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Shilo Stagg

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INSIDE This Issue



Empowering message on Women's Day. See page 3.



Departure with Dignity. coverage on page 6.



Check out the Spring Events Guide, inside.




Major Neil Gregory COS throws the first ball to re-open the GSH bowling alley. Between April 1 and June 26 you can bowl most Thursday nights from 6 to 8:30 p.m. and Saturdays from 1 to 4 p.m. Costs per game are adults, \$2.25; youth, \$2; and children, \$1.75. Shoe rental is 75 cents.

Photos by Quinn Roberts

Hillier signs on for Gala, tix going fast

By Bruce Peever
 Shilo Stagg

Don't even think about waffling on whether to get tickets for the May 22 Hero's Gala featuring Gen Rick Hillier (ret'd), the Canadian Forces Air Command Band and the pomp and pageantry of a formal mess dinner.

Organizer Steve Morrison, Chair of the Brandon Salutes Committee, says about three-quarters of the 38 tables available are already spoken for, and the rest are going fast.

"I expect this event will sell out. I would not want to wait too long. This seems to be a very popular event," Morrison stated.

The big date is coming up on Saturday, May 22 at the Victoria Inn Grand Salon at 3550 Victoria Ave. W. Cocktails will be served at 5:30 p.m. with dinner slated for 6 p.m.

All money raised that night will fund the Project Hero initiatives at Brandon University and Assiniboine Community College. Project Hero was launched in 2009 by Gen. Hillier and Honorary Lt. Colonel Kevin Reed with a mandate of funding scholarships to families of fallen Canadian soldiers.

The evening, co-sponsored by CFB/ASU Shilo, is also an opportunity for area businesses to step up to the plate. Sponsorship packages ranging from \$75 to \$5,000 have been established as part of the evening's \$10,000 fundraising goal. Charitable tax credits are available.

Tickets for the May 22 gala are \$75 each or \$450 for a table of six. Dress is for men, black tie or business suit and for the ladies, cocktail dress or gown.

More on the gala evening, as well as sponsorship opportunities can be found at www.brandonsalutes@wcgwave.ca. You can also call Morrison at 726-5826. Tickets are also available through Joyce Smid at extension 6006.



Shoe Blitz

March 24 - 28

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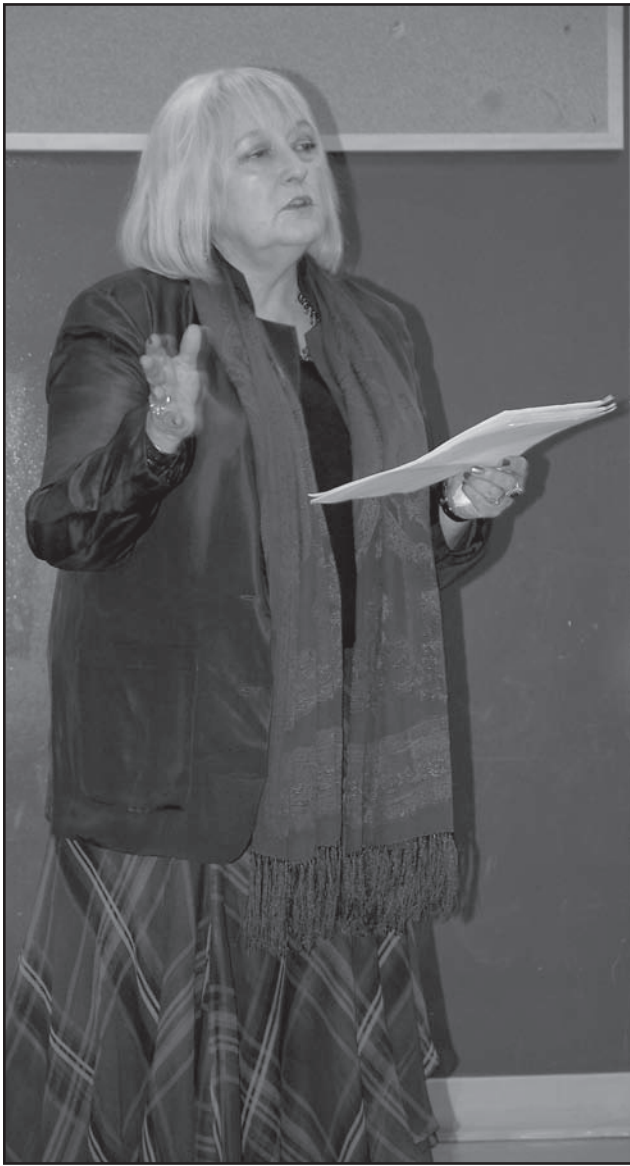
Shilo celebrates International Women's Week

By Sara Cumming
Shilo Stag

Equality of women in Canadian society is on the rise, but many third-world countries still have a long way to go in the way their societies devalue women, according to Dr. Deborah Poff, guest speaker at Shilo's International Women's Week (IWW) celebration.

Dr. Poff, President and Vice-Chancellor of Brandon University, spoke to a crowd of 50 at the Community Centre on March 11. She said the majority of Canadian university students are female, and the Canadian government currently has the highest percentage in history of women in Cabinet, with 67. Both of these statistics contribute to IWW's 2010 theme "Strong Women. Strong Canada. Strong World."

There are countries around the world, however, that still have a vast amount of catching up to do. Sixty-two million girls



Dr. Deborah Poff lectured to a crowd of 50 at the Community Centre on March 11. Dr. Poff, President and Vice-Chancellor of Brandon University, spoke about the different ways women are treated in countries around the world.

Photo by Quinn Roberts

Ouimet case delayed

The case for a CFB Shilo soldier charged with second degree murder has been put over until Monday, Apr. 19.

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

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

Ouimet made a brief appearance in Brandon court on March 8 with the matter put off for another six weeks.

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worldwide do not attend school, according to the U.N., and although there are a variety of contributing factors, Dr. Poff believes the huge differences between Western and Islamic cultures are partly to blame. She said that North Americans live in a society where a large value is placed on "things," rather than on people.

"Some of (the devaluing of women) is a...backlash against what they think is a material, wasted, capitalist, democratic world," Dr. Poff explained. "I think that's hard for us to understand. I think we look like a shallow, empty society to people who have different values."

Dr. Poff said she believes certain cultures react to what they view as "false values" in Western society.

"(Their reaction is) we'll take women and we'll veil them and we'll keep them away from education and ideas and freedom," Dr. Poff stated.

She believes Canada

is doing a "wonderful thing" by being a presence in Afghanistan.

"The Canadian government has opened a window to expose the terrible, terrible things that are happening when girls try to go to school," Dr. Poff said. "The problem is, we can't seem to get into a dialogue with those people so that we could come to some common vision."

Dr. Poff pointed out that not all Islamic cultures oppress women.

"There are tolerant Islam cultures where women are professors, and they become medical doc-

tors and engineers."

Lt Ellery Burton was one of a handful of men who attended Dr. Poff's lecture. He believes Canadians have "a somewhat sheltered view of the world" in terms of equality.

"There are places in the world where women are brutalized for attempting to attend school or find employment," Lt Burton said. "In Canada, we can see that women complement any team dynamic, whether in a marriage, a family, or at work, and they play an important role in all facets of life."



GSH Bowling Alley

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Adult \$2.25 per game
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Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies

Being pregnant and having a baby changes your life. It can be an exciting and challenging time, especially for new parents. That's why the Healthy Baby community programs were developed.

Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby.

At a Healthy Baby group, you can:

- Learn about your pregnancy and your baby's development
- Get parenting support and infant development information
- Learn about healthy nutrition and healthy lifestyle options
- Connect with other parents

The Manitoba Prenatal Benefit will:

- Provide you with a monthly cheque if your net family income is less than \$32,000 a year
- Help you buy healthy foods that provide good nutrition for you and your growing baby

For more information about a Healthy Baby program in your area, please call:

For more information

To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

945-1301 (in Winnipeg)
1-888-848-0140 (outside Winnipeg)
www.manitoba.ca/healthchild

or contact your local public health office



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Letters & Opinions



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General Manager Mike McEwan ext. 3073
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Asst. Editor Sara Cumming ext. 3013
Production Asst. Quinn Roberts ext. 3013
Advertising Rep. Jennifer Roehl 761-5305
Editorial Advisor Lori Truscott ext. 3813

Fax: 204-765-3814 Email: stag@mts.net

Mailing Address:

Box 5000, Stn Main

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

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

Submitting articles and photos for print:

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



Trees along Halifax Street are coated with hoar frost as winter continues to hang on at CFB/ASU Shilo.

Photo by Susan Peever

Letter to the Editor

Thank you for the recent *Stag* coverage

Dear Editor:

This is just a note to say thank you for covering our news launch for the Heroes' Gala Dinner and the corresponding article in the recent issue of the *Stag*.

Thanks also for publishing the "Thank You" to the sponsors of the January 23 Family Appreciation

Pancake Brunch — it was much appreciated.

