

FALL COMMUNITY
EVENTS GUIDE INSIDE!

SHILO STAG

Your Source for Army News in Manitoba

Volume 47 Issue 16

Serving Shilo, Sprucewoods & Douglas since 1947

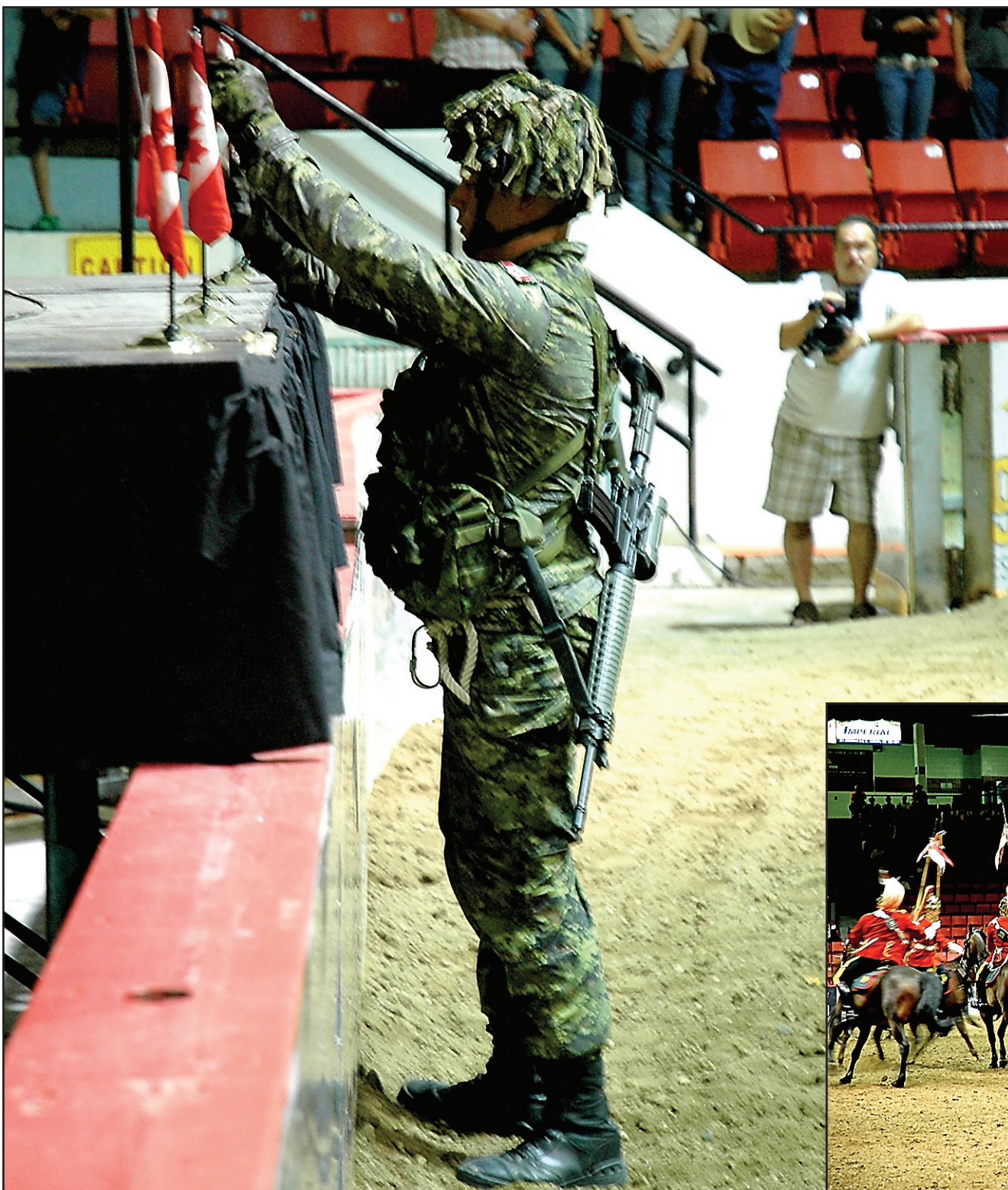
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Members honored at Tattoo



Left:
Gunner Benoit Charles of 1RCHA places a Canadian Flag at the stage in tribute to Shilo at the Manitoba Heritage Tattoo at the Keystone Centre, Brandon on Monday, August 18. The audience stood while fiddler, Sierra Noble performed the song 'Warrior's Lament' Six members from 1RCHA rappelled from above the arena to the front stage. The tattoo consisted of the 17 Wing Air Command Band, the tattoo pipe and drum band, the RCMP musical ride, and Lord Strathcona's Horse Mounted Troop.

Below:
LdSH members of Edmonton perform the Maze formation. LdSH was originally assembled for the Boer War in 1909 and has most recently participated in efforts in Afghanistan. The Mounted Troop range from 20-22 riders and horses. A hometown favourite in both Edmonton and Calgary, they performed the two days of the Tattoo. They travel for performances from May until September.

Full story page six.



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Deployment News

Photo: Combat Camera



IN MEMORIAM



MCpl Josh Roberts

Submitted by
33C

Nine stories, from nine guys. Nine friends. Nine Brothers. 33C...WHAT'S UP!

Josh came to us right after deployment training, just before we deployed. I'd known him for a couple of years, but most of the section didn't know him at all. Josh being the way he was, within days it was as though we had known him forever. That's how he was. He was bigger than life and you couldn't help but love him. Here are a few of our memories:

"After a lot of cajoling he finally agreed to start going to the gym, as he had done in the past. I was excited that he'd be joining us. We hit the weights, and half way

through, while doing a bent over double row, despite perfect form, he tweaked his back. When he recovered, he swore the gym was evil, and never went back."

...

"I remember when we decided to have a section beach volleyball game. For a guy who lived in sand, I couldn't believe how excited he was to be out there, like a little boy on Christmas Day. He was always so excited about everything."

...

"We were doing a range, and our Warrant Officer told us to test some stuff out, so Josh took it to heart, and we spent the time practicing and re-practicing, perfecting the way we worked together. In the end, we fired three times as many rounds as any other car. Our WO wasn't impressed, but we had a great time, and it made us into a great team."

...

"We were coming in from a smoke and Josh asked if I was a fan of naked wrestling. I said I was new to the idea, but willing to learn. He tackled me to the ground and we started wrestling, just wearing shorts. His idea of wrestling was definitely different than mine. About 10 seconds in to the fight we looked up and saw the entire section standing there laughing at us. The only thing he could come up with to explain was...What's Up!"

...

"I remember when we were driving and he was giving directions, he'd hardly ever get them right the first time. After the first few times we almost smacked into a wall, I learned pretty quickly to go the opposite way he told me and when Josh said go left, he really meant go right."

...

"What I will always remember about him is his dedication to his job and his genuine care for the troops. Whether joking around with his crazy antics, his shirt hiked up above his belly, or how he would always keep me informed on the Section's readiness for the next Operation. One time, we had a heart to heart; we were doing force protection near Ma'Sum Ghar. We were talking

about who should be in the turret commanding the LAV during operations. He was displeased as to the current situation and passionately expressed he should be doing it, not I, considering it was actually his job. I'll never forget this because it displayed his dedication and that he didn't want to see the Section Commander go down, only causing the Section to lose their greatest asset, as he put it. Josh will be missed and I'll always remember the heart to heart chats we had behind the scenes."

...

"I always enjoyed joking with Josh, whether we were laughing at or with each other. It was fun to play with him, because of his arachnophobia. Sometimes I'd find a camel spider and put it somewhere I knew he'd find it, just to watch him freak out. There were always good times with Josh, and he could always find something to smile about, even when things sucked."

...

"When he got promoted, he ran away doing the Tiger Woods fist pump. Nobody got mad at him, and everyone, even the RSM was laughing with him."

...

"We moved into a tent and we were hanging out when we saw the back of our door. Someone had decorated it with poorly drawn pictures of various things like moose, a guard tower, and other things. We spent the next couple hours attempting to decipher them, including a video of our findings. We had a blast doing it and for the rest of our tour we kept looking for our Rosetta Stone."

...

"MCpl Roberts' infectious sense of humor and dedication to being the best soldier and leader he could be will be sorely missed. I know it is said a lot, but he truly was a soldier's soldier. I spoke with him when he came back from leave. He was very proud of himself, having proposed to his girlfriend and bought a new car. Having been married for 15 years and having grown children, I could clearly see he was going to be a very devoted husband and loving father. We will remember you Josh."



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Mission focused as homecoming approaches



LCpl Dave Corbould
CO, 2 PPCLI BG

The BG has taken a hit over the past couple of weeks after losing two great soldiers: MCpl Josh Roberts and MCpl Erin Doyle. Both were outstanding men and their determination to do the right thing for the right reason is keeping the BG fo-

cused as the summer draws to a close.

Over the past several weeks, BG elements have completed some great tasks. The BG was involved in an intensive, multi-national operation in Maywand District. This operation's aim was to disrupt insurgent activities in the Band-E-Timor region - a known insurgent area.

During the operation, coalition and Afghan National Security Forces exposed a large IED component cache including homemade explosives, weapons and narcotics. All of the IED making materials and explosives were destroyed in location.

Destroying this cache will go a long way to disrupting insurgent activities in the area. The operation has significantly impacted insurgents' ability to assemble bombs and ship them to locations where they can attack Canadians, Britons and Afghans in nearby districts.

We are also continuing our work with our coalition partners to foster greater security conditions throughout the Province. Afghan leaders and higher military command levels are discussing how to provide enduring security for the area. The Task Force continues its efforts to strengthen its hold in many districts within Kanadaha-

Province to assist the Afghan National Security Forces in this region.

