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 September 30 to December 31 2011

Shilo Stagg

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INSIDE This Issue

More Base awards and promotions. See pages 8 & 9.

Early morning remembrance

Soldiers lay a wreath on Nov. 21 to commemorate the 61st anniversary of the Canoe River tragedy. It was back on Nov. 21, 1950 when a troop train carrying 2RCHA soldiers from Camp Shilo collided with a passenger train near Canoe River, B.C. Seventeen soldiers lost their lives.
Photo by Quinn Roberts

George Canyon show heading to a sell-out

By Bruce Peever
 Shilo Stag

It's now your last chance for tickets in the highly anticipated George Canyon's A Black and White Christmas show on Dec. 2.

After a two-week discounted sales period to ensure CF members, civilian workers and others in the immediate area got their share, sales have now been opened up to the general public at the full ticket price.

The performance on Dec. 2 will start with a BComd welcome at 7 p.m. with the band to take the stage around 7:30. The show is expected to wrap up at 9:30 p.m. with one intermission halfway through. The Shilo Service Club will be running its bar, with warm snacks from Base Foods to tide concert goers over.

Radio station 101.1 FM The Farm in Brandon will be running a special George Canyon ticket giveaway contest for its listeners. A set of two tickets will be given away each weekday by the radio station between Nov. 21 and Dec. 2. The concert has also been posted on The Farm's concert calendar, according to Assistant Operations Manager/Promotions Director Donna Smith.

The Farm is also hoping to have a remote broadcast from GSH on the night of the performance, with a live interview with Canyon and his six-piece band.

Tickets for the Dec. 2 show for both military and the general public are available only through the Jr Ranks (El Prado Club).

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*Visit Guest Services for Details

go browse shoppersmallbrandon.com

We Remember 2011

Former BComd recalls time spent at CFB Shilo

By Bruce Peever
Shilo Stag

CFB Shilo's Commander in the mid 1970s says things certainly have changed here since then.

Col Alex Matheson (Ret'd) was guest speaker at Shilo's Remembrance Day services held inside Bldg L-25. A large crowd was on hand Nov. 11 to pay tribute to Canada's heroes from two world wars right up to recent deployments to Afghanistan.

"It's a real treat to be back in Shilo. Nineteen forty-six was the first time we were here and things certainly have changed ... you certainly have a great base now," he said.

Col Matheson recalls



Col Alex Matheson (Ret'd) and his wife Peggy enjoy a laugh with current BComd, LCol Richard Goodyear at the close of Remembrance Day services at L-25. Col Matheson was Shilo BComd from 1973 to 1975.

Photo by Bruce Peever

austere conditions when he was first serving in Rivers, MB.

"We had an apartment with no water and no plumbing, but it did have a drop light. Our marriage was tested a few times in our time there," he says.

In the Canadian Forces for 47 years, Col Matheson notes the soldiers of today "are truly first-class and that they do a whale of a job."

"You have much to be proud of. I really enjoyed this service and I have been involved with this type of service for many years," he states.

"My dad was a Second

World War veteran, wounded in the leg and the head, and suffered a gas attack, and he never had a bad thing to say about his time in the service. The thing I enjoy is the chance to visit like we are today. Everyone here is happy. Each one of us needs to be appreciated," he adds.

Col Matheson states it was a "real shot in the arm to see so many smart looking people" on parade and noted that while growing up he never once missed attending Armistice Day, as Nov. 11 used to be called.



Photos by Bruce Peever

Clockwise from upper left, LCol Richard Goodyear, BComd and BRSM Steven Milton prepare to lay a wreath; Padre Earl Klotz offers the Invocation; Frank Tacan delivers the Dakota Prayer and the BComd and BRSM salute the cenotaph.

Commissionaires Manitoba is hiring!

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Preference will be given to former members of the military and RCMP.

Application deadline is **November 30, 2011**

Brandon Wildlife Association

GUN AND COLLECTIBLE SHOW

Saturday, Dec. 10: 10 a.m. - 5 p.m.
Sunday, Dec. 11: 10 a.m. - 4 p.m.

Manitoba Room, Keystone Centre

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Shilo soldiers will soon have sign from home in Afghanistan

By Allison Collins

CFB Shilo personnel serving in Afghanistan will soon have a daily, geographical reminder of the community that is anxiously awaiting their safe return.

Honouring the grassroots request of Sgt. Bill Webb, a member of CFB Shilo's 1st Regiment Royal Canadian Horse Artillery's (IRCHA) Artillery Training team currently serving with the current NATO training mission, the City of Brandon has crafted a 'road sign' that will soon be shipped to Kabul, Afghanistan and placed proudly within Camp Alamo.

The sign, which proclaims 'Brandon, Manitoba, Canada — 10,601 Kms' and bears



Submitted photo
Brandon Mayor Shari Decter Hirst holds aloft this road sign reminding Shilo troops of home while they are stationed in Kabul as part of Operation ATTENTION.

the city's official crest, will be erected in the centre of Camp Alamo, pointing homeward. Several other road signs, including one donated

by the community of Townsville, Queensland, Australia, are also displayed within the camp to remind the mission's various troops

of home.

"I was very excited and honoured that the city was asked for a sign to show our soldiers the way home to Brandon," says Mayor Shari Decter Hirst. "It's a tangible reminder to the soldiers that they are always in our hearts and thoughts and we are looking forward to their safe return."

"A reminder of home is important when you're on operations," notes LCol Lee Hammond, CO of 1RCHA. "This gesture means a lot to my soldiers. They're doing important work and it is heartening to know that those at home appreciate that work."

A City of Brandon flag and City of Brandon lapel pins will be shipped along with the sign to

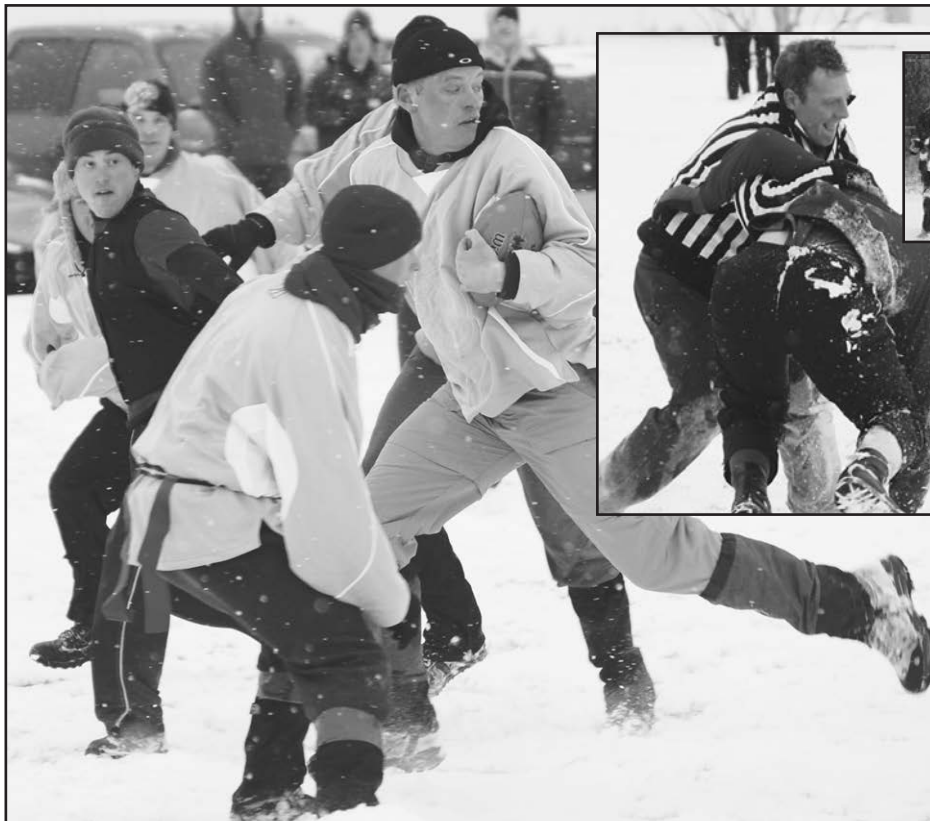
further remind CFB Shilo troops of home.

In addition, the Brandon Wheat Kings organization has agreed to contribute its own special items to the 'care package,' based on a specific request from troops.

There are approximately 20 personnel from CFB Shilo currently serving in Afghanistan as part of Operation ATTENTION.

Allison Collins is Director of Communications for the City of Brandon.

2VP revives tradition with French Grey Cup



It's been a while, at least not since 2PPCLI was stationed in Winnipeg, but the French Grey Cup was once again celebrated by a series of flag football games held Nov. 18 on the sports field near the Country Club. Competition was fierce among several companies at left, with the refs getting into it at one point, above. At top right the tank mascot celebrates a touchdown.

Photos by Bruce Peever

Where's Willy?

Somewhere on the pages of this *Shilo Stag* is a picture of Willy, the Wheat Kings mascot. Tell us on what page, in what particular advertisement Willy was found and correctly answer the following skill-testing question for your chance to win two tickets to an upcoming Wheat Kings home game.



Entry Form

Name: _____
 Address: _____
 Phone: _____
 Page #, ad: _____
 Answer to skill-testing question:
 Where on base will the Portraits of Honour National Tour be unveiled? _____

Cut out your entry form and fax it to 765-3814, scan it and email it to stag@mts.net or drop it off at the Stag's office inside the Community Centre. Draw will be made on the Monday prior to game day.



Premier Greg Selinger cordially invites you and your family to the annual

Legislative Building Open House

Saturday, December 10, 2011
 1:00 to 3:00 p.m.

Join Members of the Legislative Assembly in a celebration of Manitoba's festive traditions.

Please bring a non-perishable food item or an unwrapped toy for the Christmas Cheer Board.



Brandon Wildlife Association's BIG BUCK AWARDS

Sunday, Dec. 4 at 1 p.m.

Keystone Centre - Manitoba Room
 Admission \$8
 12 and under free
 Pre score 11 a.m. to 1 p.m.
 10 Rifles to be given away
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Letters & Opinions



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Graphic Artist/ Quinn Roberts ext. 6008
Base Photographer
Advertising Rep. Dorothy Heaman, 761-7750
Public Affairs Officer Lori Truscott ext. 3813

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

Mailing Address:

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

This newspaper is issued by authority of LCol Richard Good-year, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the Editorial Staff. The Editorial Staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

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.



Photo by Quinn Roberts

Shilo United Way campaign workers, including Campaign Chair Capt Jana Gorveatt at right, listen to a presentation by Big Brothers and Big Sisters during an United Way information tour in Brandon on Oct. 25.

