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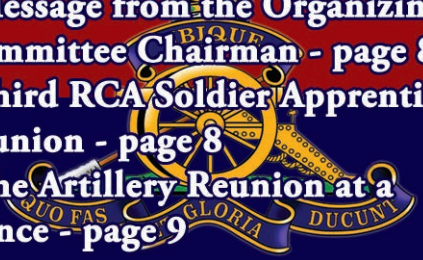
HONOURING A FALLEN HERO



photo by Karen Griffin

Jim Seggie, Cpl Mike Seggie's father, removes a light from the 1968 Barracuda he and Mike's friends are working on at the Shilo Car Club. For more on the project see story on page 7.

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The PRT training for Afghanistan

PO2 S. Ogden
PRT CIMIC Operator

As Task Force Afghanistan 3-09 (TF 3-09) approaches the date of their deployment to Afghanistan, their training is in full swing with all elements of the task force coming together at EX DESERT RAM in CFB Suffield, Alberta. The Kandahar Provincial Reconstruction Team (KPRT) for TF 3-09 began pre-deployment training in February 2009 at CFB Shilo, Manitoba.

Unlike the Battle Group of the Task Force, who for the most part consists of established units from 1PPCLI and their support elements based in Canadian Forces Base (CFB) Edmonton, the TF 3-09 PRT was a virtually non-existent unit until the day personnel arrived in CFB Shilo in early February. The members of the PRT represent a vast cross section of the Canadian Forces, with personnel from the Army, Navy and Air Force as well as Regular and Reserve Forces members. The different organizations within the KPRT consist of Civil-Military Cooperation (CIMIC) teams, Joint District Coordination Center (JDCC) teams, Force Protection Company from A Coy - 2PPCLI augmented by reservists from Land Forces Western Area, as well as a Head Quarters element.

Before the PRT could begin its mission specific train-

ing, all members underwent the basic soldier training that is essential for the current theater of operations, and provided a baseline skill set across the team. This training included weapons training from the most basic conventional range, up to group live fire attacks, as well as familiarization with a variety of support weapons. All personnel also attended standard and combat first aid training. Specialized personnel in Counter Improvised Explosive Device (IED) operations provided several days of lectures and practical training. For the CIMIC and JDCC personnel, five days of Afghan cultural awareness training was conducted by way of lectures from various Afghan Canadian Citizens, provided through the Center for Inter-cultural Learning.

All the training carried out in Shilo was meant to provide a stepping-stone for EX DESERT RAM, where all elements of the task force underwent gateway training such as Counter IED and Convoy Operations. Other training points covered by the PRT were Contemporary Operating Environment, live fire ranges, where CIMIC personnel were attached as an asset to units from an infantry platoon to as high as the Battle Group conducting kinetic operations. While attached to combat forces, CIMIC operators are used to either open friendly talks

with village elders or leaders in order to initiate a "soft knock" approach, or in the case of a "hard knock" approach, assess battle damage, and engage with local leaders after insurgents have been driven out of an area. During such scenarios, actors were placed in village mock ups and commanders had to employ attached CIMIC assets. CIMIC operators would then engage with friendly characters to gather information on the local pattern of life and determine development needs, or build relations with unfriendly or neutral leaders by offering assistance from ISAF as opposed to intimidation from insurgents in order to encourage cooperation.

For the final two weeks of EX DESERT RAM, the PRT moved to the city of Medicine Hat for EX TOTAL RAM, which allowed CIMIC and its Force Protection to operate in an urban environment as opposed to the rural desert like conditions of the Suffield Training Area. This exercise also required personnel to set up a fully operationally capable JDCC in only two days. During this phase of the exercise, key civil actors cooperated with the CF to make the ongoing scenario as realistic and challenging as possible by identifying districts within the city as either friendly, hostile, or neutral. CIMIC teams con-

ducted area assessments of key infrastructure, held Key Leader Engagements (KLE) in order to assess the city's capacity to respond to natural disasters, humanitarian crises or insurgent/terrorist attacks.

For exercise purposes, key players in the city were given information regarding security issues, and general points of interest for CIMIC teams to look for during area assessments and KLE's. Beside the real time experience of those tasks, one key aspect of EX TOTAL RAM was the importance of providing security to CIMIC and JDCC teams while operating "outside the wire" as they would in Afghanistan. No personnel were permitted outside the PRT compound (meant to represent Camp Nathan Smith in Kandahar City) without a Force Protection escort, meaning that HQ personnel planning CIMIC patrols must manage those requirements with the availability of Force Protection assets.

All the skills exercised and experience gained over the five weeks of EX DESERT RAM will culminate in EX MAPLE GUARDIAN in Wainwright, Alberta from late May to mid June when all elements of TF 3-09 will rejoin for a three week ongoing scenario based Exercise that will confirm TF 3-09's readiness for deployment to Kandahar in September 2009.



photo by Cpl David Cribb

A soldier from the Second Battalion of The Royal Canadian Regiment provides security overlooking Kandahar City as members of the local PRT discuss the construction needs of the police sub-station with the Afghan Uniformed Police.

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A new start for 1RCHA B Battery

Lt M.J. Astalos
IRCHA

Since saying farewell to the heat of the arid deserts of Afghanistan and returning to Canadian Forces Base Shilo in the fall of 2008, B Battery (Bty), 1 Royal Canadian Horse Artillery (RCHA) has seen some major changes. Returning from Task Force (TF) 1-08, the soldiers of B Bty were reacquainted with the cold and snow of a winter in Manitoba and have readjusted to garrison life back in Canada.

There are many new faces in the Bty while familiar faces have moved on to different positions. The leadership of the Bty changed hands from Maj J.H. Vieveen to Maj J.J. Richard on November 14

2008, in a way marking the end of the deployment and the beginning of the Bty's cycle of training and preparation for tasks in Canada leading up to deployment in 2011 as part of TF 1-11.

Garrison life has been extremely busy, with many soldiers being loaded on courses to further their qualifications and professional development. Detachment Commanders remaining with the Bty have been active in mentoring the newest Gunners right from Developmental Phase 1 training to getting them acclimatized to Regimental life. Many Sgts have been assigned to running courses such as the LG1 howitzer, M777 howitzer and Mortar conversion

courses as well as multiple driver courses that the newest Gunners in the Bty have taken.

The senior Bombardiers have been given the opportunity to enhance their development as junior leaders by being placed on the challenging Primary Leadership Qualification (PLQ) and Observation Post Detachment 2IC courses. Master Bombardiers have been placed on their Sgt courses, and the TF 1-08 Troop Commanders have begun their Forward Observer and Forward Air Controller training.

The first major tasking that B Bty participated in was avalanche control (AVCON) in the Rocky Mountains. AVCON requires the Army to pro-

vide two gun detachments responsible for clearing Rogers Pass, BC on the Trans Canada Highway. Gunners fired high explosive rounds into the mountains in order to trigger controlled avalanches to keep that stretch of highway clear. Op PALACI is divided into three rotations (Roto's) a year. C Bty was originally tasked with AVCON (Roto 1) but as their focus shifted towards deployment for TF 3-09, B Bty took over as the lead Bty. For Roto's 2 and 3 B Bty members played a major role in AVCON, providing the manning for from mid-January through to mid-April.

Since Christmas the Bty's primary role has been providing support for C Bty while they prepare for deployment with TF 3-09. As a result, in addition to AVCON, the

Bty participated in Ex DESERT RAM in Suffield and will also contribute to Ex MAPLE GUARDIAN in Wainwright, which are two large exercises designed to prepare the next soldiers to be deployed to Afghanistan based on the lessons and experiences learned by previous deployments. In addition to the training of our own soldiers, this summer B Bty will be supporting an officer Developmental Period (DP) 1.1 course and helping to provide

qualified new officers to the Royal Regiment.

With so many taskings and courses, the members of B Bty are keeping busy and will be for the months to come. Supporting C Bty as they prepare for deployment as part of TF 3-09 continues to be the number one priority for the Regiment, but once C Bty departs, the focus will shift towards B Bty, as the training cycle accelerates with an eye towards returning to Afghanistan as part of TF 1-11.

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Harley Davidson takes over the CANEX

Karen Griffin
Shilo Stag

You know summer is on its way when the folks from Harley Davidson roll up to Shilo to show their stuff.

On May 29, some of the staff of Harley Davidson Winnipeg brought bikes of all kinds to the annual 'Test Your Metal' event in the CANEX parking lot.

They arrived with a semi containing 23 bikes, both Buells & Harley.

Young and old alike couldn't resist hopping on for a ride and it was a perfect day for a taste of freedom on the highway.

Bikers and their riders left Shilo for a cruise down Highway 340 and onto Veteran's Way, coming back flush with adrenaline and fresh air.

Al Donahue, one of the employees of Harley Davidson Winnipeg provided information and ran the merchandise booth.

"Usually we don't go out for more than twenty minutes, but today, we're taking a little more time,"

"We've been coming out here for a while now," he says.

Rick Kehler, CANEX Mall manager, says the event is well received.

"[CANEX Shilo] has been participating for two years now."

The event is not a sales opportunity for Harley though people wishing to purchase a bike can find information at the event.

CANEX employees offered up hotdogs and drinks. Proceeds from the barbecue went to the military police fund for blind children, raising just over \$90.

The Harley Davidson



photos by Karen Griffin

Motorcycle enthusiast Dean Grywachski of the Shilo Barber Shop tries out one of the Harleys.



A rider returns from a group excursion to Chater.

Test Your Metal event began with John Ibbitson of Harley Davidson Canada desiring to give back to the military

community. CANEX stores put names forward as willing participants and Harley brings the rest.



