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**INSIDE This Issue**



Mountain training for 2PPLCI. See page 2.



What a blast at LIMBER GUNNER. Story on page 6.



More awards, medals. Coverage on pages 11-13.



CFB Shilo military personnel joined volunteers for some vegetable peeling during an United Way Charity Bus Tour of Brandon on Oct. 5. The tour included stops at Samaritan House and the Soup Kitchen.

Photo by Quinn Roberts

**Accident cuts CANEX power several hours**

By Bruce Peever  
 Shilo Stag

Some \$1,200 worth of perishable product was lost from CANEX shelves late last month after electricity was accidentally cut.

CANEX Manager Rick Kehler says the power was out to the overall mall shortly after noon on Sept. 28. He said construction contractors severed an underground power line that had been feeding the entire CANEX Mall. Fortunately no one was injured.

"We were told the power would be back on at 2:30, then 4 p.m. and then 7 p.m. At 7 a splice was made in the power line but then the transformer blew. We then had brown power or partial power which meant we had some lighting, but not enough power to run our refrigeration units, computers, alarms and fire systems," Kehler notes.

With the mall closed several hours earlier, staff were in a mad rush to get some foodstuffs refrigerated. That meant using the Officers' Mess, Flatlands Dining Hall and other Base buildings that still had power.

That same night, Kehler was told another transformer would take two weeks. But he said quick thinking by Maj John Dempsey of BEng located a transformer in Winnipeg to be delivered the next day. By 7:45 p.m. on Sept. 29 the power was back on.

Kehler points out the losses at the Supermart were repeated elsewhere across the mall. Forbidden Flavours and Home Fire Cafe lost their refrigeration units, as did the doctor's office. Other businesses such as the credit union, hair salons and insurance centre lost business during the time the mall was closed.

Electricity has been fully restored now to all areas of the CANEX Mall.

**Get your laughs at Comedy Night Friday**

It's out with the sauerkraut and in with the comedy in a change of plans for United Way fundraisers.

Base officials have cancelled the planned-for Oktoberfest that had been slated for this Saturday, Oct. 16. Those with tickets are asked to return them to the point of sale for a refund before Monday, Oct. 18.

Meanwhile get your funny bone loosened up for a Comedy Night scheduled this Friday, Oct. 15 at El

Prado Club starting at 7 p.m. The evening is a fundraiser for the United Way along with the Shilo MFRC.

On stage Friday will be Mike MacDonald, considered one of Canada's top funny men, along with Manitoba favourite Big Daddy Tazz.

Tickets are \$20 and are available at the Shilo MFRC, the United Way office at 201-1011 Rosser Ave. or at Freedom 55 Financial at 3B-457 9th St. For more info call local 3352.



**INDOOR TRICK-OR-TREATING**  
**SUNDAY, OCT. 31 FROM 2 - 4 P.M.**



**Shoppers**  
 MALL

go for the shopping stay for the fun



# 2PPCLI leaves prairie for mountaineering in Ontario

By Pte Kevin Pearce

"There are many misconceptions about what exactly military mountaineering is. The most common misconception is that military mountaineering is strictly limited to technical climbing requiring extreme abilities. Other false impressions range from the mistaken belief that military mountaineering is limited only to those in the special forces to the idea that any unit can function in mountainous terrain with very little or no preparation. The reality falls somewhere in between those two extremes. The ability of military units to conduct all phases of operations in mountainous terrain requires that soldiers receive instruction in a variety of technical and/or non-technical skills which may best be described as military mountaineering."

Gauley, L.M. (2003)

Over the last couple of years there has been an increased focus on military mountaineering at 2PPCLI.

Soldiers have been sent away for the three month Advanced



At left, Cpl Fick is rigged in a Stoke's Litter for a deliberate casualty lower. Casualty attendants include MCpl Good and Cpl Alexander, with on scene AMO, Capt Braybrook. Above, course attendees build a hasty highline as part of water crossing techniques class. On scene AMO is MCpl Degelman.

Photos by Pte Pearce

Mountain Operations (AMO) Course and the unit has run two Basic Mountain Operations (BMO) courses. Most recently, Combat Support Company held a BMO Course from Aug. 23 until Sept. 1 in the rugged Canadian Shield terrain of Minaki, north of Kenora, ON.

Twenty-six students, under the instruction of five AMO Instructors, mastered the technical and non-technical skill set required of the BMO soldier. Training included several techniques of top

rope climbing, belaying, rappelling, high line construction, water crossing and casualty evacuation.

The two week course culminated with a final FTX where all newly acquired skills were tested and each student crossed a 120m deliberate sloping high line (military equivalent of a zip line). MCpl T.C. Good was recognized as top candidate at the culmination of this course.

2PPCLI is certainly moving towards the

capability and skill set described by WO Gauley, in 2003, above. Success in the mountainous environment of Whistler, BC during the 2010 Winter Olympics—coupled with continuation training in the form of BMO Courses, not to mention mountainous terrain and adventure training—will ensure that soldiers of 2PPCLI are

continually improving their mountain skill sets. This means they are ready for any challenge

that presents itself in the future.

Pte. Pearce is a member of 2VP.

## Correction

In the Sept. 30 Stag it was stated that Lt Cdr Maggie Hampton had two children — Madeline and Jackie. It should be noted one child's name is Jack, not Jackie.

The Stag regrets any confusion.