Letter to the Editor

Let's keep Christmas as Christmas

Dear Editor,

Leave Christmas alone! I can't believe that it's come to this. Holiday tree, holiday service, holiday cookies, holiday hamper. Since when is Christmas a bad word? Who complained that it was so offensive to them to hear the word Christmas? If you don't believe in Christmas then don't believe. That's your right. Just as it's my right to believe.

Why is it no longer acceptable to say Christmas? Because some don't believe in our Christian God and the word stands for Christ's mass? December 25 will always be Christmas, celebrating the birth of Jesus Christ. That's what it is; that will not change. Even if you change the name it will still be celebrated by Christians all around the world.

Next you will tell me that Easter will be referred to as spring holiday (holiday is already taken). What about Remembrance Day? Are we going to allow that also to be tampered with? Where does it stop, at Canada Day or God Save the Queen? Silly, you say? Well, Christmas is now to be called holiday. Twenty years ago, that would have been pretty silly too.

So because we are nice, polite Canadians — who need to be politically correct, trying to make everyone

happy — I'm supposed to disguise Christmas by calling it holiday. This country was built on faith. I understand this politically correct concept but at what cost? When does it end and how far is too far?

If you don't believe and are offended by Christmas, then don't celebrate it. Go to work on the 25th and treat it just like any other day. I however, will be acknowledging and celebrating it as Christmas, the birth of Christ, not just as another holiday.

So this year if you hear me say Merry Christmas instead of Happy Holidays don't be offended, for you it's just a word, for me it's so much more. Leave our Christmas alone.

I'm tired of being a nice Canadian and being stepped on. Alexander Hamilton, British journalist, in 1978 said, "Those who stand for nothing, fall for anything."

So stand up for your rights, your belief, for history and tradition. STAND UP FOR CHRISTMAS.

Merry Christmas.

Sincerely,
Linda Beauchemin
Community member

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

Brandon

Safeway - Corral Centre
Safeway - Shoppers Mall
Brandon Armoury
Women's Resource Centre -
Town Centre Mall
Royal Cdn Legion #3
Sobey's
• 1645B 18th Street
• 3409 Victoria Ave
Forbidden Flavours
• 1060 18th Street
ANAF - 31 14th St.

Shilo

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

Carberry

East Side Service
Carberry Legion

Douglas

General Store

Minnedosa

Minnedosa Legion

Sprucewoods

The Shilo Inn (Crang's)
340 Esso Station

Wawanesa

Lucky Dollar



From our archives

December 2, 1965

A decades-old dream has finally come true with the opening of the Shilo Curling Club. A new six-sheet surface is featured in the club's new home which replaces an older one located between L-25 and the Junior Ranks Club that at one time housed horses. All Camp Shilo residents were invited to an official opening at 8 p.m. which featured a dance and a lunch.

Military Police were busy performing spot checks of all vehicles entering the Main Gate as part of Safe Driving Week. Both civilian and military vehicles were pulled over as MPs checked for defective emergency equipment.

Canada has more than tripled its commitment in military forces to the United Nations, now with a 3,500-man special service force including three infantry battalions.

On the big screen at the Maple Leaf Theatre was *Battle of the Rogue River* featuring George Montgomery and *Baby the Rain Must Fall* with Steve McQueen and Lee Remick.

Thunderbird Bowl in Brandon was offering Moonlight Bowling Saturday nights featuring all you can bowl and all you can eat for \$2.50 per person.

The Federal Republic of Germany, along with Britain and Canada, were working on an airborne surveillance drone, according to Industry Minister C.M. Drury. Initially known as the CL-89, the drone is designed to provide tactical information in forward battle areas. The eight-foot long drone is equipped with a jet engine and is capable of supersonic speeds.

Safeway was selling Grade B turkeys for 49 cents a pound and a box of Japanese mandarin oranges for \$2.

National tour of fallen soldiers' portraits opens Dec. 3 in Shilo

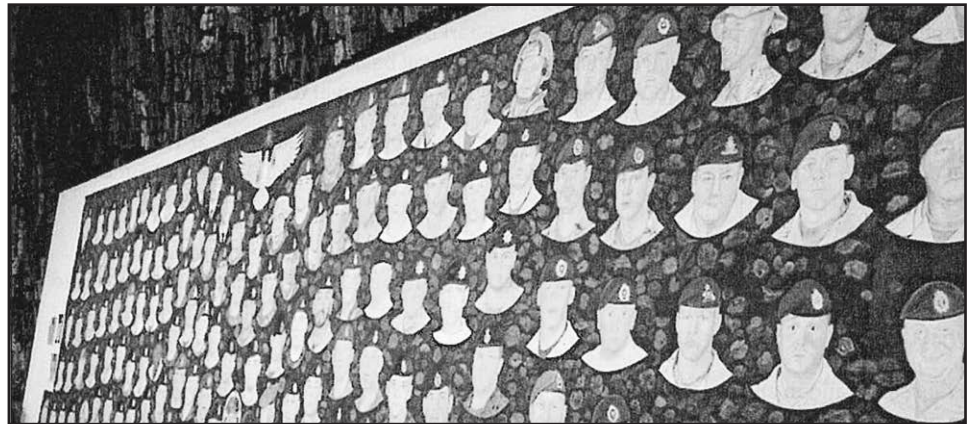
The Portraits of Honour National Tour will be unveiled in Shilo Dec. 3 and 4 at the MPTF.

Sponsored by the RCA Museum, along with The Kinsmen and Kinette Clubs of Brandon and the Kin Club of Neepawa, this national tour directly benefits the Military Families Fund.

This Portraits of Honour National Tour is scheduled to arrive in Brandon on Friday, Dec. 2. After a brief welcome by Mayor Shari Decter Hirst, the mural will be escorted to the Multi-Purpose Training Facility in Shilo. A Highway of Heroes parade will begin at City Hall at 2 p.m., travel east on Victoria Avenue to 1st Street and North to Veterans Way, where it will travel to Shilo.

The official unveiling of the Portraits of Honour mural will be on Saturday, Dec. 3 at 1 p.m. at MPTF. The mural will be open to the public Saturday from 1 to 5 p.m. and Sunday, Dec. 4 from 10 a.m. to 5 p.m.

During the event, 157 Canadian flags with stands will be placed at the base of the Portraits of Honour mural. Each flag will have the name of one of the fallen soldiers and its sponsor engraved on its base. Flags can be sponsored for \$200 each and will be returned to the sponsors at the conclusion of the



Submitted photo

The Portraits of Honour mural measures 40 feet wide by 10 feet tall and depicts the 155 fallen Canadian soldiers who lost their lives serving in Afghanistan.

tour's visit. To sponsor a flag, contact Dennie Phillips 204-476-3735 or 204-476-3466.

The Kinsmen and Kinette Clubs of Brandon and the Kin Club of Neepawa will host a Friends of the Fallen Gala Dinner on Saturday, Dec. 3 at 6 p.m. at the Imperial Ballroom, Victoria Inn, Brandon. Tickets are \$100 and tables of eight can be reserved for \$750. For tickets, please contact Dennie Phillips at 204-476-3735 or 204-476-3466.

If you are interested in supporting this event by a cash donation, please contact Cathy Slezak at 204-573-1037.

The Portraits of Honour National Tour is centred on a 10' x 40' oil painted mural featuring the hand painted portraits of the 157 Canadian soldiers, sailors and aircrew who

have lost their lives while serving in Afghanistan. The mural has taken Kinsmen and volunteer artist Dave Sopha over 6,500 hours so far to paint. He admits that his work won't be complete until our mission in Afghanistan comes to a close.

The Portraits of Honour National Tour was officially started with a special unveiling of the mural by David Johnston, Canada's Governor General, in Kitchener, Ontario on May 29, 2011. Since then, it has been touring across Canada in a specialized mobile display trailer visiting the hometowns of our fallen heroes along with several other high profile events. During a specially requested stop in Calgary, AB, the mural captured the international spotlight

when Their Royal Highnesses, Prince William and Catherine Middleton, took time to lay a special wreath at the foot of the mural in honour of our fallen troops.

Beyond honouring our troops, organizers hope to raise over \$1.5 million to support the Military Families Fund and established military charities to assist families of the fallen and to assist the thousands of military personnel who return home with physical or emotional injuries. Organizers will also seek to fund other charities who offer additional troop and family support that falls outside of the Military Families Fund mandate.

Submitted by the Kinsmen and Kinette Clubs of Brandon and the Kin Club of Neepawa.



ROLLING RIVER SCHOOL DIVISION Statement of Operating Fund Revenue and Expenditures for the year ended June 30, 2011

Revenue

| | |
|--|--------------|
| Provincial Funding of Schools Program | \$9,972,588. |
| Other Dept. of Ed. - Adult Learning Centre | \$137,397. |
| Other Dept. of Ed/Other Prov. Departments. | \$334,708. |
| Education Property Tax Credit | \$1,849,667. |
| Tax Incentive Grant (TIG) | \$761,136. |

| | |
|---|----------------------|
| Provincial Government Total | \$13,055,496. |
| Federal Government | \$78,105. |
| Municipal Government (Net of Ed. Property Tax Credit) | \$6,697,889. |
| Other School Divisions | \$96,200. |
| First Nations | \$1,125,084. |
| Private Organizations and Individuals | \$45,332. |
| Other Sources | \$53,333. |

Total Revenue **\$21,151,439.**

Expenditures

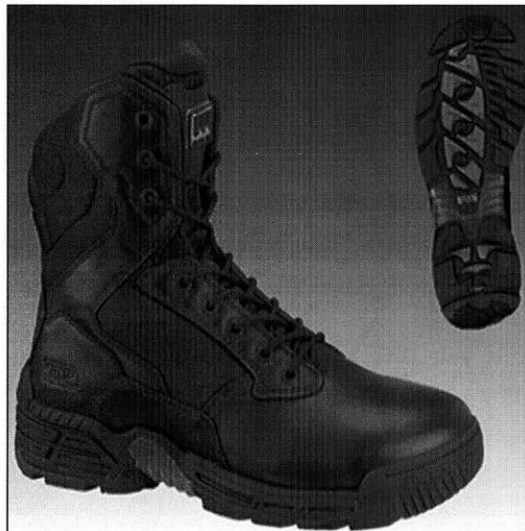
| | |
|--|---------------|
| Regular Instruction | \$11,665,917. |
| Exceptional | \$2,768,279. |
| Adult Learning Centre | \$137,393. |
| Community Education and Services | \$22,671. |
| Administration | \$852,768. |
| Instructional and Pupil Support Services | \$564,352. |
| Transportation of Pupils | \$1,483,056. |
| Operations and Maintenance | \$2,170,494. |
| Fiscal | \$355,575. |

Total Expenses **\$20,020,505.**

| | |
|---------------------------|---------------|
| Transfers to Capital Fund | \$ 1,067,667. |
| Operating Fund Deficit | \$ 63,267. |

The above represents only the 2010-2011 Operating Fund Revenue and Expense Statement. A Consolidated Statement of Operating, Capital and Special Purpose Funds prepared to Public Sector Accounting Board standards is available for inspection at the Division Office in Minnedosa. A resident elector, at his own expense, may have a copy of all, or any part of the report.

