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60th anniversary of memorial observed

By Bruce Peever
Shilo Stag

As dawn broke over a frozen CFB Shilo on Nov. 20, Veterans and current soldiers marked the 60th anniversary of the Canoe River Tragedy.

The ceremony at the Canoe River Memorial last Saturday was conducted by Regt Maj Rob Hart of RCA, assisted by RCA Museum Director Marc George and Padre Lt. (N) Earl Klotz. Following an Act of Remembrance, Prayers and Benediction, George read the names of soldiers losing their lives in 1950:

- Gunner Arden Joseph Atchison of Loon Lake, Saskatchewan,
- Gunner Weldon Eugene Barkhouse of Wolfville, Nova Scotia,
- Gunner Norman William Carroll of Pennant, Saskatchewan,
- Gunner Frederick William Conway of Grand Falls, Newfoundland,
- Gunner Robert Arthur Craig of Foam Lake, Saskatchewan,
- Gunner Austin Emery George of Canso, Nova Scotia,
- Gunner Urbain Joseph Levesque of Ottawa, Ontario,
- Gunner Robert William Manley of Niagara Falls, Ontario,
- Gunner Basil Patrick McKeown of Moscow, Ontario,
- Gunner Albert William Orr of Calgary, Alberta,
- Gunner David Owens of Granby, Quebec — who died December 9, 1950,
- Gunner Leslie Albert Snow of St. John's, Newfoundland,
- Gunner Albert



Photo by Bruce Peever


Korean War Veterans salute the memory of their comrades who lost their lives in the Canoe River Tragedy. Seventeen members of 2nd Regt RCHA based at CFB Shilo were killed Nov. 21, 1950 when their troop train crashed head-on into a passenger train at Canoe River, BC.

George Stroud of Howley, Newfoundland,
• Gunner Joseph Thistle of Conception Bay, Newfoundland,
• Bombardier James Milo Wenkert of Cowansville,

Quebec,
• Gunner James Joseph White of Placentia Bay, Newfoundland, and
• Gunner William David Wright of Neepawa, Manitoba.

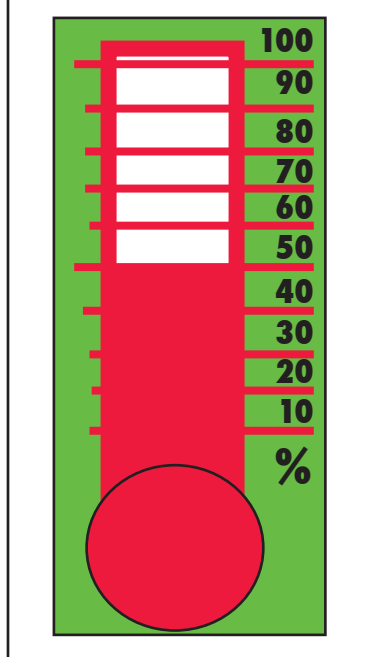
Sixty years ago, at the height of the Korean War, a train laden with 2nd Regiment, Royal Canadian Horse Artillery troops from CFB Shilo was

See **Memorial** page 2



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INSIDE
This Issue



World ranking in long drive golf. See page 8.



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Memorial

From the front

on its way to Washington State prior to sailing for Korea. On Nov. 21, 1950, the westbound mostly wooden troop train slammed head on into a heavier eastbound passenger train near Canoe River, BC. A total of 17 soldiers lost their lives, along with two engineers and two brakemen in each of the two locomotives.

According to Veterans Affairs Canada, the collision all those years ago is thought to be due to a misunderstanding.

"The eastbound passenger train expected to meet a troop train at Cedarside, east of where the collision occurred, while the westbound troop train expected to meet the passenger train at Gosnell which is west of the scene of the accident. The two trains met on a very sharp curve and although both were travelling at moderate speeds, neither saw the other until almost the moment of impact. The injured soldiers were fortunate that civilian medical help arrived quickly; the troop train's medical officer had disembarked



At left, Chaplain Lt (N) Klotz is joined by Regt Maj Hart saluting the lowering of flags. Above, active troops line up while at right, the gun crew prepares to fire.

Photos by Bruce Peever

in Edmonton. The uninjured gunners, after a short rest and a chance to reorganize, left Wainwright for Fort Lewis on November 29. Fort Lewis in Washington

State was selected as the point of embarkation for the Canadians en route to Korea.."

With files from Veterans Affairs Canada.



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Manitoba

Service Club hosts pancake breakfast



The Shilo Service Club hosted a Pancake Breakfast on Nov. 19, with proceeds going to the United Way. Participants were asked to donate a minimum \$3 to the United Way, and the Club served about 150 people. Regardless of the financial outcome of the breakfast, which was sponsored in part by Maple Leaf Foods and CANEX SuperMart, the Service Club has promised to donate \$1,000 to the United Way this year.

Photo by Sara Cumming

Feds table plan to increase support for injured soldiers

Merv Tweed, Member of Parliament for Brandon-Souris is pleased that the Government of Canada has tabled legislation to amend the New Veterans Charter to significantly improve financial support for injured Canadian Forces members and Veterans.

"Our government is listening to Veterans and their families. The legislative changes to the New Veterans Charter tabled will greatly improve the quality of life of our Veterans. Our government is committed to see that our Veterans and their families receive the care, services and financial support they require and deserve," said Tweed.

First, by amending regulations, the government will establish a minimum pre-tax income of \$40,000 a year for Veterans who can no longer work and for those who are in rehabilitation.

The Enhanced New Veterans Charter Act, introduced in the House of Commons, increases monthly financial support for injured Veterans who are no longer able to

work.

If passed, this Act will:

- expand eligibility for monthly allowances for seriously injured Veterans (up to \$1,609 per month, for life).

- introduce an additional \$1,000 monthly supplement to help our most seriously injured or ill Veterans.

With this announcement, Veterans who receive a Disability Award will have the choice between:

- annual payments

spread out over the number of years of their choice (with interest);

- part of the award as a lump sum and the rest as annual payments over the number of years of their choice (with interest); or
- a single lump sum payment.

Furthermore, at any time, Veterans who so choose may change their minds and receive the remaining amount as a lump-sum payment.

Dominion President, Patricia Varga of the

Royal Canadian Legion stated, "This Bill, as a first step, makes great strides in improving the New Veterans Charter and encompasses many of the recommendations made by the New Veterans Charter Advisory Group and the Standing Committee on Veterans Affairs."

Submitted by Merv Tweed's office.

Experience history with a bang!

Visit the RCA Museum, Canada's national artillery museum.

For information, call 765-3000 ext 3570 or visit www.rcamuseum.com.



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MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

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If interested please call the study coordinator at 204-975-7728



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December

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Wednesday, 15th: 9:00 - 5:00

Friday, 31st: 9:00 - 3:00

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Letters & Opinions



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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.



CFB Shilo staff were out in full force for the Santa Claus Parade in Brandon on Saturday, Nov 20. The parade started off on Rosser Ave. at 6 p.m. Despite the cold Manitoba winter, streets were lined with both children and the young at heart to take part in the kick off to Christmas.

Photo by
Quinn Roberts

Letter to the Editor

Aided in avalanche control 40 years ago

Dear Editor,

In the early 1970s, I was sent to Rogers Pass, B.C. along with a detachment of men from CFB Shilo, to help keep the Trans Canada Highway clear of snow.

We used 105mm howitzers, artillery weapons, to shoot down snow accumulation in the crevasses of the mountains. By doing this we could keep Hwy. 1 clear for all vehicles.

