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INSIDE This Issue

New protective gear for firefighters. Story on page 2.

Winterfest in pics. Coverage on page 7.

Keeping the highways clear. See page 8.

It was fun and games for the whole family as CFB Shilo celebrated Winterfest Feb. 11 and 12. A sports day that Friday above, gave CF personnel a chance to show off their athletic prowess while a free pancake breakfast and games for the kids at right kept everyone entertained on Saturday. That night, a large crowd enjoyed the Winterfest Social.

Photos by Quinn Roberts and Bruce Peever



DND Ombudsman sheds light on his role

By Bruce Peever
Shilo Stag

Providing a sounding board and solutions at the very top is how DND Ombudsman Pierre Daigle views his role.

During his first ever visit here, the military ombudsman spent several days in Shilo earlier this month speaking with military and civilian staff, as well as their families.

In an interview with the *Shilo Stag* following a first day session with military personnel, Daigle outlined his duties along with the desire to make those duties more widely known. He said his office was created in 1998 following the Somalia Affair as a means to provide more transparency and openness across

the military establishment.

A Governor in Council appointee, Daigle has been on the job since February, 2009. His plan is to visit all Bases and Wings across Canada before his term is up in three years. He feels it is important that anyone with a complaint can put a face on the solution provider.

"We tell them that we are here for them, that we help those who serve. My constituents are everyone in the service, all regular and retired service men and women, along with their families. Also civilians and their families, you can come and meet with us. We also help applicants at recruiting centres," he explains.

The DND Ombudsman said no problem is too big or too small. His office in Ottawa has up to 60 on staff and each are equipped to handle DND concerns.

He reports only to the Minister of National Defence.

"I am independent of any chain of command. My mandate is from the Minister of National Defence. The only thing we can't address are those matters involving criminal activity and we refer those to the courts," he says.

"Whensomeone comes to us, sometimes it's a matter of us telling them to do this or that. If at the end more is needed we can go in-depth to review the whole issue ... We exist for our constituents and maybe we can give them some relief, or some closure. Sometimes it takes time. But people need to know they can turn to us. We are here to help," Daigle adds.

At a meeting the following day with

See **OMBUDSMAN** page 3

Spring Charity Bazaar

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February 26

GO for the shopping **Stay** for the fun!

Shoppers MALL

Firefighters show off new bunker gear designed here



Photo by Bruce Peever

By Bruce Peever
Shilo Stag

New bunker gear for Shilo firefighters not only provides the ultimate in fire protection, but also caps off years of development here.

It was back in 2008 when DND firefighters from across Canada came to CFB Shilo with the idea to design new protective gear, according to Fire Chief Dennis Hurley. This new bunker gear is now standard issue for all DND firefighters

nationwide.

Shilo firefighter Dale Devlieger was eager to show off the new gear which is suited on all 43 SES personnel on Base. He appreciates the different design over the bunker gear he used to wear.

"Our new gear is easier to adjust. It is relatively the same weight but is much better as there is a separate outer shell and an thermal barrier on the inside. You need to be able to keep your gear clean and dry. With

our old equipment, water could get trapped inside," he states.

Made in Quebec by Innotex Inc., the new gear features more pockets and storage areas for radios and more. One item that hopefully will not have to be used is a real benefit.

"The Drag Rescue Device or DRD is used when a firefighter goes down. You just grab a loop on the back of his jacket and pull him out. With the old gear you had to grab whatever

you could," Devlieger explains.

Each coat and pant combination costs about \$1,500. All firefighters undergo a box scan which measures the body to help provide an exact fit.

Weighing in at 50 pounds, with another 25 pounds for self contained breathing apparatus, the new gear is not light. But it gives firefighters one less thing to worry about.

"There has been a good response from the guys here. It's a better design than what we had," Devlieger says.

Shilo firefighter Dale Devlieger suits up with his new bunker gear now worn by all members of Shilo Emergency Services.



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Join Manitoba's Conversation About Education



School. It's a place where we grow and learn to succeed. Nothing is more important to our kids and our future.

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- Make schools more parent-friendly



Join the conversation.

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Ombudsman
From the front

civilian staff at the GSH theatre, the DND Ombudsman outlined four principles under which his office is governed.

