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Volume 48 Issue 12

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25 June, 2009

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'Together 4 Hope' Sends a special thank you

On May 2, a special event called "TOGETHER 4 HOPE" took place on a beautiful sunshiney day in CFB Shilo. There were over 60 participants of various ages who came out to walk/run to support cancer in aiding help for the other families who are affected by this disease.

There were numerous volunteers, family members, as well as Jim MacKenzie and The Shilo Service Club helping out with this event. Lauren Lambkin opened with a speech and a tribute to her mother Lois. Major Doris Berscheid-King, on behalf of The Shilo Base Commander, followed

Lauren with her speech and warmed up the participants. A barbeque, numerous silent auction draws, a live band and raffles followed.

We would like to say a heartfelt thank-you to all of our sponsors, families and volunteers that made this special day possible.

In memory of Lois

Lambkin.

TOGETHER 4 HOPE TEAM: Lauren Lambkin, Jacquie Hurkot and the Lambkin Family

Lois Lambkin with her daughter Lauren Lambkin at the 'Together 4 Hope' walk/run to support cancer.



photo submitted by the Lambkin family



Notice of Public Hearing and Pre-Hearing Conference

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) will hold a public hearing of an application from Manitoba Public Insurance Corporation (MPI) at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB, commencing at 9:00 a.m. on October 5, 2009. A Pre-Hearing Conference (PHC), will be convened by the Board in its Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba at 9:00 a.m. on June 26, 2009.

APPLICANT:

Pursuant to *The Crown Corporations Public Review and Accountability Act* and *The Public Utilities Board Act*, MPI has applied to the Board for approval of rates and premiums for compulsory vehicle insurance as of March 1, 2010.

RATE IMPACT:

The Corporation is requesting approval for basic Autopac rates effective March 1, 2010, which would result in no overall change in premium revenue. The changes proposed for 2010/11 affect average base premiums for each major vehicle class as follows:

Major Class	Number of Vehicles	Increase/Decrease
Private Passenger	694,534	-0.19%
Commercial	41,681	-0.58%
Public	10,444	2.54 %
Motorcycles	12,223	5.67%
Trailers	137,568	3.79%
Off-Road	48,579	-16.67%
Overall	945,029	- 0.02%

The impact of proposed rate adjustments on the total vehicle population is distributed as follows:

- 479,210 or 50.71% of vehicles to receive a rate decrease; most decreases are \$50 or less;
- 40,582 or 4.29% of vehicles to receive no change in rate;
- 395,596 or 41.86% of vehicles to receive an increase of up to \$50;
- 21,715 or 2.30% of vehicles to receive an increase between \$50 and \$100; and
- 7,926 or 0.84% of vehicles to receive an increase greater than \$100.

Actual premiums would vary depending on claim experience and driving record, insurance use, territory and vehicle rate group.

No changes are proposed to fleet rebates and surcharges. No changes are proposed to the amounts charged for time payments or service and transaction fees. For 2010/11, the Corporation proposes that late fee payments become customer based rather than policy based.

APPLICATION PARTICULARS:

The Corporation proposes the following rate adjustments for policies issued between March 1, 2010 and February 28, 2011.

- Combined classification offsets for all vehicles except off-road vehicles, to achieve revenue neutrality.
- Annual experience-based rate adjustments (+15% to -15%) for individual classes, with the exception of mopeds, motor scooters, trailers (\$2,500 or less), off-road vehicles and Dealer Moped insurance use.
- Annual experience based adjustment up to 25% for mopeds and motor scooters.
- Capping all rate changes at 20% per year, except rate changes for mopeds and motor scooters, which are capped at 25% per year, as well as Dealer Moped use.
- The Corporation proposes that Dealer Moped rates decrease to equal the rate for All Purpose Moped with the full indicated experience adjustment, without capping, for the highest rate group in each territory.

PRE-HEARING CONFERENCE:

A Pre-Hearing Conference (PHC), will be convened by the Board in its Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, Manitoba at 9:00 a.m. on June 26, 2009.

Those wishing to intervene in respect of this application and to participate in the proceeding are required to attend, or send a representative to, the Pre-Hearing Conference (PHC). The objectives of the PHC include:

- to identify interveners;
- to establish status of certain applicant interveners; and
- to establish a timetable for the orderly exchange of evidence and information.

PARTICIPATION:

Interveners are those wishing to examine witnesses, provide evidence, make submissions, and/or present final argument. Interveners should notify the Board of their intention to do so by applying to the Secretary of the Board immediately—the Board will thereupon notify MPI of the intention.

Interveners may be entitled to financial assistance. The Board's Rules of Practice and Procedure (Rules) provide the procedure to seek an award of costs, and the guidelines for an award of costs. Parties wishing to make an application for an award of costs should review the Rules before applying.

Parties wishing to submit a brief or to express comments to the Board, but not wishing to participate in the entire proceeding, should advise the Secretary of the Board of their intention to appear at the public hearing by no later than September 18, 2009.

GENERAL INFORMATION:

MPI rates shall be reviewed by the Board, and neither a change in rates for services shall be made nor new rates for services shall be introduced without the approval of the Board. In the case of MPI, rates for services means rate bases and premiums charged for compulsory driver and vehicle insurance. Upon any application to it, the Board may make an Order granting the whole or part of the application, or may grant other relief in addition to or in substitution for that applied for.

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, nor over MPI's Driver and Vehicle Licensing operation.

The Board's Rules will apply to the conduct of the Hearing. The Rules may be viewed on the Board's website <http://www.pub.gov.mb.ca/> or be obtained on request to the Board, by either emailing (publicutilities@gov.mb.ca), writing or calling the Board Secretary (945-2638 or 1-866-854-3698, toll free).

Persons wishing to address the public hearing in French are required to notify the Board's Secretary prior to September 4, 2009 and if possible at the PHC. The Board is also prepared to convene meetings in Brandon or such other locations as may be warranted.