At the time, Canada had the greatest avalanche control of any country in the world. It was nothing to have radio crews from various countries with you while you tried to keep ahead of the snow. Every time we fired it was a target round and because of a super quick fuse it would explode as soon as it made contact with the snow. In order to achieve this accuracy, we always used the highest charge. The target data was also pre-recorded.

There were very few snow sheds at the time and the work could be very dangerous. One year, a fully loaded transport was thrown off the highway into the gully below. Thankfully, the driver had been told to leave his vehicle before it happened. In one incident, an army truck pulling the howitzer was hit and the detachment got to a snow shed just in the nick of time.

The avalanche control area was between Revelstoke in the west and Golden in the east — a distance of about 45 miles in all. A man we called Fred, who worked for the Department of Transport and an expert in avalanche control, was in charge of the operation. We understood he had experience in various parts of the world particularly in Austria and Switzerland. He seemed to know when the snow was ready to slide and would give the word when it was time to start shooting. The Department of Highways would close the highway, and all the heavy equipment would follow behind us and clear the highway when necessary. Sometimes it could snow a foot an hour and we could be kept busy day and night.

The entire operation would usually run from September to March. We slept in a building at the summit which also had a kitchen and cooks employed by the government.

The operation was very effective and we kept the Trans Canada Highway clear during the winter months for vehicles travelling between Vancouver and Calgary.

Sincerely,
Reg Wannamaker,
Vancouver Island

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Lucky Dollar

5 Platoon visits Moosomin to pay respects on Remembrance Day

By Lt Benjamin Wong

Every Nov. 11 on Remembrance Day, Second Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) makes a pilgrimage to Moosomin, SK, to pay their respects to one of their own. Buried in a small cemetery on the outskirts of town is Maj G.H. Mullin, VC, MM. Maj Mullin was a Sergeant at the Battle of Passchendaele when he won his Victoria Cross by leading a charge and single-handedly capturing a German pillbox that was holding up the advance while exposed to withering enemy fire and extreme personal danger.

This year, the soldiers of 5 Platoon, Bravo Company made the three hour journey westward to pay their respects to Major

Mullin. After a short service and a traditional toast to the Regiment, these young soldiers took the opportunity to mingle with the people of Moosomin and share their stories and experiences. Local residents took kindly to the fresh-faced, young Patricias, welcoming them into the Legion for drinks, song, and games.

This event serves as a reminder of both the great sacrifices of our Fallen Comrades in arms have made and of the freedom for which they fought. Soldiers like Maj Mullin, and his actions during the First World War, set a high standard of conduct for current and future young Patricia's to emulate. We will never forget.

Lt Benjamin Wong is Comd of 5 Pl, B Coy, 2PPCLI.



Above: The soldiers of 5 Platoon, B Company, 2PPCLI parading at the Moosomin South Side Cemetery while Sgt Steve Corcoran reads Major Mullin's citation. At left the resting place of Maj G.H. Mullin, VC, MM.

Photos by Lt Benjamin Wong

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ROLLING RIVER SCHOOL DIVISION
Statement of Operating Fund
Revenue and Expenditures
for the year ended June 30, 2010

Revenue	
Provincial Funding of Schools Program	\$9,741,226.
Other Dept. of Ed. - Adult Learning Centre	\$139,186.
Other Dept. of Ed/Other Prov. Departments.	\$366,458.
Education Property Tax Credit	\$1,768,673.
Tax Incentive Grant (TIG)	\$600,718.
Provincial Government Total	\$12,616,261.
Federal Government	\$54,252.
Municipal Government (Net of Ed. Property Tax Credit)	\$6,799,264.
Other School Divisions	\$95,550.
First Nations	\$1,182,129.
Private Organizations and Individuals	\$32,866.
Other Sources	\$45,570.
Total Revenue	\$20,825,892.
Expenditures	
Regular Instruction	\$11,786,081.
Exceptional	\$2,696,538.
Adult Learning Centre	\$139,186.
Community Education and Services	\$21,535.
Administration	\$801,866.
Instructional and Pupil Support Services	\$522,170.
Transportation of Pupils	\$1,365,566.
Operations and Maintenance	\$2,102,630.
Fiscal	\$358,821.
Total Expenses	\$19,794,393.
Transfers to Capital Fund	\$ 741,008.
Operating Fund Deficit	\$ 290,491.

The above represents only the 2009-2010 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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DND picks 'Helping Hands' as photo contest winner

By Ryan Cane

The 42nd DND Photography Contest wrapped up November 18 at the Director General Personnel and Family Support Services Headquarters in Ottawa with an awards reception.

The ceremony honoured major winners, thanked generous sponsors and celebrated another successful year of participation and excellence in photography.

A highlight of the evening was the unveiling of the Deputy Minister's Award. This award is chosen by the Deputy Minister of National Defense and is the photograph that best depicts the Canadian military. The photographs are chosen from both the professional and amateur category.

The Honourable Robert Fonberg, Deputy Minister proudly chose 'Helping Hands' captured by Cpl Johanie Maheu of the HMCS Athabaskan.



Cpl Johanie Maheu's 'Helping Hands' photo, depicting CF personnel helping out in Haiti, won the 42nd DND Photography Contest.

"The image I have chosen depicts the work of our Canadian soldiers and the impact they make in the communities in which they serve," Fonberg says. "The earthquake in Haiti was devastating, but in this time of disaster, stories of bravery and remarkable courage were shot on film."

Fonberg, who is the patron of the program displays all the winning photographs at his office at NDHQ.

"When I pass the images I am reminded of attributes it took for the photographers to capture them: courage, perseverance and determination ... the very qualities of the Canadian Forces and National Defense Team."

To view all the winning photographs and to watch for information on the 2011 program, log on to www.dndphotocontest.ca.

Ryan Cane is National Recreation Manager, Director General Personnel and Family Support Services at NDHQ.



Major Neil Cameron (left) is leaving the CFB Shilo IPSC after 18 months. On Nov. 9 staff, including MWO Mayor pictured on the right, paid tribute. Maj Cameron has accepted a new position at 1CAD 17 Wing Winnipeg. Submitted photo

To advertise with us, email stag@mts.net or call 765-3000, ext. 3013

Deadline looms for Christmas contests

Time is running out on the *Shilo Stag's* second annual Christmas Story and Christmas Recipe contest.

Enter early and often for your chance to win a Christmas Gift Basket valued at over \$100.

The Christmas Story contest is for local authors who want to write about a favourite memory or story from the past. Stories must be between 300 and 800 words and non fiction in nature. The other is a Christmas Recipe contest. Dig out those yuletide recipes passed down from past genera-

tions that have now become present day favourites. Please do not use recipes that have been published before.

Both contests will be judged by *Stag* staff and winners will be notified in early December. Winners from each category will receive a Christmas Gift Basket provided by area retailers.

The preferred format for sending in stories and recipes is by email at stag@mts.net. Deadline for submitted stories and recipes is Friday, Dec. 3. Submissions will be published Dec. 9.

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 **Sports & Recreation** 



Photo by Bruce Peever

Pte Matthew Wilson Gunning is ranked 23rd in the world after hitting a golf ball 401 yards at the recent Re/Max World Long Drive Championships in Nevada.

CFB Shilo private a champ in long ball golf driving

By Bruce Peever
Shilo Stag

Not many can hit a golf ball farther than 2PPCLI's Pte Matthew Wilson Gunning.

It was at the Re/Max World Long Drive Championships in Mesquite, Nevada in early November that he drove a shot 401 yards — good enough to be ranked 23rd in the world. Not bad for his first international competition.

