



Volume 49 Issue 3

# Serving Shilo, Sprucewoods & Douglas since 1947

# 18 February, 2010

# **Ribbon cut to open \$15 million GSH expansion**

### By Bruce Peever Shilo Stag

It's a fitting tribute to the father of Canadian artillery.

The new General Strange Hall, which officially opened Feb. 12, features rows of glass windows and plenty of natural light that belie the average military facility. And to the dozens of dignitaries and onlookers who watched the turnover ceremony or took part in the opening tour that day, the new hall is truly aweinspiring.

Brigadier-General Kelly Woiden, Deputy Commander Land Force Western Area, pointed out this was not the first renovation for GSH, "but is certainly the biggest." It was back in 2004, when 2PPCLI moved to Shilo from Winnipeg, that kicked GSH expansion plans into gear. Up until the point, BGen Woiden explained, no one was positive this Base would even continue to exist. With this GSH expansion, he added that CFB Shilo now has recreational facilities others will envy.

"The payback is fitness is a way that mind and body can be healed. This facility is part and parcel of the whole process," BGen Woiden stated.

Scott Stevenson, Assistant Deputy Minister (Infrastructure and Environment) summed up what the new addition means to the area.

"Most of your troops are away, but this room is full. This is a tribute to your base commander and his predecessors," Stevenson remarked.

The new GSH addition measures 4,300 square metres or 46,285 square feet. It includes a new gym with two courts, along with weight training rooms, aerobics rooms and areas for cardiovascular fitness. New change rooms and washrooms are featured, along with plenty of office and general purpose space. What is unique is an



Photo by Sara Cumming

From left, BGen Kelly Woiden, Deputy Commander LFWA; LCol Luc Généreux, Base Commander; and Scott Stevenson, Assistant Deputy Minister cut the ribbon at the new GSH.

overhead, four-lane running track.

"Our challenge is we have no indoor running facility other than the drill hall," outlined Jim MacKenzie, Fitness, Sport and Recreation Director as he conducted an earlier tour. "An indoor running track was our number one priority."

MacKenzie added the track is 150

metres in length on the inside lane and 170 metres measured on the outside lane. Netting surrounds the track to prevent errant sports equipment from interfering.

Also eye-catching is a revolving

See **GSH** page 2



# INSIDE This Issue



Help for families of fallen soldiers. Story on page 5.



Soldiering On ... with skis. Coverage on page 6.



Chamber CEO urges support for military. See page 8.



# Shilo soldiers on Olympics patrol near Whistler

### By Capt Adam Petrin

Sgt Chris Harding of C Company, 2PPCLI, has served overseas in several operational theatres, but taking his section on patrols in the mountains surrounding Whistler in support of the Vancou-ver 2010 Winter Olympic Games is new to him.

"Being able to take my section on patrol in support of the Olympics is a great opportunity," he said. "We have the chance to see some great scenery, learn some new winter skills and participate in Canada hosting its third Olympic Games."

Åthletes from over 80 countries arrived in early February, and the Patricia's of C Company

started then to patrol the Whistler area in support of the Royal Canadian Mounted Police (RCMP) -led security for the Athlete's Village.

"Our soldiers are fit

and ready to assist the RCMP by conducting presence patrols in the surrounding area," Sergeant-Major Tim Halcro said. "They have the tools and the mindset to

get the job done right and are providing excellent support to the RCMP." Although soldiers are

trained to react to the 'worst case scenario," they have been briefed

Captain Adam Petrin and Corporal Kummer Jeffrey conduct a perilous patrol in the Whistler Mountain region.

Photo by Private Clayton Brown, 7 Platoon, C Company, Task Force Whistler

that 99 per cent of the situations they will be dealing with will simply be Canadians and international visitors enjoying the outdoors. "We met a lady tak-

ing her three dogs for a walk down a hiking trail. She was out enjoying the day and wasn't thinking about the security surabout the security sur-rounding the Olympics at all," said Sgt Harding. "My guys played with her dogs, explained the situation, and accompan-ind her out of the arms ied her out of the area. She totally understood what we were there to do."

The Olympic Winter Games will be held until Feb. 28, hosting over 1,350 athletes, 1,500 officials and supported by 4,500 Canadian Forces personnel.

Captain Adam Petrin is 7 Platoon Commander, C Company, 2<sup>nd</sup> Battalion, Princess Patricia's Canadian Light Infantry.

# GSH

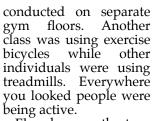
# From the front

climbing wall, which MacKenzie explained as "the closest thing we have to a mountain.