Image: Department of National Defence

## SERVING THOSE WHO SERVE The Royal Canadian Legion Service Bureau Network

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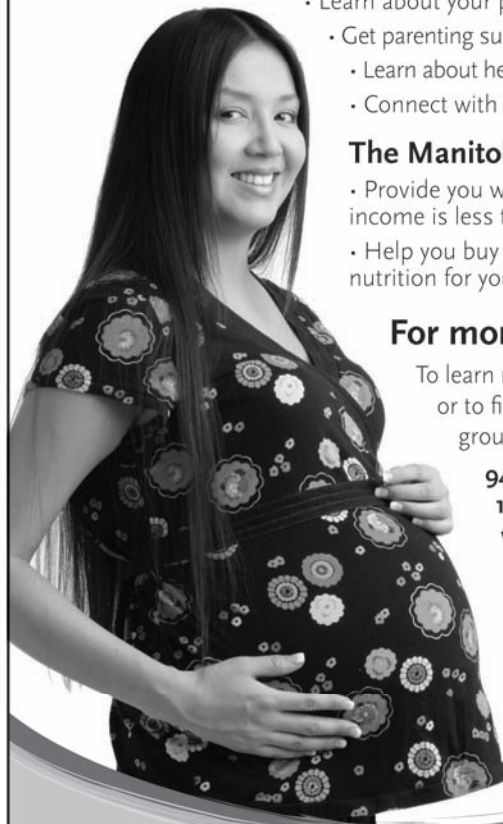
- Provide you with a monthly cheque if your net family income is less than \$32,000 a year
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To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

945-1301 (in Winnipeg)  
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[www.manitoba.ca/healthychild](http://www.manitoba.ca/healthychild)

or contact your local public health office.



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# Another skill set for Wheat Kings



The Brandon Wheat Kings visited CFB Shilo in mid September for a day filled with training exercises including above, working inside a LAV III and at left, pulling their way up the rappelling tower.

Photos by Quinn Roberts and Bruce Peever

# MP Tweed pleased with increased benefits for Vets

Merv Tweed, Member of Parliament for Brandon-Souris is pleased that the government of Canada has announced the first in a series of concrete actions to deliver improvements in support and care for Veterans and their families.

"We have been listening to our Veterans and their families, and we are determined to do whatever it takes to serve them as they have served Canada and all Canadians with courage and distinction," said Tweed. "This announcement is just a part of the sweeping changes that we have been making to our programs, our services and all of our benefits. These new measures will make a real difference in the lives of our nation's heroes."

The new measures will remove eligibility barriers and increase monthly financial support already available to severely injured Veterans who cannot return to work. The new measures are

expected to benefit more than 4,000 Veterans over the course of the next five years and will very much improve their quality of life.

The announcement would provide a total of \$2 billion to ensure that Veterans who have been seriously injured in the service of Canada have access to the support they deserve. The proposed improvements are as follows:

- Veterans who have experienced serious injuries impeding their return to service and who will not be able to work again will receive \$1,000 more a month

for the rest of their lives. This amount will be added onto 75 percent of their salary, as well as an allowance in the amount of \$536 to \$1,609.

- Access to the permanent monthly allowance for seriously injured Veterans (in the amount of \$536 to \$1,609) will be expanded.

- Increased benefit for lost earnings (75 percent of the pre-release salary) Veterans receive while in rehabilitation to a minimum annual income of approximately \$40,000.

For more visit [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca) or contact 204-726-7600.

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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.



Shilo's Base Commander, LCol Luc Généreux, second from left, and the Base RSM Steven Milton, third from left, received their flu shots from medical staff at 11 Health Services on Oct. 7.

Photo by Quinn Roberts

## Letter to the Editor

### Forbidden Flavours an asset

Dear Editor,

Thanksgiving is a time for family gatherings, home cooked meals, and reflecting on all the people we are thankful for. Although Thanksgiving is now behind us, we would still like to express how thankful we are for all the continued support we receive from Leita and Ray Piche at Forbidden Flavours.

Leita and Ray support multiple events, functions, gatherings, and meetings throughout the year and we often forget to tell them how much we value them and their services. On Sept. 10, Forbidden Flavours graciously provided coffee for all 500 participants at the 30th Annual Shilo Terry Fox Run.

It is an honour to have such a great business on Base with warm and friendly staff who always greet you with a smile. To Leita and Ray Piche and all the staff at Forbidden Flavours, thank you.

Sincerely,  
Brette LeBlanc and Kristen Lucyshyn  
FS&R

### A good first step for injured Veterans

Dear Editor,

In late September our federal Defense and Veterans' Affairs Ministers announced a Legacy of Care program to fund family based care of injured war vets. The \$100 a day allowance recognizes the sacrifice that a family member often makes, leaving paid work to be caregiver.

Usually governments only value third party care, anyone but family. To value the family member who provides care is a welcome step on the journey to get the care providing role finally noticed in economic terms. Income splitting, pensions for the care years, those would be good too.

This is a great start, a first step into the future.

Sincerely,  
Beverly Smith  
Calgary, Alberta

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Minnedosa Legion

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The Shilo Inn (Crang's)  
 340 Esso Station

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Lucky Dollar



# Field exercise ends with a bang for 1RCHA

On Sept. 7, after seeing their kids off to the first day of school, members of the First Regiment Royal Canadian Horse Artillery (1RCHA), Canada's oldest Regular Force Regiment, took part in Ex LIMBER GUNNER I, a 10-day field exercise.

This exercise was designed to put to practical use the skills and training members had received over the past year. For some it was a chance to brush up on older skill sets and for others would be the first chance to see what the entire Regiment looked like in action.

For the members of Z Battery's forward observation parties, or OPs for short, life would be a little different than one might have on the gun line or within the command post. The Bty consists of six OPs in total which are tasked in moving forward the main artillery force to set up positions in order to get "eyes on" the enemy. The beginning of the exercise had the OPs practicing basic drills such as how to choose, occupy and take down an appropriate position of observation.

Following the first days of the exercise, gunners began to strategize and implement beginning stages of planning and executing fire missions at a Bty level. Each OP was put through the test of being able to use available assets to call artillery fire on specific targets placed throughout the training area. These targets would also be used for the Forward Air Controllers (FAC) to call upon aircraft to attack while the rest of the OPs engaged with field artillery fire.

Midway through the second week, the Regiment's Colonel Commandant, BGen Beno (ret) paid a visit to the gunners. Although



At left, a LAV III during Ex Limber Gunner. At right, an explosion during the exercise.

