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INSIDE This Issue

Promoting francophone culture. Story on page 2.

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Up for a wheelchair rugby challenge? See page 9.

Buy a painting and support Soldier On

By Bruce Peever
Shilo Stagg

Support Soldier On while dressing up your digs this weekend at a special art show and sale at CANEX.

Sprucewoods scenery and landscape artist Edna Loewen returns Feb. 4 and 5 with up to 50 of her oil paintings. Ten percent of show proceeds will go towards Soldier On, the program which allows ill and injured CF personnel to return to full participation in physical fitness, health promotion and sport.

Loewen, who has been painting for about three years now, said she was looking for a way to give back to CFB Shilo. After meeting with Regional Adapted Fitness Specialist Carolyn Derksen and Lt Holly King of DSG, she knew what agency to support.

"I chose Shilo as we live just down the road. I was looking for something to give back to the Base, for what the soldiers do. It's a very worthy cause and I hope for a good response," she states.

Mostly scenes of Manitoba and Westman specifically, Loewen also showcases mountain scenery from a recent trip to B.C. Paintings come in 8X10 and 16X20 inch formats.

"The paintings just seem to flow right out of my hands. I think it comes fairly easily," Loewen offers.

Paintings will be on display at CANEX both days from 8:30 a.m. to 4:30 p.m.



Photo by Bruce Peever

Local artist Edna Loewen will donate 10 percent of proceeds to Soldier On during a special art show and sale Feb. 4 and 5 at CANEX.

Warm up winter with next weekend's Winterfest

By Bruce Peever
Shilo Stagg

Get the whole gang out next weekend for Shilo Winterfest 2011.

To be held Saturday, Feb. 12 at the Community Centre Annex, L-25, the day-long free celebration is open to one and all. The festival comes on the heels of a Sports Day for military members set for Friday, Feb. 11.

Sponsored by Brandon Salutes, Shilo Fitness, Sports and Recreation, Shilo Military Family Resource Centre, Base Fund and the Deployment Support Group, the carnival will run from 10 a.m. to 1 p.m.

Kick it off right with a free pancake breakfast served up just the way you like it. At the same time there will be games for the kids including bouncy castle, face painting, a professional juggler and fire

eater and a petting zoo.

Then that evening, Shilo Community Council, Base Fund and the Shilo Service Club team up to present the Winterfest Social.

Diamonds and Dirt will entertain on stage from 8 p.m. to 1 a.m. Amazing door prizes will be up for grabs including packages from Forbidden Flavours, The Keg, Remingtons, Elkhorn Resort and many more.

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Ecole la Source hits CBC airwaves during culture week

By Bruce Peever
Shilo Stag

All this week is Festival Culturel at Ecole la Source and what better way to broadcast that to the masses than through Radio Canada.

The French language CBC Winnipeg radio station was broadcasting live from the school early Tuesday morning. Host Geneviève Murchison spoke on the air with a number of francophone Base personnel, including Sgt Sylvain Berube of IPSC.

"She talked to me for three to four minutes and it was a lot of fun, once we got through the introduction. I was worried how I would sound, but once we got started it was fine," Sgt. Berube states.

"She asked me about French people in the community and the connection to the military. She asked about challenges and I said the challenges were both financial and adapting to Shilo. As well she asked about my involvement with the daycare here (Sgt Berube is president of the daycare co-op) and I said that as a father with a son in daycare, I do this for my own personal development," he adds.

Guy Foulliard, Principal of Ecole la Source, explains the Radio Canada broadcast was just one activity out of a week filled with French and Native culture.

"On Monday we had a teepee and we had a Métis man explain its symbolism and how it has to face east. On Tuesday we had a Métis storyteller who spent the day talking to students about his culture. We also had a Red River Cart used by early settlers. Maybe next year we can build our own Red River Cart," Fougliard suggests.

Later in the week were Native games and a surprise event on Friday.



This weekend, Ecole la Source students were to have displayed cultural dances and more at the Lieutenant Governor's Winter Festival in Brandon.

"This is our second

annual cultural week. It used to be just one day but we have expanded it. When the CBC mentioned to us they wanted to do a broadcast, it fit in very well with our festival," the principal sums up.

Photo by Bruce Peever

Radio Canada host Geneviève Murchison chats with Sgt Sylvain Berube during a live on-air broadcast from Ecole la Source on Feb. 1.

Dr. Ken Marshall Chiropractic
in the CANEX mall!