Carolynn Derksen, Regional Adapted Fitness Specialist, showed how the climbing wall can tilt backwards from 90 degrees to provide a more intense workout. And she pointed out the

apparatus is quite safe. "It's really a giant treadmill. You fall, you land on your feet and you judge the speed yourself," Derksen said. During the tour, attended by some 30

guests, aerobics classes and indoor soccer were



Elsewhere on the tour pointed MacKenzie out where the old GSH facility complemented new the addition. There were squash and racquetball courts, bowling alley, large gym, swimming pool and a 400-seat theatre. Over the next few months many of those older facilities will be spruced up as well.

Total cost of the expansion project is \$15 million which includes



existing upgrading facilities. Construction started in August, 2008 and was completed in December 2009. Bird Construction of Winnipeg was the contractor.

# Congratulations on the opening of the new General Strange Hall from your friends at **HMS Insurance**



Located in the CANEX mall and at 14 Main Street, Carberry Call 765-4412 Shilo or 834-2110 Carberry

For all your auto, home, life insurance and driver's license needs

At far left, a fitness class using shells with filled sand takes place on the gym floor while left, FS&R Director Jim MacKenzie directs the tour from the upper running track. Photos by Sara Cumming

# Murder charge to March 8

A CFB Shilo soldier charged with murder will next appear in Brandon court March 8.

Jason John Ouimet, age 28 is a gunner with 1RCHA. He was arrested and charged with second degree murder on Feb. 4.

The body of Duane John Lacquette was found in a Brandon duplex on Jan. 16.





Expires March 31, 2010





# On the gun line: C Battery's experience in Afghanistan

### By Capt William Bossence

For the gun troops of C Battery, being part of Task Force 3-09 Battle Group has been an eye-opening experience.

We arrived in Afghanistan in the fall of 2009. Everyone on the gun line came prepared to hit the ground running to support the plan to have infantry out in the villages working hand in hand with the Afghan National Police and the Afghan National Army. This is part of a further push to provide security to the local population, and prepare Afghanistan's security forces to take over responsibility for their nation's security.

For the first month we were busy with fire missions and a multitude of tasks to support ongoing operations. To adapt to the needs of our area of operations, C Battery has undergone a few changes to its initial composition since our arrival. Personnel have adjusted into their new roles and positions smoothly and painlessly.

When we are not directly involved in fire missions, the gunners keep active with rigorous workouts focusing not only on the physical conditioning of the troops, but also on their minds as we run practice missions and work to increase their knowledge and skills. This allows us to maintain our combat readiness and quick response time.

Some of us have had the opportunity to work directly with the Americans, and we had to adjust to their drills, which differ slightly from ours. Working with the Americans has brought out the best in our soldiers because our competitive nature forces us to show our allies the prowess of Canadian gunners. A strong bond has formed between the American infantry and the Canadian gunners that support them. American soldiers have stopped at the gun position at the end of a patrol to thank the troops for supporting them while they were in contact with the enemy.

Gun troops of C Battery have also been on the receiving end of indirect fire, coming under both mortar and rocket attack. However, the work of C Battery's Surveillance and Target Acquisition detachments have allowed for a rapid response to these attacks and, in one instance, allowed the gunners go to work against an insurgent mortar position with effective target results. Situations like this are a good wake-up call; war is all around us and can strike at any time. This helps in keeping the proper mindset and attitude that keeps combat readiness sharp and the response time down.

Čhristmas has just passed and morale is high as troops received gifts from their family and loved ones back home. We were also visited by Gen Walt Natynczyk, the Chief of the Defence Staff, who came with comedian Mike MacDonald and singer Melanie Dekker to convey the message that Canada is proud of the work we are doing and wants us to keep it up and come home safe.

The guns maintained regimental traditions that normally take place during the Christmas season. One of these traditions is the Christmas dinner, served to the gunners by the senior NCOs and officers. Traditionally the commanding officer and regimental sergeant-major hand over command to the youngest gunner and oldest bomber. In our case it was the troop commander and the gun line sergeant-major that turned over command. Typically the new "commanders" would be given the opportunity to is-

sue a single command. Back at the regiment, it's usually standing down the unit for the following day. In Afghanistan that wasn't possible, but it didn't stop the younger men from coming up with interesting command decisions. The day ended with everyone having a good laugh, sometimes at someone's expense, but it was all in good fun.

We will continue to do what we gunners do best; provide support to those in need. Our guns remain vigilant, and our objective remains clear. We are aiding the Afghan government in freeing its people from the insurgent threat one round at a time.

