RCHA
8	VACANT		

8 INCLUDES SINGLE QUARTERS

At the March council meeting, discussion centred around updating the association's constitution. This would help eliminate possible duplication or overlapping of services and responsibilities. Among plans for the summer, council members agreed June 6 would be the date for the annual community yard sale. Also proposed is a Meet and Greet barbecue/community event sometime in the fall. Council members are also looking into the possibility of a fenced-

in dog park in the open space between the Faith Centre and the toboggan hill. If approved the park would include a fence 1.2 metres high covering an area of 75 by 50 metres. Chairperson Rees was to have met with Base Engineering to discuss this potential dog park. Plans were made to hold future council meetings during the day, around mid month. The next Shilo council meeting is set for Wednesday, April 14 at 1 p.m. at the Community Centre boardroom. All are welcome to attend.

**Shilo PMQ Wards**

**Ward 1** • All Sapper, Packway, Leeside, 1-13 Royal Pl, 1 London Dr, Kingston Odd 1-15

**Ward 2** • Sennybridge, Kingston, Halifax, remainder of Alfriston

**Ward 3** • Alfriston odd 1-51, even 2-40

**Ward 4** • Esquilmalt, Kingston 51, 53-62, Larkhill 9, Frontenac even 2-38, odd 1-61, 101, 103, 105 and 107

**Ward 5** • Remainder of Frontenac, Larkhill, Kingston odd 69-81, 57, 59, and 61

**Ward 6** • Kingston odd 89-101, even 68-100, Petawawa, Stonehenge, Ubique odd numbers, Royal 83-93

**Ward 7** • Ubique even numbers, Woolwich, Kingston even 102-120, odd 103-135, Citadel, Royal odd 95-121 and 123

**Ward 8** • Lundy's Lane, All Single Quarters

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## CFB/ASU SHILO BLOOD DRIVE

Date: Friday, April 9  
Time: 11 a.m. – 3 p.m.  
Location: MPTF Gym

For appt/info contact: Cpl Lebel @ ext 3263 or  
bradley.lebel@forces.gc.ca

For more info: Call 1-888-2Donate  
or visit [www.blood.ca](http://www.blood.ca)

Because you're the type to save a life...

## Don't miss Massey's 50th reunion party in early July

If you attended Vincent Massey High School in Brandon anytime over the past five decades, you won't want to miss this summer's big 50th reunion.

From July 1 to July 3 reunion organizers promise to turn back the clock on the school's first 50 years. Former and current students, teachers and parents are urged to register early, according to organizer David Wilson.

"The registration deadline is June 1, and that of course is to give us an idea of numbers," the organizer states.

Of special interest to this reunion are the parents. Wilson says special emphasis has been placed on collecting old photos usually still in the possession of parents whose children walked Vincent Massey halls.

The reunion weekend kicks off the evenings of Thursday, July 1 and Friday, July 2 with "minglers" or meet and greet socials. Then at noon on July 2 will be a luncheon for all former and present teachers. Wilson says some 488 instructors taught at Vincent Massey over the first 50 years and more than 80 per cent of those have so far been contacted.

Then on Saturday, July 3 will be a barbecue on school grounds along with a golf tournament. That afternoon will showcase 50 years of school productions, with several musicals re-enacted. The highlight of the reunion will be Saturday night's Massey Memories banquet booked for the Keystone Centre. Wilson expects at least 1,000 Massey alumni at this banquet.

The school itself will be decked out for the reunion. Halls will be

decorated in each of five decades. A full-colour picture book is being worked on and will be ready for the big weekend. As well a videographer will be hired to document the festivities. Plans also call for the construction of a float in the 2010 Traveller's Day parade.

With roughly 12,000 grads since 1960, the reunion organizing

committee has its hands full trying to locate everyone. Wilson said so far, those graduating from the 1970s have recorded the highest number of registrations.

Anyone wanting to register for the 50th reunion can do so by calling Wilson at 727-5682, the school at 729-3170 or through the website at [www.vm50.ca](http://www.vm50.ca).

