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Shilo Stag

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INSIDE This Issue

Thinking of Shilo from over there. Story on page 3.

Learning the finer points of sledge hockey. See page 7.

Daylight Saving Time returns Sunday, March 14. Be sure to turn your clocks ahead one hour on Saturday, March 13.

Hi-Ya!

Karate Manitoba held its Provincial Tournament at Shilo's General Strange Hall on Feb. 27. Above, two young enthusiasts participate in a match. At right, Angelo Mendoza, Chief Instructor at Shito Ryu Karate out of Winnipeg, puts on a demonstration for the participants, who travelled from across Manitoba for the tournament.

Photos by Sara Cumming

Shilo student named chair of 2010 Relay For Life

By Bruce Peever
Shilo Stag

Lauren Lambkin is this year's Honourary Chair for the 2010 Brandon Relay for Life. The announcement was made Feb. 20 at a Canadian Cancer Society kickoff event in Brandon. This year's 12-hour Relay will take place overnight Friday, June 4 at the Riverbank Discovery Centre.

According to Kyla Henderson, local Relay Committee Chair, the high school student from CFB Shilo is a natural choice for this role despite her young age.

"Lauren represents many things for Relay participants. Lauren is the youngest honorary chair Brandon Relay For Life has had," Henderson notes.

"At 17 years old, she has been one of the most dedicated volunteers for the local Canadian Cancer Society office. And she too, is a survivor of cancer. While Lauren has never been diagnosed with cancer herself, she helped her mother, Lois, through her fight with Multiple Myeloma," the committee

See **RELAY** page 2

10th Annual SPORTS FOR YOUTH REGISTRATION DAYS

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Fire service medals awarded to Shilo Emergency Services



At left, Scott Stevenson, Assistant Deputy Minister (Infrastructure and Environment) disembarks from a fire truck before presenting a Fire Service Award to Deputy Platoon Chief Mike Simpson, second from right above.

Photos by Bruce Peever

Relay From the front

chair adds.

Lois was diagnosed with the incurable form of cancer when Lauren was 13, according to the local Cancer Society office. At 14, Lauren entered her first team in the Relay For Life. The following year she entered two teams. Lauren has told her story to fellow students and set up a table selling daffodils at her school, Neelin High School. At 16, Lauren organized

her own cancer fundraiser, called Together 4 Hope in Shilo. Her mother, sadly, passed away on May 8, 2009. Lauren had three teams in the 2009 Relay, held just weeks after.

"Lauren is a wonderful example of perseverance, hope and strength. She shows us that while one in three people will be diagnosed with cancer in their lifetime, cancer touches not only the person diagnosed, but everyone connected to that person," Henderson states.

With files from the Canadian Cancer Society.

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Deployment News

Photo: Combat Camera



Home thoughts from Afghanistan: Family support for the deployed

Maj Shawn K. Fortin

There's a saying that time flies when you're having fun, which is certainly true in most circumstances. For deployed military members on operations overseas, I'm not so sure about the "fun" part so much as I am about the "time flies" part.

One way a soldier's time flies is by getting support from family, friends and organizations that recognise the difficulties soldiers experience when separated from their families. I'm on my fourth six-month tour. You could say that each tour gets a little easier on my wife and family, but new circumstances add new stress each tour.

Normally, there is enough work to fill the day here and then some. Work days of 14 hours or more are not unheard of. On those days, too many thoughts about home



Maj Shawn Fortin (left), officer commanding C Battery, and Master Warrant Officer Carl Roehl, C Battery Sergeant Major, are currently deployed in Afghanistan for seven months.

Photo by Maj Shawn Fortin

don't necessarily find their way to your mind. On slower days, not that 10-hour days are any less tiring, sometimes you find yourself thinking of

the next phone call, the next card or letter, the next Skype, IM, video call or chat.

You think of your spouse and your children

and the special days that are missed when you're away. It can get a little depressing at times, but you can rely on your buddies as they are all going through the same thing.

Home Leave Travel Assistance is a great benefit to all. Many soldiers go home to their loved ones and friends, while others take special trips to tropical destinations, scenic hideaways and fun parks. Sometimes these vacations double as the honeymoon they never had or the belated annual Christmas trip.

For my wife and me, a much anticipated HLTA will soon be here. I am not sure which one of us is looking forward to the trip more, but time will soon tell. See you soon, Michelle.

