

SHILO'S TAG

Your Source for Army News in Manitoba

Volume 47 Issue 23

Serving Shilo, Sprucewoods & Douglas since 1947

November 27, 2008

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Austin rocks the house



Photo by Karen Griffin

Julian Austin performed to a packed house during his afternoon performance at the Brandon Salutes family day, held at the Manitoba Room of the Keystone Centre on November 15. Families enjoyed hotdogs, hamburgers, facepaints and live performances and other children's activities. More details and photos on page 3.

DIGITAL SANTA PHOTOS

Photos by Champion Digital Promotions, Westman's Digital Solution

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Sunday 1:00 pm to 4:30 pm

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Remembering the Canoe River tragedy



Photo by Karen Griffin

MGen JA MacInnis *Members of the Korean Veterans Association lay a wreath in honour of those lost in the Canoe River train accident on November 21, 1950.*
(Ret'd) IRCHA

On November 21, in the cold, crisp (-20c) emerging dawn of a prairie morning, more than 100 of us stood at the Canoe River

Memorial at the home station to remember and honour the fallen.

While the sounds of the

Lament wavered in the piercing breeze, three veterans of Korea - a Gunner (WO Dave Lucas) a Patri-

cia and a Royal - slowly but erectly made their way to the memorial to lay the wreath on behalf of the Korean Veterans Association.

In the crowd were about 60 nearly newly-minted officers of the Royal Regiment. A few had just returned home from service in Afghanistan, many more were preparing to join the next rotation and all were considering their own potential involvement.

Standing and shivering for a few minutes at the Canoe River Memorial in addition to paying tribute was a stark reminder of the reality of war as well as the continuity and living legacy embodied in the Royal Regiment of Canadian Artillery.

HISTORY OF CANOE RIVER

As part of the Canadian Contingent to Korea, the 2nd Regiment, Royal Canadian Horse Artillery, participated in "Operation SAWHORSE", the large-scale rail movement of more than 6,000 soldiers of the Canadian Army Special Forces (CASF) from various points in Canada to Fort Lewis, Washington.

The journey aboard the first of the two trains carrying the gunners was uneventful. Then at 10:35 on November 21 1950, the second train was met head-on, just east of Canoe River, by the Vancouver-Montreal passenger train. The engines and leading coaches of both trains were derailed. The forward cars of the military train were thrown down an embankment and demolished, resulting in a heavy toll.

Recovery of bodies was extremely difficult. An oil fire rendered a number of them unidentifiable. The final count of fatalities was 17, including four soldiers whose bodies were never recovered. The four CN Rail crewmembers were also killed.

A memorial cairn was erected in Camp Shilo to commemorate this tragedy and, in 1998, a roadside marker was erected and dedicated in Valemount, B.C., by the Klondike City Unit of the Korea Veterans Association as a historical reminder of the tragic Canoe River train wreck of 21 November 1950.

HONOUR ROLL

- Gnr Arden Joseph Atchison
- Gnr Basil Patrick McKeown
- Gnr Weldan Eugene Barkhouse
- Gnr Albert William Orr
- Gnr Norman William Carroll
- Gnr Leslie Albert Snow
- Gnr Frederick William Conway
- Gnr Albert George Stroud
- Gnr Robert Arthur Craig
- Gnr Joseph Thistle
- Gnr Austin Emery George
- Gnr James Milo Wenkert
- Gnr Urbain Joseph Levesque
- Gnr James Joseph White
- Gnr Robert William Manley
- Gnr William David Wright
- Gnr David Owens

Having a baby?

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

Having a baby changes your life. New babies can be demanding, especially for new parents. That's why the Healthy Baby community programs were developed.

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

Drop in to your local Healthy Baby group and you can:

- Ask questions about your pregnancy, your baby's development or parenting support
- Enjoy nutritious snacks, try new recipes and get information about nutrition and health
- Visit with other moms and dads and take part in activities with your baby

It's what's inside that counts

It's important to eat well to help you and your growing baby when you're pregnant. If you live in Manitoba, and your net family income is less than \$32,000 a year, you can receive a monthly Manitoba Prenatal Benefit cheque during your pregnancy to help you buy the healthy foods you need.

For more information

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

945-1301 (in Winnipeg)

1-888-848-0140 (outside Winnipeg)

www.manitoba.ca/healthychild

or contact your local public health office



The Shilo Stag is now available online! Check us out today!



cfcommunitygateway.ca/en/Shilo/

Santa reads the Stag!
Email your letters to stag@mts.net or them drop off at the Community Centre by December 5th
Be entered in a draw to win Wheat Kings Tickets!

Brandon rolls out the welcome mat



photos by Karen Griffin

Karen Griffin
Shilo Stag

On November 15, Brandon Salutes held their welcome home family event at the Manitoba Room of the Keystone Centre.

Many local Brandon residents came out to show their support.

From bouncing castles, and hotdogs to face painting, families enjoyed some free entertainment.

Area businesses also sup-

ported the event by providing food and additional support and volunteers to make the afternoon a success.

On hand to entertain was East Coast musician, Julian Austin.

Having entertained troops from Bosnia to Kandahar, Austin is honoured to perform for such a crowd.

"I'm a proud Canadian and what I do for them is nothing compared to what they do for us."

According to their website, "Brandon Salutes fosters unity of the military and civilian communities in the Brandon area based upon a mutual respect of their unique contributions toward a strong and proud partnership."

To begin the event, Lieutenant Governor, the

honourable John Harvard, and numerous other dignitaries joined BGen M.P Jorgensen, Commander of Land force Western Area and LCol Corbould, CO of 2PPCLI, offered words of welcome and appreciation.

"You did us proud, we're grateful and welcome home," said Jorgensen, addressing the crowd of mostly troops at that point.

Tyler Glen, event emcee and Star FM Brandon radio personality offered a suggestion for residents in the audience.

"I asked Lori [Truscott] what people should say if they wanted to approach a soldier. She said, just give them a handshake, say 'Hi' and thank them for what they did for us."



At Left, BGen Mike Jorgensen offers words of thanks to members of TF1-08 who attended the Brandon Salutes welcome home celebrations on November 15.

Right, Julian Austin delivered an energetic performance for the crowd twice during the afternoon and entertained again at a social later that evening.

Below right, Loewen brothers, show off their brand new face paint.



GET IN THE GEOTHERMAL LOOP



Energy efficient, environmentally friendly — a geothermal heating and cooling system beats rising energy costs and reduces green house gas emissions.

Here's how it works:

1. The sun's energy is stored just below the ground.
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3. A geothermal heat pump concentrates the energy and releases it inside the house. For cooling the house in summer the process is simply reversed.

You can be kind to the planet AND to your pocket book. Starting January 1st, the Manitoba government will be offering exciting incentives to homeowners and commercial building owners for geothermal installations. This proven technology could save 50 to 70 per cent on your annual heating costs.

Get in the Loop — to find out if geothermal is right for you visit manitoba.ca and click on Geothermal Energy.

Homeowners can save up to **\$3,000** with Manitoba government incentives!

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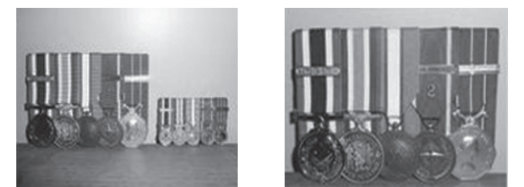
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Contact Dan at (204) 467-7748 or email soldiersfirstmedalmounting@gmail.com

What the poets are doing



Photo submitted by Victor Enns

Poet Victor Enns sits, flanked by two hotel security guards, outside his hotel in Kabul in the morning. In an effort to better understand the Canadian Forces' mission in Afghanistan, he spent his vacation time and money in Afghanistan.

Karen Griffin
Shilo Stag

From the fall of Troy to modern day global conflicts, artists of all types have made it their mission to capture with precision, the scenes, the emotions

and the images of war.

Last spring Victor Enns spent his vacation in Kabul, hoping to make it to Kandahar, on his own time and money.

His trip was largely to conduct research on the Ca-

nadian Forces' mission in Afghanistan. "I've spoken to aid workers and civilians in Afghanistan. Everyone's motivation is different for being there," says Enns.

He's spoken to a few soldiers already, but, as with

any subject outside a writer's realm of experience, he would like to capture more stories, more images and more of their experiences. His goal is to give Canadians a clear and lasting view of what Canadian soldiers



The Cagey Vets from RCHA took the United Way hockey tournament, November 21. Front Row: Sgt Troy Anderson, MBdr Chad Giles, sgt brad LaRocque. Back Row: MBdr Rob Fiander, Sgt Sebastien Perrault, MBdr Jay Simpson, Sgt Rob Fraser, MBdr Rob Penny

are doing in Afghanistan.

"I'm not approaching this from the media or journalism side," said Enns, with assurances that names would not be used in his art, nor would he probe volunteers to speak about events they weren't comfortable relating.

Enns, who fully supports the mission in Afghanistan, knows he has to fight the perception that as an artist he may somehow be against the mission.

"I know there is a misunderstanding about poets, and the part writers play."

However, Enns feels he has some connection to the Afghan experience through his own family's experience.

"My mother was raised in a strict religion where girls weren't educated past Grade 8. She managed to finish Grade 12 and become a teacher," says Enns.

He feels that for his mother, education meant freedom and liberation from a life spent in the kitchen, tending to children and domestic chores alone.

"While girls in Afghani-

stan are having acid thrown in their faces on their way to school, [citing a recent news report] we should be there," says Enns.

So far he's found lots of help in getting the soldiers' stories.

"2Lt Dennis Power of Public Affairs - Shilo has been very helpful in getting people to talk to me about their experiences," says Enns, emphasizing his need to speak with as many soldiers as possible 'to get it right'.

"I have no way of getting it right unless I come to an understanding of what soldiers think and feel," and getting the message right is crucial for Enns.

"It's time writers took up the issues of Canadian soldiers, and the good work they do."

Enns has written poetry since high school, has since published several books, and received awards and recognition for his work.

If you would like to contribute your own story and experiences, he can be reached via email at venns@mts.net.

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COME SEE US AT THE CANEX MALL

Frosty Thunder



Photo submitted by Lt J.R. Evans

2Lt Keith Woodill (left) and 2Lt Rick Parent (right) pose at the mess dinner after IRCHA victoriously maintains ownership of its Korea Gun.

Family bonding and friendly competition

Lt J.R. Evans

TC E Tp
C Bty, 1 RCHA

Thinking nationally and acting locally was the focus of this year's Junior Officer Course (JOC) held in Shilo MB, the Home station of the Royal Regiment of Canadian Artillery. The course introduced new officers into the Regimental family, helping to mould their perception of what it means to be an artillery officer in Canada. Such ends were achieved through a combination of interactive lectures and social events.