# Toll-free phone line combats CF drug use

By Bruce Peever  
Shilo Stag

Illicit drug use can be a problem in most walks of life. Military Police in Shilo want to remind everyone of their role in combatting illegal drug use among CF members.

Capt Dan Collins Platoon Commander of 1MP Unit, says a toll-free hotline is there to help Military Police to "catch their man". That number is 1-877-355-DRUG (3784).

"At CFB Shilo the Military Police strongly encourages anyone with information on someone using or dealing with illegal drugs to contact the MPs or the hotline," informs Capt. Collins.

Across Manitoba and through much of western Canada, the CFNIS (Canadian Forces National Investigation Service) WR Hotline was set up in 2009

to allow "concerned citizens and CF members to confidentially and anonymously report any CF members involved with illegal drugs."

Among the benefits of such a toll-free line is the ability to report illicit drug activities from the comfort of your own home.

"Citizens may have information of illicit drug activities involving CF members, but they may not feel comfortable attending the local MP Detachment to report it. With the implementation

of the Toll-Free Drug Hotline, concerned citizens now have the ability to report this information, without leaving the privacy of their homes or offices," according to the CFNIS.

Capt Collins reiterates the military does have a zero tolerance policy when it comes to illegal drug use. Military personnel are also subject to drug testing prior to deployment as well as when returning home. And random drug testing can occur at any time, he warns.

## Sprucewoods Yard Sale

Everyone welcome to buy or sell  
Saturday, April 17, 2010



Located just outside CFB Shilo at the  
**Sprucewoods Community Hall**

5 Woods Ave, Sprucewoods

Table rentals \$10

Smokies on a bun \$3

Contact Joyce at 763-8811 or Barb at 763-4768 or Diane at 763-8878

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This is a four-year apprenticeship program. The program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40.

### Power Supply Worker - Electrical Trainee

This is a six-year training program. The program includes completion of a four-year apprenticeship program as a Power Electrician with a further two years training in station operations. This will result in you receiving dual certification as a Power Electrician Journeyperson and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered:

- Two year diploma in Electrical, Electronic or Instrumentation Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
- Journeyperson license as an Industrial or Construction Electrician with a high school diploma and willing to upgrade Mathematics and Physics to the qualifications listed above.

### Power Supply Worker - Mechanical Trainee (Industrial Mechanic)

This is a six-year training program. The program includes completion of a four-year Industrial Mechanic Apprenticeship with a further two years training in station operations. This will result in you receiving dual certification as a Mechanical Technician Journeyperson and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered:

- Two year diploma in Mechanical Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S and English 40, **OR**
- Journeyperson license as an Industrial Mechanic with a high school diploma and willing to upgrade to the qualifications listed above.

### Aboriginal Pre-Placement Training Programs

Are you an Aboriginal person interested in these programs but are not qualified? Consider our Northern or Southern Aboriginal Pre-Placement Training Programs. During the 10 month Program you will have the opportunity to take high school courses and gain on-the-job training experience in preparation for the **Power Supply Worker - Mechanical, Power Supply Worker - Electrical, and Power Electrician Training Programs**.

To be considered, you will have a High school diploma with at least **one** of the following courses: Mathematics 40S (Applied or Pre-Calculus) or Physics 40S, or English 40.

The Aboriginal Pre-Placement Training Programs are employment equity initiatives and proof of Aboriginal Ancestry must be provided.

*Manitoba Hydro is committed to diversity and employment equity.*



Generating bright futures

All applications will include a personal resume, proof of Aboriginal Ancestry (for the Aboriginal Pre-Placement Training Programs only) and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

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

Visit our website at [www.hydro.mb.ca](http://www.hydro.mb.ca) to apply online. The deadline for applications is **April 9, 2010**.

 **Manitoba Hydro**



# IN MEMORIAM



Cpl Darren James Fitzpatrick

OTTAWA – The Canadian Army regrets to announce the death of Cpl. Darren James Fitzpatrick at the University of Alberta Hospital Saturday as a result of wounds he sustained in Afghanistan on March 6.