"First, we are completely independent. We have our own lawyers, our own public affairs and our own financial and

administrative staff. And we are located in a separate building.

"Second, we are impartial. We do not advocate the taking of sides, but we are fair and we do look at the issue and all the facts.

"Third, we have confidentiality. You can have complete confidence that when we use your

Why the Ombudsman was at CFB Shilo

I am very pleased to be in Shilo this week as part of our ongoing efforts to reach out to members of Canada's Defence community. We have come to Shilo to increase awareness of our office and the services we provide not only to Canadian Forces members but also to their families, National Defence employees and community caregivers. Most importantly, we have come to listen to all members of the Defence community, to talk about the issues affecting them and to offer our assistance should they have any problems or concerns related to National Defence or the Canadian Forces.

Je suis très heureux d'être à Shilo cette semaine. Notre visite fait partie des efforts continus que nous déployons pour établir des liens avec les membres de la communauté de la Défense du Canada. Nous sommes venus à Shilo pour faire connaître notre Bureau et les services que nous fournissons non seulement aux membres des Forces canadiennes, mais aussi à leur famille, aux employés de la Défense nationale et aux fournisseurs de soins de la communauté. Plus particulièrement, nous sommes venus écouter tous les membres de la communauté de la Défense, discuter des problèmes qui les préoccupent et leur offrir notre aide s'ils ont des problèmes ou des préoccupations concernant la Défense nationale ou les Forces canadiennes.

Pierre Daigle,
DND Ombudsman



Photo by Bruce Peever

DND Ombudsman Pierre Daigle appears relaxed between sessions hosting numerous military units, civilian staff and families during a four-day visit to CFB Shilo in early February.

identity, we ask first for your written consent.

"Last is credibility. Everything we do is fact-based and we will have access to everything. My constituents are all those in the military, serving and retired; all civilians; all families; and all foreign military attached to CF. Some 1,500 come through our office every year," Daigle informs.

Reached by phone, fax, email or regular mail, the military ombudsman said most cases are solved with information and a little education.

"We are a last resort if

you have exhausted all other avenues. Eighty to 85 percent of the time these matters are resolved at the first level of intake. After that it goes to a complaint resolution officer who is able to open some more doors. If it is a complex issue it goes to a director's investigation. I might do a systematic investigation on complex issues," Daigle says.

Following the investigation a report is filed with the DND minister. Four weeks later that same ombudsman's report is released to the public (media).

"Everything I do is made public — it's a powerful tool ... When we do a report for DND we might give a year or two before doing a follow-up," he says.

In a question and answer session with civilians the ombudsman answered queries ranging from daycare shortages to a reduction in workforce size. Daigle responded to the daycare question by saying similar concerns exist across the country. On the issue of a reduced civilian workforce, he pointed out it was a decision made in Ottawa

to cut 3,500 civilian jobs.

"This is very frustrating to the commanders I have spoken to. It's annoying that someone in Ottawa is deciding whether to hire someone in Shilo. This is a concern and we have to make a case for positions not to be removed," he states.

After answering several other queries, Daigle said he believes in what he is doing and urged those with issues to contact his office.

To find how you might benefit from this service, please log onto www.ombudsman.forces.gc.ca.

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Letters & Opinions



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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, 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.



Area artist Edna Loewen at centre presented a cheque for \$443 to CFB Shilo's Soldier On program based on proceeds from a special art show and sale Feb. 4 and 5 held at CANEX.

Photo by Quinn Roberts

Letter to the Editor

Award honours the best in social services

Dear Editor,

Non-profit social service agencies have an opportunity to win a share of \$60,000 in prize money through the Donner Canadian Foundation Awards for Excellence in the Delivery of Social Services.

The Donner Awards encourage best practices and greater accountability by recognizing Canadian non-profit organizations that excel in providing social services.

Non-profit agencies may apply online at www.donnerawards.org. Deadline for applications is May 31, 2011, and all applications completed online are eligible for the \$1,000 cash draw. A PDF version of the application is also available for download on our website at www.donnerawards.org.