Beside family and friends, there are many organizations that look

after deployed soldiers and their families. Both the Military Family Resource Centre and the Deployment Support Group Detachment at Canadian Forces Base / Area Support Unit Shilo do an excellent job providing support services to our families back home. This excellent level of support extends to the other MFRCs and DSGs across the country. Small businesses and individuals often take an interest in making our lives a little easier while deployed by sending packages full of goodies and practical items.

Equally appreciated are the entertainers who come overseas to provide laughter, music and song in a sometimes dreary atmosphere. Of course, our home units take an interest in our well-being through the Rear Parties

and Home Front co-ordinators. Keep thinking about us, because we will for sure keep thinking about you at home.

Every tour comes to an end, but not soon enough. Now that the half-way point of our deployment has passed, it's all downhill from here, as they say. Not too late, though, to keep sending those special packages from home, so keep it up. "Keep the home fires burning," because we will be back before you know it. No doubt a well-deserved rest will be waiting until the next challenges appear.

Whatever those challenges may be, we count on you at home to help us through it. We love you and we miss you. Take care to all.

Maj Fortin is the officer commanding, C Bty, TF3-09 Battle Group.



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WARNING SHILO RANGES

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

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

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

STRAY AMMUNITION AND EXPLOSIVE OBJECTS

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

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

BY ORDER
Deputy Minister
Department of National Defense

OTTAWA, CANADA
17630-77

Canada



AVERTISSEMENT POLYGONES DE TIR DE SHILO

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

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

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

MUNITIONS ET EXPLOSIFS PERDUS

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

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

Par ordre du
Sous-ministre
Ministère de la Défense nationale

Ottawa, Canada
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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 573-6771
Editorial Advisor Lori Truscott ext. 3813

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

Mailing Address:

Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

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

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

Submitting articles and photos for print:

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



The new GSH addition is captured at night in this time-exposure shot.

Photo by Bruce Peever

Letter to the Editor

You may qualify for honour scholarship

Dear Editor:

The Saskatchewan Scholarship of Honour was announced by Premier Brad Wall in March 2009 to recognize Saskatchewan men and women serving in the Canadian Forces. The value of the scholarship is \$5,000.

The Ministry of Advanced Education, Employment and Labour is responsible for administering the Saskatchewan Scholarship through the Student Financial Assistance Branch. To be eligible for the scholarship, a candidate must be:

- enrolled in a post-secondary institution anywhere in Canada with a program of study start date on or after March 2, 2009; and
- a returning soldier who actively served in designated military operations in the Canadian Forces (Regular or Reserves), after January 2001; and
- a returning soldier who is a current or former

Saskatchewan resident; or

- the spouse or child of a permanently disabled or deceased soldier who served in designated military operations after January 2001 and who is or was a Saskatchewan resident.

Returning soldiers and their family (spouse and children) all may apply for the scholarship concurrently. Scholarship awards are initiated by the candidate's application.

If you have any questions about the Saskatchewan Scholarship of Honour, please feel free to visit our web site at www.student-loans.sk.ca or call toll free at 1-800-597-8278.

Sincerely,
Tammy Bloor Cavers
 Saskatchewan Ministry of Advanced
 Education, Employment and Labour

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Wawanesa

Lucky Dollar

Welcoming Quinn Roberts back to the *Shilo Stag*



After a six month break, Quinn Roberts is looking forward to returning to work at the *Shilo Stag*.

Photo by Sara Cumming

By Quinn Roberts Shilo Stag

After a six month break, I look forward to getting back to work here at the *Shilo Stag*. While I was gone I learned a few new tricks that will hopefully bring a new interesting style to the photography in the paper.

I graduated from SI-AST Applied Photography program in Regina, SK. It was a two year program which I finished in a year due to my prior photography skills from high school.

I have gained experience from doing contract photography work with the *Brandon Sun* and *Winnipeg Free Press*. I also have done different kinds of contract photography for other business in the Brandon area, such as workshops and other events. I also have a background in portrait

photography. I'm very excited and happy to be back and part of the *Shilo Stag* team once again. I look forward to seeing you all out and about around the base.

Don't forget to smile, you never know when you'll be on the front page!

BRING IT ON!

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Shilo Community Council (SCC) General Meeting

**March 16
6:00 p.m.
Faith Centre**

The SCC will be holding a general meeting at the Faith Centre on March 16, 2010 at 6:00 pm. This meeting is open to all residents of CFB Shilo.

The purpose of the SCC is to act as a representative body to work for the betterment of the quality of life at CFB/ASU Shilo. It serves to bring together all segments of community interest and to provide a medium for planning and action to enhance life in the community.