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Q&A with George Canyon leading to GSH show

By Bruce Peever
Shilo Stag

Award winning country crooner George Canyon will be bringing his A Black & White Christmas show to the GSH Auditorium on Friday, Dec. 2.

Some 1,100 seats will be spread out over the gymnasium floor with Canyon and his six piece band taking the stage in this United Way fundraiser. The show opens around 7:30 p.m. following a welcome by LCol Richard Goodyear, BComd.

Discounted tickets are now on sale to military units along with civilian workers and families within CFB Shilo and immediate area. By Nov. 21, any unsold will be offered to the general public at full price. Get your tickets now at the Jr Ranks Club.

Canyon's latest album, *Better Be Home Soon* was released in March this year, and he received a Gold Record within three weeks of release, making this his fastest selling album to date, according to his publicist Anya Wilson.

As well his album entitled *Classics* (released in 2007) which was recorded as a labour of love paying tribute to the country classics he heard growing up, received Gold status in October 2011. Wilson notes it was quite an achievement to receive two Gold Records within a six month time period.

Below are a few questions the *Shilo Stag* asked of the country star with Canyon's responses immediately following.

Stag: Your performance date at CFB Shilo is Dec. 2. You are an Honourary



Submitted photo

This is a photo George Canyon and his band are using to promote their cross-Canada Christmas tour. A similar image is used on posters around the Base and notices in post office boxes.

Colonel at 14 Wing Greenwood following an appointment by Defence Minister Peter MacKay. Why is the military so important to you? What things are you doing to raise your profile as a Honourary Colonel? Why should your average fan care how much you support the CF?

GC: "The military holds a very special place in my heart ... it has since I was a little kid. I always wanted to be in the Canadian Air Force and fly airplanes and have always had an interest in the history of our Canadian Armed Forces. When I was appointed an Honourary Colonel it was an

amazing gift given me. The chance to be a small part of the greatest military in the world was a dream come true. I have been overseas five times and about to make my sixth trip to visit our deployed troops. My fans are true Canadians who support and care deeply for the men and women serving in our

forces."

Stag: Along with your support of the military, you also back the Juvenile Diabetes Research Foundation and are currently serving as the 2011 National Spokesperson. You were diagnosed with Type 1 at age 14 and regularly give talks to children about diabetes. A portion of your sales from *Better Be Home Soon* will be donated to JDRE. Why is it vital young people recognize the threat that diabetes possesses, and why should all of us help fund its research?

GC: "I think it's important that society, in general, learn more about Type 1 Diabetes and how the care and control of the disease has changed drastically over the past 10 years. I had nobody to look toward that was living their dreams with type 1 diabetes when I was 14 and told myself that if I ever had the platform I would try and help kids with Type 1 diabetes to better control their diabetes."

Stag: You were born in Nova Scotia and wear a cowboy hat in most of your pictures. What east coast, small town influences have had an impact on your music?

GC: "I grew up on ALL types of music and was blessed to come from a musical family. Music was always around me and instilled in me at a young age."

Stag: Acting is something you have been doing for a few years now, with your most recent work playing the father of an autistic child in an American made for TV movie, *A Mile in His Shoes*. What influences you in taking on these roles? Will you do more acting in the future?

GC: "I enjoy acting and have been cast in a few more roles this year, including *The Dawn Rider* with Christian Slater and Donald Sutherland ... it was very emotional playing the father in *A Mile in His Shoes* ... something I will never forget."

Stag: What can we expect at your Shilo concert? Not all of your audience may be familiar with your music although some of the older ones may recognize *Better Be Home Soon* as a Crowded House hit back in the '80s. How much will Christmas play a role in your show? Will there be something for fans of all ages?

GC: "Our show is like a big kitchen party for the family ... my family is the most important thing to me so we really enjoy having all ages at our shows. This is a Christmas show so there will be a bunch of Christmas standards and, of course, my songs as well. We will also be throwing one or two songs from my upcoming children's album being released sometime in 2012."

RIDE checks anywhere, anytime

Base personnel are reminded that MPs will be conducting Base-wide RIDE (Reduce Impaired Driving Everywhere) checks at any time in any location. CF members, civilians and their families are encouraged to use a designated driver or call a taxi after consuming alcohol.



Westoba
Credit Union Ltd
First in Our Community

Annual Bake Sales

Wednesday November 30

9:00 am at the Shilo Branch, CANEX Mall
Branch will be open 9am - 5pm

Proceeds to support **SHILO COMMUNITY SPIRIT HAMPER PROGRAM.**

Thursday December 15

9:00 am at 18th & Kirkcaldy Branch, Brandon

Proceeds to support the **SHILO PADRE'S FUND.**

westoba.com

| Shilo: 765.6350

| Kirkcaldy: 725.8900

Stay safe while shopping

By Lt Dane Nicholson

With Christmas approaching a busy shopping season is underway as we purchase gifts for friends and families. The holidays are a joyous time, and by following some basic precautions when you shop you can stay focused on what really matters this season.

Online shopping

Online shopping continues to grow in popularity every year. While easy and convenient, the anonymity of the internet allows criminals to operate with ease. If you choose to use online shopping this year, follow these basic safety tips to protect your money and identity:

- Use reputable sites. These may include businesses you are familiar with, or established companies with positive reputations. Look for a third party seal of approval. This may include the Better Business Bureau (BBB) or eTrust.

- Ensure that any website you use has legitimate contact information. This allows you to rectify any issues that may arise with respect to an online purchase.

- Check and see if the website has a privacy policy. A lack of privacy policy should raise concern; get more information on companies without a posted privacy policy.

- Shop with a computer from home. Public or work computers are subject to information sharing which could compromise personal information.

- Look for a web address to begin with https://. The 's' shows a secure connection. Sites

CANADIAN MP The Military Police NOTEBOOK

that begin with http:// are not secure.

- Only provide required payment information. This includes credit/debit numbers, expiry, card security markings and shipping/billing address. There is never a need to provide a social insurance number, passwords, date of birth, license numbers or any other personal identifiers.

Remain vigilant on the internet. If a deal seems too great to be true, it is probably too good to be true.

In store

For those who prefer good old fashioned shopping, there are still some tips to follow for safety of your information and money:

- Protect your personal identification number (PIN) for your credit/debit card. Do not allow others to use your card on your behalf. Ensure cards are signed.

- Immediately report any lost or stolen card to your bank to put a hold on the associated

account.

- Avoid walking around with large amounts of cash. Consider keeping cash in your front pocket. Count cash in private.

- Do not leave large packages exposed in your vehicle. Additionally do not pack items into your trunk, and then leave the car to return for more shopping. This gives a dishonest person an opportunity to see what great gifts you have bought!

Follow these tips and enjoy a crime-free holiday season. Thanks for your assistance in keeping Shilo a safe community.

Lt Dane S. Nicholson is Platoon Commander of 1 Military Police Regiment at CFB Shilo.

Military Police contact information:

- Emergencies – 911
- Dispatcher (non-emergency) – 204-765-3337
- Platoon Commander, 3339, dane.nicholson@forces.gc.ca
- Identification – 3383

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Nov. 30 @ 7:00 vs. Vancouver Giants
Dec. 2 @ 7:30 vs. Red Deer Rebels
Dec. 4 @ 6:00 vs. Regina Pats

For Tickets Call 726-3555 or visit Ticketmaster.ca
www.wheatkings.com

CANEX

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Neilson®

- Willow Crisp
- Caramel & Original Macaroons
- Mint & Golden Buds
- Slow Pokes
- 131g
- Reg. 2.09 ea

2/3⁰⁰

North King®
Shrimp Ring

2/6⁰⁰

- 227g
- Reg. 4.29 ea

2/6⁰⁰

Aloha®
Mixed Nuts

- 300g
- Reg. 3.99

2/2⁰⁰

Gold Seal®
Whole Smoked Mussels & Oysters

- 85g
- Reg. 1.39

Mandarin Oranges & Egg Nog
Now Available!

RIDE checks anywhere, anytime

Base personnel are reminded that MPs will be conducting Base-wide RIDE (Reduce Impaired Driving Everywhere) checks at any time in any location. CF members, civilians and their families are encouraged to use a designated driver or call a taxi after consuming alcohol.

Arrive alive, don't drink and drive.

Promotions, awards and accolades from Oct. 20 ceremony



Capt Kelly Holden receives his Afghan Third Rotation Bar for service between 570 to 750 days in theatre from LCol Richard Goodyear, BComd.



Sgt David Sheppard receives his Afghan Second Rotation Bar for service between 390 to 570 days in theatre from BComd and BRSM Steven Milton.



Maj Robert Kelly receives his Afghan First Rotation Bar for service between 210 to 390 days in theatre from LCol Goodyear.



MCpl Jeffery Mills receives his Afghan First Rotation Bar for service between 210 to 390 days in theatre from LCol Goodyear and BRSM Milton.



Pte Schnabel receives his ACC promotion to Cpl from LCol Goodyear and BRSM Milton.



MCpl Nitsche receives his OP HESTIA award from LCol Goodyear and BRSM Milton.



Sgt Elcock receives his CD1 designation from LCol Goodyear and BRSM Milton.



Sgt Kooistra receives his CD1 designation from LCol Goodyear and BRSM Milton.



Sgt Ricketts receives his CD1 designation from LCol Goodyear and BRSM Milton.



Maj Kelly receives his CD designation from LCol Goodyear.



Sgt Olsen receives his CD designation from LCol Goodyear and BRSM Milton.



PO1 Walsh receives his Sea Service Insignia - Silver - for 1,105 sea days from LCol Goodyear and BRSM Milton.



CWO Milton receives his Sea Service Insignia - Pewter - for 512 sea days from LCol Goodyear.



Scott Couples receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



WO Dixon receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



Shaun Duncan receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



Linda Hildebrand receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



Jim MacKenzie receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



MCpl Weedmark receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



Cpl Wilson receives a Command Team Commendation from LCol Goodyear and BRSM Milton.

Promotions, awards and accolades from Oct. 20 ceremony



Anne Todd receives a Command Team Commendation from LCol Goodyear and BRSM Milton.