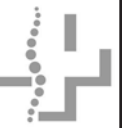
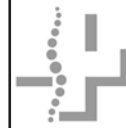
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Extreme cold no problem for A Coy, 2PPCLI

By Pte J.A. Nelson

Living in Canada, with such extreme weather conditions, it is very important that we train during every season in all types of weather. Being ready for anything is something that the Canadian military takes pride in and winter warfare is a big part of that.

So 1 Platoon, A Company, 2PPCLI decided to start winter training last fall with the idea of getting ready for the cold winter ahead. The first day consisted of hauling out our toboggans and going for a march with them. Each toboggan carries all the essential equipment needed for a section to survive in extreme arctic conditions, including an arctic tent, a stove, a lantern and shovels.

We went out in snowshoes with the toboggans and marched for about seven km to get comfortable with hauling so much weight again. Each toboggan has a harness that can be hooked up to three soldiers, and even with three soldiers pulling it you still work up a very good sweat.

Doing this teaches our soldiers how to dress when working in these types of cold conditions, because soldiers soon find out that wearing a lot in the winter is not always a good thing



A grueling march pulling your stuff on a toboggan, along with setting up your tent in bone-chilling temperatures, were part of the fun during winter training exercises for 2PPCLI.



safely and effectively with the basic knowledge and skills needed to survive in harsh winter conditions. Pte Joshua Nelson is a Rifleman with A Company, 2PPCLI.

when you are working hard. Having too many clothes on will make a soldier sweat and when they stop for a rest or to eat they will freeze. It is always smart to dress loose and in layers.

Tuesday morning we again headed out with our toboggans for a much longer march and came across some hills that were in our path. Working as a team we needed to get the tent groups over the top and safely down the other side of the hills. We did this by taking our time and using the handles on the back of the toboggans to lower them down the hill under control.

We were then tasked with setting up the tents in the snow. Every soldier in A Coy had just

completed Ex KAPYONG LIGHTNING and we were no strangers to setting up arctic tents. So this task went quite quickly because everyone knew their places and what had to be done.

We ended up having all the tents set up in about 10 minutes.

When we returned to the Base, we put the tent groups away and headed over to the classroom where we learned more about the theory of winter training, winter safety, and winter survival. We covered such topics as how to adapt to extreme climate conditions and the dangers of cold weather. This included

how to deal with frostbite, hypothermia and dehydration, which in severely cold temperatures play a big role in the ability to survive. We were also instructed on the construction of defensive positions and specialized winter equipment to make our role as the winter soldier easier and safer when facing certain situations.

Although we spent only a couple of days learning how to adapt and overcome in a winter situation, I feel that the information provided to us by the instructors was extremely useful. It will help us do our jobs

Submitted photos

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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, 2011.
French Immersion Program Kindergarten Registration: Duaj Track Registrations for French Immersion Kindergarten are being accepted for children who will have reached their fifth birthday on or before December 31, 2011. 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, 2011. 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, 2011 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, 2011 for the 2011/2012 school year.
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Letters & Opinions



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General Manager Mike McEwan ext. 3073
Managing Editor Bruce Peever ext. 3093
Asst. Editor Sara Cumming ext. 3013
Production Asst./ Quinn Roberts ext. 6008
Base Photographer
Advertising Rep. Michelle Fortin 724-2852
Editorial Advisor Lori Truscott ext. 3813

Fax: 204-765-3814 Email: 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, 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

Preliminary work, including the installation of a perimeter safety fence, is well underway at the site of Shilo's old high school, T-100. Over the coming weeks work crews will be removing interior features with exterior demolition to follow. Please adhere to the posted restrictions around the work site — for your own safety.

Letter to the Editor

Have a say on Military Family Council

Dear Editor,

Director Quality of Life (DQOL) is looking for a specialized group of volunteers to serve on the National Military Family Council. The council is responsible for leading discussion and providing feedback to the Armed Forces Council on systemic issues for families.

This is an exciting opportunity for military families for have their voices heard, and play a key role in CF national family policy development.

Since Personnel Support Programs work with military families every day, DQOL is asking for your assistance. Please help us spread the word about this exciting new initiative to all of the military family members you know. Here's how:

- Please read the full length article at www.familyforce.ca/sites/NMFC/EN/wanttojoin/Pages/default.aspx to get informed about this new venture.
- Talk about the National Military Family Council with families you know.
- Don't be shy! Encourage the military family members you know to get involved — send emails, call your friends and acquaintances and ask them to spread the message even further.
- Note that PSP staff members who are also military family members are welcome to apply.