Sincerely,
Steve Morrison
Chair

Brandon Salutes Committee

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

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Safeway - Corral Centre
 Safeway - Shoppers Mall
 Brandon Armoury
 Women's Resource Centre -
 Town Centre Mall
 Royal Cdn Legion #3
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- 1645B 18th Street
- 3409 Victoria Ave

 Forbidden Flavours

- 1060 18th Street
- 3300 Victoria Ave

 ANAF - 31 14th St.

Shilo

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

Carberry

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 Carberry Legion

Douglas

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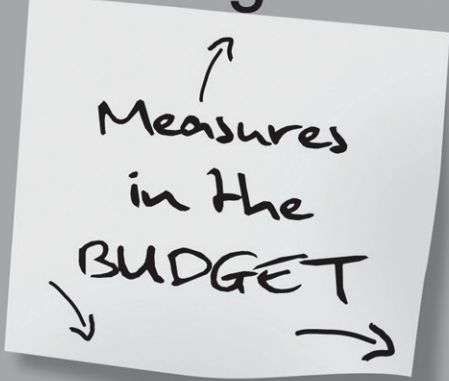
Sprucewoods

The Shilo Inn (Crang's)
 340 Esso Station

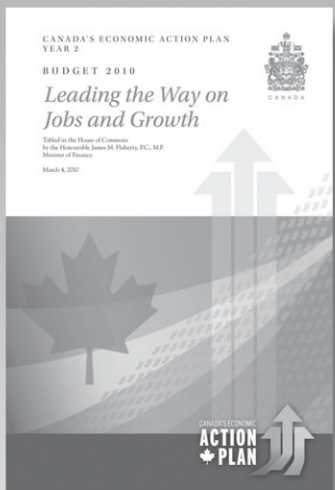
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Shilo to play major role in Memorial Cup

A rededication of the Memorial Cup in Shilo will be a huge part of the 10-day Memorial Cup tournament coming up in Brandon in mid-May.

Canada's premiere junior hockey showcase will kick off with the arrival of the cup at CFB/ASU Shilo on May 13. As the Canadian Snowbirds demonstrate overhead, Canadian Hockey League officials, along with military personnel, will rededicate what the cup represents, according to Memorial Cup Host Committee Event Manager, Lois

MacDonald.

"The Memorial Cup was originally in honour of those who died in the First World War. We will rededicate this to include all those Canadians who fell in the service of their country over the past 100 years, including the war in Afghanistan," MacDonald informed.

The rededication, along with the overall Memorial Cup tournament, coincides with several military activities, the event manager acknowledged.

"Basically we are thrilled to be the host

committee that received permission for this rededication. There is a long history between the Memorial Cup and Canada's armed forces," she noted. "There is the deployment coming back then from Afghanistan, the opening of a new exhibit at the RCA museum and the Hero's Gala dinner on May 22. It all happens around the same time."

Watch the *Stag* for more on the rededication ceremony and Shilo's involvement with the Memorial Cup as the event nears.

CFB/ASU SHILO BLOOD DRIVE

Date: Friday, Apr. 9

Time: 11:00 a.m. – 3:00 p.m.

Location: MPTF Gym

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If you graduated with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after January 1, 2007 and now work and pay taxes in Manitoba, you can benefit from the Tuition Fee Income Tax Rebate. It doesn't matter if your post-secondary training took place in Manitoba or elsewhere. You can make your claim on your income tax return.

How it works

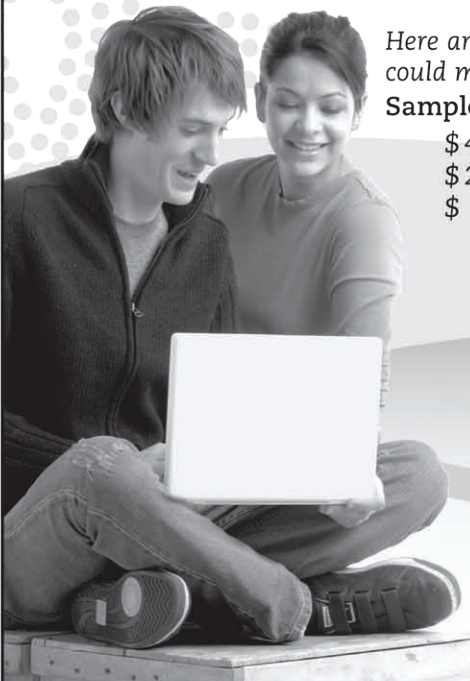
You are entitled to receive a 60% income tax rebate on your eligible tuition fees to a maximum of \$25,000. You can claim your rebate over as little as six years or as long as twenty years.

Here are some examples of what this rebate could mean to you:

Sample Tuition Fees	60% Rebate
\$ 40,000	\$ 24,000
\$ 25,000	\$ 15,000
\$ 5,000	\$ 3,000

Find out more

To find out more about how Manitoba's *Tuition Fee Income Tax Rebate* can help you put money in your pocket as you put down roots in Manitoba, please visit manitoba.ca



Airman's farewell



On March 2, Cpl Martin Duval (ret'd), formerly based at 15 Wing, CFB Moose Jaw, SK, received his "Departure with Dignity" Service Certificate for 10 years of honourable service to Canada at the IPSC at CFB Shilo from Maj NW Cameron, OC JPSU Prairie Region. Good luck in your future endeavours Martin, from all the IPSC staff.

The Manitoba Enhanced Driver's Licence

A driver's licence you can also use to cross the U.S. border by land or water.*

The Enhanced Driver's Licence (EDL) offers the convenience of a driver's licence and a border-crossing document in one. The EDL is one of two voluntary approved alternatives – along with the Enhanced Identification Card (EIC) – for Manitobans who want to travel to the U.S. by land or water.

Whether you choose an EDL or a regular driver's licence, your newly-issued licence will be in a one-piece format. It's easier to carry and it has advanced security features to help prevent identity theft.

Find out if the EDL is right for you. Get an Applicant's Guide from your Autopac agent or online at www.mpi.mb.ca.

*A passport is required to fly to the U.S.





Spring Community Events Calendar

TAKE THIS SPRING BY STORM.

THE 2010 SPRING COMMUNITY EVENTS CALENDAR



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Pre-School

New Program! Baby & Me

Join us Friday mornings to meet other moms and make new friends while enjoying baby songs, stories and toys.

Age: 0 - 2 yrs
Date: Fridays, April 9 - May 14
Time: 9:30 - 11:30am
Cost: Free
Place: Shilo Community Centre
No registration required, just stop by!



Red Cross Swim Lessons

Age: 4 months - 5 yrs
Date: Wednesdays, April 14 - June 16
Time: Between 4:30 and 7:00 pm
Age: 4 months - 5 yrs
Date: Saturdays, April 10 - June 19 (No Class May 22)
Time: Between 9:30am and 12:15pm
Place: Shilo Pool
Cost:

GSH Access Card Holders:
\$40.00 for the first and second child;
\$30.00 for the third child;
\$20.00 for every child thereafter.

Non GSH Access Card Holders:
\$50.00 for the first and second child;
\$40.00 for the third child;
\$30.00 for every child thereafter.
Contact Info: Aquatic Supervisor at 765-3000 ext 3318
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or Visa only
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

Parent & Tot Mini Golf Program

This program will focus on the skills that your child will need to know in order to play and enjoy the game of golf.

Age: 3-5yrs
Date: Saturdays, April 17 - May 22
Time: 8:00 - 9:00am
Cost: \$12.00 with a GSH Access Card;
\$18.00 without a GSH Access Card
Contact Info: Community Recreation 765 - 3000 ext. 3317
Place: Community Centre
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)

Family Swim

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

Age: All
Date: Mondays, April 19 - June 21 (No program on May 24)
Time: 10:30 - 11:30am
And
Age: All
Date: Fridays, April 30 - June 18
Time: 10:30 - 11:30am
Cost: Military members and GSH Access Card holders no charge; others \$3.00 drop in fee
Place: Shilo Pool
Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Happy Un-birthday Bash

Come out and enjoy a birthday celebration complete with classic party games and cake!

Age: 2 - 5 yrs
Date: Tuesday, April 27
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Shilo MFRC Community Centre
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, April 21



Parent & Tot Mini Soccer

This program breaks down soccer into fun and easy ways for children to learn the very basic motor skills required for this sport.

Age: 3 yrs (Must be 3 as of April 30)
Date: Thursdays, May 6 - June 24
Time: 6:30 - 7:00pm
Cost: \$20.00 with a GSH Access Card;
\$25.00 without a GSH Access Card
Contact Info: Community Recreation at 765-3000 ext 3317.
Place: Soccer Fields
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only.
Online: <http://bk.cfpsa.com/shilopub> (must receive username and password prior to log-in. Contact the Recreation office for further instructions.)