Cpl. Fitzpatrick, of Prince George, B.C., was a 21-year-old Infantryman and a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry, based at CFB Edmonton.

This was Cpl. Fitzpatrick's first operational tour. He joined the Canadian Forces in 2006 and had been serving in Afghanistan with the Operational Mentor Liaison Team since last October.

Cpl. Fitzpatrick was critically wounded by an improvised explosive device during a joint Canadian/Afghan dismounted patrol 25 km West of Kandahar City in

Zharey district on March 6. He was treated at the Role 3 Multinational Medical Unit at Kandahar Airfield and was then moved to the Landstuhl Regional Medical Center in Germany. Cpl. Fitzpatrick was evacuated from LPMC to the University of Alberta Hospital in Edmonton on Friday.

Cpl. Darren James Fitzpatrick passed away late Saturday afternoon surrounded by his family.

## Access educational assistance from SISIP

The Canadian Forces Personnel Assistance Fund offers an Education Assistance Loan Program to assist serving and former members and their dependants with costs of full-time post-secondary education.

This program consists of low interest loans of \$1,200 and \$1,500, then in \$500 increments up to a maximum of \$4,000 per student, per year, up to a maximum of \$16,000 lifetime per student. It should be noted that a period of 12 months must elapse before a new application can be considered.

Serving or former members are eligible to apply; they must have served in the Canadian Army, after Oct. 1, 1946, or in the Canadian Forces, after Jan. 31, 1968, and have a minimum of one year Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a 12, 24, 36 or 48 month period.

Application forms are available on our website at <http://sisip.com/en/>

Downloads\_e/ealp\_e.asp or from the Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by contacting the CFPAP office at 234 Laurier Avenue West, Ottawa, Ontario, K1P 6K6, telephone 613-760-3447 or toll free 888-753-9828.

For those who wish to obtain their loan in time for the semester beginning in September, your submission should arrive at CFPAP by 30 June.

Otherwise, applications will be accepted throughout the year until the funds allotted for the EALP are exhausted.

Submitted by SISIP Financial Services.

## Equipment available at General Strange Hall

Did you know that you can sign out equipment at General Strange Hall (GSH) free of charge if you are a military member or a current GSH Access Cardholder? Yes, it's true! We have mountain bikes with helmets, youth and adult snow shoes with poles, and canoe/kayak equipment with lifejackets, paddles and a safety kit. All you need to do is contact the Facility Coordinator at 765-3000 ext 3315 to take advantage of all the great equipment. A deposit may be required and equipment can be signed out for a maximum of two days.

We also have three strollers available for use on the indoor running track plus a Wii room complete with four Wii stations with the following games: Winter Sports, Wii Play, Summer Sports 2, Animal Crossing, and Wii Sports. Please sign out the Wii stations with the commissionaire at the entrance of the GSH. Strollers will be located on the indoor running track in the near future. Wii stations and strollers are on a first come, first serve basis.

### GSH hours of operation

Monday - Friday: 6 a.m. - 9:45 p.m.  
Saturday: 9 a.m. - 9:45 p.m.  
Sunday & Stat Holidays: Noon - 9:45 p.m.



## GSH Bowling Alley

Hours starting April 15

Thursdays 6 - 8:30 p.m.

Sundays 1 - 4 p.m.

Adult \$2.25 per game  
Youth \$2.00 per game  
Child \$1.75 per game  
Shoe rental \$0.75  
No bowling April 4 & May 22

For more info call the Community Recreation Office at 765-3000 ext 3317 or 3588



## 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



## AVERTISSEMENT POLYONES DE TIR DE SHILO

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

Les polyones 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; polyones 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 polyones sont clairement marqués et ornés d'écrêteaux d'ACCÈS INTERDIT. La chasse est dorénavant interdite aux polyones 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

**Shilo Theatre**  
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

April 2: No Movie  
April 9: G Force - Rated PG

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.