Fais donc ce que tu veux!

Fais ton secondaire dans le domaine qui t'intéresse

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2PPCLI enjoy training aboard *HMCS Calgary*

By **WO Thomas Krasnuik, 2 PPCLI**

A training evolution between 2 Princess Patricia's Light Infantry (2PPCLI) and the *HMCS Calgary* proved to be a very eventful experience.

Like an exchange program, the Army and the Navy had the chance to experience how their very different counterparts work.

The day started with a cruise of Howe Sound onboard the ORCA class *Caribou*, a smaller yet nimble training vessel that shuttled the



Courtesy of The RAM

A Task Force Whistler soldier from 2 Princess Patricia's Canadian Light Infantry from CFB Shilo embarks on *HMCS Calgary* from a zodiac shuttle.

Patricia's from Squamish Harbour, to meet the HALIFAX class frigate, *HMCS Calgary* off the coast of Vancouver.

After a short ride on a Zodiac, a very eventful tour unfolded.

The *Calgary's* operations room was at full tilt and the skilled naval operators flaunted their capabilities in an intense exercise. If that wasn't enough to entertain their guests, the Navy also provided the opportunity for a couple of lucky Patricia's to steer the vessel in a circle.

On the other side of the house, the Marine

Component Command (MCC) Naval personnel enjoyed patrolling and snowmobiling with Bravo and Charlie Company in the mountains of Callaghan Valley. In addition they took part in avalanche/winter survival training.

The day concluded with a van ride back to the naval vessel that began with loads of funny stories, but ended with countless closed eyes.

Ducimus!

Courtesy of The RAM, 1 Canadian Mechanized Brigade Group.

Before you fill out your tax return...read this

By **Pierre Goulet**

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2009 income tax return; April 30, 2010. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2009 fiscal year:

Home Renovation Tax Credit (HRTC): A temporary tax credit, for costs incurred after January 27, 2009 and before February 1, 2010.

Credit is 15% of eligible expenditures for renovations or alterations of an enduring nature, and is integral to, or built into an eligible dwelling.

Applies to expenditures over \$1,000, up to \$10,000. The maximum tax credit amount is \$1,350 per family (\$9,000 x 15%).

Pension Income Tax Credit:

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from

RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount:

If your spouse or common-law partner earned less than \$10,320, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,320 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit: To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit:

Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

Calculated using the lowest tax rate (15% for 2009) - maximum tax credit per child for 2009 is \$75.

For prescribed programs of physical activ-

ity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

Tuition and Education Amounts: Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or

schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses: Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than 3% of your net income or \$2,011, whichever is less.

The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax

year; the total of these expenses must be more than the lesser of \$2,011 or 3% of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2009 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2009. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent

you from making a costly omission.

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

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

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Workshop at Gunner Arena introduces novel sport

Sledge hockey puts all athletes on level ice

By Bruce Peever
Shilo Stag

Quick. Name one contact sport where both disabled and able-bodied athletes can compete at the same level, at the same time.

Sledge hockey is one such sport and was the subject of an afternoon-long workshop at the Gunner Arena on Feb. 18. Twenty-two CF and civilian personnel took to the ice that day with dozens of their peers cheering them on.

According to Carolynn Derksen, Regional Adapted Fitness Specialist, one of her roles is to be a link for the Soldier On Program. This means coordinating local activities for participation in a variety of sports or recreation.

"Together with Sledge Hockey Manitoba we offered this workshop for anyone (adult participants, CF or civilian employees) to try playing hockey from a new perspective, using a sled. Sledge Hockey is one of the few sports where able-bodied athletes and those with disabilities can participate on a level playing field," Derksen stated.

With the Vancouver 2010 Paralympic Games coming up March 12 to 21, sledge hockey is expected to be one of the more popular sports. It already has piqued



Photo by Bruce Peever

Left: Sledge Hockey Manitoba Executive Director Bill Muloin shares some of the finer points of sled control at the sledge hockey workshop. A kneeling Bill Muloin adjusts the straps for this participant in the Feb. 18 sledge hockey workshop at Gunner Arena.

the interest of several athletes in Winnipeg.

Sam Unrau is a paraplegic who has been playing with Sledge Hockey Manitoba since 2007. He's been with the association since it started in 2007 and he has

seen tremendous growth. Right now the association fields 40 players in four teams — two in each of two divisions — with those in the senior playing competitively. Unrau currently plays about once a week.

"I am a paraplegic and this is a sport that allows me to be equal with able-bodied players. We are used to sitting, so if anything, we might find it easier to adapt to the sled," he informed.