One sweet ride. This custom machine, 'Diablo', is out for every Harley event.



photo by Quinn Roberts

Rick Kehler presents Capt Collings and Cpl Prest from the 1 Military Police Unit with a cheque from the 'Test Your Metal' BBQ held on May 29.

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Shilo firefighters make FireFit nationals

Sara Cumming
Shilo Stag

Members of Shilo's Emergency Services team competed in the FireFit Southern Alberta Regionals on May 30 and 31, and they came home with a spot in the national FireFit Championship Finals. The nationals are being held in Gaspé, Quebec from Sept 3-6, and will feature 350-400 competitors from across Canada.

"The premise of [FireFit] is to show how physically demanding firefighting is," says Jordan Polasek, a five year veteran of the Shilo Fire Department who is in his fourth year of competing in FireFit. "It's probably the hardest thing I've ever done. It's very physically demanding."

The FireFit competition is based on emergency situation tasks that firefighters use on a regular basis. It is an opportunity for firefighters across Canada to show off their physical abilities while competing in four different categories: team, relay, individual and NxG2 relay,

which is a two person technical race.

"[The competition] forces you to remain fit," says Dave Danners, another Shilo firefighter who is on the FireFit team. "Everybody at the [fire] hall does [physical training], but this is a little more extreme. It forces you to be in good shape, because if you're not in good shape, you're not going to have any fun."

The Shilo crew practices at Gunner Arena two to three times a week in preparation for the competition. Although they don't have access to a six-storey tower to practice the stair climb and the hose hoist, "We've set it up exactly how it would be set up for a competition," Polasek says.

Because of shift work, firefighters often don't see or get to know some members of their crew. The FireFit competition is a good way to remedy that situation by bringing together team members who might not usually work together.

"It promotes camaraderie among the crew," Polasek says.

The Shilo crew's goal each year is to top their personal best, and if they happen to place high at the regional competition and make it to the national competition, even better.

"Regionally, we've done well," Polasek says. "We've had a few top ten [finishes]."

Shilo originally got involved with FireFit for the fitness aspect of the competition.

"It helps us stay fit and gives us motivation," Polasek says. "[It gets] guys out doing stuff and getting in shape."

The relay portion, which Shilo firefighters have been training for, consists of six sections: stair climb, hose hoist, forcible entry, run, hose advance, and victim rescue. In the stair climb the competitor carries a 42 pound hose load up six flights of stairs; the next competitor hoists a 45 pound hose load up the six flights using a hand over



photo by Sara Cumming

The FireFit team stops a practice to pose for a group photo. Back row, left to right: Dave Danners, Jordan Polasek, Grant Thiele. Middle row, L to R: Richard Didluck, Rick Desautels, Paul Tobin. Front row, L to R: Steve Gainsborough, Aaron Bull.

hand motion. For forcible entry, the competitor uses an eight pound mallet to move a beam, and then runs 140 feet around hydrants that are set up. For the hose advance, the

competitor shoulders a hose and drags it 75 feet, then opens the nozzle and hits a designated target. For the last leg of the relay race, a firefighter drags a 165 pound

rescue dummy 100 feet to the finish line.

Winners at the national competition go home with bragging rights and a set of firefighting equipment.

What's on the horizon? Protect yourself from severe weather.

Severe weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself – weather or not.

Look for the signs

Hot and/or muggy days and warm nights indicate thunderstorms may be forming – so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

Listen for the warnings

Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a Weatheradio receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

Take shelter

When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

Be prepared

Storms often strike quickly so it's important that you have a plan in place before severe weather hits.

Prepare a "72 Hour" emergency kit – Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio – with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

Reduce the hazards on your property – Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

Find out more

Learn more about how you can protect yourself from the dangers of severe summer weather at

manitoba.ca

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Tee time The new RCA Museum Curatorial Centre



photo by Quinn Roberts

Sgt Yeryk takes part in the first Warrant Officer's and Sargeant's Professional Development Golf Tournament on June 5. The golf tournament takes place two to three times a year for people posting in and out, as a way to meet new people and say goodbye to friends before being posted out. After a good day of golf they enjoyed a steak night at the Warrant Officer's and Sargeant's Mess. The next golf tournament will take place on July 24.



photo by Quinn Roberts

LCol BComd J.J. Schneiderbanger cut the ribbon for the new RCA Museum Curatorial Centre, military style, on June 5. Driving the 'White Scout Car' was Chief Mechanic of the RCA Museum Richard Amos. Building M-101, originally a maintenance and storage facility, has been overhauled to house the Royal Canadian Artillery (RCA) Museum. The move to the 26,000 square foot facility will house the 64,000 artifacts and vehicles that are not currently on exhibit in the main museum. It will also provide the staff with the proper space to conserve, maintain, and store the collection. The project will take nearly four years to complete and consolidate the exhibit from nine buildings into one. With both the main museum and the curatorial centre, the RCA museum will occupy 50,000 square feet. Only the military museum in Calgary is larger.

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photo by Quinn Roberts

2PPCLI rolled through the streets of Brandon on June 6 as part of the annual Traveller's Day Parade.

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Remembering Mike: A community pitches in

Karen Griffin
Shilo Stag

Mike Seggie was about thirteen years old when a drive with his dad down Sturgeon Road led him to his calling in life.

He looked up into the sky that day and saw an F-18 taking off from 17 Wing Winnipeg. Jim Seggie recalls the story with a smile as his elbows press against the hood of his son's '68 Dodge Barracuda.

"[He] just looked up at it and said 'I could do that,'

Mike's journey took him to the air cadets a few months later, where he stayed until age seventeen.

"A friend of his was joining the medics at Minto [armouries] and asked him to join but he decided to join the infantry instead," says Jim.

"Once [Mike] realised how much fun it was to fire a machine gun," adds Jim, "he stayed there. He was happy with his choice."

That choice led Mike to Afghanistan as a member of

TF 1-08 where he met Cpl Mark Ejdrygiewicz. The two became fast friends.

"Mike was just the nicest guy. No one ever had a bad thing to say about him. Not even his section commander."

Mark and Mike would spend their spare time talking about cars and planned to work together on the Barracuda that Mike had just bought when they got home.

"He was going to take his money from tour and sink it into this car," says Jim, who spent many times talking to his son on the phone about work surveying the car from the front.

Mike's mom Shirley was the one who found the car on a bike ride one evening. Jim went to have a look.

"A few days later he had the loan and bought the car," says Jim.

But those plans sadly fell

by the wayside on September 3, 2008 when Mike and his friends, Cpl Andrew (Drew) Grenon, 23, from Windsor, Ont., and Pte Chad Horn, 21, from Calgary, were killed in an insurgent attack.

On Remembrance Day, it was Mark who approached Mike's Dad Jim to talk about his desire to forge ahead and rebuild the Barracuda.

"When 'Edge' [Ejdrygiewicz] approached us with the idea to rebuild the car he bought just before he went on tour, we loved the idea," says Jim.

Since then, the momentum of the legacy Mike left in his twenty one years is gaining strength, with a project that embodies everything Mike Seggie loved; family, friends, music and cars.

The car sits like a dusty emerald, up on blocks at the Shilo auto club, Mike Seggie's baby, a tribute to the friend, the son and brother

who drove it proudly around

Winnipeg.

Word got around about the project quickly when the guys started approaching businesses looking for advice and parts for the restoration project.

"It's just crazy," says Mark, adding that from one or two businesses committing products and services to the restoration project to now over fifteen have offered some form of support. Many have no request for recognition, or for some, an expressed request to not receive recognition for their contribution.

Many of the detailing jobs, the original parts and painting jobs cost into the thousands of dollars and the companies involved are donating parts and labour.

"He was always there for his buddies," says Mark, "Mike wouldn't see something wrong and leave it for someone else to deal with, he took care of things."

In honour of his friend, Mark is helping the Seggie family, take care to preserve

Mike's legacy.

"Every time I'm here working on it, it never fails that I'll have the radio on and some song by Led Zeppelin will come on," says Mark with a smile.

Mike was as much a fan of classic rock as classic cars and could be seen cruising Winnipeg in the Barracuda with Zeppelin or Metallica booming in his ears.

Upon hearing this, a local music company has offered to fill the sound system with some of Mike's favourite tunes.

Guys come by the car club to have a look, to offer some help or just talk about the project.

At his memorial service, over a hundred people who had never Mike gathered on the street to pay tribute.

"We want the family to know that we appreciate every thing their son did for us. It's the greatest sacrifice you could give," one woman told CTV News during his memorial service in September.



Cpl Mark Ejdrygiewicz, left, looks on as Jim Seggie inspects rivets in the trunk before stripping the vehicle.



Mark and Jim get down to business on the car's clutch system, cataloguing parts as they remove them.



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2009 Artillery Reunion

Message from the Organizing Committee Chairman

It is a source of considerable joy and satisfaction for all of us on the organizing committee to see Reunion 2009 looming over the horizon. The efforts of all of the members of the committee seem to be coming together and we are looking forward to another fine and successful reunion of the Royal Regiment's serving and retired members and their spouses and friends. It gives me great pleasure to extend a warm welcome to all of you who are coming together in Shilo the weekend of June 26 to rekindle our best memories and renew the finest friendships most of us will ever have.

Reunions like ours don't happen as a result of the ef-

forts of our small committee alone. We had a lot of help putting our plans in action and I'd like to convey our collective thanks to a number of people who supported us and some who did a lot of extra work.

Without the backing of LCol Schneiderbanger and his staff, we wouldn't be able to come together here at Shilo the way we are. Our sincere thanks to the Base Commander of our home station for his unwavering support to the reunion throughout its organization.