*Capt William Bossence is with C Battery, TF3-09 Battle Group.* 





Visit http://herbal-nutrition.net/sjpeever to view our product catalogue and success stories. email: HerbalAdvantage4u@gmail.com Call: 702-0150



Je déploie mes ailes!

À l'école publique de langue française, nous aidons votre enfant à prendre son envol vers l'avenir.

Fournitures scolaires gratuites Trenton (Ontario) École élémentaire publique Cité-Jeunesse 613 394-1398

Pembroke (Ontario) École élémentaire et secondaire publique L'Équinoxe 613 732-1525

Kingston (Ontario) École élémentaire publique Madeleine-de-Roybon 613 531-8160

Inscriptions en tout temps etudier-en-francais.ca

Conseil des écoles publiques de l'Est de l'Ontario



# **Letters & Opinions**



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.



Grade 4, 5 and 6 students at O'Kelly School are pictured with their hats following a Hats For Haiti campaign which raised \$1,711 locally.

Photo by Bruce Peever

# Hockey Canada inspired by troops

Letter to the Editor

## Dear Editor

To OUR Troops,

As we get ready to represent Canada at the 2010 Olympic and Paralympic Winter Games in February and March, we wanted to take a minute to let each and every one of you know how much of an inspiration you will be in our quest for three gold medals in the coming months.

People throw out words like war and battle way too often when speaking about sports such as hockey.

As athletes, we know that what we do for our country can never measure up to your contributions the sacrifice and dedication that our armed forces show on a daily basis. When we take to the ice, rest assured that we will have you in our thoughts and prayers. We are so proud to be Canadians, and owe so much of what we have here to you, the Canadian military. We will do our best to represent you well in competition, and look forward to a day in the very near future when you will return home safely in Canada, and all Canadians can thank you in person.

All the best, Jean Labonté, Scott Niedermayer and Hayley Wickenheiser, Captains Sledge hockey team, Men's hockey team and Women's hockey team

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

### **Brandon**

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

- 1645B 18th Street3409 Victoria Ave
- Forbidden Flavours • 1060 18th Street
- 3300 Victoria Ave
- ANAF 31 14th St.

<u>Shilo</u>

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

# <u>Carberry</u>

East Side Service Carberry Legion

Douglas General Store Minnedosa Minnedosa Legion

**Sprucewoods** The Shilo Inn (Crang's) 340 Esso Station

<u>Wawanesa</u> Lucky Dollar

# May 22 gala to aid families of fallen soldiers

### **By Bruce Peever** Shilo Stag

Get some personal insight into serving in Afghanistan from a returning soldier at a May 22 dinner benefitting Project Hero.

Brandon's Victoria Inn, located at 3550 Victoria Avenue, will be the venue for the May 22 gala which hopes to raise \$10,000 for local scholarships for children of CF personnel killed on overseas missions.

Steve Morrison, chair of Brandon Salutes laid out the groundwork for the gala evening at a Feb. 11 launch at the Royal Oak Inn and Suites.

"We hope to raise funds for a scholarship Brandon both at University (BU) and Assiniboine Community College (ACC) under Project Hero," Morrison explained.

"Project Hero was founded in 2009 by Retired General Rick Hillier and Honorary

Ъ



Steve Morrison of Brandon Salutes outlines details of a May 22 gala for Project Hero while looking on from right are Jim Brinkhurst, Maj Stacy Grubb and Dr. Debra Poff.

# Soldier's daughter

My dad is gone To a desert of bombs, Breaking his back While carrying a rucksack,

டி



Lt. Col. Kevin Reed and encourages post secondary education for children of fallen soldiers. Twenty-seven colleges and universities across Canada have signed on. We hope to raise \$10,000 from ticket sales and silent auction sales for a bursary in Brandon,"

Each table served at the May 22 gala will returned soldier. That means some 38 Afghanistan veterans will be there "to tell their story," according to Maj. Stacy Grubb of 2PPCLI.

have а good cross section of individuals who served there," Maj. Grubb stated. "Whenever our units get a chance to go out and talk about what they have done, it's good for everyone."

Dr. Debra Poff of BU said the bursary "was a wonderful opportunity to support qualified students." And Jim Brinkhurst of ACC said the bursary will be a huge benefit to military families whenever they are located across Canada.

According to Morrison, organizers are still trying to nail down a guest speaker for the May 22 gala. Watch for an announcement on this speaker of 'national prominence'.





www.c21wyld.com

# Injured soldiers hit the slopes in Veteran's Learn to Ski program Shredding powder on the road to recovery

### By A/SLt Nikki Murillo

On a foggy and calm morning, Master Corporal Adam Cyr did something he never thought he would do again: he strapped on a pair of ski and shred

Canadian Paralympics Ski team member Andrea Dziewior, a VISAS veteran and, by the fourth day, was feeling pretty confident in his abilities.