The Feb. 18 workshop proved it is not easy to maintain balance on a sled — particularly when shooting the puck. Several first-timers ended up on their sides after firing that first shot at the net. Turning and accelerating were also skills that needed some practice.

Bill Muloin, Executive Director of Sledge Hockey Manitoba and a Supervisor with the Society for Manitobans with Disabilities, said the workshop was a good opportunity to showcase a different sport. Of special note, Muloin added, was what the sport can do for injured soldiers.

"If you played hockey before your injury, this

is your chance to play again," he said.

"You will never find a sport that works your upper body like this one. This is awesome for your core. It's all stomach, shoulders and back. Turning is tricky. You don't use your legs at all, so you have to move your hips. The movement is not at all like skating, but more like cross country skiing," Muloin continued.

Sledge hockey players use a shortened stick with picks at the top to dig into the ice for propelling forward. Hockey gloves, a caged helmet and elbow pads are mandatory.

Muloin adds he would love to see a team or two from the Westman area. Anyone interested in learning more about sledge hockey can give Carolynn Derksen a call at extension 3151.



Photos by Bruce Peever

Turning a corner or maneuvering around pylons were some of the skills novice sledgers practiced during the workshop.

Write to us!

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

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Celebrate food during National Nutrition Month

Submitted by
Anne Todd

At dinner tables across Canada...

"I'm trying to buy more food from farmers markets, but is it more nutritious?" "Should I buy organic foods? "What does 'Product of Canada' mean?"

A lot of misinformation and many testimonials often accompany hot topics. Dietitians of Canada prides itself on providing you the facts with regard to the topics covered in this year's National Nutrition Month campaign: "Celebrate Food from Field to Table!"

Are you a locavore? 'Locavores' try to use locally grown and seasonally available foods whenever possible. Eating 'locavore' is challenging to do year round in Canada for fruits and vegetables; you can preserve local produce by

freezing, canning, drying. It may be easier to be a 'locavore' year round in Canada for grain, dairy and meat products. In Manitoba, wheat, flax, canola, dairy, beef, pork, chicken, eggs, bison and ostrich are some local foods that can be enjoyed year-round. Farmers markets are available in the summer months and several pick-your-own berry farms allow you to get back to nature.

100 Mile Diet: This means eating only food produced within a 100-mile radius of home.

Overall, there is no conclusive evidence to

support the claim that locally grown foods are more nutritious than foods produced and imported from longer distances. Some delicate fruits and vegetables have greater nutritional value than the same foods from afar, e.g. broccoli, kale, green beans, red peppers, tomatoes, apricots, and peaches.

Consumers may decide to purchase local foods for reasons other than nutrition, such as environmental costs, food security, supporting the local economy.

Slow Food Interna-

tional:

This is a non-profit, member supported organization founded "to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. To do that, Slow Food brings together pleasure and responsibility, and makes them inseparable." www.slowfood.com.

Organic Foods

As of June, 2009, the Organic Products Regu-

lations require mandatory certification to the revised National Organic Standard represented as organic, or that bear the federal organic agricultural product logo. Some organic foods may be higher in certain nutrients, but the evidence is not consistent enough to make conclusive statements. The best bet is to eat your seven - 10 servings of fruits and vegetables daily, whether they are organically or conventionally grown!

Product of Canada: All major ingredients and labour used to make the food product must come from Canada; it is okay for minor items like spices, vitamins and minerals to be produced outside of Canada.

Ways you can celebrate food from field to table

...In your community Start, support or get involved with local com-

munity garden projects to grow fresh fruits, vegetables and herbs. Work with your local school board to create ways to showcase local foods either in the classroom or in the school cafeterias.