The Commanding Officer and all ranks of 1RCHA, despite being in the midst of preparations for another operational deployment, are doing their utmost to make this

reunion a memorable one. We are thankful to the regiment for hosting the reunion to a visit to their lines on Saturday afternoon, June 27. Sincere thanks to LCol Young and to RSM Gilkis and all ranks. We wish you good luck in your upcoming deployment.

Our sincere thanks go to the cooks of 1RCHA and 2PPCLI for providing food services to the reunion.

Once again the Shilo Service Club has stepped up and provided us with immense support and assistance. The Service Club (formerly the Shilo Men's Club) has been a source of strength in the Shilo community for many years now and they have also been with us throughout the

planning and execution of Reunion 2009. We should all take the time to say "thanks" to the "men in green" at least once during our weekend.

Also, special thanks to all of the former members of the RCSA Apprentice Training Battery who have made the effort to come together here this weekend. The number of soldier apprentices attending Reunion 2009 is commendable and the spirit and the energy you have all displayed are infectious. The success of Reunion 2009 will certainly be influenced by your presence. Thanks to Lowell Sandwith and John Sawicki of your committee for coordinating with us throughout.

Our thanks go out as well to the PMCs of the three messes who have kindly agreed to special hours of operation this weekend to allow those attending the reunion to once again enjoy the congenial RCA mess environments that so many of us fondly remember.

I would be remiss if I didn't acknowledge the tremendous work done by Chuck Roeder, the Secretary of our committee, and Mike McEwan, our Treasurer.

They were instrumental in making this weekend happen. They have both worked hard nailing down a lot of details that will make this reunion a success. Also, Sgt Jenn Greer of CFB Shilo gave the com-

mittee a lot of clerical and secretarial help. Without her, a lot of our planning would have been ineffective.

In closing I'd like to thank each and every one of you for making the effort to come out for Reunion 2009. It is your spirit and interest that makes our Royal Regiment as strong as it is. By coming here you set a fine example of solidarity for other regimental members. In doing so you are showing everyone that it's really an honour and a privilege to be a Gunner.

Enjoy yourselves this weekend. The other committee members and I look forward to meeting and talking to as many of you as we possibly can.

Third RCA Soldier

Immediately preceding the RCA Reunion 2009 at CFB Shilo, the RCA Soldier Apprentices will hold their third reunion in Brandon on June 25 and 26.

While most activity will take place in Brandon, a commemorative cairn will be dedicated at the Artillery Park, CFB Shilo at 10:00 am on June 26. The public is welcome to attend this ceremony.

The RCA Soldier Apprentice Training Program was conducted by the Canadian Army at CFB Shilo (then Camp Shilo) from 1954 until 1967. This entry plan sought to develop young men as skilled, high

school educated tradesmen and future leaders. In the years that it was conducted at Shilo some 500 young soldiers completed the two year program and went on to serve five years of obligatory service in one of the regular army field units. Similar programs were conducted by the Corps of Royal Canadian Engineers, the Corps of Royal Canadian Signals, the Corps of Royal Canadian Electrical and Mechanical Engineers, the Royal Canadian Army Service Corps, the Royal Canadian Ordnance Corps and the Royal Canadian Army Medical Corps.

The Soldier Apprentice Training Program included a three and a half month basic military training phase followed by some 20 months of high school academic instruction and military trades training. Academic instruction

emphasized the Sciences, Mathematics and English. There was also considerable priority placed on physical fitness, military department, drill and discipline.

The RCASA was successful and indeed surpassed its original aims. In addition to training numbers of fit soldiers with technical and leadership skills, many of these went on to become successful senior NCO's, Warrant Officers and Commissioned Officers. One of our Regimental apprentices went on to become a distinguished general officer. Our soldier apprentices were a highly spirited group of regimental members. Indeed, they still are. Over the years they contributed significantly to the success of the Royal Regiment of Canadian Artillery, the Army and the Canadian Armed Forces.



photo from Google Images

The M77 in Afghanistan 2007. The M77 is lighter and smaller, yet more powerful than any gun of its kind. The M77 will enhance the army's operational capability to provide indirect firepower at any time of the day or night, and under severe weather conditions.

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Summer Community Events Calendar



Kelleher Ford's 2009 Summer Community Events Calendar.



Nothing Beats Cooking Outdoors.

All-New 2010
Ford Mustang

Pre-School

Pre-registration for Pre-Kindergarten 2009-2010

This program is a provincially regulated and licensed program for 3-5 year olds in the Shilo/Sprucewoods/Douglas area. Children must be 3 by December 31, 2009 and fully toilet trained.

Monday to Friday

Mornings – 9:00-11:30 am **OR**

Afternoons – 1:00-3:30 pm

Cost: Mon/Wed/Fri (3 x ½ days) - \$105/month

Tue/Thurs (2 x ½ days) - \$70/month

One session per week - \$35/month

For more information and to pre-register contact Val 765-3000 ext 4554 or MFRC ext 3352.

Wet 'n' Wild

Age: 2-5 yrs

Kick the summer off to a great start at the Water Park where we will get wet n' wild!

Date: Tuesday, June 23

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, June 17

Min: 5 - Max: 16

Shilo MFRC - 765-3000 ext 3352



Salamander, Sunfish, Crocodile or Whale

Age: 3 -5 yrs

Session 1 Date: Monday-Thursday, July 20-30

Session 2 Date: Monday-Thursday, August 17-27

Time: between 4:30 and 6:00 pm

Place: Shilo Pool

Cost: \$40.00 for the first and second child

\$30.00 for the third child

\$20.00 for every child thereafter

Contact: Aquatic Supervisor 765-3000 ext 3318

Register: Community Centre, Recreation office or

Credit Card Registration: 765-3000 ext 3588

Tiny Toes Preschool Summer Fun Program

Age: 3-5 years (must be fully potty trained)

Tiny Toes Preschool Summer Fun program is back for another fun and exciting summer! Each week your child will experience and explore new activities based on a weekly theme. The program will run Tuesday to Friday with a field trip scheduled every Thursday.

Time: 10:00 am-3:00 pm

Cost: \$30.00 per week

Place: Community Centre

Under the Sea

July 7-10

Take a dive into the deep blue sea and learn about the under water world through various games and activities.

Creative Cats

July 14-17

This week children will use a variety of art mediums to release their inner creativity through unstructured exploration.

On the Farm

July 21-24

Come play and pretend on the farmyard where children will learn and experience all about farm life.

Navigating Nature

July 28-31

Explore the wonders of the natural environment surrounding us by the creative use of our senses allowing children to reconnect with nature.

All Stars

August 4-7

Come out and get active during this week of non competitive sporting games and events.

Lights and Sirens

August 11-14

Learn and experience what our community helpers do for us.

Program requirements: healthy lunch each day

weather appropriate clothing

sunscreen/bug spray

bathing suit and towel

Register now! Spaces are limited.

Register by: Noon, the Wednesday before

For more information contact Dana or Janine at 765-3000 ext 3352

School Aged

End of School Dance

Age: 8-14 yrs

Date: Friday, June 19

Time: 7:30-9:30 pm

Cost: \$2.00 at the door

Canteen will be available throughout the night.

Shilo MFRC - 765-3000 ext 3352



Summer Fun Camp Pre-registration

For only \$5.00 per week you can reserve your child's spot for the weeks you need. After June 19 you must pay the full amount to reserve your child's spot.

Date: June 15-19

Time: during MFRC office hours

Cost: \$5.00 per week per child

Place: MFRC

For more information please contact Garry 765-3000 ext 4557 or Suzanne ext 4555.

Summer Fun Day Camp

Age: 5-12 yrs (5 year olds must have completed kindergarten)

A summer adventure program full of exploration and lots of fun, fun, fun,

while playing in the sun!!!

Date: July 6-August 28

Time: Monday-Thursday 9:00 am-12:00 & 1:00-4:00 pm and

Friday 9:00 am-4:00 pm

Cost: \$60.00 per week for one child

\$90.00 per week for two children

\$120.00 per week for three or more children

Extended Hours:

7:15-9:00 am

2:00-1:00 pm (must bring own lunch) and

4:00-4:45 pm

Costs for extended hours:

\$10.00 per week per child for 1 session

\$15.00 per week per child for 2-3 sessions

Bootcamp Week

July 6-10

Field Trip - Boissevain

Shilo Chefs

July 13-17

Field Trip - Tinkertown

Pirates of Shilo

July 20-24

Field Trip - Morden

Around the World

July 27-31

Field Trip - Killarney

Splash Week

August 4-7

Field Trip - Portage Water Park

Summer Fun Olympics

August 10-14

Field Trip - Brandon

Survivor Week

August 17-21

Field Trip - Sprucewoods Park

Fiesta Time

August 24-28

Field Trip - Lower Fort Garry

For more information please contact Garry 765-3000 ext 4557 or Suzanne ext 4555.

Red Cross Swim Program Level 1 – Level 7

Age: 6+

Session 1 Date: Monday-Thursday, July 20-30

Session 2 Date: Monday-Thursday, August 17-27

Time: between 4:30 and 6:00 pm

Place: Shilo Pool

Cost: \$40.00 for the first and second child

\$30.00 for the third child

\$20.00 for every child thereafter

Contact: Aquatic Supervisor 765-3000 ext 3318

Register: Community Centre, Recreation office or

Credit Card Registration: 765-3000 ext 3588



Teens

New Teen Centre Hours

Summer hours commence Tuesday, July 7

Tuesday to Thursday:

Tweens (12-14 yrs) 4:00-7:00 pm and

Teens (14-17 yrs) 7:00-10:00 pm

Caroline will connect with Tweens and Teens to decide what trips or events they would like to see throughout the summer. Start thinking about some fun activities that you would like to take part in and let her know.