The informal lectures were given by a long list of accredited serving and retired artillery officers. All of the presentations helped contribute to the growth of the junior officer. Some notable speakers included MGen S.A. Beare, CMM, MSM, CD; BGen J.J. Selbie, OMM, CD; MGen (Ret'd) J.A. MacInnis, CMM, MSC, CD; MGen (Ret'd) S.T. McDonald, CMM, CD; and LGen (Ret'd) M.K. Jeffery, CMM, CD. The classes ranged from lessons learned from B Battery officers fresh off tour, to an outline of Senior NCO and Officer relationship provided by the RSM of RCA CWO Walker,

N.D., to a complete historical overview of The Royal Regiment by Maj (Ret'd) M.W.J. George, CD. The junior officers' experience was thoroughly enhanced by the contributions of Maj (Ret'd) W.D.W. Lewis, CD, LCol (Ret'd) D.B. Crowe, OMM, CD on regimental operations in Korea, and Capt (Ret'd) Garth Webb, who painted a picture of battery operations in North Western Europe during the second World War - Capt (Ret'd) Webb's contributions are noted as being the last time a veteran of WWII will be presenting at the JOC.

Social gatherings also enhanced the growth of the junior officers by encouraging networking and forging bonds between members of the Regimental family at all levels. Besides helping put faces to names, the social events let the junior officers know that some senior officers have not lost their gusto to sitting behind a desk all day. This was proven when the Senior Officer team miraculously edged out the junior officers at mess games - specifically crud.

Other formal and infor-

mal mess customs were taught on the course, culminating in a special guest night on Saturday 22 November. Traditions were kept alive, and the spirit of competition maintained, as this was one of the most competitive special guest nights in recent history. The antics and inter unit rivalry helped to create unity through competition, and facilitate the induction of new reserve and regular force officers into the Regimental family.

The unification of new and experienced officers, creating a dynamic closely mimicking that of kinship, is accredited to the work of many participants. One key player is the Colonel Commandant of the Artillery, BGen (Ret'd) J.A. Beno, who was described by BGen J.J. Selbie as the current "... father of the Regimental family." The paternal instincts of the Col Cndt have proven to be correct, and the course has been very worthwhile for all family members.

UBIQUE,
You know it!

Letter to the Editor

On behalf of all the soldiers stationed at CFB Shilo ...
"Thank You"

To everyone who had a part in organizing and supporting the Military Appreciation Dinner held November 11th at the Montana's Cookhouse in Brandon.

This was truly a community effort that was deeply appreciated. The hardworking staff, the well-executed service, and above all, the outstanding funding from donors is just another example of the exemplary support shown by the people of western Manitoba for the soldiers who call this place home.

To all those who donated to, helped finance, gave gifts in kind, and organized the Welcome Home event at the Keystone Centre, Saturday, November 15 ... Thank You.

To all who attended to honour and welcome home our troops...again... Thank You. The over-



photo by Karen Griffin

whelming embrace of solidarity and appreciation was humbling.

To everyone who put up a yellow ribbon, wrote a letter, shook a soldier's hand, gave a hug, or wore a pin during the recent large deployment of soldiers from Shilo...Thank You. The knowledge that the community in which we live supports us is both comforting and inspiring.

Without you our jobs

would be that much harder.

Your kindness, understanding, generosity and compassion have meant a great deal to us and we do not take it for granted. Thank you!!

Sincerely;

J.J. Schneiderbanger
Lieutenant Colonel
Base Commander
Canadian Forces
Base Shilo

It's flu season... Get the shot, not the flu!

And protect with a pneumococcal shot too.

Your annual flu shot is **free** if you are:

- age 65 or older,
- a health care worker,
- a child age six to 23 months,
- a first responder, or
- chronically ill,
- pregnant.

One pneumococcal shot may give you a lifetime of protection. This shot is free if you are 65 or older, or chronically ill.

For more information, contact a public health nurse, doctor, pharmacist or call Health Links-Info Santé at **788-8200** or toll-free **1-888-315-9257**.

manitoba.ca

Manitoba 

National safe driving Weather wise

Submitted by

Base

Transportation

The Canada Safety Council conducts a National Safe Driving Week campaign each year throughout the week of 1-7 Dec. The 2008 campaign slogan will be "Weather Wise", in other words be prepared for all types of weather. The Canadian Forces wholly supports this campaign and encourages all units and sections to help with the education of their members and families concerning the risks and the potential outcome associated with not being prepared for the weather outside of their vehicles.

DND and the Canada Safety Council urge Canadians to be weather wise. This theme is based on:

Winter driving hazard

Awareness of bad weather conditions

Slowing your speed as weather deteriorates

Adapt to the road conditions

Maintenance of your vehicle, it's your business

Before winter, ensure that your vehicle has been serviced and checked for the following:

Tune-up,

Battery checked,

Brakes checked,

Oil change,

Block heater,

Tires (snow tires, studded tires),

Check for leaks (exhaust, oil, gas, windshield washer reservoir, radiator),

Do regular inspection checks yourself on:

Lights (make sure they ALL Work),

Tire pressure (DON'T FORGET YOUR SPARE TIRE as it should be kept at the highest pressure recommended)

Check your fluids (windshield washer, radiator antifreeze, and oil)

Wiper blades, and make sure that the washer motor and defrosters work.

Are Winter Tires Mandatory?

This would depend on the province, as each province has its own regulation regarding winter tires. In Quebec the law is that all passenger vehicles have winter tires starting Dec 08.

Transport Canada and

the Rubber Association of Canada advise motorists to think about safe driving in winter.

Vehicle handling will be improved when tires of the same type, size, speed rating and load index are installed on all four wheels.

Snow Tires:

Tires marked with the pictograph of a peaked mountain with a snowflake meet specific snow traction performance requirements, and have been designed specifically for use in severe snow conditions,

If you intend to drive in severe winter conditions, install four winter tires that meet the "snow tire" designation on your vehicle. These snow tires will assist you in the safe control of your vehicle during slippery conditions.

Other Tires:

Tires marked "M + S" – or "mud and snow" tires, also known as "all-season" tires— continue to provide safe all-weather performance, but may not always be suitable for severe snow conditions,

Wide, high performance tires, other than those that are specifically designed as snow tires, are not suitable for use on snow covered roads.

What Snow Tires are Available?

You can contact tire dealers or manufacturers to obtain information on which models meet this new designation. Remember:

Install four winter tires. To help maintain control and stability of your vehicle in icy conditions, Transport Canada and the Rubber Association of Canada recommend that you install winter tires in sets of four.

Do not mix tires with different tread patterns, as internal construction, and size degrades the stability of the vehicle and should be avoided,

As a tire wears, snow traction is reduced. Tires that are worn close to the tread have reduced traction and should not be used on snow-covered roads or in severe snow conditions.

Proper air pressure extends tread life, improves safety, and reduces fuel consumption — all vital factors in saving energy and

protecting the environment. Tire pressure decreases as temperatures drop, so be sure to check the pressures at least once a month when the tires are cold, preferably after the car has been out all night. (For more information on proper tire inflation, please see our publication "Riding on Air" at www.tc.gc.ca/roadsafety/tp/tp2823/menu.htm)

Can Studs be Used?

Call your local City police or the RCMP; they will know when you can put them on and when you have to take them off.

Weather Wise Winter Tips.

Plan your Christmas and New Year holiday trip. If driving to a friend's home, phone to let them know that you are leaving, and what time you plan to arrive. When you get arrive at your destination, phone home to let your family know that you have arrived safely.

Emergency Kits

- Flash Light
- (Extra Batteries) First Aid Kit
- Newspaper (For Insulation)
- EXTRA Mitts, Socks, Hat, Rain Gear & Extra Clothes
- Snow Shovel
- Games
- Sleeping Bag
- Booster Cables
- Bright Cloth to use for Flag
- Scraper
- Tow Chain
- Candles, Matches, Coffee Can
- Medications
- (At Least 1 Week Supply)
- Abrasive Material for Traction (Cat litter/ gravel/Tire Chains/ Traction Mats)
- Food (Canned Fruit, Nuts, High Energy Food, Can Opener)

What is Electronic Stability Control?

Electronic Stability Control (or ESC) is a new crash avoidance system found on many vehicles. Unlike air bags, which only help you during a collision, ESC will help you to avoid loss of control that could lead to a



Photo courtesy of google images

Is your car ready to brave the cold winter ahead? Don't get stuck out in the cold, learn how to prepare yourself ahead of time with the following story.

collision.

ESC is designed to help you stay in control of your vehicle during an emergency manoeuvre, such as when you need to swerve or brake suddenly to avoid an obstacle.

ESC monitors your steering versus the direction of the vehicle. When they do not match, ESC will automatically actuate the brakes at one or more wheels for short periods of time; reduce engine power, or both. If at all possible, ESC will bring the vehicle back under your control.

ESC is automatically "ON" whenever you start your vehicle. Some vehicles have an ESC Off switch; this switch is needed to disable ESC during certain situations such as when you are stuck in snow. If your vehicle has an ESC Off switch, refer to the vehicle user's manual for more information. Unless you manually shut ESC Off, it will remain active until you turn the engine off.

Why should I have ESC on my vehicle?

Recent studies, including work by the Insurance Institute for Highway Safety and the US National Highway Traffic Safety Administration, estimate that ESC would reduce the number of fatal or serious crashes by some 43% in the

United States. Studies in Europe and Japan have observed reductions of 20% to 40% in the number of fatal crashes. Preliminary analyses of Canadian crash data by Transport Canada indicate that ESC could prevent approximately 30% of all crashes involving loss of control.

In 2005, single vehicle crashes resulted in the death of 850 vehicle occupants in Canada, as well as causing serious injuries to 4802 persons. ESC can prevent many types of crashes, but it is especially effective in preventing single vehicle crashes that result from a loss of control. Transport Canada estimates that there would have been at least 255 fewer deaths and 1440 fewer people seriously injured on our roads if all passenger vehicles had been fitted with ESC that year.

Where can I get more information on ESC?

If your vehicle has ESC, or if ESC is available as optional equipment, its user manual should contain information on its function and use.