Cher Breerton receives a Civilian of the Quarter award from LCol Goodyear and BRSM Milton.



Tannis Bolduc receives a Civilian of the Quarter award from LCol Goodyear and BRSM Milton.



Mark Galatiuk takes home this Certificate in Fire Leadership from LCol Goodyear and BRSM Milton.



Kimberley Walker receives this plaque for her 15 years of service from LCol Goodyear and BRSM Milton.



Jackie Pliszka receives this plaque for her 25 years of service from LCol Goodyear and BRSM Milton.



Yvette Kirk receives this plaque for her 25 years of service from LCol Goodyear and BRSM Milton.



Gordon Allen receives this plaque for his 35 years of service from LCol Goodyear and BRSM Milton.



Joan Bell receives this plaque for her 35 years of service from LCol Goodyear and BRSM Milton.



Joseph Clark receives this plaque for his 35 years of service from LCol Goodyear and BRSM Milton.

**Photos by
Quinn Roberts**

Do you have what it takes to lead the Dragoons Cadet Corps?

By Capt Kel Smith

The XII Manitoba Dragoons Cadet Corps is looking for three new officers to help lead this youth group into the 21st century. Being a former Royal Canadian Army Cadet would be a great help to any applicant, but is not a must. Applicants would be checked out by the RCMP, Military Police, Canadian Forces recruiter, Canadian Forces doctor, and receive the okay from the Army Cadet League of Canada and the Virden Legion. We really do need both male and female adult uniformed help if the program is to carry on in the future.

Cadet Instructor Cadre staff consists of Captains Tutthill and Smith. Volunteer staff consists of Chris Charles, Padre Don Bernhardt, and, when needed, Ed James. All have been checked

out by the RCMP and approved by Branch 8 of the Royal Canadian Legion plus by the Army Cadet League of Canada. What we need though are more adults in uniform. We really need the uniform help and if you can help out then come and see us.

We have Cadet Dragoons who would like to form a drum line. We have the drums but no instructor who knows military drumming. The instructor would need to have good communication skills with teens and patience as this won't happen overnight no matter how keen the Cadets are. This is a volunteer position and requires you to be checked out by the RCMP plus approved by the branch and the Army Cadet League of Canada.

Our doors are open
Attention youth ages

12 to 18 who are fit and of good character: we have a place for you. Come down and check out your local Cadet

Corps and make it your youth group here in Westman. Cadets meet on Tuesday evenings from 6:45 to 9:15 p.m.

Consider invited.

yourself

Unit Information Office with the XII Manitoba Dragoons Cadet Corps in Virden.

Captain Kel Smith is a



Western Medical Clinic Shilo

Walk-ins Welcome.

Appointments can be booked by calling 765-2302 during clinic hours.

Monday 8:30 a.m. to 5 p.m.

Tuesday 8 a.m. to 2 p.m.

Wednesday 8:30 a.m. to 5 p.m.

Thursday 8:30 a.m. to 1:30 p.m.

The annual flu shot is available to all Manitobans free of charge. Flu shots are given during regular clinic hours and no appointment is necessary.



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

GSH Bowling Alley

Tuesdays Mixed League 6:30-9 p.m.
Wednesdays Open Bowling 6-8 p.m.
Saturdays Kids Bowling 11:30 a.m. - 1:30 p.m.
Open Bowling 2-4 p.m.

No bowling Dec. 3
Ask about Glow Bowling Birthday Parties!

Shilo Theatre
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Nov. 25: *Spy Kids: All the Time in the World* - Rated G
Dec. 2: No Movie

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

What's on Your Agenda?



• **Shilo's Little Big One Craft Sale** Saturday, Dec. 3 from 10 a.m. to 3 p.m. at the Community Centre Annex, Bldg L-25. Come experience over 100 craft tables! Admission is FREE! For more information, please contact the Recreation Office at 3317/3588.

• **IPSC Open House and United Way BBQ Fundraiser** Friday, Nov. 25 from 11:30 a.m. - 1:30 p.m. Building L-106 (North of BHQ). Veterans Affairs, IPSC and OSISS staff would like to invite all military members, families, units and community members to visit them in support of this fundraising event. Hamburger or hot dog, side and a drink for \$5. Grey Cup Raffle Board \$2 per square. Winnipeg Jets jersey raffle \$2 per ticket or three for \$5. Proceeds will be donated to the 2011 United Way campaign.

• **Come visit Daly House Museum** in November as we are presenting an original exhibit entitled "Every Citizen a Soldier". This exhibit is in honour of the War Years on the Home Front, and explores the achievements of the Canadian war effort, which supported our troops overseas. We are also selling Poinsettias for the Christmas season - this has become one of our major fundraisers. For info on colour and prices please call 727-1722. Hours: Tuesday to Saturday, 10 a.m. to noon and 1-5 p.m.

• **Want to play women's volleyball?** Come to the GSH on Sundays at 6:30 p.m. All skill levels are welcome and it's free. Adults

BINGO

Sprucewoods Community Hall
every Thursday evening

- Share The Wealth at 6:30 p.m.
- Early Birds at 7 p.m.

\$Win Cash\$
\$1,000 in 52 numbers
Canteen open!

only please.

• **The RCA Museum** Open Monday to Friday 10 a.m. to 5 p.m.

• **Douglas Old Fashioned Turkey Bingos** at the Douglas Community Hall. Wednesday nights until Dec. 7. Doors open at 6:30 p.m. Bingo starts at 7 p.m. Ten games of bingo, two share the wealth, breakopens. Admission: \$3 + \$0.50 per card.

• **26 Fd Regt RCA/XII Manitoba Dragoons Museum** The tiny Reservist Museum with the really long name would like to invite you to come visit us at the Brandon Armoury 1116 Victoria Ave., Brandon, on Tuesdays from 9-11:30 a.m. and 1-4 p.m. Admission is free. Come check out our "on loan" Order of Canada medal as well as thousands of other military artefacts. For more information, please call us at 728-2559 ext. 238.

November Fitness Sessions

SPECIALIST TRAINING CAMP
(Open to all Military Members)
Every Wednesday in November
11:45 a.m. - 12:45 p.m.
Gym C
Registration: Contact Amy Coveney, 765-3000 ext 3652

PRACTICE TESTS
(Open to all Military Members)
Please register by 10 a.m. one day prior to test.
Contact Amy Coveney, 765-3000 ext 3652

EXPRES
Wednesday, Nov. 30
8:30-9:30 a.m.
Gym C

• **Make a difference in someone's life!** Volunteer on the Clinic Crisis Lines in Brandon. No previous counselling experience is needed. Full training and supervision is provided. Next training session begins Jan. 10, 2012. For more information call 571-4182 or visit our website: www.ruralsupport.ca.

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

EXPERIENCE HISTORY WITH A BANG!

THE RCA MUSEUM
CANADA'S NATIONAL ARTILLERY MUSEUM

LE MUSÉE NATIONAL DE L'ARTILLERIE DU CANADA
LE MUSÉE DE L'ARC
FAITES DE L'HISTOIRE AVEC UN BANG!

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

CLASSIFIED ADS

\$10 for first 20 words,
10¢ for each additional word
Deadline for next issue:
Dec. 1 at noon
Free ads (non-commercial only)
restricted to members of the
CF, employees of CFB Shilo and the
citizens of the surrounding area.

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

Services

St. Barbara's Protestant Chapel
Sundays @ 1030 with Sunday School & Nursery
Padre Lee - ext 5827
Padre Olive - ext 6836
Padre Klotz - ext 3088

Our Lady of Shilo Roman Catholic Chapel
Sundays 1030 hrs
Confession 1000 hrs
Wednesday 1205 hrs
Padre Inienwe - ext 3381

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@wcgwave.ca. Eligible students may write one or both exams. Call or email for training calendar.

Nad's Simply Clean For all of your cleaning needs weekly, bi-weekly, and monthly. Also available for offices, contract cleanup and single occasions. Receipts provided. 573-1509.

Services

Len's Painting. 15 years professional experience. Residential, commercial, interior, exterior. Call Len Podruski for a free estimate 740-9158.

Wanted

Raise money for your club or charity. I will purchase any out of province license plates in any condition for \$1 unlimited quantities. Manitoba plates \$0.50 must be in good condition. All special plates i.e. firefighter, police, veteran, etc. good condition \$5 each. Contact Lou at 763-4924.

Do you like hiking, camping, crafts, games and working with kids five to 14 years of age, a couple of hours a week? Scouting is looking for you. For information on becoming a leader contact Linda at ext 3396.

Out of Town Homes

Wawanesa - A good home for a good price. 2+1 BR bungalow, finished basement, 2 baths, new flooring, single garage, large lot, A+ cond. Price \$147,900. Countryland Realty Dave Mooney 824-2094

Read the Stag and increase your IQ

For Sale

Comic books, new condition, for young and older. Great stocking stuffer, the whole box of 250 for \$300 or double \$2.50 each and single \$1.50 each. Archie, Betty, Veronica, Jughead, call 204-727-6379.

Wawanesa - 3 bedroom 2 bathroom home with 2BR up 1 down, all new flooring, completely finished basement, electric heat, detached garage, large landscaped lot - ready to move in. Realistically priced at \$147,900. MLS #1119429. Countryland Realty - Dave Mooney 824-2094.

Dunrea - 1540 sq ft bungalow. 3 bedrooms, many recent updates, double detached garage, small barn, large treed lot, approx. 1 acre, town water, private location. Asking \$140,000. Offers considered. Countryland Realty - Dave Mooney 824-2094.

By Owner: PrairieLake Lodge, Lake of the Prairies has Lakeview and Golf view titled lots for sale. Spacious, well-treed, affordable year round usage for cottage or 5th wheel. Financing and availability call: 204-773-3335, email keating@escape.ca.

Visit

The RCA Museum!

Call 765-3000 ext. 3570
www.rcamuseum.com

Advertise with us!

Email stag@mts.net or call **765-3000 ext 3013** to place an ad

Call for tenders

CFB Shilo is looking for a **Community Bus Service.**

This service will be a seven-day-a-week, day and evening service running between Brandon and CFB Shilo.

For further details, interested parties should contact Mike McEwan via email, mike.mcewan@forces.gc.ca

All bids must be submitted electronically to the same address.
Bids close at 12 noon on Friday, Dec. 9



Shilo Military Family Resource Centre



Shilo Community Spirit Hamper Program

a cooperative initiative between the Shilo MFRC and the Chaplains' Emergency Fund

APPLY FOR A HAMPER OR NOMINATE A MILITARY FAMILY
IN PERSON AT THE MFRC OR
APPLY ONLINE AT WWW.FAMILYFORCE.CA

(DEADLINE FOR NOMINATING IS NOV. 30)

You can make sure every child has a Christmas this year

Stop by the MFRC today and pick a tag from our Gift Tree. The tree is filled with tags of all ages for boys and girls. You pick the tag you like.