For full particulars, interested parties may examine MPI's application and supporting materials, either at the Corporation's or the Board's office. Interested parties may contact either the Board Secretary, or:

Manitoba Public Insurance
Attention: MaryAnn Kempe
8th Floor, 234 Donald Street
Winnipeg, Manitoba R3C 4A4
Telephone: 985-7335 (collect calls accepted)

DATED this 15th day of June, 2009.

G. Gaudreau, CMA
Secretary
The Public Utilities Board



Five days notice required.



Wheelchair access is available.

Manitoba 

B Coy soldiers upgrade patrolling skills

Lt Tower
6 Pl, B Coy

From 1-3 Jun 09 the soldiers of B Coy, 2 PPCLI learned the fundamentals of reconnaissance patrols when they participated in a three day patrol school held at CFB Shilo. The intensity was set on the first day when the soldiers stepped off of the bus and were told to camouflage themselves and move to a patrol base to conduct administration. From their patrol base the soldiers were given demonstrations on the conduct of reconnaissance patrols and subsequently practiced

these skills with their detachments. On the second day of training, the soldiers navigated throughout the training area in their four man teams under the guidance of their instructors. Navigating using a map and compass proved to be an excellent refresher for many soldiers and a humbling learning experience for some. On the third day of training, the soldiers conducted partisan link-ups in an attempt to gain intelligence on an enemy position. The recce patrols were assessed on field craft, navigation, patrol fundamentals, commu-

nications, questioning techniques with partisans, combat fitness, and leadership. All detachments demonstrated excellent skill progression and a readiness to further enhance their infantry skills. Overall, the training was an enjoyable refresher for the participating soldiers and a helpful reminder that although you may not think that you're being watched, there may be someone coming for you.

The winning detachment. From left to right: Cpl Montgomery, Pte Peters, Pte Dyck, Cpl McLeod.



IMPORTANT NEWS FOR MANITOBANS

H1N1 Flu Update

Manitoba has seen a growing number of cases of flu-like illness, including confirmed H1N1 flu. It is likely H1N1 is present across the province and in every community in Manitoba.

What You Should Know

It is important to know that the majority of Manitobans who have become ill have not required hospitalization. Although there has been an increase in the number of people with severe respiratory illness, this has represented a small proportion of all the cases in Manitoba.

In Manitoba, there has been no public health reason to close schools, community centres or other public gathering places or to avoid travel to any community. There also has been no public health reason to exclude people from any public settings because of their ethnic background, job or home community.

Protect Yourself and Others

The World Health Organization's decision to go to pandemic alert level six has not changed Manitoba's response to H1N1 flu. The same basic measures that have already been recommended and implemented are still the best defence against H1N1 flu, no matter where you are or who you are with.

For personal advice on self-care or when to seek further care, Manitobans who cannot contact their primary health-care provider can phone Health Links-Info Santé at any time at 788-8200 or toll-free at 1-888-315-9257.

For links to more information, visit the flu website at manitoba.ca.

If you have symptoms of a respiratory infection, you should:

- **Stay home from school or work** and limit unnecessary contact with others.
- **Contact your health-care provider** or visit your nearest health-care centre if you are concerned that you may need care – especially if your symptoms are severe or worsening (e.g. shortness of breath, dehydration, or worsening fever, cough or weakness).

Whether you have flu symptoms or not, you should:

- **Cover your cough** by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing.
- **Wash your hands** often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- **Reduce the spread of germs** by limiting touching your eyes, nose or mouth and by washing your hands frequently.
- **Maintain your health** by taking care of yourself and those in your care including eating a healthy balanced diet, avoiding cigarette smoke and other harmful substances, being active and getting enough rest and sleep.



CF discounts

Ray Dalke
WSO

Video Games Live, presented by Future Shop, is a groundbreaking live event celebrating the music of video games. Experience the Winnipeg Symphony Orchestra and choir, accompanied by synchronized video, lighting, special effects, crowd interactivity and live action. On July 6, 7 and 8, the WSO is proud to host Video Games Live in a unique 3-day festival, which includes two nights of concerts surrounding a Guitar Hero showdown. Hear music from your favorite video games, including Mario, Zelda, Halo and Warcraft.

Monday, July 6 at 8pm (pre-concert festival at 6pm) - Video Games Live Concert with the WSO featuring outstanding music and visuals from the world's most popular video games including Mario, Zelda, Halo and Warcraft.

Tuesday, July 7 at 8pm (qualifying round begins at 6pm) - Show us our skills and enter our Guitar Hero competition, with final round live on stage. This unique event also features live music and a panel discussion and Q & A session with renowned video game composers Tommy Tallarico and Jack Wall.

Hear stories about the his-

tory and development of video games from two industry veterans and enter for your chance to win prizes from Future Shop.

Wednesday, July 8 @ 8pm (pre-concert festival at 6pm) - Video Games Live concert with the WSO featuring more music and visuals from your favorite video games. The winner the Guitar Hero competition from Tuesday night performs on stage during the concert.

Regular Pricing for 3-day festival: \$99

Reg price: Section 1- \$49.50 Section 2- \$35.00

Promotional Code & Pricing for all Army, Air Force, & Navy bases

Festival 3 Day Pass (20%) - \$81.60

Single Tickets (20% off Reg Price)

Section 1 - \$39.60

Section 2 - \$28.00

The sections are just the seating arrangements in the concert hall, but both sections are excellent spots to receive a maximum experience of the event.

Promotional Code: For-es09

Guitar Hero competition will be an option to attend with the single day ticket purchases.

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Freedom's Thunder C Battery on Exercise

MAPLE GUARDIAN



photos submitted by Major S.K. Fortin

Prepare to Hook-up", soldiers of Z Tp, C Bty, TF 3-09 Battle Group prepare for an Airmobile move in Wainwright, AB during Exercise MAPLE GUARDIAN 0901.