You may find additional information on the Internet, either on the vehicle manufacturer's web site or on the following ESC system supplier web pages:

"<http://www.bosch-es-central.com/us/language1/>

index.html" Robert Bosch
["http://www.conti-online.com/generator/www/us/en/continentalteves/continentalteves/themes/products/electronic_brake_and_safety_systems/electronic_brake_systems/abs_tcs_esc/esc_1003_en.html"](http://www.conti-online.com/generator/www/us/en/continentalteves/continentalteves/themes/products/electronic_brake_and_safety_systems/electronic_brake_systems/abs_tcs_esc/esc_1003_en.html) Continental Teves

"<http://delphi.com/manufacturers/auto/other/brakes/es2/>" Delphi Corporation

"http://www.trw.com/productsandtechnologies/main/0,1085,9_31_79_28059%5e4%5e28059%5e28059,00.html" TRW Automotive

"http://www.mando.com/mando/eng/tech/brake/equip_05.asp" Mando

The following sites also offer information on ESC:

"http://www.icbc.com/buy_car/buycar_elec_stab_control.asp" Insurance Corporation of British Columbia

"<http://www.chooseesc.eu/>" Choose ESC!

"<http://www.howsafeisyourcar.com.au/electronic-stability-control.php>" How safe is your car - Australian ESC campaign

<http://www.tc.gc.ca/roadsafety/tp/tp14651/vs200701/menu.htm> <http://www.tc.gc.ca/roadsafety/tp/tp14651/vs200701/menu.htm>

Contact your dealer first and have the ESC system checked if you have any concerns.

If you believe that your vehicle has a safety defect, contact Transport Canada at 1-800-333-0510.

In support of this endeavour, I ask that all members of CFB Shilo and lodger units take time to educate themselves. We must remain vigilante to the risk of driving in the winter specifically at this festive time of the year. Stay alive - arrive alive.



Winter

Community Events Calendar



Kelleher



WE'RE ON THE HILL!

GET WHERE YOU WANT TO GO THIS SEASON.

THE '08 WINTER COMMUNITY EVENTS CALENDAR



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

Pre-School

Pre-Kindergarten Service

Pre-Kindergarten Service

This program is a provincially regulated and licensed program for 3-5 year olds in the Shilo/Sprucewoods/Douglas area. Children must be 3 by December 31, 2008 and fully toilet trained.

Monday to Friday

Mornings – 9:00-11:30 am **OR**

Afternoons – 1:00-3:30 pm

Cost:

Mon/Wed/Fri (3 x ½ days) - \$105/month

Tue/Thurs (2 x ½ days) - \$70/month

One session per week - \$35/month

For more information and to register contact the MFRC 765-3000 ext 3352.

Tumble Weeds

Bring your child and enjoy tubes, tumble mats, ride on toys, parachute play and more.

Date: every Tuesday

Time: 9:15-11:15 am

Cost: \$1.00 drop-in fee per family

Place: Multi purpose room 2Pa

Shilo MFRC - 765-3000 ext. 3352

Parents & Tots Public Skate

Date: Tuesdays, January 6-March 17

Time: 1:00-2:00 pm

Cost: Military members and GSH Card

Holder- No charge

Others \$3.00 Drop in fee

Place: Gunner Arena

Contact: Community Recreation 765-3000 ext 3317

The Relaxation Station

Age: 2-5 yrs

Do the stressors of deployment or everyday life affect your child?

Sign your child up and they will learn self-control and how to relieve tension through relaxation activities. Each session includes warm up yoga, preschool journaling, on your mat craft, breathing exercises and strategies to take home.

Date: every Wednesday

Time: 1:00-3:00 pm

Cost: Free

Shilo MFRC - 765-3000 ext. 3352

Shilo TLC

(The Learning Centre, Families coming together to learn)

Age: 3-5 yrs & parent

A free interactive program for parents and their children. This program is funded through Adult and Continuing Education and promotes the parent as the child's first teacher. Pick up the schedule of weekly themes at the MFRC.

Date: every Thursday

Time: 1:30-3:30 pm

Cost: FREE

Register by: Noon, Friday prior to

Shilo MFRC - 765-3000 ext. 3352

Parents & Tot Mini Soccer

Age: 3-5 yrs

In this new and exciting 6-week program kids will be introduced to the game of soccer thru fun, and play while spending quality time with a mom or dad.

Date: Thursdays, January 15-February 19

Time: 9:30-10:30 am

Cost: \$12.00

Place: Community Centre

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

No refund will be issued without original receipt

Learn to skate

Age: 3+

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.

Date: Mondays, January 19-March 16

(no class February 16)

Time: 4:30-5:00 pm (Level ½)

Time: 5:15-5:45 pm (Level ¾)

Cost: \$32.00

Place: Gunner Arena

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

No refund will be issued without original receipt

Sign, Say & Play

Age: 0-3 yrs & parent

This six-session program is designed to give you all the tools you need to start signing with your child. You will receive a Sign, Say and Play kit, which includes a backpack, my first signs DVD, board book, reference guide, music CD and songbook.

Date: Tuesday, January 20-February 24

Time: TBA

Cost: \$75.00 (\$125 less \$50 subsidized by MFRC)

Facilitator: Sign, Say and Play instructor

Register by: Noon, Friday, January 9

Shilo MFRC - 765-3000 ext. 3352

The Jack Frost Jubilee

Age: 2-5 yrs

Join us to celebrate the season complete with snow cones, sledding and other winter fun.

Date: Tuesday, January 27

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, January 21

Shilo MFRC - 765-3000 ext. 3352

The Caring Kids Club

Age: 3-5 yrs

Join us for a journey that will focus on friendships, emotional awareness and respect for others around us. Activities will include: cooperative games & crafts, feeling awareness and journaling. (4 sessions)

Date: Monday, February 2-23

Time: 1:00-3:00 pm

Cost: Free

Register by: Noon, Wednesday, January 28

Shilo MFRC - 765-3000 ext. 3352

The Sweet Treat Swap

Age: 2-5 yrs

Sign your child up for a Valentine Day event that includes a treat swap. Send your child with a batch of sweet treats for them to share with friends and learn the great act of giving and much more.

Date: Friday, February 13

Time: 12:00-3:00 pm

Cost: \$4.00 (includes lunch)

Register by: Noon, Friday, February 6

Shilo MFRC - 765-3000 ext. 3352

Volunteers Needed

The Community Recreation office has volunteer opportunities available throughout the year. If you are interested in helping during one of our special events, contact Brenda at 765-3000 ext 3317. It's a great way to build a resume, while giving back to your community.

Log onto www.cfcommunitygateway.com to check out all the Fitness, Sport and Recreation program updates, and GSH renovation news.

Community Library Hours

Monday 6:00-8:30pm

Tuesday & Thursday

9:30am-12:30pm, 1:00-4:00pm

6:00 - 8:30 pm

Storytime

Every Thursday 1:30pm

Call Pat for more information 765-3000, ext 3664

Occasional Childcare Hours

Monday

9:00 am - 12:00

1:00-4:00 pm

5:00-9:00 pm

Tuesday-Thursday

9:00 am - 4:00 pm

5:00-9:00 pm

Friday

9:00 am - 12:00

1:00-4:00 pm

Pre-School

Parents & Tot Swim

Age: Under 5 & parent
Ahoj parents! Join us at the GSH pool for a parent & tot swim.
Date: Mondays, February 23-March 23
Time: 1:15-2:15 pm
Date: Fridays, February 27-March 20
Time: 10:30-11:30 am
Cost: Military members and GSH Card Holders- No charge
Others \$3.00 Drop in fee

Place: Shilo Pool
Contact: Aquatic Supervisor 765-3000 ext 3318

Infant Massage

Age: parents with pre-mobile infants
Connect with your baby through a nurturing touch. Infant massage helps baby sleep better, relaxes & soothes, aids in digestion and contributes to development. Mats provided, blanket for baby required.
Date: March TBA
Time: during the day - TBA

Cost: TBA (includes oil and handouts)
Please contact Dana at 765-3000 ext. 4105 for

Discover the Gold

Age: 2-5 yrs
Join us for a rainbow hunt and discover the surprise at the end.
Date: Tuesday, March 17
Time: 1:00-3:00 pm
Cost: \$4.00
Register by: Noon, Wednesday, March 11
Shilo MFRC - 765-3000 ext. 3352

School Aged

Birthday Club

Let the MFRC host your child's next birthday party.
For only \$100 you can have a pick from the following four choices:
1. Cat or Dog 2. Horse or Western 3. Cars or Trucks 4. Barbies or Princess
OR for \$120 pick your own special theme.
All parties include 8 children plus the birthday child, invitations, loot bags, cake, meal, beverages, games, prizes, and crafts. Birthday parties are to be booked two weeks in advance.
For more information contact Suzanne 765-3000 ext 4555.

Cooking Up a Storm

Healthy Cooking
Age: 9-14 yrs
This is an eight-week course which teaches kids safe cooking while in the kitchen. They will learn everything from preparation, cooking, cleaning to enjoying their meal.
Date: Tuesdays, January 6-February 24
Time: 5:00-6:30 pm
Cost: \$50.00
Register by: Noon, Friday, January 2
Shilo MFRC - 765-3000 ext. 3352

Kool Kids

Age: Kindergarten to 8 yrs
The place to be for fun, crafts, and games! Come and have a blast with your friends!
January: Theme "Alligators, Crocodiles and Dinosaurs"
February: Theme "The Ocean and the Sea Creatures"
March: Theme: "Springtime"
Date: Wednesdays
Time: 5:30-7:00 pm
Cost: \$5.00/month
Shilo MFRC - 765-3000 ext. 3352
Age: 9-12 yrs

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.
Date: Wednesdays
Time: 7:30-9:00 pm
Cost: \$5.00/month
Shilo MFRC - 765-3000 ext. 3352

Intro to Ceramics

Age: 8-12 yrs
Date: Mondays, January 12-March 23 (no class February 16)
Time: 4:30-6:00 pm
Cost: \$10.00
Place: Ceramic Club, 22 Esquimalt Cres
Contact: Community Recreation
765-3000 ext 3317
Register: Community Centre, Recreation office
No refund will be issued without original receipt

Intro to Archery

Age: 8-12 yrs
Date: Wednesdays, January 14-March 18
Time: 5:00-6:30 pm
Cost: \$20.00
Place: Community Centre Annex (Bldg L-25)
Contact: Community Recreation
765-3000 ext 3317
Register: Community Centre, Recreation office
No refund will be issued without original receipt

Sport & Games Night

Age: 8-12 yrs
Grab the gang and head on over the GSH for a variety of sport and game nites!
Date: Thursdays, January 15-March 19
Time: 6:00-7:00 pm
Cost: GSH Card Holders-No charge
Others \$3.00 Drop in fee

Place: GSH
Contact: Community Recreation
765-3000 ext 3317

Jr. Computer Club

Age: 8-12 yrs
Date: Saturdays, January 17-March 21 (no program February 14)
Time: 1:00-3:00 pm
Cost: \$9.00
Place: Community Centre/Computer Club
Contact: Community Recreation
765-3000 ext 3317
Register: Community Centre, Recreation office
No refund will be issued without original receipt