DQOL will be accepting resumes until Feb. 14, 2011. We thank you for your assistance in spreading the word about this great opportunity.

Sincerely,
Colonel Russ Mann
Director Quality of Life
Director General Personnel and
Family Support Services

Timely snow removal

Dear Editor,

On behalf of the Shilo MFRC I would like to thank Blake Mooney and his staff at Roads and Grounds for the excellent job this winter at keeping the walkways and entrance to the Community Centre safe and clear of snow.

Your efforts to stay ahead of the game despite the frequent snowfalls have not gone unnoticed and are appreciated by everyone who enters the building on a daily basis.

Great job everyone!

Sincerely,
Willemien van Lankvelt
Executive Director, Shilo MFRC

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11 Health Services leader a budding fantasy novelist

By Bruce Peever
Shilo Stag

Good takes on evil in the first of three fantasy books to be authored by a local novice writer.

SLt Troy Reeves, a Mental Health Team Leader at 11 Health Services, has recently penned *The Call of Prophecy* — the first in a fantasy trilogy that make up The Saga of Caliyon. Still to make it to print are *The Shadow Unleashed* and *Twinning of Fate*.

The story is set in the fantasy Kingdom of Lorenth in a period comparable to our 15th century, according to the author. Humans are looking towards expansion and are not aware of the elves, dwarves, dragons and other magical creatures who have been silently watching them for generations.

But a foreboding evil presence breaks the silent pact and all must unite together to slow its growth. The first book ends with a cliffhanger — the noble hero Farin confronts the evil Kaaldean while hordes of undead soldiers enter Lorenth.

A fantasy reader all of his life, SLt Reeves was urged early on by childhood friends to get his thoughts down on paper. It was during a posting to CFB Borden that he started writing, committing some five hours on weekdays and eight hours daily on weekends. It took a whole year to write that first book.

"I wrote after class when others would be going off to the Officer's Mess," he says.

That first book was printed in 2009. Meanwhile *The Shadow Unleashed* is also finished and is undergoing final editing leading up to an early 2011 print run. It will take another year and a half to complete the final *Twinning of Fate*.

While the first book was published by iUniverse of Indiana, the author is hoping to find a new publisher for the last two. He has hired a new publicist and is working toward signing with an U.S. printer.

Critics who have read the first book have compared SLt Reeves' style to that of J.R.R. Tolkien of the *Lord of the Rings*.

"A lot have said they liked my lore. It does have a lot of elements

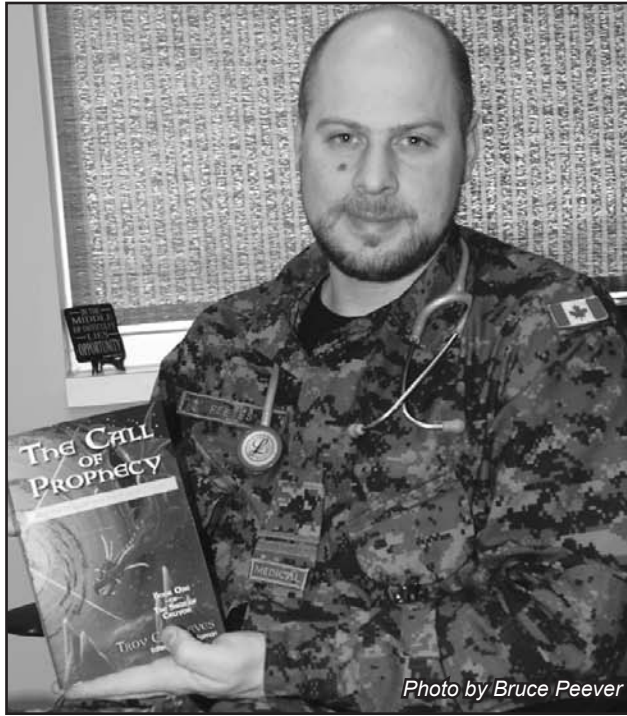


Photo by Bruce Peever

SLt Troy Reeves of 11 Health Services has authored a fantasy trilogy entitled The Saga of Caliyon. His first in the series, *The Call of Prophecy*, is now in bookstores.

from the Bible. The book looks at where magic and where dragons come from. There is also a little romance," he notes.

Currently some \$25,000 in debt from publishing costs, the author is hoping to sell 5,000 copies of *The Call of Prophecy*.

"By then it would be self-perpetuating. It's being sold at Chapters, Indigo Books and Barnes and Noble. I also have 50 copies myself."

