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Volume 49 Issue 11



Serving Shilo, Sprucewoods & Douglas since 1947

June 10, 2010

**INSIDE This Issue**



Share your deployment history for play. See page 3.



Korea Veterans thank their Padre. Coverage on page 5.



Make your way south to Boissevain. See page 14.



**Off and running**

Athletes competing in the 1/2 marathon (including the winner, Cpl Chris Marmen, number 123, third from left) take off from the starting line during the first ever Shilo Army Run on June 4. Below left, BComd Luc Généreux presents the award to Cpl Marmen who finished the 21 km in a blistering one hour and 18 minutes. More than 500 runners took to the streets, raising in excess of \$1,400 for the Soldier On Fund. See page 15 for more on the Shilo Army Run.

Photos by Bruce Peever

**Parade, Lobsterfest, official welcome back all next week**

**By Bruce Peever**  
Shilo Stag

Here's hoping for good weather next week as CFB Shilo enjoys three separate celebrations.

First up is a Base Parade on Thursday, June 10 at the Leslie Parade Square near HQ, starting at 10 a.m. According to COS Maj Neil Gregory, the parade will be more than just a unit celebration as it marks not just the final visit to CFB Shilo for Col Charles Lamarre, 1ASG Comd, but also the last hurrah for the departing CWO Stephen Walsh, BCWO CFB Shilo. Maj Gregory encourages civilians to be part of this ceremony.

Then on Saturday, June 19, drop anchor

on a East Coast Feast at the seventh annual Base Commander's Downhomer Lobsterfest. Tickets are going fast and according to PSP Manager Mike McEwan of the sponsoring Shilo Service Club, you won't want to wait to get yours as only 800 were printed.

"If you are waiting, don't. Get your tickets now," McEwan advises.

Tickets, at \$30 apiece, are available at the 18th Street Sobeys, 340 Trading Post, CANEX and the Douglas General Store, or you can call extension 3073.

The feast will feature a whole lobster, along with an eight ounce striploin, salad and bun. Doors at the Community Centre Annex (Bldg L-25) will open at 5:30 p.m. with the meal served from 7 to 9

p.m. Entertaining that night will Vagrant City featuring Mike Sachako with DJ services by Look Music. Free Knightline transportation will be offered.

Finally on Sunday, June 20 is the TF 3-09 Welcome Home. Bring the whole family for an afternoon celebration marking a safe return home from Afghanistan. According to PAO Lori Truscott, there will be something for everyone.

From 12:30 to around 5 p.m. you can enjoy a free barbecued steak courtesy of the Canadian Cattlemen's Association. On stage two local bands will perform including Diamonds N Dirt and Poor Boy Rodgers, performing country-rock

See **PARTY** page 3

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# Playwright wants deployment stories

Share your memories of life in Afghanistan for new play

By Sara Cumming  
Shilo Stag

Do you have a story to tell?

Winnipeg playwright and drama teacher Talia Pura is looking for CF members and their families who are willing to talk about their experiences while deployed. Pura, who has two daughters in the Canadian Forces, wants to write a play based on the experiences of a deployed soldier. The story will be fictionalized, but Pura wants to hear real stories from real soldiers.

"I want to get a sense of what it was like for them," Pura explains.

As part of her research, Pura will visit Afghanistan in July as part of the Canadian Forces Artists Program. The program allows various types of artists from across Canada to observe and capture CF members while in theatre.

"In a perfect world I'd be attached to a unit that was getting ready to go over, see them while they're there," Pura says. "But the timeline didn't work out that way."

If you would like to speak with Pura and tell her your stories, call her at 204-467-2324 or email [taliapura@rainyday.ca](mailto:taliapura@rainyday.ca). You can also visit [www.taliapura.com](http://www.taliapura.com) to see a list of her work and achievements.

## PARTY From the front

and blues respectively. There will be a DJ as well.

For the kids there will be inflatables and face painting sponsored by DSG and MFRC. For the older crowd the Messes will provide a beer garden. Celebrations take place at the outdoor field at the corner of Patricia and Engineers Road with a rain location inside the Gunner Arena.

"It will be a fun, relaxing afternoon for everyone. And everyone is welcome — not just those who returned from Afghanistan. Remember that those of us who stayed behind, still had to support those who went. So this is for everybody," Truscott explains.



Photo by Quinn Roberts

Talk to Talia Pura about your deployment stories. Email her at [taliapura@rainyday.ca](mailto:taliapura@rainyday.ca).

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# Ticket winners from Memorial Cup contests

Following is a list of winners in the Bank of Montreal, Support Our Troops Memorial Cup ticket giveaway contest.

For the game played Friday, May 14, four tickets were won by Daniel Finn as presented at the Volunteer Appreciation Evening.

For the game played Saturday, May 15, two tickets were won by both James MacKenzie and Ken Al-Molky as presented at the Volunteer Appreciation Evening.

Wanda Janssens won two tickets to the Sunday, May 16 game while for the matchup on Monday, May 17 two tickets were won by Helen Roy and two tickets went to Ken Ripley.

In attendance at the Memorial Cup on Tuesday, May 18 were Julie Mason and James Barscello, who both won two tickets.

Two more lucky winners and two of their friends were at the tournament on Wednesday, May 19 including Daniel Booth and Justin Gauthier.

For the game played Friday, May 21, two tickets went to Michael Borkofsky, and two others to John Schneiderbanger.

Finally for Sunday, May 23, two tickets were awarded to Mike McEwan.

## Public Consultation

### Seeking Manitobans' Perspectives On Wetlands

Wetlands are a vital part of our environment and economy.

**The Manitoba Water Council** wants to know how you feel about the management and conservation of wetlands in Manitoba. Sharing your views will help the council in advising the Minister of Water Stewardship.

Open house meetings will be held at **1:00 p.m. and 7:00 p.m.** in:

<b>The Pas</b>	June 9	Kikiwak Inn, Hiway 10 Opakwayak Cree Nation
<b>Dauphin</b>	June 10	Legion Hall 309 Main Street North
<b>Winnipeg</b>	June 14	Finish Line Banquet Room Assiniboia Downs
<b>Thompson</b>	June 17	Thompson Wildlife Association Hall Thompson Drive, Recreation Grounds
<b>Lac du Bonnet</b>	June 26	Legion Hall 45 McArthur Street
<b>Arborg</b>	July 5	Arborg Bifrost Recreation Centre 409 Recreation Centre
<b>Steinbach</b>	July 6	Studio A, Steinbach Arts Council 304 2nd Street
<b>Winkler</b>	July 8	Winkler Library 160 Main St. South
<b>Melita</b>	July 13	Legion Hall, 95 Main Street
<b>Brandon</b>	July 14	Riverbank Discovery Centre #1 - 545 Conservation Drive

The public will have the opportunity to make short, verbal submissions as well as time to complete a Wetlands questionnaire and review a Wetlands workbook. If you wish to pre-register to make a verbal submission at your community meeting or receive an advance copy of the Wetlands questionnaire and workbook visit our website at

[www.manitobawatercouncil.ca](http://www.manitobawatercouncil.ca) or email [water.council@gov.mb.ca](mailto:water.council@gov.mb.ca).

Hardcopies of the questionnaire and workbook are available by calling 945-1007.

You can also submit your ideas in writing by August 15, 2010 to:

Mail:

Manitoba Water Council  
Re: Wetland Public Consultations  
Box 11, 200 Saulteaux Crescent  
Winnipeg MB R3J 3W3

[www.manitobawatercouncil.ca](http://www.manitobawatercouncil.ca).



# Letters & Opinions



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The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

Submissions can be sent to the Stag via email at [stag@mts.net](mailto:stag@mts.net), dropped off at the Stag office located in the Shilo Community Centre or via Inter-base mail.

**Submitting articles and photos for print:**

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned - 300 dpi), digital images or in hard copy format.
- With photos, include a caption that names the individuals in the photo; what is taking place; and the name, rank, and unit of the photographer.



Photo by Bruce Peever

CANEX patrons using the north entrance would have noticed this barricaded area after a water main broke in mid May. CANEX Manager Rick Kehler estimates it could be mid July before a proper 'heat tape' replacement is installed and asphalt is put back in place. Meanwhile water service has been restored.

## Letter to the Editor

### Discover Shilo's past online @shilobrats

Dear Editor

Want to know what Shilo was like in years gone by?

The ShiloBrats website was developed to provide a central place for Shilo brats from all years to reunite and stay in touch with friends and memories of your time here. The active Guestbook keeps everyone returning to touch base with old friends and classmates who continue to discover the site. The InterActive! forum provides a place to tell your own stories, and an ever growing Gallery of past and present photos to revive memories or showcase where you are now. The site is both a history and an active current format for all Shilo brats to participate in. From what it was like to grow up in Shilo 50 years ago, to what it is like today.

Until 1987, there was a high school in Shilo, at the now empty PEHS location. Every yearbook published from those times is on the site. When it was learned

the school was to be demolished, ShiloBrats proposed saving a memorable part of it as a memento. Shilo Administration agreed and removed the original hardwood stage floor in the gymnasium, then converted it to mementos. For anyone wanting a 'little PEHS' memento, a photo for the site, or a \$5 donation to the MFRC, on behalf of ShiloBrats will qualify. See What's New at ShiloBrats for details.

Today's Shilo youth can participate with current photos of Shilo and stories of what living in Shilo is like today. Many Shilo brats enlisted or continued to work in Shilo after high school. We would also like to hear from you. If you would like to be a contact for ShiloBrats or have any questions, please respond in the Contact Us form on the site at [www.shilobrats.com](http://www.shilobrats.com).