Award recipients are selected based on a ranking of their performance in 10 key areas, including management and governance, the use of staff and volunteers, innovation, program cost, and outcome monitoring.

The top organizations in each of the seven categories of social service delivery will win \$5,000 awards while the \$20,000 William H. Donner Award for Excellence will be presented to the highest performer overall.

The \$5,000 Peter F. Drucker Award for Non-Profit Management will be presented to a non-profit organization with a consistent record of excellence and innovation in management and service delivery.

The annual Donner Awards, sponsored by the Donner Canadian Foundation and administered by the Fraser Institute, provides non-profit managers with valuable information about the performance of their organization.

Applicant organizations receive a confidential performance report that compares their organization's performance to that of similar organizations.

Sincerely,
Melissa Holoday
Coordinator,

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Lucky Dollar

Coast Guard ship now named for Capt Nichola Goddard

On Feb. 10, 2011, a moving ceremony was conducted at the National War Museum in Ottawa to mark an announcement by the Canadian Coast Guard of the decision to name its new Hero Class Mid-Shore Patrol Vessels in honour of fallen Canadian heroes.

Among them is one of our very own, Captain Nichola Goddard, who made the ultimate sacrifice in her role as Forward Observer in combat on May 17, 2006 in Afghanistan. She joins two World War One Victoria Cross winners who were previously honoured last year, along with Cpl Mark MacLaren (RCR), two RCMP members, two Coast Guard members, and one member of the Department of Fisheries and Oceans (DFO).

The Minister of National Defence, the Honourable Peter Mackay, delivered solemn remarks highlighting the sacrifices made by all these brave Canadian Heroes, singling out Captain Goddard's distinction as the first Canadian woman killed in combat.

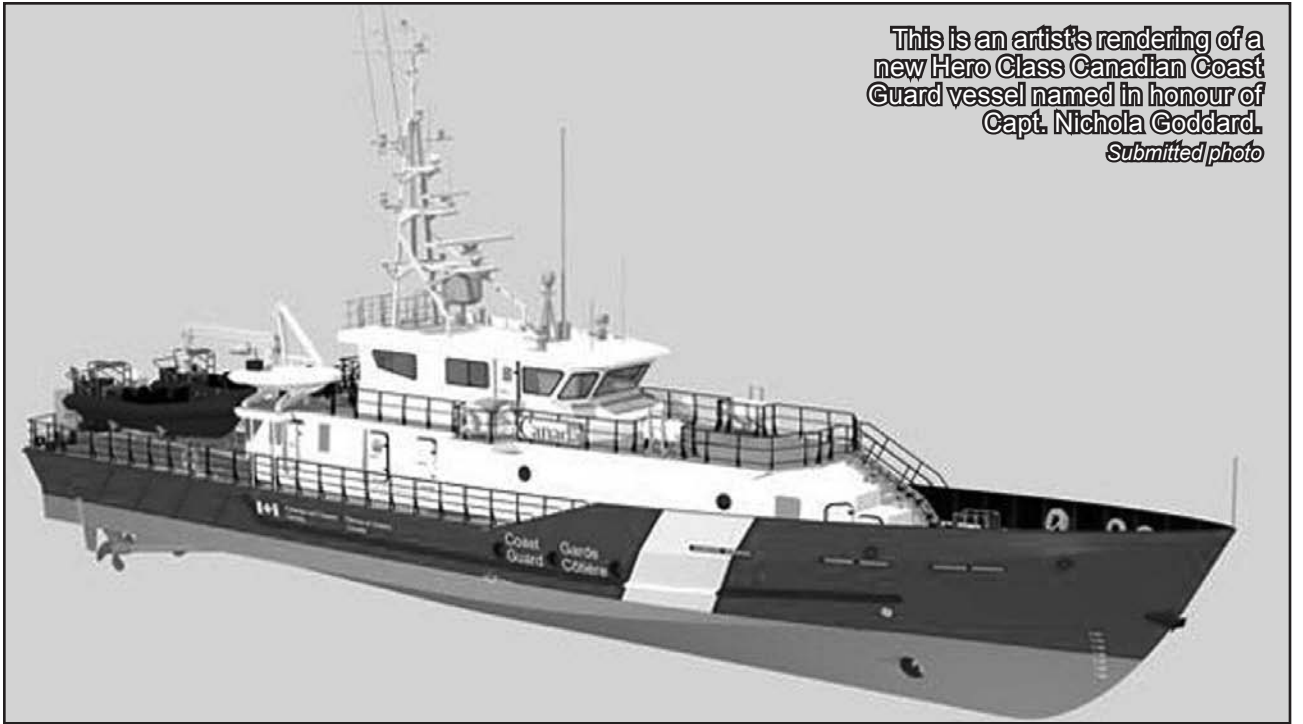
In a related news article, Captain Goddard's sister