The BG continues to conduct operations throughout the Zharey, Panjwayi and Arghandab Districts with the view to disrupting our enemy and keeping him off balance. We are strongly connected to our governance and development partners and continue to foster relationships with them. Our work is building a bigger and more contextual picture of the numerous and intricate layers of the Kandahar geo-political and cultural environment. And since the three government departments have been collaborat-

ing, this picture is becoming clearer and our goals are becoming more and more connected—a true sign Canada's Whole of Government approach is the right approach for Afghanistan.

It will be difficult to hand off our mission to the RCR's BG without seeing the full impact of our work, but that transition is a normal part of the operational cycle. Our work will have medium to long-term effects and when our replacement BG takes over, it will begin to experience the positive effects our efforts will have had throughout the Canadian area of responsibility.

Finally, our relief in place

and redeployment plan is nearly complete. Soldiers will soon start receiving their return dates; however, because the plan is based on air movement and in-flow of the incoming personnel rotation, these dates will likely fluctuate. This fluid schedule is a normal part of moving such large groups, equipment, and material.

We remain determined, vigilant and focused. We still have operations to conduct and tasks to complete before our work in Afghanistan is finished. That said, we are looking forward to returning home and spending some well-deserved time with our families and friends.

Keeping their cool on a long hot, hard day



Photos by B Sqn, LdSH(RC)

Newly installed tank parasols provide shade from the scorching Afghan sun as summer temperatures can reach upwards of 55 degrees Celsius.

Cpl Curtis Romkey
B Sqn, LdSH(RC)
2 PPCLI BG

The month was May. Somewhere around the 18th, if I recall correctly. The temperature in Kandahar Province had been on the rise daily since leaving for my HLTA about a month earlier. We needed some reprieve from the sun. Luckily, Tprs Blaine, Churchill, and Partington were soon to arrive at our FOB as part of the TAV (Technical Assistance Visit) team tasked to install the new Barracuda kits onto the Leopard 2s. The Barracuda kits are basically a tan thermal blanket that covers the entire tank to keep the inside a few degrees cooler. The kit even comes with a lovely little parasol to keep the crew commanders and loaders in the shade.

On the 24th of May, with our parasols mounted, a good chunk of the squadron embarked on another little field trip down the Arghandab River to re-supply some PSSs (Police Sub Stations). With the radio checks and marshalling complete, we were ready for our very

early departure at approximately 3:30 a.m. Overall, the day went well with all parts of the convoy working simultaneously. Other than the Huskies getting stuck and having to be recovered by the Badger, repeatedly, we made it to furthest PSS with no troubles.

The temperature steadily rose during the day. MCpl Chuck McDougall thought that as it was beginning to get quite warm out, he would deploy the parasol; however, Battle Captain (BC), Capt Eghtedar Manouchehri, didn't want the parasol set up. It was eventually found out the BC was worried if his friends saw him under this parasol, they would make fun of him. After a while of baking under the hot Afghan sun and a few threats to turn off the chiller unit, he was finally convinced to put it up. The parasol has been up ever since.

Now that supplies had been delivered to this PSS, the combat team started making its move to its next stop. We decided to leave one Husky behind to be worked on so we could pick it up on

the return trip. As such, the operation was moving a little quicker than earlier that morning. Then, we got a call on the radio from our flank protection—attack helicopters—that they were taking RPG (Rocket Propelled Grenade) and SA (small arms) fire from a grape hut on the north side of the river. Two of our call signs, commanded by WO Iain Fox and MCpl Dave Thompson, moved into a firing position to engage the grape hut where the fire was coming from. Upon being given the green light by our higher headquarters, WO Fox and MCpl Thompson engaged the grape hut. The target was taken out with some well-placed HESH rounds. We were now able to continue with our trip down the river. Our second destination was successfully re-supplied without any problems.

The return trip back to our FOB started off smoothly. We picked up the Husky that was left behind earlier, which almost immediately got bogged down yet again...but it was recovered and we continued towards the FOB. With the Badger scraping the route in front of the column with its dozer blade, the driver of the Husky noticed something had been turned up. Engineer dismounts were sent forward and it was discovered the Badger had scraped the top off of an IED. After a few tries and with the sun starting to disappear behind the horizon, the Engineers blew the IED in place and we were free to move again. Unfortunately, after getting stuck again, the Husky had its front end ripped off

while the Badger was trying to recover it out of a mud puddle. We then called the ARV (Armoured Recovery Vehicle) up to recover that vehicle and tow it back to the FOB. At about the same time, one of the AHSVs got stuck as well. Now, the second ARV was called up to extricate that vehicle.

With the sun completely gone, the entire combat team was surrounded by blackness. The OC, Maj Chris Adams, had everyone

go white light to enable the vehicle recoveries go a little smoother, and for the convoy to close up. It was about this time Cpl Joel Mousseau felt, that for everyone's SA (Situational Awareness), he should let everyone listening to the radio know his rifle had bounced up due to the rough terrain, hit him in the eye, and that putting ice on it didn't help.

Once the vehicle recoveries were complete, Maj Adams decided that due to

the lack of light, he should get everyone back to the FOB quickly, and because Cpl Mousseau had begun to lose vision in his injured eye. The combat team then made its way to a main route where it slowly picked its way through the darkness. After only one more vehicle recovery from a PSS, everyone finally made it back to the FOB at about 1:30 am. The cooks had left out pizzas for us, which was a very nice end to a long day.



PUBLIC HEARINGS

The Electoral Divisions Boundaries Commission, in accordance with *The Electoral Divisions Act*, will hold public hearings to hear representations regarding the proposed electoral division boundaries and names. The commission is required to review electoral boundaries every 10 years.

Proposed maps have been sent to rural municipal offices, local government districts, cities, towns, villages, First Nation communities and others. Free maps are also available from the commission and are available for download from the commission website.

The commission welcomes public comment and interested organizations or individuals can make their submissions and comments at any of the public hearing locations. Written submissions will also be accepted on the commission website, and via email, fax and regular post.

To be ensured of an opportunity to make a submission in person, presenters are requested to register in advance on the commission website or by contacting the commission.

REGISTRATION: To ensure your opportunity to speak you are asked to register two weeks before the public hearing you want to attend

CITY	VENUE	DATE	TIME
WINNIPEG	Delta Hotel	Monday, September 8	2:00 p.m. & 7:00 p.m.
THE PAS	Kikiwak Inn	Tuesday, September 16	9:00 a.m.
THOMPSON	The Burntwood Hotel	Tuesday, September 16	3:30 p.m.
DAUPHIN	Parkland Recreation Complex	Wednesday, September 17	10:30 a.m.
BRANDON	Brandon University	Wednesday, September 17	6:00 p.m.
GIMLI	New Horizons 55+ Activity Centre	Monday, September 22	2:00 p.m.
BEAUSEJOUR	Brokenhead River Rec Complex	Tuesday, September 23	10:00 a.m.
STEINBACH	Mennonite Heritage Village	Tuesday, September 23	6:00 p.m.
WINKLER	Days Inn	Wednesday, September 24	11:00 a.m.
WINNIPEG	Winnipeg Convention Centre	Wednesday, September 24	7:00 p.m.

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Children learn to serve at annual day camp



Children play in 'God's Big Backyard' during the second annual Vacation Bible School earlier this month.

**Lt Flavia Beriault
Padre, G1, ASU Shilo**

For the second summer, children from both the Catholic and Protestant communities in Shilo were invited to attend the Vacation Bible School, held at the Multi-Faith Centre. The morning day camp's theme this year was "God's Big Back Yard: Where kids have a blast serving Jesus".

"This year's was a great success," commented Padre Paul Beriault, an event organizer. "Over 20 children participated in this year's VBS. It was a time where parents could relax and a place where kids could enjoy learning and being challenged at a level that takes the psychology of a young person into account."

Each day of the camp began at Backyard Bash, with large-group music and moved on to various service-themed activities for the attendees. Crafts, physical activities and stories about community servants all helped to educate the children about the benefits of serving. At the end of the daily activities, the participants gathered again at Backyard Bash for a review of what they had learned, as well as encouragement and motivation in serving others.

Children were awarded points on a daily basis for good behaviour and for exemplifying each day's particular virtue. In addition to being rewarded with the chance to go into the 'prize tent', they were also learning about the joy

and fulfillment of serving others and knowing how much it pleases God in serving Him with others.

The entire camp was offered free of charge and donations have been given to the "Sleeping Children Around the World" fund. The week ended with a noon BBQ in the Faith Centre's 'Big Back Yard'.

"Many parents approached me after the camp to say how their children enjoyed the activities and how they noticed a difference in their children over the week," commented Padre Flavia Beriault, an event organizer.

This year's VBS has proved once again to be a catalyst that makes young hearts more generous in their love of others and God.

Samaritans aid injured at derby

**Karen Griffin
Shilo Stag**

At the Sprucewoods ATV derby a couple of weeks ago, the Aerospace Command Operators (ACOPs) from 17 Wing Winnipeg left their cell phone numbers with derby organizers and went on to participate.

Norm Mayo and his co-worker and friend Rob Wilson decided to come out for the day, participate in the fun all while in uniform.

"We thought it would be a good way to have a presence and be a part of the event," says Norm, from his home in Winnipeg.

Event planners were pleased to welcome them.

"We thought it was nice, these two guys showed up in uniform and offered to do first aid if we needed them to," says Tiffany Minchuk, Sprucewoods ATV club president. Leaving their cell phone numbers at the start line, Rob and Norm made off to the half way point where they'd be stationed for the day.

Neither Norm and Rob nor Tiffany thought much of the offer to help until a couple of hours later.