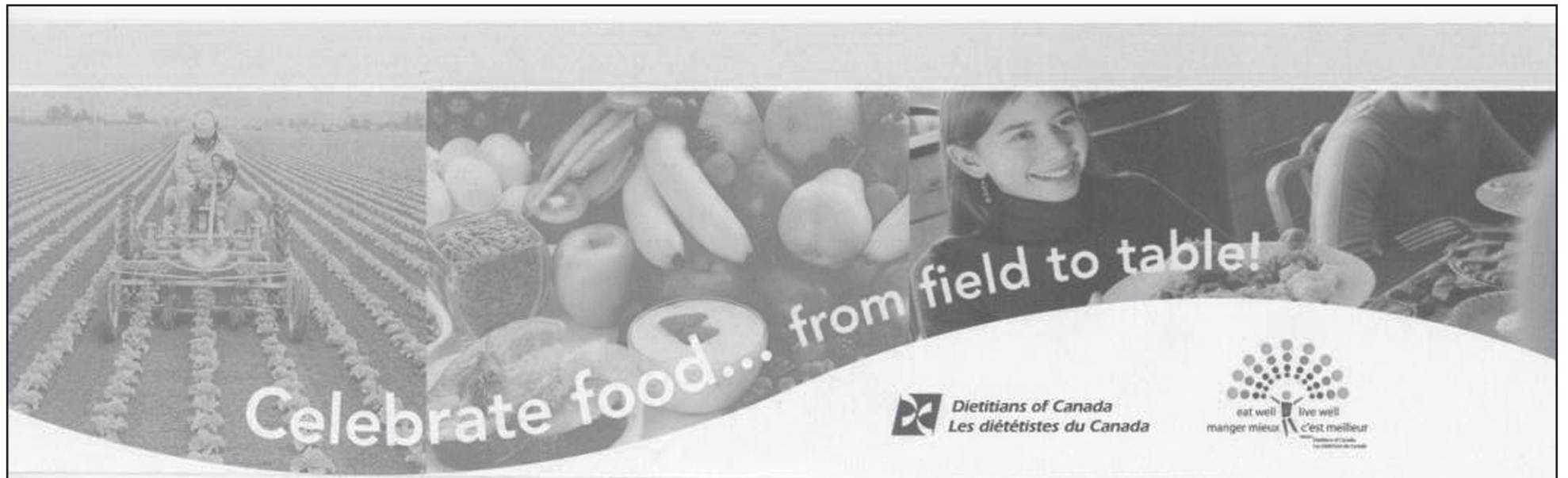
Ask your grocery store to carry more local foods.

...at home

Plant a garden in your backyard. Grow cherry tomatoes, lettuce and other veggies in pots on your deck. Grow herbs on your windowsill. Preserve the fresh taste and nutrients of the local harvest by canning or freezing items. Make delicious jams, salsas, chutneys, sauces, and soups with your produce. Get the children involved in preparing food for the family. Cooking is a valuable life skill. Learn together and pass it on!

Anne Todd is the Health Promotions Director at CFB Shilo.

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



Health Promotion tips of the month

Submitted by
Anne Todd

Active Living and Injury Prevention: Sweat loss doesn't mean fat loss. Working out with plastic bags under your clothing will cause you to temporarily lose some body water but it will not promote the fat loss you desire. What over-

heating during exercise will do is increase your risk of becoming dehydrated, electrolyte depleted and excessively fatigued. It also increases your risk of developing heat-related injury such as heat exhaustion or heat stroke.

Nutritional Wellness: Make mealtime a family affair! Eating together

means eating better. Children and teens who eat together with their families eat more vegetables, fruit, whole grain products, calcium-rich foods, and eat less fat, saturated fat and fewer soft drinks.

Social Wellness: Nurture a positive view of yourself. Developing confidence in your abili-

ty to solve problems and trusting your instincts builds resistance.

Addictions Awareness and Prevention: Responsible gamblers set financial and time limits, use gambling as a form of entertainment, participate in other activities, keep relationships from being affected, and have personal control.

Read a newspaper with YOU in mind!



Relevant community news and events

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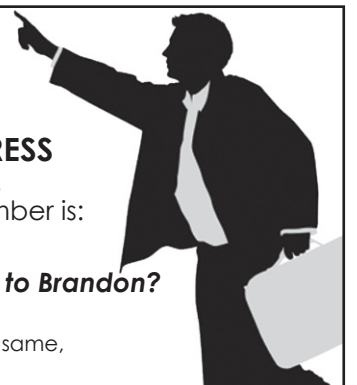
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Our new phone number is:
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**Travelling from Shilo to Brandon?
Our rate is \$40.00!**

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



Accessing your personal health information

Submitted by Diane Hagyard

There are two types of requests for access to Health Information:

Formal – Written request to the Departmental Access of Information Coordinator (DAIP) indicating that the request is being made under the Access of Information Act (AIA). The Health Records Department at your Base Hospital can assist you with this.

Informal – Written request submitted directly to your Medical Records Department at your local Base Hospital.

Formal and informal requests for health information differ in that informal requests must be reviewed with the requestor by a clinician.

Examples of formal requests for Personal Health Information may include request for medical information on release from the

CF. Obtaining a complete medical file from enrolment to date of release will assist your transition to the civilian healthcare sector.