Learn to Skate

Check Pre-School Section
Girls Just Want to Have Fun

Age: 9-13 yrs
An opportunity for girls to get together and have a girl's night out.
Time: 6:30-8:30 pm

Items for Your Bedroom

Come and get creative making things for your bedroom.
Date: Monday, January 19
Cost: \$15.00 (includes all supplies)
Register by: Noon, Friday, January 16

Slumber Party

Wear your P.J.'s and spend the evening designing pillowcases and enjoying a movie.
Date: Monday February 23
Cost: \$13.00 includes all supplies
Register by: Noon, Friday, February 20

Tie Dye T-Shirts

Date: Monday, March 16
Cost: \$13.00



School Aged

Red Cross Swimming Lessons

All Ages
We will be offering Pre-School -Level 6.
Date: Mondays & Wednesdays
February 23-March 25 (no class February 16)
Time: 5:00-6:30pm
Cost: \$40.00 for the first and second child
\$30.00 for the third child
\$20.00 for every child thereafter
Place: General Strange Hall, Shilo
Contact: Aquatic Supervisor 765-3000 ext. 3318
Register: Community Centre, Recreation Office
No refund will be issued without original receipt

Wheat Kings and Burger Night

Age: 7-12 yrs
Come out for supper and then go see the Wheat Kings in action!
Date: Friday, February 13
Time: Meet at the MFRC at 5:20 pm

Cost: \$17.00 (includes game ticket and meal)
Register by: Noon, Friday, February 6
Shilo MFRC - 765-3000 ext. 3352

Inservice Day Activities

Mad Scientist
Age: 5-12 yrs.
Day filled with experiments, crafts and lots of crazy fun.
Date: Friday, February 27
Time: 9:00am-12:00 & 1:00-4:00pm
Cost: \$13.00
Register by: Noon, Friday, February 20
Shilo MFRC 765-3000 ext. 3352

Space Day
Age: 5-12 yrs.
Day filled with experiments, crafts and games
Date: Thursday, March 19
Time: 9:00am-12:00 & 1:00-4:00pm
Cost: \$10.00
Register by: Noon Friday, March 13

Shilo MFRC 765-3000 ext. 3352

Under the Sea

Age: 5-12 yrs
Day filled with experiments, crafts and games
Date: Friday, March 20
Time: 9:00am-12:00 & 1:00-4:00pm
Cost: \$10.00
Register by: Noon, Friday March 13
Shilo MFRC - 765-3000 ext. 3352

Spring Break

Age: 5-12 yrs
A week filled with many activities such as cooking, crafts, games and more. Check posters for themes and costs.
Date: March 30-April 3
Time: 9:00am-12:00 & 1:00-4:00pm
Cost: TBA
Register by: Noon, Friday March 20
Shilo MFRC - 765-3000 ext. 3352

Teens

Evening Fitness Classes

Check Adult Section

Red Cross Swim Lessons

Check School Age Section and Adult Lessons

New Teen Centre Hours:

Tuesdays & Thursdays: Tweens (12-14 yrs) 6:00-8:00 pm and Teens (14-17 yrs) 8:00-10:00 pm
Fridays: Teens & Tweens 6:00-10:00 pm
Saturdays: Teens & Tweens 1:00-4:00 pm
*** The Teen Centre will be closed on days when other Teen events have been planned**
Contact Shilo MFRC at 765-3000 ext. 3352

Teen Centre Open House

We welcome parents to come for our Open House. Coffee and snacks will be served. Meet the new staff, check out the new renovations and get a new information package about the Teen Centre. Teens and Tweens are invited later for a free pizza party!
Date: Saturday, September 20
Time: 1:00-4:00 pm for parents
4:00-6:00 pm for youth
Cost: Free
Place: Teen Centre
Contact MFRC @ 3352

Brandon Wheat Kings Trip

Age: 13-17 yrs
Join us to take in supper and a Wheat Kings game.
Date: Saturday, January 10
Time: Leave at 5:30 pm - return after the game
Cost: Pay for your supper and your ticket at the game
Place: Meet at the Teen Centre
Register by: Noon, Tuesday, January 6
Contact: Shilo MFRC - 765-3000 ext. 3352

Capitol Theatre Trip

Age: 12-17 yrs
Join us on a trip to the movies!
Date: Saturday, January 24
Time: Leave at 5:00 pm, return after the movie
Cost: Pay your own way into the movie
Place: Meet at the Teen Centre
Register by: Tuesday, January 20
Contact: Shilo MFRC at 765-3000 ext. 3352

Cardio/Strength Training Orientation

Age: 13-17 yrs
Successful completion of this clinic plus an additional short follow-up session will allow youth to use the Cardio Room and Weight Training Room. Once forms are signed by parents and submitted to GSH front desk, youth are permitted to train under supervision of a parent or guardian until the Orientation Session. Thereafter youth will be allowed unsupervised access for 2-4 weeks while they train for their individual follow-up session.
Date: Friday, January 30
Time: 12:30-3:30 pm
Cost: Free
Place: Fitness Training Facility at Shilo Country Club
Registration form to be returned by: Noon, Thursday, January 29
***Forms must be signed by parents**
Come in early to pick up the registration package at the front desk, GSH
Contact: 765-3000 ext. 3541

Asessippi Trip

Age: 12-17 yrs
Skiing and snowboarding in Asessippi
Date: Saturday, February 7
Time: Leave at 9am and return by 9:00pm
Cost: \$20 for the bus and your own lift tickets

Place: Meet at the Teen Centre
Register by: Friday, January 30
Contact: Shilo MFRC - 765-3000 ext. 3352

Manitoba Moose Hockey Game

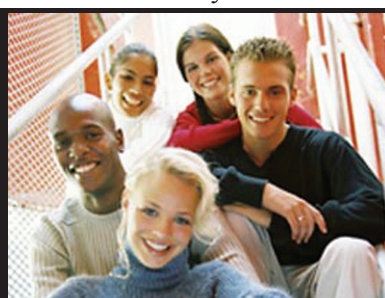
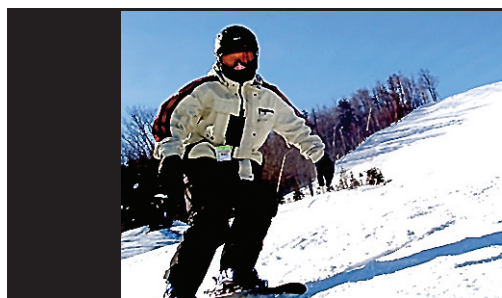
Age: 12-17 yrs
Date: Saturday, February 28
Time: Leave at 3:00pm - return after the game
Cost: \$35 including bus and ticket
Place: Meet at the Teen Centre
Register by: Friday, February 20
Contact: Shilo MFRC - 765-3000 ext. 3352

Capitol Theatre Trip

Age: 12-17 yrs
Join us on a trip to the movies!
Date: Saturday, March 7
Time: Leave at 5pm - return after the movie
Cost: Pay own way into movie
Place: Meet at the Teen Centre
Register by: Tuesday, March 3
Contact: Shilo MFRC
765-3000 ext. 3352

Shopping & Theatre Trip in Winnipeg

Age: 12-17 yrs
Spend a day in Winnipeg. Start with shopping then off to the Manitoba Theatre for young people where you will see the "Earth=Home" production. The latest cutting edge, multimedia production based on teens' reflections on environmental sustainability and social justice.
Date: Saturday, March 21
Time: Leave at 10am - return after the show
Cost: \$30 for bus and ticket
Place: Meet at the Teen Centre
Register by: Friday, March 13
Contact Shilo MFRC



Adult

Community/DMFS Coffee Break

Barb Bragg the Field Operation Manager for DMFS will be in Shilo doing a site visit and would like to meet the community. This is your opportunity to speak with Barb about how the Shilo MFRC is doing.

Date: Friday, September 5

Time: 10:00-11:00 am

Place: Community Centre

Contact MFRC @ 3352

Shilo Book Club

Did you know that we have a monthly book club? Want to make some new friends? Want to get out of the house on your own once in a while? Want to catch up with the classics you haven't read or discover new books and writers? Then Come and Join US!!

This summer's selection is *Pillars of the Earth* by Ken Follet (next month's selection will be decided at September's meeting).

Date: Monthly

Time: 7:00 pm

For more details or to sign up email: shilobookclub@yahoo.ca

Shilo MFRC 765-3000 ext. 3352

Connection Française

Tous les mercredi matins de 10h00 à 11h30

au Forbidden Flavour.

Contacter Linda ext: 3161 ou Hélène au 763-4290/ ext. 3889

Pet First Aid

This program is designed to prepare animal owners to be confident in dealing with an emergency. Watch Dr Jay Thrush demonstrate how to do CPR on a dog!

Date: January TBA

Time: 7:00 pm

Cost: \$10.00

Instructor: Dr. Jay Thrush, Veterinarian with Brandon Hills Vet Clinic

Shilo MFRC - 765-3000 ext. 3352

Lunch Hour Group Fitness Class

Age: Adult

Tuesdays (Step)

Thursdays (Pilates)

Date: January 13-March 19

Time: 12:10-12:50 pm

Cost: Free-Military/GSH Access Cardholders or \$5.00 Drop in fee

Place: GSH Gym

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

Fit Ladies Weight Training Program

Age: Adult

Join our instructor at the Fitness Centre for these hands on introduction to weight room, and weight training.

Date: Tuesdays, January 13-March 17

Time: 6:30-7:30 pm

Cost: \$38.00 with GSH Access card
\$50.00 without GSH Access card

Place: Fitness Centre

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

No refund will be issued without original receipt

Intro Belly Dancing

Age: 16+

A minimum numbers of registrants must be met for the class to run. Please register early.

Date: Thursdays, January 15-March 19

Time: 7:30-8:30 pm

Place: Community Centre

Cost: \$38.00 with GSH Access card

\$50.00 without GSH Access card

Drop in if space permits \$5.00

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office 3317

No refund will be issued without original receipt

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.

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

Level 1

Date: Tuesdays/Thursdays starting January 20

Level 2

Date: Mondays/Wednesdays starting January 19

Register by: Noon, Friday, January 11

PLEASE NOTE: Course in Second Language Training can be available in Brandon, please contact the MFRC if you would like to take French Second Language in Brandon; once we have enough participants, we will add a course!

Shilo MFRC - 765-3000 ext. 3352

French Second Language Training Level 5

Program designed to help those who require a better command of English for conversational and employment purposes. For spouses of military members, the cost is refundable upon 85% attendance, and subsidized childcare is available.