"I am happy to have finished 23rd. I was also the highest finishing left-handed hitter as well as the highest finishing military member," he says.

A natural athlete, Pte Wilson Gunning is a native of Victoria, BC. He played baseball for four years at Western

Kentucky University, then after toiling for several minor league teams across the U.S., found he had a good golf stroke. This was only after OP PODIUM at the Winter Olympics last February.

"Most of the guys there thought I had a chance after trying out long driving. There was a tournament in Winnipeg later which I won, and that got me a spot at the regionals," he states.

Those regionals, in mid August, took place in Missoula, Montana. Pte Wilson Gunning won it and packed his bags for the worlds slated for Nov. 1 to 5. Each of the 144 competitors there had a chance to hit three balls. Pte Wilson Gunning's best of 401 is not the farthest he's made.

"I hit 424 yards once

in Alberta. We use a specially designed club. Regular drivers are normally at a 10 degree slope and I use a driver with a five degree angle. Our drivers are one to two inches longer than regular clubs as well."

Special clubs come at a special price, and Pte Wilson Gunning is happy to have Geek Golf as his sponsor.

Next up for the 2PPCLI rifleman is a little breather before the next World Long Ball Championship coming up in November, 2011. And since he ended up in the top 25 this year, he won't have to go through qualifying this time around.

"The prize money for the top finishers is very good, with a first prize of \$150,000. The elite players do very well,' he says.



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25 Nov - 7 Dec 2010
AUTHORIZED PATRONS ONLY




Our first intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not available, we will issue a receipt. Certain items are not eligible for purchase. Items are subject to change without notice. The merchandise to be purchased at the sale price is only as long as supplies last. All other items are sold at regular prices. Some restrictions may apply. See store for details. © 2010 CANEX. All rights reserved. CANEX may not carry all of the items advertised, but they will be pleased to direct you through special orders.

www.canex.ca



Sports & Recreation



Shilo Theatre
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Nov. 26: Diary Of A Wimpy Kid - Rated PG
Knight and Day - Rated PG
Dec. 3: The Spy Next Door - Rated G
Dec. 6: Percy Jackson & The Olympians: The Lightning Thief - Rated PG
Going The Distance - Rated 14A

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



Seggie tourney

The second annual Cpl Mike Seggie Memorial Minor Hockey Tournament got underway Nov. 20 and 21 at the Gunner Arena. At upper left, Jim Seggie drops the puck to open the tourney. Clockwise, three photos show fast paced Atom action on the ice between Portage la Prairie Terriers and Brandon Stars. At bottom left, Jim and Shirley Seggie unfurl the banner dedicated to their son which will hang from the arena walls. Cpl Seggie lost his life Sept. 3, 2008 in Afghanistan while serving with Charlie Company 8 Platoon, 2VP.

Photos by Bruce Peever

GSH Bowling Alley

Saturdays Oct. 16 - Dec. 11
1-4 p.m.
No bowling Oct. 23 & Nov. 27
Adult \$2.25 per game
Youth \$2.00 per game
Child \$1.75 per game
Shoe rental \$0.75

Mixed Bowling League for Adults
Tuesdays starting Oct. 19
7-9 p.m.
\$7.50 per evening
Prices subject to tax

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

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

National Defence
Defense nationale

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

National Defence
Defense nationale

AVERTISSEMENT POLYONES 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
17630-77

What's on Your Agenda?

• **United Way Garden Shed Draw** Engineering Services is having a Garden Shed Draw to support the United Way. Tickets are \$10 each or three for \$25. The shed is a 10'x8' wood garden shed. The shed is on display across the street from the CANEX. Tickets are available from Junior Ranks Club, or Cpl McKinley at local 3129. Max 500 tickets will be sold. Draw date is Dec. 9.

• **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.

• **Integrated Personnel Support Centre (IPSC) Open House and United Way BBQ Fundraiser** Friday, Nov. 26, 11:30 a.m. - 1:30 p.m. at Building L106 (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, hot dog, side and a drink for \$5.00. Grey Cup Raffle Board \$2.00 per square. Chicago Black Hawks Jersey Raffle \$2.00 per ticket or 3 for \$5.00. Raffles for sale now at IPSC, Bldg L106. Draws to take place immediately following the BBQ. Proceeds will be donated to the 2010 United Way campaign.

• **Air Command Show Band Christmas Concert** on Dec. 3 at 7 p.m. at Bethel Christian Assembly, 440 Richmond Ave., Brandon. Tickets \$10. Available at Ted Good Music, Ten Thousand Villages or at the door. All proceeds to the Stephen Lewis Foundation Grandmothers to Grandmothers campaign. For more info call Carol at 728-7565.

• **Sprucewoods and Area Lions Club Seniors and Singles Christmas Dinner** Saturday, Dec. 4 at 6 p.m. at the Sprucewoods Community Hall. Cost: free. Must reside in the Sprucewoods, Shilo, Cottonwoods or Douglas areas. Seniors: Must be 60 years of age - spouse or partner does not need to be. Singles: Widow, widower, divorced, single parents without live-in partners. Entertainment: Your friends and neighbours and members of Westman

Jams. If you are eligible to attend and have not been invited, call Lion Sharon Brooks at 763-4765.

• **Free Elder Driving Safety Workshop** offered by The Alzheimer Society of Manitoba and Manitoba Public Insurance. Nov. 30 at the Brandon Shrine Club from 7-9 p.m. Open to everyone. Pre-registration is appreciated. For information call 729-8320 and ask to speak to Grace Loewen, Program Coordinator.

• **The RCA Museum.** Free admission in honour of Saint Barbara, the Patron Saint of Gunners on Dec. 3. Visitors in December will receive a free Canadian military history book as a Christmas present (while supplies last - limit one per family). The Museum will be closed for the Christmas season from Dec. 18 until Jan. 3. Free admission for the month of January 2011 with all visitors eligible to win a DVD box set of the series "The Pacific". Enjoy our temporary exhibition "More Mortars" which runs until Mar. 31, 2011.

• **#60 Royal Canadian Sea Cadet Corp Swiftsure** is enrolling youth ages 12 to 18 in the Sea Cadet program Learn Markmanship, Seamanship, Sailing and more at little or no cost. Parades are at the Brandon Armoury 1116 Victoria Ave. Brandon on Monday evenings. For more information contact the Ships Office at 728-3168 or Commanding Officer Lt (N) Evelyn Gaboury at 761-5623.

• **Shotokan Karate** classes Tuesday 6:30-7:30 p.m. at GSH Gym C. Free class for ages seven and up.

• **Brandon Regional Health Centre Auxiliary** is looking for volunteers. The Brandon and area community benefits from the

efforts of the Auxiliary. If you are interested in being part of this volunteer organization and would like more information or have questions, please phone BRHC Volunteer Services at 578-2065.

• **New GSH Access Cards** are in effect as of Sept. 13. Old cards will be replaced with a picture ID card. To get your new card, all you have to do is drop by the GSH and talk to the front desk staff. For more info call 765-3000 ext 3889.

December Fitness Sessions

Please register for one or all sessions by calling Janelle Boyd, Physical Exercise Specialist, 765-3000 ext 3866. There are no costs for sessions.

FITNESS WORKSHOPS

(Military members, DND civilian employees and GSH card holders)

Strength & Cardio Machine Workshop

Wednesday, Dec. 8

Noon - 1 p.m.

GSH Weight Room

Registration deadline: Dec. 7 at 4 p.m.

PRACTICE FITNESS TESTS (Military members only)

JTF2

Wednesday, Dec. 8

9 a.m.