Major S.K. Fortin C Battery Commander

With the completion of Exercise DESERT RAM in Suffield, AB, followed by a bit of leave, the soldiers of C Battery 1 RCHA mounted highway cruisers on May 23 for Wainwright, AB to participate in Exercise MAPLE GUARDIAN (Ex MG) 0901. Ex MG was the last true collective training event that all Task Force 3-09 soldiers, from all facets, would be involved in before deployment later this fall. A long drive later, we arrived at the reception area in Wainwright for in-clearance and general briefings on safety, environment and exercise dos/don'ts. From there we moved to the simulated Kandahar Air Field (KAF) within the Canadian Forces Base/Area Support Unit Wainwright Range and Training Area.

The first week of Ex MG involved the issuing and training on the weapons effects simulation equipment to be utilised throughout the exercise, the relief-in-place from the outgoing artillery battery and the familiarisation with our new area of operations. Some well appreciated time was spent in KAF preparing for the upcoming two weeks of 'force on force' simulation play that

would soon start. The soldiers of C Battery were spoiled by the mess hall being only 50 meters away, in the case of E Troop, vice the 900 meters it was away for us in Suffield. Hot showers, comfortable sleeping and some down time was quickly about to change.

Both E and F Troops deployed out of KAF first on May 27 to occupy Forward Operating Bases (FOBs) along with other Battle Group sub-units. The FOBs were also fairly well equipped, with just a few less "luxuries" than at KAF. Just ask E Troop how the coffee was at FOB MA'SUM GHAR. By May 29, F Troop had also deployed out of KAF to certainly less than prepared defensive position. Once the exercise really got going by May 30, it was right into both supported and supporting operations with the other members of the Task Force. It was soon realised through our internal battle procedure that a couple of the gun troops would have to go out 'austere' in order to be in best positions to support. A good challenge was had by all, and the soldiers performed well. Z Troop Commander was heard to say while defending his gun position, "it is just a flesh wound, bring it on" speaking of the simulated bul-

let that just passed through his shoulder. Meanwhile, F Troop Commander pondered as to why that same blue 'jingle truck' kept driving by their gun position?

During the first week of the 'force on force' scenarios, C Battery was able to conduct "Out of the Box" live fire training to maintain our weapon skills. From June 2 to 4, each gun troop in turn proceeded to airmobile by US CH-147 Chinook Helicopters from their in-place locations to the live training area, simulated to be in another Afghanistan Province. Thanks to the Training Assistance Team from 1 RCHA, led by Maj Richard, the gun troops were able to live fire both M777 155mm Howitzers and 81mm Mortars by day and night, mounted and dismounted. The airmobile training part of this side-bar exercise was paramount to future operations in Afghanistan where much more movement will likely be done by helicopter.

In the end, the 'force on force' scenarios finished up on June 12 and Ex MG was officially declared "end exercise". We assisted in bringing 'Freedom' to several enemy populated villages through our indirect 'Thunder' and other arms direct fire assets. Unfortunately, the necessary task of tearing down and out-clearing was still to be done. Vehicles were washed, equipment was accounted for and soldiers completed various types of administrative paperwork. The road party personnel departed on June 15 and the main body departed on June 16, eager to return to Shilo.

So what is next for C Battery in our "Road to War" training schedule? Well not training right away, that is for sure (less a small handful of driver course students). Summer block leave is next and well deserved as all soldiers have been working extremely hard. A break is certainly due starting June 27. Upon return from leave, some additional catch-up on individual skills training will occur, as well as a few refresher live fire events. We will achieve our pre-deployment goals by early September and wrap up the final stages of preparation for deployment. Again, well done to all C Battery soldiers. Have a safe leave period wherever you happen to be relaxing. Cheers.

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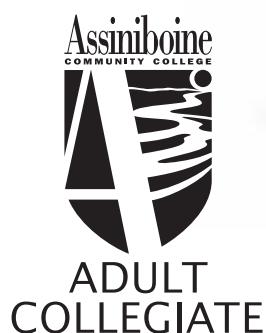
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COME SEE US AT THE CANEX MALL

Base Commander's Lobsterfest huge success

Mike McEwan
PSP Manager

It is billed as the biggest "kitchen party" in the West and definitely lives up to that moniker. It is Shilo's biggest event of the year and just keeps getting bigger and better! Once again the event was sold out with about 1000 people in attendance. Everything came off

without a hitch (no major ones anyway) which is unusual but hopefully a result of our lessons learned from past of events and a sign of things to come in the future. The weather even cooperated and was perfect. The Meal was started on time everyone was fed in a record time of about one hour and fifteen minutes. The band,

Diamonds & Dirt, was outstanding and kept the dance floor filled from the first song all night. Knightline Transport got everyone who wanted a ride there and back safely free of charge and there was no wait at the bar or the ticket line. The draw prizes that were generously provided by our sponsors were very much appreciated

by all the lucky winners. So all in all it was a huge success. There is truly a total Base effort that comes together to make the event a success. Thanks to all those who helped the Shilo Service Club with the event. Specifically we would like to thank Base



Maj Neil Gregory, Chief of Staff, left, and MWO Stephen Walsh, Shilo's Chief Warrant Officer, right, enjoyed the food, festivities and the opportunity to mingle with the community.

Foods, Base Supply, Base Transport, 1RCHA, 2PPCLI and LF WATC and of course CE. Without whose help the whole thing would just not work. We would be remiss if we also did not thank our sponsors for their excellent support so thanks very much to CANEX, Knight-

line Transport, Sobeys, Reesor's Jewellers and Diamond Water. I would also like to thank the volunteers of the Shilo Service Club who organized the event and worked their well worn tails off to make the event a success. Lastly I would like to thank the members of

the Shilo and greater Westman community for their support. The money raised will go to support some very worthwhile causes within the Westman community. We hope that everyone had a good time and that we will see everyone next year.



Lobster draw winners pose with the Base Commander and their 13 pound prize.

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.