Sincerely,  
Ken Jenkins  
ShiloBrats

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**Sprucewoods**

The Shilo Inn (Crang's)  
 340 Esso Station

**Wawanesa**

Lucky Dollar

# Korea vets honour their padre at local meeting

By Bruce Peever  
Shilo Stag

Padre Paul Sakasov of Brandon has been serving more than two dozen local Korean War veterans for the past four years.

On May 27, members of Unit 17, the Korean War Veterans Association (KVA) returned the favour by presenting the padre with a plaque of appreciation during a luncheon meeting at the WO and Sergeants Mess.

The meeting was one of seven held annually, with only the spring and fall meetings held in Shilo and the remaining five in Winnipeg. Close to 25 Korean War veterans made the trek to Shilo for the May 27 session.

According to KVA Unit 17 President Peter Ewasiuk, Padre Sakasov is an important aide to Korean veterans. Veterans had earlier presented the padre with a medal for outstanding service.

"I visit members in the hospital and meet with their families. I help



Padre Paul Sakasov at extreme right accepts a plaque of appreciation from KVA Unit 17 President Peter Ewasiuk with BComd Luc Génereux looking on. Above right, Unit 17 members pose for a group shot.

wherever I can," Padre Sakasov stated. KVA operates much like the Royal Canadian Legion in advocating assistance and comradeship for its members. But while

the Legion caters to all servicemen and women, KVA assists only those who fought in Korea.

Photos by Bruce Peever

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# LCol Généreux inspects air cadets in Neepawa

By Ed James

The #9 Royal Canadian Air Cadet Squadron of Neepawa recently held its 69th annual year end parade, inspection and awards night.

Reviewing officer was to have been BGen Kelly Woiden, Dep Cmdr Land Force Western Area/Joint Task Force West. However at the last minute he had to cancel and asked LCol Luc Généreux, BComd CFB Shilo, to fill in.

The inspection parade was held at the Neepawa Yellowhead Centre with 30 air cadets on parade. Cadet Squadron Commander Lt Mark Anderson hosted LCol Généreux for the evening parade.

In attendance were many parents, community members, Royal Canadian Legion members and cadet officers from all three branches of the Canadian Armed Forces.

After he made his inspection of the cadets, LCol Généreux took the March Past and Salute and then handed out a number of awards. Citations included participation, top cadet, most improved and the cadet who showed the best Esprit de Corps.

A number of scholarships were also presented to several air cadets entitling them to attend summer training sessions at Cold Lake and Gimlie. Training there is to include leadership, survivor skills and glider pilot training.

Final presentations were for the Duke of Edinburgh Medal, the Royal Canadian Legion Cadet Medal of Excellence and the Lord Strathcona Medal.

Following the awards presentation a number of short speeches were made including that from LCol Généreux who said, "You



Photos by Ed James  
LCol Luc Généreux, BComd CFB Shilo, was Reviewing Officer of the #9 Royal Canadian Air Cadet Squadron annual inspection in Neepawa. It was the squadron's 69th annual inspection.

have done very well this evening and you have grown in skills over the past training year. You have developed good leadership, citizenship and physical skills and training. You can thank your officers and parent volunteers for this. I am proud of you all; you are Canada's future."

Then, after the advance order, the parade was dismissed and light refreshments were served. Air cadets, parents and visiting officers greeted each other, discussing the evening's events along with plans for the summer cadet training camp.

LCol Généreux met with several parents as a slide show showcased a number of events

slated for the 2009-2010 training year.

It was a proud evening for the Cadet Squadron Commander.

"Cadets were awesome tonight in their enthusiasm, decorum and discipline. The cadet movement in rural Canadian communities is a great thing as it gives direction and career guidance for later life," stated Lt Anderson.

The #9 Royal Canadian Air Cadet Squadron Cadets and their officers were very pleased with LCol Généreux's inspection and squadron visit.

Ed James is a freelance reporter serving the Westman, east Saskatchewan region.

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit [www.legion.ca/ServiceBureau](http://www.legion.ca/ServiceBureau).



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# Last of the TF3-09 deployment returns home



Photos by BRUCE PEEVER

The MPTF was filled with anxious families as one of the last group of soldiers from TF3-09 arrived May 28. Above, MCpl Mike Wiseman receives a hug from three-year-old daughter Brenna while at left, Capt Adam Bradley greets his son Mason, age four and his wife Jennifer while another son, AJ, age 11, slips out of the frame.

# THANK YOU

 to our troops and all those who participated in welcoming them home!

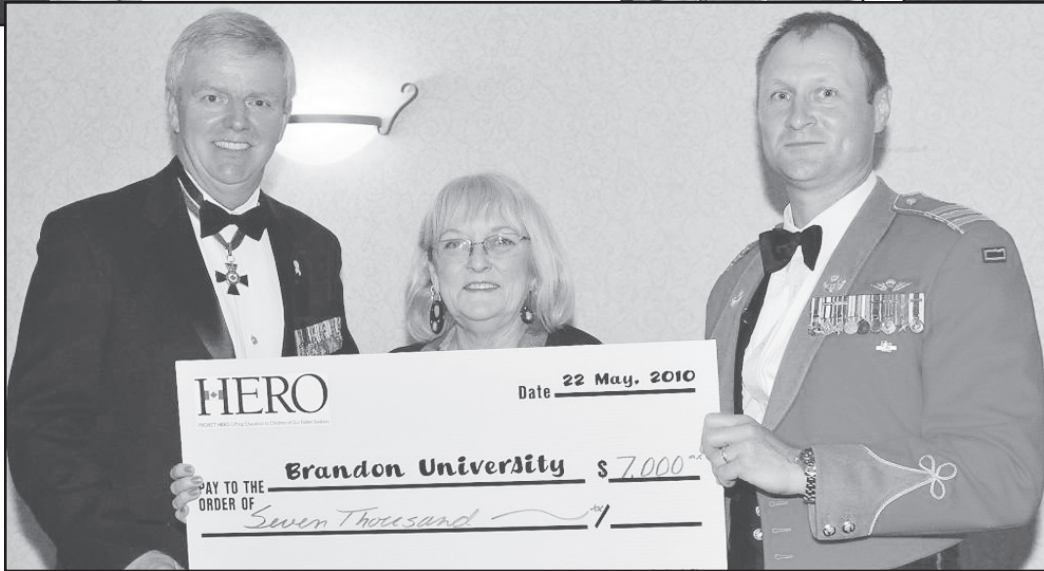
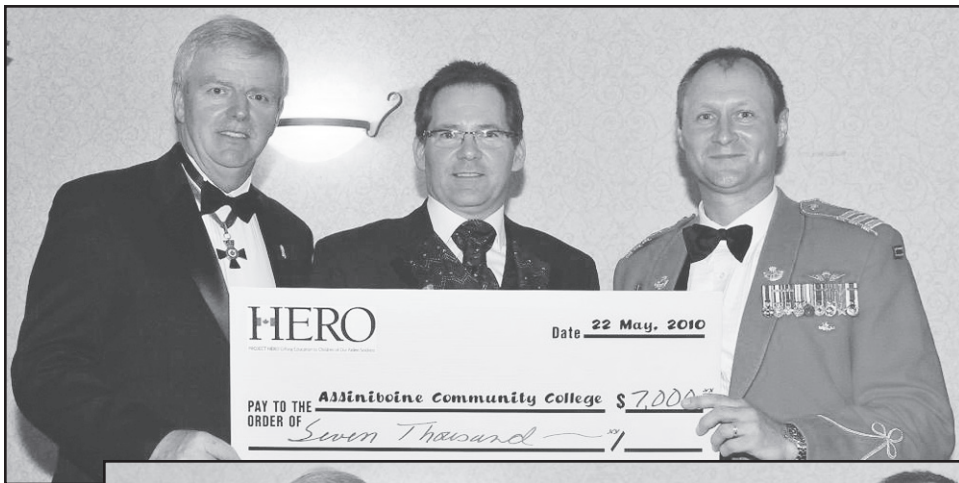
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At top right, sharing their war experiences at the Heroes Gala were Afghan Vets from left to right, Cpl Kirkland, WO Perry, MCpl Cyr, Maj Grubb, MCpl Mielke, Sgt McKechnie, Capt Mover and Maj MacGregor. At lower left, Gen Rick Hillier (ret'd) presents a \$7,000 cheque to Dr. Deborah Poff, President of Brandon University with LCol Shane Schreiber (CO 2 PPCLI) at right. At top left, the same two present another \$7,000 cheque to Jim Brinkhurst, President of Assiniboine Community College. A total of \$14,000 was raised for two local post secondary institutions from the May 22 Heroes Gala.

Submitted photos

# Heroes Gala nets \$14,000 for local students

**By Bruce Peever**  
Shilo Stag

Area students were the big winner in a highly successful Heroes Gala that netted \$7,000 for each of Brandon University and Assiniboine Community College.

The black tie event held May 22 at the Victoria Inn Grand Salon attracted a full house. Gen Rick Hillier (ret'd) was guest speaker and according to organizer Steve Morrison of Brandon Salutes, the former CF commander did very well on the stage.

"It was very successful, especially from my point of view. A lot of those in attendance really liked the fact a Veteran was seated at each table. The night was operated as a mess-style dinner and a lot of civilians had not seen that before," he said.

All money raised that night funds the Project Hero initiatives at Brandon University and Assiniboine Community College. Morrison said not all final figures were tallied, but the \$7,000 to each school far exceeds the initial \$10,000 total goal.