CFB Shilo Youth Cardio/Strength Training Orientation

Age: 13-17 yrs

Successful completion of this clinic plus an additional short follow-up session will allow youth to use the Cardio Room and Weight Training Room. Once forms are signed by parents and submitted to the GSH front desk, youth are permitted to train under supervision of a parent or guardian till the Orientation Session. Thereafter, youth will be allowed unsupervised access for 2 – 4 weeks while

they train for their individual follow-up session.

Date: Thursday, August 20

Time: 12:30-3:30pm

Cost: No Charge

Place: Fitness Training Facility at Shilo Country Club

Registration Deadline: Registration forms handed in to GSH by noon the day before the clinic. **Forms must be signed by parents** so come in early to pick up the registration package at the Front Desk at GSH.

Contact: 765-3000 ext 3541

Deployment Activities

Winnipeg Zoo

We're off to the Winnipeg Zoo to see all the new babies! Entrance fee will be covered by the MFRC. Remember to bring your hat, sunscreen and snacks.
 Date: Saturday, June 27
 Time: 9:00 am-6:30 pm
 Cost: \$10.00 refundable for deployed families
 Register by: Noon, Wednesday, June 24
 Shilo MFRC - 765-3000 ext 3352

Dinner & Movie

Meet us for dinner and then off to a movie of your choice.
 Date: Fridays, July 3 & August 7
 Time: 5:15 pm for dinner - movie to follow
 Place: locations vary
 Cost: Dinner is on you - Movie is on the MFRC
 Register by: Noon, the day before
 Shilo MFRC - 765-3000 ext 3352



Children's Deployment Afternoon

Age: 5-12 yrs
 Enjoy an afternoon of crafts, and games while socializing with other kids going through a deployment. There is a different theme every month.
 Date: Saturdays, July 11 & August 15
 Time: 1:00-4:00 pm
 Cost: Free
 Register by: Noon, Thursday prior to
 Shilo MFRC - 765-3000 ext 3352

Deployment Childcare

Up to 6 hours of free childcare per month will be provided when your spouse is away.
 Any week day in the Occasional Childcare room or
 Date: Saturdays, July 11 & August 15
 Time: 1:00-4:00 pm
 Spaces are limited so book early. Deadline for Saturday childcare is the Wednesday before. The MFRC also has an offsite childcare voucher system, call Dana at 765-3000 ext 4105 for details.
 Shilo MFRC - 765-3000 ext 3352

Deployment Rock Band

Age: 9-13 yrs
 Deployment Rock Band is the place to be. Form your own band or jam with new friends.
 Date: Thursdays, July 16 & August 6
 Time: 4:30-5:45 pm
 Place: Teen Centre
 Register by: Noon the day before
 Shilo MFRC - 765-3000 ext 3352



Deployment PlayTime

Let's get the children together for an afternoon at the ultimate playhouse.
 Date: Saturdays, July 25 & August 22
 Time: 1:00-5:00 pm
 Cost: Free
 Place: PlayTime in Brandon
 Register by: Noon, Thursday prior to
 Shilo MFRC - 765-3000 ext 3352

Deployment Coffee Break

An opportunity for deployed families to get together; the Units' Rear Party Reps and Deployment Support Service will be available for questions and feedback. Each month will feature a theme topic about the current deployment.
 Dates in Shilo: Wednesdays, July 29 & August 26
 Time: 7:00 pm
 Place: Community Centre
 Childcare will be available in OCC but please book in advance
 Dates in Brandon: Thursdays, July 30 & August 27
 Time: 7:00 pm
 Place: Brandon Armoury
 Shilo MFRC - 765-3000 ext 3352

Deployment Afternoon Bowling

Break up the afternoon and come out and play a couple of "strings" of bowling.
 Date: Sunday, August 30
 Time: 2:00-4:00 pm
 Place: Brandon Thunderbird Bowl
 Cost: free for deployed families
 Register by: Noon, Thursday, August 27
 Shilo MFRC - 765-3000 ext 3352



Special Events

Dinner's On Us BBQ

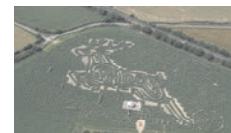
Community awareness is important to us at the MFRC. Come out and let us supply dinner for you. This is an excellent time to meet other community members and the staff of the MFRC.
 Date: Wednesday, June 17
 Time: 4:00-6:00 pm
 Place: Community Centre
 Cost: No fee
 Shilo MFRC - 765-3000 ext 3352

Dinner's On Us BBQ

Community awareness is important to us at the MFRC. Come out and let us supply dinner for you. This is an excellent time to meet other community members and the staff of the MFRC.
 Date: Wednesday, July 22
 Time: 4:00-6:00 pm
 Place: Brandon Armoury
 Cost: No fee
 Shilo MFRC - 765-3000 ext 3352

Family Trip to the A Maze in Corn Patch

Age: All
 Join us as we enjoy some healthy outdoor family entertainment. We'll venture through the amazing corn patch; climb a giant bale pyramid and enjoy the on site petting zoo.
 Date: Tuesday, August 18
 Time: 8:30 am-7:00 pm
 Cost: \$10/person (includes transportation and entrance fee only)
 Place: meet at north side of Canex
 Registration Deadline: Thursday, August 13
 Contact: Community Recreation 765-3000 ext 3317
 Register: Community Centre, Recreation office or Credit Card Registration: 765-3000 ext 3588
 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).



Family Road Trip to Winnipeg Skate Park and the Fringe

Age: All
 Let's head into Winnipeg and spend the day exploring the Fringe, or bring your skateboard and head over to the skate park. We'll provide the transportation.
 Date: Wednesday, July 15
 Time: 8:00 am - 8:00 pm
 Cost: Participants responsible for costs occurred in Wpg.
 Place: meet at north side of Canex
 Registration Deadline: Thursday, July 9
 Contact: Community Recreation 765-3000 ext 3317
 Register: Community Centre, Recreation office or Phone registration: 765-3000 ext 3588
 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).



Family Road Trip to Kenosee Waterslides

Age: All
 Looking for something to do this summer? We'll provide the transportation and a great deal on your entrance fee to the Kenosee Waterslides.
 Date: Thursday, August 6
 Time: 8:30 am-7:00 pm
 Cost: \$20/person (includes transportation and entrance fee only)
 Place: meet at north side of Canex
 Registration Deadline: Wednesday, July 29
 Contact: Community Recreation 765-3000 ext 3317
 Register: Community Centre, Recreation office or Credit Card Registration: 765-3000 ext 3588
 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).



Play N Park

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!
 Date: July 13 - August 20
 (No program on stat holidays)

Mondays - Waterpark

10:00-11:30 am and 1:30-3:00 pm

Mon Aug 3 - Stat Holiday, No Play N Park

Wednesdays - Sapper

10:00-11:30 am and 1:30-3:00 pm

Thursdays - Community Centre Playground

10:00-11:30 am and 1:30-3:00 pm

Additional Community Info

Volunteers Needed

The Community Recreation office has volunteer opportunities available throughout the year. If you are interested in helping during one of our special events, contact Brenda at 765-3000 ext 3317. It's a great way to build a resume or just enjoy being part of the day while giving back to your community.
Upcoming: Shilo Registration Info Fair and Shilo MFRC Dinner's On Us BBQ scheduled for Tuesday, September 1. Watch for more details.

Base Theatre CLOSED DUE TO GSH RENOVATIONS

Shilo MFRC

Office Hours

Monday to Thursday: 8:00 am-9:00 pm
Friday: 8:00 am-4:30 pm
Website: www.shilomfrc.ca

Shilo MFRC Thrift Shop Hours

Located in the Faith Centre
Tuesday: 6:30-8:00 pm
Thursday: 9:30-11:00 am

Occasional Childcare Hours

Monday:
9:00 am-12:00 pm
1:00-4:00 pm
5:00-9:00 pm
Tuesday-Thursday
9:00 am-4:00 pm
5:00-9:00 pm
Friday
9:00 am-12:00 pm
1:00-4:00 pm

General Strange Hall

Please visit www.cfcommunitygateway.com/shilo to check out our renovation news as facility timings may change without notice.

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. Due to renovations the cardio and weight room will be relocated to Shilo Country Club.

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

Hours of Operation

Monday-Friday
7:00 am-9:00 pm
Saturday, Sunday & Stat holidays
12:00-6:00 pm
765-3000 ext 3541

Fitness Centre (Shilo Country Club)

Monday-Friday
6:00 am-8:00 pm
Saturday, Sunday & Stat Holidays
12:00-4:00 pm
765-3000 ext 4312

Sport Stores

Monday-Friday
7:30 am-12:00 pm
1:00-4:00 pm
Sports Equipment 765-3000 ext 3315
Facility Bookings 765-3000 ext 3315

Community Recreation Office (Community Centre)

Monday-Friday
7:30 am-4:00 pm
Community Recreation Coordinator: 765-3000 ext 3317
Community Recreation Assistant: 765-3000 ext 3588

Visit Our Website

Please visit www.cfcommunitygateway.com to check out all the Fitness, Sport and Recreation program updates, and GSH renovation news.