Informal requests for Personal Health Information may be required for assistance in completion of CF98 following an injury or illness sustained in the line of duty. Health Information may also be required when completing applications for Vet-

eran's Affairs (VAC) or Service Income Security Insurance Plan (SISIP) benefits.

For those members who wish to play a proactive role in their health care by maintaining a Personal Medical Record, an informal request for copies of health information may be made. However, members must keep in mind that they become the keepers of sometimes sensitive informa-

tion which should not be shared with anyone unless they choose to do so.

There are times when Health Information is disclosed or released without a member's authorization. One of the most common and most important disclosures is for direct patient care. If you are being referred to a specialist or in an emergency situation health information may be shared with

other health care providers. This is always on a "need to know" basis. Only information directly related to past medical history or current condition will be shared.

If you require further information on access to personal information please visit <http://laws.justice.gc.ca/en/P-21/index.html> or call your local Base Hospital Medical Records (Shilo - 3152).

Medical travel explained by Health Services clerks

By Merv Steen and Sgt Morton

Within geographical region: Unlike appointments outside the geographical region, if you have an appointment within the geographical region (which includes Brandon) it is your responsibility to get to and from your appointment. If you need assistance with transportation it is your home unit's responsibility to ensure you are transported to an appointment. In the event your home unit is unable to assist with transportation to your appointment, the base does provide a Brandon Med Run that makes

three scheduled runs into Brandon every weekday (8:30 a.m., 10:30 a.m. and 1:30 p.m.). Contact the Clinic OR for details and confirmation of availability of the Brandon Med Run. If the timing of your medical appointment extends over a meal period, you need to get a receipt for your meal and provide it to the Clinic OR for reimbursement.

Outside geographical region: When you have been informed by the Care Delivery Unit (CDU) staff of your appointment date and time, you will be given a Specialist Appointment Information Sheet which you must bring to the

Clinic OR to arrange/confirm your travel options. If you have been contacted directly by the outside agency to inform you of your appointment date, you are required to immediately inform the CDU Clerks of the appointment timing and then report to the Clinic OR to arrange/confirm your travel.

There are three general options to get to appointments that are not within the geographical region. See the Clinic OR to determine the option that best meets your appointment requirements. All transportation options must be pre-authorized by the clinic OR, and must be the most eco-

nomical means possible. Failure to report to the Clinic OR in advance of your travel could result in you being financially responsible for travel (TD costs) that would have otherwise been funded by the Clinic.

For Same Day Travel: The most economical way to get into Winnipeg is on the Winnipeg Med Run that leaves every weekday at 7:00 a.m. from the front of the clinic. You need to book your seat on the med run at least one day prior to your departure (clean and proper civilian clothing is acceptable to wear on the med run). A second option is to have an MSE request

submitted by the Clinic on behalf of the member and if authorized by B Tn the member would then take a staff car into Winnipeg. The second option is only authorized if a member has valid 404s. The third option would be authorization to take POMV and again, this would have to be pre-authorized on a case by case basis. The third option is by exception and only if absolutely necessary. Regardless of method of transport to Winnipeg, upon return from Winnipeg the member needs to proceed to the Clinic OR for a lunch claim at authorized TB rates.

Overnight Travel: The

most economical means of transport still applies as above. However, prior to the members travel in this instance, a TD claim has to be done up and signed by the member before the travel takes place. As soon as member is aware of their appointment timings, they need to proceed to the Clinic OR to make travel arrangements (accommodations, flights, etc.) as soon as possible.

Questions/concerns can be directed to the Clinic OR staff at 3190 or 3114.

Merv Steen is the Health Claims FIN Clerk and Sgt Morton is Chief Clerk at 11 CF Health Services Centre.

'Security Force Scramble' has 2PPCLI running in Olympians' steps

By Capt Adam Petrin, 7 Platoon Commander

On a warm February day, Charlie Company (C Coy), 2 Princess Patricia's Canadian Light Infantry and their Camp MacGregor attachments set their sights on the first annual 'Security Force Scramble' 10 km run in the shadow of Whistler Mountain and the Olympic Athletes Village.

The event was organized to coincide with the annual Conseil International du Sport Militaire, more commonly known as the CISM run. This annual

run brings together military participants from over 50 nations to run in the spirit of 'friendship through sport.'

With the spirit of competition and Canadian Olympic pride at a fevered pitch, invitations to participate in the run were extended to all security force personnel in the Task Force Whistler Area of Operations.