Track, Gym C, Weight Room

Registration deadline: Dec. 7 at 4 p.m.

BMS

Thursday, Dec. 9

1 p.m.

Pool

Registration deadline: Dec. 8 at 4 p.m.

CF EXPRES Test

Friday, Dec. 10

9 a.m.

Gym C

Registration deadline: Dec. 9 at 4 p.m.

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!

CLASSIFIED ADS

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

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

December 2, 12:00 PM

Free ads (non-commercial only)

restricted to members of the

CF, employees of CFB Shilo and the

citizens of the surrounding area.

Services

Five Star Fitness - Personal Training available at GSH. For more information, contact Ferran Cardinal at 204.523.0311. Bachelor's of Science in Exercise Science/Sports Management, Certified Personal Trainer.

Greg Steele, Canadian Firearms Safety Course Instructor/Examiner • Restricted and Non-Restricted • Manitoba Hunter Safety Instructor. Courses Held Regularly • Examinations by Appointment • 204-725-1608 • Email: ggs57@wgcwave.ca. Hunter Safety Training Dec. 18 & 19, 2010. Canadian Firearms Safety Course Dec. 18, 2010. Canadian Restricted Firearms Safety Course Jan. 3, 2011. 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



St. Barbara's

Protestant Chapel

Sundays @ 1030 with

Sunday School & Nursery

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

For Rent

Large 2 bdrm apt West Rosser. No pets/parties/smoking. \$950/mo plus utilities. Seeking 2 mature, quiet persons able to sign a lease and give references. 726-8232.

For Sale

WAWANESA Excellent family home! 1363 sqft w/ total of 5 bdrms & 2 baths. Open concept main flr, sunken L.R. w/ bay window, vaulted ceilings & gleaming hardwood flooring. Dev basement, dbl attached garage w/ in-floor heat. 15 minutes south of Shilo. Call to view today! Kathy McLean 824-2651 Century 21 Westman.com

AWESOME!!!! BRAND NEW Queen Size Pillow Top Mattress Sets (still in wrapper) left over from large hotel order. 722 coils, 2 inch euro top, 10 Year Warranty. Regular retail - \$1299. LIQUIDATION PRICE - \$499.95 (taxes included) - 7 available. www.themattressguy.ca - or 204-573-5970.

Found

Tree stand. Must know location. Call 728-2995.

Visit the RCA Museum!

765-3000 ext 3570

www.rcamuseum.com

Rural Homes For Sale

CYPRESS RIVER: Charming 3+2 bungalow with single detached garage completely remodeled including central air & vac. Great starter or retirement home close to all amenities. Priced for quick sale. For more info call Bob Daymond Sutton-Harrison Realty (571-5918).

Acreage For Sale

WAWANESA - 2.84 acres on the edge of town, ready for your new home or business. Cleared, levelled, with hydro and biotech shed (35x75). For more info call Bob Daymond Sutton-Harrison Realty (571-5918).

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.

Advertise with us!

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



The Shilo Stag -
Your source for army news
in Manitoba

Read the Stag and increase your IQ



Shilo Military Family Resource Centre



Spread some Christmas cheer with the MFRC Gift Tree

By Renée Maillet

While the weather is still delightful, the malls will soon be frightful...

Take time now to spread some good cheer!

Yes, Christmas is on the way. This is the time of year we take even more time to think of those in need and do a little extra to lend a hand.

The Shilo MFRC and the Faith Centre Christmas Tree program is now up and running. We have started the annual community toy drive to ensure that everyone has a magical Christmas with a tree

and table full of bounty.

Starting Nov. 15, Christmas tree tags will be available at the Shilo MFRC reception desk. Come select a tag from our tree and then help spread the joy of Christmas by bringing back an unwrapped gift for the little boy or girl on your tag.

Unwrapped gifts can be brought back to the MFRC no later than Wednesday, Dec. 8. Please attach the original tag selected from the tree to your item(s).

Renée Maillet is the Family Counsellor at the MFRC.



Lt Holly King of the DSG and Elaine Ellis show off the Christmas Gift Tree at the Shilo Community Centre.
Photo by Karen Burton

Do you know a family in need?

please contact the MFRC to register with the

Christmas Hamper Program:
204-765-3000 ext. 3373/4106

Elaine Ellis, Elf, OPI
Renée Maillet, Elf, 2iC

Christmas Jing-A-Ling

Sunday, December 12
10 a.m. - 1 p.m.

Join the MFRC for a FREE Pancake Breakfast

Kids Christmas Shopping - kids can buy a present for mom & dad for only \$1.00

Cookie Decorating

Sleigh Rides

and if you're nice...a visit from the jolly guy himself!

See you at the Shilo Community Centre!

MFRC Holiday Hours

Dec. 24: 8 a.m. - noon (OCC 9 a.m. - noon)
Dec. 27 & 28 CLOSED
Dec. 29, 30 & 31: 9 a.m. - noon (OCC 9 a.m. - noon)

Emergency child care evening/overnight hours contact Base Duty Centre
765-3000 ext 3044
Or Deployment Support Centre:
1-888-711-5533

Upcoming events at the MFRC

Date	Program	Time	Cost	Registration deadline
Special Events				
December 1 & 8	Wheatie Wednesdays	All day	FREE	Enter weekly to win a four ticket package to a Wheat Kings home game. Enter on our website at www.shilomfrc.ca or our facebook
December 12	Christmas Jing-A-Ling	10am-1pm	FREE	No registration
November 15 - December 12	Christmas Gingerbread Centre piece draw	All day	Contact parents for tickets	Pre-K Buy your raffle tickets before December 12. Draw will be made at the Christmas Jing-a-ling
Adult				
December 1 & December 8	French Connections	10-11am	FREE	No registration
November 27	Scrapbooking days	9-5pm	\$ 2 per person	Register by noon on Wednesday, November 24
December 8	Portfolio Development	1-4pm or 6-9pm	\$ 10 or part of Pack for Potential	Register by noon on Friday, December 3
Deployment				
November 27	Deployment Playtime	2-5pm	FREE for deployed	Register by noon on Friday, November 26
December 9	Christmas Goodie Exchange	7pm	You supply the goodies	Register by noon on Friday, December 3
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 are: Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm Fridays: Tweens & Teens 6-10pm				
School Age				
December 1 & 8	Keen Kids	5-6pm	\$ 1.00 drop in	No registration
December 1 & 8	Kool Kids	6-7pm	\$ 1.00 drop in	No registration
December 1 & 8	Kooler Kids	7:30-9pm	\$ 1.00 drop in	No registration
Preschool				
November 30 & December 7	Tumbleweeds (Every Tuesday)	9:30-11:30am	\$ 1 drop in fee	No registration
December 1 & 8	Relaxation Station	1:30-3:30pm	FREE	Register by the Friday before

Winter Community Events Calendar

SHOW WINTER WHO'S BOSS.

KELLEHER FORD OFFERS MORE ALL-WHEEL DRIVE VEHICLES THAN ANYONE.



NEW! 2011 Ford EDGE Ford RANGER 4X4 Ford SPORT TRAC 4x4 Ford ESCAPE 4WD Ford F-SERIES 4x4's Ford FUSION AWD Ford TAURUS AWD Ford FLEX AWD NEW 2011 Ford EXPLORER



Kelleher



YOUR 2010 WINTER COMMUNITY EVENTS CALENDAR

Drive One.

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

Pre-School

Tumbleweeds

It's time to play, tumble, run and jump with our tumbleweeds group.
We meet every Tuesday morning from 9:30 - 11:30am
\$1.00 drop in fee
All ages welcome!