And while he of course

hopes for a movie deal, he did this more for the passion he has for the story. Down the road he could see himself writing

a children's book.

SLt Reeves lives in Brandon with his wife Melissa and sons Joshua, Cole and Matt.

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Aurèle-Lemoine K-12 School in St. Laurent



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Manitoba 

Roberts has experience of her life at Provincials

By Quinn Roberts
Shilo Stag

Emotions ran high for our team of four, Betty Buurma (skip), Jen Kienas (second), Suzie Scott (lead), and myself (third) as we walked into the Altona Millennium Exhibition Centre for the first time on Tuesday, Jan. 25.

Seeing the Scotties bright red hearts on the ice brought goose bumps and a warm feeling to my own heart. After curling for 19 years I had finally made it to the Scotties Tournament of Hearts. This was a dream come true that started when I was eight while watching my first Scotties. My love for the sport and desire to make it to provincials only grew from that point on.

The Altona ice was in and looked perfect, the stands were built and ready to hold fans, and the rocks shone in the arena light. We knew we had a long hard road ahead of us, but each member of our team was bouncing with excitement and nerves.

We stepped out onto



Quinn Roberts displays intense focus as she throws this rock during the Scotties Tournament of Hearts held last week in Altona, MB.
Photo by Liz Roberts

the ice for the first time to enjoy a relaxed practice before the real work began. Day one started off with the sound of the Scottish bag pipes filling the arena. Our team, along with all the other teams, marched out onto the ice surface for the kick off of day one. Hearing the bag pipes matched with the crowd clapping to the beat gave me an extreme case of goose bumps and a new sense of pride.

Our first game was against Cathy Overton-Clapham (who ended up winning the tournament and will be representing

Manitoba at this year's Nationals). I was extremely excited and nervous to play such an amazing top ranking team like hers. I had to constantly remind myself to keep my emotions in check and not let them get the better of me.

We played hard that first game, promising each other we'd give it our all, leaving our blood, sweat and tears on the ice. Unfortunately the game didn't go as we planned and we lost out to Overton-Clapham.

We continued to play as hard we could and give it our all, only to be

disappointed by losing out to Janet Harvey, Kerri Einarson and Joelle Brown. We never gave up our fight to pull off a win and we gave Brette Richards a run for her money but lost to her in an extra end. Our fans stuck by our side and continued to offer words of support. We finally pulled off a win in our Jan. 29 match up against Kelly Wiwcharuk. Betty looked over at me and said with a smile, "Well Quinn, it wasn't the prettiest game we've ever played but we finally have our win."

For me going into the

Scotties wasn't just about winning — it was about gaining the experience, building new friendships with not only the other teams, but with all of the amazing volunteers. In my eyes that's what the Scotties are all about.

Being out on that ice and feeling the excitement as the crowd cheered for a shot I'd made was one of the most amazing feelings I have ever felt. Our team was given an opportunity that so many other teams would have given their right arm for. Even though we didn't come home with as many wins as I would have liked, we came home with a sense of pride that we held our heads high and never gave up. Altona was full of hopes and dreams for myself, dreams that finally came true.

We were lucky to be surrounded by some of the most amazing volunteers working at their event, taking care of every little detail, and always with a warm smile on their face. We were blessed to have a wonderful host whom we were sure we had everything

we needed. Pauline made our week that much more enjoyable, always supporting us and cheering us on.

Without the love and support of our families and friends, our time in Altona wouldn't have meant so much. I had the time of my life at the Scotties, and couldn't be happier with how we played. I've always been told, it doesn't matter if you win or lose, it's how you play the game.

I believe we played to the best of our abilities and left it all out on the ice. To my team, you are the best team I could ask for, supporting me in every way on the ice and off the ice.

To my devoted fans, looking up and seeing your faces in the crowd made me so proud to be able to play for you. Thank you all so much for all of your love and support. Our team looks forward to next year and working that much harder to bring home a few more wins.

Until next year at the 2012 Scotties Tournament of Hearts, we aren't done yet.

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Honouring heroes with cross-country journey

By Sara Cumming
Shilo Stag

If you were out and about in Shilo on Nov. 30, 2010, and you noticed an SUV painted with military images and the words 'Canadian Heroes', then an Ontario-based man will be happy that his organization has gotten the message out.

Canadian Heroes is a Hamilton, ON based organization, entirely funded by philanthropist Chris Ecklund, that aims to keep the memory of Canada's fallen soldier fresh in the minds of every Canadian.