Cinco de Mayo Party

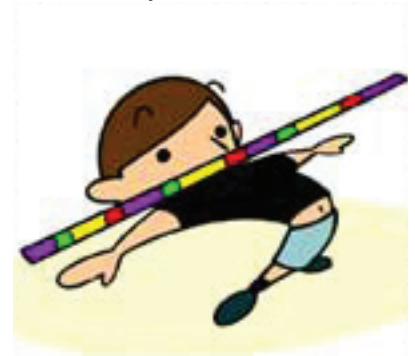
Get ready to fiesta! Enjoy games, piñata and nachos so grab your maracas and get ready to party.

Age: 2 - 5 yrs
Date: Tuesday, May 25
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Community Centre
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, May 19

Wet & Wild Luau

Join us at the sprinkler park for fun and sun to cool off with water games, cool treats and a limbo contest.

Age: 2 - 5 yrs
Date: Tuesday, June 29
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Community Centre
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, June 23



Tumbleweeds

Its time to play, tumble, run and jump with our tumbleweeds group!

Age: All ages welcome
Date: We meet every Tuesday morning
Time: 9:30 - 11:30am
Cost: \$1.00 drop-in fee
Place: Community Centre
All ages welcome!
MFRC: 765-3000 ext 3352

Children's Festival Family Trip

Join us for our 4th annual bus trip to the Forks in Winnipeg to enjoy many children's entertainers including Fred Penner and Al Simmons.

Age: All ages
Date: Friday, June 4
Time: TBA
Cost: \$10.00 (under 2 yrs Free)
Place: Depart MFRC to Winnipeg
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, May 28

Tiny Toes Summer Program

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



School Aged

Keen Kids

A fun, safe place to hang out with old and new friends!
Age: 5 and 6 yrs
Date: Wednesdays, April 7 - May 26
Time: 5:00 - 6:00pm
Cost: \$1.00 drop in fee each Wednesday
Place: Shilo Community Centre

Kool Kids

A fun, safe place to hang out with old and new friends!
Age: 7, 8, and 9 yrs
Date: Wednesdays, April 7 - May 26
Time: 6:00 - 7:00 pm
Cost: \$1.00 drop in fee each Wednesday
Place: Shilo Community Centre

Kooler Kids

A fun, safe place to hang out with old and new friends!
Age: 10 - 12 yrs
Date: Wednesdays, April 7 - May 26
Time: 7:30 - 9:00pm
Cost: \$1.00 drop in fee each Wednesday
Place: Shilo Community Centre

Spa Night!

This evening is for girls only. Come out to get pampered with a facial, manicure and more.
Age: 8 - 12 yrs
Date: Sunday, April 11
Time: 6:00 - 8:00pm
Cost: \$12.00 (includes supplies, snacks and a goody bag to take home)
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Tuesday, April 6

Bronze Medallion

Teaches an understanding of the lifesaving principles that make up the four components of water rescue -- judgement, knowledge, skill and fitness. Rescuers learn tows, carries, and release methods in preparation for challenging rescues of increased risk. Lifesavers learn to respond to increasingly complex situations involving conscious and unconscious victims in contact and non-contact rescues. Lifesavers develop stroke efficiency and endurance with a timed swim. Bronze Medallion pre-requisites: Bronze Star by first day of the course or 13 years of age by the date of the exam.
Age: 13+
Date: Mondays, April 12 - June 21 (No class May 24)
Time: 5:00 - 7:30pm
Cost: \$130.00 with a GSH Access Card;
\$140.00 without a GSH Access Card

(all materials included in costs)

Place: GSH

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

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or Visa only

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

Splashin' Fun Water Sports Night

Come grab the gang, and head on over to the GSH Pool to learn how to play a variety of different water sports!

Age: 8+
Date: Mondays, April 12 - June 21 (No program May 24)
Time: 5:00 - 6:30pm
Cost: \$25.00 with a GSH Access Card;
\$35.00 without a GSH Access Card

Place: GSH Pool

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

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or Visa only

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

Sport & Games Night

Grab the gang and head on over the GSH for a variety of sport and game nights!

Age: 8 - 12 yrs
Date: Tuesdays, April 13 - June 15
Time: 6:00 - 7:30pm
Cost: Military members and GSH Access Card holders no charge; others \$3.00 drop in fee
Place: GSH
Contact Info: Community Recreation 765-3000 ext 3317

Red Cross Swim Lessons

Ages: 6 and up
Date: Wednesdays, April 14 - June 16
Time: Between 4:30 - 7:00pm
OR
Age: 6 and up
Date: Saturdays, April 10 - June 19 (No program May 22)
Time: Between 9:30am - 12:15pm
Cost:

GSH Access Card Holders:

\$40.00 for the first and second child;
\$30.00 for the third child;
\$20.00 for every child thereafter.

Non GSH Access Card Holders:

\$50.00 for the first and second child;
\$40.00 for the third child;
\$30.00 for every child thereafter.
Place: Shilo Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or Visa only

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

Babysitting Course

This course teaches children how to be responsible and reliable babysitters; it also contains basic first aid skills.

Age: 11 + (must be turning 12 by June 30)
Date/Time: Friday, April 16 6:00 - 9:00pm
Saturday, April 17 9:00am - 12:00pm

Cost: \$20.00

Place: Shilo Community Centre

TEST: Will be Monday, April 26 at 6:00pm

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Tuesday, April 13

Jr. Computer Club

Ages: 8 - 12 yrs
Date: Saturdays, April 17 - June 19
Time: 1:00 - 3:00pm
Cost: \$10.00 with a GSH Access Card;
\$15.00 without a GSH Access Card

Place: Community Centre/Computer Club

Contact Info: Community Recreation 765 - 3000 ext 3317

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

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

Intro to Archery

Age: 8 - 12 yrs
Date: Sundays, April 18 - June 20
Time: 5:00 - 6:30pm
Cost: \$20.00 with a GSH Access Card;
\$25.00 without a GSH Access Card

Place: L-25 Community Centre Annex

Contact Info: Community Recreation 765-3000 ext 3317

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

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

Card Making Night

Spend an evening making cards for special occasions.

Age: 5 - 14 yrs
Date: Friday, April 30
Time: 5:30 - 7:30pm
Cost: \$15.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 23

Minor Soccer

It's that time of year again! Dust off those runners and get ready for another outdoor season. Teams will play/practice twice a week. (Mondays & Thursdays)

Age: 4+ (Must be 4 as of April 30)
Date: May 3 - June 24 (No program May 24)

Time: 6:30 - 7:30pm
Cost: \$40.00 with a GSH Access Card;
\$50.00 without a GSH Access Card

Place: GSH Soccer Fields

Contact Info: Community Recreation at 765-3000 ext 3317.

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only.

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

Barbecue Session

This is a 4 - week program that teaches safety while barbecuing.

Age: 8 - 13 yrs
Date: Tuesdays, May 4, 11, 18, 25

Time: 5:00 - 6:30pm

Cost: \$30.00

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 30

Lifesaving Society Standard First Aid & CPR

This is a fun interactive course dealing with simple techniques for First Aid, CPR, safety and healthy lifestyle choices. Also covered, is contacting the EMS system, airway and breathing emergencies, cardiovascular emergencies, bleeding management, shock and the prevention of disease transmissions. Additionally, in the Standard First Aid Course you will learn how to treat injuries to the head and spine, musculoskeletal injuries and sudden medical conditions including positions.

Age: 12+

Date & Time: Friday, May 7 5:00 - 9:00pm
Saturday, May 8 8:00am - 5:00pm
Sunday, May 9 8:00am - 12:00pm

Cost: \$50.00 with a GSH Access Card;
\$60.00 without a GSH Access Card

(all materials included in costs)

Place: Community Centre

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

Register: Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or Visa only

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

Spring Dance

Age: 9 - 14 yrs
Date: Friday, May 28
Time: 7:30 - 9:30pm
Cost: \$2.00 at the door
Place: Shilo Community Centre

Canteen will be available throughout the night

School Aged

Inservice Day

Games, crafts, Wii, computers and more.

Age: 5 - 12 yrs

Date: Friday, May 21

Time: 9:00am - 12:00pm & 1:00 - 4:00pm

Cost: \$10.00

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, May 14

Newfie Scoff

Come out for an evening and experience food from Newfoundland.

Age: 8 - 14 yrs

Date: Monday, May 17

Time: 6:00 - 9:00pm

Cost: \$20.00

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, May 14

Summer Fun Day Camp Pre-Registration

For only \$5.00 down per child/per week you will guarantee a spot for your child(ren) in the Summer Fun Day Camp. The \$5.00 holding fee will be deducted from your weekly dues. After this week full payment will be required to guarantee a spot for your child(ren).

Date: Monday June 14 - Friday June 18

Place: Shilo MFRC

Summer Fun is an eight week summer camp starting July 5 and ending August 27 for children ages 5 - 12 yrs (kindergarten must be completed to attend)

Parents have the option to place their children in the program for all 8 weeks or choose the weeks they require.

Each week has a different theme and each Friday a field trip takes place outside of Shilo.