Manitoba 

Accreditation: CFHS health systems approach



photos submitted by Diane Hagyard

Environmental Services Team back row: Erin Birkhan, Leo Larocque, Sgt Berude, Lizann Schneider, MCpl Goodyear, front row: Sgt Morton, Sylvia Budd, WO Seaward. Missing: Brenda Windsor

Diana Hagyard CHIM

On 1 June 2009 and 2 June 2009 11 CF Health Services Centre (the Clinic) voluntarily underwent Accreditation as part of its commitment to quality improvement. What is Accreditation you ask? A tool used for evaluating the civilian health care system from all aspects of health care delivery, which has been adopted by the Canadian Forces to evaluate our healthcare system. This process also provides credibility, accountability and team building while promoting collaboration amongst the healthcare system.

Organizing the Accreditation process was no small feat. Most Clinics require between 18 and 24 months preparation for Accreditation however in less than eight months 11 CF Health Svcs assembled teams (Environmental and Clinical Services Teams), collected the evidence supporting the processes and competed the evaluation. Composing the two teams was also a new task at the Clinic and included a cross section of military and civilian senior and middle management, front-line staff, Patient representatives, and reps from disciplines, professions and departments that provide direct and indirect services in the area. The

teams began meeting regularly with a main focus on diligently gathering the enormous amount of information that is required for review by Accreditation Canada Surveyors.

Accreditation Canada is a not-for-profit, independent organization who provide national and international health care organizations with a voluntary, external peer review to assess the quality of their services based on standards of excellence. Accreditation Canada has been helping organizations strive for excellence for 50 years. Some of their client's include Regional Health Authorities, hospitals, community based programs and services, laboratories, long term care, home care and mental health facilities. Accreditation Canada customizes the accreditation program to meet the needs of specific populations which include Canadian Forces Health Services. The CF has participated in the Accreditation Program since 2000 and on 17 April 2007 Accreditation Canada signed a new 4-year contract with CF Health Services. The contract will build on the work, achievements, lessons learned and partnership held with CF. Part of the contract will see CF Health Svcs Group based at HQ in Ottawa, accredited along with its 19 clinics, 11 Health Svcs Centre being one of those clinics.

Leading up to the Accredi-

tation Canada Surveyors site visit from 1-3 June 2009 both the Environmental and Clinical teams completed the mandatory Self Assessment set forth by Accreditation Canada. The self-assessment is a structured process that helps organizations assess their current performance against standards, determine which areas required more detailed review and follow-up, set priorities, and develop action plans to address areas needing improvement. March 2009, the Self Assessments were submitted to Accreditation Canada. With this task completed, the teams turned their focus on preparing Action Plans, noting areas to

improve and gathering supportive data (evidence binders) for the surveyors review during the site visit.

In addition to the standards that address patient safety challenges, a separate Evidence Binder, identifying Required Organization Practices (ROPs), was compiled and forwarded to Accreditation Canada surveyors. Accreditation Canada has developed Patient Safety Goals and ROPs that are an integral part of the Accreditation program. A ROP is an essential practice that organizations must have in place to enhance patient/client safety and minimize risk. ROP's can be found on the Accreditation Canada website, under "Patient Safety Resources".

The Survey 01 and 02 June 2009; after all the dedicated work by the staff at the clinic it was now time for the Site Survey. During the Site Survey the Surveyors discussed the organization's progress in addressing self-identified areas for improvement and shared their expertise with staff.

The Accreditation Surveyors are civilians with a least one member of the team having experience in military surveys. Surveyors are experienced health care Providers whose skills are matched to the clinic. Our Surveyors were Madame Lyse Houle (Nurse by trade with a Masters in Health Care Administration) and Dr. John Guy (Director of Medical Services, Eastern Health, Newfoundland). The two day Site Visit was jam packed and included a presentation to the surveyors by Maj P. Caines, CO of 11 H Svcs Centre, with an Overview of the clinic, tour of the clinic

and tour of the Base, Health Records Reviews, Client Interviews, Clinical Services and Environmental Team Reviews, and Focus Groups of Staff and Community Partners. On the third day the surveyors provided a general debriefing to all staff outlining strengths and areas for improvement with a full report to follow in approximately forty-five days. The Accreditation Report will first be sent to CF H Svcs Gp HQ and then passed on to the specific clinics surveyed. The verbal debriefing, provided by the Surveyors, highlighted the dedication of the staff, the outstanding service provided by the Care Delivery Unit (CDU), Mental Health and Physiotherapy departments and the exceptional partnerships with external base and civilian organizations as our strengths.

It was clearly identified during the entire Accreditation process that staff devoted their time and resources improving care delivery so we can provide the best possible precision services to CF Members. Not to mention increasing communication, collaboration and team building.

Accreditation is one of the most effective ways for health services organizations to regularly and consistently examine and improve the quality of their services.

The Clinic looks forward to receipt of Accreditation Canada's report which will set a guide for ongoing quality improvement and ensure the best care possible. Following which, the Accreditation Process will continue on a three year cycle. Visit Accreditation Canada website at www.accreditation.ca

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CFHS/Client Services Team, back row: Susan Huston-Lefebvre, Cpl Ejdrygiewicz, Sandra King, Lorraine Lockhart, Jen Jonasson, Shelly Rey, Roseria Quaidoo, Cpt Woodhouse-Gordon, Pam Zihrul. Missing: Cpt Magne, Lt (N) Sawkey, Dr. Athaide, Donna Farley, Dawn Charbonneau

Congratulations Dean, 20 years in the shop

Karen Griffin
Shilo Stag

The year was 1989, the B-52s made it big for about 30 seconds with their hit 'Love Shack' and Dean picked up a pair of scissors for the first time.

He didn't plan on staying too long as Dean had big

dreams of spinning tunes and introducing music as a radio disc jockey.

While the crazy hair of the B-52s might have lost its flair, Dean has become a Shilo classic.

It was the first week of July, right after his 21st birthday that he started cut-

ting hair, making the shop an enjoyable experience with his sports memorabilia. After familiarising himself with the business, the Ste. Rose native and son of a barber took over the shop in February of 2007.

Dean also has a rather extensive money collection on

his mirror, every bill with a story.

While those dreams might've been swept away like hair on the barbershop floor, Dean has made a name for himself at Shilo. Dean 'the barber' Grywacheski. Happy anniversary, you're a Shilo institution!