"I guess about 3 or 4 o'clock a couple of friends rolled their quad. The guy

[who was driving] dislocated his shoulder and his wife's leg was injured," says Minchuk.

Trevor Kitson, the driver of the malfunctioning quad says a bolt fell out of the front suspension sending him and his wife, Naylene over the handle bars and the bike on top of them.

They called Norm and Rob right away.

"With our friends' help, we loaded the quad on the trailer and went back to the starting point. Two guys in [uniform] were waiting for us."

Norm recalls what happened next.

"We came to the start point and found a male who we thought obviously had a dislocated shoulder. We put his arm in a sling and immobilised him. We examined the female who appeared to have a leg and shoulder injury so we immobilised them both."

Once they were ready the Notre Dame couple was brought to the hospital in Brandon for further examination. Trevor, a welder has been off work since the incident happened.

"I separated my clavicle bone so I'll be off work for a few more weeks," says Trevor who expressed his appreciation for the help offered.

Home on the ranges



Photo submitted by C Bty/1 RCHA

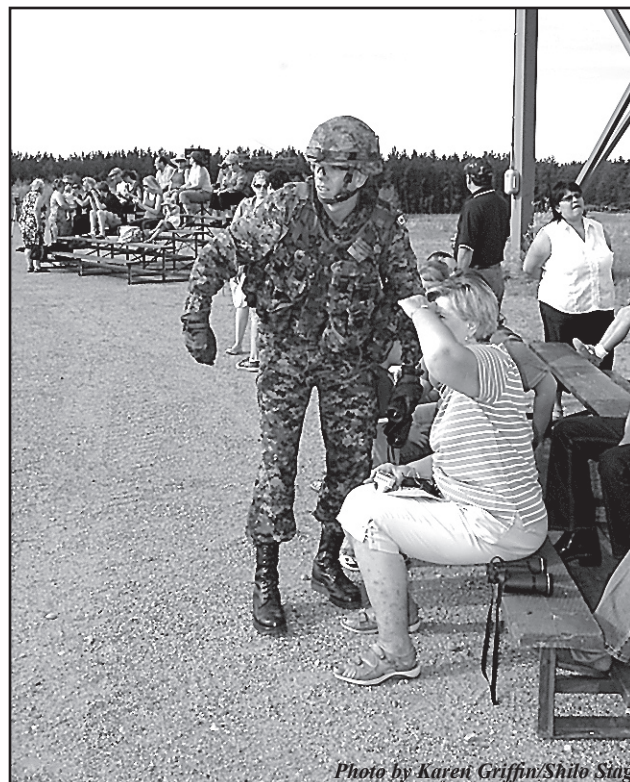


Photo by Karen Griffin/Shilo Stag

On Saturday, August 9, members of 1RCHA C-Battery invited family and friends out to the range to watch their loved ones in action.

Above: After firing on an enemy target, members of C-battery defend a supply convoy by firing on a target and building a smoke screen. Left:

Family members get front row seats to watch the show while enjoying snacks and beverages. Below: After the exercise, C-battery conducts its change of command from Maj. Todd Scharlach to Major Sean Fortin. After the change of command, family and friends returned to 1RCHA for a barbecue and a chance to get a close up look at the LAVs, weapons and transport vehicles.



Photo submitted by C Bty/1 RCHA

Walk troops home the S.M.A.R.T way



Jo-Anne Douglas
Health Promotions
Director

We hope everyone is counting their steps (and other physical activities) to help Walk our Troops Home from Afghanistan.

Here are some tips from the Canadian Physiotherapy Association to help you walk S.M.A.R.T.

Taking a **S.M.A.R.T.** approach (Stretch, Move, Add it up, Reduce Strain, Talk to a physiotherapist) to walking will help you enjoy physical activity, whether you're just beginning to get out and

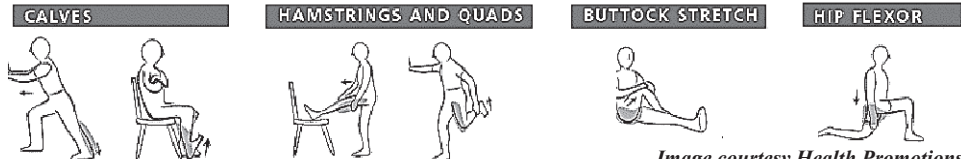


Image courtesy Health Promotions
A series of stretching exercises that can be used in conjunction with the S.M.A.R.T. approach to physical fitness.

walk or trying to gain more from your walking program.

STRETCH

Stretching – as a warm-up, a break during repetitive movement, and a cool-down after your walk – helps you to move easily, keeps your muscles flexible and relaxed, your joints mobile, and relieves tension and strain. A warm up before walking helps reduce the potential for muscle strain, injury and fatigue. Start out slowly on your route until you feel warm. Then take a few minutes to do the following stretches,

and repeat them again at the end of your walk. On longer walks, it may be a good idea to stop and stretch at the mid-way point. When stretching, movement should be slow and controlled – you should only feel a gentle pull of muscles.

MOVE

Get moving. Keep moving. Stay moving. Keep walking even after we've walked our troops home! Just putting one foot in front of the other makes walking one of the easiest activities to incorporate into your daily and exercise routine.

- **Breathing:** Before starting out, relax and take a deep breath, which fills the lungs and moves them into their most efficient position. After you exhale, maintain the chest in this position, with shoulders down and slightly back.

- **Arms:** Start with your arms hanging by your sides, loose and relaxed from your shoulders to your fingers. As you warm up, begin swinging the full length of your arms gently in keeping with your stride.

ADD IT UP

To gain mobility, plan

activities throughout your day that keep you moving for periods of at least 10 minutes. To maintain your mobility, make every movement count. Add up all you do in a day and aim for a minimum of 60 minutes of movement every day.

REDUCE STRAIN

- Shop around for the right shoe. Your physiotherapist can make suggestions of what to look for in a walking shoe that best suits your needs and walking program;

- Replace old shoes. The average life of a walking shoe is approximately 400 to 600 miles (620 to 800 km);

- Monitor your posture and body mechanics. Make sure your head, shoulders and hips are lined up over your feet for a good walking posture;

- Keep your stride comfortable. Too long a stride makes for "overstride" - muscles tighten up and tire before your walk is done;

- **Don't** use wrist or ankle weights while walking as they put too much added stress on your joints.

TALK

Physiotherapists are healthcare professionals who help people of all ages and lifestyles gain and maintain their desired level of active living. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury that can limit your activity.

Our CFB Shilo physiotherapy team consists of Leo LaRocque, Drayson Cowan and Capt Gilles Magne - they can be reached at ext 3062.

High school upgrading available



Janessa Champagne
Education Coordinator

Do you need to upgrade your high school education? There are many reasons why some people may wish to take high school courses. Some individuals may need to upgrade their high school education in order to meet the eligibility requirements for an occupation transfer program or to meet the entrance requirements for a college or university program, while others may simply wish to

get their high school diploma in order to accomplish one of their life-long goals. Whatever your reasons or needs are for upgrading your high school education, you will be pleased to know that there are options available for pursuing your goals.

Mature Student Diploma

If you do not have a high school diploma, have been out of high school for at least six months, and will be at least 19 years of age upon graduation, you may wish to pursue a Mature Student High School Diploma. This type of diploma requires eight credits from Grade 9 - 12 courses, and four of these courses must be taken at the Grade 12 level and must in-

clude a Language Arts and a Mathematics course.

Regular High School Diploma

You may also be eligible to complete a regular high school diploma, however to determine this, you must meet with a qualified student advisor who will review your high school transcript and assess your academic capabilities.

Upgrading Options

Depending on what type of learner you are and your schedule, you may take high school courses in class during the day, the evening, or by distance education. The Assiniboine Community College (ACC) Adult Collegiate offers a full-time

day program and a part-time evening program for adult learners to achieve their regular or mature student diploma. Courses offered through the ACC Adult Collegiate cost \$18 per credit with a \$10 material fee per credit and an application fee of \$35. The fall semester begins on 03 September 2008 and ends on 15 January 2009, and they are currently still accepting application forms for fall intake.

High school courses can also be taken by distance education through the Independent Study Option (ISO) through the provincial education department: Manitoba Education, Citi-

zenship and Youth. These courses are typically offered through an open learning format, which means you can start the courses at any time, and usually have up to one year to complete the course. The prices vary for courses offered through the ISO, however they typically

start at \$110 per course.

For more information on high school upgrading opportunities, the associated costs and your eligibility for education reimbursement, please contact the Base Education Coordinator Janessa Champagne at local 4078.

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Talent and timing: the Manitoba Heritage Tattoo



Photos by Karen Griffin/Shilo Stag

Members of Lord Strathcona's Horse performing a crowd favourite, the Windmill.

Karen Griffin
Shilo Stag

The smell of horses and the din of the crowd, men and women putting the finishing touches on uniforms and tales of the old west turned the Keystone Centre, Brandon into a 'musical and equestrian spectacular' Monday night.

The Heritage Tattoo welcomed bands, performers, the RCMP, LdSH troop from Edmonton along with members

from 1 RCHA to pay special tribute to the fallen of Shilo.

Pete Fedyshyn is a rider with LdSH's mounted troop and relishes the experience. Having served intermittently in Afghanistan, as many of the mounted troops have, he describes being a rider as a welcome reprieve. He especially loves Sherman, his riding partner, a tall, tan quarter horse with a little attitude.

"It's like having a dog but better," laughs Fedy-

shyn, "Sherman here likes to push me around. He'll nudge me if he wants something, or sometimes try to bite me." Sherman turns in his stall, while another horse a couple of stalls away is kicking his stable door.

"He's excited," says another member walking by, too busy preparing to stop for small talk.

Being a member of the mounted troop takes training, attention to de-

tail and commitment.