The cost of Summer Camp per week based on last year rates : (Rates subject to change)

1 child \$60.00

2 children \$90.00

3 children or more \$120.00

Extended hours available for a fee

For more information on this program please contact Suzanne Linegar at 765-3000 ext. 4555 or by email slin-egar@shilomfrc.ca

Father/Daughter Cake Decorating Contest

Test your skills and compete against other dads and daughters in this fun-filled event.

Age: 5 - 14 yrs

Date: Thursday, June 17

Time: 6:00 - 8:00pm

Cost: \$15:00 (if more than 1 daughter \$10.00 extra)

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, June 11

Adult

Anglais Langue Seconde

Programme conçu pour aider ceux qui veulent améliorer, enrichir et perfectionner leur habileté en anglais. Ce cours comprendra beaucoup de conversation pour améliorer la communication orale pour les épouses des membres militaires. Le coût du programme est remboursable lors d'une présence de 85% ; et garderie subventionnée est disponible.

Ceci est 48 heures d'instruction pour une période de huit semaines.

Les participants doivent avoir une connaissance de l'anglais.

Date: Lundi et mercredi soir commençant le 7 avril

Heures: 6:00 - 9:00pm

Coût: 70.00\$ (peut - être remboursable)

Enregistrement: avant midi jeudi le 1 avril au CRFM @ 765-3000 ext. 3352

French Second Language Training Level 2

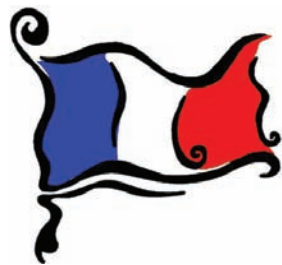
Program designed to help those who require a better command of French for conversational purposes. For spouses of military members, the cost of the program is refundable upon 85% attendance, and subsidized childcare is available. This is sixty hours of instruction over 10 weeks.

Date: Tuesdays and Thursdays April 6 - June 10

Time: 6:00 - 9:00pm

Cost: \$70.00 (may be refundable)

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Thursday, April 1



Basic Spanish Course Continued...

Are you planning to take a vacation in the future to any Spanish speaking country? Don't know how to converse in Spanish? No problem we have the course for you! A six-week program on the basics to help you speak the native tongue at your holiday resort! We continue on for those who took it before, but you don't need part one to take this course!!

Date: Tuesdays, starting April 6

Time: 6:00 - 8:00pm

Cost: \$40.00 per person

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Thursday, April 1

Managing Angry Moments

9 Weeks to a calmer you! This course helps you recognize your triggers and learn new techniques to manage your anger before it manages you. The focus is on prevention.

Date: Fridays, April 9 - June 11

Time: 1:00 - 3:00pm

Cost: Free

Place: Faith Centre

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by April 7

A Taste of Thai

Thai food is known for its enthusiastic use of fresh herbs and spices. Enjoy an introduction to this popular culinary trend. You will learn to prepare with key ingredients, flavourings, seasonings and find out where to obtain these authentic products

Date: Wednesday, April 14

Time: 6:00 - 9:00pm

Cost: \$35.00 includes take home samples!

Place: Shilo Community Centre

Instructor: Chris Fortier (Chef from Sushi course)

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 9



Lunch Hour Bootcamp

Age: Adult

Date: Mondays, April 12 - June 21 (No class May 24)

Time: 12:00 - 12:50pm

Cost: \$25.00 with GSH Access card;

\$35.00 without GSH Access card;

Drop in if space permits \$5.00

Place: GSH Gym

Contact Info: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office or call

765-3000 ext 3588 with a MasterCard or VISA only

Online: <http://bk.cfpsa.com/shilopub> (must receive user-

name and password prior to log-in. Contact the Recreation office for further instructions.)

Running Group

Learn proper running techniques while improving your cardiovascular endurance. Indoor running shoes required.

Age: 16+

Date: Tuesdays, April 20 - June 22

Time: 5:30 - 6:30pm

Cost: \$30.00 with GSH Access card;
\$50.00 without GSH Access card;

Drop in if space permits \$5.00

Place: GSH, Running Track

Contact Info: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office or call

765-3000 ext 3588 with a MasterCard or VISA only

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

Weight Wellness Lifestyle Program (New & Improved)

Over 8 Sessions, you will learn to set realistic weight goals, develop healthier eating and activity habits, and learn to manage your hunger and food cravings. The program is based on the best research available on what works for long term weight management.

Date: Mondays, April 12 - June 7

Time: 1:30 - 3:30pm

Cost: Free

Place: Shilo Community Centre

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by April 8

Adult Dance Classes

This is an excellent class for engaged couples who want to wow the crowd with their first dance, or couples who want to learn how to dance together!

Age: Adult

Date: Tuesdays, April 13 - June 15

Time: 5:30 - 6:30pm

Cost: \$200.00 per couple with GSH Access Card;

\$225.00 per couple with without a GSH Access

Card

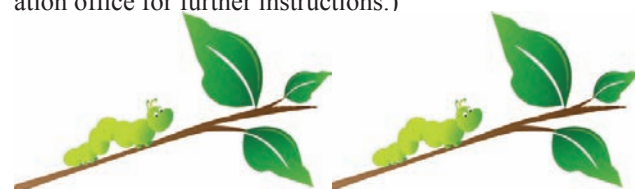
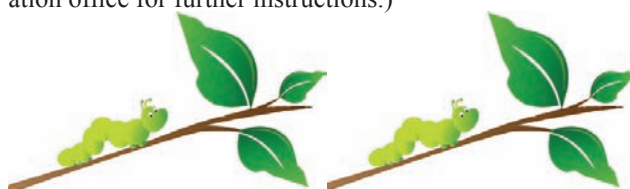
Place: Shilo Community Centre

Contact Info: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office or call

765-3000 ext 3588 with a MasterCard or VISA only

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



Adult

Bosu Class

The BOSU is a blue rubber dome, flat on one side, that is used in various ways for stability, cardio, and strength.

Age: 16+
Date: Tuesdays, April 20 - June 22
Time: 6:45 - 7:45pm
Cost: \$30.00 with GSH Access card;
\$50.00 without GSH Access card;

Drop in if space permits \$5.00

Place: GSH, Gym

Contact Info: Community Recreation 765-3000 ext 3317
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)



Circuit Training/Bootcamp

Age: Adult
Date: Wednesdays, April 14 - June 16
Time: 12:00 - 12:50pm
Cost: \$25.00 with GSH Access card;
\$35.00 without GSH Access card;

Drop in if space permits \$5.00

Place: GSH

Contact Info: Community Recreation 765-3000 ext 3317
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)

Evening Aquacise

Join our instructor for a great low impact, water workout!

Age: 16+
Date: Wednesdays, April 14 - June 16
Time: 7:00 - 8:00pm
Cost: \$30.00 with GSH Access card;
\$50.00 without GSH Access card;

Drop in if space permits \$5.00

Place: GSH Pool

Contact Info: Community Recreation 765-3000 ext 3317
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)

Get Your Barbecue Ready!

Our Fire Inspector will walk you through the maintenance checks involved with starting up your barbecue as well as safe starting and operational use of a barbecue. We will also cover the steps in maintaining your BBQ and keeping it in good working order.

Date: Tuesday, April 20
Time: 2:00 - 3:00pm or 7:00 - 8:00pm
Cost: Free
Place: Shilo Community Centre

Instructor: Jeff Fisher, Chief Fire Inspector CFB Shilo
Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 16

Morning Spin Class

Start your day off right with our spin cycle workout!

Age: Adult
Date: Fridays, April 16 - June 18
Time: 6:10 - 7:10am
Place: GSH Gym
Cost: \$30.00 with GSH Access card;
\$50.00 without GSH Access card;

Drop in if space permits \$5.00

Contact Info: Community Recreation 765-3000 ext 3317
Register: Community Centre, Recreation office or call 765-3000 ext 3588 with a MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)

Zero to Barbecue Hero

With spring here what better time to get some tips on the classics and learn some new recipes. Grilling or barbecuing, charcoal or gas – it's a great way to combine flame and flavour. We will cover the skills to make the most of your barbecue, including tips on when and what to use in homemade marinades and rubs. There will be a discussion on direct and indirect heat, a demo on how to cook a whole chicken, and how to cook the perfect steak. Take home a couple of recipes for meats and a sample of a homemade barbecue sauce.

Date: Tuesday, May 4
Time: 6:00 - 8:30pm
Cost: \$15.00 per person

Instructor: Garry Reid

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 30



MFRC Annual Career Fair

The Shilo MFRC's annual Career Fair is coming soon! Make sure to come out to the Community Centre on Thursday, May 13 between 3:00 and 7:00pm and don't forget to bring your resume.

Specific details will be available on the MFRC website (www.shilomfrc.ca) and in our free community newsletter. A comprehensive listing of all exhibitors: employers actively recruiting and educators will be posted once registrations are confirmed.

Prizes will be available for community members in attendance – watch for information at Forbidden Flavours.