Dean Grywacheski is celebrating 20 years at the barber shop.

Range safety reminder

Lori Truscott
PAO

The freedom to explore and travel through the many interesting places in Manitoba has, for many years, been taken for granted. However, there are places where this freedom is curtailed for obvious reasons. Private property rights and the laws of the road have curtailed a "free-for-all" for reasons of safety, liability, and basic rights of ownership.

Off-road vehicles (ORV) are restricted to certain areas and roadways to prevent damage

to sensitive natural environments and to keep the riders themselves safe from obstacles, larger vehicle traffic, and other dangers. ORV users can also damage crops when crossing fields, encounter unknown obstacles such as fence-lines, and have been suspected of starting forest fires when hot engine parts came in contact with dry grass.

Here in Shilo, there are many areas of natural prairie habitat that need to be protected from vehicle damage. The grassy groundcover is easily damaged by ORV and soil erosion occurs

quickly. As well, there are thousands of Unexploded Explosive Ordnance (UXO) throughout the training area that pose a serious hazard.

UXO contains explosive material that was at some point prepared to explode. For some reason, it either did not or only partially exploded. This means that it still has the potential to explode, even after many years. And some UXO becomes increasingly unstable the longer it is in soil or water.

UXO can also move or be exposed over time. Two years ago, a young

farm employee was severely burned when he accidentally triggered a white phosphorous bomb igniter while working a field near an old air force base at Rivers, MB. This was in a field that had been cultivated for close to 20 years. The Shilo area has been used for military training since WW1 and there are literally tens of thousands of UXO in the training area.

While regular cleanups are conducted on the ranges there are still many years of UXO and other types of scrap that are buried in the ground

and reappear as soil conditions change with the seasons.

You can't always tell if something is, or isn't, UXO. It may look like a piece of rusty pipe, a pop can, rusty car parts, or bits of metal. They are unlikely to be resting on the surface of the ground and are more likely to be partly or mostly buried.

People in the training area without authorization put themselves at extreme risk. They could potentially enter into a training exercise without knowledge

of military personnel or encounter UXO.

There are approved trails and an area for ORV users on the base. To find out where these trails are and how to get to them please check Base Standing Order 8.06.



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2009 Artillery Reunion

Message from the Organizing Committee Chairman

Rick Wilson

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 efforts 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 IRCHA, 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 IRCHA 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 Apprentice Reunion meets in Brandon

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 deportment, 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.



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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 IRCHA 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.



photo by Karen Griffin

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

Brandon Salutes welcomes new Chairperson

Steve Morrison

Brandon Salutes

After 3 years of dedicated service, Brandonite George Haggerty, Chair of both the Brandon Military Relations and the Brandon Salutes Commit-

tee, turned over the leadership reins today to Brandon resident Steve Morrison.

In accepting this role, Steve noted he was extremely pleased to be asked by Mayor Dave Burgess on behalf of the Military Rela-

tions Committee, to take on this role and is very enthusiastic about continuing the great work Chair George Haggerty and his committee have accomplished thus far. The Committee's goal is to strengthen the commu-

nity connection that exists between Brandon, the R. M. of Cornwallis and CFB Shilo communities.

Steve recently retired from Manitoba Hydro and in the past was involved with the Canadian Armed

Forces, both in the Army cadet movement and as a Commissioned Officer with the Queen's Own Cameron Highlanders of Canada. He is also a current member of the 26th Field Regiment, Royal Canadian Artillery Pipes & Drums in Brandon.

In his new role as Chair and on behalf of the Brandon Salutes Committee, Steve expressed appreciation to George Haggerty for his excellent leadership over the past three years.

Under George's direction, the committee completed a successful awareness campaign regarding the function and work of the committee and conducted a major "welcome home" event for soldiers returning from active duty in Afghanistan.

Steve also voiced his appreciation of accomplishments to date by dedicated committee members and other community volunteers.

Current initiatives of the Brandon Salute committee include;

Salute recognition to military and civilian members whose actions contribute to the committee's mission statement.

Appreciation letters and packages to all soldiers deployed from CFB Shilo to Canadian Forces assignments throughout the World.

For further information about the "Brandon Salutes" program - please visit the Brandon Salutes website at www.brandonsalutes.ca



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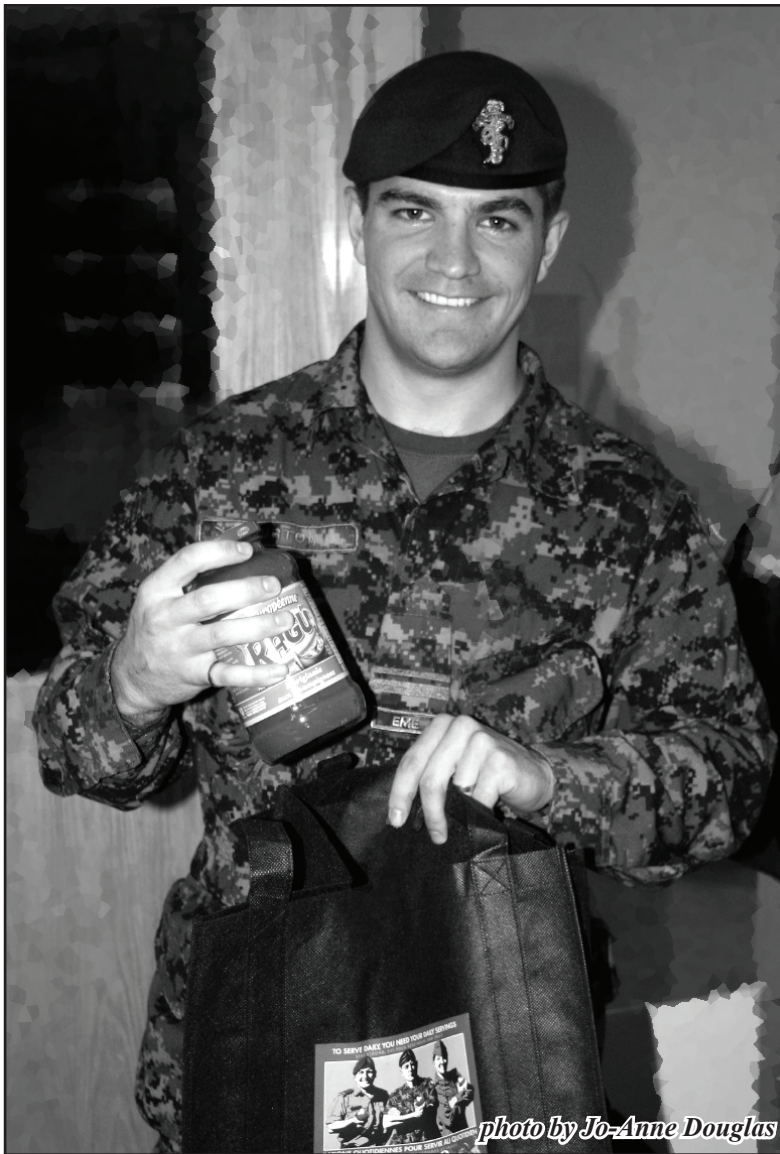
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Brandon Salutes