Return your unwrapped gift to the MFRC by December 5



Join the MFRC for a free pancake breakfast, sleigh ride, cookie decorating and of course... the Kids Christmas Shopping! Kids can buy Mom & Dad a gift for only \$1

Saturday, Dec. 10
10 a.m. - 1 p.m.
Shilo Community Centre

Upcoming events at the MFRC

| Date | Program | Time | Cost | Registration Deadline |
|---|-------------------------------------|-----------------|---------------------------------------|---|
| Special Events | | | | |
| Christmas Jing-A-Ling Saturday, December 10 10 a.m.-1p.m. at the Community Centre | | | | |
| Adult | | | | |
| December 12 | Christmas Craft and Goodie Exchange | 6 p.m. | \$10 and some Christmas baking | Register by noon on Wednesday, December 7 |
| November 30 & December 7 | French Connections | 10-11 a.m. | FREE | No Registration |
| Deployment | | | | |
| The Shilo MFRC Definition of Deployment: Any occasion where your partner is away for 30 days or more on course; IR posting, training or operational duty, regardless of location. Contact Linda at 765-3000 ext. 4553 for all deployment activities. | | | | |
| December 15 | Wii-B-Gaming | 4:30-5:45 p.m. | FREE for families of deployed members | Register by noon on December 14 |
| Youth | | | | |
| Looking for a parent free zone? Drop in to the Teen Centre for Video games, TV, fooseball, high speed internet, musical instruments and much more! Special activities planned throughout the month Hours of Operation: Monday, Tuesday, Thursdays - Tweens (12 - 14 yrs) 6 - 8 p.m. & Teens (14 - 17 yrs) 8 - 10 p.m. Fridays - Tweens & Teens 6 - 10 p.m. | | | | |
| School Age | | | | |
| November 30 & December 7 | Keen Kids (5-6 yrs) | 5-6 p.m. | \$1 drop in | No registration |
| November 30 & December 7 | Kool Kids (7,8 & 9 yrs) | 6-7 p.m. | \$1 drop in | No registration |
| November 30 & December 7 | Kooler Kids (10,11 & 12 yrs) | 7:30-9 p.m. | \$1 drop in | No registration |
| Preschool | | | | |
| December 13 | Candy Cane Craze | 1:30-3:30 p.m. | \$5 | Register by noon on Wednesday, December 7 |
| November 15 & 22 | Tumbleweeds | 9:30-11:30 a.m. | \$1 | No registration |

MFRC Change in Office Hours

Starting December 1, the MFRC and Occasional Child Care will be closing at 8:30 p.m. until further notice.

Holiday Hours

Dec. 19 - 23: 8 a.m. - 4:30 p.m.
Dec. 26 - Jan. 2: MFRC CLOSED
Dec. 26 - Jan. 2: DAYCARE CLOSED
Dec. 26 - Jan. 2: OCC CLOSED

www.familyforce.ca

LAST CHANCE Year-End Wrap-Up



THE BEST-SELLING PASSENGER CAR BRAND IN CANADA!†

THE **2012** MODELS ARE HERE

0% FINANCING FOR UP TO **84** MONTHS

FOWLER HYUNDAI IS WESTMAN'S #1 IMPORT DEALER

2011 FINAL CLEARANCE



2011 ELANTRA L
Stk# 2960

\$16,299** -OR- **\$126²⁰***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2011 GENESIS COUPE 2.0T
Stk# 2975

\$20,899** -OR- **\$157⁵⁵***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2011 VERACRUZ GL
Stk# 3077

\$26,499** -OR- **\$199⁰¹***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 HYUNDAI ACCENT
BEST NEW SMALL CAR
(UNDER \$21K)



2012 ACCENT - 5 DOOR
Stk# 3099

\$13,599** -OR- **\$1078⁶***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 ELANTRA TOURING
Stk#

\$15,799** -OR- **\$1151¹***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 SONOTA GL - AUTO
Stk# 3143

\$21,549** -OR- **\$1631⁷***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 TUSCON GL - AUTO
Stk# 3115

\$22,099** -OR- **\$1733⁰***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 SANTA FE GL - AUTO
Stk# 3119

\$24,449** -OR- **\$1865⁴***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 GENESIS SEDAN
Stk# 3182

\$35,999** -OR- **\$2635¹***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 VELOSTER
Stk# 3128

\$18,999** -OR- **\$1444⁶***
BI-WEEKLY \$0 DOWN TAX INCLUDED



2012 HYUNDAI VELOSTER
BEST NEW SPORTS/
PERFORMANCE CAR
(UNDER \$50K)



New Thinking... New Possibilities...



"We've Perfected Quality & Pricing"



"We Fix All Makes & Models"



"We Fix All Makes & Models"

3900 Victoria Avenue Brandon • 727-1461 • Toll-Free 1-800-847-6518 • www.fowlerhyundai.com

*All bi-weekly payments are based on 84 months with \$0 down and all taxes, freight and factory incentives included. **Advertised selling price includes all factory incentives. Freight and destination charges are not included. See dealer for details.

Dealer #0623

Winter

& Community

Events & Guide

SEE EVERYTHING WINTER OFFERS.

THE 2011 WINTER COMMUNITY EVENTS CALENDAR



TEST DRIVE THE NEW 2012 FORD EXPLORER

Drive One.

1445 18TH Street N. • Brandon • (204) 728-8554 • www.KELLEHERFORD.com

Pre-School

Tumbleweeds (Playgroup)

Its time to play, tumble, run and jump with our tumbleweeds group! All ages welcome
We meet every Tuesday morning starting January 10
Time: 9:30 - 11:30 a.m.
Cost: \$1.00 drop in fee
Place: Shilo Community Centre

Relaxation Station

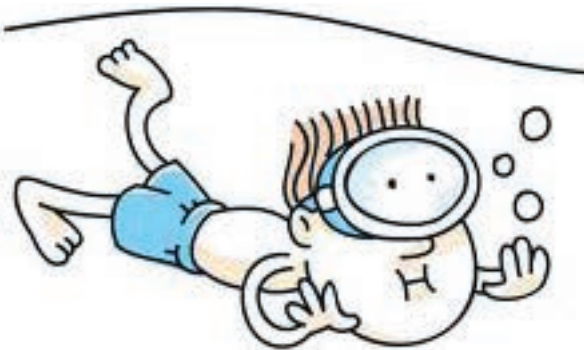
Kids feel the stress of everyday life and military life just as much as the adults in your home. This program will help them talk about their feelings and share their experiences with our new puppets and new friends. It will provide opportunities where they can freely express themselves through open ended experiences and imagination.
Each session includes warm up yoga, breathing exercises, dream time, craft on your mat and fun creative games. (Please send a simple snack with your child)
Ages: Group #1 2 - 3 years
Group #2 4 - 5 years
Date: Every Wednesday starting Wednesday, January 11
Time: 1:30 - 3:30 p.m.
Cost: FREE
Register at the MFRC (765-3000 ext. 3352) anytime throughout the year, more spaces may become available.

The Learning Circle - Wild for Winter

Leap into this parent/child literacy program to discover great ways to teach literacy skills and have fun doing it. Learning everyday ways to teach literacy will help you to prepare your children for Kindergarten and ignite their spark for reading. Commit to this 10 week program and you will have opportunities for book exchanges and receive a "Leap into Literacy" package
Ages: 3 - 5 years
Date: Thursdays, January 12 - March 15
Time: 1:30 - 3:30 p.m.
Cost: FREE
Register at the MFRC (765-3000 ext. 3352) by noon on Friday, January 6

Pre School Swimming Lessons

Ages: 4 months - 6 yrs
Date: Monday, January 16 - March 19
Time: Between 4:30 p.m. - 7:30 p.m.
OR
Ages: 4 months - 6 yrs
Date: Saturdays, January 21 - March 24
Time: Between 9:30 a.m. - 12:30 p.m.
Cost: \$40.00 per child + GST with GSH Access Card
\$50.00 per child + GST without 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. **Cut off date for registration is Jan 3rd**
Online: <http://bk.cfpsa.com/shilopub>. Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28



Parent & Tot Mini Basketball

This program focuses on teaching children and their parents skills in dribbling/ball handling, passing/catching, shooting and running/agility.

Ages: 3 - 5 yrs
Date: Thursdays, January 19 - February 23
Time: 5:00 - 6:00 p.m.
Cost: \$12.00 + GST with a GSH Access Card;
\$17.00 + GST without a GSH Access Card
Place: GSH
Contact Info: Community Recreation 765 - 3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or Online: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Wiggle, Giggle Munch

Sign up for this parent/child program that will have you moving, dancing and jumping to the beat! Nutritional snack included.
Ages: 2 - 5 years
Date: Fridays, January 20 - February 24
Time: 9:30 - 11:30 a.m.
Cost: FREE
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) by noon on Wednesday, January 11

Family Swim

Grab the family and join us down at the GSH pool for a family swim.
Ages: All
Date: Fridays, January 20 - March 23
Time: 10:30 - 11:30 a.m.
Cost: \$3.00 Drop in or Free for Military members and GSH Access Card Holders
Place: GSH Pool
Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Cruising the Caribbean

Leaving on a jet plane...destination? The Caribbean! Where the music is contagious and the sun is hot. Join us for a party to celebrate all that we love from this part of the world.
Ages: 2 - 5 years
Date: Option A - Tuesday, January 24
Option B - Tuesday, January 31
Time: 1:30 - 3:30 p.m.
Cost: \$5.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) before noon on the Wednesday before the party. NOTE: Register early as these parties fill up fast!

Baby Club

Did you just have a baby or have a little one under the age of 2? Sign up for these sessions that will include special visitors, crafting, play time and much more!!
Ages: Parents with children under 2 years of age
Date: Friday, January 27
Friday, February 24
Friday, March 30
Time: 9:30 - 11:30 a.m.
Cost: FREE
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) by the Wednesday before the session

Out of the Box

Join us for this exciting new program that will have the kids creating with their favourite things... BOXES! This project based, child led program will have them using their imaginations and creativity in a whole new way.
Ages: 4 - 5 years
Date: Monday, February 6 1:30 - 3:30 p.m.
Monday, February 13 1:30 - 3:30 p.m.
Monday, February 27 9:30 - 11:30 a.m.
Cost: \$5.00 each session (includes snack) sign up for 1 or all 3 sessions. Each session involves a unique project.
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext 3352) by noon on Wednesday before the session

Sweetheart Sock hop

Come in your formal attire for this traditional sock hop with a valentines twist. Complete with spot dances, snowball dance, dance contests and so much more!
Ages: 2 - 5 years
Date: Option A - Tuesday, February 7
Option B - Tuesday, February 14
Time: 1:30 - 3:30 p.m.
Cost: \$5.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) before noon on the Wednesday before the party. NOTE: Register early as these parties fill up fast!