Asked if the success of this first Heroes Gala means it will become an annual event, Morrison was non committal. He did point out that the

decision would be a joint one among Brandon Salutes and several CFB Shilo units.

Project Hero was launched in 2009 by Gen. Hillier and Honorary Lt. Colonel Kevin Reed with a mandate of funding

scholarships to families of fallen Canadian soldiers. Under the program, Canadian colleges and universities offer tuition and in some cases, support with room and board in the first year, to children of CF

personnel who have lost their lives while serving in an active mission.

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# Summer Community Events Calendar

**SUMMER'S HEATING UP.**

THE 2010 SPRING COMMUNITY EVENTS CALENDAR



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# Pre-School

## Tiny Toes Preschool Summer Fun Program

This summer program is fun and learning all rolled into one! Choose from one week or all six weeks and give your child the best summer they have ever had. They will explore experiment and make new friends along the way.

Ages: 3 – 5 yrs (must be toilet trained)

Date: July 13 - August 20

Time: 10am – 3pm

Cost: \$40.00/week

Place: Shilo Community Centre

### Week #1 July 13 – 16 *Amazing Animals*

Join us as we explore some of the world's most unique animals from around the globe and right here in our own backyard.

### Week #2 July 20 – 23 *World of Water*

Come cool off with everything water as we beat the summer heat!

### Week #3 July 27 – 30 *Around the World*

Grab your passport and come explore cultures of the world through activities, crafts and snacks.

### Week #4 August 3 – 6 *Kids Chemistry*

A fun filled week of science fun complete with experiments and exploration.

### Week #5 August 10 – 13 *Bunch of Munsch*

Enter the wacky world of Robert Munsch. Get ready to explore your imagination and set sail into the world of silly stories, songs and games.

### Week #6 August 17 – 20 *How it's Made*

Travel from the great outdoors straight to your plate and discover how food is made and where it comes from.

Register at the MFRC (765-3000 ext 3352) by the Wednesday before. Spaces Limited

## Family Learning Olympics

Bring the whole family and compete for prizes in this first ever Family Learning Olympics, complete with events, passports and an Olympic Café.

Ages: All Ages

Date: Thursday, August 12

Time: 5:30 - 7:30pm

Cost: FREE (supper included)

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext 3352) by noon on Friday, August 6



# School Aged

## Summer Fun Day Camp

Ages: 5 – 12 yrs

Date: July 5 – August 27

Time: Mondays – Thursdays 9:00am - 12:00pm and 1:00 - 4:00pm/Fridays 9:00am - 4:00pm (field trip day)

Cost: \$70.00 per week one child

\$100.00 per week two children

\$130.00 per week three children

\$160.00 per week four children

Extended hours are available as well for an extra cost

•For one session \$10.00 more a week

•For two or three sessions \$15.00 extra a week

The sessions are: 7:15am - 9:00am 12:00pm - 1:00pm 4:00 - 4:45pm

### Week #1 July 5 – 9 *Nature*

Field trip to the Winnipeg Zoo

### Week #2 July 12 – 16 *Wild Wild West*

Field trip to Austin

### Week #3 July 19 – 23 *Space*

Field Trip to the Winnipeg Space Museum

### Week #4 July 26 – 30 *Around the World*

Field Trip to Killarney Beach

### Week #5 August 3 – 6 *Splishin and a Splashin*

Field Trip to Splash Island in Portage La Prairie

### Week #6 August 9 – 13 *Celebrate the Holidays*

Field Trip to Playtime in Brandon

### Week #7 August 16 – 20 *Transportation Week*

Field Trip: Sprucewoods Provincial Park

### Week #8 August 23 – 27 *The Circus is in Town*

Field Trip to Tinkertown in Winnipeg

Register at the MFRC (765-3000 ext 3352).

Spaces are limited so call early

## Youth Weight Training Sessions

Session 1

Ages: 13 – 17 yrs

Date: Thursday, July 8

Time: 12:30pm - 3:30pm

Cost: FREE

Place: GSH

Contact Info: Fitness Department at 765-3000 ext 3653/3831

Registration forms are available at the GSH front desk. Register by noon on July 7

Session 2

Ages: 13 – 17 yrs

Date: Thursday, August 26

Time: 12:30pm - 3:30pm

Cost: No charge

Place: GSH

Contact Info: Fitness Department at 765-3000 ext 3653/3831

Registration forms are available at the GSH front desk. Register by noon on August 25

## Red Cross Swim Lessons

Session 1

Ages: 6 and up

Day: Monday – Thursday (for 2 week duration)

Date: Jul 12 – Jul 22

Time: Between 4:30 – 6:30pm

Place: Shilo Pool

Session 2

Ages: 6 and up

Day: Monday – Thursday (for 2 week duration)

Date: August 16 – August 26

Time: Between 4:30 – 6:30pm

Cost:

### GSH Access Card Holders:

\$40.00 + GST for the first and second child;

\$30.00 + GST for the third child;

\$20.00 + GST for every child thereafter.

### Non GSH Access Card Holders:

\$50.00 + GST for the first and second child;

\$40.00 + GST for the third child;

\$30.00 + GST for every child thereafter.

Place: Shilo Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only. Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

[www.shilomfrc.ca](http://www.shilomfrc.ca)

# Adults

## Morning Spin Class

Ages: Adult  
Date: Tuesdays, July 6 – August 10  
Time: 6:10 - 7:10am  
Cost: \$25.00 + GST with a GSH Access Card;  
\$35.00 + GST without a GSH Access Card;  
Drop in if space permits \$5.00  
Place: GSH Aerobics Room  
Contact Info: Community Recreation (765-3000 ext 3317)  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

## Tuesday Evening Zumba

Zumba combines Latin and international music in dance routines featuring aerobic and fitness interval training done to a combination of fast and slow rhythms.  
Ages: 16+  
Date: Tuesdays, July 6 – August 10  
Time: 7:00pm – 8:00pm  
Cost: \$25.00 + GST with a GSH Access Card;  
\$35.00 + GST without a GSH Access Card;  
Drop in if space permits \$5.00  
Place: GSH Gym  
Contact Info: Community Recreation (765 - 3000 ext 3317)  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

## Lunch Hour Bosu/Bootcamp

Ages: Adult  
Date: Wednesdays, July 7 – August 11  
Time: 12:00pm - 12:50pm  
Cost: \$20.00 + GST with a GSH Access Card;  
\$30.00 + GST without a GSH Access Card;  
Drop in if space permits \$5.00  
Place: GSH Gym  
Contact Info: Community Recreation (765 - 3000 ext 3317)  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)



## Lunch Hour Spin Class

Ages: Adult  
Date: Thursdays, July 8 – August 12  
Time: 12:00pm – 12:50pm  
Cost: \$20.00 + GST with a GSH Access Card;  
\$30.00 + GST without a GSH Access Card  
Drop in if space permits \$5.00  
Place: GSH Aerobics Room  
Contact Info: Community Recreation (765 - 3000 ext 3317)  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

## Thursday Evening Zumba

Zumba combines Latin and international music in dance routines featuring aerobic and fitness interval training done to a combination of fast and slow rhythms.  
Ages: 16+  
Date: Thursdays, July 8 – August 12  
Time: 7:00 – 8:00pm  
Cost: \$25.00 + GST with a GSH Access Card;  
\$35.00 + GST without a GSH Access Card;  
Drop in if space permits \$5.00  
Place: GSH Gym  
Contact Info: Community Recreation (765 - 3000 ext 3317)  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)



## Fitness Workshops

Open to all Military Members, DND Civilian Employees and GSH Card Holders.  
Ages: Adult  
Date: Monday, July 12 – SPAM (Speed, Power, Agility, Muscular Endurance)  
Time: 12:00pm – 1:00pm  
Cost: No charge  
Place: GSH Gym  
Registration with the Physical Exercise Specialist (765-3000 ext 3866) by Friday, July 9  
**AND**  
Day: Friday  
Date: Aug 9 – Kettlebell Training  
Time: 12:00pm – 1:00pm  
Cost: No charge  
Place: GSH, Combat Fitness Room  
Registration with the Physical Exercise Specialist (765-3000 ext 3866) by Friday, August 6

## Practice CF EXPRES Tests

Open to Military Members Only  
Ages: Adult  
Date: Wednesday, July 21  
Time: 9:00am  
Cost: No charge  
Place: GSH Gym  
Registration with the Physical Exercise Specialist (765-3000 ext 3866) by Tuesday, Jul 20  
**AND**  
Day: Monday  
Date: Aug 23  
Time: 1:00pm  
Cost: No charge  
Place: GSH Gym  
Registration with the Physical Exercise Specialist (765-3000 ext 3866) by Friday, August 20

## Adult/Teen Swimming Lessons

Whether you're just starting out or want help with your strokes, our Adult Swimmer Program is for the young at heart - no matter what your age. You'll develop water confidence and smooth effective strokes good enough for lane swimming and fit enough for the beach. Choose between these four levels to meet your goals.

Session 1  
Ages: 16+  
Day: Monday - Thursday  
Date: July 26 – July 29  
Time: 5:00 – 6:00pm  
Cost: \$40.00 + GST per person  
Place: Shilo Pool

Session 2  
Ages: 16+  
Day: Monday - Thursday  
Date: August 9 – August 12  
Time: 5:00 – 6:00pm  
Cost: \$40.00 + GST per person with a GSH Access card.  
\$50.00 + GST without a GSH Access card.  
Place: Shilo Pool  
Contact Info: Aquatic Supervisor at 765-3000 ext 3318  
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only  
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)



# Special Events

## Family Swim

Grab the family and join us down at the GSH pool for a family swim.