Pleasure Craft Operators Card

Transport Canada & the Canadian Coast Guard have brought in mandatory boating safety certification for boaters. The regulations have been phased in, but this is the final phase. As of September 15, 2009 all boaters require a "Pleasure Craft Operators Card" or face fines and invalid liability insurance.

Date: Tuesday, June 1 and Wednesday, June 2
Time: 5:30 - 9:00pm
Cost: \$80 per person. The fees include the instruction, a manual, the test and card processing fee.

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, May 28

Stress: Take Charge!

A two-day workshop to help you understand and manage your stress. Using the Stress-Map, identify your strengths, and learn and practice new techniques to deal with whatever life throws your way. Be prepared to RELAX!!

Date: Tuesday, May 11 and Wednesday, May 12
Time: 8:30am - 4:00pm
Cost: Free

Place: Multi-Purpose Training Facility

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by May 7

Top Fuel for Top Performance

A two-day workshop designed to help you personalize your eating plan to your activity level. Whether you are a competitive or recreational athlete, or just trying to get back into shape, this course has what you need to achieve top performance.

Date: Tuesday, May 18 and Wednesday, May 19
Time: 8:30am - 4:00pm
Cost: Free

Place: Multi-Purpose Training Facility

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by May 14

Stronger Together Basic Relationship Training (BRT)

BRT is not counselling! BRT encourages couples to strengthen their relationship by incorporating effective communication, negotiation and conflict resolution techniques into their daily lives.

Date: Saturday June 12
Time: 8:30am - 4:00pm
Cost: Free

Place: Faith Centre

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by June 10

Applied Suicide Intervention Skills Training (ASIST)

By the end of this 2 day workshop, you will be ready, willing and able to help someone thinking of ending their life. You will learn to recognize warning signs and practice first-aid skills to prevent the immediate risk of death by suicide.

Date: Tuesday, June 15 and Wednesday, June 16
Time: 8:30am - 4:00pm
Cost: Free

Place: Multi-Purpose Training Facility

When registering please provide your name, rank and unit (if applicable), and contact information.

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by June 11

Butt-Out Self Help Program

Butt-Out can help you. Butt-Out can help you overcome the addiction the nicotine. You may be eligible to get nicotine gum, the nicotine patch or Zyban or Champix at DND expense if you also participate in Butt-Out.

Adult Programs

Connection française – "French Connections"

Pourquoi ne pas vous joindre à nous tous les mercredi de 1000 à 1100hrs au Centre Communautaire de Shilo pour "placotter". Une sortie est organisée une fois par mois en soirée. On vous attends! Contactez Linda au 765-3000 poste 4553 pour plus amples informations.

Deployment Activities

The Shilo MFRC definition of deployment:

Any occasion where your partner is away for 30 days or more on; course, training or operational duty, regardless of location. Contact Linda at 765-3000 ext 4553 or Courtney at ext 4503 for all deployment activities.

SOSA

You have asked for it and we listened! This socializing group meets monthly either in Shilo or Brandon. If you are interested in attending please register and we will pick a date that works for everyone registered.

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on the first Friday of the month

Ukrainian Eggs

Join us and learn this unique art of decorating eggs. This is an adult activity.

Date: Thursday, April 1

Time: 6:30 - 9:00pm

Cost: \$10.00 deployed (\$20 non deployed)

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, March 26



Deployment Wii

We'll be playing rock band, ping pong, winter sports and more.

Age: 9 - 13 yrs

Date: Thursdays, April 8, May 13, and June 10

Time: 4:30 - 5:45pm

Place: Shilo Community Centre - Teen Centre

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

Children's Deployment Afternoon

Enjoy an afternoon of crafts and games while socializing with other kids going through a deployment. There is a different theme every month. Maximum 15 children.

Age: 5 - 12 yrs

Date: Saturdays, April 10 or 24, May 15 or 29, June 19

Time: 1:00 - 4:00pm

Cost: Free

Place: Shilo Community Centre

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

Deployment Childcare

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

Any weekday in the Occasional Childcare room or

Date: Saturdays, April 10, 24, May 15, 29, and June 19

Time: 1:00 - 4:00pm

Place: Shilo Community Centre - OCC Room

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

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

Glow Bowling

Join us for an evening out at Thunderbird Bowl. Fun for the whole family.

Date: Friday, April 16

Time: 6:00pm

Cost: \$5.00 per person

Place: Thunderbird Bowl

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Thursday, April 15

Homecoming Kit

They will soon be home! Let's get together and assemble a homecoming kit containing items such as banners, cards, and your special touch. After all your hard work, we'll have an ice-cream sundae break. This is a family event.

Date: Sunday, April 11

Time: 2:00 - 4:00pm

Cost: Free for deployed

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 9

Deployment Coffee Break

This is 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 different theme.

Dates in Shilo: Wednesdays, April 28, May 26, and June 23

Time: 7:00pm

Place: Shilo Community Centre

Dates in Brandon: Thursdays, April 29, May 27, and June 24

Time: 7:00pm

Place: Brandon Armoury

Childcare will be available in OCC but please book in advance.

Mother's Day Present

We'll be doing a special gift for Mother's Day! While you enjoy coffee and dainties in the Community Lounge, your children will hit the craft rooms to make you a special gift!

Date: Saturday April 24

Time: 10:00am - 1:00pm

Cost: \$3.00 per family

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, April 30

Mother's Day Bird House

Moms and kids - let's build a bird house together. For mom's special day we'll do the cooking (spaghetti dinner).

Date: Saturday, May 8

Time: 3:00 - 6:30pm

Cost: Free

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, May 5

The Shilo Community Library
Hours of Operation
Mondays: 6 - 8:30pm
Tuesdays and Thursdays: 9:30am - 12:30 pm; 1 - 4pm; 6 - 8:30pm
STORY TIME
Every Thursday at 1:30pm
Contact Info:
Community Library
765-3000 ext.3664

Spring into Summer

Try out your green thumb by putting together a beautiful hanging basket to brighten up the exterior your home.

Date: Monday, May 17

Time: 7:00 - 8:30pm

Cost: \$15 for deployed (\$25 non-deployed)

Place: Shilo Community Centre

Facilitator: Carrie from Patmore Nursery

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, May 12

Dessert Only Potluck & Craft

Let's get together and get crafty while sharing your favourite dessert. Adults only, free childcare is available in OCC but must be booked in advance.

Date: Wednesday, June 2

Time: 7:00 - 8:30pm

Cost: No cost for deployed.

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Tuesday, June 1



Geo at the Zoo

Spend the day at the zoo admiring all the new babies. Don't forget to participate in popular Geocaching.

Date: Saturday, June 12

Time: 9:00am - 5:30pm

Cost: \$10.00 & Zoo admittance (\$10 refundable for deployed)

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Wednesday, June 9

Splash Splashing Picnic

Now that they are home, let's all get together for a fun day with water games at the water park. Bring your own picnic lunch, we'll supply dessert.

Date: Sunday, June 27

Time: 12:00 - 2:00pm

Cost: Free

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by 12:00pm on Friday, June 25

Shilo MFRC Thrift Shop Hours
Located at the Faith Centre
Tuesday 1:30 - 3pm
Thursday 9:30 - 11am
Thursday evenings 6:30 - 8:00pm



Special Events

Shilo Easter Egg Hunt

Come enjoy crafts and games for all ages from 1:00 to 3:00 pm

Ages: All

Date: Sunday, April 4

Cost: Free

Hunt Schedule

0 - 4 yrs 1:30 - 1:45pm

5 - 7 yrs 1:50 - 2:10pm

8 - 10 yrs 2:15 - 2:30pm

Place: GSH Gym

No registration required.

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

Father's Day Swim

Come with your dad for a swim, and have a chance to win a gift certificate!

Ages: All

Date: Sunday, June 20

Time: 12:30 - 4:30pm

Cost: Military members and GSH Access Card holders no charge, others \$3.00

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Pet Vaccination Clinic

Date: Saturday, April 10

Time: 9:00 - 11:30am

Cost: Rabies Vaccination \$25.00

Dog & Feline Distemper \$25.00

Feline Leukemia \$20.00

Canine Kennel Cough \$20.00

Place: Community Centre

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

Mother's Day Swim

Come with your mom for a swim, and have a chance to win a gift certificate!

Ages: All

Date: Sunday, May 9

Time: 12:30 - 4:30pm

Cost: Military members and GSH Access Card holders no charge, others \$3.00

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Kite Festival

The 5th Annual Kite Festival will feature kite creations, contests, face painting and more.

Date: Wednesday, May 26

Time: 4:00 - 6:00pm

Cost: \$2.00 hot dog meal deal

Place: GSH Soccer Field

National Lifejacket Day

Come join us at the GSH pool for fun and games, and to learn about PFD & Lifejacket safety.