Submitted photos



they were given the show of a lifetime. The Regiment put on a fire power demonstration of mortar and gun fire, while CF-18s controlled by FACs on the ground dropped 500 pound bombs and completed multiple "gun runs" on a series of targets within sight of the naked eye. It was awesome!

The final day had come; it had been what the Regiment had been working toward, the big Regimental Fire Plan. OP call-sign 41 had the honour of conducting the regimental fire plan. Considering it was the first regiment level exercise in at least five years, it went fairly smoothly.

When the Regiment returns to the field in November for Limber Gunner II the rest of Z Bty will have a chance to plan and execute regiment level fire plans and elevate the level of gunnery skills within the Regiment to support higher level training.

Submitted by 1RCHA.

his appearance was brief, he was able to indulge in some fine field dining, a barbecue laid on for the Regiment by Headquarters & Services Bty. After witnessing the trebuchet contest, for which gunners built siege machines to launch a tennis ball, the Colonel Commandant gave a speech and handed the Colonel Commandant's Coin to a member of every Bty. This was a tribute to the hard work and efforts of the receiving individuals.

Immediately after the night of delicious barbecue, gunners set back to work in preparation for the final mission of the exercise, the Regimental fire plan. They were greeted by the Brigade Commander, where he got to see

firsthand how to recover a LAV III from a less than desirable position using a tree, a chain saw, some steel cable and a few pints of sweat. Sounds like a scene from MacGyver doesn't it? A valuable lesson on how to occupy an OP was learned that day.

On the day before the grand finale, the Brandon Wheat Kings paid a visit and were able to witness a multi Bty fire mission combined with air assets. Shortly after the departure of the Wheat Kings, a Cadet visit was conducted. The Cadets were given a tour of the LAV III by members of the OPs. They were informed of the nature of gun positions, the role of the artillery and a bit of history behind Canada's oldest Regiment. Then



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**OCTOBER 1 - 31, 2010**

## Manitoba Gun Amnesty Month

Turn your guns over to the police safely and without charges

**Help save lives** – Firearms and other weapons which are unused, inherited or possibly forgotten are often improperly stored and can be accidents waiting to happen. Help save lives, avoid injuries and possibly prevent a gun from being used in a crime by turning in any unwanted or illegal weapons during Gun Amnesty Month.

**Help keep weapons off the street** – Manitoba Justice and policing agencies throughout the province have joined forces in this month-long gun amnesty program. This is your opportunity to turn over any firearms or other weapons in your possession. Police will not lay criminal charges unless the weapon was used to commit a crime or was stolen.

**Contact your local police** – For everyone's safety, please do not take your firearms to the police. Contact your local police agency, on non-emergency lines to have your weapons picked up.

**Manitoba**



# Prevention and awareness of family violence

Submitted by  
**Anne Todd**

What is family violence? Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour. In Canada, family violence is a crime.

There are many kinds of abuse. Physical abuse includes hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, and threatening to assault.

Sexual abuse includes forcing anyone to have sexual relations against their will, any unwanted touching, or kissing. Anyone always has the right to say "no."

Social abuse includes not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to, and where they go.

Emotional abuse includes yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering her emotions.

Do you think your partner is abusing you? Does your partner: Hit, slap, kick, punch, or push you around? Hurt you or threaten to hurt you in other ways? Treat you like a possession, not a person? Force you to have sex against your wishes? Constantly put you down, make you feel stupid and/or worthless? Make it hard for you to leave? Not let you have your own friends?

The first step is often the hardest. If nothing is done, the abuse will not stop, even if he says that he loves you and promises that it will never happen again.

Help is available. If you think you have been abused:

- Call a friend or family member you trust. Be sure it is someone who understands that violence is never okay nor justifiable, that you are not to blame for abusive behaviour and that your safety and your children's safety must be the top priority. If the person you tell is not supportive, don't stop, keep looking until you find someone who is.
- Call the Westman



Have you been abused? Help is available for you.

*Submitted photo*

Woman's Shelter at 727-3644 or the Domestic Violence Crisis line at 1-877-977-0007. The woman's shelter can provide safety and support for you and your children as well as helping with your future plans. You don't have to stay at a shelter to get help. You can talk to someone over the phone. They can help you make the choices that are right for you and find the resources you need.

- Call the Military police if you live on base at local 3337, or the local police detachment: for Brandon Police call 729-2345, for the RCMP call 726-7500. Remember, violence is a crime. It is

against the law to physically or sexually assault someone.

- Join a support group. You are not alone. Self-help groups, where individuals experiencing abuse meet, are extremely useful in helping individuals find ways to protect themselves and deal with the emotional, physical and financial changes in their lives. Check with your local shelter or crisis line to find out about support groups in your commu-

nity.

- See a counsellor. Find a counsellor who values your right to freedom from abuse and will work with you, believe you and support your choices and decisions. Counselling services for CF family members are available free of charge through the Shilo MFRC (local 3352), or the Canadian Forces Member Assistance Program (CFMAP) at 1-800-268-7708. For CF personnel, counselling services are available through 11 CF Health Services Centre (local 3177) or the CF-

MAP program, and personnel can self-refer. All services are strictly confidential within the confines of applicable laws. Your chain of command is never informed of the nature of health centre appointments, unless there is an obligation under the law to relay information.

Adapted from Material prepared by Denham Gillespie Associates, Social Work Consultants, 2009.

*Anne Todd is the Health Promotion Director for CFB Shilo.*

## BONNIE KORZENIOWSKI

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The  
Public  
Utilities  
Board

TOWN HALL MEETINGS  
PRE-ARRANGED FUNERAL SERVICES  
AND CEMETERIES LEGISLATIVE REVIEW

The Public Utility Board (PUB), on behalf of the Manitoba government, wants to know what you think about proposed changes to legislation governing pre-arranged funeral services and cemeteries.

### You're Invited

You are invited to join representatives of the PUB for a discussion of the legislative review process and proposed changes. You will also have the opportunity to express your views.