Relaxation Station

Do the stressors of deployment or everyday life affect your child?
Sign your child up for this session that runs once per week. The children will learn self-control and how to relieve tension through use of their imaginations and through relaxation activities.
Each session includes warm up yoga, breathing exercises, dream time, craft on your mat, and take home strategies. (Simple snack required)
Ages: 2 - 5 yrs
Date: Every Wednesday starting January 12
Time: 1:30 - 3:30pm
Cost: FREE
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on the Friday before

Spectacular Science Soup

Ever wonder why? Curious minds need to know! Allow your child to experience the wonders of science during this 4 week program full of experiments and wonder
Ages: 3 - 5 yrs
Date: Mondays, January 10 - February 7
Time: 1:30 - 3:30pm
Cost: Free
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, January 5

Parent & Tot Mini Basketball

The program focuses on teaching children and their parents' skills in dribbling/ball handling, passing/catching, shooting, and running/agility.
Ages: 3 - 5 yrs
Date: Tuesdays, January 11 - February 15
Time: 8:00 - 9:00am
Cost: \$12.00 + GST with a GSH Access Card; \$17.00 + GST without a GSH Access Card
Place: Shilo Community Centre
Contact Info: Community Recreation 765 - 3000 ext 3317
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)

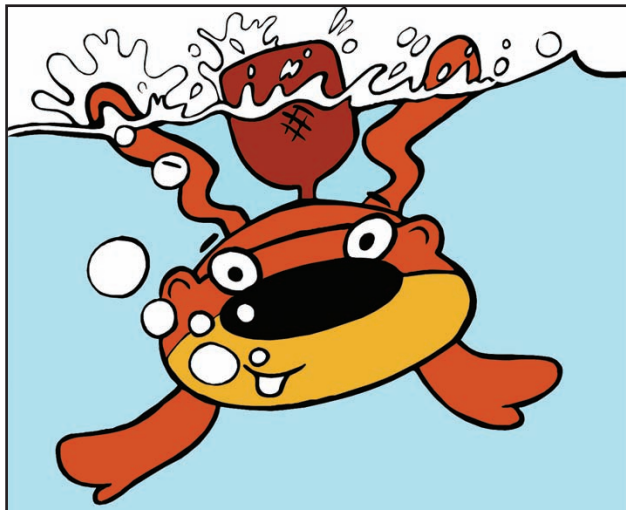


Pre School Swimming Lessons

Ages: 4 months - 5 yrs
Date: Wednesdays, January 12 - March 16
Time: Between 4:30pm and 7:00pm
OR
Ages: 4 months - 5 yrs
Date: Saturdays, January 15 - March 19
Time: Between 9:30am and 12:15pm
Cost: \$40.00 per child + GST with GSH Access Card
\$50.00 per child + GST without GSH Access Card
Place: Shilo Pool
Contact Info: Aquatic Supervisor at 765-3000 ext 3318
Register at the Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or VISA only
Online: <http://bk.cfpsa.com/shilopub> (must receive user-name and password prior to log-in. Contact the Recreation office for further instructions.)

Family Swim

Grab the family and join us down at the GSH pool for a family swim.
Ages: All
Date: Fridays, January 14 - March 18
Time: 10:30 - 11:30am
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



The Learning Circle

This popular parent child program is back with a new format that includes group work and fun projects to do together with your child at the same time developing pre kindergarten skills.
Ages: 3 - 5 yrs (free childcare for younger siblings)
Date: Thursdays starting January 13
Time: 1:30 - 3:30pm
Cost: Free (includes healthy snack)
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by the Wednesday before each session

Preschool Parties Wacky Winter Wonderland

Come join us as we get a little crazy at the Wacky Winter Wonderland where everything is a little backwards and winter feels a lot like summer!
Ages: 2 - 5 yrs
Date: Tuesday, January 25
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, January 21



Tummies 4 Mommies/Infant Massage Session

Join us for a session for you and your baby where the first 30 minutes includes the program Tummies 4 Mommies then enjoy the last 30 minutes with your baby through infant massage.
Ages: Parents with pre-mobile babies
Date: Mondays for 6 weeks starting January 31 - March 7
Time: 10:00 - 11:00am
Cost: \$40.00 (includes \$10 subsidy by the MFRC)
Place: Shilo Community Centre
Instructor: Certified Fit 4 Two instructor
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, January 19

Family Portfolio Project

The Family Portfolio Project is designed to bring families together to re-connect and share each others strengths. This 5 session workshop project includes: Supper hour (meal included), a family event and creation of a family portfolio
Ages: Families with children ages 3 - 12 yrs preferred
Date: Wednesdays, February 2 - March 2
Time: 5:00 - 7:30 pm
Cost: FREE
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, January 26

Ceramic Corner

Sign up for all four or just one and enjoy some creative time along with singing, stories and a ceramic project that will be treasured forever.
Friday, Feb 4 Session #1 - Treasure Box
Friday, Feb 11 Session #2 - A Pet
Friday, Feb 18 Session #3 - A gift
Friday, Feb 25 Session #4 - Something Special
Ages: 4 - 5 yrs
Time: 9:30 - 11:30am
Cost: \$3.00 per session (snack will not be offered at this program)
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, January 28

Bubblegum Bop

Let's bop to the music and make some silly crafts with bubblegum!!
Ages: 2 - 5 yrs
Date: Tuesday, February 15
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, February 9



Feel the Beat

Shake those winter wiggles out by getting up and dancing to the music!
Explore music and movement through play with instruments, dance and by creating your own instruments to take home. Each week we will have a guest performer and speaker
Ages: 3 - 5 yrs
Date: Every Monday starting March 7 - 28
Time: 1:30 - 3:30pm
Cost: Free
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, March 2

Shamrock Scavenger Hunt

Make your way to the pot of gold as we celebrate St. Patrick's Day with a scavenger hunt that will surely bring you lots of luck!
Ages: 2 - 5 yrs
Date: Tuesday, March 15
Time: 1:30 - 3:30pm
Cost: \$4.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, March 11

School Aged

Keen Kids

The place to be for fun, crafts, snacks and games! Come and have a blast with your friends! Check our facebook page Wednesday morning to see what we're up to that night!

Ages: 5 and 6 yrs
Date: Every Wednesday starting January 12 – March 23
Time: 5:00 - 6:00pm
Cost: \$1.00 drop in fee
Place: Shilo Community Centre

Kool Kids

The place to be for fun, crafts, snacks and games! Come and have a blast with your friends! Check our facebook page Wednesday morning to see what we're up to that night!

Ages: 7, 8 and 9 yrs
Date: Every Wednesday starting January 12 – March 23
Time: 6:00 - 7:00pm
Cost: \$1.00 drop in fee
Place: Shilo Community Centre

Kooler Kids

A fun, safe place to hang out with old and new friends! We provide activities and games as well as free time to socialize.

Ages: 10 - 12 yrs
Date: Every Wednesday starting January 12 – March 23
Time: 7:30 - 9:00pm
Cost: \$1.00 drop in fee
Place: Shilo Community Centre

Learn to Skate

We offer four different levels in this learn to skate program. These 30 minute programs emphasize fun and fitness while learning the basic skating skills.