Feel the Beat

Kids love music...come learn about and explore new instruments, enjoy special visitors, create your own music and enjoy the love of music in all different ways!
Ages: 3 - 5 years
Date: Mondays, March 5 - 26
Time: Option A - 9:30 - 11:30 a.m.
Option B - 1:30 - 3:30 p.m.
Cost: \$10.00 (for 4 sessions)
Register at the MFRC (765-3000 ext 3352) by noon on Wednesday, February 29

Oodles of Noodles

Join us to celebrate National Noodle month. We will be playing with noodles, creating with noodles and being a noodle all in one afternoon!
Ages: 2 - 5 years
Date: Option A - Tuesday, March 20
Option B - Tuesday, March 27
Time: 1:30 - 3:30 p.m.
Cost: \$5.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext. 3352) before noon on the Wednesday before the party. NOTE: Register early as these parties fill up fast!

The Learning Circle - Spin into Spring

Leap into this parent/child literacy program to discover great ways to teach literacy skills and have fun doing it. Learning everyday ways to teach literacy will help you to prepare your children for Kindergarten and ignite their spark for reading. Commit to this 10 week program and you will have opportunities for book exchanges and receive a "Leap into Literacy" package
Ages: 3 - 5 years
Date: Thursdays, March 29 - May 31
Time: 1:30 - 3:30 p.m.
Cost: FREE
Register at the MFRC (765-3000 ext 3352) by noon on Friday, March 23

Thrift Shop Hours

Located at the Faith Centre, the Shilo MFRC Thrift Shop has a variety of gently used clothes for all ages and plenty of experienced toys. Consignment items & donations are welcome during regular business hours.

Thrift Shop hours of operation:
Tuesdays 1:30 - 3:00 p.m. & 6:30 - 8 p.m.
Thursdays 9:00 - 11:00 a.m.

School Aged

Birthday Parties

For only \$140.00 you can choose the theme of your child's choice. All parties include 8 children plus the birthday child, invitations, loot bags, cake, meal, beverages, games, prizes, and crafts. Any extra children the cost would be \$7.50 per child. Birthday parties are to be booked two weeks in advance. Ages for birthday parties can be anywhere from 5 (already in kindergarten) to 12 years old. Parties are two hours in length and held anywhere from Monday-Friday evenings or Saturday mid afternoon. For more information contact Courtney at 765-3000 ext. 4555.

Weekly Drop-in Program for kids

Check out our weekly drop-in programs starting January 11. This program is the place to be for fun, crafts, snacks and games. Come and have a blast with your friends!

Activities change each week and every month so keep in the know on the MFRC facebook page, the newsletter, or grab a hand out at Wednesday's programs!

Drop-in programs are every Wednesday starting January 11 - March 21.

Cost: \$1.00 drop in fee (Free for September)

Place: Shilo Community Centre

For more information contact the MFRC at 765-3000 ext 3352.

Keen Kids

Ages: 5 - 6 yrs (in kindergarten)

Time: 5:00 - 6:00 p.m.

Kool Kids

Ages: 7, 8, and 9 yrs

Time: 6:00 - 7:00 p.m.

Kooler Kids

Ages: 10, 11, and 12

Time: 7:30 - 9:00 p.m.

Friends Program

This is an international program designed to help kids develop ways to cope with feelings of fear, worry, depression, and anxiety. It's a fun 9 week course that teaches different tricks and methods to use on themselves to deal with things in their often busy and hectic lives.

Ages: 8 - 11 yrs

Date: Tuesday - January 10, 17, 31 and February 7, 14, 21, 28

Time: 4:30 - 5:30 p.m.

Cost: TBA

Place: Shilo MFRC

Register at the MFRC (765-3000 ext. 3352) by noon on Wednesday, January 4

Sport & Games Evening

Grab the gang and head on over to the GSH for a variety of sport and game nights/afternoons. There will be a different game/sport each week!

Ages: 8 - 12 yrs

Date: Thursdays, January 12 - March 29

Time: 6:30 - 8:00 p.m.

Cost: GSH Card Holders-No charge, Others \$3.00

Drop In Fee

Place: GSH

Contact Info: Community Recreation 765 - 3000 ext 3317

Girls Night

Hey girls grab your friends and head down to the MFRC for a night of fun with all of your friends. We will have pizza, snacks, and a spa night!

Ages: 5 - 8 yrs

Date: Friday, January 13

Time: 5:00 - 7:00 p.m.

Cost: TBA

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by noon on Monday, January 9



Red Cross Swim Kids Swimming Lessons

Ages: 6 and up

Date: Monday, January 16 - March 19

Time: Between 4:30 - 7:30 p.m.

OR

Ages: 6 and up

Date: Saturdays, January 21 - March 24

Time: Between 9:30 a.m. - 12:30 p.m.

Cost: \$40.00 per child + GST with GSH Access Card;

\$50.00 per child + GST without GSH Access Card

Card

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-

line: <http://bk.cfpsa.com/shilopub>

Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Cut off date for registration is Jan 3rd

Boys Night

Hey boys grab your friends and head to the MFRC for a boys night! Pizza, snacks, and some handy tool work. See you there!

Ages: 5 - 8 yrs

Date: Friday January 20

Time: 5:00 - 7:00 p.m.

Cost: TBA

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext. 3352) by noon on Monday, January 16

In-Service Day

If you are between the ages of 5 -12 years and are wondering what to do when school is out for the day, then look no further. The MFRC is offering activities all day! Crafts, games, fun with friends, what could be better! More details closer to the date.

Ages: 5 - 12 yrs

Date: Friday, February 3

Time: 9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.

Lunch supervision is available from 12:00 - 1:00 p.m. for an addition \$5.00. Snack is not provided

Cost: TBA

Place: Shilo Community Centre

Please register at the MFRC (765-3000 ext. 3352) by noon on Tuesday, January 31

Valentine's Dance

Come out all dressed up and dance the night away. Prizes to be won!!

Date: Friday, February 10

Time: 5:30 - 7:00 p.m. ages 5 - 8 yrs
7:30 - 9:00 p.m. ages 9 - 12 yrs

Cost: \$2.00 at the door

Place: Shilo Community Centre

Canteen will be available throughout the night

In-Service Day

If you are between the ages of 5 - 12 years and are wondering what to do when school is out for the day, then look no further. The MFRC is offering activities all day! Crafts, games, fun with friends, what could be better! More details closer to the date.

Ages: 5 - 12 yrs

Date: Friday, February 24

Time: 9:00am-12:00pm and 1:00-4:00pm.

Lunch supervision is available from 12:00-1:00pm for an addition \$5.00. Snack is not provided

Cost: TBA

Place: Shilo Community Centre

Please register at the MFRC (765-3000 ext. 3352) by noon on Tuesday, February 28

In-Service Day

If you are between the ages of 5 - 12 years and are wondering what to do when school is out for the day, then look no further. The MFRC is offering activities all day! Crafts, games, fun with friends, what could be better! More details closer to the date.

Ages: 5 - 12 yrs

Date: Thursday, March 8 and Friday, March 9

Time: 9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.

Lunch supervision is available from 12:00-1:00pm for an addition \$5.00. Snack is not provided

Cost: TBA

Place: Shilo Community Centre

Please register at the MFRC (765-3000 ext. 3352) by noon on Monday, March 5

Bake off

Ever wonder how they make those neat cakes you see on TV? Well here is your chance to try and make your very own cake. Cake and all you need will be provided. Decorate it then eat it! Best cake will win a prize!

Ages: 5 - 12 yrs

Date: Friday, March 16

Time: 4:30 - 6:30 p.m.

Cost: TBA

Please register at the MFRC (765-3000 ext. 3352) by noon Monday, March 12



School is out for March Break

The MFRC will offer activities during this time. There will be a trip to the Brandon Winter fair, games, crafts and Wii. These events are opened to children ages 5 - 12 yrs.

Date: Tuesday, March 27

Time: 9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.

Cost: TBA

Date: Wednesday, March 28

Time: 8:00am-4:00pm

Cost: TBA

Date: Thursday, March 29

Time: 9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m.

Cost: TBA

Lunch supervision is available from 12:00-1:00pm for an addition \$5.00. Snack is not provided

Please register at the MFRC (765-3000 ext. 3352) by noon Tuesday, March 20

Please check our website and facebook page closer to the date for more details and prices.

Community Library

Located in the Shilo Community Centre, the Shilo Library has the

following hours of operation:

Monday

6:00 p.m. - 8:30 p.m.

Tuesday & Thursday

9:30 a.m. - 12:30 p.m.

1:00 p.m. - 4:00 p.m.

6:00 p.m. - 8:30 p.m.

Wednesday

9:30 a.m. - 4:00 p.m.

STORY TIME Every Thursday

@ 1:30 p.m.

Contact Info: Community Library

765 - 3000 ext 3664

Adult

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.

Butt-Out Self Help Program

Butt-Out can help you overcome the addiction the nicotine. CF personnel are eligible to use nicotine gum, the nicotine patch, Zyban or Champix at DND expense if they participate in Butt-Out. CF spouses may be able to claim expenses for smoking cessation medications through the PSHCP.

For more information or to register, stop by the Health Promotion office in the CANEX mall. Intake for the Self Help version of Butt Out is held Monday and Friday mornings from 0830 – 1130 hrs. You will learn about the program, set a quit date and take a simple test to learn how much carbon monoxide you have in your lungs.

Scrapbooking Days

Let's get together for a day full of scrapbooking. What a great way to get ideas and projects done. Beginners and advanced welcomed. Bring your favourite dish for a potluck lunch. Door prizes, swap table and more.