"I was going to race her (Dziewior) today,



Submitted photo

but I didn't want to

psych her out before the

Olympics," said MCpl

Cyr. "I think definitely

one day I'd like to try and

get seriously involved

and maybe try for the

Paralympics, but being

from the prairies, I'd

probably have to move

here (Comox Valley)

of fun and so willing

to go outside their

comfort zone, they're

always willing to try

a hill that's just a little

steeper. I'm not sure if

"These guys are a ton

first."

MCpl Adam Cyr, who lost his right leg below the knee in an IED attack in Afghanistan, takes part in the Soldier On and VISAS Veteran's Learn to Ski program.

some powder down a mountain. Just 18 months earlier, he was ambushed during the last patrol of his second Kandahar tour in province with the 2nd Battalion of the Princess Patricia's Light Infantry (2PPCLI) based here at CFB Shilo. The attack was costly; he lost his right leg below the knee and suffered severe burns to much of his body. It was a long road away from recovery.

On a sit ski, MCpl Cyr took part, on Feb. 1, in the third Soldier On and VancouverIslandSociety for Adaptive Snowsports (VISAS) Veteran's Learn to Ski program. He was joined on the slopes by



it's because they like the challenge or chasing a girl," said Dziewior. "But in all seriousness, I have so much respect for what our soldiers do, and even more respect for the courage these soldiers are showing in their recovery. And this is such a great program because sports as a part of rehabilitation are as important for the mind as it is for the body."

MCpl Cyr, who has participated in four other Soldier On events, works in the unit's support cell and is working on an initiative, called Good to Go, to build a support group in battalions for members with Occupational Stress Injury. His hope is that the model can be applied to other large units to help members help themselves.

"Having been blown up myself, I think it's really important to help out the other guys who've been injured. They know they can trust me when I tell them about what they can expect during their recovery," said MCpl Cyr. "I think that events like this are also really important for recovery. Being here, being able to ski and to learn how others are recovering helps me personally more and more each time.'

The Veteran's Learn to Ski week is a partnership between Soldier On and

VISAS. Soldier On picks up the cost of airfare and accommodations for the member and an attendant, while VISAS and Mount provide Washington the facilities, equipment and instructors. Many other community organizations including: **Royal Canadian Legions** in Bowser, Comox, and Courtenay; the Ladies Auxiliary of the Comox Legion, Barry Vandusen at the Whistle Stop Pub, 888 Wing RCAF Assoc and the Herb Bradley Coke Classic play a key role in financially supporting the program.

To learn more about the Soldier On Fund you can visit www.cfpsa. ca/en/psp/SoldierOn/ CFSOF\_e.asp and for more information on VISAS please visit www. visasweb.ca/index.php.

A/SLt Nikki Murillo is with 19 Wing Public Affairs.



Submitted photo Andrea Dziewior of Canada's Paralympics Ski team shares some of skiing's finer points with MCpl Adam Cyr of 2PPCLI based at CFB Shilo.



# For Sale - Wawanesa \$79,900

Spectacular bright and airy condo 1020 sq ft. totally renovated 2 bedroom with laundry Open concept living Short commute to Shilo Make an appointment today!

entur Westman.com Ltd

Century21Westman.com Leona Bradshaw leonab@mts.net 483-0021 www.sourisrealestate.com



#### 8 The Shilo Stag

18 February, 2010

**Canadian Chamber prez urges support for military** 

### **By Bruce Peever** Shilo Stag

Across Canada the message needs to be spread — the military everyone's needs support.

That's the word from Perrin Beatty, President and CEO of the Canadian Chamber of Commerce as he addressed the Brandon Chamber of Commerce at the Royal Oak Inn and Suites on Feb. 11.

The former Minister of National Defence from 1986 to 1989 paid tribute to the military during his economic statement saying he was 'saluting his friends at CFB Shilo.' This brought an immediate round of applause from some 300 members of the Brandon chamber.

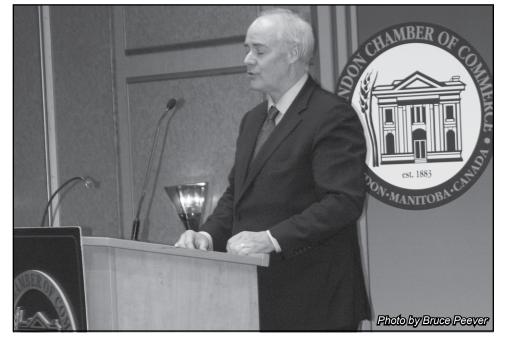
He added he felt to know privileged many members of the CF back in the day, and yet apologized on behalf of several governments for "letting you down due to a lack of funds and equipment."