Date: Fridays, July 9 – August 27

Time: 10:30 – 11:30am

Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

## Dinner's On Us BBQ

Come out and enjoy dinner on us! This is a great chance to get to meet other members of your community so bring the family and let us do the cooking!

Date: Wednesday, July 21

Time: 4 – 6pm

Cost: FREE

Place: Shilo Community Centre

No registration required. For more information contact the MFRC (765-3000 ext. 3352)

## Brandon's Dinner's On Us BBQ

Come out in Brandon and enjoy Dinner on us! This is great chance to get to meet other military families living in Brandon so bring the family and let us do the cooking!

Date: Wednesday, August 11

Time: 4:30 – 6pm

Cost: FREE

Place: Brandon Armoury

No registration required. For more information contact the MFRC (765-3000 ext. 3352)

## Stay & Play

Come enjoy this free drop in program. Our playground leader will meet you at the park for a fantastic morning or afternoon of fun and games. Those 6 and under MUST be accompanied by an adult or a caregiver over twelve years of age. No registration required! See Calendars.

## Family Road Trip – River Tubing

Join us as we head to Asessippi Park for a relaxing day of river tubing!

Ages: All

Date: Friday, July 9

Time: Bus leaves north side of CANEX at 8:30am, returning at 7pm

Cost: **GSH Access card:**

Adult - \$22.00 + GST

Youth (6-12yrs) \$16.00 + GST

**No GSH Access card:**

Adult - \$25.00 + GST

Youth (6-12yrs) \$19.00 + GST

Contact Info: Community Recreation (765 - 3000 ext 3317)

Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only

Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee and/or MFRC employee. (A parent/legal guardian must accompany 13yrs + under).

## Moonlight Movie Swim

Come and join us at Shilo Pool for an evening of popcorn and a movie while swimming! Or if you prefer come on down and sit in the stands just for a movie.

Ages: All

Date: Friday, July 23 – Movie: Planet 51

Friday, August 27 –Movie: 2012

Time: 8:30 – 11pm

Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders

Contact Info: Aquatics Supervisor at 765-3000 ext 3318

Place: Shilo Pool

## Summer Yard Contest

No need to register, just decorate your front yard!

Day: Wednesday

Date: August 18

Time: Judging will take place at 12:00pm

Place: CFB Shilo

Prizes: 1st Place - \$150.00

2nd Place - \$100.00

3rd Place - \$75.00

Contact Info: Community Recreation Office at 765-3000 ext 3588/3317

## Family Road Trip – Fun Mountain

Looking for something to do this summer? We'll provide the transportation and a great deal on your entrance fee to Fun Mountain.

Ages: All

Date: Friday, August 20

Time: Bus leaves north side of CANEX at 8:30am, returning at 7pm

Cost: \$11.00 + GST with at GSH Access Card, \$15.00 + GST without a GSH Access Card (cost includes transportation and entrance fee only)

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a Credit Card only

Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

Contact Info: Community Recreation 765 - 3000 ext 3317

Please note: All participants must be a dependant of/or a DND member, Public/NPF

Employee and/or MFRC employee. (A parent/legal guardian must accompany 13yrs + under).

## Community Registration Celebration

Community Recreation & the Shilo MFRC have teamed up to bring you a family fun evening full of food, fun and community programs/clubs registration.

Date: Tuesday, August 31

Time: 4 – 6pm

Cost: FREE

Place: Shilo Community Centre

No registration required. For more information contact the MFRC (765-3000 ext. 3352) or the

Community Recreation office (765-3000 ext 3588)

## Community Library

### Summer Hours

July 5-August 27

Daytime Mon-Fri

9am-12pm &

1pm-4pm

Fri 9am-1pm

Evening Mon, Tue, Thu

6pm-8:30pm

Storytime

Every Thurs 1:30pm

For more information call

3664

## Teen Centre

### Summer Hours

Closed holidays & Fridays

Tuesday & Thursday

Tweens (12 - 14 yrs) 4-7pm

Teens (14-17) 7-10pm

Wednesdays

Tweens 2-5pm

Teens 6-10pm

## Thrift Shop Hours

Tuesday

6:30-8:00pm

Thursday

9:30-11:00am

All customers are welcome to come and visit our Thrift Shop

# Special Events

# July

# Stay & Play

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	6	7 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	8	9 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	10
11	12 No Program	13	14 No Program	15	16 No Program	17
18	19 No Program	20	21 No Program	22	23 No Program	24
25	26 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	27	28 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	29	30 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	31

# Special Events

# August

# Stay & Play

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Program	3	4 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	5	6 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	7
8	9 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	10	11 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	12	13 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	14
15	16 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	17	18 Community Centre 10:00am-11:30am And 1:30pm-3:00pm	19	20 Waterpark 10:00am-11:30am And 1:30pm-3:00pm	21
22	23	24	25	26	27	28
29	30	31				

# Deployment

The Shilo MFRC definition of deployment:

Any occasion where your partner is away for 30 days or more on; course, training or operational duty, regardless of location. Contact Linda at 765-3000 ext 4553 for all deployment activities.

## Mini Golf

Let's get together for a friendly game of mini golf at Albert's.

Date: Monday, July 5

Time: 6:30pm

Cost: FREE for deployed (non deployed pay for their game)

Place: Albert's Restaurant

Register at the MFRC (765-3000 ext.3352) by 12:00pm Friday, July 2

## Perfect Picture Frame

Join us for an evening out scrapbooking the perfect picture frame for your decor.

Date: Thursday, July 22

Time: 6 - 8pm

Cost: \$5 deployed (\$15 non deployed)

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext.3352) by 12:00pm Tuesday, July 20

## Children's Deployment Afternoon

Enjoy an afternoon of crafts, and games while socializing with other kids going through a deployment.

Age: 5 - 12 yrs

Date: Saturdays, July 24 & August 21

Time: 1 - 4pm

Cost: FREE

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext.3352) by 12:00pm Wednesday prior to

## Deployment Childcare

Up to 6 hours of free childcare per month will be provided when your spouse is away.

Any weekday in the Occasional Childcare room or

Date: Saturdays, July 24 & August 21

Time: 1 - 4pm

Place: Shilo Community Centre - OCC Room

Register at the MFRC (765-3000 ext.3352) by 12:00pm the Wednesday prior. Spaces are limited.

The MFRC also has an offsite childcare voucher system, call Dana at 765-3000 ext 4105 for details.

## Deployment PlayTime

Let's get the children together for an afternoon at the ultimate playhouse.

Date: Saturday, August 7

Time: 2 - 5pm

Cost: FREE

Place: Play Time in Brandon

Register at the MFRC (765-3000 ext.3352) by 12:00pm Friday, August 6

## Wednesday by the Fountain

Let's go to Brandon and listen to live music by the fountain.

Date: Wednesday, August 18

Time: 6 - 8pm

Cost: FREE

Place: Meet at the MFRC or Brandon at 6:30 pm

Register at the MFRC (765-3000 ext.3352) by 12:00pm Tuesday, August 17

# Volunteers!

## Teen Volunteers Needed

Are you 12 years of age or older?

Then you can earn your

high school volunteer hours at

the MFRC! Teen volunteers are

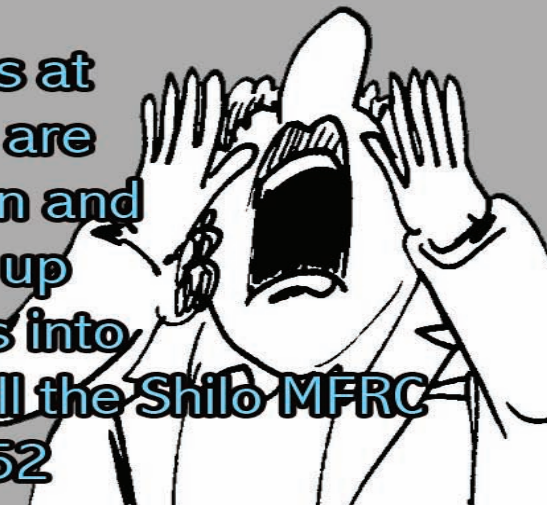
needed for our Summer Fun and

Tiny Toes Day Camps. Sign up

today and turn those hours into

credits, just ask us how. Call the Shilo MFRC

today at 765-3000 ext 3352



## Become a Childcare Assistant

Are you looking for a job with flexible hours? Are you over 18 but still a big kid at heart? Join the MFRC as a casual childcare assistant and spend your days learning and discovering through the eyes of children. Everyday is different and the knowledge and values you pass on today will help shape the leaders of our future.

Experience is an asset but not required.

On the job training is provided

Contact the MFRC today at 765-3000 ext 3352 and start your career in childcare!

The Shilo MFRC  
is now on Facebook!

Check out our page and "Like" us to receive our status updates and news about upcoming events.

# Community Info

## Shilo MFRC

Office Hours  
Monday to Thursday: 8am - 9pm  
Friday: 8am - 4:30pm  
Website: [www.shilomfrc.ca](http://www.shilomfrc.ca)

## Community Recreation Office

(Located at the Shilo Community Centre)

Website:

[www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

Hours of Operation

Monday to Friday:

7:30am - 12pm; 1 - 4pm

Community Recreation Coordinator: 765-3000 ext.3317

## Occasional Childcare Hours

Monday: 9am - 4pm;  
5 - 9pm

Tuesday - Thursday:

9am - 4pm; 5 - 9pm

Friday: 9am - 12pm; 1 - 4pm

Booking during regular hours: 765-3000 ext. 3341

## Volunteers Always Needed !!

The Shilo MFRC has volunteer opportunities available throughout the year. If you are interested in helping during our special events or with our regular programming, contact Wanda at 765-3000 ext. 4558. It's a great way to build your resume or just enjoy being part of the day while giving back to your community.