Ages: All

Date: Monday, May 24

Time: 12:30 - 3:30pm

Cost: Military members and GSH Access Card holders no charge, others \$3.00

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Kids at Safe Play Reward Program (KASPR)

Get caught wearing a helmet with biking/skateboarding/rollerblading and you will receive a prize for your smart safety attitude.

Ages: All

Date: May 31 - June 4

Time: Various timings throughout the day

Place: CFB Shilo

Contact Info: Community Recreation at 765-3000 ext 3317

Mini Car Town/Bike Rodeo

Come learn about the rules of the road at our Mini Car Town and demonstrate your bicycle safety at our Bike Rodeo.

Bike Rodeo

Ages: All

Date: Monday, May 31

Time: 1:45 - 3:00pm

Place: L - 25 Community Centre Annex

Contact Info: Community Recreation at 765-3000 ext 3317.

Mini Car Town

Ages: 4 - 7 yrs

Date: Wednesday, June 2

Time: 1:00 - 3:00pm

Place: L-25 Community Centre Annex

Dinner's on Us BBQ

Come out in great numbers and enjoy Dinner on Us. While you are here, you can jump on a hay ride around the base.

Date: Tuesday, June 22

Time: 4:00 - 6:00pm

Cost: Free

Place: Shilo Community Centre

Log onto www.cfcommunitygateway.com to check out all the FS&R program updates.

Community Info

Shilo MFRC

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

Community Recreation Office

(Located at the Shilo Community Centre)

Website:
www.cfcommunitygateway.com
Hours of Operation
Monday to Friday:
7:30am - 12pm; 1 - 4pm
Community Recreation Coordinator: 765-3000 ext.3317

Occasional Childcare Hours

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

Volunteers Always Needed !!

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

RCA Officers' Mess

Coffee Break Wednesdays 10 - 10:30am
Cookies & Sticky Buns
Happy Hour Friday 3:30 - 8:30pm
Food Served 5 - 6pm
Third Friday of the month is mixed Happy Hour

WO & Sgts' Mess

Daily Coffee Break Monday to Friday
9 - 10:30am
Cookies & Sticky Buns on Wednesdays
Happy Hour
(check www.cfcommunitygateway.ca for details)

El Prado Club

Daily Coffee Break Monday to Friday
9 - 10:30am
Happy Hour every Friday

Sport Stores

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

Shilo Bowling Alley

New bowling schedule
April 1 - June 26
Thursday - 6:00-8:30 pm
Sunday - 1:00-4:00 pm
No bowling Sunday April 4 & May 22

General Strange Hall

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

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

Drop by GSH to get your card today!

Hours of Operation:

Monday to Friday: 6am - 9:45pm

Saturdays: 9am - 9:45pm

Sunday & Stat Holidays: 12 - 9:45pm

Contact Info: 765-3000 ext.3889

Shilo Pool

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

Public Swim

Tuesdays and Thursdays: 6:00 - 7:30pm
Saturdays and Sundays: 12:30 - 4:30pm
Stat Holidays: 12:30 - 3pm
Cost: Military members and GSH Card Holders
No charge
Others \$3.00 Drop in fee

Lap Swim

Morning Monday to Thursday: 6:15 - 7:30am
Daytime: Monday to Thursday: 11:30 - 1pm
Evening: Tuesday and Thursday:
7:30 - 8:30pm
Place: Shilo pool
Cost: Military members and GSH Card Holders
No charge
Others \$3.00 Drop in fee

Swim Assessments

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

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

Private Swim Lessons

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

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

Pool Rentals

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

Contact Info: Facility Coordinator at 765-3000 ext.3315

www.cfcommunitygateway.ca

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

Shilo soldiers carry Olympic pride into Paralympic Games

By Carolyn Derksen

CFB Shilo soldiers MCpl Adam Cyr and Cpl Lance Lafleur are among hundreds of disabled athletes at the Vancouver 2010 Paralympic Games now on until March 21.

National pride skyrocketed as Canadians came together to support athletes and to showcase Canada to the world at the Olympics. Catching the momentum from this wave of energy, the Paralympics started on March 12. This is the first time that the Paralympics has been held on Canadian soil and the athletes are ready.

The Paralympic Games grew out of the Stoke Mandeville Games in 1948 at the Stoke Mandeville Spinal Injuries Unit in the United Kingdom. Sir Ludwig Guttmann, a neurosurgeon, realized that sport motivated injured soldiers, sailors and airmen and women to improve their strength and well-being. He started up sport competitions within his rehabilitation programs. This has grown into an international competition where elite

athletes dig deep to achieve their goals.

Canada's Paralympic team of 55 athletes will be participating in five winter sports: Para-Alpine Skiing, Biathlon, Cross-Country Skiing, Ice Sledge Hockey, and Wheel Chair Curling.

Athletes competing at Paralympic Games are classified into categories to keep the competition fair. This also happens in able-bodied sports. For example, boxers compete against others in the same weight category. The classifications are amputee, spinal cord injury, cerebral palsy, visual impairment and Les Autres (which in French means "the others." This category is for those athletes whose physical disabilities are not within the other four categories).

Some sports are further classified as well. Skiing events are divided into Standing, Sitting, and Visually Impaired categories. Wheel Chair Curling and Sledge Hockey do not have specific competitive classifications but athletes are evaluated to determine whether they are eligible to compete in the sport. The five winter sports are divided into 64 different events.

The Soldier On

Fund Program has goals similar to the Paralympics. It provides resources for ill or injured Canadian Forces personnel and former personnel to attain and maintain a healthy and active lifestyle through physical fitness, recreation and sport.

Soldier On OP SANS LIMITES is sending 15 soldiers from across Canada to Vancouver 2010 Paralympics.

The aim of Operation: Sans Limites is to inspire injured or ill Canadian Forces personnel to experience

the sense of confidence and empowerment that comes with enjoying sport at all levels, from playground to the Paralympic Games; and to honour the military origins of the Paralympic Movement.

There are three CF members from Joint Personnel Support Unit - Prairie Region Element, who will be representing Team Soldier On: MCpl Adam Cyr (Shilo), Cpl Lance Lafleur (Shilo), and Cpl Ryan Elrick (Winnipeg). They will be able to participate in a Sledge Hockey Clinic

and Curling Clinic prior to the start of the games, and then spectate at a variety of events.

Team Soldier On will be joined by injured/ill military personnel from Great Britain (15 personnel confirmed) and the United States (up to 30 personnel). Canada, USA and Great Britain joining forces once again is symbolic of the origins of the Paralympic movement as these three countries formed the largest contingents of Allied troops during the Second World War.

For the schedule of events for the Vancouver 2010 Paralympic Games and for info on Team Canada's athletes, go to www.Paralympic.ca.

At the last Paralympic Winter Games in Turin, Italy, Canada ranked sixth overall, winning five gold, three silver and five bronze medals. The goal for Vancouver 2010 is to be in the top three.

GO CANADA!

Carolynn Derksen is a Regional Adapted Fitness Specialist based at CFB/ASU Shilo.

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St. Patrick's Day Celebration

Saturday, March 20, 2010
Cocktails: 6:30
Dinner: 7:00
Dance: 9:00 p.m. - 1:00 a.m.
\$15.00 per person

Located just outside CFB Shilo at the Sprucewoods Community Club. Address - 5 Woods Ave Sprucewoods
Contact for tickets: Joyce: 763-8811 or Barb: 763-4763
Advance sale of tickets only.

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Travelling from Shilo to Brandon?
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Fx: (204) 727-4350

Wednesdays 1:30 - 5:00 pm
CANEX Mall, CFB Shilo, MB
Ph: (204) 765-5363
Fx: (204) 765-4752

A participating supplier of the CFIRP program.

IMPORTANT INFORMATION

Well Water Testing
for landowners with private wells

Well owners should test their water regularly.

The Manitoba government monitors groundwater quality through provincial sampling programs. In most cases, the water meets health guidelines but regular testing by well owners is recommended.

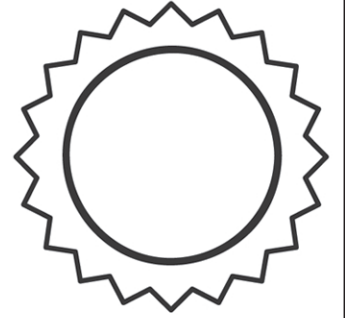
Bacteria - Wells should be tested for bacteria every year. In addition, wells should be tested if spring run-off or flood waters may have affected the well, or there is any reason to believe that well water quality has changed. The Manitoba government subsidizes the cost of bacteria testing for one sample per year. If this test shows your water is contaminated, the provincial government will pay for a second test to confirm the results.

Nitrate - In some wells throughout the province, the levels of nitrate exceed the drinking water guidelines. Nitrate should be tested every three to five years. In addition, wells should be tested if there is a pregnant woman or a baby in the home, if there is a noticeable change in the taste, smell, colour or clarity of the water, or there is any reason to believe that the well water quality may have changed.