Ages: 3 and up
Date: Level 1 & 2 Tuesdays, January 11 – March 8 (no class on Feb 15)
Date: Level 3 & 4 Saturdays, January 15 – March 12 (no class on Feb 19)
Time: 4:15 – 4:45pm (Level 1 & 2)
6:45 – 7:15pm (Level 3 & 4)
Place: Gunner Arena
Cost: \$32.00 + GSH with a GSH Access Card
\$42.00 + GSH without a GSH Access Card

Contact Info: Community Recreation at 765-3000 ext 3317

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



Red Cross Swim Kids Swimming Lessons

Ages: 6 and up
Date: Wednesdays, January 12 – March 16
Time: Between 4:30 - 7:00pm
OR

Ages: 6 and up
Date: Saturdays, January 15 – March 19
Time: Between 9:30am - 12:30pm
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 at the Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or VISA only

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

Sport & Games Morning

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

Ages: 8 - 12 yrs
Date: Saturdays, January 15 – March 26
Time: 10:00 - 11:15am
Cost: GSH Card Holders no charge; others \$3.00 drop in fee
Place: GSH
Contact Info: Community Recreation 765 - 3000 ext 3317

Calling all Sports Fans!!

Come check out the Brandon Bobcats Men's Volleyball team after supper out.

Ages: 7 - 12 yrs
Date: Friday, January 14
Time: Leaving the Shilo MFRC at 6:00pm, back after the volleyball game
Cost: \$15.00 (including the price for supper)
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, January 7

Hawaiian Luau

Come and try your hand at cooking up a really Hawaiian Luau. Taste different foods from this tropical getaway. Even help make a traditional decoration or two.

Ages: 7 - 12 yrs
Date: Tuesday, January 18
Time: 4:30 - 6:30pm
Cost: \$15.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Monday, January 10



Inservice days

If you are between the ages of 5 – 12 yrs and are wondering what to do when school is out for a day then look no further. The MFRC is offering activities for that day. Crafts, games, fun with friends, what could be better!

Ages: 5 - 12 yrs
Date: January 28, February 25, March 17 & 18
Time: 9:00am - 12:00pm and 1:00 - 4:00pm
Place: Shilo Community Centre
Cost: TBA

Register at the MFRC (765-3000 ext.3352) by 12:00pm on the Tuesday before each date. Please note a lunch program is available for an extra fee.

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.

Valentine's Dance

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

Ages: 5 - 14 yrs
Date: Friday, February 11
Time: 7:00 - 9:00pm ages 8-14 years
Cost: \$2.00 at the door
Place: Shilo Community Centre
Canteen will be available throughout the night

Scrapbooking Night

Bring your favourite pictures from home and try your hand at scrapbooking. Materials include a basic start up package.

Ages: 5 - 12 yrs
Date: Thursday, February 17
Time: 6:00 - 7:30pm
Cost: \$20.00
Place: Shilo Community Centre
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, February 9

Mexican Fiesta

Love Mexican food or have never tried it? Come out and try to cook your own traditional Mexican meal!

Ages: 7 - 12 yrs
Date: Monday, March 7
Time: 4:30 - 6:30pm
Cost: \$15.00
Register at the MFRC (765-3000 ext.3352) by 12:00pm on Monday, February, 28



March Break Swim

Daytime

Monday & Wednesday - 1:30pm - 3:00pm

Evening

Tuesday & Thursday - 6:00pm - 8:00pm

Place: Shilo pool

Cost: \$3.00 Drop in or free for military members and GSH access card holders

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.

Ages: 5 - 12 yrs
Date: Monday, March 28
Time: 9:00am - 12:00pm - 1:00pm - 4:00pm
Cost: TBA
Date: Tuesday, March 29
Time: 9:00am - 4:00pm - Field Trip
Cost: TBA
Date: Wednesday, March 30
Time: 9:00am - 12:00pm - 1:00pm - 4:00pm
Cost: TBA
Date: Thursday, March 31
Time: 9:00am - 12:00pm - 1:00pm - 4:00pm
Cost: TBA
Date: Friday, April 1
Time: 9:00am - 4:00pm - Field Trip
Cost: TBA

Place: All days at the Shilo Community Centre
Please check our website and facebook page closer to the date for more details and prices.

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, March 18. Please note a lunch program is available for an extra fee.

Thrift Shop Hours

Tuesday

1:30 - 3:00pm & 6:30 - 8:00 pm

Thursday

9:00 - 11:00am

All customers are welcome to come and visit our Thrift Shop

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.

Shilo Bowling Alley

Mixed Bowling League

Ages: Adult

Day: Wednesdays

Time: 7:00 - 9:00pm

Cost: \$7.50 + GST

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

New Year New You

Start the new year off the right way with three fitness classes per week, eight wellness classes, and weigh ins/ body compositions every two weeks. An award ceremony at the end of the program will motivate you through your journey. Fitness classes will be a variety of step, bootcamp, indoor cycling, BOSU, stability ball, and circuits.

Ages: Adult

Date: Mondays/Wednesday/Thursdays, January 10 – March 31

Time: 6:00 – 7:00pm (fitness classes)

Every second Monday at 5:00pm is body composition
For the first 8 weeks, Wednesdays at 5:00pm is Weight Wellness

Cost: \$125.00 + GSH with a GSH Access Cards
\$150.00 + GST without a GSH Access Card

Place: GSH

Contact Info: Community Recreation at 765-3000 ext 3317

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

Morning Indoor Cycling Class

Ages: Adult

Date: Tuesdays, January 11 – March 15

Time: 6:10 - 7:10am

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

Zumba

Zumba combines Latin and international music in dance routines featuring aerobic and fitness interval training done to a combination of fast and slow rhythms.

Ages: 16 +

Date: Tuesdays, January 11 – March 15

Time: 7:00 - 8:00pm

Cost: \$30.00 + GST with a GSH Access Card
\$50.00 + GST without a GSH Access Card

Place: GSH, Gym

Contact Info: Community Recreation at 765-3000 ext 3317

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

Applied Suicide Intervention Skills Training (ASIST)

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

Date: Tuesday, January 11 & Wednesday, January 12

Time: 8:30am - 4:00pm

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 January 7

Evening Aquacise

Ages: 16 +

Date: Wednesdays, January 12 – March 16

Time: 7:00 - 8:00pm

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 at the Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or VISA only

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

Lunch Hour Bootcamp

Ages: Adult

Date: Thursdays, January 13 – March 17

Time: 12:10 - 12:50pm

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



Lunch Hour Aquacise

Date: Fridays, January 14 – March 18

Time: 12:10 - 12:50pm

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, Aerobics Room

Contact Info: Community Recreation at 765-3000 ext 3317

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

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

Scrapbooking Days

Let's get together for a day full of scrapbooking. Great way to get ideas and get projects done. Everyone welcomed. Bring your favourite dish for a potluck lunch.
Door Prizes.

Date: Saturdays, January 15, February 19 & March 12

Time: 9:00am - 5:00pm

Cost: \$2.00 per person

Place: Shilo Community Centre

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

Adult/Teen Swimming Lessons

Whether you're just starting out or want help with your strokes, our Adult Swimmer Program is for the young at heart - no matter what your age. You'll develop water confidence and smooth effective strokes good enough for lane swimming and fit enough for the beach. Choose between these four levels to meet your goals.

Ages: 16+

Date: Sundays, January 16 – February 13

Time: 5:00 - 6:00pm

Cost: \$40.00 + GST with a GSH Access Card
\$50.00 + GST without a GSH Access Card

Place: Shilo Pool

Contact Info: Aquatic Supervisor at 765-3000 ext 3318

Register at the Community Centre, Recreation office or

call 765-3000 ext 3588 with MasterCard or VISA only

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

French Second Language Training Level 1

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 18 – March 24

Time: 6:00 - 9:00pm

Cost: \$70.00 (may be refundable)

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



Stress: Take Charge!