Date: Saturdays, January 7, February 11 & March 3
Time: 9:00 a.m. - 5:00 p.m.
Cost: \$2.00 per person
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by noon on the Wednesday before

Lunch Hour Bootcamp

Ages: Adult
Date: Monday, January 9 – March 12
Time: 12:10 - 12:50 p.m.
Cost: \$25.00 + GST with a GSH Access Card;
\$45.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH Gym
Contact Info: Community Recreation at 765-3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Evening Cardio Program

Ages: 16 +
Date: Tuesdays, January 10 – March 13
Time: 7:00 – 8:00 p.m.
Cost: \$30.00 + GST with a GSH Access Card;
\$50.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH
Contact Info: Community Recreation at 765-3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Evening Aquacise

Ages: 16 +
Date: Wednesdays, January 11 – March 14
Time: 7:00 - 8:00 p.m.
Cost: \$30.00 + GST with a GSH Access Card;
\$50.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH Pool
Contact Info: Community Recreation at 765-3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Morning Indoor Cycling Class

Ages: Adult
Date: Wednesdays, January 11 – March 14
Time: 6:10 - 7:10 a.m.
Cost: \$30.00+ GST with a GSH Access Card;
\$50.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH, Aerobics Room
Contact Info: Community Recreation at 765-3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Weight Wellness Lifestyle Program

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. This program is being offered as part of the Recreation Department's "Fall into Fitness" program.
Dates: Wednesdays, starting January 11 - February 29
Time: 10:00 a.m. - Noon
Cost: Free
Place: Bldg L-106 Classroom #2
Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by Wednesday, January 4

Evening Strength Training Program

Ages: 16 +
Date: Thursdays, January 12 – March 15
Time: 7:00 - 8:00 p.m.
Cost: \$30.00 + GST with a GSH Access Card;
\$50.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH Gym
Contact Info: Community Recreation at 765-3000 ext 3317
Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

Lunch Hour Bootcamp

Ages: Adult
Date: Friday, January 13 – March 23 (no class Jan 27)
Time: 12:10 - 12:50 p.m.
Cost: \$25.00 + GST with a GSH Access Card;
\$45.00 + GST without a GSH Access Card;
Drop in if space permits \$5.00
Place: GSH Gym
Contact Info: Community Recreation at 765-3000 ext 3317

Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>
Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28

English 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: Tuesday and Thursday evenings starting January 17
Time: 6:00 - 9:00 p.m.
Cost: \$70.00 (may be refundable)
Register at the MFRC (765-3000 ext.3352) by noon on Friday, January 13

Cake Decorating Basics

Want to learn how to make your own birthday cakes or other special occasion cakes? Come spend a fun, interactive evening learning how to bake a great cake. Practice the fundamentals of decorating and learn how to create icing marvels!

Ages: Adult
Date: Wednesday, January 18
Time: 6:00 - 9:00 p.m.
Cost: \$25.00 (includes take home samples)
Instructor: Sarah Guidolin
Register at the MFRC (765-3000 ext.3352) by noon on Friday, January 13

Stress: Take Charge!

A 2 day workshop to help you understand and manage your stress. Identify your strengths, and learn and practice new techniques to deal with whatever life throws your way. Be prepared to RELAX!!
Dates: Thursday, January 26 & Friday, January 27
Time: 8:30 a.m. - 4:00 p.m.
Cost: Free
Place: Bldg L-106 Classroom #2
Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by Thursday, January 19

EVENING CPR Re-Certification

This is the required refresher that you need to do every year to keep your certificate up to date. Level "C" Infant, Child, Adult.
Date: Tuesday, February 7
Time: 6:00 - 9:00 pm
Cost: \$45.00 without certificate. \$65.00 with certificate
Location: Shilo Community Centre
Instructor: D Kowalchuk, Red Cross
Registration at the MFRC (765-3000 ext.3352) by noon on Friday, February 3

The Shilo MFRC
is now on Facebook!
Check out our page and "Like"
us to receive our status
updates and news about
upcoming events!

Adult

Stronger Together: Basic Relationship Training (BRT)

BRT encourages couples to strengthen their relationship by incorporating effective communication, negotiation and conflict resolution techniques into their daily lives. You'll learn to talk more and fight less, protect your friendship, keep the fun alive and develop a vision for your future together.

Date: Saturday, February 11

Time: 8:30 a.m. - 4:00 p.m.

Cost: FREE

Place: Officers' Mess

Register at the Health Promotion office (CANEX Mall 765-3000 ext. 3868 or 3867) or email lacey.collier@forces.gc.ca by Friday, February 3

Childcare is available at no charge for participating couples.

Managing Angry Moments

7 sessions 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.

Dates: Fridays, starting February 17 - March 30

Time: 10:00 a.m. - Noon

Place: Bldg-106 Classroom #2

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

How to Make Sushi

Maki Sushi is the most popular variety of sushi in America, and it is what we will be making. Come and learn the step by step methods. We will make some as a group so you will get a taste and take some home!

Date: Tuesday February 21

Time: 7:00 - 9:00 p.m.

Cost: \$15.00 includes materials and take-home samples

Instructor: Marc Lavoie

Register at the MFRC (765-3000 ext.3352) by noon on Friday, February 17

Home Buying Seminar

Come spend an evening with a real-estate agent, lawyer and banker. They will help you learn all the details

of home buying and cover the basics that prepare you when you go on your house-hunting trip.

Date: Wednesday, March 7

Time: 7:00 p.m.

Cost: FREE

Place: Shilo Community Centre

Instructor: Michele Clouthier

Register the MFRC (765-3000 ext.3352) by noon on Friday, March 2

Top Fuel for Top Performance (New and Improved)

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: Wednesday, March 14 & Thursday, March 15

Time: 9:00 a.m. - 4:00 p.m.

Cost: Free

Place: Bldg L-106 Classroom #2

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

Deployment Activities

The Shilo MFRC definition of deployment:

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

Dessert at Lady of the Lake

Have a quiet evening out taking in a bit of shopping and topping it off with dessert at Lady of the Lake.

Date: Thursday, January 12

Time: 6:00 - 9:00 p.m.

Cost: Dessert is on the MFRC for families of deployed members

Place: leave the MFRC

Register at the MFRC (765-3000 ext.3352) by noon on Wednesday, January 11



Children's Deployment Afternoon

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

Age: 5-12 yrs

Date: Saturdays, January 14, February 11, and March 17

Time: 1:00 - 4:00 p.m.

Cost: FREE for children of deployed members

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext.3352) by noon on the Wednesday prior to

Deployment Childcare

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

Any weekday in the Occasional Childcare room or

Date: Saturdays, January 14, February 11, and March 17

Time: 1:00 - 4:00 p.m.

Place: Shilo Community Centre - OCC Room

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

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

Deployment PlayTime

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

Date: Saturday, January 28

Time: 2:00 - 5:00 p.m.

Cost: FREE for children of deployed members

Place: PlayTime in Brandon

Register at the MFRC (765-3000 ext.3352) by noon on Friday, January 27

Comedy in Shilo

Spend an evening laughing with Big Daddy Tazz and Tim Nutt.

Date: Friday, February 3

Time: 6:30 p.m.

Cost: FREE for families of deployed members

Place: El Prado Club

Register at the MFRC (765-3000 ext.3352) by noon on Friday, January 27

Deployment - Fun at the Skating Oval

Take the whole family for an afternoon of skating, hot chocolate and rosy cheeks. Location TBA.

Date: Sunday, February 26

Time: 1:30 - 3:30 p.m.

Cost: FREE for families of deployed members

Place: Meet at the MFRC at 1:30 p.m.

Register at the MFRC (765-3000 ext.3352) by noon on Friday, February 24

Women's Conference

Come and help us celebrate International Woman's Day with a full day of entertaining speakers, inspirational messages, and opportunities to grow as a woman.

Date: Thursday, March 8

Time: 9:00 a.m. - 4:00 p.m.

Cost: \$20 for spouses of deployed members

Place: El Prado Club

Watch the MFRC website (www.familyforce.ca) and facebook page for more details closer to the date.

Deployment Rodeo Time

Spend the day at the Royal Manitoba Winter Fair with the Super Dogs, petting zoo and all the fun the fair has to offer.

Date: Monday, March 26

Time: TBA

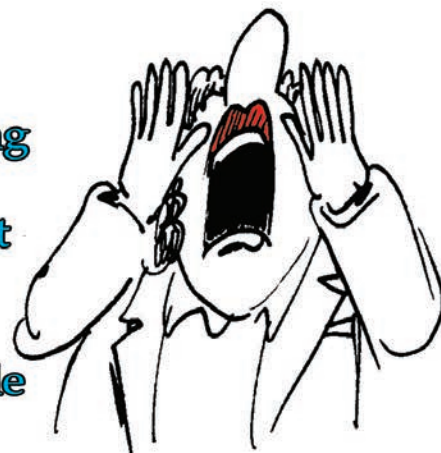
Cost: \$10.00/ per family of deployed members

Place: Meet at the MFRC

Register at the MFRC (765-3000 ext.3352) by noon on Friday, March 23

Volunteers!

- 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 our front desk at 765-3000 ext. 3352.
- It's a great way to build your resume or just enjoy being part of the day while giving back to your community.



Special Events

Shilo MFRC Women's Conference

Come and help us celebrate International Woman's Day with a full day of entertaining speakers, inspirational messages, and opportunities to grow as a woman.

Mark your calendar - you don't want to miss this one.

Date: Thursday, March 8

Time: 9:00 a.m. - 4:00 p.m.

Cost: TBD

Place: El Prado Club

Watch the MFRC website (www.familyforce.ca) and facebook page for more details closer to the date.

**International
Women's Day**

Family Ski Trip

Kids are out of school so let's head to the Assessipi Ski Area and Winter Park for a day of ...Skiing, Snowboarding or Tubing!

Age: All ages
Date: Friday, February 24
Time: 8:00am - 6:00pm

Lift Rates

Adult 1 Day Lift (Ages 18+) \$34.50

Youth 1 Day Lift (Ages 6-17) \$29.50

Preschool (Ages 5 and under) FREE

Equipment Rental (All Ages)

Shaped Ski Rental 1 Day \$23.00

Snowboard Rental 1 Day \$26.00

Helmet Rental 1 Day \$4.50

Tubing Only

Adults \$16.50

Youth \$12.50

Preschool FREE

Place: Bus leaves north side of the CANEX at 8am

Register: Community Centre, Recreation office, call 765-3000 ext 3588 (MasterCard or VISA only) or On-line: <http://bk.cfpsa.com/shilopub>

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

Spring Fever Movie Swim!

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

Age: 8 and Up

Date: Friday, March 30

Time: 8:00 -9:45pm

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

Place: GSH Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Community Info

Community Recreation Office

Website: www.cfcommunitygateway.com

Hours of Operation

Monday - Friday: 7:30 a.m. - noon
and 1 p.m. - 4 p.m.

Community Recreation Coordinator: 765-3000 ext 3317

Community Recreation Assistant: 765-3000 ext 3588

Community Recreation Refund Policy

A full refund will be applied for one of the following reasons:

- The Community Recreation Department cancels a program/course; and
- A participant withdraws before the first day of the program/course.

A partial refund will be given for the following reasons:

- Medical reasons;
- In cases where a family member is deployed;
- Postings.