This is sixty hours of instruction over 10 weeks.

Dates: Tuesdays/Thursdays starting January 20

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

Register by: Noon, Friday, January 11

Shilo MFRC - 765-3000 ext. 3352

Post Traumatic Stress Disorder

Learn about signs, symptoms and how PTSD may occur.

January 15, 09 "PTSD" - Post Traumatic Stress Disorder, the diagnostic criteria from the "Diagnostic Statistical Manual of Mental Disorders, 4th Edition-DSM-IV-TR. Learn about signs and symptoms and how PTSD may occur.

Date: Thursday, January 15

Time: 7:00-9:00 pm

Cost: No fee

Place: Faith Centre

Instructor: Roddy Batson R.P.N., B.A.

Register by: Noon, Friday, January 9

Shilo MFRC - 765-3000 ext. 3352

Card Stamping Night

Come and spend a fun evening where we will design and create stationary and greeting cards! Make 5 cards

Date: Tuesday, January 27

Time: 7:00-9:00 pm

Cost: \$10.00 (includes basic supplies)

Register by: Noon, Friday, January 23

Shilo MFRC - 765-3000 ext. 3352

How To Make Sushi

Maki-zushi is rice and seafood, rolled up in seaweed. This is the most popular variety of sushi in America, and it is what we will be making. Come and learn the step by step methods. We will make some as a group so you can eat some and take some home!

Date: February TBA

Time: 7:00-9:00 pm

Cost: TBA

Shilo MFRC - 765-3000 ext. 3352

Body Wellness

A special evening of an alternative method to understanding your body. Come out and try something different.

Date: Tuesday, February 17

Time: 6:30-8:30 pm

Cost: \$5.00 (Free for deployed families)

Register by: Noon, Friday, February 13

Shilo MFRC - 765-3000 ext. 3352

Monday Nite Aquacise

Age: 16+

Join our instructor for a great low impact, water workout! Please register early.

Date: Mondays, February 23-March 23

Time: 6:30-7:30 pm

Cost: \$15.00 with GSH Access card
\$25.00 without GSH Access card
Drop in if space permits \$5.00

Place: GSH Pool

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

Home Buying Seminar

Come spend an evening with a real-estate agent, lawyer and banker. They will help you learn all the details of home buying and cover the basics that prepare you when you go on your house-hunting trip. Door Prizes

Date: Tuesday, February 24

Time: 7:00 pm

Cost: \$2.00 person/couple

Place: Community Centre Lounge

Instructor: Michele Clouthier

Register by: Noon, Friday, February 20

Shilo MFRC - 765-3000 ext. 3352



Adult

Winnipeg Shopper's Bus

Have someone else do the driving for you and enjoy the lights and sounds of the big city. Enjoy a day of shopping and block out the winter blues.

Date: Saturday, February 28

Time: 8:00 am-7:00 pm

Cost: \$15.00 (Refundable \$10.00 fee for deployed families)

Place: Leave the MFRC at 8:00 am sharp

Register by: Noon, Wednesday, February 25

Spaces are limited and payment is due on

registration.

Shilo MFRC - 765-3000 ext. 3352

Chef Sessions

"Meals that Melt in your Mouth"

Local chef extraordinaire, Larry DeVries will demonstrate the preparation of two delectable recipes. Everyone will receive sample-sized portions of each food. A fun interactive evening.

Date: March TBA

Time: 7:00-9:00 pm

Cost: \$20.00

Instructor: Larry DeVries

Shilo MFRC - 765-3000 ext. 3352

Adult Swimming Lessons

Age: 16+

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. Whether your goals are to learn the basics or gain skill with swimming strokes your instructor will be able to provide you the support that you need. Teens and adults alike will develop water confidence and smooth, strong strokes to use for lane swimming or be fit enough for the beach.

Date: Sundays, March 1-March 29

Time: 6:30-7:30 pm

Cost: \$40.00

Place: Shilo Pool

Contact: Aquatic Supervisor 765-3000 ext 3318

Register: Community Centre, Recreation office

No refund will be issued without original receipt

Landscaping & Gardening Design

Warmer weather will soon be approaching and that is the time to plan your existing or new planters. Learn some new techniques with either perennials or annual plants and which ones will be hearty in Manitoba.

Date: Tuesday, March 3

Time: 6:30-8:30 pm

Cost: \$5.00 (Free for deployed families)

Register by: Noon, Friday, February 27

Shilo MFRC - 765-3000 ext. 3352

Respect

Give Respect - Get Respect - Respect starts with you!

Date: Wednesday, March 11

Time: 7:00-9:00 pm

Cost: No fee

Place: Faith Centre

Instructor: Roddy Batson R.P.N., B.A.

Register by: Noon, Friday, March 6

Shilo MFRC - 765-3000 ext. 3352

Deployment Activities

The Shilo MFRC definition of deployment:

Any occasion where your partner is away for 30 days or more on; course, training or operational duty, regardless of location.

Contact Colleen at 765-3000 ext 4553 for all deployment activities.

Spouses of Spouses Away SOSA

An informal support group for partners going through or preparing for a deployment

Dates in Shilo: Tuesdays, January 6, February 3, & March 10

Time: 7:00-9:00 pm in Shilo (Forbidden Flavours)

(childcare available at the MFRC for SOSA)

Dates in Brandon: Tuesdays, January 13,

February 10, & March 17

Time: 6:00-8:00 pm in Brandon (location vary)

Register by: Noon, Friday prior to

Shilo MFRC - 765-3000 ext. 3352

Children's Deployment Afternoon

Age: 5-12 yrs

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

Date: Saturdays, January 10, February 7, &

March 14

Time: 1:00-4:00 pm

Cost: Free

Register by: Noon, Wednesday

Shilo MFRC - 765-3000 ext. 3352

Deployment Childcare

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

Any week day in the Occasional Childcare room or

Date: Saturdays, January 10, February 7, & March 14

Time: 1:00-4:00 pm

Spaces are limited so book early. Deadline for Saturday childcare is the Monday before. The MFRC also has an offsite childcare voucher system, call Dana at 765-3000 ext 4105 for details.

Shilo MFRC - 765-3000 ext. 3352

Sport Stores

Monday-Friday

7:30 am-12:00 pm

1:00-4:00 pm

Sports Equipment 765-3000 ext 3315

Facility Bookings 765-3000 ext 3315

Community Recreation Office

(Community Centre)

Log onto

www.cfcommunitygateway.com for all

our program updates.

Monday-Friday

7:30 am-4:00 pm

Community Recreation Coordinator: 765-3000 ext 3317

Community Recreation Assistant: 765-3000 ext 3588

Fitness Centre

(Shilo Country Club)

Monday-Friday

6:00 am-8:00 pm

Saturday, Sunday & Stat Holidays

12:00-4:00 pm

765-3000 ext 4312

Shilo Pool

Log onto www.cfcommunitygateway.com for all renovation updates.

Closed for renovations from December 1 to February 16

During our closure those with Military ID or valid GSH Access cards can use the Brandon Sportsplex pool by signing in at the Front Desk.

For further explanation please call Brenda at 765-3000 ext 3317.

Please visit the www.thesportsplex.ca to view their public swim times.

Swim 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.

Private Swimming Lessons

Having problems getting past a certain level then, why not try a private lesson? Designed for those who participants close to completing a level, or need bit of work on a certain stroke.

Cost: \$20/lesson

Contact Aquatic Supervisor 765-3000 ext 3318

Pool Rentals

Need a great place to host a birthday party, team party, or wrap-up party? Why not rent the pool at GSH. All rentals include lifeguard supervision, use of pool toys and waterslide. Contact Facility Coordinator 765-3000 ext 3315

Deployment Activities

Wacky Snowman

Join us for some good old fashion fun on the hill. Tobogganing, hot chocolate and try your talent with a wacky snowman contest. Prize awarded for the best snowman!

Date: Friday, January 16

Time: 4:30-6:00 pm

Cost: Free

Place: Shilo Toboggan hill

Registration is recommend

Shilo MFRC - 765-3000 ext. 3352

Family Bowling Night

Have an evening out on us! It's a good way to build family "togetherness" or make some new acquaintances.

Date: Tuesday, January 20

Time: 6:00 pm

Place: Thunderbird Bowl - Brandon

Register by: Noon, Friday, January 16

Shilo MFRC - 765-3000 ext. 3352

Deployment PlayTime

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

Date: Saturdays, January 24 & March 28

Time: 2:00-5:00 pm

Cost: Free

Place: PlayTime in Brandon

Register by: Noon the day before

Shilo MFRC - 765-3000 ext. 3352

Family Skating

Join us for skating for the whole family at the Gunner's Arena.

Date: Friday, February 13

Time: 7:00-8:00 pm

Cost: Free

Place: Gunner's Arena

Registration is recommended

Shilo MFRC - 765-3000 ext. 3352

Body Wellness

A special evening of an alternative method to understanding your body. Come out and try something different.

Date: Tuesday, February 17

Time: 6:30-8:30 pm

Cost: Free for deployed families
(\$5.00 non-deployed)

Register by: Noon, Friday, February 13

Shilo MFRC - 765-3000 ext. 3352

Dinner & Movie

Meet us for dinner and then off to a movie of your choice.

Date: Friday, February 20

Time: 7:00 pm for dinner-movie to follow

Place: Kim's Restaurant

Cost: Dinner is on you - Movie is on the MFRC

Register by: Noon, Thursday, February 19

Shilo MFRC - 765-3000 ext. 3352

Cabbage Rolls and Perogies

Have you always wanted to know how to make cabbage rolls and perogies? Well now is your chance. Learn the tricks to these tasty side dishes.

Date: Sundays, February 22 & March 15

Time: 1:00-4:00 pm

Cost: Free

Registration is recommend by: Noon, the Friday before workshop

Shilo MFRC - 765-3000 ext. 3352

Deployment Coffee Break

An opportunity for deployed families to get together; the Units' Rear Party Reps and Deployment Support Service will be available for questions and feedback. Each month will feature a theme topic about the current deployment.

Dates in Shilo: Wednesdays, February 25 & March 25

Time: 7:00 pm

Place: Community Centre

Dates in Brandon:

Thursdays, February 26 & March 26

Time: 7:00 pm

Place: Brandon Armoury

Childcare will be available in OCC but please book in advance

Shilo MFRC - 765-3000 ext. 3352

Winnipeg Shopper's Bus

Have someone else do the driving for you and enjoy the lights and sounds of the big city. Enjoy

a day of shopping and block out the winter blues.

Date: Saturday, February 28

Time: 8:00 am-7:00 pm

Cost: Refundable \$10.00 fee for deployment (\$15.00 non deployed)

Place: Leave the MFRC at 8:00 am sharp

Register by: Noon, Wednesday, February 25

Spaces are limited and payment is due on registration.