At the opening of the GSH centre the following day, Brandon-Souris MP

Merv Tweed referenced remarks made at the chamber meeting.

"Everybody has a lot of pride in this facility (GSH). It's similar to what was said at the Chamber of Commerce dinner yesterday, over how important this Base is to this community. It gives me a great deal of pride to be part of this," Tweed stated.

Perrin Beatty, Presi-dent and CEO of the Canadian Chamber of Commerce addresses the Brandon Chamber of Commerce.



# Soldiers receive Sacrifice Medals



Two sacrifice medals were awarded to Shilo soldiers on Feb. 12. BGen K.L. Woiden, OMM, CD, Deputy Commander Land Force Western Area and Joint Task Force West, was on hand to present the medals to the soldiers during parades at WATC Det Shilo and the MPTF respectively.

Sacrifice medals are awarded to CF members who are wounded or killed as a result of hostile action.

After he was presented with his medal at WATC, WO Paul Dolomont (above left) said he was "very, very proud, honoured" to have received such an accolade.

Sgt Dana Olsen (above right), who received his medal at the MPTF, said he was "humbled" by re-



ceiving the medal.

"I know the sacrifice medal means more than just being wounded," Olsen said. "It also represents military members that made the ultimate sacrifice and their family members receive the medal in memory of them, so it means a lot.'

BGen Woiden is on the right in each photo.

### Photos by Sara Cumming





# Kindergarten Registration

English Program Kindergarten Registration: Registrations are being accepted for all children who will

have reached their fifth birthday on or before December 31, 2010.

French Immersion Program Kindergarten Registration:

#### Dual Track

Registrations for French Immersion Kindergarten are being accepted for children who will have reached their fifth birthday on or before December 31, 2010. These classes will be held at École New Era School, 527 Louise Avenue, and École O'Kelly School, CFB Shilo.

#### Single Track

Registrations for Single Track French Kindergarten are being accepted for children who will have reached their fifth birthday on or before December 31, 2010. These classes will be held at École Harrison, 415 Queens Avenue

#### Grade 1 Registration:

Registrations for children entering Grade 1, who are not presently attending Kindergarten, are also being accepted. Children entering Grade 1 must reach their sixth birthday on or before December 31, 2010 to be eligible.

Registration forms may be obtained at École O'Kelly School, 101 St. Barbara Avenue, Shilo, Telephone:

765-7900, or the Division Office, 1031 - 6th Street, Brandon. Please register by May 31, 2010 for the 2010/2011 school year.

> Brandon School Division 729-3100 www.brandonsd.mb.ca



• Coordonnateur de

Ressources

gymnase

détail

l'Equipement et des

• Préposée ou Préposé au

Préposé à la vente au

• Gestionnaire du Bien-Etre

## DÉCOUVREZ UN MONDE DE POSSIBILITÉS Occasions d'emploi

- Coordonnateur de la Comptabilité
  - Coordonnateur du Conditionnement Physique • Barbière ou Barbier
  - des sports et des loisirs Gestionnaire des opéra
  - tions
  - Coordonnateur des Déplacements
  - Surveillant des Operations Gestionnaire de la vente
    - Tim Horton's au détail

Pour un emploi captivant qui sort de l'ordinaire, visitez notre site Web:

www.aspfc.com POSTULEZ EN LIGNE au plus tard le 26 février 2010 Nous souscrivons au principe de l'équité en matiére d'emploi



Cpl Joshua Caleb Baker

### CEFCOM

One Canadian soldier was killed and four were injured in a training accident on a range located approximately 4 km northeast of Kandahar City. The accident took place at about 5:00 p.m., Kandahar time, on 12 February 2010.

Killed in the accident was Cpl Joshua Caleb Baker, a member of The Loyal Edmonton Regiment (4th Battalion Princess Patricia's Canadian Light Infantry), from Edmonton, Alberta, and serving with the Kandahar Provincial Recon-Team. This struction accident is non-battle related and an investigation by the Canadian Forces National Investigation Service (CFNIS)

is under way to determine the circumstances.

The four injured soldiers were evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar Airfield. They are reported to be in stable condition and their names will not be released. Our thoughts and prayers are with the family and friends of our fallen comrade at this sad time. The commitment and sacrifice of our soldiers and their loved ones are helping to make a difference in the lives of the people of Kandahar Province and build a better future for Afghans. Canada is committed to bringing peace, stability and good governance to Afghanistan.