For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588



"Good to Go" Spring Fever Social, April 17, 2010 8:00pm-1:00am, Brandon Legion #3 560 13th St E

We'll be selling raffle tickets for prizes that night. Entry tickets are \$10.00 each.

For tickets contact: Brandon/Shilo Adam @ 204-765-5381 or Shelley @ 204-720-7531  
In Winnipeg, Colleen @ 204-898-3728

Operation "Good to Go" is a Peer Support Pilot Project where injured soldiers, through a retreat, will learn about preventative mental health care and associated issues.

[www.operationgood2go.com](http://www.operationgood2go.com)  
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Thanks for your Support!

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# What's on Your Agenda?



**Baby Basics**

Brandon Regional Health Authority is offering a "come and go" evening with displays on current information about caring for your baby. Includes information on: cord care, car seat safety, home safety, crib safety, hygiene, diapering, SIDS, child daycare, Child Health Clinics, and Public Health Services. "Baby Basics" will be held at Public Health Services in The Town Centre, A5-800 Rosser Avenue from 6:30 - 7:30 p.m. on April 20 and April 22, 2010

**Art Gallery of Southwestern Manitoba**

New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 p.m. - 8 p.m. 710 Rosser Ave., 727-1036 or www.agsm.ca

**Shilo Al-Anon**

Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. Our Lady of Shilo Church For more information call 724-9222 CONFIDENTIAL

**The RCA Museum**

To celebrate the connection between the Canadian military and the Memorial Cup, all visitors in April will be entered into a free draw for two complete Memorial Cup ticket packages, a retail value of over \$800. Visit the Museum and learn why Canadians enjoy the freedom to play our national game.

Apr. 29 - Free admission in honour of the Canadian Military Engineers birthday Due to popular demand, the temporary exhibition "Light Armour", featuring a Stuart Light Tank, has been extended until June 30, 2010.

**The Wii Fitness Room**

at the GSH is now open to the public! All equipment needed is available at the front desk to sign out. Children 11 & under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

**Expecting a baby?**

Brandon RHA Public Health Services is offering **FREE prenatal classes** at the MFRC. The session will include information on labour and birth, postpartum care, infant feeding and a tour of the Brandon Regional Health Centre's Maternity Ward. The next session will begin May 5, 2010 and runs every Wednesday for four weeks from 6:30 - 8:30 p.m. To register please contact Carly Druwe at 571-8475.

**Tire and Oil Change Clinic**

Apr. 16: Noon - 4 p.m.  
Apr. 17: 9 a.m. - noon  
at Base Maintenance building G-400. For appointment call 3255/3286

Change tires or rotate and wheel balance: \$5/tire  
Oil and filter change: \$5  
Nitrogen tire fill: \$5 per vehicle

Customer must provide their own oil and filter  
Waste POL disposal on site  
BBQ at Base Maint Friday 11:30 a.m. - 1:30 p.m.

**Shilo Community Library**

Monday: 6-8:30 p.m.  
Tuesday & Thursday 9:30 a.m. - 12:30 p.m.  
1-4 p.m. 6-8:30 p.m.  
Story Time - Thurs @ 1:30 p.m.

**Virden Craft and Trade Show Application**

Applications are now available for the 23rd Annual Crafters' Fun Fair, 13th Annual Home Trade Show, and 3rd Annual New Car Show. The show takes place on Saturday, Sept. 18, 2010 from 10 a.m. to 4 p.m. in the Virden Legion Hall and on the Legion parking lot. To get an application mailed to you, phone 204-748-3321 or email cageysmith007@yahoo.com. You may also pick one up in person from Cadet Quarters at the Virden Legion in the basement on Tuesday evenings. That's Saturday, Sept. 18 for a good well run craft and home trade show... Sept. 18. Not Sept. 25! This is the major fundraiser for the local cadet corps and they will do a good job for you... so come to Virden.