Helping hands



Lt Ellery Burton from Base Maintenance is one of the many people who has made a donation of non-perishable goods and received a reusable cloth shopping bag. Health Promotion is collecting donations for Shilo's local food bank, which often runs low on stock in the summer months. Show your support for the many families in our community who are assisted by the food bank. Drop off donations of food at the Health Promotion office in the CANEX and receive a shopping bag.

photo by Jo-Anne Douglas

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Military spouse dedicates life to volunteering

Sara Cumming
Shilo Stag

Grace Flynn's granddaughter once asked her grandmother, if she won the lottery, where would she live? Flynn's response: Sprucewoods.

"I can't think of any place on earth that I would rather be because of all my wonderful neighbours and everything," Flynn says now. She moved to Shilo in 1967 with her late husband, Mickey.

"I'm very happy that my husband got posted here. This has been a real experience for me. I've lived here two thirds of my life. The people in this area are just so great."

The people of Shilo and Sprucewoods seem to think Flynn is pretty great too. Brenda Cavanagh, Shilo's Recreation Coordinator, says Flynn defines the sense of community.

"Grace's efforts throughout the years do not go unnoticed," Cavanagh says. "Her compassion and commitment to her community makes Shilo a great place to live."

The 67-year-old keeps quite busy. In addition to working part time at Sandyland Video, she estimates that she spends about 25 to 30 hours a week vol-

unteering for various organizations in the area. Flynn does charity work for the Sprucewoods and Area Lions Club, the Sprucewoods Community Club, Our Lady of Shilo Ladies League, the Military Family Resource Center, and the Shilo Ceramics Club.

"That's about my main job right now, the Ceramics Club, because I enjoy it so much," Flynn says.

The cause that is nearest and dearest to her heart, though, is working with the Special Olympics. Flynn helps out with the bowling team every Thursday at Thunderbird Bowl in Brandon.

"I love working with [them]. They are just so precious," Flynn says. "They make you feel good about yourself. When you're down, all you have to do is see one of them and they'll come and they'll give you a big hug and a smile. It makes you feel so lucky just to be able to work with them."

Flynn has a personal reason for the connection she feels with her Special Olympics friends: "A year ago February I lost my niece [Nancy], who was mentally challenged," Flynn explains. "She was a joy to my life. That was one of

the first reasons I started getting involved with the Special Olympics."

Flynn has been volunteering since she was a teen growing up in Picton, Ontario, doing yard work for elderly neighbours and taking neighbourhood children to Sunday school every weekend.

"I used to take seventeen kids to Sunday school. We sang and played games and everything the whole way to church and the whole way back home again," Flynn remembers. "They had a blast with me."

Flynn gets some of her enthusiasm for volunteering from her mother.

"I get most of my inspiration from my mother. My mother was a wonderful person. She used to entertain us, our whole family, and all of the neighbourhood kids," she says. "She [did] the Mrs. Santa Clause bit at Christmas time. I had a dream about her one night, in October last year, and in the dream she told me I should do this Mrs. Santa Clause bit. So I went out the next day and bought the material and made the costume and everything and started advertising."

Flynn visited children and some seniors' homes in Brandon, dressed up in

her Mrs. Clause costume, and served cookies and hot chocolate before reading a story.

"I really [did] the part up good," she says with a laugh.

In her spare time, Flynn says she keeps busy by doing crafts - knitting, crocheting, building, sewing, doing ceramics, oil painting, and baking. She says her mother turned her onto crafts at an early age.

"I was crippled until I was seven. I couldn't walk and my lower legs were very weak and I had to wear braces and everything. My mom taught me all these crafts to keep me occupied," Flynn recalls. "She used to take me to work with her and she'd give me a craft to do while she was working. When we'd go home at night, we'd work on crafts together too. She taught me how to sew, and I made my first dress I wore the day I started school."

Flynn says that comparisons to her mother are part of the reason she volunteers.

"My mother [volunteered]," she says. "Every-



photo by Sara Cumming

Grace Flynn stands in her garden among some of her ceramic ornaments, which she made herself. Flynn has been volunteering in the Shilo area for 42 years.

body says that I'm exactly like my mother, and I take that as a very, very high compliment."

Flynn says there are other reasons she enjoys helping out.

"I feel that it keeps me young and gives me a pur-

pose in life. I really feel good doing it," Flynn says. "There are so many [people] that need help that really can't afford it, and if it weren't for the volunteers, there would be a lot of programs that would fall by the wayside."

CISM invites injured troops to Montreal

Peter Nicol
Senior Sports Manager

It is with great pleasure that the Canadian Forces International Sports Office invites all injured and ill Canadian Forces personnel to participate in the Conseil In-

ternational du Sport Militaire (CISM) 43rd World Military Swimming and Life saving Championship, in the city of Montreal, Quebec.