Shilo Military Family Resource Centre

For the latest news about programs and services of the Shilo MFRC please check out our website at www.shilomfrc.ca

Shilo Bowling Alley CLOSED DUE TO GSH RENOVATIONS

The Shilo Community Library Summer Hours Effective: July 6 - August 27

Monday - Thursday
9:00 am-12:00 pm
1:00-4:00 pm
Monday & Thursday only
6:00-8:30 pm
Friday
9:00 am-1:00 pm
Story Time
Every Thursday @ 1:30 pm
Call Pat for more information 765-3000 ext 3664

Shilo Pool

Please join us in the pool for a splashing good time. Children 6 and under require adult supervision within arms reaching the water, or upon discretion of the lifeguard. A lane will be put in for lap swimmers during all public swim times if deemed necessary by a lifeguard. Enjoy our waterslide; tot pool and 25yd pool. Please note that we now have a hydraulic chair lift for easy pool access. (Schedule may change without notice). Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders

Summer Hours Effective: July 2 - August 23

Public Swim Time

Monday - Friday
1:30-4:15 pm
Monday - Thursday
6:00-7:30 pm
Weekend & Stat Holidays
1:30-5:30 pm

Lap Swim Times

Monday - Friday
12:00-1:00 pm
Tuesday & Thursday
7:30-8:15 pm
Saturday & Sunday
12:30-1:30 pm

(Please note: No Lap Swims on Stat Holidays)

Take advantage of Private Swimming 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 in on lessons.

Contact: Aquatic Supervisor 765-3000 ext 3318

Swimming Lesson 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: Aquatic Supervisor 765-3000 ext 3318

Website: www.cfcommunitygateway.com

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	3161	
Girl Guides of Canada	Leah Myslicki		765-2905
Gun Club	Darrell Leblanc	6851	728-8769
Ki-Rin ITF Taekwon Do Club	Dwayne Bos	3088	724-4227 dwayne.bos@forces.gc.ca
Minor Hockey	Brent Gitten	3506	765-4561 http://shilominorhockey.ca
Minor Soccer	Recreation Office	3317	
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Skating Lessons	Recreation Office	3317	
Scouts Canada	Linda Levesque	3396	763-8776
Shilo Community Council	Kristen Lucyshyn	3588	
Shilo & Area Service Club	Eugene Gondek	3553	763-4320
Blue Fins/Brandon	Christine Howell	4031	
Sprucewoods Lions Club	Recreation Office	3317	
Sprucewoods TOPS	Barb Forbes		763-4768
Sprucewoods Community Club	Frank Hambrook		763-4919
Wild Life Club	Dave Lucas	Box 739	763-4707
Wood Hobby Club	Michael Bursey	3173	

2009 Artillery Reunion



Reunion at a glance RCA Organizing Committee of 2009

The Canada Day Long Weekend, 26 - 29 June, at Shilo promises to be a busy one for several hundred serving and former members of the Royal Regiment of Canadian Artillery. RCA Reunion 2009 kicks off on Friday June 26 and will run with a full range of events until Monday June 29. Here's a summary of the planned reunion events for the information of anyone who may be planning to attend.

Friday 26 June

- 0900-2000 hrs Reunion registration. L-25 Drill Hall. Some last minute seating is available.
- 1000-1030 hrs RCA Soldier Apprentice Cairn Dedication at Artillery Park
- 1000-1600 hrs RCA Museum open for visits.
- 1300-1800 hrs Messes open
- 1500-0100 hrs Refreshments available to reunion participants at L-25 drill hall.
- 1800-0100 hrs Meet and Greet at L-25 Drill Hall. Entertainment by Look Music Services.

Saturday 27 June

- 0900-1500 hrs Reunion registration. L-25 Drill hall. Some last minute seating available.
- 0900-1600 hrs RCA Museum open for visits.
- 1200-1500 hrs 1RCHA lines open for tour, displays and briefings. Gunner William Cook Building.
- 1100-0100 hrs Refreshments available to reunion participants at L-25.
- 1200-1800 hrs Messes open.
- 1800-0100 hrs Reunion dinner and dance. L-25. Entertainment by Look Music Services.

Sunday 28 June 4

- 0930-1030 hrs RCA Reunion Memorial Service. Canoe River Memorial.
- 1030-1500 hrs RCA Museum open. Presentation to RCA Museum. RCA Museum.
- 1100-1700 hrs Reunion Barbecue and Good-byes. L-25.

Monday 29 June

- 1000-1600 hrs Reunion Golf Tournament. Shilo Golf and Country Club. See Sonny O'Donnell for details.
- 1200-2100 Golf Tournament Wind Up. WO's and Sgts Mess.



From left to right: Joe MacLellan, Lonnie Goodfellow, Ken Wells, Rick Wilson, Sonny O'Donnell, MWO Cal Gibson, Mike McEwan

REMEMBER. HONOUR. CONNECT.

Are you a veteran of World War II, Korean War, Peacekeeping operations or a current member of the Canadian Forces?

Share your experiences with young people in schools and your community.

Contact the **Memory Project** to register and receive a free training kit.

1.866.701.1867, memory@dominion.ca

The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT Canada



Manitoba Hydro is committed to diversity and employment equity, and all qualified candidates are encouraged to apply.

Power Line Technician Trainee

Manitoba Hydro is a leader among energy companies in North America, recognized for providing highly reliable service and exceptional customer satisfaction. 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. As a Power Line Technician Trainee 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 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 3, 2009**. We thank you for your interest and will contact you if you are selected for an interview.

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.



Special admission process announced

DNews

The Faculty of Law at the University of Western Ontario is pleased to announce a program to facilitate the admission into law school of Canadian Forces (CF) personnel released for medical reasons. Western Law will provide both a simplified application process and special consideration for

admission.

"Canadians continue to be generous in their support of our men and women in uniform," said the Honourable Peter Gordon MacKay, Minister of National Defence and Minister for the Atlantic Gateway. "Our ill and injured have made sacrifices for this nation, at home and overseas, and this program recognizes

these sacrifices, and the commitment of our Canadian Forces members."

Prospective candidates for the Western Law admissions program will ordinarily have had at least two years of university or the equivalent. They will also be required to successfully complete the Law School Admission Test (LSAT) together with

an admission essay.

"We are delighted to offer this opportunity to people who have served our country," added Ian Holloway, Dean of Western Law. "Our experience with law students who have served in the Canadian Forces has been universally positive. Military applicants bring to the school not only intelligence and a

sense of responsibility, but also a degree of determination and a commitment to teamwork that makes them ideal law students and ideal members of the legal profession."

"The Canadian Forces are honoured to accept this generous opportunity that Western Law School is giving to servicemen and women," said Major-Gen-

eral Walter Semianiw, the Chief of Military Personnel, in Ottawa. "I think the life experience, maturity and sense of responsibility that our members have gained would aid them well in the field of law. Western Law is to be commended for its support of the Canadian Forces. The school is setting an example for others to follow."

DND, Ducks Unlimited protect environment

DNews

The Department of National Defence and Ducks Unlimited Canada (DUC) signed a Memorandum of Understanding (MOU) which will result in sound management practices for protecting waterfowl habitat on DND land.

"DND is committed to operating in ways that conserve resources and protect the environment," said Peter MacKay, Minister of National Defence. "Today's an-

nouncement is an example of this Department's commitment to environmental stewardship."

DND owns or leases a significant amount of land across Canada, much of which contains wetlands. Unique habitats, such as wetlands, need to be managed in a manner consistent with the ideals of the North American Waterfowl Management Plan, signed by Canada, the United States and Mexico. This international action plan

was developed to conserve migratory birds throughout the continent.

"Ducks Unlimited Canada has had a long standing and productive relationship with the Department of National Defence," said Jeffery Nelson, DUC's executive vice-president. "We are very pleased to formalize our relationship and take this next step towards enhancing the environmental sustainability of habitat on DND lands across Canada."

With significant experience and expertise in waterfowl habitat conservation, DUC will assist DND in achieving its goals and objectives for sustainable military training and natural resource management.



DND owns or leases a significant amount of land across Canada, much of which contains wetlands. Photo from DNews

This MOU will serve as a national framework to facilitate the development of local agreements between DUC and the Department's bases and wings.

DND holds a large number of properties all across the country to support the Canadian Forces, including some 21,000 buildings; 2.25 million hectares of land; 5,500 km of roads; and 3,000 km of water, storm, and sewer pipes.



CHAMPIONNAT NATIONAL DE TRIATHLON NATIONAL CHAMPIONSHIP

Date de l'évènement :
10-11-12 juillet 2009

Date limite d'inscription :

Voir le personnel PSP des sports de votre localité

Lieu : Ottawa, Lac Leamy

Catégorie : Distance olympique et sprint

Admissibilité : voir tableaux ci-dessous

Date of event :
10-11-12 July 2009

Closing date of registration :

See your local PSP sports staff

Place : Ottawa, Lac Leamy

Category : Olympic and sprint

Qualifying times as per tables

FORMAT DE LA COURSE

Distances Olympique 1.5km, 40km, 10km

Catégories d'âge	Homme	Femme
19 et moins	2.50:00	2.59:00
20-24	2.50:00	2.59:00
25-29	2.50:00	2.59:00
30-34	2.50:00	2.59:00
35-39	2.50:00	2.59:00
40-44	3.00:00	3.10:00
45-49	3.00:00	3.10:00
50-54	3.10:00	3.20:00
55 et plus	3.20:00	3.40:00

Distances Sprint 750m, 20km, 5km

Catégories d'âge	Homme	Femme
19 et moins	1.25:00	1.30:00
20-24	1.25:00	1.30:00
25-29	1.25:00	1.30:00
30-34	1.25:00	1.30:00
35-39	1.25:00	1.30:00
40-44	1.25:00	1.30:00
45-49	1.30:00	1.35:00
50-54	1.40:00	1.45:00
55 et plus	1.50:00	1.55:00