**Meeting date:** October 18  
**Community:** Winnipeg  
**Location:** Carol Shields Auditorium, Millennium Library  
251 Donald Street, 2<sup>nd</sup> floor  
**Time:** 4 p.m. – 7 p.m.

**Meeting date:** October 19  
**Community:** Thompson  
**Location:** Council Chambers  
226 Mystery Lake Road  
**Time:** 3 p.m. – 6 p.m.

**Meeting date:** October 21  
**Community:** Brandon  
**Location:** Council Chambers  
410-9<sup>th</sup> Street  
**Time:** 4 p.m. – 7 p.m.

**Meeting date:** October 22  
**Community:** Swan River  
**Location:** Council Chambers  
216 Main Street West  
**Time:** 4 p.m. – 7 p.m.

For further information, visit [www.pub.gov.mb.ca](http://www.pub.gov.mb.ca) and click on Pre-arranged Funeral Services/Cemeteries Legislative Review.

You can pre-register for a town hall meeting by emailing [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca), or calling 204-945-2638 or toll-free 1-866-854-3698.



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# DSG says goodbye to two



Photos by Quinn Roberts

Sgt Wes Rushton, left, and Bdr Rick Moran were honoured by Lt Holly King, CO of the Deployment Support Group, for their service to the DSG. Sgt Rushton is pursuing a career in financing and will stay a member of the Reserve Force, while Bdr Moran has enlisted in the Regular Force. He is now posted to 1RCHA where he is continuing his career as an artillery soldier. They both will be greatly missed.

## Empowering women across MB

By Bruce Peever

Shilo Stag

The Manitoba Women's Institute is looking for a few good women.

Enid Clark, Past President of the Manitoba Women's Institute says women from CFB Shilo and surrounding area are urged to attend a Women in Leadership luncheon on Thursday, Oct. 21. The *Shilo Stag* is co-sponsor of the leadership event which is to be held at Victoria Inn starting at noon.

"There are a lot of women from the Base and just outside who might

be interested," Clark informs.

The empowering program, Women in Leadership, came about through a grant from the Manitoba Ministry of Agriculture. Clark says the program's aim is to encourage women in rural settings to take on more leadership roles.

"This one in Brandon is the second of several we are hosting across Manitoba over the next four to five months. We are hoping this series can be used to jump start the role of local women as leaders. We will have a

number of good speakers at each," she states.

Speaking in Brandon next week will be Dr. Eliane Silverman, Professor Emeritus at the University of Calgary along with being an author and noted expert on women's issues. She is to share her life experiences along with in-depth research on leadership and power, mixed with a good dose of humour.

Tickets are \$35 each or \$250 for a table of eight. Tickets and more information is available by calling 726-7135 or emailing mbwi@mts.net.

### Katy's Kookies

#### ARE YOU EATING ENOUGH?

Getting enough food to sustain our long workday is usually a major problem for most of us. Rushing to get to school or work, shorter coffee times and skipped lunches can add to the problem as well. I see parents picking up kids from school, driving one child to music lessons while the other child goes to swimming or hockey. Sound familiar?

Turn around and you are standing in your kitchen and looking at seven or eight p.m.

A crazy lifestyle calls for some pretty big changes in diet to maintain energy.

Keep a cooler in your car or at your desk at work full of quick and simple foods that are nutritious and satisfying. Fresh cut veggies and hard boiled eggs and a bag of nuts or some protein powder to mix in your water bottle will keep you from missing meals and then binging later on.

Try one of Katy's 100% all natural Protein Bars. They freeze well and keep in the fridge or your cooler, plus they taste great!



Katy Unruh

Certified Personal Trainer,  
Life Coach & IDFA  
Figure Pro



728-3340

827 18th St. Brandon, MB R7B 5B8

Katy@GorillaJack.com

## Ask an Expert



Have a service to offer and you want to tell potential customers all about it?

For just \$145 per issue (including full colour) over a three insertion contract you can reach some 6,000 Stag readers in our new Ask the Expert feature.

For more info, please give Shilo Stag Advertising Representative Jenn Roehl a call at 573-6771.



# CANEX



## PUMPKIN CARVING CONTEST

ENTER YOUR CARVING FOR A CHANCE TO WIN A CANEX GIFT CARD!

1<sup>ST</sup> \$50 CANEX GIFT CARD

2<sup>ND</sup> \$35 CANEX GIFT CARD

3<sup>RD</sup> \$20 CANEX GIFT CARD

**DROP OFF YOUR CARVED PUMPKIN TO CFB SHILO CANEX FROM 27 OCTOBER UNTIL NOON ON 29 OCTOBER 2010.**

JUDGING WILL TAKE PLACE AFTERNOON OF FRIDAY OCTOBER 29<sup>TH</sup>. ENTRIES CAN BE PICKED UP ANYTIME AFTER 4PM.

40 Years

Supporting those who serve for over





The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Veracruz with an annual finance rate of 1.9% for 60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent L 4 Dr. 5-speed/2010 Elantra L 5-speed/2010 Santa Fe GL 2.4L 6-speed with an annual finance rate of 0% for 84 months. Monthly payments are \$159/\$179/\$306. No down payment is required. Dealer participation of \$500/\$500 for 2010 Accent L 4Dr. 5-speed/2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of \$1,499/\$1,700. Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Accent L 4Dr. 5-speed for \$13,294 at 0% per annum equals \$158.26 per month for a total obligation of \$13,294. Cash price is \$13,294. Example price includes Delivery and Destination of \$1,495. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. ▲ Fuel consumption for 2010 Elantra L 5-speed (HWY 5.6L/100KM; CITY 7.8L/100KM); 2010 Accent 4Dr. L 5-speed (HWY 5.7L/100KM; CITY 7.2L/100KM) are based on EnerGuide fuel consumption ratings. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †\$3,000 price adjustment is only available on Santa Fe 2.4L 6-Speed models. \$5,000 price adjustment is available on any 2010 Veracruz model. Certain conditions apply. ††Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Based on the August 2010 AIAWIC report. ††See your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

**FACTORY AUTHORIZED**

**CLEAR OUT**



**0% FINANCING FOR UP TO 84 MONTHS<sup>◇</sup>**

**2010 ACCENT L 4DR**



GLS model shown

**OWN IT FOR ONLY \$159<sup>†</sup> at 0% with \$0 Down payment**  
/Month APR / 84 Mo.  
Dealer participation of \$500 included.