The International Sports Office, in conjunction with the Soldier On program, has

taken the initiative to include a demonstration event during the CISM World Military Championship. The objective of this event is to highlight the CF Soldier On program and to further explore the opportunities to include elements for injured or ill military personnel in future CISM Championships.

The demonstration event will be held Tuesday August 11, during the pool portion of the championship held at Parc Jean Drapeau, and will consist of a fifty (50) meter freestyle swim. Suitable rations and accommodations, along with transportation to and from the event, will be provided by the host organizing committee.

Should members wish to attend, please contact the Canadian Forces International Sports Coordinator, Ms. Sandra Campbell, via email: Sandra.Campbell2@forces.gc.ca or telephone; 613-996-7508 prior to Thursday July 9, 2009.

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Reservist builds CF-themed motorcycle

Sara Cumming
Shilo Stag

MCpl Peter Guy and a friend, Sgt Douglas Quinn, were sitting in the WATC duty room last February when a story came on the news about four Canadian soldiers who had been killed in Afghanistan.

"We'd been talking about [Sgt Quinn's] bike. What he was going to do with it, how he was going to get it modified," MCpl Guy says. "The idea came upon both of us. We discussed it, and I decided I wanted to make a tribute bike."

Guy has been into motorcycles for 31 years, and has been a reservist since he was released from the regular force in 1998, so having a Canadian Forces-themed bike makes perfect sense. The bike, which was painted by Dave Lesack, owner of Brandon's Uncanny Art and Design, features an EME symbol and a sea cadet medal, as well as tributes to the air force, the army, and a memorial.

"I'm hoping that anyone who looks at this thing now, or later, can relate to any picture on the bike," Guy explains.

Sgt Quinn contributed to the designs for his friend's bike, which took about a week to

complete.

"We started discussing it back in February. This is the final product, but before we got to this stage we went through dozens of different ideas and this is what came out of it," Quinn says. "How Dave [Lesack] put it all together and made it flow on the bike was very good."

Lesack says that Guy was very easy to work with on the designs.

"He had certain things he was very specific about, but there were a few things he actually said, 'You know what, let's see what you can do here,'" Lesack says. "He was really easy going, as far as that went. He totally trusted me on a lot of stuff."

Lesack says that originally, the bike's background colour was going to be black.

"I thought, that's boring, come on, let's throw something into it," he says with a laugh. "So I ended up doing camouflage. I came up with that idea."

Lesack, who had never painted anything army themed before the bike, says this job held some significance for him.

"My grandpa was in the army, so [the memorial part] had a little bit of meaning [to me]."

Guy hopes that when people see his bike, they'll be able to find something significant in it, even if it's just one part.

"Pretty well anybody in Canada somehow knows somebody who has served. It's just something they can relate to and to remember what we're doing now," he says.

Quinn agrees, saying he thinks it won't just be military members who enjoy the artwork.

"It's not so much a military bike, but it's more or less something to see," he says. "Everyone can pretty much relate to something on the bike in the past or present."



MCpl Peter Guy stands next to his CF-themed motorcycle.

Out for a reel good time

Sara Cumming
Shilo Stag

Two of 2PPCLI's soldiers are heading to Northern Ontario in July to do some fly fishing with Project Healing Waters Fly Fishing.

Project Healing Waters is a U.S.-based initiative that serves to aid the emotional and physical recovery of soldiers injured while on active duty through the introduction or rebuilding

of fly fishing skills. Soldiers are taken on trips to quality fishing sites across North America and pay for nothing.

A group of injured American and Canadian soldiers will practice their fly fishing skills on the Albany River, near Miminiska Lake.

Cpl Steve Stoesz, who was injured in three separate IED blasts in Afghanistan in 2008, is one of about five Canadians and 50 Americans going on the trip.

"I'm excited to get out there and talk with other people in a relaxed setting and make new friends," says Stoesz.

MCpl Adam Cyr, also injured in an IED blast in Afghanistan last year, will be joining Stoesz on the trip. He says he is looking forward to meeting soldiers who have had similar experiences as he had, but that it's "mostly about the fishing."

Travel, accommodation and equipment are provided, in-

cluding any equipment needed to suit the soldier's special needs.

To learn more about Project Healing Waters Fly Fishing, please visit www.projecthealingwaters.org. Check out an August edition of the Stag for more information and pictures of the trip.

The event, called Healing on the Albany 2009, will be held at Wilderness North's Miminiska Lodge from July 11-16.





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Shilo Military Family Resource Centre



Annual general meeting Growing like a weed at Tumbleweeds

Willemien van Lankvelt
Executive Director

The Shilo MFRC held their Annual General Meeting on Thursday, June 18, 2009. After a quick lunch, the meeting got underway.

It began with LCol Schneiderbanger as a guest speaker. This year three new Board Members were voted in: Kristin Lucyshyn, Ymanne Staples and Sophie Bonneau. On the opposite



The perfect kick off to the AGM.

note we are saying good bye to four members: Dwayne Bos, Andrea Crowder, Pam Pahl and Debbie Hoddinott.

I wish them all good luck.

Thanks to everyone who attended our AGM. Hope to see you next year.

The morning of June 9th marked the end of the year for the Tumbleweeds group. Plenty of fun was had by all which included cake, gifts and laughter. The children had fun this year with a few more additions that included dress-up clothes, a play-house, and some new ride on toys.

"Tumbleweeds is a chance to hang with other moms and for my daughter to play with other children."

"My child learns about sharing, playing well in a



photos by Linda Beauchemin

The wheels on the bus go round and round on Abigale's bus.

group setting and that it is great too." available for my baby is See you in September!!

Grass Cutting List

The MFRC has established a grass cutting list to help those looking for someone to cut their grass and for those looking for some extra cash.

Teens age 13 and up are requested to come and fill out an application, which must be signed by parents.

The MFRC will then pro-

vide a list of teen's names for potential clients. It is then your responsibility (as the client) to make arrangements for grass cutting.

People looking for someone to maintain their lawn need to come into the MFRC and complete a Request for Services form. The MFRC does not endorse nor guarantee the

quality of service provided by any potential grass cutter. It is solely your responsibility to screen, select and supervise the teen you choose to take care of your yard. The fee for service is negotiated by you and the teen.