"It's learning to work in unison with an animal and with the rest of the troops. There's a lot of prep work but everyone's like a well-oiled machine now, everyone knows their job."

LCol John Schneiderbanger, BComd, is also a former member of the LdSH Mounted Troop. He led the troop in 1988-89 in Calgary.

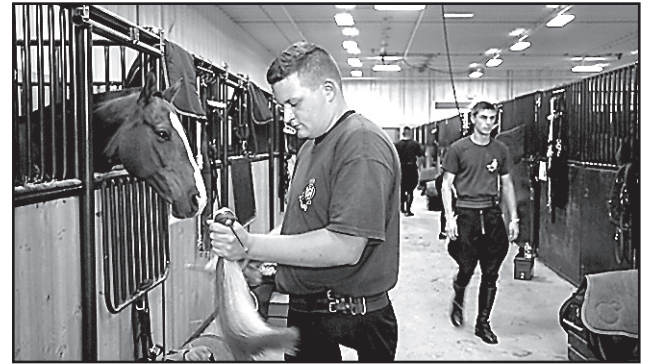
"It was a great time and a very unique year. I got to escort the Olympic flame into the arena during opening ceremonies."

During the Calgary-hosted Olympics in 1988, the Troop also opened every event, performing 56 shows in that year.

"I don't think anyone has broken that record."

Schneiderbanger also appreciated the camaraderie of Troop.

"We had to take care of our own horses. It was a close knit group we travelled together, lived together and practiced all day together."



Trooper Kieran Merrick brushes his plume before show time. The plume is worn on top of the helmet.



The tattoo pipes perform in full regalia.



The Air Command Band entertains the audience.

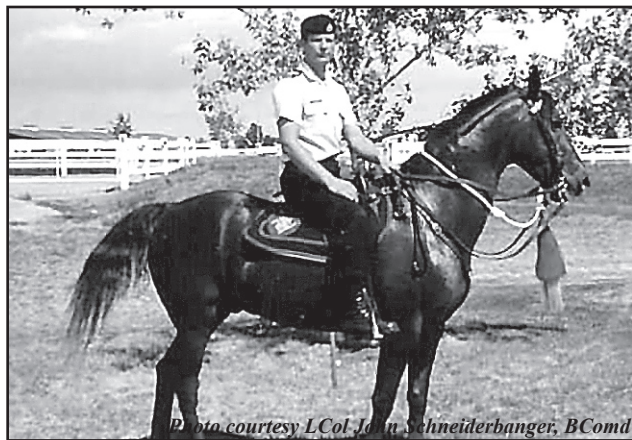
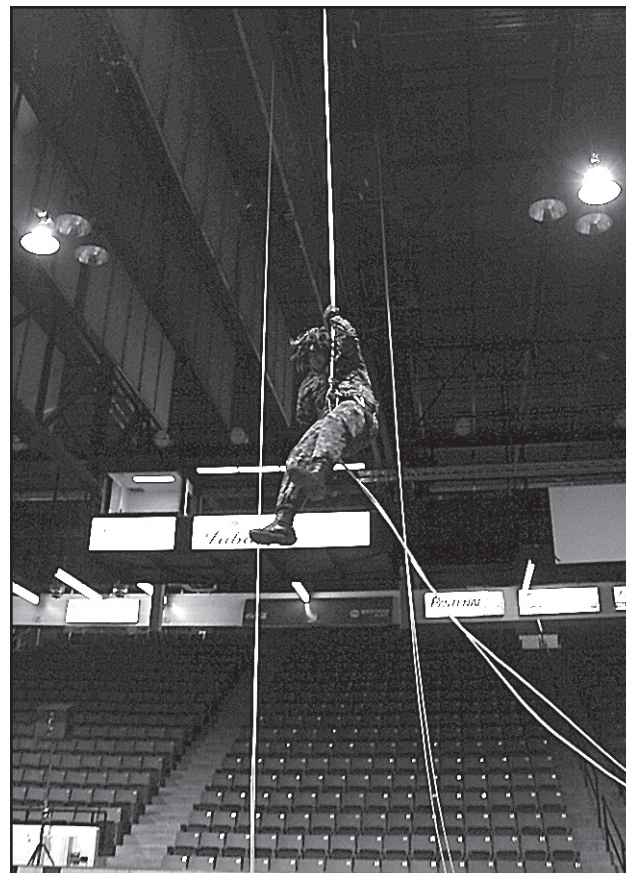


Photo courtesy LCol John Schneiderbanger, BComd
LCol John Schneiderbanger, BComd, on his horse, Strathcona, in 1988.



A member of 1RCHA practices rappelling during rehearsal for the Tattoo Monday afternoon.

Tattoo honours Shilo's fallen

Karen Griffin
Shilo Stag

Shilo was connected to the tattoo, Monday for another, very special reason; acknowledging sacrifice.

Arvel Gray, host of the tattoo, asked everyone to remain standing.

Toward the end of the program, the crowd rose from their seat, six members of 1 RCHA stood at the ready high above the ring. Sierra Noble, well-known Winnipeg fiddler, delivered a moving rendition of 'The Warrior's Lament' as the names of Shilo's six fallen were read.

"I just wanted to say how much of an honour it is for me

to be here," said Noble during her first performance. "Being invited to Vimy Ridge in France, to go with members of the military to visit those places from World War II was the most moving experience of my entire life."

Little boys in the audience held baseball hats to their chests, men and women held their heads as a hush fell over the centre. All that could be heard was the piercing, mournful sound of the fiddle.

One by one, the names of the fallen were read as each member rappelled from their position and made for the main stage, planting a flag and raising a hand in salute.

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COME SEE US AT THE CANEX MALL

BRINGING THEM HOME

Walk our troops home from Afghanistan

Help us walk every soldier deployed from Shilo back home

Any physical activity counts towards our goal - walking, biking, hiking, swimming, gardening, just to name a few!

For information packages, call 765-3000 ext. 3867 or 3868 or e-mail: walkouttroopshome@gmail.com

Starts August 18

Fall

Community Events Calendar



Photo courtesy stockphoto

Dir. Permit #1586

NEED THINGS TO DO THIS FALL? (Have we got a list for you!)

THE '07 FALL COMMUNITY EVENTS CALENDAR
BROUGHT TO YOU BY



1445 18th Street North • Brandon
(204) 728-8554 • www.kelleherford.com



Pre-School

Pre-Kindergarten Service (Starting in October)

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 @ 3352.

Tumble Weeds

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

Date: every Tuesday beginning September 9

Time: 9:15-11:15 am

Cost: \$1.00 drop-in fee per family

Place: Multi purpose room 2

Contact Shilo MFRC @ 3352

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 beginning September 10

Time: 1:00-3:00 pm

Cost: Free

Place: MFRC

Register MFRC @ 3352

Sing and Sign Session

Age: Families with pre-verbal children (2 & under)

This is a 2-hour workshop that teaches you a minimum of 50 ASL signs along with songs and a book to use throughout the day with your baby. You will learn ASL signs for eating, playing, diaper changing and sleeping.

Date: Wednesday, September 10

Time: 6:30-8:30 pm

Cost: \$20.00

Register by: Noon, Friday, September 5 - MFRC @ 3352

The Learning Circle (TLC)

Age: 3-5 yrs & parent

Our parent/child program is back with new and returning topics! Sign you and your child up for this FREE program

that promotes the parent as the child's first teacher through structure, exploration and book making. Healthy snacks and free childcare provided for younger siblings

Date: every Thursday starting September 11

Time: 1:30-3:30 pm

Cost: FREE

Register by the Friday before - MFRC @ 3352 where you will be given a schedule of all the weekly themes!

Signing Babies 1

Age: Families with pre-verbal children (2 & under)

This 8-week curriculum provides you with a chance to learn a minimum of 150 ASL signs as well as 15 songs to sing and sign with your baby! You will learn how to read and sign 7 books. The class covers signs for getting started, food, family, animals, manners/support, play, outside and routines.

Date: Monday & Wednesdays, September 15-24

Time: 10:00-11:30 am

Cost: \$40.00

Register by: Noon, Friday, September 12 - MFRC @ 3352

Parent & Tot Swim

Age: Under 5 & parent

Ahoy parents! Join us at the GSH pool for a parent & tot swim.

Date: Mondays, September 15-November 24

(no program October 13)

Time: 1:15-2:15 pm

Date: Fridays, September 19-November 28

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 @ 3318

2nd Annual Healthy Family Fair

Age: For parents with children 0-12 years.

Professionals will be available to provide you with information to help support your child's healthy growth and development.

Date: Wednesday, September 17

Time: 1:00-6:00 pm

Place: Community Centre

Contact MFRC @ 3352

Pre-School Swimming Lessons

Age: 4 months-5 yrs

Date: Wednesdays, September 17-November 19

Time: Between 1:30-3:30 pm

Cost: \$40.00 for the first and second child

\$30.00 for the third child

\$20.00 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register Community Centre, Recreation office

***Please note: No refund will be issued without original receipt**

Red Cross Swim Lessons

Check School Age Section for more lessons.

Tykes on Trails

Age: 3-5 yrs

Sign your child up for this 4-week session where they will experience nature and the outside world to it's fullest.

Connect your child to the great outdoors!

Date: Mondays - TBA

Time: 1:00-3:00 pm

Cost: \$10.00

Register now! MFRC @ 3352

Fall Fiesta

Age: 2-5 yrs

Celebrate the great fall things in our world.

Date: Tuesday, September 30

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, September 24 - MFRC @ 3352

Tummies 4 Mommies

Age: moms with babies 1 & under

Join this 5-week fitness class that focuses on exercises to strengthen the core muscles (abs, back, pelvic floor) after pregnancy and birth. Moms can bring along babies and toddlers to class and they will be incorporated into some of the exercises with mom.