# Write to Us!

To submit, email us at stag@mts.net and include your name and phone number. We reserve the right to edit submissions for length, libel, spelling, and good taste.



Fund

possible.

vice Club

would like to express our sincere

gratitude to all of

the following spon-

sors for making the Jan. 23 family event

Major sponsors:

•Shilo & Area Ser-

•Smitty's Restaurants - Brandon

• Healthy Brandon

Fla-

Leaf

•Forbidden

vours - Shilo

• Maple

**Event sponsors:** 

•340 Trading Post -

Foods

Eating Well



Good Neighbours Proud Partners

# Brandon Salutes

Thank you to the sponsors of the Family Appreciation Pancake

Committee, along with its partners, the Military Family Resource Centre, Deployment Support Group, CFB Shilo Base

# **GSH Bowling Alley Opens March 4**



Thursdays: 6:00 - 8:30 Saturdays 9:30 a.m. - noon Adults \$2.25 per game Youth \$2.00 per game Child \$1.75 per game Shoe rental \$0.75

For more information call the Community Recreation office 765-3000 ext 3317/3588

www.cfcommunitygateway.com

# Which one is the drywall hammer?



If you know, we'd like to talk to you. If you don't, we'd like to teach you.

If you have a passion for learning and helping others, The Home Depot could be your answer. As the leading home improvement retailer in Canada, our business thrives on the enthusiasm and skills of each of our associates. For you, that means you'll get the training and hands-on experience you need to learn, grow and succeed.

Have questions? Want to find the right position? Visit homedepot.ca/jobs to apply online or find more information.



We are committed to diversity as an equal opportunity employer.

A: The one on the right.

Committee Sprucewoods and the Personnel • HMS Insurance - Car-Support Programs, berry

• Émpire Theatre – Brandon

•Brandon Shopper's Mall

•Staples - Brandon •Royal Oak Inn

- •City of Brandon •Brandon Fire Depart-

ment

•Canex

•Canada Safeway -Corral Centre Brandon

- •Salon Serenity Shilo •Chemists Cupboard Shilo
- •Kullberg's Furniture

Brandon •Saputo Dairy Prod-

ucts – Brandon •MTS – Manitoba Tele-

phone System •Manitoba Hydro



# 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 apppointment. They are located in the Town Centre, Retail Level, A5-800 Rosser Ave.

#### Phone Line Counsellors Needed

Are you interested in helping people in crisis? Do you wish to gain experience in the counselling field? Join the Klinic's Crisis Line Volunteer Program in Brandon! No previous experience is required. Extensive training provided. Sept. 28 - Dec. 16, 2010 (Tues. & Thurs. eve) Limited spaces. Apply early! For more information or to apply, contact Janet Smith, Program Manager 571-4182 www.klinic.mb.ca 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 10:00 a.m. to 5:00 p.m. Tuesday to Saturday. For information phone 727-1722.

Everyone welcome! T.O.P.S. (Take Off Pounds Sensibly) Held at Sprucewoods Community Hall, Tuesdays at 6:00 p.m. Contact: Barb at 763-4768 or Betty at 763-8854

The RCA Museum Due to popular demand, the temporary exhibition "Light Armour", featuring a Stuart Light Tank, has been extended until June 30, 2010.

# <u>BINGO</u>

Sprucewoods Community Hall every Thursday evening • Share The Wealth at 6:30pm • Early Birds at 7:00pm \$Win Cash\$ \$1000 in 52 numbers Canteen open!

#### **Donate to Haiti** Wondering how to make a donation to the relief effort in Haiti? Here's how: The Red Cross www.redcross.ca 1-800-418-1111 **Salvation Army** www.salvationarmy.ca Text 'Haiti' to 45678 UNICEF www.unicef.ca 1-800-567-4483 World Vision Canada www.worldvision.ca 1-800-268-5528

Volunteers Needed The Canadian Cancer Society has volunteer positions available for every interest and time constraint, including data entry, phoning, poster delivery and organizing events. Call Kristen at 571-2804.

#### Did you know?

The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by. 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 10:00 a.m. to 4:00 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.

The Counselling Centre 335-9th St. 726-8706 The Abandoned Grandparent group meets the 4th Thursday of every month at St. George's Anglican Church at 7 p.m.

The Touchstones Grief Support Group, dealing with the loss of a loved one, meets every two weeks on Wed at the counselling centre

#### Volunteers required for Special Olympics Westman

Winter Festival 2010 at Shilo on Saturday, Mar. 6. Come out and watch the athletes partake in showshoeing, cross country skiing and floor hockey. Pick up/drop off volunteer application forms at Sandyland Video 110 Shilo Rd., Sprucewoods or call Special Olympics

Westman at 728-4702. Come out and support the Special Olympics!