**HIGHWAY 5.7L/100 KM – 50 MPG<sup>★</sup> BEST-SELLING SUBCOMPACT IN CANADA<sup>®</sup>**

**2010 ELANTRA L**



Limited model shown

**OWN IT FOR ONLY \$179<sup>†</sup> at 0% with \$0 Down payment**  
/Month APR / 84 Mo.  
Dealer participation of \$500 included.

**HIGHWAY 5.6L/100 KM – 50 MPG<sup>★</sup> AWARD-WINNING COMPACT**

**2010 SANTA FE GL 2.4L 6-SPEED**



Limited model shown

**JUST ANNOUNCED 0% FINANCING FOR 60 /Mo.<sup>◇</sup> PLUS GET \$3,000<sup>ⁿ</sup> IN CASH SAVINGS**

**BEST-SELLING IMPORT SUV IN CANADA<sup>®</sup>**

**2010 VERACRUZ**



Limited model shown

**JUST ANNOUNCED 1.9% FINANCING FOR 60 /Mo.<sup>◇</sup> PLUS GET \$5,000<sup>ⁿ</sup> IN CASH SAVINGS**

**7-PASSENGER LUXURY CROSSOVER**

SMART LEASE OFFERS ALSO AVAILABLE | VISIT [HYUNDAICANADA.COM](http://HYUNDAICANADA.COM) TO FIND THE HYUNDAI THAT FITS YOUR LIFE. | Delivery and Destination are included in all prices.

**5 YEAR WARRANTY**  
100,000 KM COMPREHENSIVE LIMITED WARRANTY\*\*  
5-year/100,000 km Comprehensive Limited Warranty  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty



**Fowler Hyundai**  
3900 Victoria Ave.  
Brandon, 204-727-1461



# Dispute resolution at new location – Bldg L142

CF Members and DND Employees embroiled in workplace conflicts may find a workable solution with the aid of the CFB Shilo Dispute Resolution Office.

The office, which is staffed on a part time and on-call basis with Mediators from the Dispute Resolution Centre in Winnipeg for the past several years, is now open for business on a full-time basis in Building L142 A202. This after relocating from Bldg L102 Base Headquarters.

MWO Dan Merlin, a member of the Director General Alternative Dispute Resolution Services (DGADR) Team in Western Canada, is a permanent ADR presence in CFB Shilo. MWO Merlin is able to provide consultation services, Unit briefings and Training on a full time basis and coordinating mediation and group services for CFB Shilo personnel.

"This is a very positive step for enhancing services in Shilo" says Maj Paddy Douglass, Coordinator for DRC Winnipeg and the Shilo office.

"Our ability to respond to concerns on a more personal basis is the real benefit of having MWO Merlin on our team in CFB Shilo."

No stranger to CFB Shilo, MWO Merlin is an Artilleryman by trade. He is excited by the opportunity to serve DND and the CF in a role few others have the requisite aptitude for. "I've been around the Base for a few years now and I know a lot of the people here. That is a great help in getting the word out and letting people know what we do and how we can assist them in a conflict situation," says MWO Merlin.

To support DND civilian employees, and Regular and Reserve Force members and Cadets in Shilo and other MB locations is a team of four civilian and two Military ADR professionals who support the Defence team with training, coaching mediation and group processes.

"Often a person will call and say; 'I'm stuck in a situation and I don't know what to do,'" says MWO Merlin.

By calling the Shilo DRO office an individual can discuss their situation on a confidential basis and explore resolution options, which include DRC services and more formal complaint processes such as apply to grievances or harassment. By the end of the conversation callers have a better idea of what each process involves and has determined which option might work better from them selves, says MWO Merlin.

Other times a person will contact a DRC because they have received an invitation to consider mediation following the filing of a grievance, currently a standard step in the civilian grievance process and a step being trialled this fall for military grievances.

If mediation is the chosen avenue, a DRC mediator will be assigned, and an invitation will be extended to the parties to come to the table.

Both parties must agree to mediation and feel comfortable with the mediator.

Mediators come to the table well equipped. Each

DRC staff member qualified to mediate is hired with at least 150 hours training in mediation as well as a degree in a related discipline such as human resources, social work, leadership or communications. Each mediator has hundreds of hours of mediation experience under their belt.

Aside from mediation, an individual may wish to tackle the conflict on their own and can take a handful of one-hour conflict coaching sessions with a DRC staff member to learn appropriate communication skills, receive feedback on their approach or discuss the various ways the situation could be viewed or resolved. Through role play, they can see how they would respond to certain scenarios, recognize conflict patterns within themselves and learn different communication approaches.

"The coach will lead a person through a situation, acting as a flashlight, or perhaps a mirror, illuminating what's hidden and reflecting back what they hear so

that they can better see what's going on" says MWO Merlin.

Finally, there are occasions when conflicts can grow from a simple two person situation to one involving entire staffs in a section. To address this unique circumstance Commanding Officers or managers can request DRC staff to assess the situation by interviewing staff individually and then in group to capture what the group sees as the cause of a conflict and to reflect it back to

the group so they can see what the shared view is. The manager or CO can then choose to address the situation with the group on their own, or with DRC assistance – whether through training, coaching or mediations.

To contact Shilo's Dispute Resolution office call local 4140, email Dan.Merlin@forces.gc.ca or stop in Building L142, office A202.

Submitted by the Shilo DRO office.

**Shilo Theatre**  
(Located in the General Strange Hall)

Enjoy a DVD movie and popcorn for FREE!