Trace elements - In some parts of the province, well water may contain naturally-occurring elements, such as arsenic, barium, boron, fluoride and uranium, in amounts that exceed drinking water guidelines. Testing for trace elements is recommended every three to five years. Maps are available on-line showing areas where levels tend to be high.

For more information
To learn more about well water safety and water quality testing, please visit manitoba.ca/drinkingwater or call 204-945-5762.

Manitoba

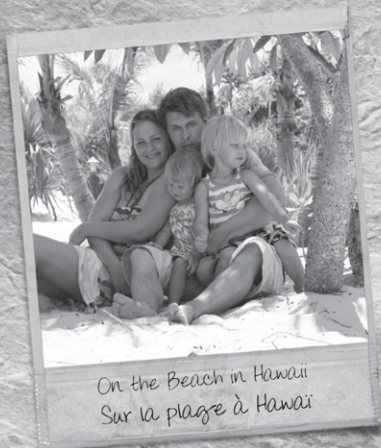


Easter Colouring Contest

Concours à colorier de Pâques

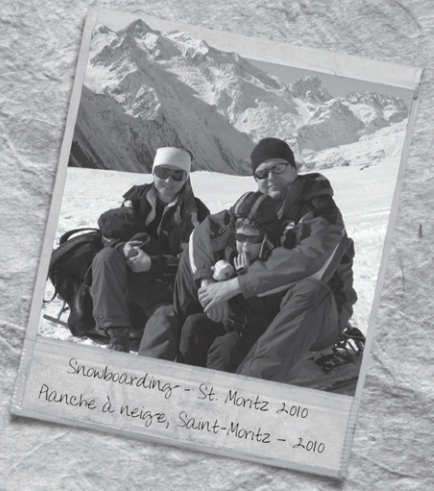


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Shilo Military Family Resource Centre



Chef Session Elegant Dining participants learn to impress guests



A participant in the Chef Session Elegant Dining course wraps up a rice paper roll. The next class is Apr. 14.

Photo by Linda Beauchemin

By Linda Beauchemin

Why would I sign up for an appetizer class?

When I walked into the servery at the Community Centre I was surprised to see that almost everyone was there and ready to go. We were just waiting on a few more. The room was buzzing

with anticipation of the new tastes our pallets would enjoy.

The instructor Chris is a chef by trade. Does he ever know his stuff, and his cutting/chopping skills were impressive. He gives credit to his knife, but we all knew that there was skill involved. He said it's all about presentation and

it showed that he took pride in his finished product. The veggies were all the same size - small, long and square - julienne style. Because time was tight, only two hours for the workshop, most of the prep work was done by Chris ahead of time. It made our job extremely easy.

We started by making rice paper rolls. The rice paper is a really neat way of wrapping things up. A bit slimy to touch but really easy to work with. Everyone had hands on experience of rolling and tasting.

The lettuce wraps were extremely tasty but really messy. The combination of chicken, water chestnuts, spices and lettuce was appealing to our taste buds.

Then came roasted red pepper and feta purses. We learned about different kinds of rice and when to use them. This used Arborio rice because

of its creamy texture. Did you know that when a recipe calls for roasted red pepper all you need to do is BBQ a red pepper brushed with olive oil for about 10 minutes? Once it's nice and black, that's right, burnt, you shock the pepper by placing it in cold water. This stops the cooking process as well as peels the pepper. You then remove the seeds, chop up and voila, roasted red pepper.

We used phyllo sheets (a thin, light pastry sheet) to make the purses. It was amazing to work with and I will definitely be buying this product. Who knew there was this product on the market

that could make anyone appear to know what they are doing. For the purses we cut squares of three by three and made cute little stuffed purses. I really enjoyed making these and we used blanched julienne leek to tie the tops. What a great way to impress your guests. Some participants found this a bit tedious so we improvised and also made them in muffin tins. They were less work, just as tasty as well as an impressive presentation.

The last item to wrap up was vegetable samosas in the phyllo sheets. Once again, I was amazed at how easy this

pastry is easy to work with. We brainstormed on all the other foods we could make with these sheets.

Before we knew it, it was time to clean up and head home. We all left the workshop with our bellies full and eager to try the new techniques we had learned. Some have already signed up for the next cooking class with Chris - A Taste of Thai on Wed., Apr. 14. If you are up for a fun evening join us.

Linda Beauchemin is Deployment and Special Events Coordinator at the Shilo MFRC, and a chef in training.

Casual workers needed

For Daycare Services.

The applicant must be 18 yrs or older. Some duties are: interacting with children ages three months to 12 years, serving meals, doing activities with children. Hours will vary week to week. Salary is \$9.98 per hour.

Flexibility and short notice is an asset.

Please send resumes to:

Shilo Military Family Resource Centre

Att: Andrea Doubleday

Box 5000 Station Main

Shilo, MB

R0K 2A0

andrea@shilomfrc.ca

Royal Manitoba Winter Fair Field Trip

Sign your child up and allow them to explore the farm with a hands on approach. They will enjoy animals at the petting farm, explore harvesting, milking and cheer their favorite dog to victory with the very popular Superdogs!

Ages: 3—5 yrs

Date: Wednesday, March 31

Cost: \$5.00 includes lunch

Depart the MFRC at 10:00am

Arrive back at 3:30pm

Register by: Friday, March 26 at noon

Basic Spanish Course

Continued...

Are you planning to take a vacation in the future to a Spanish speaking country? Don't know how to converse in Spanish? No problem we have the course for you! A six-week program on the basics to help you speak the native tongue at your holiday resort! We continue on for those who took it before; but you don't need part one to take this course!!

Time: Tuesdays, 6:00—8:00pm

Cost: \$40.00 person

Date: Tuesdays, starting April 13—May 18

Register by noon on Friday, April 9

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.

In Shilo: Wednesday, March 24 at 7:00 p.m.

Shilo Community Centre

In Brandon: Thursday, March 25 at 7:00 p.m.

Brandon Armoury

Childcare will be available in OCC but please book in advance

Baby and Me

Join us Friday mornings from 9:30 - 11:30 a.m. to meet other moms and make new friends while baby enjoys songs, stories and toys.

Date: Fridays, starting April 9 - May 14

Time: 9:30 - 11:30am

Ages: Newborn to 24 months

School is out for March Break

The MFRC will offer activities during this time. There will be a trip to the Brandon

Winter Fair, a trip to Ruckers, games, crafts and Wii.

Ages: 5—12 yrs

Date: Monday, March 29

Time: 10:00am—3:00pm

Activity: Pizza and movie day

Cost: \$10.00 (Lunch included)

Date: Tuesday, March 30

Time: 10:00am—3:00pm

Activity: Burger and Ruckers day

Cost: \$17.00 (Lunch included)

Date: Wednesday, March 31

Time: 10:00am—3:00pm

Activity: Trip to the Royal Manitoba Winter Fair

Cost: \$13.00 and Bring your own lunch

Date: Thursday, April 1

Time: 10:00am—3:00pm

Activity: Gaming day. With games for the Wii, playstation2, board games and group games

Cost: \$10.00 (Lunch included)

Please register for all activities by noon on Friday, March 19

www.shilomfrc.ca

What's on Your Agenda?

Baby Basics

Brandon Regional Health Authority is offering a "come and go" evening with displays on current information about caring for your baby. Includes information on: cord care, car seat safety, home safety, crib safety, hygiene, diapering, SIDS, child daycare, Child Health Clinics, and Public Health Services. "Baby Basics" will be held at Public Health Services in The Town Centre, A5-800 Rosser Avenue from 6:30 - 7:30 p.m. on April 20 and April 22, 2010

Art Gallery of Southwestern Manitoba

New!! Now offering free guided tours every Thursday, every 1/2 hour from 6 p.m. - 8 p.m. 710 Rosser Ave., 727-1036 or www.agsm.ca

Shilo Al-Anon

Family Groups (for family and friends of alcoholics) Every Thursday 7 p.m. Our Lady of Shilo Church For more information call 724-9222 CONFIDENTIAL

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!

Daly House Museum

has held over its exhibit featuring the North West Mounted Police who were Canada's first Policing Force. Come learn their stories through text, images, displays and artefacts at 122-18th Street in Brandon. From 10:00 a.m. to 5:00 p.m. Tuesday to Saturday. For information phone 727-1722.

Everyone welcome! T.O.P.S.

(Take Off Pounds Sensibly) Held at Sprucewoods Community Hall, Tuesdays at 6:00 p.m. Contact: Barb at 763-4768 or Betty at 763-8854

The RCA Museum

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

Expecting a baby?

Brandon RHA Public Health Services is offering **FREE prenatal classes** at the MFRC. The session will include information on labour and birth, postpartum care, infant feeding and a tour of the Brandon Regional Health Centre's Maternity Ward. The next session will begin May 5, 2010 and runs every Wednesday for four weeks from 6:30 - 8:30 p.m. To register please contact Carly Druwe at 571-8475.

Volunteers Needed

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

Did you know?

The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use.