## RCA Officers' Mess

Bar Hours Fri 1530-2000 hrs  
Coffee Break Wed 1000-1030 hrs

## WO & Sgts' Mess

Bar Hours Mon CLOSED  
Tue & Wed 1600-1900 hrs  
Thu 1600-2100 hrs  
Fri 1600-2300 hrs  
Coffee Break Mon-Fri 0900-1030 hrs  
Sticky bun day Wednesdays 1000-1030

## El Prado Club

Bar Hours Mon-Thu  
1000-1300 hrs & 1600-2100 hrs  
Fri 1000-0200 hrs  
Sat 1500-0100 hrs  
Sun CLOSED  
Coffee Break Mon-Fri 0930-1030 hrs  
Happy hour every Friday

## Sport Stores

Hours of Operation  
Monday to Friday: 7:30am - 12pm; 1 - 4pm  
Sports Equipment: 765-3000 ext.3541  
Facility Bookings: 765-3000 ext.3315

## Shilo Bowling Alley

Only open for special bookings.  
Contact Info: Community Recreation Office at 765-3000 ext 3317/3588.

## General Strange Hall

Website: [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com)

The GSH is a place where people of all ages can come to compete, learn, exercise, relax, meet and enjoy a healthy and active lifestyle.

Your GSH card grants you admission to public swimming, public skating, and daily use of the gymnasium, racquet courts, cardio room and weight room. Ages 16 & under are not allowed in the weight room and cardio room until they have successfully competed the youth weight training program.

Drop by GSH to get your card today!

Hours of Operation:

Monday to Friday: 6am - 9:45pm

Saturdays: 9am - 9:45pm

Sunday & Stat Holidays: 12 - 9:45pm

Contact Info: 765-3000 ext.3889

## Shilo Pool

Log onto [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) for all schedule changes

Please join us in the pool for a splashing good time. Children 6 and under must be accompanied by an adult while in the water within arms reach, or upon discretion of the lifeguard. Enjoy our waterslide, tot pool and 25 yd pool. Please note that we now have a hydraulic chair lift for easy pool access. (Schedule may change without notice).

Summer Hours Effective: July 3 - August 29

## Public Swim begins July 3

### Daytime

Monday - Friday: 1:30pm - 3:15pm

### Evening

Monday - Thursday: 6:30pm - 8pm

### Weekend

Saturday & Sunday: 12:30pm - 4:30pm

Stat Holiday Swims: 12:30pm - 3pm

Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders

Place: GSH Pool

## Lap Swim

Monday - Friday: 11:30am - 1pm

### and

Tuesday & Thursday Evenings: 8pm - 9pm

Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders

Place: GSH Pool

No lap swim on STAT holidays.

## Swim Assessments

Not sure what level to enrol your child in? Bring your child to a public swim and have him/or her assessed by one of our on duty lifeguards.

Contact Info: Aquatic Supervisor at 765-3000 ext 3318 for more info.

## Private Swim Lessons

A good opportunity for those who are close to completing a level but may have a bit of work on a certain stroke, or for those who just want to become comfortable in the water before joining lessons.

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

## Pool Rentals

Need a great place to host a birthday party, team party, or wrap-up party? Why not rent the pool at GSH. All rentals include lifeguard supervision, use of pool toys and waterslide!

Contact Info: Facility Coordinator at 765-3000 ext 3315

[www.cfcommunitygateway.ca](http://www.cfcommunitygateway.ca)

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Archery Club	Tom Foster	3263	720-2125 or 720-2126
Auto Club	Mike Mulvihill	3273	765-5182
Ballet & Jazz (Dance Images)	Charlene Hiscock		727-4284 char_dance@hotmail.com
Catholic Women's League	Chapel	3091	
Ceramics	Grace Flynn	763-4372	Cell: 761-5083
Community Library	Pat Wells	3664	shilocommunitylibrary@yahoo.ca
Computer Club	Bruce Organ	3433	shilogeekz@wmgwave.ca
Drama/Theatre Club	Linda Beauchemin	765-4720	linda.beauchemin@forces.gc.ca
Girl Guides of Canada	Leah Myslicki		765-2905
Gun Club	Michael McKay	6318	michael.mckay@forces.gc.ca
Ki-Rin ITF Taekwon Do Club	Dwayne Bos	3088	724-4227 dwayne.bos@forces.gc.ca
Minor Hockey	Ian Muir		shilominorhockey.ca
Minor Soccer	Recreation Office	3317	brette.leblanc@forces.gc.ca
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Skating Lessons	Recreation Office	3317	brette.leblanc@forces.gc.ca
Scouts Canada	Linda Levesque	3396	763-8776
Shilo Community Council	Kristen Lucyshyn	3588	kristen.lucyshyn@forces.gc.ca
Shilo & Area Service Club	Eugene Gondek	3553	763-4320
Brazilian Jiu Jitsu	Recreation Office	3317	
Sprucewoods Lions Club	Sharon Brooks		763-4765
Sprucewoods TOPS	Barb Forbes		763-4768
Sprucewoods Community Club	Frank Hambrook		763-4919
Wild Life Club	Dave Lucas	Box 739	763-4707
Blue Fins/Brandon	Christine Howell	4031	
Recreational Vehicle Club	Recreation Office	3317	brette.leblanc@forces.gc.ca
Wood Hobby Club	Michael Bursey	3173	



# Health Promotion tips of the month

**Active Living and Injury Prevention:** Remember, there is no fast track to becoming fit, despite what the advertising media often tells you. While it doesn't sound sexy or high tech, the formula for success can be as simple as walking 45 - 60 minutes 5 days a week and eating a healthy diet. The secret is to "get moving" and make it a regular part of your daily lifestyle.



**Your Health**  
**Anne Todd**

**Nutritional Wellness:** A single meal or day of



eating rich foods will not make or break an otherwise healthy eating pattern. What you eat on a regular daily basis is what matters most. Enjoy your occasional indulgences but follow a

healthy meal plan most of the time.

**Social Wellness:** Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that

you enjoy and find relaxing.

**Addictions Awareness and Prevention:** Beware the beer belly. This nasty layer can creep up on you anytime, and can blossom if ignored. 1 regular beer contains 140 calories, and a light beer contains 90. If you have 2 regular beers a day, 5 days a week, for the summer months, you would consume 16,800 calories

(optimistically assuming 12 weeks of summer!). If not burned off, this could result in a 5 pound weight gain. Burning off those calories would require 15 hours of jogging (fast pace), 32 hours of walking (fast pace), 34 hours of cycling, or 28 hours of swimming (fast pace).

*Anne Todd is the Health Promotion Director for Shilo.*

## EALP: The support you need for the education you deserve

By Yves Rioux

With the end of the school year right around the corner and the next one fast approaching, you may be among those whose children have reached the costly phase of post-secondary education. Thanks to the Canadian Forces Personnel Assistance Fund

(CFPAF), a division of SISIP Financial Services (SISIP FS) you can help them meet this rewarding challenge. Indeed, among their various loans and grants made available exclusively to the Canadian Forces (CF) community, since 1987 CFPAF has also been providing education loans through the Education Assistance

Loan Program (EALP). The EALP offers loans up to \$4,000 per 12 month period, up to a life-time maximum of \$16,000 per student. The interest rate remains stable, at only 3% and the loans can be repaid over a maximum of 48 months. Eligibility criteria are quite simple:

- you must be a serving or former member of the Regular Forces with

at least one full year of service (or immediate family member);

- it must be for a full-time post-secondary program; and
- you must be able to repay the loan based on your income.

To apply, fill out the application form online at [www.sisip.com](http://www.sisip.com) or from any of the SISIP FS local offices, and submit

directly to the CFPAF Office in Ottawa (234 Laurier Avenue West, Ottawa, ON K1P 6K6) along with the documentation requested. You can also contact us directly at 1-888-753-9828 or see your local SISIP FS Financial Counsellor. Be sure to visit us at [www.sisip.com](http://www.sisip.com) for this and other information on our loans and grants

programs, along with our other SISIP FS financial products and services, tailored specifically to meet the needs of the military community. Your Financial Assistance for Today...and Tomorrow!

*Yves Rioux is the Canadian Forces Personnel Assistance Fund Manager in Ottawa.*

## Le Programme de prêts d'études : le soutien dont vous avez besoin et la formation scolaire que vous méritez!

Par le Yves Rioux

L'année scolaire tire à sa fin, et si vous êtes parmi ceux dont les enfants ont atteint l'étape coûteuse des études postsecondaires, la prochaine arrive à grands pas. Grâce à la Caisse d'assistance au personnel des Forces canadiennes (CAPFC), une division des Services financiers du RARM (SF RARM), vous pourrez

les aider à relever ce défi enrichissant. En effet, parmi ses divers prêts et subventions offerts exclusivement à la communauté des Forces canadiennes (FC), la CAPFC leur propose également depuis 1987 des prêts d'études dans le cadre du Programme de prêts d'études (PPE). Le PPE met à votre disposition des prêts d'au plus 4 000 \$ pour une période de 12 mois, le maxi-

mum possible à vie pour chaque étudiant étant de 16 000 \$. Le taux d'intérêt demeure stable, à seulement 3%, et le prêt est remboursable sur une période maximale de 48 mois. Les critères d'admissibilité sont très simples :

- vous devez être un membre actif ou libéré de la Force régulière et compter au moins un an de service (un membre de votre famille immédi-

ate est également admissible);

- le programme d'études postsecondaires en question doit être à temps plein;
- votre revenu doit vous permettre de rembourser le prêt.