Victoria was quoted as saying: "It is fitting. She'll defend and protect, continuing to do all the things we expect our military to do."

The ceremony was well attended by family members, as well as reps from the CF, Coast Guard, RCMP and DFO. The Royal Regiment was represented by Colonel Kevin Cotten, Army G3.

May this act as a poignant and fitting tribute to all those who made the ultimate sacrifice in service to our great nation, especially those of our Gunner Family. We will remember them! UBIQUE!

Submitted by 1RCHA.



This is an artist's rendering of a new Hero Class Canadian Coast Guard vessel named in honour of Capt. Nichola Goddard. Submitted photo



Capt Nichola Goddard

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Here are just a few examples of projects in regions throughout the province:

Winnipeg – the University of Winnipeg Science Complex and College for the Environment

Southern Manitoba – the Bethesda Hospital in Steinbach

Central Manitoba – the Russell Dialysis Unit

Northern Manitoba – the Student Family Housing Unit at the University College of the North Campus in The Pas

Dialysis Unit in Russell

University College of the North – The Pas Campus

*To find out more about Manitoba's five-year economic plan or to learn more about some of the infrastructure investments in your region, visit **manitoba.ca** today.*

Manitoba

RCA Museum nominated for Manitoba Tourism award

By Stag Staff

CFB Shilo's RCA Museum is in the running for a Manitoba Tourism award.

Named a finalist in the tourism product development category, the Central Museum of the Royal Regiment of Canadian Artillery was singled out for its over \$600,000 in improvements to the museum, including the 1,800 square foot interactive Manitoba Military History Gallery.

Other improvements at the museum include adding interpretive signage to all of the outdoor exhibits — ensuring a meaningful experience for visitors, even when the museum is closed — as well as developing barrier-free and family-friendly washrooms.

The Manitoba Tourism Awards recognizes excellence in the promotion and delivery of quality tourism experiences in Manitoba. Awards finalists are

acknowledged for their outstanding contributions to the provincial tourism industry, including promoting Manitoba as a quality year-round

destination, ensuring an exceptional visitor experience and fostering a professional tourism industry.

Others nominated in the tourism product

development award category include the Manitoba Museum, Hermetic Code Tour - Heartland Travel and Tours, and the Incorporated

Community of Nelson House Fishing Derby.

Awards will be presented on Monday, April 11 at a gala celebration at the Delta Winnipeg.



Submitted photo

Congratulations to Stephen Richard, winner of the Budweiser Hoodie and Cap contest held over the Super Bowl weekend at CANEX.



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Everybody was having a blast at weekend's Winterfest



Take your pick — there was plenty to do during CFB Shilo's Winterfest on Feb. 11 and 12. Clockwise from right, a hair-raising landing at the bouncy castle; volleying the ball; using your breath to manoeuvre a yellow ball around several golf balls; Brandon Mayor Shari Decter Hirst joins the VIP servers during the pancake breaky and at left, enjoying the furry friends in the petting zoo.

Photos by Quinn Roberts and Bruce Peever



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26 Field Regt ensures Rogers Pass safe for travellers

By Lt Anne Pham

On Jan. 13 at around 4:30 p.m., my duty phone rings. "Hello, Lieutenant Pham Op PALACI?" I answer. Our six day shooting marathon began at that moment.

Upon return to the compound at 4 a.m. the next morning with 76 rounds down range and awake for about 20 hours, sleep became reduced to as little as three hours between shoots for the rest of the week.