RACE FORMAT

Distances Olympic 1.5km, 40km, 10km

Age categories	Male	Female
Under 19	2.50:00	2.59:00
20-24	2.50:00	2.59:00
25-29	2.50:00	2.59:00
30-34	2.50:00	2.59:00
35-39	2.50:00	2.59:00
40-44	3.00:00	3.10:00
45-49	3.00:00	3.10:00
50-54	3.10:00	3.20:00
55 & over	3.20:00	3.40:00

Distances Sprint 750m, 20km, 5km

Age categories	Males	Female
Under 19	1.25:00	1.30:00
20-24	1.25:00	1.30:00
25-29	1.25:00	1.30:00
30-34	1.25:00	1.30:00
35-39	1.25:00	1.30:00
40-44	1.25:00	1.30:00
45-49	1.30:00	1.35:00
50-54	1.40:00	1.45:00
55 & over	1.50:00	1.55:00

www.cftriathlon.ca



CANADIAN FORCES PERSONNEL SUPPORT AGENCY
AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES

APPUYONS NOS TROUPES EN AFGHANISTAN

DÉCOUVREZ UN MONDE DE POSSIBILITÉS
Occasions d'emploi

- Gestionnaire des opérations
- Coordonnateur de l'expédition et de la réception/Commis à l'expédition et à la réception
- Coordonnateur de l'équipement et des ressources
- Barbier
- Coordonnateur du conditionnement physique, des sports et des loisirs
- Coordonnateur de la comptabilité
- Coordonnateur des déplacements
- Gestionnaire de bien-être
- Préposé au gymnase

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

POSTULEZ EN LIGNE au plus tard le 20 juillet 2009

Nous souscrivons au principe de l'équité en matière d'emploi

CANADIAN FORCES PERSONNEL SUPPORT AGENCY
AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES

SUPPORT OUR TROOPS IN AFGHANISTAN

DISCOVER A WORLD OF POSSIBILITIES
Employment Opportunities

- Operations Manager
- Shipping and Receiving Coordinator/Clerk
- Equipment and Resources Coordinator
- Fitness, Sports and Recreation Coordinator
- Retail Attendant
- Barber
- Retail Manager
- Accounting Coordinator
- Travel Coordinator
- Welfare Manager
- Gym Attendant

For exciting job opportunities outside the box, check out our website:
www.cfpsa.com

APPLY ON-LINE No later than: July 20, 2009

We are committed to Employment Equity

Butt out



Jo-Anne Douglas
Health Promotion

May 31 was World No Tobacco Day, a day where attention is focused on the worldwide tobacco epidemic.

Epidemic? Yes, 4 million people die worldwide due to using tobacco products. In Canada, we lose almost 40,000 people annually.

Tobacco is linked to heart disease, stroke, many types of cancer, and emphysema and other lung diseases. It also affects people who breathe in second-hand smoke from cigarettes. Chewing or spit tobacco is also a health hazard, especially for oral cancer.

The CF offers an excellent self-help quit smoking program called Butt Out. The manual covers how to quit, tracking and analyzing your smoking habit, managing weight, coping with stress, and how to stay quit.

How do you access the program? The books are available at Mental Health Services (at the hospital) and at Health Promotion (in the CANEX). There is no cost. CF members are also eligible for free stop-smoking medica-

tions such as the nicotine patch or gum, Zyban, or Champix. These aids all work in different ways to help you break the addiction to nicotine. The doctor or pharmacist can help you decide which product is best for you. Smokers trying to quit can also drop in to Health Promotion and receive extra help to give up tobacco.

Some tips from the Lung Association:

Write down your reasons to quit – make them personal and meaningful.

Enlist support from family and friends.

Clean up – your vehicle, your house, your teeth, your body. Scrub down your environment to get rid of tar residue, get rid of your smoking paraphernalia, have your teeth cleaned, drinks lots of water, take lots of showers and baths.

Change your routine. Avoid situations where you used to smoke.

Plan other ways to handle stress (talking to someone, exercising, deep breathing)

Be ready to handle weight gain – have local food available, increase exercise, reduce fat intake.

One day at a time – don't freak out about life with cigarettes, just make it through one day at a time.

When you get a craving – find a distraction, delay that cigarette, drink water, and deep breathe.

Secure your financial well-being

Marie Navarro

SISIP Financial Services

When releasing from the Canadian Forces (CF), either to retire or start a new career, consider reviewing your release and retirement options, along with your life insurance needs: there will be a number of questions and considerations you may wish to ponder:

How can I know if I will have enough money to retire? Being adequately informed and prepared for your release or retirement is what financial planning is all about; its ultimate purpose is to help you meet your specific retirement needs, goals and dreams. Assessing those needs is a crucial step

in this process which takes an all-encompassing look into your personal finances to tailor a plan specifically for you and your family, in order to help secure your financial future.

What can a financial planner do for me? A financial planner can help you begin the process by completing a Release Projection to assess your financial status at time of release, considering but not limited to the following:

Your after-tax income for the year of your release and beyond;

How much of your severance pay can be transferred to your RRSP;

Your CF pension and other sources of income; and

*Your investments.

If simply retiring, a Retirement Projection will help determine how much you will need for your actual retirement and show you how to plan adequately to that end, as well as estimate your life insurance needs. The sooner you start planning for retirement, the better off you will be.

Speaking of insurance...

Do I still need life insurance after release?

Completing an Insurance Needs Analysis will help determine your specific insurance needs, so your family or your loved ones, will have sufficient money to live on;

As a CF member, your SISIP Financial Services

(SISIP FS) insurance coverage is transferable to Insurance for Released Members in a seamless process where coverage and premiums remain the same, and if transferred within 60 days of release, no medical disclosure is required;

Alternatively, you can apply for new coverage, as well as increase it to a maximum of \$400K subject to approval by the insurer.

Releasing from the CF is a major change in your life. Be sure to consult a licensed SISIP FS professional (financial planner, insurance representative) to help you prepare for the next stage in your life, and secure your financial well-being and that of your family.

Une question de planification

De Marie Navarro

Services financiers du RARM

À la libération des Forces canadiennes (FC), que ce soit pour prendre votre retraite ou amorcer une nouvelle carrière, pensez à examiner les options qui s'offrent à vous, ainsi que vos besoins en assurance vie; plusieurs questions vous viendront alors sûrement à l'esprit :

Comment savoir si j'ai assez d'argent pour prendre ma retraite? La planification financière vise à vous informer adéquatement en vue de la libération ou de

la retraite et son objectif ultime consiste à combler vos besoins, réaliser vos buts et vos rêves. L'analyse de ces besoins est une étape essentielle dans ce processus qui prend en compte tous les aspects de vos finances personnelles, permettant ainsi de dresser un plan exclusivement pour vous et votre famille, afin de vous aider à protéger votre avenir financier.

Qu'est-ce qu'un planificateur financier peut faire pour moi? Le planificateur financier amorce le processus en faisant une Projection en vue de la libération qui évaluera votre situa-

tion financière au moment de votre libération en examinant certains facteurs, dont :

vos revenus après impôt durant l'année de la libération et les années subséquentes ;

la part de l'indemnité de départ que vous pouvez transférer dans un REÉR ;

le montant de votre pension des FC et autres sources de revenu ; et

vos placements*.

S'il s'agit tout simplement de votre retraite, une Projection de retraite vous aidera à déterminer le revenu dont vous aurez besoin et la manière de planifier pour y parvenir. Vous obtiendrez également une estimation de vos besoins en assurance vie. Plus vous commencez à planifier tôt, meilleure sera votre qualité de vie.

Et, puisque nous parlons d'assurances...

Ai-je toujours besoin d'assurance-vie à la retraite?

Remplir une Analyse des besoins en assurance vous permettra d'établir les besoins spécifiques en matière d'assurance, pour que

votre famille et vos êtres chers puissent vivre pleinement ;

À titre de membre des FC, vous pouvez facilement convertir votre assurance vie des Services financiers du RARM (SF RARM) en Assurance pour membres libérés. Votre garantie et vos primes demeurent alors les mêmes et aucune preuve d'assurabilité n'est nécessaire si vous convertissez dans les 60 jours suivant la date d'entrée en vigueur de votre libération ;

Sinon, vous pouvez demander une nouvelle couverture d'assurance ou augmenter celle que vous possédez déjà, jusqu'à 400 k\$, sous réserve de l'approbation de l'assureur.

La libération des FC est un cap important dans votre vie. N'oubliez pas de consulter un professionnel qualifié des services financiers du RARM (planificateur financier ou représentant en assurance) qui vous épaulera durant votre transition et vous aidera à garantir votre bien-être financier et celui de votre famille.



Your Financial Protection
for Today...and Tomorrow!

Votre protection financière pour aujourd'hui...
et pour demain!

Releasing
from the CF...
plan ahead.

Think of retirement planning to ensure
your financial future.

Transfer your existing life insurance plan
to **Insurance for Released Members.***

Contact a SISIP FS representative
to help you get started.

*No medical information is required if
done within 60 days of your release.

Libéré des FC...
*préparez-vous
à l'avance.*

Songez à un plan de retraite pour
assurer votre avenir financier.

Transformez votre régime actuel
d'assurance vie en **Assurance pour
membres libérés.***

Communiquez avec un représentant
des SF RARM pour vous aider.

*Pas d'information médicale requise si effectué
dans les 60 jours suivant votre libération.

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neighbourhood?

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WAGON
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Call us to receive a
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Welcome Wagon visit.

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Or visit: welcomewagon.ca

www.sisip.com • 1-800-267-6681 • Shilo 204-765-7120

Korea Vets honour Base Commander



May 28, the Korea Veterans Association held a luncheon at the Warrant Officer's and Sargeant's Mess to honour LCol J.J. Schneiderbanger, Base Commander, for his ongoing support.