Runners from Battalion Headquarters and Recce Platoon were in attendance, as well as Royal Canadian Mounted Police (RCMP) Constable, Greg McHale (an avid ultra-marathon competitor).

Major Jay Adair and

Master Warrant Officer, Tim Halcro of C Coy positioned 85 runners at the starting point overlooking the valley, and the run began at 3 p.m. Volunteers along the route provided 'safety, security, and safety', while Personnel Support Programs staff handed out refreshments and words of encouragement.

The participants ran along the same running route used by Olympic athletes.

RCMP Constable McHale set a feverish pace. He had many Camp MacGregor soldiers hot on his heels, but most just enjoyed the opportunity to get out of camp and

stretch their legs in one of the most picturesque locations in Canada.

Constable McHale finished the run with a winning time of 39 minutes and 30 seconds. He followed that feat with a sincere and humble victory speech, in which he acknowledged the soldiers of Camp MacGregor and all of the Canadian Forces for their many accomplishments and sacrifices.

It was a fitting end to a great afternoon running around Athlete's Village. It was then topped off by an outstanding meal prepared by the Summit Catering staff. The runners will need to keep their carbohydrate

levels up as the group will 'scramble' again on March 17.

Courtesy of The RAM, 1 Canadian Mechanized Brigade Group.

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What's on Your Agenda?



The GSH Bowling Alley is now OPEN!
 Thursdays 6:00 - 8:30 p.m.
 Saturdays 9:30 a.m. - noon.
 Adult \$2.25 per game
 Youth \$2.00 per game
 Child \$1.75 per game
 Shoe rental \$0.75
 For more information, call the Community Recreation office at 765-3000 ext 3317/3588

Phone Line Counsellors Needed
 Are you interested in helping people in crisis? Do you wish to gain experience in the counselling field? Join the Clinic's Crisis Line Volunteer Program in Brandon!
 No previous experience is required. Extensive training provided. Sept. 28 - Dec. 16, 2010 (Tues. & Thurs. eve)
 Limited spaces. Apply early!
 For more information or to apply, contact Janet Smith, Program Manager 571-4182
 www.klinic.mb.ca

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.

Donate to Haiti
 Wondering how to make a donation to the relief effort in Haiti? Here's how:
The Red Cross
 www.redcross.ca
 1-800-418-1111
Salvation Army
 www.salvationarmy.ca
 Text 'Haiti' to 45678
UNICEF
 www.unicef.ca
 1-800-567-4483
World Vision Canada
 www.worldvision.ca
 1-800-268-5528

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.

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

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

Volunteers required for Special Olympics Westman Winter Festival 2010 at Shilo on Saturday, Mar. 6. Come out and watch the athletes partake in showshoeing, cross country skiing and floor hockey. Pick up/drop off volunteer application forms at Sandylane Video 110 Shilo Rd., Sprucewoods or call Special Olympics Westman at 728-4702. Come out and support the Special Olympics!

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

Ceramic Club
 Ladies and Gents need a stress release? Come join us for a couple hours of fun and creativity at 20-22 Esquimalt on Wednesdays from 7-10pm or on Sundays from 1-5pm. Lots of projects to choose from and no experience required. All paint and tools are available and qualified teacher on hand. Contact Grace Flynn at 763-4372 or just show up and see what we have to offer.

Get Better Together!
 A free program for living better with chronic disease. Get Better Together! is a program for anyone who is sick and tired of being sick and tired. Learn to manage your condition better and cope with the challenges that health problems create in our lives. Programs are six weeks long and are led by instructors who are also living with a chronic health condition. Call Tara Common 578-2196.

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

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

CLASSIFIED ADS

\$10 for first 20 words, 10¢ for each additional word*
Deadline for next issue: March 11, 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
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 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

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
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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.
 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

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.cfpsa.com or send your confidential resumé by February 24, 2010 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. Competition closes Mar. 10, 2010.

Do you have a message for your soldier?
Send it to us and we'll publish it!
Copies of the Stag are going to Afghanistan for the duration of this tour.
Email: stag@mts.net
Phone: 765-3000 ext 3013
In person: Our office is located at the Community Centre, next to the MFRC



Shilo Military Family Resource Centre



Partnership for Brandon University and MFRC



From left to right: Christina Clark (BU), Amanda Brown (BU), Willemien Van Lankvelt (ED MFRC), Barb Bragg (DMFS), Christine Helgason (MFRC).

Photo by Linda Beauchemin

By Christine Helgason

The School of Health Studies at Brandon University put out the call for practicum placements for students in the Psychiatric Nursing Program and the Shilo MFRC answered.