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

Date: Tuesdays, January 25 - March 6

Time: 10:00am - 12:00pm

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 January 24

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: Friday, February 4

Time: 6:00 - 9:00pm

Cost: \$45.00

Place: Shilo Community Centre

Instructor: D Kowalchuk, Red Cross

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

Weekend CPR Certification Workshop

This is the Red Cross Certified workshop on Cardio Pulmonary Resuscitation for Adult, Child, Infant CPR Level “C” and First Aid course included!

Date: Saturday, February 5

Time: 8:00am - 12:00pm & 1:00 - 4:00pm

Cost: \$70.00

Place: Shilo Community Centre

Instructor: D Kowalchuk, Red Cross

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

Adult

Managing Angry Moments

9 Weeks to a calmer you! This course helps you recognize your triggers and learn new techniques to manage your anger before it manages you. The focus is on prevention.
Date: Fridays, February 11 – March 25

Time: 10:00am - 12:00pm

Cost: FREE

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 February 9

Stronger Together Basic Relationship Training (BRT)

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

Date: February 12

Time: 8:30am - 4:00pm

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 February 10

March 1st I Quit! Tobacco Cessation Challenge

Join the thousands of Canadians who have given up tobacco and have a chance to win prizes while you're at it! Starting on Weedless Wednesday (January 19), you can sign up with two non-smoking support buddies and accept the challenge to use no tobacco for the month of March. There are national and local prizes available to be won. Watch for more information in the Shilo Stag and on base bulletin boards.

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 8:30 – 11:30am. 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.

Top Fuel for Top Performance

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

Date: March 8 and 9

Time: 9:00am - 4:00pm

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 March 5

Packed for Potential

Packed for Potential; the multi opportunity based program at the MFRC. We have one year under our belt and we have made a few changes designed to make Packed for Potential increase your personal success!

The cost? \$30 for all 6 courses or \$10.00 each course this includes all supplies, courses and a party at the end! If you don't want to take the six courses, then just pay for the course you want to take.

For more information or to sign up contact the MFRC today Garry @ local 4557 or Christine @ local 3227

PLEASE NOTE: These courses are open to take individually. The cost to take just one course is listed in the course description.

The workshops:

Get the Junk Out of your Trunk
General health and well being, time management, and organization

Date: Wednesday, January 19

Time: 1:00 - 4:00pm OR 6:00 - 9:00pm

Cost: \$10.00

Place: Shilo Community Centre

Instructor: Jennifer Roehl

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

Power Up Computer Workshop

MFRC is pleased to partner with the Manitoba Women's Directorate to offer POWER UP. This is an introductory computer course for Manitoba women designed to teach the basics of word processing, Windows, Internet and E-mail. Course consists of 12 hours of training with an instructor in a computer lab.

Date: February 1, 2, 3

Time: 1:00 - 4:00 OR 6:00 - 9:00pm each day

Cost: Free but you must register in advance; space is limited!

Place: Shilo Community Centre

Instructor: Jennifer Roehl

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

Social Networking 101

This course will cover a very basic and easy to understand outline of what you can expect from the major social networking sites: Facebook, Twitter, to mention a few.

Date: Wednesday, February 9

Time: 1:00 - 4:00 OR 6:00 - 9:00pm

Cost: \$10.00

Place: Shilo Community Centre

Instructor: Jennifer Roehl

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, February 4

Dressed for Success

This workshop gives some tips on how to look your best, without necessarily spending a lot of money.

Date: Wednesday, February 23

Time: 1:00 - 4:00pm OR 6:00 - 9:00pm

Cost: \$10.00

Place: Shilo Community Centre

Instructor: Jennifer Roehl

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, February 18

Money Cents

Manage income and expenses using a budget, ledger and balance sheet; Useful financial concepts to integrate in money management: "Emergency fund", "Pay Yourself First", "Debt Free Plan" and "Online Banking"

Date: Tuesday, March 8

Time: 1:00 - 4:00 OR 6:00 - 9:00pm

Cost: \$5.00 (door prizes)

Place: Shilo Community Centre

Instructor: Jennifer Roehl /SISIP

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, March 4

Dining on a Dime

Grocery shopping on a budget including preparing and sampling a few creative ideas to stretch that budget dollar further!

Date: Wednesday, March 23

Time: 1:00 - 4:00pm OR 6:00 - 9:00pm

Cost: \$10.00 includes samples

Place: Shilo Community Centre

Instructor: Anne Todd

Minimum 5 participants

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, March 18

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: Wednesday, January 19

Time: 6:00 - 9:00pm

Cost: Dessert is on the MFRC for deployed

Place: Leave from the MFRC at 6:00pm

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Tuesday, January 18



Deployment Wii-B-Gaming

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

Ages: 9 - 13 yrs

Date: Thursdays, January 20, February 10 and March 17

Time: 4:30 - 5:45pm

Place: Shilo Community Centre - Teen Centre

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



Children's Deployment Afternoon

Enjoy an afternoon of crafts, and games while socializing with other kids going through a deployment. There is a different theme every month. Maximum 20 children.

Ages: 5 - 12 yrs

Date: Saturdays, January 22, February 12, and March 19

Time: 1:00 - 4:00pm

Cost: Free

Place: Shilo Community Centre

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



Deployment Activities

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 22, February 12, and March 19

Time: 1:00 - 4:00pm

Place: Shilo Community Centre - OCC Room

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

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

Tobogganing at McGregor

Let's go sliding and remove the winter blues. When you need to warm up, hot chocolate should hit the spot. Fun for the whole family!

Date: Saturday, January 29

Time: 1:00 - 5:00pm

Cost: Free for deployed

Place: Leave from the MFRC at 1:00pm

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

Lieutenant Governor's Winter Festival

Adults Only

Let's go traveling around the world and explore different cultures. A \$20 childcare voucher will be issued for this activity.

Date: Saturday, February 5

Time: 6:00 - 10:00pm

Cost: FREE

Place: Leave from the MFRC at 6:00pm

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, February 2

Fun at the Skating Oval

Take the whole family to the skating oval in Brandon for an evening of skating, hot chocolate and rosy cheeks.

Date: Sunday, February 27

Time: 1:30 - 3:30pm

Cost: FREE

Place: Leave from the MFRC at 1:30pm

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

Evening at the Jazz Festival

Adults only

Let's jazz it up at the Brandon Jazz Festival. Childcare vouchers will be provided.

Date: Saturday, March 19

Time: 6:00pm

Cost: \$10.00 or full ticket price for non-deployed

Place: Meet at the MFRC at 6:00pm

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Wednesday, March 16

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 28

Time: TBA

Cost: \$10.00/family or full ticket price for non-deployed

Place: Meet at the MFRC

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

Christmas Goodie Exchange (Cookie/Dainties)

Want to have an assortment of goodies for Christmas? Join our Christmas Goodie Exchange. You make your favourite Christmas treat and exchange them with others. Amount of goodies that you need to make will be determined by number of participants.

Date: Thursday, December 9

Time: 7:00pm

Cost: Free - you supply the goodies

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, December 3

Christmas Potluck

Just before Christmas let's get together to share a meal and fellowship. Everyone please bring a recycled gift for the adult or child gift exchange.