Oct. 15: *How To Train Your Dragon* - Rated G  
Oct. 22: *Sleepy Hollow* - Rated 14A  
(Halloween Movie & Swim)

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





**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


*Douglas United Church Supper*

Sunday October 24  
(Advance tickets only)

3 sittings: 4:30, 5:30, 6:30  
Adults: \$12.50  
5-12: \$6.00  
Under 5: Free


Purchase tickets from: Douglas Store or Mansfield's Western Shop, 1130 - 18th St. Brandon  
For more information contact Donalee 728-0076



**BRING IT ON!**

*Catch the Action at the next Home Game...*

Oct. 15 @ 7:30 vs. Swift Current Broncos



For Tickets Call 726-3555 or visit [Ticketmaster.ca](http://Ticketmaster.ca)  
[www.wheatkings.com](http://www.wheatkings.com)

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women wear many shoes to take the lead



The Manitoba Women's Institute Presents  
**WOMEN IN LEADERSHIP SERIES**  
with Dr. Eliane Silverman

Dr. Silverman is an author, Professor Emeritus from University of Calgary and noted expert on women's issues



Dr. Silverman will share her life experiences, humour, and in-depth research on women's lives, leadership, and power. She will encourage women to reflect upon & create new roles and leadership opportunities.

**put on your party shoes**

**and join us for lunch**

12 noon [doors open @11:30]  
Oct 21, 2010 - Victoria Inn - Brandon  
Call 726-7135 • \$35ea • Table of 8 - \$250

sponsored in part by:



# Congratulations to all of our military and civilian employees



Left: Pte Seguin was promoted to corporal on October 8, during the base parade.

Right: Pte Rein was promoted to corporal on October 8, during the base parade.



Left: Pte Simpson was promoted to corporal on October 8, during the base parade.

Right: Pte Homuth was promoted to private trained on October 8, during the base parade.



Left: Sgt Koronko was presented with his CD1, during the parade on October 8.

Right: Cpl Person was presented with his CD, during the parade on October 8.



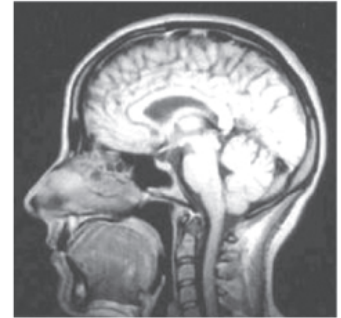
Left: MCpl Vannest received the Joint Task Force Commander's Commendation for Outstanding Professionalism, on October 8.

Right: Brette LeBlanc received the Base Commander's Commendation, on October 8.



Missing were Cpl Lafleur who received Soldier of the Quarter as well as Wade Miller who received his long service award for 25 years of service.

## 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.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

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



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moves  
forward

## Be smart like Jane.

Jane knows that Manitoba is a great place to grow her business so she's planning to hire more employees.

For help, she went to [manitoba.ca/business](http://manitoba.ca/business), the Manitoba government's business portal where she found the information she needed to move her business forward.

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# Manager Specials at CANEX

## Motts Clamato

1.89 liter

Reg: 5.19

Sale: 2/6.00 until Oct 30

## Fresh Celery Stalks

Product of USA Reg: 1.39

Sale: .99 until Oct 30

## “Topsweet” Mandarin Oranges

Reg: 5.99 each

Sale: 4.99 until Oct 30

## Gold Seal Flaked Tuna

170g Reg: 1.49 each

Sale: 6 pk for 4.99

while supplies last

## Gold Seal Chunk Crabmeat

120g Reg: 3.29 each

Sale: 2.50 while

supplies last

## Hershey Butterscotch

Chipits 300g

Reg: 3.79

Sale 2/3.00 while supplies last

## Sun Rype Juice Boxes

5x200g asst flavor

Reg: 2.39 each

Sale: 3/6.00 while

supplies last

Check out our in store  
Manager Specials!

# Congratulations to all of our military and civilian employees



Murdock MacKenzie received the Base Commander's Commendation, on October 8.



Pat Weir received the Base Commander's Commendation, on October 8.



Kristen Lucyshyn received Civilian of the Quarter on October 8.



Richard Hanna received Civilian of the Quarter, on October 8.



Capt Pottkamper received OMPE certificate of completion, on October 8.



Garth Bowering received his civilian long service award for 50 years of service, on October 8.



Jeffery Fisher received his civilian long service award for 25 years of service, on October 8.



Sonya Kampe, received her civilian long service award for 25 years of service, on October 8.



Brian Mann received his long service award for 25 years of service, on October 8.



David McLennan received his long service award for 25 years of service, on October 8.



# Congratulations to all of our military and civilian employees



Stephen Mann received his long service award for 25 years of service on October 8.



Valerie Schut received her long service award for 25 years of service on October 8.



John Serwonka received his long service award for 25 years of service on October 8.



Max Bratzke received his long service award for 15 years of service on October 8.



Randy Carlisle received his long service award for 15 years of service on October 8.



Murdock MacKenzie received his long service award for 15 years of service on October 8.



Darren Woychshyn received his long service award for 15 years of service on October 8.



Melody Woynarski received her long service award for 20 years of service on October 8.

*Photos by Quinn Roberts*



**Westoba**  
Credit Union Ltd  
*First in Our Community*

**Celebrate International Credit Union Day**  
**Thursday, Oct. 21st**

**Visit a branch during ICU Day to enjoy refreshments and prize draws!**


**Join us at Brandon's Keystone Centre for the Thursday show of the Wheat City Stampede!**



**Enjoy complimentary entry to the Thursday night of the MRCA Rodeo Finals - open to the public.**

*Courtesy of Westoba Credit Union*

**1.877.WESTOBA westoba.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**  
**POLYGONES DE TIR DE SHILO**

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

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

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

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

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

**Par ordre du**  
Sous-ministre  
Ministère de la Défense nationale

Ottawa, Canada  
17630-77



# What's on Your Agenda?

• **In keeping with the Manitoba Gun Amnesty Month**, CFB Shilo's Military Police, joined by other law enforcement agencies across Manitoba, open their doors to you and offer the opportunity to get rid of weapons which are unused, inherited or possibly forgotten. In the event that you have a weapon (unregistered, illegal, or cluttering up your home) which you wish to turn in, contact the Military Police on our non-emergency line at 765-3337. We would be more than happy to remove the weapon from your home. In keeping with the Amnesty, no charges will be laid, nor will there be any repercussions through the chain of command of CFB Shilo. You can help save lives, avoid injuries, and possibly prevent a gun from being used in a crime by turning in unwanted or illegal weapons during Gun Amnesty Month.