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

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.

### Get Better Together!

A free program for living better with chronic disease. Get Better Together! is a program for anyone who is sick and tired of being sick and tired. Learn to manage your condition better and cope with the challenges that health problems create in our lives. Programs are six weeks long and are led by instructors who are also living with a chronic health condition. Call Tara Common 578-2196.

#### 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 of-

fer 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

The Shilo & Region Service Club Serving the Community Since 1968

\$10 for first 20 words,

10¢ for each additional word\* Deadline for next issue: February 25, 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.

**CLASSIFIED ADS** 

### 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.

For Sale - Glenboro - 3+2 bungalow on Lyall Street. Many updates including new windows, flooring, exterior door, shingles and eavestroughs. Easy commute to Shilo, Carberry, only 6 miles to Sprucewoods Provincial Park. For more info or to view, call Bob Daymond, Sutton-Harrison Realty 824-2429 or 571-5918 cell

# For Sale

8 month old male black Cocker Spaniel. Asking \$300. 765-4556

#### 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

### Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Course Instructor • Courses Held Regularly • Examinations by Appointment • 204-725-1608 • 3 Deer Ridge Rd., Brandon, MB R7C 1C1 • Email: ggs57@wcgwave.ca Next CFSC Feb. 27 Austin. Next CRFSC Feb. 28 Austin Next MHSC Mar. 5 Brandon CFSC/CRFSC Mar. 6 & 7, 2010, call or email for training calendar

What is a True Home Business? It has a training program, huge market, unique product and a free evaluation. Most importantly, it needs to move when you do. www.see-it-do-it.com

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

### Services

Love to cook and looking for something fantasic? Everything from spices to cookware. **All natural** ingredients. 85+ salt-free products. All but 14 products are **gluten free**! Book your free tasting party or get a catalogue today! Please call or email Brice Verhoog to learn about Epicure Selections. (204) 765-2868 or nathanandbrice@hotmail.com.

#### Wanted

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 @ 1-800-483-8980.

Looking for a babysitter for mornings or afternoons. \$20 a day. Maximum three hours. Please call 765-2255 Sara Schnabel

Female personal attendant. No experience needed. Location Shilo. Perm/PT 765-2542

# Wanted

Electronic Salesperson - Part Time

Under the supervision of the Retail Store Manager, the Electronic Salesperson provides a lead role in sales, technical advice and installation of home computers and electronic equipment. He/She assists customers in a courteous, efficient and prompt manner and provides expert advice and assistance in the sale and service of electronics to customers. He/ She operates a cash register and computers, accepts proper payment methods, and processes customer credit authorizations. He/She also deals with customer concerns or complaints in timely and effective manner to ensure customer satisfaction. Salary: \$11.58/hr - \$13.83/hr. For more information or to apply, visit our website at www. cfpsa.com or send your confidential resumé by February 24, 2010 to: CFPFSS, NPF Human Resources, Box 5000 Stn Forces, CFB Shilo, MB R0K 2A0, by fax to (204) 765-3815, or by email to nairn.dana@ cfpsa.com.

Do you have a message for your soldier? Send it to us and we'll publish it! Copies of the Stag are going to Afghanistan for the duration of this tour. Email: stag@mts. ner Phone: 765-3000 ext 3013 In person: Our office is located at the Community Centre, next to the MFRC



# <u>Shilo Military Family Resource Centre</u>

Date	Program	Time	Cost	Registration deadline
dult				
February 23	Get the Junk out of Your Trunk	1-3pm or 6-8pm	\$5.00 or Free fo Packed for Potenti Members	orNoon on Friday, February 19 al
February 26	French Connections at Boston Pizza	6:30pm	You pay for you meal	urNoon on Thursday, February 25
March 2	Put your Best Foot Forward	d 1-3pm & 6-8pm	\$20.00 or Free fo Packed for Potenti Members	orNoon on Friday, February 26 al
Peployr	nent	-		
February 24	Deployment Coffee Break in Shilo	7:00pm	FREE	No registration
ebruary 25	Deployment Coffee Break in Brandon	7:00pm	FREE	No registration
February 27	Children's Deployment Afternoon	1-4pm	FREE	Noon on Wednesday, February 2
February 27	Children's Deployment Childcare	1-4pm	FREE	Noon on Wednesday, February 2

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:

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

# School Age

	5					
February 26	In-Service Day	9-12pm & 1-4pm	\$10.00	Noon on Friday, February 19		
February 26	Winter Dance	7-9pm	\$2.00 at the door	No registration		

# Preschool

February 23	Chinese New Year Party	1:30 to 3:30pm	\$4.00	Noon on Friday, February 19
MArch 5 & 12	Infant Massage	9:30 to 10:30am	\$40.00	Noon on Friday, February 26

# **Emergency Childcare Workers Needed**

The Emergency Childcare Workers are responsible for providing care on a call-in basis for families affected by an emergency. The care is required evenings, nights and weekends in the family's home or at the

MFRC. Interested individuals will be required to attend an orientation session where childcare packages will be provided and procedures will be reviewed.