Pour présenter une demande, veuillez remplir le formulaire de demande en ligne au [www.sisip.com](http://www.sisip.com) ou auprès du bureau des SF RARM le plus proche

et l'envoyer directement au bureau de la CAPFC à Ottawa (au 234, avenue Laurier Ouest, Ottawa, Ontario, K1P 6K6) accompagné des documents requis. Vous pouvez aussi communiquer avec nous directement, au 1-888-753-9828, ou prendre un rendez-vous avec le conseiller financier du bureau des SF RARM local. N'hésitez pas à vous

rendre sur notre site web au [www.sisip.com](http://www.sisip.com) pour des renseignements supplémentaires sur ces programmes de prêts et de subventions, ainsi que sur les autres produits financiers des SF RARM conçus pour répondre aux besoins particuliers de la communauté militaire. Votre soutien financier pour aujourd'hui... et pour demain!

CFPAF - Your Financial Assistance for Today ... and Tomorrow!  
CAPFC - Votre soutien financier pour aujourd'hui ... et pour demain !

Providing support in educating the CF community!  
Nous prêtons notre soutien à l'éducation de la communauté des FC !

Apply for your low-interest loan through the "Education Assistance Loan Program".  
Faites votre demande de prêt à faible taux d'intérêt à travers le "Programme de prêts d'études".

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\*On approved credit. See our brochure or ask us for details.

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Saturday 1800 - 2000 hrs

- Shilo Barber Shop 765-4979
- Salon Serenity Hair & Aesthetics, 765-4247
- Canada Post 765-4955
- BronZe BodyZ Tanning Studio, 765-2454
- Family Medical Clinic 765-2302
- Forbidden Flavours 765-5022
- HMS Insurance 765-4412
- Hunt, Miller & Company 765-5363
- McPhail Travel 765-4412
- HomeFire Café 765-5000
- Royal LePage 765-2876
- Shilo Automotive 765-2143
- Shilo Taxi, 727-5635, 729-8549 or 728-9003
- SISIP Financial Services 765-4675
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- We Sell Showcase 726-8899
- Westoba Credit Union 765-6350

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# What's on Your Agenda?



• **Please join the Prairie Grannies** on June 13 in walking to raise money for orphans in sub-saharan Africa. Registration is at Brandon University gym at 2 p.m. Cost is \$5. For more information call Carol at 728-7565.

• **Free Adult Cycle Workshop** June 12 10 a.m. - noon OR 1-3 p.m. A bike safety course will be offered free at the Riverbank Discovery Centre (545 Conservation Drive in Brandon). The session will include information on bike maintenance, theft protection, helmet safety, safe clothing, where to ride, and rules of the road. For more information, contact Tara at 578-2196 or Michael at 726-6068.

• **Shilo Al-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

• **The RCA Museum**. Open seven days a week, from 10 a.m. - 5 p.m., until Labour Day. Our temporary exhibition "Light Armour" continues in the Museum until June 30.

• **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.

• **Daly House Museum**, 122-18th St. presents: Brandon's Hockey History: Celebrating over 100 years of hockey heritage. Come learn about Brandon's hockey legacy from the late 1800s to today. The exhibition will run until June 30. Hours: Tuesday - Saturday 10 a.m. - noon and 1 - 5 p.m. One of the oldest and most prestigious trophies in all of organized sport is the Memorial Cup. Originally donated and still honouring Canada's war dead, the championship trophy came to recognize the nation's Major Junior Champion through a tournament format for the first time in 1971. Sponsored by the Brandon Area Community Foundation.

• **Virden Craft and Trade Show Application** are now available for the 23rd Annual Crafters' Fun Fair, 13th Annual Home Trade Show, and 3rd Annual New Car Show. The show takes place on Saturday, Sept. 18, 2010 from 10 a.m. to 4 p.m. in the Virden Legion Hall

and on the Legion parking lot. To get an application mailed to you, phone 204-748-3321 or email cageysmith007@yahoo.com. You may also pick one up in person from Cadet Quarters at the Virden Legion in the basement on Tuesday evenings. That's Saturday, Sept. 18 for a good well run craft and home trade show... Sept. 18. Not Sept. 25! This is the major fundraiser for the local cadet corps and they will do a good job for you... so come to Virden.

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

• **Community Garden Plots** Are you interested in gardening? Call the Community Recreation office at 765-3000 ext 3588 to reserve your plot today! All plots are located at the corner of Kingston and Petawawa.

• **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.

• **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.

• **Brandon Garden Club** — Seniors for Seniors — 311 Park

## BINGO

**Sprucewoods Community Hall every Thursday evening**

• **Share The Wealth at 6:30 p.m.**

• **Early Birds at 7 p.m.**

**\$Win Cash\$**

**\$1,000 in 52 numbers**

**Canteen open!**

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.

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

• **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.

### June 2010 Fitness Sessions

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

#### Fitness Workshops

(Open to military members, DND civilian employees & GSH card holders)

#### Sar Tech Obstacle

Thursday, June 17

Noon - 1 p.m.

Gym A

Register by Wednesday, June 16

Practice Fitness Tests (Military members only)

#### CF EXPRES Test

Monday, June 21

1 p.m.

Gym C

Register by Friday, June 18

# CLASSIFIED ADS

Email: [stag@mts.net](mailto:stag@mts.net) • Phone 765-3000, ext 3013 • Fax 765-3814

**\$10 for first 20 words,  
10¢ for each additional word\***

**Deadline for next issue:**

**June 17, 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.*

## Services



**St. Barbara's**

**Protestant Chapel**

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

## Services

Greg Steele, Canadian Fire-arms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wgcwave.ca.

Next dates: MHSC June 11 & 12 Brandon. CFSC June 12 Brandon. CRFSC June 13. Then August 27, 28, 29 tentative. Call or email for training calendar.

Love to cook and looking for something fantastic? 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.

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

## Services

Self storage space - U-Haul truck & trailer rentals - boxes - moving supplies 725-0019

Looking for a good used car truck sport utility call Advantage Auto & Trailer 729-8989

Trailer hitches - wiring - best prices - service - Advantage Auto & Trailer 729-8989

## For Sale

**WAWANESA** - Totally updated 2+1 bungalow, including flooring, windows, kitchen cabinets and bathroom. New garage (36x24) with insulated & heated workshop. Located close to school, hospital & rec centre. 20 minute commute to Shilo. For more info or to view, call Bob Daymond (204) 571-5918 Sutton-Harrison Realty.

## Wanted

Looking for a full time babysitter in Shilo or Sprucewoods. Phone 204-720-6066.

Write to us!  
To submit,  
email us at  
[stag@mts.net](mailto:stag@mts.net)  
and include  
your name and  
phone  
number. We  
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place an ad.



# Shilo Military Family Resource Centre



## Meditation and the military – not an oxymoron

By James Knox

Recently, I watched the movie "The Men Who Stare at Goats", starring George Clooney and Jeff Bridges. It is a comedy based upon the (mostly) true story of the "First Earth Battalion" of the US military that existed from the mid 1970's to the early 1980's. This unit was designed to explore ways the military might be able to utilize and apply more holistic (and unorthodox) methods to their war-fighting capability. The ultimate goal was to create a cadre of "warrior-monks", based along principles of the samurai, who would form a new category of soldier in the modern army.

Although many of

the programs and techniques researched (such as mind control and the ability to walk through solid objects – humorously depicted in the film) were, in the end, not adopted by the US military – one of the more conventional methods, meditation, was, and it is now enjoying a popular acceptance not only among military circles in the US and Canada, but in society in general.

Simply put, meditation is a holistic discipline by which the practitioner attempts to move beyond the reflexive, "thought-processing" mind, into a deeper state of in-the-moment awareness and relaxation. Meditation has been practiced, in varying forms, since the be-

ginning of recorded history, in all regions and cultures of the world. Many studies conducted over the years have demonstrated its effectiveness in reducing stress and promoting overall mental and physical health.

If you would like to give meditation a try, here is a simple method you can use:

(you may wish to have a partner or friend read these steps aloud to you as you begin meditation)

1. Sit down, close your eyes, and direct your full attention to your breathing.

2. Be aware of every breath in and every

breath out.

3. Let your breathing go on autopilot and do not try to direct it.

4. Observe how the air slowly goes in through your nose, fills up your lungs, and goes out again.

5. With every breath, you start to feel the positive energy into your lungs.

6. When you breathe out, imagine all negative feelings escape from your body together with the air you breathe out.

7. When you are totally relaxed, choose an image, a situation, or an environment that means rest, peace, and calm-

ness for you.

8. Walk around (in your imagination) and enjoy every moment in your favourite surroundings.

9. Try to involve all your senses. Smell, taste, look, and feel as many details as possible.

10. Focus on this image and hold it in your mind as firmly as possible.

11. Enjoy this image in all its details and pay attention to all the emotions that accompany it.

12. Feel the tingling in your body, feel your muscles relaxing, and notice your body reacting directly to every-

thing that you created in your mind

13. Continue this Visualization for as long as you like.

14. Any time you are ready to stop, take your attention back to the rest of your body and become aware of yourself being in the room.