With newspaper headlines such as "Deadly weekend in the Rockies" and "One person killed in Kootenays Avalanche" reported from other areas of the province, one would find it difficult to sleep with such a big responsibility to the safety of all travellers through Glacier National Park, our Area of Operation.

Without having such a severe avalanche season in recent years, road closures lasting anywhere from hours to days long, either make travellers feel safe or feel frustrated.

"I don't know why you guys keep closing the highway. They never hit the road," barks a transport truck driver to a Parks Canada flagger at a road block.

No more than five

minutes later, a rumble and huge powder cloud send everyone running into their vehicle. Our gun detachment, barely 500 metres away, shot MacDonald West Shoulder mountain face, bringing down an avalanche onto the Trans-Canada Highway of about 300 metres wide and four metres deep. With the avalanche separating us from the Rogers Pass summit, we shoot several more targets to secure the area for the plow trucks' four hour job ahead of them and we continue west to engage more targets.

In partnership with Parks Canada, this largest avalanche control program in the world named OP PALACI began in 1962. Parks Canada personnel know the recipe for a perfect avalanche. Their forecasting and daily snow analysis, along with our keen and efficient Gunners, come together as the perfect team for what the Parks Canada folk like to call, the 'Snow War.' Operational dangers for all working along the closed highway are different every time. This year marked a close call for a Parks Canada staff member as he and his vehicle were swept away in an avalanche. Luckily, no one was



A gun fires a target specifically to protect the Canadian Pacific Railway.

Submitted photo

hurt.

Natural avalanches slide onto the highway even during our avalanche control shoot. Sergeant McCauley's gun detachment experienced a natural snow dusting while moving to their next shooting position. He described it as a complete white out and had to slow down in order to stay on the road. Gun detachments were at times separated from each other by

avalanches that had come down onto the road. The Troop Sergeant Major, WO Carrasqueira, quickly became a second Command Post Officer allowing us both to fire the guns simultaneously, expediting the engagement. Inclement weather was experienced from time to time and often changed from location to location which made shooting a challenge.

The holiday flew by

without our loved ones by our side and for some, it is their second Christmas away from home. For our Reservists from 5 Field Victoria, 15 Field Vancouver, 20 Field Edmonton and 26 Field Brandon, it was a voluntary decision. But we had each other, organized a great gift exchange event, a traditional Soldier's Christmas dinner and celebrated the New Year with 'Auld Lang Syne' blaring through the speakers.

Our operational rotation has two more weeks left and thus far, we have already put 544 rounds into the mountain side, the most in recent memory. Visits by people like Major-General Tabbenor (Chief of Reserves and Cadets), Major-General Semianiw (Commander Canada

Command) and Rear-Admiral Greenwood (Commander Joint Task Force Pacific) show the importance of Op PALACI and its future.

Extensive media interest involving hometown articles, plans for CTV interviews and pitches for a documentary to channels like National Geographic and Discovery show the curiosity and interest the public has on Avalanche Control. It is a unique and beneficial operation being run here in Rogers Pass and deserves attention to all Parks Canada staff and every one of our soldiers on the ground working day and night to create a safe passage along the Trans-Canada Highway.

Lt Anne Pham of 1RCHA is Troop Commander, Op PALACI.

Shilo Theatre
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Feb. 18: Street Dance - Rated PG
Feb. 25: Flicka 2 - Rated G

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MILITARY PERSONNEL
Volunteers Needed for Research Study

University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at 204-975-7728

Health Sciences Centre Winnipeg UNIVERSITY OF MANITOBA

Time running out to sign up

Do you want to quit using tobacco but have not set your quit date yet? This challenge is for you!

Are you a non-user of tobacco and interested in supporting a tobacco user's attempt to quit? This challenge is for you too!

Between now and Feb. 28, you can enter the 'March 1st, I Quit!' tobacco cessation challenge and be eligible to win national or local prizes. Over \$18,000 in prizes generously donated by our sponsors, CANEX and SISIP Financial Services, is available to be won. Both the person quitting tobacco use and their sponsors are eligible for prizes.

All you have to do is register in the challenge. To be eligible, you must be a CF member (regular or reserve force) or a spouse of a CF member, or a DND, NPF or MFRC employee and at least 18 years of age.