"Each and every Canadian by default of their citizenship is a part of Canadian Heroes — no one person owns it," Ecklund explains. "Every Canadian has a right to say what Canadian Heroes can and should be — each soldier, each parent, everyone. Every day someone has a request, an idea, a suggestion that further moves this project into many different directions."

The initiative started with a song. When the song 'Canadian Heroes' (which was recorded by members of Teenage Idol contestant, and a



The Canadian Heroes vehicle features artwork that is both supportive of and in memory of Canadian Forces members.

singer from the Toronto production of Jersey Boys, among others) was still in production, a former Member of Parliament brought the song to Ecklund's attention. The rest is history.

"I knew immediately that this was something way more than just a song and that we could build something great around it," Ecklund, a former reservist, says.

Initially the song was going to be sold to a corporation, but Ecklund says he knew great things wouldn't come of it if it were.

"After a few months of discussions it was agreed

that my (buying the song) would best benefit the country and its soldiers, so I purchased the rights to it," he says.

The project has since grown to include Canadian Heroes vehicles, which volunteers drive across Canada to various parades in order to raise awareness and support for Canada's soldiers. Ken Mitchell drove one such vehicle from southern Ontario to Edmonton to take part in the Grey Cup parade, and he stopped on the way back at various bases and to visit with the families of fallen soldiers.

"We want to get the word out to soldiers that they are not forgotten and that we support them," Mitchell says. "The best way to get the word out is to put the car in the spotlight."

The cars have been

included in nine Santa Claus parades and one Grey Cup parade, and most recently a tribute vehicle was driven across Quebec.

"The response from the general public has been overwhelming, so much so that some of our volunteers have been overcome by emotion," Ecklund explains. "At times we have had thousands of people lining the streets give us a standing ovation, clapping and shouting 'thank you!' I wish that every Canadian soldier could feel that overwhelming sense of pride and love from the Canadian people."

The families of fallen soldiers that Ecklund has visited have been extremely grateful for his cause, but Ecklund thinks they're the ones who deserve acknowledgement.

"I have a tough time

accepting thanks. I feel what we're doing is in no way comparable to (a soldier) giving their

life for their country," he says.

Future goals for the project include having memorials built for every soldier killed in Afghanistan (with the permission of their families), as well as letting the families have the Canadian Heroes vehicle for one week. However, Ecklund says his goals for the project will always keep expanding.

"With Canadian Heroes we will never arrive at a moment where we say, 'We have accomplished our goals.' This is a legacy project and I'm building the framework around it to support it that way."

Photos by Sara Cumming



Ken Mitchell stands next to a Canadian Heroes SUV on Nov. 30, 2010.

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Prices subject to tax

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

Canadian Forces Personnel and Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes

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Have your voice heard! Volunteer for the National Military Family Council, and help bring the voice of families into conversation with senior military leadership.

You or someone you know can make a difference in this exciting initiative. Let's start the conversation.

For more information and to apply, visit www.familyforce.ca/sites/nmfc

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WE LOOK FORWARD TO SEEING YOU THIS TAX SEASON!

It's RRSP time again: Smart tips for contributing

By Pierre Goulet

January and February are typically the time of year when many Canadians make their Registered Retirement Savings Plans (RRSPs) contributions. The first sixty days of each new year gives us the time to top-up contributions, borrow to make contributions if we haven't done so throughout the year, or to start a new contribution plan. All contributions made up to and including March 1, 2011 can be claimed either on your 2010 or your 2011 tax return.

Don't wait until the last minute

You work hard for

twelve months of the year to earn your money. Don't wait until the deadline to seek out your investment options. It's easier to invest in small doses. Try making your investment decisions throughout the year, when you will have more time to reflect on these decisions, and you can avoid the February rush.

How much to contribute?

When contributing to an RRSP, time is money! However, because we can carry over our unused contributions for an indefinite period, some of us have a lot of contribution room. Decide how much ef-

fort you want to make towards your 2010 contribution and what you would like to contribute in 2011. Be reasonable, do not invest every dollar of your surplus cash or borrow too much through an RRSP loan. This could cause you financial difficulties and prevent you from properly planning future contributions.

If you do not have surplus cash and you do not want to borrow, it is better to simply focus on the year ahead and start a monthly contribution plan into an

RRSP. Doing so will put you ahead of the game at this time next year.

Whose RRSP to contribute to?

Generally, the purpose of an RRSP is to build savings that will provide a source of income at retirement. If you have a retirement savings plan and your spouse does not, you may wish to make spousal RRSP contributions. Such contributions are still deducted from the income of the contributor, but help build a re-

tirement income for the spouse with no retirement savings plan.