**Daly House Museum**

has held over its exhibit featuring the North West Mounted Police who were Canada's first policing force. Come learn their stories through text, images, displays and artefacts at 122-18th Street in Brandon. From 10 a.m. to 5 p.m. Tuesday to Saturday. For information phone 727-1722.

**Still needing the H1N1 flu shot?**

The H1N1 flu shot will now be available to the public by appointment ONLY through Public Health. Call Public Health at 571-8498 to book an appointment. They are located in the Town Centre, Retail Level, A5-800 Rosser Ave.

**Brandon Garden Club**

Seniors for Seniors - 311 Park Ave. E, please use the North Door. Membership fees are \$20 annually/\$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$2. For info please call John: 726-5351

**April 2010 Fitness Sessions**

Please register for one or all sessions by calling Janelle Boyd, Physical Exercise Specialist, 765-3000 ext 3866. There are no costs for sessions.

**EDUCATION SESSIONS (Military members only)**

Tuesdays: 7:30 - 8:30 a.m.  
Led by Anne Todd, HP Director  
April 13 - **Supplements**  
April 27 - **Top Fuel for Top Performance**

**FITNESS WORKSHOPS**

**JTF2 Obstacle Course**  
Wednesday, April 7, noon - 1 p.m., Gym A  
Register by Monday, April 5

**Combat Fitness**

Wednesday, April 21, noon - 1 p.m., Fitness Combat Room  
Register by Monday, April 19

**PRACTICE FITNESS TESTS (Military Members Only)**

**JTF2**  
Monday, April 12, 1 p.m., Track, Gym C, Weight Room  
Tuesday, April 13, 1 p.m.  
**Basic Military Swimming Standard**  
Registration Deadline: Friday, April 9 at 4 p.m.  
**CF EXPRES Test**  
Monday, April 26, 1 p.m., Gym C  
Registration Deadline: Friday, April 23 at 4 p.m.

**BINGO**

**Sprucewoods Community Hall every Thursday evening**  
• Share The Wealth at 6:30 p.m.  
• Early Birds at 7 p.m.  
\$Win Cash\$  
**\$1,000 in 52 numbers**  
Canteen open!

# CLASSIFIED ADS

**\$10 for first 20 words, 10¢ for each additional word\*  
Deadline for next issue:  
April 8, 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

**For Sale**

**Beautiful River Front Property**

7.25 Acres only 10 minutes from Shilo. Asking \$75,000 Call 204-724-6719.

For sale: Kitchen table & two chairs & extension \$75. Computer desk \$75. Black wall unit \$100. Call 765-4556.

Beautifully treed half acre lot for sale in Sprucewoods, asking price is \$20,000. Feel free to call or email me for pictures at 763-8969 or cell 721-1738 or email kira\_ledarney@hotmail.com.

**Antler Hills**

Phase two - has two five acre lots available. Phase three - opening soon - has 10 to 20 acre lots. Good for horses. Ph 834-3752 (C) 724-6580.

**Advertise with us!**

Need to advertise something in our classifieds section? Email us at stag@mts.net or call 765-3000 ext 3013.

**For Sale**

2005 40-foot Cottage Country Resort Park mobile trailer with double tip outs, set on a seasonal lot in Miller's Camp Ground, Portage la Prairie. Call Theresa or Dan at 204-725-3744.

**Services**

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wgcwave.ca  
Next dates: MHSC Apr. 9 & 10 Brandon. CFSC Apr. 10 Brandon. CRFSC Apr. 11. Then May 28, 29, 30. Call or email for training calendar.

Housecleaning svcs. avail. Call Trish @ 763-4507 to make an appt. Criminal record check avail.