If you have recently quit using tobacco (since September, 2009), you can still enter and take the challenge to remain tobacco-free. The



Your Health
Anne Todd

challenge is to not use tobacco from March 1 to March 31, 2011.

To be a supporter, you must meet any of the above criteria, and be a non-user of tobacco products. The supporter's primary role is to provide encouragement and support. Their secondary role is to certify that, to his or her knowledge, the candidate winner kept their commitment to not use tobacco during the month of March.

Only one registration form per participant will be accepted. A tobacco user must register with two non-tobacco using support buddies.

There are three ways

to register: If you have access to a DIN computer you can register online at <http://hr.ottawa-hull.mil.ca/health-sante/iqit-jarrete/>. Be prepared with your sponsors' contact information.

If you do not have access to the DIN, you can complete a registration form and drop it off to the Health Promotion office in the CANEX mall, or you can drop by the Health Promotion office and we will be happy to register you. Registration forms will be available at the Health Promotion office, the Shilo Family Medical Clinic, 11 CF Health Services Centre, MFRC and CANEX and SISIP FS offices. Deadline to register is February 28.

If you have any questions, please contact the Health Promotion office at local 3868 or 3867.

Anne Todd is Health Promotions Director at CFB Shilo.



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This Week's Deals!

Kraft® Peanut Butter

- Smooth, Crunchy or Extra Creamy
- 1 Kg
- Reg. 5.99 each

2/6.00

Obermaier's® Lean Ground Beef

- Frozen, 454 g
- Reg. 3.49

2.99

Kellogg's® Frosted Mini Wheats

- 475 g
- Reg. 5.89 each

2/5.00

Fruite® 2L Fruit Drink

- Fruit Punch, Peach or Grape
- Reg. 2.09 each

2/3.00

VH® Steamers

- Ginger Beef, Sesame Chicken, Orange Chicken or Thai Chicken with Shrimp
- 283 - 291 g
- Reg. 5.49 each

3.50

Folgers® Classic Roast Coffee

- 920 g
- Reg. 10.29

Limit 3 per customer

5.99



17 Feb - 3 Mar 2011
AUTHORIZED PATRONS ONLY



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The time interval is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a merchandise credit for the unavailability. It is specified in our terms and conditions that the merchandise to be purchased at the sale price is subject to inventory availability. We offer a variety of merchandise at a reduced price. Due to space limitations, some merchandise may not carry all of the items advertised, but they will be placed to allow the item through special order. We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & taxes on any other applicable fees, taxes, & fees. Eligible authorized patrons may purchase general merchandise at all base prices on the CANEX In-store Credit Plan. C.A.C. is required credit. See your CANEX store or visit us online at www.canex.ca for full details.

What's on Your Agenda?

• **Twisted Sistaz Social** Come out and support the Shilo women's hockey team as we host our fifth annual women's tournament. Our social is Feb. 26 at the WO & Sgt's Mess from 8 p.m. - 2 a.m. Tickets are \$10 in advance or \$12 at the door. Get your tickets from one of the Twisted Sistaz or email us at twistedstiaz@hotmail.com. Open to all ranks and civilians. Great prizes to be won when you buy an arm length of tickets for just \$5.

• **Meeting for all veterans** Feb. 23 at 7 p.m. at the ANAF Unit 10 building in Brandon, 31-14th St. All veterans welcome. "One voice for all."

• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** The tiny Reservist Museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, on Tuesdays from 9-11:30 a.m. and 1-4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artefacts. For more information, please call us at 728-2559 ext. 238.

• **The RCA Museum.** Open 10 a.m. - 5 p.m. Monday to Friday with free admission for Louis Riel Day on Feb. 21. Our temporary exhibition "More Mortars" has ended early due to the water leak in the Manitoba Gallery. The Manitoba Gallery is closed temporarily, but the majority (85%) of the Museum is open. A temporary exhibit of portions of the Manitoba Gallery will open to the public on Louis Riel Day and will run until Sept. 5.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Markmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Monday evenings. For more information contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH Gym C. Free class for ages seven and up.