Determine your risk tolerance and RRSP investment choice

An understanding of your objectives and risk tolerance is crucial to your investment success. You may be considering a Tax Free Savings Account (TFSA) which allows up to \$5,000 every year into an account that grows tax free. Let a SISIP Financial Services (SISIP FS) financial planner assist you in

determining your risk tolerance level and the appropriate investment vehicle; professional advice can really pay off. Visit your local SISIP FS office, call 1-800-680-8177 or online at www.sisip.com.

This article is for general information purposes only and reflects solely the opinion of the writer.

Pierre Goulet is the Practice Manager - Financial Planning and Insurance Services for SISIP Financial Services.

The Shilo Stag

Your source for army news in Manitoba



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Feb. 11 @ 7:30 vs. Medicine Hat Tigers
Feb. 12 @ 7:30 vs. Edmonton Oil Kings
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dsfm@atrium.ca

www.dsfm.mb.ca

Inscriptions à la maternelle 2011-2012

Les inscriptions à la maternelle auront lieu dans nos écoles du **lundi 7 au vendredi 11 février 2011**. Les enfants qui auront cinq (5) ans avant le 31 décembre 2010 sont admissibles. Veuillez apporter un certificat de naissance lors de votre inscription.

Admissibilité

Les écoles françaises sont ouvertes à tous les ayants droit. Un « ayant droit » est un résident du Manitoba dont la première langue qu'il a apprise et qu'il comprend encore est le français ou un résident du Manitoba qui a reçu au moins quatre ans d'enseignement scolaire dans le cadre d'un programme français au Canada ou est le père ou la mère d'un enfant qui reçoit de l'enseignement scolaire dans le cadre d'un programme de français ou qui a reçu un tel enseignement pendant au moins quatre ans.

Questions?

Pour toute question, communiquez avec la direction de l'école de votre région.

St-Laurent	646-2392	École communautaire Aurèle-Lemoine
St-Vital	255-2081	École Christine-Lespérance
Ile-des-Chênes	878-2147	École Gabrielle-Roy
St-Claude	379-2177	École communautaire Gilbert-Rosset
Thompson	778-8699	École communautaire La Voie du Nord
Laurier	447-3364	École Jours de Plaine
Shilo	765-5050	École La Source
St-Boniface	256-4384	École Lacerte
Lorette	878-3621	École Lagimodière
St-Norbert	261-0380	École Noël-Ritchot
Notre-Dame-de-Lourdes	248-2147	École élémentaire Notre-Dame-de-Lourdes
Ste-Anne	422-5505	École Pointe-des-Chênes
St-Boniface	233-4327	École Précieux-Sang
St-Pierre-Jolys	433-7706	École communautaire Réal-Bérard
Winnipeg	885-8000	École Roméo-Dallaire
St-Georges	367-4224	École communautaire Saint-Georges
St-Jean-Baptiste	758-3501	École régionale Saint-Jean-Baptiste
La Broquerie	424-5287	École Saint-Joachim
St-Lazare	683-2251	École Saint-Lazare
Ste-Agathe	882-2275	École Sainte-Agathe
St-Boniface	233-8735	École Taché

Wheelchair rugby challenge ahead for CF personnel

By Carolynn Derksen

Paralympian Jared Funk is coming to CFB Shilo on Thursday, Feb. 10. He and his three teammates from Team Manitoba are challenging CFB Shilo military personnel to a pick up match of Wheelchair Rugby at GSH.

This is a demanding sport. You can expect full contact and hard hitting plays. The wheelchairs are built like tanks to withstand the fast action and ramrodding! Five minute shifts will be organized to give opportunity for as many participants as possible, and well, let's face it, you'll probably need a break before your next shift.

But first we'll show you how the pros play. There will be a showing of the movie *Murderball*, which is a documentary focussing on the intense rivalry between the Canadian and American teams as they ramrod their way to the 2004 Paralympics.

Funk is one of the Team Canada players who was filmed for the documentary, which



Are you up for it? Jared Funk of Team Manitoba will be challenging military personnel to a pick-up Wheelchair Rugby match at GSH on Thursday, Feb. 10.

won the Audience Award for Best Documentary Feature at the 2005 Sundance Film Festival and was also nominated

for best Documentary Feature for the 2005 Academy Awards.

This gritty film doesn't play out like a

Rugby on Feb. 10

10:45 a.m. to 12:30 p.m. at GSH Theatre

- View movie *Murderball* (Rated R)
- Bring your own lunch to eat during the movie.
- Q&A with Jared Funk.