Shilo MFRC - 765-3000 ext. 3352

Landscaping and Garden Design

Warmer weather will soon be approaching and that is the time to plan your existing or new planters. Learn some new techniques with either perennials or annual plants and which ones will be hearty in Manitoba.

Date: Tuesday, March 3

Time: 6:30-8:30 pm

Cost: Free for deployed families

(\$5.00 non-deployed)

Register by: Noon, Friday, February 27

Shilo MFRC - 765-3000 ext. 3352

Deployment Rock Band

Age: 9-13 yrs

Come on out and form your own Rock Band.

Date: Thursday, March 19

Time: 4:30-5:45 pm

Place: Teen Centre

Registration recommended by: Noon,

Wednesday, March 18

Shilo MFRC - 765-3000 ext. 3352

"Dessert" Only Potluck

Take a break from your normal routine and indulge in the sweeter things in life. Join in some nice conversation and tasty treats with others whom are experiencing a deployment.

Date: Tuesday, March 24

Time: 6:30-8:00 pm

Registration is recommended by: Noon,

Monday, March 23

Childcare available in OCC, but you must register.

Shilo MFRC - 765-3000 ext. 3352

3588

Shilo MFRC Thrift Shop Hours

Located in the Faith Centre

Tuesday

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

Thursday

9:30-11:00 am and 6:30-8:00 pm

Shilo MFRC

Office Hours

Monday to Thursday

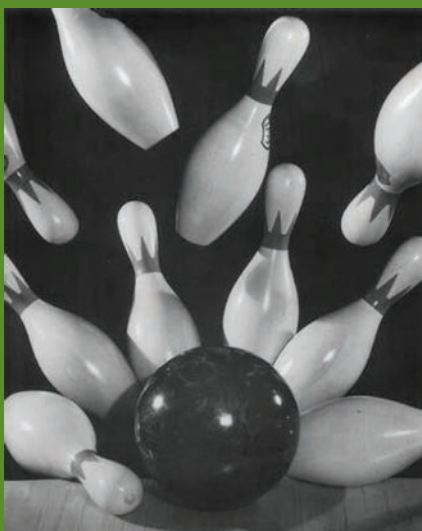
8:00 am-9:00 pm

Friday 8:00 am-4:30 pm

Website: www.shilomfrc.ca

Shilo Bowling Alley

CLOSED DUE TO RENOVATIONS



RCA Officers' Mess

Daily Coffee Break 10 - 10:30 am Mon-Fri

Sticky Bun Day Wed 10-10:30am Pastries/Cookies

Happy Hour Fri 3:30-8:30pm Food served 5-6pm

Check www.cfcommunitygateway.ca

for entertainment events

•No Happy Hours on Fridays before long weekends.

WO & Sgts' Mess

Daily Coffee Break 9-10:30am Mon-Fri

Sticky Bun Day Wed 9-10:30am

Happy Hour Check www.cfcommunitygateway.ca for entertainment events

El Prado Club

Daily Coffee Break 9:30-10:30am

Happy Hour Check www.cfcommunitygateway.ca for entertainment events

Special Events

Base Theatre

Age: All

FS&R presents.... Friday Nite Lights! Enjoy a DVD movie and popcorn at no cost to you! Please note: Last Friday of each month will be designated Youth Night for those 13 yrs and older.

Date: Fridays, January 9-March 20

Time: 6:30-8:30 pm

Doors open at 6:15 pm

Cost: Sponsored by Base Fund

Place: Shilo Base Theatre

Please log onto www.cfcommunitygateway.com

to see what's playing each week.

Contact: Community Recreation 765-3000 ext 3588

Family Ski Tri

Age: All

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! Guaranteed a day of thrills, chills and spills

Date: Friday, January 30

Time: 8:00 am-6:00 pm

Lift Rates

Adult 1 Day Lift (Ages 18+) \$33

Youth 1 Day Lift (Ages 6-17) \$28

Equipment Rental (All Ages)

Shaped Ski Rental 1 Day \$23

Snowboard Rental 1 Day \$25

Helmet Rental 1 Day \$5

Tubing Only

Adults \$16

Youth \$12

Place: Bus leaves north side of the Canex @ 8 am

Contact: Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office
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).

Shiver in Shilo Family Day

Age: All

Join us as our day begins with a free pancake breakfast, sleigh rides, inflatable bouncers, child's entertainer, clowns, mascots and much, much more!

Date: Saturday, February 21

Time: 9:00 am-2:00 pm

Place: Community Centre Annex (Bldg L-25)

Contact: Community Recreation 765-3000 ext 3317

Water Smart Event, Ice Safety & Cold Weather

Age: 8+

Date: Friday, February 27

Time: 1:30-3:00 pm

Cost: GSH Card Holders-Free or \$3.00 drop in fee

Place: Shilo Pool

Contact: Aquatic Supervisor 765-3000 ext 3318

Register: Community Centre, Recreation office

Manitoba Moose Salutes the Canadian Forces Night

Age: All

Date: Saturday, March 7

Time: 3:00 pm-1:00 am

Cost: \$20.00

Place: Bus leaves north side of the Canex at 3:00 pm

Contact Community Recreation 765-3000 ext 3317

Register: Community Centre, Recreation office

No refund will be issued without original receipt

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 13 yrs & under).

Breakfast on Us

Stop by the Shilo MFRC and meet the staff.

While you are there why not stay for breakfast!

We will be serving up the best hotcakes in town.

Date: Sunday, March 22

Time: 10:00 am-12:00 pm

Cost: Free

Place: Community Centre

Shilo MFRC - 765-3000 ext. 3352

Public Skate

Gunner Arena

Friday

7:00-8:00 pm

Saturday

4:00-6:00 pm

Sunday

4:00-5:00 pm

Cost: Military members and GSH Card Holders- No charge

Others \$3.00 Drop in fee

Website: www.cfcommunitygateway.com

www.cfcommunitygateway.ca

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Archery Club	Tom Foster		720-2125
Auto Club	Mike Mulvihill	3263	720-4318
Ballet & Jazz (Dance Images)	Charlene Hiscock	728-5801	727-4284 char_dance@hotmail.com
Ceramics	Bill Fierens	3511	
Community Library	Pat Wells	3664	shilocommunitylibrary@yahoo.ca
Computer Club	Bruce Organ	3433	573-5034
Drama/Theatre Club	Linda Beauchemin		763-4720
Flewin Flyers	Sergio Bilny	3551	
Girl Guides of Canada	Leah Myslicki		765-2905
Gun Club	Darrel LeBlanc	6851	
Jiu Jitsu (Martial Arts)	Brenda Cavanagh	3317	
Military Wives Sisterhood	Gayle Raynor	725-3210	www.militarywivessisterhood.com
Minor Hockey	Brent Gitten	3506	765-4561
Minor Soccer	Brenda Cavanagh	3317	
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Recreational Vehicle Club	Brenda Cavanagh	3317	
Skating Lessons	Brenda Cavanagh	3317	
Scouts Canada	Linda Levesque	3396	763-8776
Shilo Men's Club	Eugene Gondek	Box 252	763-4320
Shilo Stingrays /Swim Club	Brenda Cavanagh	3317	
Sprucewoods Lions Club	Marvin Brooks		763-4765
Sprucewoods Community Club	Frank Hambrook		763-4919
Wild Life Club	Dave Lucas	Box 739	763-4707
Wood Hobby Club	Donnie Pope	3528	

General Strange Hall

Log onto www.cfcommunitygateway.com for all GSH renovation news.

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. Due to renovations the cardio and weight room will be relocated to Shilo Country Club.

Your GSH card grants you admittance 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, cardio room until they have successfully competed the youth weight training program. Drop by GSH to get your card today!

Monday-Friday

7:00 am-9:00 pm

Saturday, Sunday & Stat holidays 12:00-8:00 pm

765-3000 ext 3541

A MESSAGE FROM THE "SNIC" CREW

Submitted by
BASE
TRANSPORTATION

Let it Snow, Let it Snow! Your Special Purpose Vehicle Operators, SPV, better known as the SNIC crew, will keep clearing those piles of fluffy white snow away.

Our Special Purpose Vehicle Group divides into two SNIC (Snow and Ice Control) crews, day shift and night shift, during the winter months. Thus, we have the inside track as to when winter is over; it has to be April because that is when the SNIC crews break up! Our military and civilian SNIC personnel are responsible for ensuring that no one at CFB/ASU Shilo gets a day off work due to poor or impassable road conditions on the Base.

Signs were installed near the north and south ends of Royal Avenue to advise everyone about the winter parking regulation. In effect from 1 November through to 30 April, drivers are advised that there would be no parking on streets between the hours of 10:00 PM and 6:00 AM. The regulation allows SNIC crews to clear snow during quiet hours when there would be minimal vehicle and pedestrian traffic. Vehicles parked on the street and hindering snow removal will be reported to the Military Police, and may be ticketed.

The SNIC crew asks that you support their efforts and help provide a safe and uneventful winter season by keeping in mind the following points:



istockphotos.com

With winter comes slippery roads and large snow piles. See what your "SNIC" Crew has to say and the tips they offer to make this winter a safe and fun season.

Do not allow your children to build tunnels or snow forts in snow banks at the end of driveways or along roadways; there is a grave danger of the play area accidentally being collapsed, or filled in by snow removal equipment. If your children want a fort, have them build it in the backyard. Forts built too close to the road will be removed by the Military Police or SNIC Crews;

Discourage children from

playing on or near roads, due to the risk of them sliding out or falling in front of a vehicle;

Put away shovels, toboggans, garbage cans, etc, or they may become dessert for a snow plow;

Keep your garbage and recycle containers away from the road until collection day. On garbage collection day please leave containers on the end of your driveway (not on the road) clear of the sidewalks

to avoid being struck by the bobcat cleaning sidewalks, or SNIC eqpt;

Drivers and pedestrians - be aware of the hazards associated with walking or driving near SNIC equipment while it is operating. SNIC equipment is very large and the operator's visibility is greatly reduced, especially when blowing snow causes near white out conditions.

Drivers - remain well back of SNIC equipment

(approx 16 metres/50 feet), pass only when it is safe to do so or when the operator has waved to you to pass.

We aim to provide service second to none. If you have any concerns, do not hesitate to call the SNIC people: NCO I/C SPVG Ops, MCpl Powell, at local 3287, SNIC Supervisor, Cpl Nichols, at 3276, or B Tn O, MWO Parisien at 3275, MSE Con, Sgt VandenBrul at 3277.

Enjoy our winter won-

derland and all the great outdoor activities available – safely.