• **Brandon Regional Health Centre Auxiliary** is looking for volunteers. The Brandon and area community benefits from the efforts of the Auxiliary. If you are interested in being part of this volunteer organization and would like more information or have questions, please phone BRHC Volunteer Services at 578-2065.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor of Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutter's General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

• **Shilo Al-Anon**, Family Groups (for family and friends of alco-

holics) Every Thursday 7 p.m. at Our Lady of Shilo Church. For more information call 724-9222. CONFIDENTIAL

• **Sprucewoods and Area Lions Club** meets every second and fourth Wednesday at 7 p.m. at the Sprucewoods Community Club Hall. Membership Chair: Lion Gerald Rubenuik, 763-4318.

• **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 and under must be accompanied by an adult. For more info, call 765-3000 ext 3899.

• **PSP Online** Did you know that you can now register for Community Recreation and Fitness Programs online, right from your own home? All you need to do is call the Recreation Office at 765-3000 ext 3588/3317 to receive a username and password by email. To find out what programs are being offered, visit www.cfcommunitygateway.ca.

• **Shilo Community Library** hours are Mondays, 6-8:30 p.m.; Tuesdays and Thursdays, 9:30 a.m. - 12:30 p.m., 1-4 p.m., and 6-8:30 p.m. Story Time is Thursdays at 1:30 p.m.

• **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 stating when you would like to come by.

• **Ceramic Club** Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Wednesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer.

• **Everyone welcome! T.O.P.S. (Take Off Pounds Sensibly)** Held at Sprucewoods Community Hall, Tuesdays at 6 p.m. Contact: Barb at 763-4768 or Betty at 763-8854.

• **The Brandon & Area Suicide Bereavement Support Group** is for people who have lost a loved one to suicide. All are wel-

come on the fourth Wednesday of every month, from 7-8:30 p.m. The group meets at the Manitoba Farm & Rural Stress Line office Unit 1, 217 10th St. Brandon (across from Westoba Credit Union). 571-4183.

• **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 \$5. For info please call Gwen at 727-8558, Nancy at 727-8912, or Deane at 726-1435.

• **Need temporary use of a Wheel Chair Ramp or a Medi-Chair?** If so the Shilo Service 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
Service Club*

Serving the Community Since 1968

• **Hope Al-Anon** Family Groups (for family and friends of alcoholics). Meetings are every Tuesday, 8 p.m., Knox United Church (back door), 451-18th St. Call 571-3684.

• **Child and Family Services of Western Manitoba** is looking for volunteers to help us expand our Mentorship Program in the Shilo area. If you want to be a part of a child's or teen's life please call 726-6747 or toll free at 1-800-483-8980.

February Fitness Sessions

JTF2 TRAINING CAMP
(Open to all Military Members)
Every Wednesday in February
11:45 a.m. - 12:45 p.m.
Gym C

Registration: Contact Amy Coveney, 765-3000 ext 3652

PRACTICE TESTS
(Open to all Military Members)
Please register by 10 a.m. one day prior to test.
Contact Amy Coveney, 765-3000 ext 3652

EXPRES
Wednesday, Feb. 23
8:30-9:30 a.m.
Gym C

CLASSIFIED ADS

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

\$10 for first 20 words,
10¢ for each additional word
Deadline for next issue:
February 24, 12:00 PM

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

Services



**St. Barbara's
Protestant Chapel**
Sundays @ 1030 with
Sunday School & Nursery
Padre Lee - ext 3088
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

Services

Greg Steele, Canadian Fire-arms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wcgwave.ca. March 18, 19 & 20 in Brandon - Hunter Safety, CFSC, & CRFSC. Eligible students may write one or both exams. Call or email for training calendar.

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. 573-1509.

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Services

NEED YOUR TAXES FILED? Fast, friendly, and personal service. REVENUE CANADA approved E-FILE. For all your income tax and bookkeeping needs, contact Ingrid Wasserman at 763-4357. OPEN ALL YEAR.

For Rent

Large 2 bdrm apt West Rosser. No pets/parties/smoking. \$950/mo plus utilities. Seeking 2 mature, quiet persons able to sign a lease and give references. 726-8232.

Found

Tree stand. Must know location. Call 728-2995.