15. Open your eyes.

16. You're done. Enjoy the feeling of inner peace and contentment.

*James Knox is the MFRC Family Support Coordinator at the Integrated Personnel Support Centre, a unit serving injured and ill Canadian Forces personnel and veterans, and their families.*

Upcoming events at the MFRC				
Date	Program	Time	Cost	Registration deadline
<b>Adult</b>				
No programs this week				
<b>Deployment</b>				
June 23	Deployment Coffee Break in Shilo	7pm	FREE	No registration
June 24	Deployment Coffee Break in Brandon	7pm	FREE	No registration
June 19	Children's Deployment Afternoon	1-4pm	FREE	Register by noon on Wednesday, June 16
June 19	Deployment Childcare	1-4pm	FREE	Register by noon on Wednesday, June 16
June 27	Splish Splashing Picnic	12-2pm	FREE	Register by noon on Friday, June 25
<b>Youth</b>				
Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, foosball, high speed internet, musical instruments and much more! Special activities planned throughout the month				
Hours of Operation are: Monday, Tuesday and Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tween and Teens 6-11pm ***Summer hours will be starting July 5-September 3! Watch for details***				
June 29	End of the year Pizza Party	Check in with the Teen Centre	\$ 1.00 for a slice of pizza and a pop1	No registration
<b>School Age</b>				
Keen, Kool & Kooler Kids is over for the season. See you in September!				
June 14-18	Summer Fun Day Camp pre-registration	All day	\$5.00 down per child per week holds your spots for the summer	Pre-register all week
<b>Preschool</b>				
June 1 - July 7	Tiny Toes day camp pre-registration	All day	\$40 per week	Register anytime during regular MFRC hours
<b>Brandon Occasional Childcare</b>				
Brandon Occasional Childcare is closed for the summer				

### Job opportunity

#### School Age Program Leader

The Shilo Military Family Resource Centre requires a School Aged Programs Leader. This is a full time position that requires the employee to perform responsibilities that relate to the delivery of school age programming for ages 5-12 (Grades K-8), of military dependants residing in Shilo and surrounding area.

**Responsibilities include:**

- Delivery of School Age programs, courses and workshops
- Monitoring and purchasing inventory of canteen supplies

**Specific Qualifications:**

- High School Diploma required.
- Excellent organizational, interpersonal and communication skills
- Strong leadership skills
- Strong problem solving skills
- Computer and Internet skills with the ability to research, refine and organize relevant information
- Ability to work as part of a team as well as independently
- Knowledge of community services
- First Aid and CPR
- Valid Manitoba Driver's License
- Criminal record and child abuse clearance

Hours will be flexed hours; days, evenings and some weekends are required.  
Salary range: \$26,500.00 - \$31,000.00 based on 37.5 hrs/ week

Please submit resume 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 NOON, Monday June 14, 2010  
A copy of the job description is available at the MFRC reception

## Valour of the Righteous

Whence, they walk among us  
Unknown and obscure  
Till need stands them apart  
In perilous times, unsure

Forth from towns and cities  
Fore stalled, the death knell  
From fields and factories  
And the anxious numbers swell

They heed the call to arms  
And delusion serves them well  
From the roads to glory  
Into the bowels of hell

A fierce inferno rages  
And the gates close behind  
All civility abandoned  
And few the warring kind

Left to their resources  
And the justness of their cause  
To emotion war and naked  
And the stoutest given pause

To and fro the battles  
Exacting freedoms cost  
Of bodies dead and mangled  
And an innocence now lost

The aggressor bent on spoils  
The defender hearth and kin  
The valour of the righteous  
Determines who will win

Again they walk among us  
If they can walk at all  
The glory scant and measured  
And we bore the sacred pall

From the mists of antiquity  
To the haze of modern times  
The answers are still hidden  
And the dreadful toll still climbs

Ingrained and inherent  
Evolution's surly drive  
To stem primeval urges  
Inexorable we strive

With eternal gratitude,  
Dedicated to all the men and women  
Who served and died in all our wars

In Loving Memory of our dad, George L.  
Hodgson who served in the Second World War.

By Gerald Hodgson  
Winnipeg, 2006

The Shilo Stag - Your source for army news in Manitoba

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## KAF bazaar school brightens tour for CF volunteers

By WO René Forster

It has no walls, windows or doors, let alone a gym, cafeteria or washrooms. Just a simple wooden gazebo, it functions as a classroom each Saturday during the weekly bazaar where Kandahar City merchants sell their wares to base personnel. The merchants bring their sons and nephews to help set up and tear down their stalls. These boys, who range from seven to 14 years old, are the students of the KAF bazaar school. The school operates with the help of military and civilian volunteers. The boys work with the volunteers to set up the classroom each week, and put everything away at the end of the session. All the desks, chairs, and supplies are stored with the teacher's whiteboard in a sea container that lies beside the gazebo. The three-hour program begins about 9:00 a.m., and includes one hour of instruction in English and etiquette

by a teacher from Kandahar. The boys have one hour before and after the formal lesson to work and play with the volunteers. The boys enjoy colouring and making arts and crafts with the volunteers. Few of the younger children speak English, but some older boys can communicate quite well in English and they assist the volunteers. A lot of body language is required but eventually everyone understands each other adequately. What the boys actually do is less important than their interaction with the volunteers. After the formal class, it's time to go outside for something active, such as a soccer game or a Frisbee toss. The boys love to run around, and they have energy to burn off after their studies. Soccer is always a popular choice, as the boys greatly enjoy the fast-paced game. Master Corporal Sarah Pollock, who works for Commander Kandahar Airfield Headquarters, is a school volunteer. "It was an eye-opener to see how

the children interact with each other compared to Canadian children of the same age group," she said. Each group of volunteers commits to a two-week block with the students, and they usually have a good idea of what works and what doesn't by the second week. Every unit with a Canadian presence is eager to get involved in the Bazaar School — in fact, sometimes there are more volunteers than the school can employ. After returning to Canada, many volunteers continue to help the Bazaar School by sending sup-

plies or organizing supply drives. Captain Nadine Allen of Task Force Kandahar volunteered at the school to connect with local Afghans. "I will definitely recommend to any Canadians on future deployments to continue efforts in this project and to interact with the boys," she said. "It was the highlight of my tour." Contributions to the Bazaar School project can be sent to: Andrew Craigie J1 Branch, COMKAF Headquarters Kandahar Airfield Afghanistan

WO René Forster is with JTF-Afg/COMKAF HQ.

### Power Line Technician Trainee

Join our team of Manitoba's best as we continue to build a company that supports innovation, diversity, commitment and customer service.

We currently have opportunities in our Power Line Technician Training Program. Power Line Technicians construct, maintain and repair electrical power transmission and distribution systems. You will participate in a four year apprenticeship program that includes on-the-job training and ten weeks of competency-based trade schools.

To be considered, you will be a high school graduate with the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S and English 40.

### Aboriginal Pre-Placement Training Program

Aboriginal candidates who do not currently meet all the above qualifications may be interested in our eight month Aboriginal Line Trades Pre-Placement Training Program. Selected candidates will receive on-the-job training and academic upgrading to meet the minimum requirements to compete for a position in the Power Line Technician Training Program.

To be considered, you will be a high school graduate with at least one of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S or English 40. Proof of Aboriginal Ancestry is also required.

Applications for both the Power Line Technician and Aboriginal Line Trades Pre-Placement Programs **must** include a personal resume and a complete transcript of marks (high school and any post secondary). Only complete applications will be considered.

Visit our website at [www.hydro.mb.ca](http://www.hydro.mb.ca) to apply online. If you are unable to access a computer, please call our Job Line at 1-204-360-7282 or 1-800-565-5200. The deadline for applications is **July 2, 2010**.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community, including a nine day work cycle.

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

Manitoba Hydro is committed to diversity and employment equity.



Generating bright futures

Manitoba Hydro

### Write to us!

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

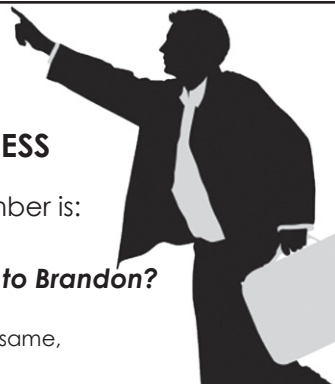
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Our rate is \$40.00!**

All our Shilo rates are the same,  
local and long distance!



### Shilo Theatre

(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

June 11: Old Dogs - Rated G

June 18: The Princess and the Frog - Rated G

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



### GSH Bowling Alley

Thursdays 6 - 8:30 p.m.

Sundays 1 - 4 p.m.

Adult \$2.25 per game

Youth \$2.00 per game

Child \$1.75 per game

Shoe rental \$0.75

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

No bowling May 22. Prices subject to tax.

# IN MEMORIAM



Sergeant Martin Goudreault

**CEFCOM**

One Canadian soldier was killed after an improvised explosive device detonated during a foot patrol, about 15 kilometres southwest of Kandahar City, in the Panjwayi District, at approximately 6:30 a.m. Kandahar time on 6 June 2010.

Killed in action was Sergeant Martin Goudreault from 1 Combat Engineer Regiment, based in Edmonton, Alberta, and was serving in Afghanistan as a member of the 1st Battalion, The Royal Canadian Regiment Battle Group.

All members of Task Force Afghanistan are thinking of the family and friends of the fallen soldier during this difficult time. We will not forget this soldier's sac-

rifice as we continue to bring security and hope to the people of Kandahar Province.

Canada in partnership with the Afghan government and ISAF remain committed to improving the security situation in

order to set the conditions for reconstruction and development in the region. Together, Afghan National Security Forces and Joint Task Force Afghanistan continue to maintain the initiative in Kandahar Province.