Date: October

Time: TBA

Cost: \$30.00

Register MFRC @ 3352

Parent & Tot Mini Basketball

Age: 3-5 yrs

Throughout this new and exciting 6-week program, kids will learn to shoot, pass, catch, and dribble while spending quality time with a mom or dad. Join us for this.

Date: Thursdays, October 16-November 20

Time: 9:30-10:30 am

Cost: \$12.00

Place: GSH

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Shilo MFRC

Office Hours

Monday to Thursday

8:00 am - 9:00 pm

Friday

8:00 am - 4:30 pm

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

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.

Christmas Hamper Mission 2008

If you are in need of a hamper over the Christmas season, please submit name/family size/ages of children & gender to any chaplain on base or to Roddy at the MFRC ext 4106. Names are kept in confidence. Donations of funds can be donated thru the Base Chaplain Office. Non-perishable food needed, along with toys for Operation Holiday Harvest can be donated in boxes that will be distributed around the base. Contact Base Chaplain Office @ 3091

Thrift Shop Hours

Located in the Faith Centre

Starting Tuesday, Sept 9

Tuesday

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

Thursday

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

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

Pre-School

Parents and Tot Skate

Date: Tuesdays, October 14-November 25
(closed November 11)

Time: 1:00-2:00 pm

Cost: Military members and GSH Card Holders-No charge

Others \$3.00 Drop in fee

Place: Gunner Arena

Contact Community Recreation @ 3317

Learn to Skate

Check School Age Section

Pumpkin Parade

Age: 2-5 yrs

Come dressed in your Halloween costume and enjoy a Halloween experience complete with carving and games.

Date: Tuesday, October 28

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, October 22

- MFRC @ 3352

Pajama Pancake Party

Age: 2-5 yrs

Dress in your pajamas and come for fun with friends.

Enjoy pillow fights and games.

Date: Tuesday, November 18

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, November 12

- MFRC @ 3352

A Magical Christmas

Age: 2-5 yrs

Come enjoy the magic of Christmas with special friends and a special visitor.

Date: Tuesday, December 9

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Wednesday, December 3

- MFRC @ 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. Princess
2. Western
3. Circus
4. Pirates
5. Jungle

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 @ 4555.

Ki Rin ITF Taekwon-do Shilo

Age: 7 yrs and up

Become part of the Ki Rin family and learn all about the benefits of martial arts. Uniform/ sparring equipment available through the club for a fee.

Date: Tuesday/Thursdays, starting September 9

Time: 6:30 pm

Cost: \$40.00 per month

(Brandon times also included in the fee)

Place: Faith Centre

Instructor: Mr. Dwayne Bos, I

Register now! New members registration deadline: Tuesday, September 23

Contact Dwayne @ 724-4227 or ext 3088

Jr. Computer Club

Age: 8-12 yrs

Date: Saturdays, September 13-November 29

Time: 1:00-3:00 pm

(no program October 11 & November 15)

Cost: \$10.00

Place: Community Centre/Computer Club

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

2nd Annual Healthy Family Fair

Check Pre School section

Intro to Ceramics

Age: 8-12 yrs

Date: Mondays, September 15-November 24

(no program October 13)

Time: 4:30-6:00 pm

Cost: \$10.00

Place: Ceramic Club, 22 Esquimalt Cres

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Red Cross Swim Lessons

Age: All

Date: Wednesdays, September 17-November 19

Time: 5:00-6:30 pm

Cost: \$40.00 for the first and second child

\$30.00 for third

\$20.00 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register Community Centre, Recreation office

***Please note: No refund will be issued without original receipt**

Kool Kids

Age: Kindergarten to 8 yrs

The place to be for fun, crafts, and games! Come and have a blast with your friends!

Date: Wednesdays (free trial nights - September 17 & 24)

Time: 5:30-7:00 pm

Cost: \$5.00/month

Place: Shilo MFRC

Sports Nite & Clinics

Age: 8-12 yrs

Grab the gang and head on over the GSH for a variety of sport clinics and activity nites!

Date: Wednesdays, September 17-November 26

Time: 6:00-7:30 pm

Cost: GSH Card Holders-No charge

Others \$3.00 Drop in fee

Place: GSH

Contact Community Recreation @ 3317

Kooler Kids

Age: 9-12 yrs

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 (free trial nights - September 17 & 24)

Time: 7:30-9:00 pm

Cost: \$5.00/month

Place: Shilo MFRC

Rookie, Ranger & Star

Age: 8-12 yrs

Perfect fit for youths wanting to kick it up a notch and are ready to go beyond learn-to-swim. The Lifesaving Society's Canadian Swim Patrol Program uses a work hard/play hard approach, to develop swimming strength and efficiency with emphasis on personal responsibility for Water Smart behavior. Each level of the Canadian Swim Patrol Program has three modules: Water Proficiency, First Aid and Recognition & Rescue. Swim Patrollers choose what level to base on their skill level and interests.

Date: Mondays, September 15-November 24

(no class on October 13)

Time: 5:00-6:00 pm

Cost: \$40.00

Place: Shilo Pool

Contact Aquatics Supervisor @ 3318

Register Community Recreation office @ 3588

***Please note: No refund will be issued without original receipt**

Red Cross Swim Lessons

Age: All

Date: Sunday, September 21-November 30

(no lessons October 12)

Time: Noon-2:00 pm

Cost: \$40.00 for the first and second child

\$30.00 for third

\$20.00 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register Community Centre, Recreation office

***Please note: No refund will be issued without original receipt**

Cooking Up A Storm Around Canada "Cooking for the Holidays"

Age: 9-14 yrs

This is an eight-week program that teaches children safety in the kitchen and different techniques used in basic cooking.

Date: Tuesdays, October 7-November 25



School Aged

Time: 4:30-6:00 pm

Cost: \$50.00 includes meals and a cookbook
Register by: Noon, Friday, October 3 - MFRC @ 3352

Babysitting Course

Age: 11+ (must turn 12 by December 31, 2008)
This course teaches children how to be responsible and reliable babysitters; it also contains basic first aid skills.

Date: Saturday, October 11

Time: 9:00 am-4:00 pm

Test: Monday, October 20 @ 6 pm

Cost: \$25.00 includes lunch

Register by: Noon, Wednesday, October 8 - MFRC @ 3352

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, October 20-December 8

Time: 4:30-5:00 pm (Level ½)

Time: 5:15-5:45 pm (Level ¾)

Cost: \$32.00

Place: Gunner Arena

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Halloween Dance

Dress in your spookiest costume and come out for dancing and prizes.

Date: Friday, October 24

Age: 5-8 yrs from 5:30-7:00 pm

Age: 9-14 yrs from 7:30-9:30 pm

Cost: \$2.00 at the door

Canteen will be available

Contact MFRC @ 3352

Girl 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

Spa Evening

Join us for a "Spa Evening"...manicure, pedicure, facial, etc.

Date: Monday, October 20

Cost: \$12.00

Register by: Noon, Friday, October 17

Card Making

Come and design cards for Christmas and New Years.

Date: Monday, November 17

Cost: \$12.00 includes all supplies

Register by: Noon, Friday, November 14

Christmas Ornaments

Create ornaments for your Christmas tree.

Date: Monday, December 15

Cost: \$13.00 includes all supplies

Register by: Noon, Friday, December 12 - MFRC @ 3352

Wheat Kings and Burger Night

Age: 8-14 yrs

Join us for supper at Burger King and then off to a hockey game at the Keystone for tons of excitement.

Date: Friday, November 7

Time: Meet at the MFRC at 5:20 pm

Cost: \$17.00 includes game ticket and meal

Register by: Noon, Friday, October 31 - MFRC @ 3352

Inservice Day Activities

Age: 5-12 yrs

Days filled with games, crafts, and all sorts of fun events.

Time: 9:00 am-12:00 & 1:00-4:00 pm

Card Making and Scrapbooking Day

Spend the day creating masterpieces and memories. Please bring pictures from home.

Date: Thursday, November 20

Cost: \$15.00 includes all supplies

Register by: Noon, Friday, November 14

Chef for a Day

Join us for a day in the kitchen and create delicious food.

Date: Friday, November 21

Cost: \$15.00 includes all supplies

Register by: Noon, Friday, November 14

Hawaiian Day

Hawaiian crafts & games in the morning and an afternoon swim at the GSH.

Date: Friday, November 28

Cost: \$10.00

Register by: Noon, Wednesday, November 21 - MFRC @ 3352

Mother/Daughter Tea Party

Age: 5-12 yrs

Spend time together playing games, decorating cookies and having tea & dainties.

Date: Friday, November 14

Time: 6:00-8:00 pm

Cost: \$15.00 includes all supplies

Register by: Noon, Friday, November 7 - MFRC @ 3352

Chapels Children's Christmas Concert

Please join us for our 2nd Annual Children's Christmas Concert. We are looking for parents and children who are interested in acting, singing and have talent with musical instruments.

Date: December

Contact Padre Bos @ 3088 to participate in this wonderful experience.

Christmas Dance

Age: 9-14 yrs

"Snow King and Queen will be announced"

Date: Friday, December 19

Time: 7:00-9:00 pm

Cost: \$2.00 at door

Canteen will be available

Contact MFRC @ 3352

Winter Break

Age: 5-12 yrs

Enjoy three days of fun over the winter break.

Cost: \$10.00 per day

Time: 10:00 am-3:00 pm (lunch included)

Game Day

Date: Monday, December 29

Movie Day

Date: Tuesday, December 30

Craft Day

Date: Wednesday, December 31

Register by: Noon, Friday December 19 - MFRC @ 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**

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

Capitol Theatre Trip

Age: 12-17 yrs

Join us on a trip to the movies!