• **Shilo & United Way Family Shoot For Fun!** Oct. 22 from 10 a.m. - 4 p.m. Building C-106 (MPTF). Small Arms Trainer. For a donation to the United Way, you can try your hand at being a soldier.

• **Archery Club General Meeting** Saturday, Nov. 6 at 7 p.m. at the GSH Meeting Room. If you are interested in archery or would like to learn more about it, drop by the GSH and meet some of the club members! Can't make it to the meeting? Call Tom or Judy Foster at 763-4132 or Tom at work (765-3000 ext 3263) or stop by Building L-25 on Wednesday and Sunday from 6:30-9:45 p.m. For ages 18 and up.

• **Halloween Haunted House** All the ghosts and goblins have come to Shilo for Halloween! If you dare, take a tour through the house they're haunting at 12 Citadel. Oct. 23, 24, 28, 29 & 30 from 6-9 p.m. Donations will be accepted at the door. Proceeds go to the Shilo MFRC Natural Play Space Project.

• **Shilo Tire and Oil Change Clinic** Friday, Nov. 5 from noon - 4 p.m. and Saturday, Nov. 6 from 9 a.m. - noon. By appointment only - call 3255. Base Maintenance building (G-400). Change tires and wheel balance: \$7.50 per tire. Rotate or already mounted tire change: \$10 per vehicle. Oil and filter change: \$5 (customer must provide their own oil and filter). Nitrogen tire fill: \$10 per vehicle. BBQ at Base Maintenance building Friday from 11:30 a.m. - 1:30 p.m. Car Wash at the Base Pol Point building (N-132)

during the same hours as the car clinic. Exterior wash: \$5 per vehicle. Interior vacuum: \$5 per vehicle. **All proceeds will be donated to the Brandon and Area United Way.**

• **2010 Public Flu Clinic** A seasonal flu clinic will be held at the MFRC on Oct. 20 from 1:30 - 3:30 p.m. No appointment necessary. Immunization will be done on a first come first served basis. For more information contact Public Health Nurse Rachel McPhee at 578-2538.

• **2nd Annual Oktoberfest** at the Royal Canadian Legion in Carberry. Oct. 22 at 7 p.m. Tickets \$20 (\$25 at the door). Advance tickets available at the East End, the Library, and the Arts Council Office.

• **Brandon Garden Club Meeting** Oct. 20 at 7 p.m. Seniors for Seniors - 311 Park Ave. East. Please use north door. Program: Birds and Their Habitat & Attracting Birds for the Winter. Speaker: Cal Cuthbert from Ducks Unlimited. Membership fees: \$20 annually, \$30 annually for couples. Drop in fee: \$5.

• **#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.

• **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.

• **Visit Daly House Museum** at 122-18th Street, Brandon. The house was built by the first mayor of Brandon, Thomas Mayne Daly. Your family can step back over 150 years to experience the strict rules of a Victorian time. Visit Mutters General Store, or discover the origins of the city of Brandon. Our hours are 10 a.m. - noon and 1-5 p.m. Tuesday to Saturday.

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

## October 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.

### EDUCATION SESSIONS (Military members only)

Tuesdays: 7:30-8:30 a.m.

Taught by Health Promotions Director Anne Todd  
Oct. 19 - Stress: Take Charge - The Balance of Time Management

Oct. 26 - Stress: Take Charge - Stress Management Lifestyle

### PRACTICE FITNESS TESTS (Military Members Only)

CF EXPRES Test

Monday, Oct. 25

1 p.m.

Gym C

Registration Deadline: Friday, Oct. 22

## 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](mailto: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:**

**October 21, 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.*

## Found

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

## Services

Perfect 10 Personal Training available at GSH beginning 10-10-10. 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 Fire-arms 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](mailto:ggs57@wgcwave.ca). Next dates: MHSC November 6 & 7. CFSC November 6. Eligible students may write one or both exams. Call or email for training calendar.

Looking for a good used car truck sport utility call Advantage Auto & Trailer 729-8989

Self storage space - U-Haul truck & trailer rentals - boxes - moving supplies 725-0019

## Services

Two spots available in home daycare as of Dec. 1. Contact Jackie at 765-4511 for more information.

**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.

## For Sale

**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](http://www.themattressguy.ca) - or 204-573-5970.

**WAWANESA** 1363 sqft raised bungalow with double attached garage with in-floor heat. 3 + 2 bedrms, 2 full baths, sunken living rm with hardwood flooring, developed basement and fenced yard. View at [www.century21.ca/kathy.mclean](http://www.century21.ca/kathy.mclean). Call Kathy McLean at 824-2651.

## Wanted

MTI Brandon: Looking to hire sales professionals. Make your time work for you! Employee benefits available. "Success is a phone call away" 1610 Rosser Avenue. [www.midwest-tel.ca](http://www.midwest-tel.ca) 204-725-4800.

**Write to us!**  
To submit,  
email us at  
[stag@mts.net](mailto:stag@mts.net)  
and include  
your name and  
phone number.  
We reserve the  
right to edit  
submissions  
for length,  
libel, spelling,  
and good taste.



Due to growth the Shilo Stag newspaper is looking for an additional Sales Representative for a variety of projects. Responsibilities include, but are not limited to acquiring new advertising contracts across the Brandon area, liaising with new and existing clients, and implementing various marketing initiatives as required.