Visit

The RCA Museum!
Call 765-3000 ext 3570
www.rcamuseum.com



Shilo Military Family Resource Centre



New adult programs coming up at the MFRC

Chris Fortier's Asian Appetizers Cooking Class

Asian food comes in a variety of styles and from a variety of countries. Asian food is not only Chinese and Japanese, but Thai, Vietnamese, Cambodian, Indonesian and Korean, to name a few. You can dress up any meal with Asian appetizers of many kinds. Asian food is not only delicious but is generally healthier than American food, with more vitamins and less fat. Let Chris walk you through a couple of simple to make delicious appetizers!

Wednesday, March 16
6 - 9 p.m.
Cost: \$35.00 - includes take home samples!
Instructed by Chris Fortier, Chef from Sushi and a Taste of Thai
Register by noon on Friday, March 11

Conversation Club

At the MFRC we have people taking our SLT courses but are not able to use or practise the skills they are learning. We have a solution to help you: Conversation Club!

So, if you want to improve your English or French speaking skills, come and join our NEW English or French Conversation Club. We have a bilingual coordinator on hand each week to help keep the conversation flowing! All levels welcome. Through this club, participants will improve the use of vocabulary in context; secondly, they develop confidence, fluency and discussion skills. We will hold an afternoon session and an evening session to accommodate working people and stay at home moms!

Wednesday afternoons from 2 - 3 and evenings from 6:30 - 7:30
Free childcare for participants! Starting March 9.
You must register in advance so contact the MFRC today!

Join our team

The Shilo MFRC Daycare is hiring casual staff.
Applicants must be 18 years or older. Some duties are: interacting with children Ages 3 months to 12 years, serving meals, doing activities with children.
Hours will vary week to week.
Salary is \$10.54 per hour
Flexibility and short notice is an asset

Please send resumes to:
Shilo Military Family Resource Centre
Att: Andrea Doubleday
Box 5000 Station Main
Shilo, MB
R0K 2A0
Fax 765-3859
andrea@shilomfrc.ca

Volunteers are needed for programs at the MFRC !

- Sewers needed for Welcome to this World baby quilts. We meet every Thursday at the Community Centre.
 - Fashion consultants needed for Thrift shop clerk. One night a week from 6:15 till 8:10.
 - Face Painters for various special events
- If interested in any of these volunteer opportunities contact Wanda Janssens at 765-3000 ext 4558 for more information.
765-3000 ext 4558

Upcoming events at the MFRC

| Date | Program | Time | Cost | Registration deadline |
|---|--------------------------------|----------------|-----------------------|---|
| Special Events | | | | |
| No special events at this time | | | | |
| Adult | | | | |
| February 23 & March 2 | & French Connections | 10-11am | FREE | No registration |
| February 23 | Dressed for Success | 1-4pm or 6-9pm | \$ 10 | Register by noon on Friday, February 18 |
| March 8 | Money Cents | 1-4pm or 6-9pm | \$ 5 with door prizes | Register by noon on Friday, March 4 |
| Deployment | | | | |
| February 27 | Fun at the skating oval | 1:30-3:30pm | FREE for deployed | Register by noon on Friday, February 25 |
| February 12 | Childrens Deployment Afternoon | 1-4pm | FREE for deployed | Register by noon on Wednesday, February 9 |
| February 10 | Wii B Gaming | 4:30-5:45pm | FREE for deployed | Register by noon on Wednesday, February 9 |
| Youth | | | | |
| Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month Hours of Operation are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-10pm | | | | |
| School Age | | | | |
| February 23 & March 2 | Keen Kids | 5-6pm | \$ 1 drop in | No registration |
| February 23 & March 2 | Kool Kids | 6-7pm | \$ 1 drop in | No registration |
| February 23 & March 2 | Kooler Kids | 7:30-9pm | \$ 1 drop in | No registration |
| February 25 | In Service Day | 9-12pm & 1-4pm | TBA | Register by noon on Tuesday, February 25 |
| March 7 | Mexican Fiesta | 4:30-6:30pm | \$ 15 | Register by noon on Monday, February 28 |
| Preschool | | | | |
| March 7 - 28 | Feel the Beat | 1:30-3:30pm | FREE | Register by Wednesday, March 2 |