**Services**



**St. Barbara's Protestant Chapel**  
Sundays @ 1030 with Sunday School & Nursery  
Rev Wilson - ext 3088  
Padre King - ext 3381  
Padre Olive - ext 6836  
**Our Lady of Shilo Roman Catholic Chapel**  
Sundays 1030 hrs  
Confession 1000 hrs  
Weekday Mass - Tuesday to Thursday, 1205 hrs  
Padre Boyden - ext 3089

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**Wanted**

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**25% discount!**

**Shilo Stag**  
Your source for Army News in Brandon

Please contact Jennifer Roehl advertising sales rep - 573-6771





# Shilo Military Family Resource Centre



## MFRC enjoys Reunion and Reintegration Retreat

By Linda Beauchemin

A few months ago I was approached by Sandra Doody, Family Separation & Reunion Coordinator at the Winnipeg Military Family Resource Centre about an idea they had for the families of deployed members.



Seven MFRC members from Shilo took part in a recent R & R Retreat in Winnipeg.

en to military member during Decompression Training in Cyprus and this was the first workshop of the weekend. Other workshops included Communication, Healthy Relationships, OSSIS, Humour, Healthy Living, Spiritual Self and Crafts.

While the break-out sessions for the adults were running, a full complement of children's programming of crafts, games and sports were offered for children ages four to 10. There was also childcare provided for babies and toddlers in their own cabin.

On Saturday night there was a hay ride as well as a bonfire with all the marshmallows you could eat. They also had a masseuse, who graciously volunteered her time, to give a quick back massage for all the deployed families.

The weekend wrapped up after lunch on Sunday and everyone headed home after a very productive weekend. Between the workshops, food, activities, accommodations, and the great participants and presenters, this weekend was a definite success.

Many thanks to all of the Winnipeg MFRC staff and volunteers who put on this great retreat. Thanks to all the presenters for giving the families some tools and information to get through the rest of this separation and help with the reunion. Special thanks to the Wounded Warriors for without their financial support none of this would have been possible. This was the first R & R Retreat but will not be the last.

Linda Beauchemin is the Deployment and Special Events Coordinator at the MFRC

They were thinking of doing a Reunion and Reintegration Retreat (R & R Retreat) for families. The idea was to have families get together for two days of workshops, information, peer support and to take a break from the regular routine of life during deployment.

I asked Sandra if I could attend so I could see whether it would be something Shilo might do in the future. A few weeks later, she confirmed that it was a go and that Wounded Warriors was sponsoring this pilot project. I asked her if spots were available, would it be possible to open it to Shilo families and she said yes. So we set out from Shilo with four families and three staff to take part in the first MFRC - R & R Retreat.

The weekend started Saturday morning with an early trip to Camp Assiniboia. When we arrived, families were told where their cabin was and very quickly dropped off baggage and rushed back to start with the first workshop at 9 a.m. Some of us didn't quite make the start but quickly jumped in and went with the flow.

The Joint Speakers Bureau had developed a Family Briefing package to complement the briefing giv-

### Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
<b>Adult</b>				
April 7	French Second Language Training Level 2	6 - 9 p m Tuesdays and Thursdays	\$70.00 - Possible refund for Military spouses	Noon on Thursday, April 1
avril 5	Anglais Langue Seconde	6-9pm lundi & mercredi	70.00\$ (peut - être remboursable)	avant midi, jeudi le avril 1
April 13	Basic Spanish Course Continued	6 - 8 p m Tuesdays	\$40.00	Noon on Friday, April 9
April 14	A Taste of Thai	6-9pm	\$35.00 includes take home samples	Noon on Friday, April 9
April 20	Get Your BBQ Ready	2-3pm or 7-8pm	FREE	Noon on Friday, April 16
<b>Deployment</b>				
You set the date in April	Spouses of Spouses away	You pick the time	FREE	Noon on Thursday, April 1
April 7	Reintegration Briefing at Shilo Base Theatre	at 7pm	FREE	No registration
April 8	Reintegration Briefing at Brandon Armoury	at 7pm	FREE	No registration
April 8	Deployment Wii	4 : 3 0 - 5:45pm	FREE	Noon on Thursday, April 7
April 10	Children's Deployment Afternoon	1-4pm	FREE	Noon on Wednesday, April 7
April 10	Deployment Childcare	1-4pm	FREE	Noon on Wednesday, April 7
April 11	Homecoming Kit	2-4pm	FREE	Noon on Friday, April 9
April 16	Glow Bowling	6pm	\$5.00 per person	Noon on Thursday, April 15
<b>Youth</b>				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fozzeball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Monday, Tuesday and Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tween and Teens 6-11pm				
<b>School Age</b>				
April 11	Spa Night for the Girls	6-8pm	\$12.00 includes supplies, snacks and a goody bag to take home	Noon on Tuesday, April 13
April 16 & 17	Babysitting Course	Friday 6-9pm & Saturday 9-12pm	\$20.00	Noon on Tuesday, April 13
<b>Preschool</b>				
April 9	Baby & Me	Every Friday Morning 9:30-11:30am	FREE	No registration