BRANDON WHEAT Kings BRING IT ON!

Catch the Action at the next Home Game...

Dec 6 @ 7:30 vs. Medicine Hat Tigers
 Dec 13 @ 7:30 vs. Prince Albert Raiders
 Dec 17 @ 7:00 vs. Lethbridge Hurricanes
 Dec 27 @ 7:30 vs. Regina Pats

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

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 20^e CÉRÉMONIE ANNUELLE DU MÉRITE SPORTIF DES FORCES CANADIENNES

WE SALUTE OUR CORPORATE SPONSORS
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NOUS REMERCIONS NOS COMMANDITAIRES
 pour leur apport au franc succès de la Cérémonie du mérite sportif des FC!

Presenting Sponsor / Commanditaire principal: **CANEX**

Award Sponsors / Commanditaires des prix: **SISIP RARM**, **Holiday Inn**, **Manulife Financial**, **Sears**, **BMO**, **Bank of Montreal**, **Bankue de Montréal**, **DRACKS INC**, **DROUIN**, **FR Nicholls**, **LEGION**, **ALEXANDER SHIBB**, **REVISION**, **xerox**

CANADIAN WAR MUSEUM • MUSÉE CANADIEN DE LA GUERRE • NOVEMBER 22, 2008 • LE 22 NOVEMBRE 2008

Read a paper with you in mind

Your source for army news in Manitoba

Winter preparations for Shilo residents

Submitted By
Base Transportation

Wow, winter wonderland has arrived! That snow caught many people unprepared for winter. Did you have to search for your shovel to clear snow from your sidewalk, or a brush/scrapper to clean off your car or windshield? Were you tripping over lawn ornaments and children's toys that were under a bit of snow and ice?

Well that was just a reminder that "winter" is

around the corner and it is time to clean up your wee corner of the Base. Once buried by snow and no longer visible, your property may be forgotten until it has been pushed up in pieces on a snow bank by the snow plow, become a projectile and injured someone or damaged property, including the SNIC operator and SNIC equipment. Snow removal operations are underway throughout the Base and everyone is encouraged to help prepare for a safe, hazard free winter now, be-

fore the next snow storm.

All Residents:

Please be advised that CFB Shilo's "no parking on the streets between the hours of 10:00 PM and 06:00 AM" regulation has been in effect since 1 November and does not end until 31 March. The regulation has been clearly stated on signs installed just before winter, near the north and south ends of Royal Avenue.

PMQ Occupants:

Ensure all recreational vehicles and equipment are

stored in the proper locations and at least 7 feet, or 2.5 metres, away from the road allowance before they are covered with snow and forgotten.

Remove unnecessary fencing and ornaments that could be damaged by snow build up, or snow banks being pushed back from the road by SNIC equipment.

Keep driveways and sidewalks clear of snow and ice in the event that emergency vehicles need access to your home.

Ensure that shovels, snow blowers, electric cords, garbage cans, recycle bins, children's toboggans and toys, etc, are not left at the end of your driveway or within 7 feet, or 2.5 metres, of the street. If struck by snow clearing equipment, such items could be damaged or become flying objects that could cause injury to anyone nearby, or damage property.

Wait until your garbage pickup day to put out garbage and recycle containers, rather than putting it out the previous night. SNIC crews usually clear snow



Photos from Google Images

Winter is here! Time to find your shovel. Not sure how to prepare for the Manitoba winters? Get help with winter from the following story.

during the night when there is less traffic to contend with, which means your garbage might get caught up by their equipment and spread all over the street.

Single Quarters Occupants:

Ensure that your vehicles, recreational equipment, etc are parked or stored in approved locations. Mark all of your property so that it can be identified in the event that the owner must be contacted.

Living-in personnel, who plan to leave their vehicles behind when leaving CFB/

ASU Shilo for extended periods, are required to park their vehicles in the parking area north of Bldg L-132. This will allow for proper snow clearance to continue in the regular parking areas.

Cleaning of Parking Lots: Snow removal signs with dates and times will be posted at the entrance to parking lots indicating when the lot will be cleared. Please ensure vehicles are parked elsewhere to enable the snow removal equipment to work in these areas.



Construction Update: General Strange Hall

Jim MacKenzie
Fitness & Recreation

As everyone within ACFB Shilo is aware, the much anticipated General Strange Hall renovation and construction project is well underway. In July of this year, Bird Construction was awarded the contract for the renovation and expansion of GSH and work got underway in August. With good weather up to now, work has remained closely on schedule and it is anticipated the project to be finished by Oct 09.

For those that are not aware of the project, at the end of the project, our facility will have an additional 2 gym floors, an elevated 200m running track, a new Cardio room that will look out towards Aldershot Road, new Fitness Staff offices, an Aerobics room, Sports stores will be located on the main level, and an expanded front foyer, with a driveway up to the main doors for drop offs and pick ups.

Because this project includes both new construction and renovations to the existing facility, there will be times when limited ac-

cess to GSH, the pool and theatre will be necessary to ensure all upgrades are made to further enhance our facility. It is acknowledged that there will be disruptions to day to day activities, but please be assured they are necessary and we will attempt to keep them to the shortage period of time.

The pool and change rooms will be closed from 1 Dec 08 – 14 Feb 09 as these areas will need to have water sprinkler systems installed within these areas. Arrangements have been made with the SportsPlex in Brandon, that if you have a current GSH Access card, you will need to present it to the SportsPlex staff on arrival and you will not have to pay to attend open swim. This will be in effect until the Shilo pool re-opens. For military members all you will have to do is show them your military ID card and you will not have to pay for entrance to swimming. If you have any questions please feel free to contact the Fitness, Sports and Recreation Director, Jim MacKenzie at local 3316.



photo by Brenda Cavanagh

Due to renovations and construction the General Strange Hall Pool and changerooms will be closed December 1, 2008 - February 14, 2009. Those members with current GSH access cards or military ID cards can access the Sportsplex pool during open swim or adult swim at no cost provided you present your card to the Sportsplex staff.

Pool Activities	through to	1:00-6:00 pm Public Swim	Closed
Monday December 22 12:00-1:00 pm Lap Swim 1:00-6:00 pm Public Swim	Friday December 26 closed	Monday December 29 12:00-1:00 pm Lap Swim 1:00-6:00 pm Public Swim	Thursday January 1 12:00-1:00 pm Lap Swim 12:00-1:00 pm Aquit
Tuesday December 23 12:00-1:00 pm Lap Swim 1:00-6:00pm Public Swim	Saturday December 27 12:00-1:00 pm Lap Swim 1:00-6:00 pm Public Swim	Tuesday December 30 12:00-1:00 pm Lap Swim 1:00-6:00 pm Public Swim	Friday January 2 12:00-1:00 pm Lap Swim 1:00-6:00 pm Public Swim
Wednesday December 24	12:00-1:00 pm Lap Swim	Wednesday December 31	



Shilo Military Family Resource Centre



How Post Deployment Affects - Children and Youth

Elaine Ellis
Child/Youth Counsellor

Children and youth are generally excited about the reunion with a returning parent; however it can also be a very stressful time.

Children's coping skills are not as well developed as adults are. The way children react to changes varies from child to child.

Here are some common reactions children and adolescents may experience after the reunion.

Infants and Toddlers:

- See returning parents as a stranger
- Change in sleep routine
- Will take time to develop your relationship

Preschoolers:

-Feels guilty that the parent went away (blames self)

- Sleep/eating changes
- Anger outburst
- Acting out for attention
- Demanding of either parent
- Testing of limits
- Regression of skills ie. toileting, baby talk
- Temper tantrums
- Hyperactivity

School Age:

- Sleeping/eating changes
- Worries about not doing enough to help out while parent was away
- Anger outbursts
- Decline in school performance
- Nightmares
- Temper tantrums
- Regression of skills
- Hyperactivity

-Severe worry and/or anxiety

Teenager:

- Feelings of guilt for not meeting expectations
- Concern for rules and responsibilities as well as consequences
- Change in school performance
- Poor coping skills
- Changes in regards to sleeping and/or eating
- Sexual acting out
- Alcohol or drg use
- Nightmares
- Harm to self or others
- Anger and aggression

These are just some common problems that children and youth may experience. Not all children will react this way, as every one is unique. There may also be



other behaviors that you find concerning that were not mentioned. If you feel that your child is having

trouble coping feel free to contact me.

I will be presenting on this topic at the Post-De-

ployment Reintegration Presentation on Tuesday, December 2 from 7-9 pm @ the Shilo Theatre.

A donation for the MFRC



Photo by Linda Beauchemin

From L to R Auxiliary President Yvonne Ferguson, Willemien van Lankvelt Executive Director, Cpl Scott Collen, President Robert Ferguson of Br. #23 Neepawa . Robert Ferguson along with Yvonne Ferguson hand over a donation to the MFRC from the "Support our Troops Banquet"



Under Construction

Please note that the Shilo MFRC website is temporarily under construction and will be down for a few weeks. For any information about upcoming programs, please contact the Shilo MFRC at 765-3000 ext. 3352. Copies of our current newslet-

ter is available at the Shilo MFRC, Canex and on line at HYPERLINK "http://www.army.forces.gc.ca/2ppcli/FS-Community_Events.html" www.army.forces.gc.ca/2ppcli/FS-Community_Events.html . Sorry for any incontinence.

A Reminder

Just a Reminder

Who?

Everyone

What?

The MFRC

Christmas Jing-A-Ling

Where?

Community Centre

When?

Sunday, December 7

11:00 am-1:00 pm

Why?

Free Pancake Brunch

Sleigh Rides

Cookie Decoration

\$1 Kids Shopping Centre

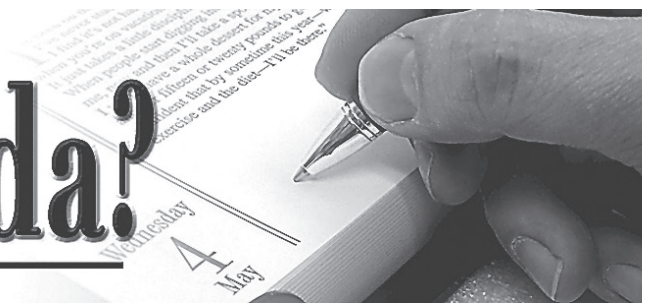
Fun for all!

Join Us.

www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

What's on Your Agenda?



Need temporary use of a Wheel Chair Ramp or a Medi-Chair?
If so the Shilo Men's Club can help!
 The Club is pleased to offer free temporary use of a Ramp and Medi-Chair. It is offered to all members of the greater Shilo and Sprucewoods communities and surrounding area for up to 90 days at a time or until more permanent arrangements can be made. For more information contact Mike McEwan at 763-4990.