If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

Virten Craft and Trade Show Application

Applications are now available for the 23rd Annual Crafters' Fun Fair, 13th Annual Home Trade Show, and 3rd Annual New Car Show. The show takes place on Saturday, Sept. 18, 2010 from 10:00 a.m. to 4:00 p.m. in the Virten Legion Hall and on the Legion parking lot. To get an application mailed to you, phone 204-748-3321 or email cageysmith007@yahoo.com. You may also pick one up in person from Cadet Quarters at the Virten Legion in the basement on Tuesday evenings. That's Saturday, Sept. 18 for a good well run craft and home trade show... Sept. 18. Not Sept. 25! This is the major fundraiser for the local cadet corps and they will do a good job for you... so come to Virten.

The Counselling Centre

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

Still needing the H1N1 flu shot?

The H1N1 flu shot will now be available to the public by appointment ONLY through Public Health. Call Public Health at 571-8498 to book an appointment. They are located in the Town Centre, Retail Level, A5-800 Rosser Ave.

Brandon Garden Club

Seniors for Seniors - 311 Park Ave. E, please use the North Door. Membership fees are \$20 annually/\$30 annually for couples. Visitors welcome, come to any monthly meeting for only \$2. For info please call John: 726-5351

www.rcamuseum.com
Call 204-765-3000 extension 3570
CFB SHILO

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Contacter le 204-765-3000 poste 3570
www.rcamuseum.com

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**\$10 for first 20 words,
 10¢ for each additional word*
 Deadline for next issue:
 March 25, 12:00 PM**

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

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

For Sale

Beautiful River Front Property

7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719

For sale: Kitchen table & two chairs & extension \$75. Computer desk \$75. Black wall unit \$100. Call 765-4556.

Beautifully treed half acre lot for sale in Sprucewoods, asking price is \$20,000. Feel free to call or email me for pictures at 763-8969 or cell 721-1738 or email kira_ledarney@hotmail.com.

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

For Sale

2005 40-foot Cottage Country Resort Park mobile trailer with double tip outs, set on a seasonal lot in Miller's Camp Ground, Portage la Prairie. Call Theresa or Dan at 204-725-3744.

Services

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wgcwave.ca
 Next dates: MHSC Apr. 9 & 10 Brandon. CFSC Apr. 10 Brandon. CRFSC Apr. 11. Then May 28, 29, 30. Call or email for training calendar.

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

Services



St. Barbara's

Protestant Chapel
Sundays @ 1030 with Sunday School & Nursery
 Rev Wilson - ext 3088
 Padre King - ext 3381
 Padre Olive - ext 6836
Our Lady of Shilo Roman Catholic Chapel
Sundays 1030 hrs Confession 1000 hrs
Weekday Mass - Tuesday to Thursday, 1205 hrs
 Padre Boyden - ext 3089

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

Services

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

NEED YOUR TAXES FILED? Fast, friendly, and personal service. **REVENUE CANADA** approved E-FILE. For all your income tax and bookkeeping needs, contact Ingrid Wasserberg at 763-4357. **OPEN ALL YEAR.**

Wanted

Child and Family Services of Western Manitoba is looking for volunteers to help us expand our Mentorship Program in the Shilo Area. If you want to be a part of a child's or teen's life please call 726-6747 or toll free @ 1-800-483-8980.

Wanted

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

Female home care attendant. Perm/PT position available in Shilo. No experience required. 765-2542

Acres For Sale

RM of Riverside - Wawanesa area - 160 acres beautifully treed rolling land with large 2 yr old home - double attached garage, private location, good water, for details call Dave Mooney 824-2094 Countryland Realty

Out of Town Homes

Wawanesa - Handyman special - 4 bedroom 2 bath home - 2 storey several recent updates - some not completed, lovely large lot, good family home priced at \$90,000. Countryland Realty - Dave Mooney 824-2094

Wanted

Electronic Salesperson - Part Time

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

Donate your old books and help support community projects

The Rotary Club of Brandon will present its 14th spring book sale March 25, 26 and 27 at the Town Centre in Brandon.

The first book sale

was held in September, 2003. Since then, the Rotary Club of Brandon has raised over \$150,000. This is a major fund raising project for the club and

proceeds of this project aid in the funding of their many community projects.

The spring book sale could not exist without the spectacular support

of all Westman citizens who continually donate their books.

There is still time to drop books off at the Rotary book collection boxes located

throughout the City of Brandon at supporting businesses including The Town Centre, SuperStore, Co-op Marketplace, Walmart, and Sobey's west end.

Any questions or inquiries may be directed to Barry at 573-9618.

Submitted by the Rotary Club of Brandon.

Book reading by Doreen Logeot

The Shilo Community Library will be hosting a book reading by local author Doreen Logeot on March 22 at 7:00 p.m.

Logeot's book, *New Beginnings*, is a historical novel set mainly in Brandon in 1882, when the city was still new.

There will be a question and answer period after the reading, and refreshments will be served.

Got a story for us? Email us at stag@mts.net

Shilo Theatre
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

March 19: *The Tale of Despereaux* - Rated G
March 26: *The Last Mimzy* - Rated PG

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.
For more info, please call the Community Recreation Office at 765-3000 ext 3317/3588

Big Game Hunting Season Draws

• Elk • Moose • Landowner Elk

Applications for draw licences to hunt elk and moose will be available in early March at most Manitoba Conservation offices.

Applicants are reminded a non-refundable application fee of \$7.00 (includes GST) per hunter is required. Please read the application inserts for details on seasons and information on application requirements.

Completed applications **MUST BE RECEIVED NO LATER THAN 4:30 P.M. THURSDAY, APRIL 1, 2010** by the:

Licensing Section
Box 66 - 200 Saulteaux Crescent
Winnipeg, MB R3J 3W3

For more information call 1-800-214-6497 or visit www.manitoba.ca/conservation/wildlife/hunting/



Protecting & Managing our Future **Manitoba**

Open House

Sunday, March 21 in Wawanesa
1:00 - 4:00 p.m. at 415 George St.



Welcome home to this impressive 3 bedroom home, nestled along the scenic Souris River. Features include original wood burning fireplace. Sunroom on south side overlooking picturesque river. Country style, eat in kitchen.

Come take a look!





Leona Bradshaw
Century21Westman.com
204-483-0021
leonab@mts.net

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Saturday, April 17 :: 10 am - 4 pm

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ON APPROVED CREDIT
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2010 ACCORD LX Sedan

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NOW MSRP \$27,540 For Accord LX Sedan Automatic
Includes Freight & PDI

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ON APPROVED CREDIT
Includes \$1,550 Freight & PDI



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model RE4H3AEY

2010 CR-V LX 4WD

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NOW MSRP \$29,880 For CR-V LX 4WD
Includes Freight & PDI

LEASE FOR /APR **\$348[#] @ 2.9%[£]**

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ON APPROVED CREDIT
Includes \$1,590 Freight & PDI

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#Limited time lease offers based on new 2010 Honda models. Lease examples based on new 2010 Civic DX-A Sedan, model FA1E2AE4X / 2010 Accord LX Sedan, model CP2F3AE / 2010 CR-V LX 4WD, model RE4H3AEY available through Honda Financial Services on approved credit. £2.9% / 2.9% lease APR for 48 / 48 months. Monthly payment, including freight and PDI, is \$198 / \$298 / \$348. Down payment or equivalent trade of \$2,440.05 / \$3,732.47 / \$2,377.87, first monthly payment, environmental fees and \$0 / \$0 / \$0 security deposit due at lease inception. Total lease obligation is \$13,508.59 / \$20,332.10 / \$21,502.94. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance, charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Limited time financing offers based on new 2010 Honda models. Finance example based on new 2010 Civic DX-A Sedan, model FA1E2AE4X available through Honda Financial Services on approved credit. ‡MSRP is \$18,685 (includes \$1,395 freight and PDI) financed at 0.9% APR equals \$318.59 per month for 60 months. Cost of borrowing is \$430.59 for a total obligation of \$19,115.59. Taxes, license, insurance, environmental fees and registration are extra. MSRP of 2010 Accord LX Sedan, model CP2F3AE / 2010 CR-V LX 4WD, model RE4H3AEY / 2010 Civic EX-L Sedan, model FA1FOAJNX is \$27,540 / \$29,880 / \$25,275 including \$1,550 / \$1,590 / \$1,395 freight and PDI. Retailer may sell for less. Retailer order / trade may be necessary. †Prices lowered by \$500 on all new 2010 Accord 4-cylinder models; by \$1,000 on all new 2010 Accord V6 models; by \$1,500 on all new 2010 Civic models except hybrid; by \$1,500 on all new 2010 CR-V models. #2/10 offers valid from March 1st, 2010 through March 31st, 2010 at participating Honda retailers. Offers valid only for Manitoba residents at Manitoba Honda Dealers. Offers subject to change or cancellation without notice. See your Honda retailer for full details. NHL and the NHL Shield are registered trademarks of the National Hockey League. ©NHL 2010. All rights reserved.