Top left, LCol Schneiderbanger, BComd, presents a service medal to Art Robillard of the Korea Veterans Association for twenty five years of service.

Top right, President of the Korea Veterans Association presents LCol Schneiderbanger, BComd, with a plaque to thank him for his sustained support for the Korea Veterans Association.

Below left, Association members pose for a photo after the luncheon with LCol Schneiderbanger and Base Chief Warrant Officer, Stephen Walsh.

Golf lesson is an investment in your game

News Canada

Ask any golfer – you can learn the game, but you will never perfect it. However, you can work to improve your performance on the course by fitting yourself with appropriate golf equipment, scheduling time to practice and taking lessons from a Canadian

PGA Professional.

“No matter what level of golfer you are, everyone needs some help with their game,” says Gary Bernard, the Canadian PGA’s director of education. “Even PGA Tour golfers are constantly having their game evaluated.”

Lessons are important

not only to ensure golfers don’t lapse into bad habits with their swing, but also because teaching methods are constantly evolving and improving, as are the tools to aid instructors in the teaching process. Video and launch monitors now allow instructors to fine tune athlete performance like never

before, complementing traditional teaching methods.

Last year, the Canadian PGA and Callaway Golf Canada partnered to create a promotion with participating pro shops that awarded golfers with a complimentary 30-minute lesson with a Canadian PGA professional with the purchase of

a Callaway Golf driver or set of irons. This partnership continues for the 2009 golf season and is valid for club purchases made between May 1st and July 31st.

“We wanted to introduce golfers purchasing new equipment to the benefits of having Canadian PGA instruction – particularly those

who might not otherwise encounter it – while at the same time offering a tune-up or extra time to golfers who already take lessons,” added Bernard.

Information on the Canadian PGA and the Callaway golf lesson program can be found at www.mycallaway.ca or www.cpga.com.

Ready for the road – summer travel tips

News Canada

Before you hit the road this summer, remember that taking proper care of your vehicle can help ensure a stress-free road trip. Vehicle maintenance and the kind of gasoline you choose can make a difference. Before your summer road trip, there are simple ways to get your vehicle ready for the road to help you get the most out of every tank of gasoline.

Make sure your car is ready for the trip

Always make sure that your car is properly prepared for a long summer journey by checking your fluids, including brake, power steering, transmission/transaxle, windshield washer solvent and antifreeze.

Protect your car by using a high-quality gasoline

Some of the world’s top automakers – Audi, BMW, GM, Honda, Toyota and Volkswagen – introduced a TOP TIER detergent standard to raise the bar on fuel quality beyond minimum

requirements and to help drivers avoid lower quality gasolines. Shell recently introduced TOP TIER certified Nitrogen Enriched Gasolines, which contain a unique, patented cleaning system designed to seek and destroy engine gunk left by lower quality gasolines. The new Nitrogen Enriched formula helps protect and clean critical engine parts in both conventional and modern engines. Research shows that engine gunk can build up in just 8,000 kilo-

metres.

Watch driving habits to stretch your fuel. Practice a few gasoline-saving tips, such as:

- Use cruise control on major roads and in free-flowing traffic
- Avoid idling. When the car idles, it wastes gasoline, and you are getting exactly 0 km/litre.
- Avoid higher speeds.

In general, increasing your speed from 100 km/h to 120 km/h will increase fuel consumption by about 20%.



photo from Google Images

Before hitting the road make sure to take proper care of your vehicle. Vehicle maintenance and the kind of gasoline you choose can make a difference.



Shilo Military Family Resource Centre



Name that mascot

Did you have a chance to see the new MFRC Mascot? It was sighted at the Kite Festival and rumour has it that it will also be at the MFRC Dinner's On Us BBQ on June 17.

The Mascot has no name. We would like for the community to help us pick one. Here are 5 names submitted by community members (in alphabetical order):

- Chippy
- Nutters
- Skippy
- Squirrely
- Thrifty

At the next Dinner's On Us BBQ on Wednesday, June 17 everyone will have



photos by Linda Beauchemin

Help us find a name so Willie can introduce our new mascot properly.

the opportunity to vote for their favourite name. The winning name will be announced at the Shilo MFRC

AGM on June 18 as well as in the next Stag.

Be a part of "Name That Mascot".

Heard about the Participant Survey?

Until Friday, June 19, 2009, the Shilo MFRC will be asking participants (one per family only) to complete a brief national survey (about 10 minutes) during a variety of programs, events, appointments and gatherings. The survey is YOUR

CHANCE to:

Share your experience as a Canadian Forces family.

Be part of a cross-country feedback process for MFRCs.

Remember, your response is confidential, won't be judged, and is valued! The survey is de-

signed for adult volunteers and/or program participants to complete. Return the survey to the MFRC reception and you will receive a small token of appreciation on behalf of the MFRC.

Come on...help us Push the Envelope!

New job opportunity at the Shilo MFRC

The Shilo Military Family Resource Centre is looking for a Preschool Program Facilitator

(1 year term)

To commence Monday, July 13, 2009

The Preschool Facilitator is a fulltime position responsible for the planning and implementation of a variety of preschool programs including the Occasional Childcare Service.

Required Qualifications:

Post secondary education in Early Childhood Education (Level II or

III) 3-5 years daycare experience preferred

Knowledge of Provincial Best Practices Licensing Manual

Experience facilitating parent/child groups

Excellent communication skills

Ability to work independently and as a team member

Knowledge of the military lifestyle an asset

Responsibilities:

Plan and implement Early Childhood Education parent/child programs for community members

Assist in the managing of the Occasional Childcare Service

Required to work two evenings per week

\$14.21/hr for 37.5 hrs/week

Deadline for application is Friday, June 19, 2009

Submit resume by mail, fax or email to:

Shilo Military Family Resource Centre

Box 5000 Station Main Shilo, MB

R0K 2A0

Fax: 1-204-765-3859 reception@shilomfrc.ca

www.shilomfrc.ca Attn: Dana Thompson

Navigate your course

Steer your family in the right direction when relocating!

Do you find your family responsible for special needs or responsibilities that may include the following?

- A child with special needs
- A partner with health concerns
- Supporting your aging parents
- CF member with operational injury

Navigate your course on this new website and web tool that is available to military families throughout Canada. The tool is designed to connect people within your community and country that have similar challenges. It offers families assistance to identify their needs and access resources in specific communities in Canada and abroad.

Coming in the fall... Ask the Navigator is a virtual map that will allow you to pinpoint the military base you are relocating to and email the navigator representative from there with your questions.

Stop by the website at www.familynavigator.ca or for any additional information please contact Dana Thompson at 765-3000 ext 4105.

Think outside the box... Push the envelope

Tell us about your experiences with the Military Family Services Program

Provide valuable feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre

Canada MFSP MILITARY FAMILY SERVICES PROGRAM

YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!

A big thank you

Willemien van Lankvelt Executive Director

On Sunday, May 31, I attended the 2009 Annual Parade and Awards Ceremony of the Dauphin Royal Canadian Air Cadets. While there I accepted, on behalf of the Shilo MFRC, a \$4,000.00 cheque, donated by #50 Lt Col Barker VC Royal Canadian Air Cadet Squadron. Thank you for your generous donation.



A big thank you!

Annual general meeting

Thursday, June 18 12:00 noon – lunch provided

Everyone is invited to attend the Shilo MFRC Annual General Meeting. There will be a guest speaker as well as door prizes.

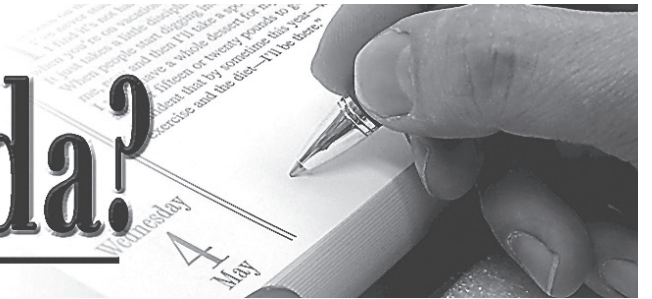
If you require further information, please contact the front desk at ext. 3352.

Hope to see you there.



The "Head Table" at last years AGM. Be part of it this year.

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair? If so the Shilo Service Club can help!

The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

*The Shilo & Region Service Club
Serving the Community
Since 1968*

The Brandon & Area Suicide Bereavement Support Group

offers support to those who have experienced the death by suicide by a family member or friend. All are welcome. 4th Wednesday of every month 7:30 pm 217-10th St. (Unit 1) For more information please contact Cherie (727-3202) or Kim (571-4183) or the Manitoba Suicide Line toll free at 1-877-435-7170

Volunteers Needed

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

We are accepting donations and nominations

The Creative Doodlers are accepting used computer systems, components, accessories, games and software. We strip down your old systems and rebuild reliable computers. School-age children who don't have a computer system within their household and families that have one computer and two or more children, will qualify to have one donated from us. Call 765-2542

Hope Al-Anon

Family Groups (for family and friends of alcoholics) Every Tuesday 8 pm Knox United Church (back door) 451-18th St. 571-3684

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.