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**The Shilo Stag**  
 Your source for Army News in Manitoba

# Lions Club having busy summer

By Sharon Brooks

Recently we ventured out for our first highway clean-up of 2010. We started out from the Shilo south gate. Helping us were Shilo Sparks Hannah Taylor, Sienna Seaton, Aunna Polywkan, Akira Hiatt, and their leader and our Lion Monique Ward. Also helping were non - Lions Betty Lamberton and Sharon McIntosh. Refreshments and cookies followed.

Then on May 22 we held our first and hopefully annual car wash, barbeque and silent auction at the fire hall. We were joined by members of the Wawanesa Lions Club and it was fun for all. Winners of the silent auctions were:

Kim's / Catch-a-tan: Aletha Riegel; Pet basket: Heather Walker; Curves / Heritage House: Jennifer Lehay; Lucy's Flowers: Jennifer Lehay; Rick's / Barber Shop: Aletha Riegel; Patmore's flower basket: Sharon Brooks. Thanks to all who supported this event. Thanks



Photo submitted

Sprucewoods and Area Lions Club president Scotty McIntosh sprays a truck during the group's fundraising car wash on May 22.

also to all our volunteers and the Shilo Fire Department.

On May 30, we sponsored the Lions Purina Walk-for-Dog Guides which was led off by the Base Commander. Participants helped us to provide Dog Guides, at no cost, to Canadians

with disabilities.

**DID YOU KNOW?** When babies at the BRHA receive hearing tests at the time of birth, the testing equipment was courtesy of the Lions.

Sharon Brooks is a member of the Sprucewoods and Area Lions Club.

**National Defence / Defense nationale**

**WARNING SHILO RANGES**

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

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

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

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

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

**BY ORDER**  
 Deputy Minister  
 Department of National Defense

OTTAWA, CANADA  
 17630-77

**Canada**

**National Defence / 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

# Great Escapes

## Enjoy the scenery at Boissevain-Turtle Mountain

**By Bruce Peever**  
Shilo Stag

Where else but in Boissevain-Turtle Mountain can you straddle an international boundary, be awed by a 28-foot tall turtle and be inspired by innumerable murals? Not to mention surrounding yourself with breath-taking floral displays, art museums and outdoor recreational facilities.

It is with good reason Boissevain-Turtle Mountain is renowned as one of Manitoba's most beautiful sites. And it's all within a 90 minute drive from Shilo or Brandon.

According to Dave Banman, Boissevain's Economic Development Officer, there is plenty to see and do.

Starting out, you won't want to miss the Boissevain Fair coming up the weekend of June 19 and 20. Among the featured events are horse and cattle shows,



Attractions you will find during a great escape to Boissevain-Turtle Mountain include a myriad of murals, the Floral Clock at the International Peace Garden and the giant Turtle welcoming visitors to the Boissevain Tourist Information booth.

*Photos by Sara Cumming*

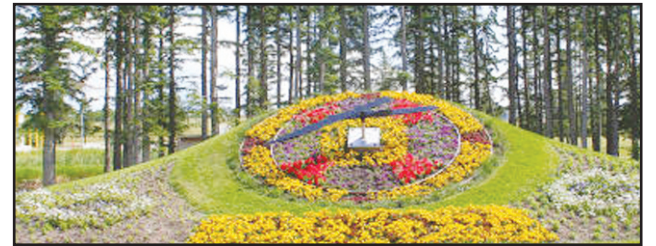


domestic exhibitions, rides for the kids and all the sights, sounds and smells associated with a good old country fair.

Dress in your best red and white for Canada Day celebrations in Boissevain on July 1. Events centre around the wildlife Museum from 11 a.m. to 4 p.m., leading up to a community

supper and fireworks at dusk.

If smashing up vehicles is more your thing, you won't want to miss Darbie's Demo Derby coming up in August. The derby has been running for three years now, with proceeds going towards a local family facing unexpected burdens or



### Attractions

- Boissevain Fair, June 19 and 20 at the fairgrounds. Call 204-534-0857
- International Metisfest Aug. 26 to 29 at the International Peace Garden. Call 204-534-6018.
- Darbie's Demo Derby in August, exact date to be determined. Call 204-534-6559.
- International Peace Garden. 1-888-432-6733.

volunteer organizations that are making the community a better place to live.

Embrace Native culture with some 5,000 others at the International Metisfest Aug. 26 to 29 at the International Peace Gardens. Performers from across North America will take the stage for four days of fun.

Maybe you want to celebrate close to 200 years of close friendship between Canada and our neighbours to the south.

At the International Peace Garden, you can see the 120 foot high Peace Tower, 9-11 Memorial Site with girders from the Twin Towers, the Floral Clock and flower gardens galore. And just outside the garden is Turtle Mountain Provincial Park with hiking, biking and fitness trails, camping and horseback riding.

For further information, log onto [www.boissevain.ca](http://www.boissevain.ca) or [www.PeaceGarden.com](http://www.PeaceGarden.com).

## Boissevain

Tour Boissevain, renowned for its exquisite beauty of street lined floral displays, arts park, outdoor art gallery of 20 murals, unique shopping, and a great starting point for golfing, hunting, birdwatching & outdoor adventures.

**ATV Mud Bog Races** June 19

**Boissevain Fair** June 19 - 20

**Canada Day Party - Fireworks** July 1st

**Boissevain Farmer's Market** Fridays July to Sept

**Townwide Garage Sale** September 25

**Turtle Derby Classic Golf Tournament** July 10-11

**Anchorage Gardens Tours** August 5-6, 12-13, 19-20

**Darbie's Demo Derby** August 8

**Boissevain - Dunrea Antique Flea Market**  
Sunday September 5 at Boissevain Fair Grounds

While visiting tour the:

- Goodon Wildlife Museum • Boissevain's Model Railway
- Beckoning Hills Museum • Moncur Gallery
- Mural tours by Horse Drawn Wagon Ride
  - Turtle Mountain Provincial Park
  - International Peace Garden
- Whitewater Lake Important Bird Area



1.800.497.2393 [www.boissevain.ca](http://www.boissevain.ca)  
Boissevain & District Chamber Of Commerce

**Great Escapes**

### If you go...

Boissevain is about 130 kilometres southwest of Shilo or 100 kms south of Brandon along Hwy. 10. The International Pace Garden is some 25 kilometres further south on Hwy. 10.


For more info, visit [www.boissevain.ca](http://www.boissevain.ca)

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# Hundreds endure Shilo Army Run, raise \$1,400 for Soldier On Fund



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YOUR  DEALER ON THE TRANS CANADA HIGHWAY

On Friday, June 4 over 500 participants gathered at the sports field at General Strange Hall to run/walk either 10 or 21 kilometres in the first annual Shilo Army Run.

More than \$1,400 was raised with all funds going to the Soldier On Fund. Soldier On provides resources and opportunities for injured or ill CF personnel and former personnel to improve their quality of life, through physical fitness, recreation and sport. Donations help personnel obtain assistance in the purchase of such items as sports prosthetics and adaptive equipment as well as finance event travel and training expenses. All donations pay tribute to the sense of duty and valour displayed on a daily basis by the resilient men and women who serve our country.

This event would not have been possible without all the hard work from numerous volunteers who provided assistance in all aspects of the event. The overwhelming support from various units participating in the runs made this occasion an event to be remembered.

Thank you to Base Fund for providing funding for the Shilo Army Run and for all the support from the Shilo community. Until next year, keep pounding the pavement.

Clockwise from upper left, MCpl Adam Cyr and his dog approach the finish line; the start of the 10 km; BComd Luc Génereux with top female in the half marathon, Cpl Shannon Robertson; Rec staff punching holes in the banner to let wind through; top male in 10km Capt Andrew Charchuk and top female in 10 km, MCpl Cynthia Paddock.

Photos by Bruce Peever



## Wolverine Supplies

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& Block Heater

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†Limited time purchase offers based on new 2010 Honda models. Purchase examples based on new 2010 Civic DX-A Sedan, model FA1E2AE4X / 2010 Accord LX Sedan, model CP2E3AE / 2010 Odyssey SE, model RL3H5AE available through Honda Financial Services on approved credit. Purchase agreement based on a purchase price of \$18,843 / \$26,536 / \$39,538 which includes freight and PDI of \$1,395 / \$1,590, and block heater 130 / 130 / 130 bi-weekly payments of \$120.72 / \$181.25 / \$279.76 with \$3,500 / \$3,500 / \$5,700 down payment or equivalent trade and 0.9% / 0.9% / 2.9% purchase APR. Cost of borrowing is \$353.58 / \$530.83 / \$2,553.34 for a total finance obligation of \$15,696.58 / \$23,566.53 / \$36,391.34. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. \*Limited time lease offers based on new 2010 Honda models. 0.9% lease APR available for 24 months on select 2010 Honda models through Honda Financial Services on approved credit. †\$500 Gas Card offer applies only to retail customer purchase, lease or finance agreements for new 2010 Civic models concluded, respectively between June 1st, 2010 and June 30th, 2010. \$500 Gas Card offer includes GST, PST, HST, QST where applicable. Valid only on purchase, lease or finance agreements concluded at participating Honda retailers. #H/E/O offers valid from June 1st, 2010 through June 30th, 2010 at participating Honda retailers. Offers valid only for Manitoba residents at Honda Dealers of Manitoba locations. Offers subject to change or cancellation without notice. See your Honda retailer for full details. NHL is a registered trademark of the National Hockey League. ©NHL 2010. All rights reserved.