Applicants must have an excellent grasp of the English language, both written and verbal. Time management and multi-tasking abilities are essential. Customer service/ retail experience is preferable, however we will train. For further information please contact Bruce Peever, Managing Editor at 204-765-3000 ext. 3093, or email to [stag@mts.net](mailto:stag@mts.net)





# Shilo Military Family Resource Centre



## MFRC receives \$15,000 donation from Memorial Cup Committee



Photo by Quinn Roberts

Willemien van Lankvelt receives a donation from Jeff Cristall on behalf of the Memorial Cup Committee.

**By Karen Burton**

On Sept. 24, Jeff Cristall, Chairman of the Organizing Committee for the Mastercard Memorial Cup, presented a \$15,000 donation to Willemien van Lankvelt, Executive Director of the Shilo Military Family Resource Centre.

The Memorial Cup

was donated in 1919 by the Ontario Hockey Association as a memorial to the men and women who had given their lives in the defence of Canada during WW1. This year the prestigious trophy was rededicated to all of Canada's war fallen as part of the opening ceremonies of the 2010 MasterCard memorial Cup at

CFB Shilo.

"This is such a boost to the MFRC," says van Lankvelt. "When the committee contacted us we were thrilled to be considered and were shocked at the generous donation. We plan to use the donation for a special project and are currently reviewing proposals."

Van Lankvelt says that

the MFRC will make a community announcement once the decision has been made. The MFRC would like to thank the organizing committee for their generosity in supporting military families.

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

## Upcoming events at the MFRC

| Date   | Program                        | Time   | Cost                                    | Registration deadline   |
|--|--------------------------------|--|---|---|
| <b>Special Events</b>  |                                |  |   |   |
| October 14-29  | Ultimate Fan Giveaway          | ALL DAY                                      | FREE                                    | Enter on our website, facebook or email to kburton@shilomfrc.ca |
| <b>Adult</b>   |                                |  |   |   |
| October 4, 5, 6, 7 (12 hours total)  | Power up Computer Workshop     | 1-4pm & 6-9pm                                | FREE                                    | Register by Friday, October 1 at noon.                          |
| October 5 & 7  | French Second Language Level 3 | 6-9pm each night for 10 weeks                | \$ 70 (refundable for military spouses) | Register by Friday, October 1 at noon                           |
| October 13   | Customer Service               | 1-4pm or 6-9pm                               | \$ 10.00                                | Register by Friday, October 8 by noon                           |
| October 16   | Scrapbooking Days              | 9-5pm  | \$ 2.00                                 | Register by Wednesday, October 13 at noon                       |
| October 19   | Asian Appetizer cooking class  | 6-9pm  | \$ 35.00                                | Register by Friday, October 16 at noon                          |
| October 20   | Money Cents                    | 1-4pm or 6-9pm                               | \$ 10.00                                | Register by Friday, October 15 at noon                          |
| October 26   | CPR Re-Certification           | 8am-12pm or 1-5pm                            | \$ 45.00                                | Register by Friday, October 8 at noon                           |
| October 27   | CPR Certification              | 8am-12pm or 1-4pm                            | \$ 70.00                                | Register by Friday, October 8                                   |
| <b>Deployment</b>  |                                |  |   |   |
| October 25   | Pumpkin Carving                | 5pm  | FREE for deployed (\$ 10.00 for non)    | Register by noon on Friday, October 22                          |
| <b>Youth</b>   |                                |  |   |   |
| 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:<br>Mondays, Tuesdays & Thursdays: Tweens (12-14yrs) 6-8pm and Teens (14-17yrs) 8-10pm<br>Fridays: Tweens & Teens 6-11pm  |                                |  |   |   |
| October 22   | Movie Night (The Karate Kid)   | 8pm  | FREE with Teen Centre membership        | No registration   |
| October 29   | Haunted House                  | TBA  | FREE                                    | No registration   |
| <b>School Age</b>  |                                |  |   |   |
| October 20 & 27  | Keen Kids                      | 5-6pm  | \$ 1.00 drop in                         | No registration   |
| October 20 & 27  | Kool Kids                      | 6-7pm  | \$ 1.00 drop in                         | No registration   |
| October 20 & 27  | Kooler Kids                    | 7:30-9pm                                     | \$ 1.00 drop in                         | No registration   |
| October 29   | Halloween Dance                | 5:30-7pm (5-9yrs)<br>7:30-9:30pm (10-14 yrs) | \$ 2.00 at the door                     | No registration   |
| October 22   | Inservice Day                  | 9-12pm & 1-4pm                               | TBA                                     | No registration   |
| <b>Preschool</b>   |                                |  |   |   |
| October 19 & 26  | Tumbleweeds (Every Tuesday)    | 9:30-11:30am                                 | \$ 1 drop in fee                        | No registration   |
| October 20 & 27  | Relaxation Station             | 1:30-3:30pm                                  | FREE                                    | Register by the Friday before                                   |

### ULTIMATE FAN GIVEAWAY

Are you our Ultimate Fan? Tell us what the MFRC means to you and you could win an ULTIMATE PRIZE PACKAGE for you and your family!

Prize package includes a one night stay at Canad Inns Brandon with theme room, dinner and movie passes for your whole family and much, much more!

Three easy ways to enter!

1. Drop off your entry in writing to the MFRC
2. Email your entry to karen.burton@shilomfrc.ca
3. Submit through our facebook page

Get your entry in today, contest ends OCTOBER 29!



Photo by Kisch Photography

**By Carmen Gilks**

Hi Shilo! I'm the new Deployment and Special Events Assistant at the MFRC. I am no stranger to Shilo and yes, I said I would never come back, but here I am. I have no fixed roots as I'm an Army brat and have moved about the country and world all my life. I'm also a military

spouse for over 25 years. I'm intimately familiar with the stressors and strains associated with the military lifestyle. I'm excited to accept this position and look forward to seeing you in the weeks and months to come. Drop by anytime!

*Carmen is the Deployment & Special Events Assistant at the MFRC.*



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