Date: Saturday, October 4

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: Noon, Wednesday, October 1 - MFRC @ 3352

Halloween Party

Age: 12-17 yrs

Date: Friday, October 31

Time: 8:00-10:00 pm

Cost: Free

Place: Teen Centre

Contact MFRC @ 3352

Brandon Wheat Kings Trip

Age: 12-17 yrs

Join us to take in supper and a Wheat Kings game.

Date: Saturday, November 8



Teens

Time: Leave at 5:30 pm
Cost: Pay for your supper and your ticket at the game
Place: Meet at the Teen Centre
Register by: Noon, Wednesday, October 29 - MFRC @ 3352

CFB Shilo Youth 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 the GSH front desk, youth are permitted to train under supervision of a parent or guardian till 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, November 21

Time: 12:30-3:30 pm

Cost: No cost

Place: Fitness Training Facility at Shilo Country Club

Instructor: Janelle Boyd

Registration form returned by: Noon, Thursday, November 20

Forms must be signed by parents so come in early to pick up the registration package at the Front Desk at GSH. Contact ext 3889

Winnipeg Shopping Trip

Age: 12-17 yrs

A trip to Winnipeg to do some shopping in the big city.

Date: Saturday, November 29

Time: 9:00 am-6:00 pm
Cost: \$20.00 for the bus
Place: Meet at the Teen Centre
Register by: Noon, Wednesday, November 26 - MFRC @ 3352

Asessippi Trip

Age: 12-17 yrs

Skiing and snowboarding in Asessippi.

Date: Saturday, December 20

Time: 9:00 am-9:00 pm

Cost: \$20.00 for the bus

Place: Meet at the Teen Centre

Register by: Noon, Wednesday, December 17 - MFRC @ 3352

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: Tuesday, September 9

Time: 7:00 pm

For more details or to sign up phone Garry 765-3000 ext. 4557 or Jenn at shilobookclub@yahoo.ca

Connection Française

Tous les mercredi matins de 10h00 à 11h30
au Forbidden Flavour.

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

Monday Nite Aquacise

Age: 13+

Join our instructor for a great low impact, water workout!

Please register early.

Date: Mondays, September 15-November 24

(no class October 13)

Time 6:30-7:30 pm

Cost: \$30.00 with GSH Access card

\$50.00 without GSH Access card

Drop in if space permits \$5.00

Place: GSH Pool

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Lunch Hour Group Fitness Class

Age: Adult

Tuesdays (Step)

Thursdays (Pilates)

Date: September 16-November 27

Time: 12:10-12:50 pm

(closed November 11)

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

Drop in fee

Place: GSH Gym

Register Community Centre, Recreation office @ 3317

CycleFit

Age: 13+

Join our instructor for a great workout on our exercise cycles. A minimum numbers of registrants must be met for the class to run. Please register early.

Date: Tuesdays, September 16-November 25

(no class November 11)

Time: 6:30-7:20 pm

Cost: \$30.00 with GSH Access card

\$50.00 without GSH Access card

Place: GSH, Base Theatre

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Wednesday Nite Aquacise

Age: 13+

Join our instructor for a great low impact, water workout!

Please register early.

Date: Wednesdays, September 17-November 26

Time 6:30-7:30 pm

Cost: \$33.00 with GSH Access card

\$55.00 without GSH Access card

Drop in fee if space permits \$5.00

Place: GSH Pool

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

Intro Belly Dancing

Age: 13+

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

Date: Thursdays, September 18-November 20

Time: 7:30-8:30 pm

Place: Community Centre

Cost: \$38.00 with GSH Access card

\$60.00 without GSH Access card

Drop in if space permits \$5.00

Register Community Centre, Recreation office @ 3317

***Please note: No refund will be issued without original receipt**

"Respect"

Give Respect - Get Respect - Respect starts with you!

Date: Thursday, September 18

Time: 7:00-9:00 pm

Cost: No fee

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

Register by: Noon, Friday, September 12 - MFRC @ 3352

Adult Swimming Lessons

Age: 16+

Date: Sundays, September 21-October 26

Time: 7:00-8:00 pm

Cost: \$40.00

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register Community Centre, Recreation office

***Please note: 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.

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

Level 1 in Shilo

Date: Mon/Weds, October 15-December 17

Level 1 in Brandon

Date: Tues/Thurs, October 14-December 18

Register by: Noon, Wednesday, October 8 - MFRC @ 3352



Adult

English Second Language Test Night!

We want to help those who feel they need a better command of English for conversational and employment purposes. In order to host a course we will offer a "TEST" night where you can come in and get tested to determine what level you are at. Then we can offer the suitable course!

Date: Wednesday, October 8
Time: 6:00-9:00 pm

Cost: Free must you must register in advance so we can schedule the test

Register by: Noon, Friday, October 3 - MFRC @ 3352

CPR Re-Certification

This is the required refresher that you need to do every year to keep your certificate up to date. Level "C" Infant, Child, Adult.

Date: Tuesday, October 14
Time: 8:00 am-12:00 or 1:00-5:00 pm
Cost: TBA

Place: Community Centre
Instructor: D Kowalchuk, Red Cross
Register by: Noon, Friday, October 10 - MFRC @ 3352

MFRC GED Prep program

This 8-week program prepares you to write the 5 Canadian GED Tests. Lessons are in math, science, social studies, reading, and writing. One day a week our instructor will deliver information as it pertains to the lessons in the books. One day a week pre-tests are delivered and individual help is given in the areas of weakness each participant might be experiencing.

Date: Tues/Thurs, October 14-December 4
Time: 6:00-9:00 pm
Cost: \$70.00 (refundable for those who attend 85% of the course)

Instructor: Elmer Kurtz
Register by: Noon, Wednesday, October 8 - MFRC @ 3352

CPR Certification Workshop

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

Date: Wednesday, October 15
Time: 8:00 am-12:00 & 1:00-4:00 pm
Cost: TBA

Place: Community Centre

Instructor: D Kowalchuk, Red Cross

Register by: Noon, Friday, October 10 - MFRC @ 3352

What If? Expect the Unexpected

Spend an evening discussing how to handle such details as: power outages, winter driving, hitting a deer, preparing your house when you are away in the winter, highway travel/insurance issues. Speakers from CFHA, EMO, MFRC and other experts to explain these issues with a question and answer session.

Date: Thursday, October 16
Time: 7:00 pm
Cost: \$2.00

Place: Community Centre Lounge

Register by: Noon, Friday, October 10 - MFRC @ 3352

Family Pumpkin Carving and Pizza

Bring your family down and crave pumpkin creation. Participants will receive a pumpkin, carving tools and patterns and some pizza! An adult must supervise children.

Date: Monday, October 27
Time: 7:00-9:00 pm
Cost: \$30.00 per family

Register by: Noon, Wednesday, October 22 - MFRC @ 3352

Basic Spanish Course

Planning to escape the winter or are you planning to take a vacation in any Hispanic country? Don't know how to converse in Spanish? No problem we have the course for you!

Date: Tuesdays, October 28-December 16
Time: 6:00-9:00 pm
Cost: \$40.00

Register by: Noon, Wednesday, October 22 - MFRC @ 3352

Spotlight on Shilo Fall Production

Spotlight will be performing a stage production in November at the Base Theatre. Check out posters in September for more details.

Contact Linda @ 763-4720

Christmas Card and Stamping Night.

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

Date: Thursday, November 6

Time: 7:00-9:00 pm

Cost: \$10.00 (includes basic supplies)

Register by: Noon, Friday, October 31 - MFRC @ 3352

Wreath-Making Workshop

Get in the Christmas Spirit by making a wreath to decorate your home! All materials will be provided for you to make your own.

Date: Monday, November 17
Time: 7:00-9:00 pm
Cost: \$30.00

Register by: Noon, Wednesday, November 12 - MFRC @ 3352

"Couple Relationships"

The intricacies of couples and relationships.

Date: Thursday, November 20
Time: 7:00-9:00 pm
Cost: No fee

Instructor: Roddy Batson R.P.N., B.A.
Register by: Noon, Friday, November 14 - MFRC @ 3352

Shopper's Bus to Winnipeg.

Join us on our annual Christmas shopping trip to Winnipeg Polo Park as well as Costco. This trip is designed specifically for military families. Due to insurance regulations, only DND families, DND/NPF employees or MFRC staff only on this bus trip. No children, this is an adult activity only.

Date: Saturday, November 22
Time: 8:00 am-8:00 pm
Cost: \$15.00

Register by: Noon, Wednesday, November 12 - MFRC @ 3352

"Meals that Melt in your Mouth"

Back by popular demand!! Local chef extraordinaire, Marilyn Ross (Crock-pot Cooking) will demonstrate the preparation of some Christmas recipes ideas. An interactive session, with the participants preparing some of the food!!

Date: Monday, December 1
Time: 6:00-8:30 pm
Cost: \$25.00 per person

Instructor: Marilyn Ross
Register by: Noon, Wednesday, November 26 - MFRC @ 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 @ 4553 for all deployment activities.

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, September 13 & 27

Time: 1:00-5:00 pm

Date: Saturdays, October 18, November 8 & December 13

Time: 1:00-4:00 pm NEW TIME
Cost: Free

Spaces are limited so registration is recommended by Wednesday prior to - MFRC @ 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, September 13 & 27

Time: 1:00-5:00pm

Date: Saturdays, October 18, November 8 & December 13
Time: 1:00-4:00 pm NEW TIME

Spaces are limited so book early. Deadline for Saturday childcare is the Wednesday before. The MFRC also has an offsite childcare voucher system, call Dana @ 4105 for details.