Date: Sunday, December 19

Time: 5:00pm

Cost: FREE for deployed

Place: Shilo Community Centre

Register at the MFRC (765-3000 ext.3352) by 12:00pm on Friday, December 17



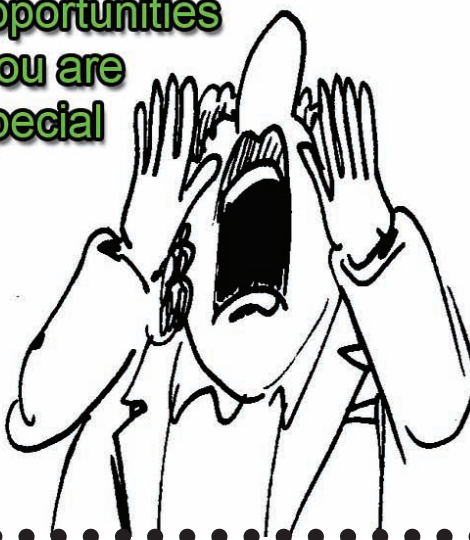
The Shilo MFRC
is now on Facebook!

Check out our page and "Like" us to receive our status updates and news about upcoming events!

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 Wanda at 765-3000 ext. 4558.

It's a great way to build your resume or just enjoy being part of the day while giving back to your community.



Community Library

Mondays:

6:00pm - 8:30pm

Tuesdays & Thursdays:

9:30am - 12:30pm;

1:00pm - 4:00pm;

6:00pm - 8:30pm

STORY TIME

Every Thursday @

1:30pm

Contact Info:

Community Library

765 - 3000 ext 3664

Special Events

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!

Ages: All ages

Date: Friday, January 28

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 at the Community Centre, Recreation office or call 765-3000 ext 3588 with MasterCard or VISA only

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

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).

Winterfest

Join us as our day begins with a pancake breakfast with free snowmobile rides as well as other various entertainment for the whole family.

Ages: All

Day: Saturday, February 12

Time: 10:00am – 1:00pm

Cost: Free

Place: Community Centre Annex, Bldg L-25

Contact Info: Community Recreation 765-3000 ext 3317

Valentine Cookie Grams

This event is a part of the annual fundraising for the Pre-Kindergarten Program. Send someone special a sweet message. You write the card and choose the message; we do the work of surprising that someone at work, school or home. Cookies are delivered in the Shilo, Sprucewoods area / Shilo & Wawanesa Schools only. You can also order and pick up your cookies at the MFRC reception on February 14.

Order deadline: Friday, February 11 (Cookies delivered Monday, February 14)

Or cookies will be on sale at Canex on February 14 at 9:00am (while quantities last)

Cost: \$4.00 each or 3/\$10.00

Place: Pick up order forms from Shilo MFRC reception and Pre-Kindergarten, or any Pre-Kindergarten parent.

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

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.

Ages: 8+

Date: Friday, April 1

Time: 8:30 - 10:30pm

(Doors closed at 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

Log onto www.cfcommunitygateway.com to check out all the FS&R program updates, or log onto www.shilomfrc.ca to check out all of the MFRC programs.

Community Info

Shilo MFRC

(Located at the Shilo Community Centre)
 Monday to Thursday: 8:00am - 9:00pm
 Friday: 8:00am - 4:30pm
 General Reception: 765 - 3000 ext. 3352
 Website: www.shilomfrc.ca

Community Recreation Office

Website: www.cfcommunitygateway.com
 Hours of Operation
 Monday - Friday: 7:30am - 12:00pm & 1:00pm - 4:00pm
 Community Recreation Coordinator: 765-3000 ext 3317
 Community Recreation Assistant: 765-3000 ext 3588

Occasional Childcare Hours

(Located at the Shilo Community Centre)
 Monday - Thursday: 9:00am - 4:00pm; 5:00 - 9:00pm
 Friday: 9:00am - 12:00pm; 1:00 - 4:00pm
 Closed the last Friday of the month
 Booking during regular hours: 765-3000 ext 3341 or 3352

Friday Night Lights

Enjoy a DVD movie and popcorn for free!
 Age: Please refer to the movie rating on monthly poster
 Date: Fridays, January 7 - March 25
 Time: Doors open at 6:15pm; movie begins at 6:30pm.
 For more information contact: 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 0930-1030 hrs

Sport Stores

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

Shilo Bowling Alley

Age: All
 Date: Thursdays, January 6 - March 24
 Time: 6:30 - 8:30pm
 AND
 Date: Saturdays, January 8 - March 26
 Cost: Adult - \$2.25/game
 Youth - \$2.00/game
 Child - \$1.75/game
 Shoe rental - \$0.75
 Place: GSH Bowling Alley
 Contact Info: Community Recreation office at 765-3000 ext 3588/3317.

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!
 Operating Hours
 Monday to Friday - 6:00am - 9:45pm
 Saturday - 9:00am - 9:45pm
 Sunday & Stat Holidays - 12:00am - 9:45pm
 Contact Info: 765-3000 ext 3889

Shilo Pool

Please join us in the pool for a splashing good time. Children 6 and under require adult supervision within arms reaching the water, or upon discretion of the lifeguard. Enjoy our waterslide; tot pool and 25yd pool. Please note that we now have a hydraulic chair lift for easy pool access. (Schedule may change without notice).

Public Swim Time (effective Jan 4)

Tuesdays & Thursdays - 6:30 - 8:00pm
 Saturdays & Sundays - 12:30 - 4:30pm
 Stat Holidays - 12:30 - 3:00pm

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

Lap Swim Times (effective Jan 4)

Daytime
 Monday to Thursday - 11:30am - 1:00pm
 Evening
 Tuesday to Thursday - 8:00 - 9:00pm
 Place: Shilo pool

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

Take advantage of Private Swimming lessons.

A good opportunity for those who are close to completing a level but may need 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.

Gunner Arena

Public Skating
 Fridays - 7:00 - 8:00pm

www.cfcommunitygateway.ca

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Archery Club	Tom Foster	3263	720-2125 or 720-2126
Auto Club	Mike Mulvihill	3273	765-5182
Ballet & Jazz (Dance Images)	Charlene Hiscock		727-4284 char_dance@hotmail.com
Catholic Women's League	Chapel	3091	
Ceramics	Grace Flynn	763-4372	Cell: 761-5083
Community Library	Pat Wells	3664	shilocommunitylibrary@yahoo.ca
Computer Club	Bruce Organ	3433	shilogeekz@wmgwave.ca
Drama/Theatre Club	Linda Beauchemin	765-4720	linda.beauchemin@forces.gc.ca
Girl Guides of Canada	Leah Myslicki		765-2905
Gun Club	Michael McKay	6318	michael.mckay@forces.gc.ca
Ki-Rin ITF Taekwon Do Club	Jeff Fisher	3467	
Minor Hockey	Shane Schreiber	6000	shane.schreiber@forces.gc.ca
Minor Soccer	Recreation Office	3317	brette.leblanc@forces.gc.ca
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Skating Lessons	Recreation Office	3317	brette.leblanc@forces.gc.ca
Scouts Canada	Linda Levesque	3396	763-8776
Shilo Community Council	Kristen Lucyshyn	3588	kristen.lucyshyn@forces.gc.ca
Shilo & Area Service Club	Eugene Gondek	3553	763-4320
Sprucewoods Lions Club	Sharon Brooks		763-4765
Sprucewoods TOPS	Barb Forbes		763-4768
Karate Club	Dan Vandale		765-300 ext 3242
Wild Life Club	Dave Lucas	Box 739	763-4707
Blue Fins/Brandon	Christine Howell	4031	
Recreational Vehicle Club	Recreation Office	3317	brette.leblanc@forces.gc.ca
Wood Hobby Club	Michael Bursey	3173	