12:30 to 1:45 p.m. at GSH gym A

- Demo and pick up game with Jared Funk and his team.

documentary: it's power-packed with intense scenes that follow the development of the U.S. team when one of its players heads north to coach Team Canada.

After the film the game starts in the gym. Register for participation in the game through your Unit Sports Rep. And get ready for some action!

Funk will be at CFB Shilo in conjunction with a presentation of *Changing Minds, Changing Lives* at the Base Clinic. This is a Canadian Paralympic Committee outreach

program aimed at educating healthcare professionals about the associated social and health benefits of regular

sport activity, and the potential that resides in all Canadians living with a physical disability.

The speaker team consists of a healthcare professional and a paralympic athlete who present the info and bring equipment for a hands on experience. The intent is to encourage the use of sports as part of the rehabilitation process.

For more information, contact Carolynn Derksen at 765-3000 ext 3151.

Carolynn Derksen is Regional Adapted Fitness Specialist, Joint Personnel Support Unit (JPSU) Prairie Region Personnel Support Programs.

Shilo Theatre
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Feb. 4: *The Fantastic Mr. Fox* - Rated PG
Feb. 11: *Legend of the Guardians: The Owls of Ga'Hoole* - 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

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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







National Defence
Defense nationale



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
17630-77

What's on Your Agenda?

• **Shilo Winterfest 2011** Saturday, Feb. 12 from 10 a.m. - 1 p.m. at L-25. A FREE day of fun for the whole family! Events include a pancake breakfast, petting zoo, bouncy castle, face painting, and a professional juggler and fire eater.

• **Shilo Winterfest 2011 Valentine's Social** Saturday, Feb. 12 from 8 p.m. - 1 a.m. at L-25. FREE admission. Featuring music from Diamonds and Dirt. Amazing door prizes from Forbidden Flavours, The Keg, Remington's, Elkhorn Resort and many more!

• **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."

• **Expecting A Baby?** Brandon RHA Public Health Services is offering **FREE prenatal classes** at the Community Centre. 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 Feb. 7 and runs every Monday for four weeks from 6:30-8:30 p.m. There will be no class Feb. 21. This class will be held March 7 due to the holiday. To register please contact Carly Druwe at 571-8475 before Feb. 1.

• **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.** Free admission for the month of January 2011 with all visitors eligible to win a DVD box set of the series "The Pacific". Enjoy our temporary exhibition "More Mortars" which runs until Mar. 31, 2011.

• **#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 Mutters 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 AI-Anon**, Family Groups (for family and friends of alcoholics) 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.cfccommunitygateway.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 welcome 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 John: 726-5351.

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

FITNESS WORKSHOP - Battle Fit

(Open to Military Members, DND & Civilian Employees and GSH Card Holders)

Monday & Tuesday, Feb. 7 & 8

Noon - 1 p.m.

Combat Fitness Room

Registration Deadline: Monday, Feb. 7 at 10 a.m.

Contact Janelle Boyd, 765-3000 ext 3899.

BINGO

Sprucewoods Community Hall
every Thursday evening

• Share The Wealth at 6:30 p.m.

• Early Birds at 7 p.m.

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\$1,000 in 52 numbers

Canteen open!

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Deadline for next issue:
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Services



**St. Barbara's
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Sundays @ 1030 with

Sunday School & Nursery

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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WAWANESA - 2.84 acres on the edge of town, ready for your new home or business. Cleared, levelled, with hydro and biotech shed (35x75). For more info call Bob Daymond Sutton-Harrison Realty (571-5918).

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.

Events

MEET STELLA & DOT - OPPORTUNITY EVENT. Forbidden Flavours on 18th St., Mon., Feb. 7 @ 7:00pm. Stella & Dot is, "A fabulous company selling gorgeous jewellery with great opportunities for awesome women like you"! Come out and see what the buzz is all about! Try on the celebrity-coveted jewellery while hearing about the possibility of working from home to achieve both your business and personal goals. This informal session is free, and all attending will have their name entered into a jewellery draw. For more information, check out www.stelladot.com/kimbjornsson.

Visit
The
RCA
Museum!
Call
765-3000
ext 3570

www.rcamuseum.com



Shilo Military Family Resource Centre



Working on a daycare solution

By Julie Mason

The Daycare Committee recently had a meeting to discuss possible solutions to the current waiting list at the Shilo MFRC Daycare. The Board of Directors wanted to convey to the community that we understand this has been a long running issue with regards to the lack of daycare spaces available. It continues to be an issue across Canada, province

to province and we are taking steps to resolve this situation here in Shilo. During the meeting a few ideas came up about some of the local buildings on base that might be feasible. We are looking into those possibilities and hopefully in the near future there will be answers.