For more details please contact Garry or Doris at the MFRC local 3352.

Victoria Inn Donation

Linda Beauchemin
Outreach and Information Coordinator

On Tuesday, May 26 the Brandon Victoria Inn held its annual Golf Tournament in Neepawa. At this tournament there was a "charity hole" where, for a fee, golfers received a ballot for a draw. This year the Victoria Inn chose the Shilo MFRC as the receiving charity.

The day was cold and windy but that didn't dampen the golfer's good spirits. At the end of the day, almost everyone was red (from wind burn as well as the sun) and a to-



Setting up the perfect shot to chip the ball through the hole in order to earn extra ballots for the prize.

tal of \$1210 was raised for the MFRC. Thanks to all the golfers who donated.

On behalf of the Shilo

MFRC I would like to extend a BIG thank you to the Victoria Inn for choosing the Shilo MFRC as this year's charity.

Dinner's on us



Rain wasn't holding back these families. Over 160 people attended this "soaked" BBQ.

And the winner is...



Over 130 people voted and the new name of the Shilo MFRC Mascot is Nutters! Thank you for being part of "Name That Mascot".

Teen babysitting list

The MFRC's Teen Babysitting List has been revamped. We are now offering a Babysitter's list to provide better service for parents and to increase the safety of our teens. The MFRC will provide a list of teen's names for potential clients. It is then your responsibility (as the client) to make arrangements for obtaining a babysitter. We will provide parents with a babysitter guideline booklet and some suggested questions to ask

potential babysitters.

Teens looking for babysitting opportunities, will come to the centre and fill out an application. The MFRC will follow up the application with a reference check and a user feedback form. We cannot guarantee the quality of service from individuals; however we will endeavor to screen teens by requesting and interviewing references, and requiring completion of either a Babysitter's Course and/or a First Aid

Course.

Parents looking for potential babysitters come into the MFRC and complete a Request for Services form. The MFRC does not endorse nor guarantee the quality of service provided by any potential babysitter. It is solely your responsibility to screen, select and supervise the teen you choose to babysit your child(ren).

For more details please contact Garry or Doris at the MFRC local 3352.

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

Travel Health Services have moved to Public Health Services, A5-800 Rosser Ave, Town Centre, effective February 18, 2009. Call 571-8469 to book a time (leave a message and you will be contacted asap.) NEW Clinic Days & Times: Monday & Tuesday 12:30-6:00 pm Wednesday, Thursday & Friday 10 am - 4 pm. Saturday clinics will be offered.

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

Every one welcome! T.O.P.S.

(Take Off Pounds Sensibly)
Held at Sprucewoods Community Hall,
Tuesdays at 6:00 pm
Contact: Barb Forbes at
763-4768 or
Marg Woods at 763-4447

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

Partners 4 Pints

Canadian Services Blood Donor Clinic
Wednesdays 10 am - 8 pm
Thursdays 2 pm - 8 pm
Town Centre 1-888-236-6283

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.

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 Tuesdays 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.

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

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

**\$10 for first 20 words,
10¢ for each additional word*
Deadline for next issue:
July 2, 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.*

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.

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

For Sale

Home for sale in quiet Green Acres Neighbourhood. 1,115 sq ft Bungalow on a 60x123 Lot. 4 Bedrooms, 2 Baths, Finished Basement, Central Air, Garborator, New Dishwasher, New Laminate throughout, New Windows, Many Upgrades, Double Garage, New Door Openers, Shed, Cement Pad and Deck. Fully Fenced Yard. Close to school. Call Tammy at 571-8962 for more info

Acreage For Sale

Horselovers Hobby Farm - Shilo Area - Sprucewoods - 5.86 acres. Beautiful property set up for horses and pets. Good 3 bedroom 1.5 bathroom mobile home 1216 sq ft. Workshop - pole shed - approx 75% of property is treed - very private location. A great place to call home. Call today Dave Mooney - Countryland Realty 824-2094.

NEW Unopened Size 3 Huggies Diapers 392 count \$50 for all Call 765-4501 Baby outgrew the size!

For Sale

LUXURY HOME FOR SALE (BRANDON) One of Brandon's finest two-story homes overlooking golf course on prestigious west-end cul-de-sac. Triple garage, 3+1 bedrooms, large master ensuite, mainfloor family room, designer kitchen and bathrooms, park-like setting. Must see! 726-1826

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

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.

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

Advertise with us! Call 765-3000 ext 3013 or email stag@mts.net if you're interested in running a classified ad.

Child care

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

Child care

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

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.

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.



ENTER FOR YOUR CHANCE TO WIN A BACKYARD BBQ!

PRIZE INCLUDES A BBQ AND PROPANE TANK PLUS FOOD FOR 10 FAMILY AND FRIENDS!

Everytime you spend \$50 or more at CFB Shilo
CANEX SuperMart receive a ballot for your
chance to win!*

Approximate prize value, \$500



Prize List

Broil King® Monarch 20 BBQ,
1 full propane tank, 10 rib eye steaks,
10 baked potatoes, 10 ears of corn
and 10 fresh baked buns!

Plus... 1lb butter,
1 bottle of BBQ sauce, 2 bags of
Old Dutch® and 2 bags of Hostess®
potato chips, 24 x 355ml Coca Cola®,
disposable plates, napkins
and cutlery.

Many thanks to our sponsors:

Coca Cola®, Obermaiers Sausage & Meats, Tank Traders®, Kuipers Family Bakery, Hostess® and Old Dutch Foods®

Only CFB Shilo CANEX SuperMart receipts showing a total purchase of minimum \$50 before taxes are eligible. Receipts must be dated 29 June through 30 August 2009 and generated from personal purchases only. Please include your Club XTra number for validation on each ballot. Sorry, no prize substitutions. Ask us for no purchase necessary contest details.



ADVERTISED MERCHANDISE POLICY

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include Alberta Electronics Recycling environmental fees, or any other applicable provincial levies, fees & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.