We are pleased to have two students, Christina and Amanda, collaborate with us on the first phase of our community development project.

As in many communities, we feel we could be doing a better job of reaching specific populations – in this case, youth aged 13 - 17. We want to make sure we are doing everything possible to meet the needs of youth through programming and services available at the MFRC. How do

we go about doing that? That's where the community development project comes in.

Phase one of the project will result in the development of a needs assessment tool to be administered to youth in military families.

Phase two is the actual administration of the needs assessment.

Development of a program, service or event to meet the needs identified is the goal of Phase three.

Phase four involves offering the program, service or event as outlined in Phase three.

The fifth phase of the project is to evaluate the success of the program, service or event in meeting the needs of the youth.

Throughout the proj-

ect, community stakeholders will be consulted and reported to in order to ensure a community approach. The BU students are supervised by preceptors at the MFRC and their instructional associate at Brandon University. Ethical considerations and confidentiality are of critical importance and will be monitored closely.

Project updates will be available on our website (www.shilomfrc.ca), in our free community newsletter, the *Shilo Stag*, the *Westman Journal* and by contacting Christine at 765-3000 ext 3227.

Please help us in welcoming Christina and Amanda to the MFRC!

Christine Helgason is the Employment and Education Coordinator at the MFRC

Anglais Langue Seconde

Programme conçu pour aider ceux qui veulent améliorer, enrichir et perfectioner 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 leur d'une présence de 85% ; est 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 5 avril

Heures: 6:00 – 9:00pm

Coût: 70.00\$ (peut – être remboursable)

Enregistrement: avant midi vendredi, le 3 avril au CRFM

@ 765-3000 ext. 3352

Mobile Military Library set to go

By Karen Burton

It is with great pleasure that we announce the launch of our Mobile Military Library.

With the large percentage of military families choosing to live off-base, the goal of the Mobile Library is to improve access to military specific literature to those military families living throughout the region as well as to provide a venue for the general public to learn more about our Canadian Forces and their unique lifestyle.

The Mobile Library consists of approximately 35 pieces including four DVDs. The library contains information for spouses and children

dealing with deployment, memories of military families, political essays on the war in Afghanistan, and history of the Canadian Forces.

The library will start its travels at the Brandon location of the Western Manitoba Regional Library on March 1 and will remain there until the end of May when it moves onto Carberry, Neepawa and Rivers.

"We have had a great response from the Brandon Library as well as the rural communities on this project," says Willie Van Lankvelt, the Executive Director at the Shilo MFRC. "It is important for us to reach those military families living off base and taking

the written resources we have here in Shilo out to the communities was a logical way to make that connection. The military lifestyle can at times feel very isolating so we wanted to let the families know that we are here for them no matter where they are living as well as to provide a window to the public into the military lifestyle."

The collection will be available for loan based on the host library's regular loaning process.

For more information on the Mobile Military Library project, contact the Shilo MFRC at 765-3000 ext. 3352.

Karen Burton is the Outreach & Information Coordinator at the MFRC.



Heather Desjardins and Lois Burke sort through the donations at the MFRC Thrift Shop.

Photo by Wanda Janssens

25 cent sale at the Thrift Shop

By Wanda Janssens

Don't miss out on the biggest sale to hit Shilo this year! For two weeks in March, starting the 9th, we are having a 25 cent sale on all blue tag items to clear out all the winter stock and get ready for spring.

The Shilo MFRC Thrift Shop is currently located in the Faith Centre and operates Tuesday afternoon (1:30 - 3 p.m.) and Thursday morning (9:30 - 11 a.m.) and evening (6:30 - 8 p.m.). All

the items are donated or on consignment. We sell anything that the community wants to donate as long as it is in good working condition and is not considered a health concern. Items that we are unable to accept are cribs; walkers; car seats; booster seats; carriages; strollers; jolly jumpers; bath/change tables; cuddle seats; swings; underwear; or bathing suits.

The Shilo MFRC is a non-profit organization that provides programs

and services to the Shilo community and surrounding area.

The Thrift Shop is run by volunteers and all the profits that are raised from the Thrift Shop go back to our programs. Some of the dedicated Thrift Shop Volunteers are: Cheryl, Betty Anne, Sharon, Melissa, Monique, Lois & Kathy, Myrna, Michelle Jutta, Heather, Hildegard, and Carolyn.

Wanda Janssens is the Volunteer Coordinator at the MFRC.

www.shilomfrc.ca

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