### Lap Swim Hours

Lap Swim Hours are Mornings: Monday, Wednesday and Thursday from 6:15 a.m. to 7:30 a.m.; Daytime: Monday to Friday, 11:30 a.m. to 1 p.m. and Evenings: Tuesday and Thursday, 7:30 p.m. to 8:30 p.m. These lap swim hours start April 1.





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Civic EX-L Sedan  
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Civic DX-A Sedan  
model FA1E2AE4X

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PRICE LOWERED BY \$1,000<sup>¥</sup>  
NOW MSRP\* \$18,685 For Civic DX-A Sedan  
Includes Freight & PDI

LEASE FOR /APR **\$198<sup>#</sup> @ 2.9%<sup>£</sup>**

PER MONTH FOR 48 MONTHS WITH \$2,440 DOWN  
ON APPROVED CREDIT  
Includes \$1,395 Freight & PDI



Accord LX Sedan Automatic  
model CP2F3AE

## 2010 ACCORD LX Sedan

PRICE LOWERED BY \$500<sup>¥</sup>  
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#Limited time lease offers based on new 2010 Honda models. Lease examples based on new 2010 Civic DX-A Sedan, model FA1E2AE4X / 2010 Accord LX Sedan, model CP2F3AE / 2010 CR-V LX 4WD, model RE4H3AEY available through Honda Financial Services on approved credit. \$2.9% / 2.9% lease APR for 48 / 48 months. Monthly payment, including freight and PDI, is \$198 / \$298 / \$348. Down payment or equivalent trade of \$2,440.05 / \$3,732.47 / \$2,377.87, first monthly payment, environmental fees and \$0 / \$0 / \$0 security deposit due at lease inception. Total lease obligation is \$13,508.59 / \$20,332.10 / \$21,502.94. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance, charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Limited time financing offers based on new 2010 Honda models. Finance example based on new 2010 Civic DX-A Sedan, model FA1E2AE4X available through Honda Financial Services on approved credit. †MSRP is \$18,685 (includes \$1,395 freight and PDI) financed at 0.9% APR equals \$318.59 per month for 60 months. Cost of borrowing is \$430.59 for a total obligation of \$19,115.59. Taxes, license, insurance, environmental fees and registration are extra. MSRP of 2010 Accord LX Sedan, model CP2F3AE / 2010 CR-V LX 4WD, model RE4H3AEY / 2010 Civic EX-L Sedan, model FA1FOAJNX is \$27,540 / \$29,880 / \$25,275 including \$1,550 / \$1,590 / \$1,395 freight and PDI. Retailer may sell for less. Retailer order / trade may be necessary. †Prices lowered by \$500 on all new 2010 Accord 4-cylinder models; by \$1,000 on all new 2010 Accord V6 models; by \$1,500 on all new 2010 Civic models except Hybrid; by \$1,500 on all new 2010 CR-V models. #2 / †Offers valid from March 1st, 2010 through March 31st, 2010 at participating Honda retailers. Offers valid only for Manitoba residents at Manitoba Honda Dealers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. NHL and the NHL Shield are registered trademarks of the National Hockey League. ©NHL, 2010. All rights reserved.