Spouses of Spouses Away SOSA

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

Dates in Brandon: Tuesdays, September 16, October 14, November 18 & December 16



Deployment Activities

Time: 6:00-8:00 pm

Place: Brandon locations vary

Dates in **Shilo**: Tuesdays, September 9, October 7, November 4 & December 9

Time: 7:00-9:00 pm

Place: Forbidden Flavors

(childcare available at the MFRC for the Shilo SOSA)

Dates in **Carberry**: Mondays, September 8, October 6, November 3 & December 8

Time: 7:00-9:00 pm

Place: Evangelical Free Church

Registration is recommended - MFRC @ 3352

PlayTime Brandon

Bring the children out for the ultimate playtime experience.

Date: Saturday, September 6 & Sunday, December 7

Time: 2:00-5:00 pm

Registration recommended by: Noon, Friday prior to - MFRC @ 3352

Post Deployment Workshop

Join us for a presentation on what you may experience when your family is reunited.

Date: Tuesday, September 9

Time: 1:00- 3:30 pm

Date: Thursday, September 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, September 5 – MFRC @3352

Dinner and a Movie

Come on out for a meal and then off to a movie of your choice. It is a great way to meet new people.

Date: Fridays, September 26 & November 28

Time: 6:00 pm

Place: Boston Pizza and Capitol Theatre

Register by: Noon the Wednesday before - MFRC @ 3352

Deployment Rock Band

Come out to the MFRC Teen Centre and practice your band skills.

Date: Thursdays, September 11, October 9, November 13 & December 18

Time: 4:30-6:00 pm

Place: MFRC Teen Centre

Contact MFRC @ 3352

Thanksgiving Potluck

Join us for Thanksgiving dinner. Bring a family favourite!

Date: Saturday, October 11

Time: 4:00-6:00 pm

Place: Community Centre

Registration recommended by: Noon, Wednesday, October 8 - MFRC @ 3352

Family Bowling

Spend the afternoon bowling with your family. It will be a rolling good time!

Date: Sunday, October 26

Time: 2:00 pm

Place: Thunderbird Bowl - Brandon

Register by: Noon, Wednesday, October 22 - MFRC @ 3352

Shop Til You Drop for the Holidays

It's that time again! Come with us to Winnipeg for Christmas shopping.

Date: Saturday, November 22

Time: 8:00 am-8:00 pm

Cost: \$10.00 refundable holding fee for deployed families

Place: Bus leaves at 8:00 am sharp from the Community Centre parking

Register by: Noon, Wednesday, November 19 - MFRC @ 3352

Christmas Gathering and Movie

Don't spend the holidays alone. Come out and meet some new friends!

Date: Saturday, December 20

Time: 6:00-9:00 pm

Place: Community Centre

Register by: Noon, Friday, December 19 - MFRC @ 3352

Special Events

Dinner's On Us - Corn Roast

School has started and who wants to cook. Join us for the MFRC's first Corn Roast and check out the Shilo Fall Registration Day.

Date: Thursday, September 4

Time: 4:00-6:00 pm

Place: Community Centre

Contact MFRC @ 3352

Official Run Start with the Base Commander: 9:30 am

Routes: 1x loop = 5km, 2x loop = 10km. K-2 – 1 loop around Leslie Parade Square with activities

BBQ, Headshaving and Raffle Draw: 11:00 am

Raffle for Tie Domi framed photo. Tickets \$1.00 each.

Other raffle tickets: 3 for \$1.00

Contact Janelle Boyd, FS&R 3899 for more information

2nd Prize: \$100

3rd Prize: \$75

Contact Community Recreation @ 3588

Christmas Craft Sale

Come and check out the many crafters

FS&R has lined up for you.

Date: Saturday, November 1

Time: 9:00-2:00 pm

Place: Community Centre Annex Bldg L-25

Contact Community Recreation @ 3588

Fall Registration & Info Fair

FS&R wants you to come see what Shilo and the surrounding area Recreational Clubs, CFB/ASU Shilo Community Recreation and the Shilo MFRC have to offer.

Enjoy MFRC Dinner's On Us while you and your family are checking out all the great fall programs.

Date: Thursday, September 4

Time: 4:30-7:00 pm

Place: Community Centre

Contact Community Recreation @ 3317

Dinner's On Us

Join us for Dinner's On Us and while you are here, stop by the Healthy Family Fair! Information on the Fair available in the Pre School section.

Date: Wednesday, September 17

Time: 4:00-6:00 pm

Place: Community Centre

Contact MFRC @ 3352

Alzheimer's Coffee Break

Hosted by Health Promotion

Date: Thursday, September 18

Time: 10:00 am

Place: Canex

Pet Vaccination Day

Calling all pet owners! Bring your pets for their yearly vaccinations.

Date: Saturday, October 25

Time: 9:00-11:30 am

Cost: Rabies (Cats and Dogs): \$25

Feline & Canine Distemper Vaccine: \$25

Feline Leukemia: \$20

Kennel Cough: \$20

Includes a free Pet Registration with the RM of Cornwallis

Place: Community Centre

Contact Community Recreation @ 3588

Santa Claus Parade

Route: Departs Community Centre, goes south on Royal Ave to Kingston Ave travels down Kingston ending back at the Community Centre. Meet us immediately following the parade at the Community Centre for hot chocolate, cookies, and stories with Mrs. Claus.

Date: Thursday, December 4

Time: Begins at 5:00 pm

Place: Community Centre

Contact Community Recreation @ 3588

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, September 5-December 12

(no movie October 10 & November 21)

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 @ 3588

Christmas Jing-A-Ling

Come out and enjoy a free pancake brunch, Kid's Christmas Shopping, cookie decorating, sleigh rides and more. At the Kid's Christmas Shopping, children can purchase a recycled gift for mom and dad for only \$1.

Date: Sunday, December 7

Time: 11:00-1:00 pm

Place: Community Centre

Contact MFRC @ 3352

Christmas Display Contest

No need to register as our judges will travel through the PMQ area at 6:00 pm on Wednesday, December 17.

Winners will be notified December 18

1st Prize: \$150

2nd Prize: \$100

3rd Prize: \$75

Contact Community Recreation @ 3588

28th Annual Terry Fox Run

September 12, 2008

Pledge sheets available from Janelle Boyd, 3899

Registration begins: 8:15 am @ L-25

Opening Ceremonies & Warm-up: 9:15 am

Halloween Display Contest

No need to register as our judges will travel through the PMQ area 6:00 pm Halloween night. Winners will be notified November 1.

1st Prize: \$150

Saturday, November 15 1-4 pm

Welcome Home Ceremonies

**Manitoba Room, Keystone Centre
Brandon**

**Entertainment by Julian Austin
and many other local groups**

**Bring the entire family for a
day of celebration and homecoming**

*More information to follow
Presented by Brandon Salutes*

BRINGING THEM HOME

Walk our troops home from Afghanistan

**Help us walk every soldier
deployed from Shilo back home**

*Any physical activity counts towards our goal -
walking, biking, hiking, swimming, gardening, just to name a few!*

For information packages, call 765-3000 ext. 3867 or 3868 or e-mail: walkouttroopshome@gmail.com

Starts August 18

www.cfcommunitygateway.ca

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Archery Club	Tom Foster		720-2125
Auto Club	Brian Nichols	3276	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	3161	
Flewin Flyers	Sergio Bilny	3551	
Girl Guides of Canada	Leah Myslicki		765-2905
Gun Club	Rob Love		763-4720
Jiu Jitsu (Martial Arts)	Brenda Cavanagh	3317	
Military Wives Sisterhood	Gayle Raynor	725-3210	www.militarywivessisterhood.com
Minor Hockey	Brent Gitten	3293	765-4561
Minor Soccer	Brenda Cavanagh	3317	
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Recreational Vehicle Club	Justin Kirkpatrick	3584	
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	Micheal Bursey	3171	765-4689

Public Skate

Gunner Arena

Friday 7:00-8:00 pm, Saturday & Sunday 4:00-6:00 pm

Cost: Military members and GSH Card Holders-No charge

Others \$3.00 Drop in fee

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

General Strange Hall

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 upcoming 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 completed the youth weight training program. Drop by GSH to get your card today!

Hours of Operation

Monday-Friday 7:00 am-9:00 pm

Saturday, Sunday & Stat holidays 12:00-9:00 pm

765-3000 ext 3889

Cardio/Weight Room (Shilo Country Club)

Monday-Friday 7:00 am-8:00 pm

Saturday, Sunday & Stat Holidays 12:00-4:00 pm

Sport Stores

Monday-Friday 7:30 am-12:00 pm, 1:00-4:00 pm

Sports Equipment @ 3541

Facility Bookings @ 3315

Community Recreation Office

Monday-Friday 7:30 am-12:00 pm, 1:00-4:00 pm

765-3000 ext 3317 or 3588

Extended Hours (September 8-12)

Monday-Friday 7:30 am-6:00 pm

Shilo Pool

(Schedule begins September 2)

Please join us in the pool for a splashing good time. Children 6 and under require adult supervision within arms reach in the water. A lane will be designated for lap swimmers during all public swim times. Enjoy our waterslide; tot pool and 25yd pool. Please note that we now have a hydraulic chair lift for easy pool access. (Schedule may change without notice).

Cost: Military members and GSH Card Holders-No charge

Others \$3.00 Drop in fee

Public Swim Time

Tuesday & Thursday 6:00-7:30 pm

Saturday & Sunday 2:00-4:30 pm; and 5:00-7:00 pm

Statutory Holidays 1:00-4:30 pm

Lap Swim

Monday/Wednesday/Friday 12:00-1:00 pm

Monday to Thursday 7:30-8:30 pm

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. Call our Aquatic Supervisor at 765 3000 ext 3318 for additional information and rental procedures.