\$12.00/hour; Drivers license and own vehicle is required

Phone Dana at 765-3000 ext 3352 for more information. Drop resumes off at the MFRC reception desk or mail to: Box 5000 Station Main Shilo, MB ROK 2A0

Criminal Record check and Child Abuse Registry check will be completed at orientation

Resumes will be accepted until Friday, Feb. 26th

# www.shilomfrc.ca

# Need a retreat?

# By Linda Beauchemin

Is your family presently dealing with a deployment over six months and you want a little R & R? Do you want to have a mini family holiday away? If you said yes, then the Winnipeg R & R Retreat (Reunion and Reintegration) is for you.

The goal is for you to have fun, relax and as a bonus, leave with some great tools to help you with the reintegration process of deployment

process of deployment. The Winnipeg MFRC, along with Helping Professionals, has created a weekend full of great information for you and your family. The R&R retreat will be held at Camp Assiniboia on March 13 & 14 and will provide an opportunity for families to network as well as providing them with information about reunion and reintegration.

During the adult programs, children will have camp style activities. There will be indoor and outdoor activities, sports, crafts and lots of FUN!

The evening will have time for wagon rides, campfire and time to relax and get to know each other. Are you are a family who has gone through an extended deployment and need a little R & R?

This retreat, "Project New Hope," is sponsored by Lions Club and is for the whole military family. Their mission is "To provide Veterans and their families with the education, training and skills necessary to manage their lives after wartime service."

This weekend offers workshops on sleep solutions, problem solving process, money management, intimacy, self care and more. There are also children's activities planned.

The next retreat is April 16 to 18 at Camp Manitou. For more information please visit www.projectnewhopecanada.net or call Lion Carrie Foss at 780-224-2700 or email pnhcanada@live.ca.

For more information on either one of these retreats please contact Linda at ext 4553 or Courtney at ext 4503.

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

# Looking for work? Thinking about going back to school?

Call our full time Employment and Education Coordinator, Christine Helgason and set up an appointment to talk about your options. Start building your education and employment goals today!

This is a free service for CF members and their families as well as Shilo & Sprucewoods community members.



onda models. Lease examples based on new 2010 Civic DX-A Sedan, model FA1E2AE4X / 2010 Accord LX Sedan Automatic, model RE4H3AEY available through Honda Financial Services on approved credit. £2.9% / 2.9% lease APR for 48 / 48 months. 98 / \$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 / \$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 12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. HLimited time financing offers based on new 2010 Civic DX-A Sedan, model FA1E2AE4X available through Honda Financial Services on approved credit. 20% J \$20,332.10 / \$21,502.94 . Taxes, license, insurance and registration are 2010 finance at 0.9% APR equals \$318.59 per month for 60 months. Cost of borrowing is \$430.59 for a total obligation of \$19,115.56. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer may sell for may be necessary. #Prices lowered by \$500 on all new 2010 Civic DX-A Sedan, models. DX-A Sedan, models except Hybrid; by \$1,500 on all new 2010 Civic DX-M for except Hybrid; by \$1,500 on all new 2010 Civic DX-A retailer may sell for less. Retailer may sell for less. Retailer may sell for less. Retailer may sell for may be necessary. #Prices lowered by \$500 on all new 2010 Civic DX-A for 80 on all new 2010 Civic models except Hybrid; by \$1,500 on all new 2010 Civic DX-M for 80 on all new 2010 Civic models except Hybrid; by \$1,500 on all new 2010 Civic models. #/£/foffers valid from January 27th, 2010 through March 1st, 2010 at participating Honda retailers. \*As reported by Canadian manufacturers for calendar year 2009. #Limited time lease offers based on new 2010 Honda Monthly payment, including freight and PDI, is \$198 / extra. 96,000 kilometre allowance; charge of \$0.12/k/ ‡MSRP is \$18,685 (includes \$1,395 freight and PDI) f all new 2010 Accord 4-cylinder models; by \$1,000 on Offers subject to change or cancellation without notic