The Shilo & Region Men's Club
Serving the Community Since 1968

Girls Night Out
Come out for cocktails, dinner and a fashion show.
 Saturday November 29
 Junior Ranks Mess
 Cocktails: 6:30pm
 Dinner: 7-8pm
 Fashion Show: 8-9pm
 Casino, dancing and karaoke to follow!
 Tickets for event: \$25
 Fashion show only: \$10
 Get yours at Base Hair & Tanning, Canex Mall 765-4247

Support a worthy cause!
All proceeds go to the Shilo Christmas Hamper Fund

Shilo Community Library
 Monday: 6-8:30
 Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30
 Story Time - Thurs @ 1:30

Widow/Widowers Support Committee
 Meet on Weds, times vary contact Lorna-729-5367 or Janice-726-0972 for more information

ITF Takewon-do (Kin-Rin Shilo)
 Instructor :Mr. Dwayne Bos
 Location: Faith Centre T-119 Notre Dame Road
 Fees: \$40 per month + equipment
 Enrollment and New Session begins 2 December
 Practice Times: 6:00-7:30 pm White Belts and 6:30-8 pm Colour Belts
 For more information and to register contact ext. 3088 or 724-4227

Every one welcome! T.O.P.S.
(Take Off Pounds Sensibly)
 Held at Spruce Woods Community Hall, Tuesdays at 6:00 pm
 Contact: Barb Forbes at 763-4768 or Marg Woods at 763-4447

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

Brockie Donovan presents: Coping With The Holidays with Dr. Ron Richert.
 332-8th St. (Lower Level) free admission, November 27 7pm; Call 727-0694 to confirm attendance

Manitoba Hunter Safety Training

December 5 & 6
 CFSC training
 December 6
 Canadian Restricted firearms training
 December 7
 Call 725-1608 or email ggs57@wgcwave.ca to register

(Men's) & (Women's) Base Volleyball Practice
 ELIGIBLE- Reg Force, Class B & C military pers
PRACTICE DAYS- Tuesday's & Thursday's
TIMINGS- 1630 Hrs - 1800 HRS
FIRST PRACTICE- Tuesday Nov. 18th
WOMENS COACH- Sgt. Quinn 2 PPCLI, Ext. 6109
MENS COACH- MCpl Olsen 2 PPCLI, Ext 6813
MISSION- To represent CFB Shilo at Regional's in 4 Wg Cold Lake 5-9 March 2009

Did you know?
 The Base Personnel Selection Office (BPSO), located in Room 204 in Headquarters, has a laptop with Internet access for your use. If you would like to use the laptop to access the Internet, please call (local 4078) in advance to let us know when you would like to come by.

BINGO
Sprucewoods Community Hall Thursdays
 • Share The Wealth from 6:20pm
 • Early Birds at 7:00pm
 • Regular Games at 7:30pm
Intermission Games - Progressive Games - And More!

THE BRANDON GUN & COLLECTIBLES SHOW
Manitoba's largest
 December 13& 14 at the Keystone Centre
BUY, SELL, TRADE, Saturday 10:00 to 5:00 Sunday 10:00 to 4:00
 For more info or table rentals call 204-725-4363

CLASSIFIED ADS

\$10 for first 20 words, 10¢ for each additional word*
Deadline for next issue: December 4, 12:00 PM

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

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

For Sale
Beautiful River Front Property
 7.25 Acres only 10 minutes from Shilo Asking \$75,000 Call 204-724-6719

Sprucewoods House
 Professionally renovated 1276 sq. ft. - 5 bdrms, 2 baths- smoke free, many upgrades including custom kitchen, top of the line laminate flooring, bathroom, exterior, central air, new attached garage and deck, large yard
 Contact Dave or Jennifer Montgomery at 465-4296 or 725-9572

Green Acres House
 Brandon's East end. 1565 sq. feet, 3+1 bdrm, 3 baths, 2 garages, main floor family room & laundry, Jacuzzi tub, finished basement with wet bar and large yard. Pictures available. Please call 726-4373

1997 GMC 1 Ton crew cab
 4x4 with leather interior, goose-neck hitch installed, well maintained. \$6000.00 Call 728-1521 after 8pm

For Sale
Scuba Equipment For Sale As Is
 Mobile Air Compressor
 Motor Manufacturer: Honda Model: GX270, H.P. 9
 Motor Speed: 3200RPM
 Compressor Model: K14-GH
 Compressor Speed: 1200 PRM
 Minimum Bid \$2000.00
 Viewing of compressor can be arranged through Brenda Cavanagh at 765-3000 ext. 3317 or Jim MacKenzie at 765-3000 ext. 3316
 All sealed bids are to be forwarded to: Jim MacKenzie, FS&R Dir, BOX 190, Shilo MB, R0K 2A0
 Postmarked NLT 05 December 08

Computer Monitors
 17in. Samsung SyncMaster 753DF CRT monitor, with 1280x1024 max. res, 0.20mm dpi and dyna-flat screen \$50.
 19in. Samsung Sync Master 950P CRT monitor 1920x1440 max. res., res. 0.26 dpi \$100.
 All monitors are in perfect condition and come with cables. Reason for selling: I have too many monitors. Call 865-4495 or 226-8181

Homes to Move
 1974 Mobile home to be moved. Asking \$12,900 Call 728-7749

1998 Moduline 16x76 Mobile Home. 3 bedrooms, 2 full baths. Skylight. Good condition. Price \$62,500.00 Phone: 763-4250

Child care
 Are you looking for a babysitter or child minder? Then look no further - I am first aid and CPR trained and am available Mon, Tues, Wed, Fri and Sat evenings only. Please call 765-4556

I can provide safe and fun care for your kids. I have a Care aide Certificate, First Aid, Food Safe and WHIMIS. I am flexible on hours needed. Call Noelle @ 765-2554

Childcare available for before and after school and in-service days for either O'Kelly or the Pre-Kindergarten program at the MFRC. Snacks and lunch provided. Please call Katie - 765-4874. Prices negotiable.

Wanted
 St. Barbara's Chapel is looking for Nursery School Attendants to work on Sunday mornings 10:15-11:45 am. Rate of pay is \$7.5 per session. Baby sitting course is preferred but not mandatory. For more information or to apply please contact Padre Bos at ext. 3088. Looking for 2-3 attendants to share the responsibility on contract

Female personal attendant required. No experience needed. Location Shilo. Permanent/Part time. Phone 765-2542

Services
 Hi my name is Katie and I am a Tupperware Consultant in the Shilo area! Orders go in EVERY Friday! First person to place an order over \$100 gets a FREE Quick Shake Container!!! To get a catalogue or for more information, please call Katie at 765-4874 or email katie.wiseman@mts.net

Want some photos of you and your soldier? Family, Child and Wedding photos! Great deal. Soldier and Family special - \$20.00. Including photo CD. Call 765-5049


Services
 Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele
 Call for next course dates, challenges by appointment. 725-1608 or ggs57@wgcwave.ca

Arbonne International is proud to be part of the Shilo community. ALL natural, no animal testing, vegan approved skin care products for babies to adults. SAMPLES available. Please call Audrey Brazeau at 765-5180 for more information

Stress-free holiday shopping! Get gifts for everyone on your list or just enjoy a FREE pampering session. Call for an appointment today or shop online. Brice Dodds 765-2868, www.marykay.ca/bdodds

Sew Crazy Services - Reliable Service, Great Rates! Providing a full range of tailoring, repair work and custom sewing! Zippers replaced, Pants hemmed, Garment repair, Mess Kits, Custom Kit modifications. Home 763-4202, cell 573-9278

Services



St. Barbara's Protestant Chapel
 Sundays @ 1030 with Sunday School & Nursery
 Padre Donnelly - ext 3090
 Padre Bos - ext 3088
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Shilo sharp shooters win photo contest

Karen Griffin
Shilo Stag

Capturing a winning photo is a mixture of timing, skills, practice and dumb luck according to two local winners of the DND photo contest.

Maj Tyler Kennedy of C Battery, 1RCHA placed third for his image titled 'Round in the Air' which shows a round expelled from a gun while on winter course.

"I can't complain with this being my first photo contest entry and getting third place in one of the categories," he says.

Kennedy enjoys reading books on how to take photographs and is interested in perfecting the art.

"I try to read more about photography and what it takes to make a good photo. You know in framing the shot, the lighting and where the subject is in relation to what's around it. I'm doing it as a hobby but I'm trying to educate myself at the

same time."

Coming from an artistic family, Kennedy appreciates sharing this family connection in his photography.

"My father and my brother are very artistic and through some genetic loophole, I wasn't blessed with that talent so I'm glad I found something that gives me that connection."

Despite growing and learning, Kennedy says the same as any photographer, amateur or professional will tell aspiring shutterbugs.

"The key to taking good pictures is taking a lot," says Kennedy who entered eight of his photos into the competition.

Health Promotion Director, Jo-Anne Douglas has been a photographer on and off for quite a number of years.

"I'm not really technical," she says, "I like the art side more than the science," says Douglas, stating that part of the joy of photogra-

phy is not knowing how a photo will turn out.

"My pictures are a surprise. I don't have any preconceived idea, I sort of see something I like, take the picture and hope it works."

Douglas appreciates the opportunity that photography offers to viewing the small details of the every day.

"It helps you see things you wouldn't normally notice. It makes you more aware of your environment," she says.

The DND Photography Contest has been run since 1968 and was originally part of an arts and crafts competition sponsored by Physical Education and Recreation personnel.

Today, the contest is organized by Canadian Forces Imaging Services of the Chief of Defence Intelligence and the CF Personnel Support Agency, under the auspices of the Deputy Minister of National Defence. The contest is an ar-



Submitted by Maj Tyler Kennedy

Above, the third place amateur photo in the DND photo contest 'military life' category was taken by Maj Tyler Kennedy. Below far left, the second place photo in the amateur category of 'open' belongs to Health Promotion Director Jo-Anne Douglas.

tistic endeavor considered to be a recreational activity in which all members of DND, including families, may participate.

The purpose of the contest is to encourage the

creation of imagery that depicts the many aspects of life in the military; and to recognize those members of the military community who have attained a level of excellence in the art of photography.



Submitted by Jo-Anne Douglas

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We welcome your suggestions!

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.

A cutout of Santa Claus, wearing his traditional red suit with white trim and a white beard, is positioned on the left side of the image. He is pointing his right index finger towards the text on the scroll. The scroll is a large, unrolled piece of parchment with a slightly aged, yellowish-brown color and a rough, torn edge. The text is written in a green, serif font with a black outline, making it stand out against the parchment background.

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