Official documentation will be required
For more information, please contact the Community Recreation Office at (204) 765-3000 ext 3317/3588.

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. 16 & under are not allowed in the weight room and cardio room until they have successfully completed the youth weight training program. Drop by GSH to get your card today!

Hours of Operation

Monday - Friday

6:00 a.m. - 9:45 p.m.

Saturday

9:00 a.m. - 9:45 p.m.

Sunday & Stat Holidays

12:00 a.m. - 9:45 p.m.

Contact Info: 765-3000 ext 3889

Sport Stores

Hours of Operation

Monday - Friday

7:30 a.m. - 12:00 p.m. - 1:00 p.m. - 4:00 p.m.

Sports Equipment: 765-3000 ext 3541

Facility Bookings: 765-3000 ext 3315

Public Skating

Ages: All

Date: Saturday and Sundays

Time: 12:00 - 1:15 p.m.

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

Place: Gunner Arena

Contact Info: 765-3000 ext 3326

Occasional Childcare Centre

The OCC is a childcare service that provides childcare for non working purposes for ages 3 months to 12 years of age. If you need time to get to the gym, grocery shop, get a hair cut or just time for yourself; book your child in by phoning 765-3000 ext 3341.

Shilo MFRC Occasional Childcare Centre hours of operation:

Monday - Thursday - 9:00 a.m. - 4:00 p.m. & 5:00 - 8:30 p.m.

Fridays - 9:00 a.m. - 12:00 p.m. & 1:00 - 4:00 p.m.

PSP Online!

New, improved and easier to use! It is now easier than ever to register for all PSP Recreation & Aquatic programs online. You are also able to register for classes FOUR DAYS earlier if you register online. Please visit <http://bk.cfpsa.com/shilopub> to register (you no longer need to call the Recreation Office for a user name and password). Online Registration starts: Nov 24 and Office/Phone Registration starts: Nov 28! Please contact the Recreation Office at 765-3000 ext 3588/3317 if you require assistance.

Shilo MFRC Pre-Kindergarten

The Pre-Kindergarten is a provincially regulated and licensed program for 3 - 5 year old children.

The program is based on provincial educational guidelines and Manitoba Child Care Nursery School regulations.

Trained Early Childcare Educators will offer a program of developmentally and age appropriated activities designed to facilitate the social, emotional, physical and cognitive growth of pre-kindergarten children. This is achieved through structured, unstructured, independent and cooperative play.

Hours of operation:

Mornings: 9:00 - 11:30am - Monday to Friday

Afternoons: 1:00 - 3:30pm - Monday, Wednesday, Friday

Call the MFRC at 765-3000 ext. 3352 or 4554 to register your child

Shilo MFRC

(Located in the Shilo Community Centre)

Monday to Thursday - 8:00 a.m. - 8:30 p.m.

Friday - 8:00 a.m. - 4:30 p.m.

General Reception: 765-3000 ext. 3352

www.familyforce.ca

Shilo MFRC Teen Centre

Located at the Shilo Community Centre, the teen centre is a place for teens to hang out with friends in a supervised environment. There us computers, TV's, games, pool table and a canteen for snack purchases. Contact the Shilo MFRC (765-3000 ext 3352) or stop in today for details on our free membership.

Teen Centre hours of operation:

Monday, Tuesdays and Thursdays: Tween (12-14 yrs) 6 - 8 p.m. & Tweens (14 - 17 yrs) 8 - 10 p.m.

Fridays: Tweens & Teens 6 -10 p.m.



Community Info

Shilo Pool

Please join us in the pool for a splashing good time. Children six and under require adult supervision within arms reaching the water, or upon discretion of the lifeguard. Enjoy our waterslide; tot pool and 25 yard pool. Please note that we now have a hydraulic chair lift for easy pool access. (Schedule may change without notice).

Public Swim Time

(effective Jan 3)
Tuesdays & Thursdays
6:30 - 8:00 p.m.
Saturday & Sunday
12:30 - 4:30 p.m.
Stat Holidays
12:30 - 3:00 p.m.

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

Lap Swim Times

(effective Jan 3)
Daytime
Monday - Friday
11:30 a.m. - 1:00 p.m.
Evening
Tuesday - Thursday
8:00 - 9:00 p.m.
Place: Shilo pool

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

March Break Swim

Daytime
Monday & Wednesday
1:30 - 3:00 p.m.
Evening
Tuesday & Thursday
6:30 - 8:00 p.m.

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

Place: Shilo pool

Take advantage of Private Swimming lessons.

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

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Swimming lesson Assessments

Not sure what level to enrol your child in? Bring your child to a public swim and have him/or her assessed by one of our on duty lifeguards. Contact Info: Aquatic Supervisor at 765-3000 ext 3318 for more info.

Shilo Bowling Alley

Mixed Bowling League

Ages: Adult
Date: Tuesdays, starting January 10
Time: 6:30 - 9:00 p.m.
Cost: \$7.50 + GST
Place: GSH Bowling Alley
Contact Info: Community Recreation office at 765-3000 ext 3588/3317

Open Bowling

Ages: All
Date: Wednesdays, January 11 - March 28
Time: 6:00 - 8:00 p.m.
AND
Date: Saturdays, January 14 - March 31
(no bowling Jan 28)
Time: 2:00 - 4:00 p.m.
Cost: Adult - \$2.25/game +GST
Youth - \$2.00/game +GST
Child - \$1.75/game +GST
Shoe rental - \$0.75 +GST
Place: GSH Bowling Alley
Contact Info: Community Recreation office at 765-3000 ext 3588/3317.

Movie Madness

Enjoy a movie and popcorn for free!
Ages: Please refer to the movie rating on monthly poster
Date: Fridays, January 13 - March 30
Time: Doors open at 6:15 p.m.; movie begins at 6:30 p.m.
Cost: Free
Place: GSH Theatre
Contact Info: Community Recreation office at 765-3000 ext 3588/3317

RCA Officers' Mess

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

WO & Sgts' Mess

Bar Hours: Mon CLOSED
Tue & Wed 1600-1900 hrs
Thu 1600-2100 hrs
Fri 1600-2300 hrs
Coffee Break Mon-Fri 0900-1030 hrs

El Prado Club

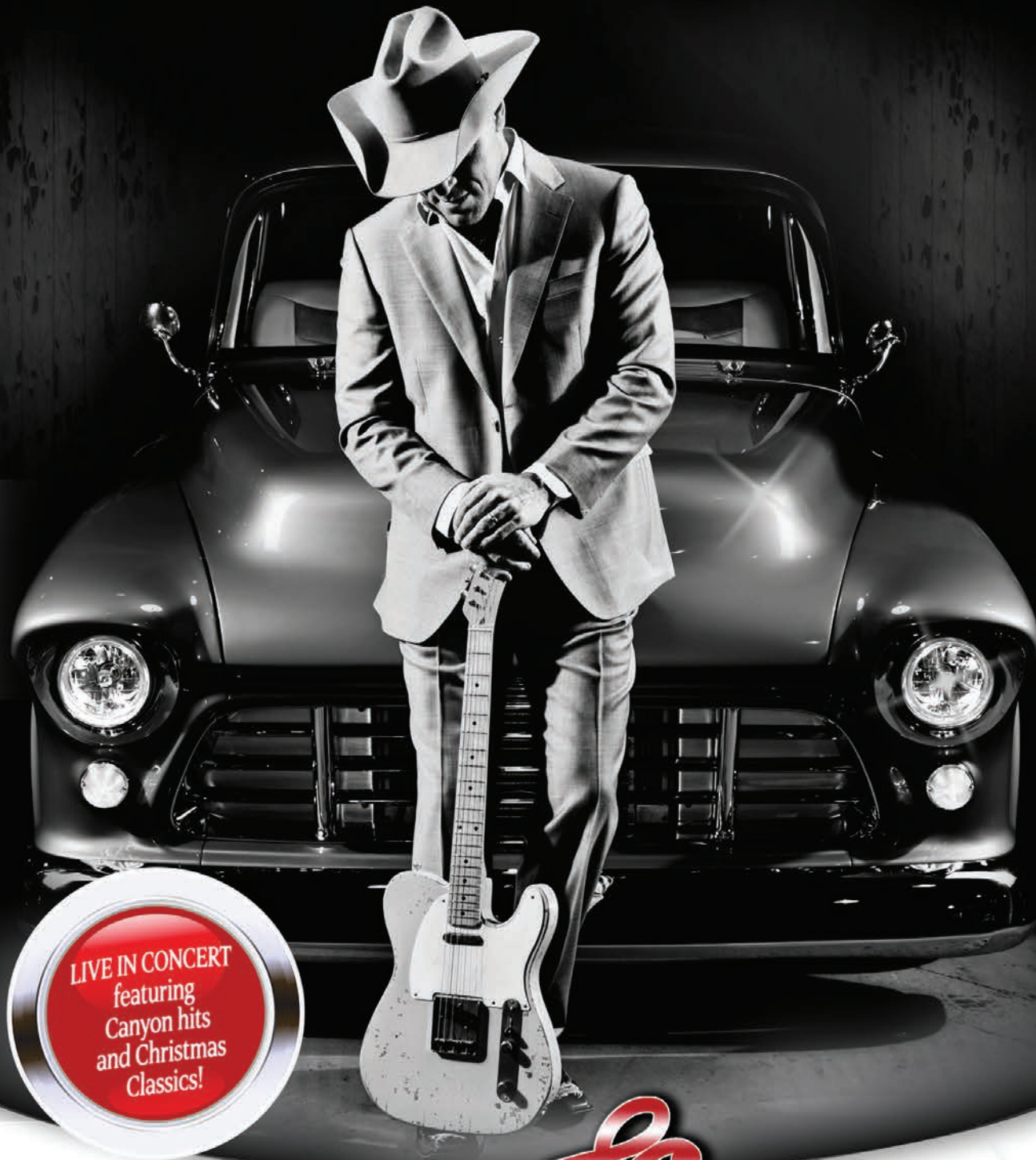
Bar Hours:
Mon-Thu 1000-1300 hrs & 1600-2100 hrs
Fri 1000-0200 hrs
Sat 1500-0100 hrs
Sun CLOSED
Coffee Break Mon-Fri 1000-1030 hrs



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To place an ad, email
stag@mts.net
or call 765-3000 ext 3013.

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featuring
Canyon hits
and Christmas
Classics!

A BLACK & WHITE CHRISTMAS

GSH Auditorium, CFB SHILO

Friday, December 2 at 7 p.m.

Tickets \$25 from Jr Ranks (El Prado Club)

Tickets on sale to General Public on 22 November

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