Also at present time, there have been initiatives for existing home based childcare providers to become fully li-

censed. The MFRC understands that dayhome start up requires training and paperwork and wants to help. If you are thinking about starting up a home based childcare service, please do not hesitate to call the MFRC and they will be happy to answer any questions you may have.

Julie Mason is a volunteer board member at the MFRC.

**Keep up to date
Join us on
facebook**

Join our team

The Shilo Military Family Resource Centre requires a Teen Centre Program Leader. This is a part time position (30-35 hours biweekly) that requires the employee to perform duties as they relate to the effective delivery of information and services of youth programming for ages 12-17 of military dependants residing in Shilo and surrounding area.

Specific Qualifications

- High School Diploma required. Post secondary education in a related field preferred;
- Proven experience with youths ages 12-17;
- Excellent organizational, interpersonal and communication skills;
- Strong leadership skills;
- Implementation of youth programming;
- Knowledge of community services
- Bilingual skills an asset;
- First Aid and CPR will be required
- Criminal record and child abuse clearance will be required

General Statements of Responsibilities:

Under the direction of the Programs Coordinator, the Teen Centre Program Worker is responsible for:

- Teen Centre Supervision
- Teen Special Events
- Offering and running Teen Council
- Dissemination of information to Teens and Parents
- Other duties as required

Hours will be flexed hours; days, evenings and some weekends are required.

Salary: \$13.54 - 15.90 hourly

Please submit resumé to Willemien van Lankvelt

Email: willemien.vanlankvelt@forces.gc.ca

Mail: Box 5000 Stn. Main Bldg. T-114 Shilo, MB R0K 2A0

Applications must be received no later than 12:00 NOON, Monday February 7, 2011

Valentine Cookie Grams are here!

Shilo Pre-Kindergarten is, once again, selling Valentine Cookie Grams for delivery on Feb. 14 Purchase a Valentine cookie(s) for your loved ones and the MFRC staff will deliver it to them!

Cookies will be delivered to Shilo, Sprucewoods and Wawanesa School.

Pick up your order form from the MFRC reception desk and we will make sure your delivery is made.

Cookie orders can also be made through any participating Pre-Kindergarten parent, the MFRC reception desk or the Pre-Kindergarten office.

Due date for all orders is Friday, Feb. 10
The price of cookies: \$4 each or 3 for \$10.

Cookies will also be sold at CANEX on Feb. 14 from 9 a.m. - 1:30 p.m. or until they are gone!

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
February 12	Winterfest kids day and Valentine Dance	Kids 10-1pm Dance 8-1	FREE	No registration
Adult				
February 9	Social Networking 101	1-4pm or 6-9pm	\$10	Register by noon on Friday, February 4
February 9 & 16	French Connections	10-11am	FREE	No registration
February 19	Scrapbooking Days	9am-5pm	\$2	Register by noon on Wednesday, February 16
February 23	Dressed for Success	1-4pm or 6-9pm	\$10	Register by noon on Friday, February 18
Deployment				
February 12	Deployment Childcare	1-4pm	FREE for deployed	Register by noon on Wednesday, February 9
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 9 & 16	Keen Kids	5-6pm	\$1 drop in	No registration
February 9 & 16	Kool Kids	6-7pm	\$1 drop in	No registration
February 9 & 16	Kooler Kids	7:30-9pm	\$1 drop in	No registration
February 11	Valentines Dance	6-9 yrs (6-7pm) 10-14yrs (7:30-9pm)	\$2	No registration
February 17	Scrapbooking Nite	6-7:30pm	\$20	Register by noon on Wednesday, February 9
Preschool				
January 25	Wacky Winter Wonderland	1:30-3:30pm	\$4	Register by noon on Friday, January 21
February 2-March 2	Family Portfolio Project	5-7:30pm	FREE	Register by noon on Wednesday, January 26



Local kids enjoy tobogganing during an inservice day on Jan. 28.

Photo by Sara Cumming



Members from CFB Shilo were honoured at the annual United Way luncheon on Jan. 28 in Brandon. Shilo set a new record for raising the most money in the Westman area for the United Way Campaign.

Photo by Sara Cumming



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To place an ad, email stag@mts.net or call 765-3000 ext 3013.

The Shilo Stag
Your source for army news in Manitoba

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



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