Shilo Community Library

Monday: 6-8:30
Tuesday & Thursday
9:30-12:30, 1-4, 6-8:30
Story Time - Thurs @ 1:30

General Strange Hall, including the swimming pool and changerooms, will be closed from 8-28 June 09 for renovations. Showers are available at the Shilo Country Club during this time. During this period the SportsPlex hours of operation are: Tue 1900-2100, Wed 1400-1500, Thu 1900-2100, Fri 1900-2200, Sat/Sun 1300-1800. For those members that have current GSH Access Cards, or military members, just show your membership or military ID card to SportsPlex staff and CFB Shilo Base Fund will cover the cost of entry. If you do not have a current GSH Access Card or a military ID you will be required to pay drop in fee of \$3.25/child, \$4.25/student, and \$5.25/adult. We apologize for the inconvenience.

Daly House Museum

presents the final days of their Bridal Fashion Exhibit featuring 100 years of bridal fashion with over one dozen gowns from 1870 to 1970, marriage certificates and photos. This exhibit has been very popular over the last few months, and will close on June 20. Open Tuesdays to Saturdays. 10 am to 5 pm. For more info call 727-1722

Thank You

Sprucewoods and Area Lions Club Guide Dog Walk would like to thank Docks Restaurant for providing the chili.

The Counselling Centre

335-9th St. 726-8706
The Abandoned Grandparent group meets the 4th Thursday of every month at St. George's Anglican Church at 7 pm
The Touchstones Grief Support Group, dealing with the loss of a loved one, meets every two weeks on Wed at the counselling centre

ITF Taekwon-do (Kin-Rin Shilo)

Instructor: Mr. Dwayne Bos
Location: Faith Centre T-119 Notre Dame Road
Fees: \$40 per month + equipment
Practice Times: 6:00-7:30pm White Belts
6:30-8 pm Colour Belts
For more information and to register contact ext. 3088 or 724-4227

Widow/Widowers Support Committee

Meet on Weds, times vary contact Lorna-729-5367 or Janice-726-0972 for more information

Did you know?

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

BINGO

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

CLASSIFIED ADS

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
June 18, 12:00 PM**

**Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.*

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

For Sale

Lovely bungalow located on 20 acres, only 20 minutes from Brandon. The home has a kitchen with dining area, 3 bedrooms, full bathroom, entrance hallway, washer and dryer are housed in large main floor closet. The home had a recent addition 16 ft x 24 ft built in 2008. All of the windows except one were new in 2008. Deck added in 2008. MLS # 2906520. Tel: Gordon Gentles 204 761 0511. HomeLife Home Professional Realty Inc.

POSTED TO EDM?

Not looking forward to getting stuck in city traffic each day? How about a relaxing 35 minute country drive from base. 5 kms south of Redwater in the Juniper Hills subdivision sits a 1914 sqft Victorian 2 storey home, built in 2005. 3 bedrooms + bonus room, 2.5 bathrooms, main floor laundry, enormous living room + parlour, walkout basement & 2 car detached garage on all 3.04 acres which is surrounded by trees. For more information please call Kerri Alexander/Royal LePage ArTeam at 780-906-1299 or visit MLS.ca #E3177598

For Sale

House For Sale

5yr old bungalow with detached garage on 5 acres of land, located in Sprucewoods, 2 minutes from base. Home comes with cent. air, cent. vac, air exchanger, alarm system, in ground sprinkler system, fridges, stove, washer and dryer, built in dishwasher. To view call 763-4049. Location 5 Conrad Rd.

Shilo Acreage For Sale

5.83A close to Shilo, 1240 sq ft. bungalow with sunroom, finished basement, detached garage (new shingles & siding 2008), good barn (with water), 2+2 bedrooms, large master, 2 full baths, L-shaped dining-living room. Electric furnace & central air. Appliances (4) and hot tub included. New front deck 2008 & back deck fall 2005. Lots of recent updates. Walking trail around property. Mature trees including spruce. Private. Fenced. Asking \$299,900. Dave Town Remax Brandon 729-3552. Possession date: July 1, 2009 but negotiable.

For Sale

Acreage For Sale

Hobby Farm acreage Wawanesa area with modern 3BR bungalow w/ finished basement good shelter belt and yard, large steel quonset - barn & outbuildings. Private location - owner moving. Countryland Realty Call Dave Mooney 824-2094

For Sale

Couch and chair - In good shape \$175.00 OBO. Wooden TV stand - also has a place for CD's DVD player etc \$75.00 OBO. 3 tier wooden shelf \$30.00 OBO. Call 765-4556

Wawanesa 3BR bungalow - finished basement - new garage - asking \$145,000 - willing to deal with agent - call 720-8768 or sendareply2@gmail.com

NEW Unopened Size 3

Huggies Diapers 392 count \$50 for all Call 765-4501
Baby outgrew the size!

Child care

Babysitting services available. Evenings & weekends, simple cooking, no overnighters, no newborns. 763-4162 Kyle

Child care

Child care available in Shilo. Monday-Friday days. Healthy meals and snacks provided, with plenty of outdoor activities (weather permitting). Please call for more info. Crystal @ 765-2484

Posting season has arrived and Kids R Kids Licensed Family Daycare has to say goodbye to 4 wonderful kids; but will have 4 openings coming available August 1 2009. The following spots are available - 3 school age, and 1 preschool. CPR and First Aid qualified, Criminal record and child abuse record done, snack and lunch provide. Hours are 7am-4:30pm, for more information please call Kerri @ 765-4626

Services

All training courses for Manitoba Hunter Safety, Canadian Firearms Safety Course and Restricted Firearms Safety Course will be held Friday evening, Saturday and Sunday, June 12, 13, 14. For costs, information and to register call Greg 725-1608 or email ggs57@wcgwave.ca. There will be no training classes in July, challenges by appointment.

Services

Hi my name is Melissa and I am a Mary Kay independent consultant. We have great gifts. I can do pamper sessions, foot spas or if you know what you want I can get it for you. Give me a call at 765-4692.

For Rent

EDMONTON HOUSE FOR RENT: 4-bedroom 1850 sq. ft home; five minutes to base; hardwood & ceramic tile on open-concept main floor; large kitchen with island & maple cabinets; large bonus room above garage; 3 1/2 bathrooms; fully finished basement; large cedar deck; walking distance to park; family-friendly neighbourhood. Avail. Aug. 1st. \$2000 plus utilities. 12 month lease. Suits family or 2-3 individuals. No smoking, no pets. 780-237-5993. For photos see Edmonton Kijiji Ad ID: 127412191
2BR apartment for rent in Wawanesa. \$500 + utilities. 824-2248 or 729-7608

Wanted

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

Wanted

Les Amis de La Source Inc. recherche: -un/une EJE (temps plein) -un/une EJE (temps partiel) -un/une cuisinier(ère) (temps partiel)
Les postes à temps partiel pourraient être combinés pour faire un poste à temps plein
Les candidat.e.s doivent démontrer une bonne maîtrise de la langue française.
Salaire très compétitif.
Veuillez parvenir votre c.v. à: amislasource@atrium.ca ou Les Amis de la Source Inc. c.p. 118
Shilo (Manitoba)
R0K 2A0
Pour plus d'infos. appelez : 765-3000 poste 3618.

STAFF REQUIRED

TAILOR SHOP has an opening for a part time tailor w/ seasonal full time hours. Must have excellent customer service skills and be willing to drive to Shilo. Duties include pinning, fitting, alterations of suit jackets, hemming and various repair work. Must be confident w/ sewing machine. Wage will be based on experience. Please e-mail resume outlining experience to: sewcrazyservices@hotmail.com. Excellent opportunity for retiree.

IN MEMORIAM



Pte Alexandre Pélouquin
CEFCOM

south-west of Kandahar City at around 9:20 am, Kandahar time, June 8.

Killed in action was Private Alexandre Pélouquin from the 3e Bataillon, Royal 22e Régiment based at Canadian Forces Base Valcartier near Quebec City. He was serving as a member of the 2e Bataillon, Royal 22e Régiment Battle Group.

The soldier was evacuated by helicopter to the Multi-National Medical Facility at the Kandahar Airfield. The next-of-kin have been notified.

Our thoughts and prayers

are with the family and friends of our fallen comrade during this very difficult time.

While our ultimate goal remains to leave Afghanistan to Afghans, in a country that is better governed, more peaceful, and more secure; let's not consider the tragic death of our soldiers as a failure of our mission as this is precisely what our enemy is counting on. Our collective efforts here are making a noticeable difference in helping Afghans reclaim their lives from oppression and despicable living conditions.

Baby Childerhose



Adam and Mardie Childerhose are delighted to announce the birth of Samantha Willow Anne on March 30, 2009. When Samantha was born in Brandon, she weighed 3lbs, 14 oz and was 17.5" in length.



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Shilo Stag

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



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

<p>Brandon</p> <ul style="list-style-type: none"> Safeway - Corral Centre Safeway - Shoppers Mall Brandon Armoury Women's Resource Centre - Town Centre Mall Royal Cdn Legion #3 	<p>Sobey's</p> <ul style="list-style-type: none"> • 1645B 18th Street • 3409 Victoria Ave <p>Forbidden Flavours</p> <ul style="list-style-type: none"> • 1060 18th Street • 3300 Victoria Ave <p>ANAF - 31 14th St.</p>	<p>Carberry</p> <ul style="list-style-type: none"> East Side Service Carberry Legion <p>Douglas</p> <ul style="list-style-type: none"> General Store <p>Minnedosa</p> <ul style="list-style-type: none"> Minnedosa Legion 	<p>Shilo</p> <ul style="list-style-type: none"> CANEX Mall Forbidden Flavours Shilo Community Centre GSH Country Club (Rick's) All Messes 	<p>Sprucewoods</p> <ul style="list-style-type: none"> The Shilo Inn (Crang's) 340 Esso Station Dock's Restaurant <p>Wawanesa</p> <ul style="list-style-type: none"> Lucky Dollar
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We welcome your suggestions!

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.



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