Swim Assessments

Not sure what level to enroll 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 @ 3318

Hammers & High Heels



Organize your kitchen for full effect

NewsCanada

Countries have capitals, corporations have headquarters and families have the kitchen. No longer simply the room where meals are cooked, the kitchen has evolved to become the hub of family activity and the centrepiece of the home. To keep up with busy families, the kitchen must be the most organized room in the house.

Storage Area

Optimizing storage space is the best way to get the most out of your kitchen. First, determine what your family does there - besides cook and eat. Then, design your kitchen storage taking into account its multiple uses and taking advantage of vertical and hard to reach shelves and corners. Items can be stored on hooks behind doors and on walls, and lazy susans turn dead areas into extra space.

Group similar items to-

gether in containers and label them so that everyone can find what they are looking for. A good electronic labeller is a must-have for the organized kitchen. Brother pioneered them and today offers its P-touch models at most office retailers and online at www.brother.ca.

"Our P-touch labellers are ideal for busy families because they are a quick, convenient and easy-to-use solution for getting organized around the house," says Brian Caldwell, senior product manager at Brother Canada. "Our exclusive line of tapes come in various sizes and are extremely long-lasting. They move from freezer to microwave without peeling or fading, which is great for preparing lunches for school and work."

Cooking Space

Whether you are a working parent or an aspiring chef, cooking for a family is a big job. By making your kitchen more user-friendly,



Photo courtesy NewsCanada

you and your family will be more likely to cook at home - eating more healthily and saving money in the process.

A well-organized pantry is a good way to ensure a happy cook. Grouping items and labelling shelves make ingredients accessible and easy to locate. Cooking equipment and tools are getting more plentiful and sophisticated. Wherever possible, opt for multifunctional devices like food processors instead of several small pieces. And make room for a cookbook shelf so that inspiration is close at hand.

Schedule Keeper

Some kitchens feel like busy train stations. With all the comings and goings, it's an ideal space to organize the family's activities. Install a large corkboard and use it to post the kids school and activity schedules, phone lists, grocery store flyers and coupons and the all-important family calendar.

By making the most out of the most popular room in the house, you'll create order in the busiest home and spend less time organizing and more time enjoying your family.

Get grilling

NewsCanada

People love to gather around food, especially during barbecue season. Make your barbecue memorable by serving tasty, healthy dishes that will wow the crowd. This easy and unique Southwestern BBQ sauce will add a flavourful kick to your food thanks to the chipotle peppers and has less calories because it uses Splenda Brown Sugar Blend. More recipe ideas can be found online at www.splenda.ca.

Southwestern BBQ Sauce

Prep Time: 10 minutes

Cooking Time: 25 minutes

Ingredients

- 1 tbsp oil
- 1 shallot (chopped)
- 3 cloves of garlic (chopped)
- 1 tbsp molasses

- 1 cup Splenda Brown Sugar Blend
- 4 chipotle peppers
- 2 tbsp HP Sauce
- 2 tbsp Worcestershire sauce
- 1 1/2 cups ketchup
- One bottle of your favourite beer.

Directions:

Sweat off shallots and garlic in oil on medium heat until soft.

Add the chipotle peppers and cook for a few minutes.

Add all remaining ingredients, except for the ketchup.

Bring to a boil and simmer for 5 minutes.

Add the ketchup and cook for another 10 minutes on medium heat until the liquid reduces.

Assembly:

Pour the sauce into a blender and mix until smooth.

Makes 1 litre of sauce.



Photo courtesy NewsCanada

Healthy choices easy to make

NewsCanada

Shop for healthy foods by following these healthy tips:

- Choose colourful vegetables and fruit, especially dark green and orange kinds. They are full of vitamins A and C, and many are a source

of fibre.

- Choose lean meats, meat alternatives such as beans, lentils and tofu and lower-fat milk and soy beverages (2% M.F. or less).

- Look for the Serving Size in the Nutrition Facts Table. The amount of calories, fat, sodium and fibre is based on

the serving size.

- Just because bread is brown doesn't necessarily mean it is high in fibre. Look for whole grains at the beginning of the ingredient list.

- Fresh, frozen or canned? Choosing any of these fruit or vegetable options is healthy. Make sure to rinse and drain

canned food before eating.

- Healthy individuals should consume 21 to 38 grams of fibre daily. Look for foods with at least 2 grams or more of fibre per serving. Don't forget to drink plenty of water.

For additional information visit healthcheck.org.



STEEL INSULATED DOOR SLABS
\$69⁹⁹
each



FIBERGLASS INSULATED DOOR SLABS
\$99⁹⁹
each

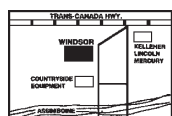


INTERIOR OAK PREHUNG DOORS
\$74⁹⁹
each

WEISER LOCK SETS & DEADBOLTS



15% OFF



The experts you need to know!

Windsor Plywood

1840 18th Street North Brandon, MB 728-4243





Shilo Military Family Resource Centre



They're coming home

Submitted by
Shilo MFRC

Want to be part of "Welcoming Home the Troops"? We sure could use your help. A brainstorming session was held on August 13 and a lot of great ideas came from it. Here are some areas that you can help with:

Making of yellow bows:

- August 18-22, 9 am -

4 pm at the Faith Centre;
6-9 pm at the Community Centre

- August 23, 1-5 pm at the Community Centre
- Decorating Shilo and area (including Brandon)**
- The week of August 25
- Decorating your house/ neighbourhood**
- Your creativity is the limit

Please contact Colleen at the MFRC ext. 4553 for more information. Just a reminder that, anything that goes up, must come down. The tear down dates will be approximately one week after everyone is back home.

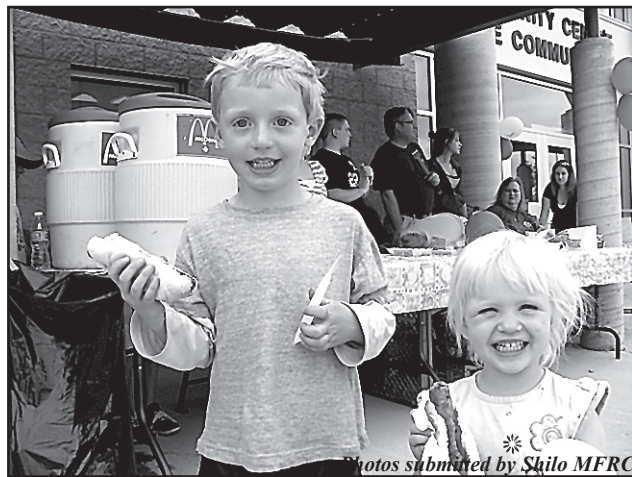
So, whether you can do 1 hour, 10 hours or more, be part of the group that "Paints the Town YELLOW"!



Photos submitted by Shilo MFRC



Summer snapshots



Photos submitted by Shilo MFRC



Throughout the summer, the MFRC put on various programs and events for the community, especially for the children. 'Dinner on Us', Summer Fun Day Camp, and an MFRC Day Care garage sale were just a few of the activities hosted by the Shilo MFRC.



Shilo Military Family Resource Centre is looking for Occasional Childcare Worker in the Occasional Childcare Room Monday-Friday (30 hours/week)

Qualifications:

- 2-5 years experience working with children
- Excellent interpersonal and communication skills
- Willingness to take Health, Nutrition and Safety course
- Criminal Record Check and Child Abuse Registry required

The successful applicant would be responsible for:

- Providing occasional childcare for children in a mixed age group setting
- Planning and implementation of children's activities
- Constant communication with families
- Knowledge of the military lifestyle

Benefits of the position:

- 3 weeks paid vacation
- paid professional development days
- \$8.87/hr
- T-shirts supplied

Please send resume including references to:

Shilo Military Family Resource Centre
Box 5000 Station Main
Shilo, MB
R0K 2A0
Attention: Dana Thompson
Fax to 765-3859
Email: reception@shilomfrc.ca
By: Friday, August 29 @ 4:00pm

www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

The tradition blooms again

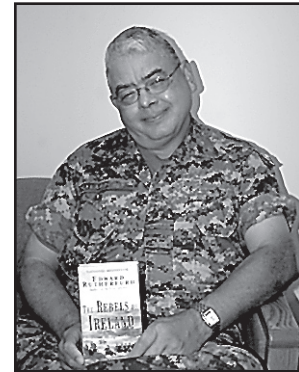


Once again, 2 Alfriston Place (left) won the Summer Yard Contest, sponsored by the Community Recreation Office. The judging for the contest was held on August 13 and sought the home that showcased creativity, originality, and neatness, making our community a residence of choice. Second place went to 14 Petawawa Crescent (below left), with 53 Frontenac Crescent (below right) taking third.

Photos submitted by Community Recreation Office



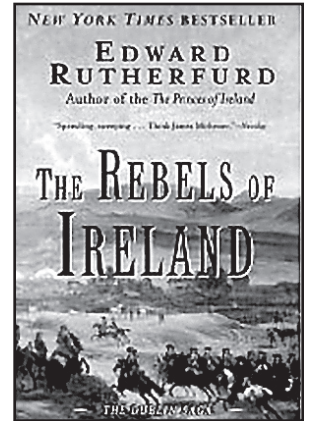
What's on your bookshelf?



Maj. Charles LaRocque
Chief of Staff

Read: The Rebels of Ireland
By: Edward Rutherford

What did you like about it?
I enjoy historical fiction and this book is very detailed which I think adds to the charm of the book. He's also written one called 'London' which I also enjoyed very much. The way Rutherford weaves his story with historical facts also something I appreciate.

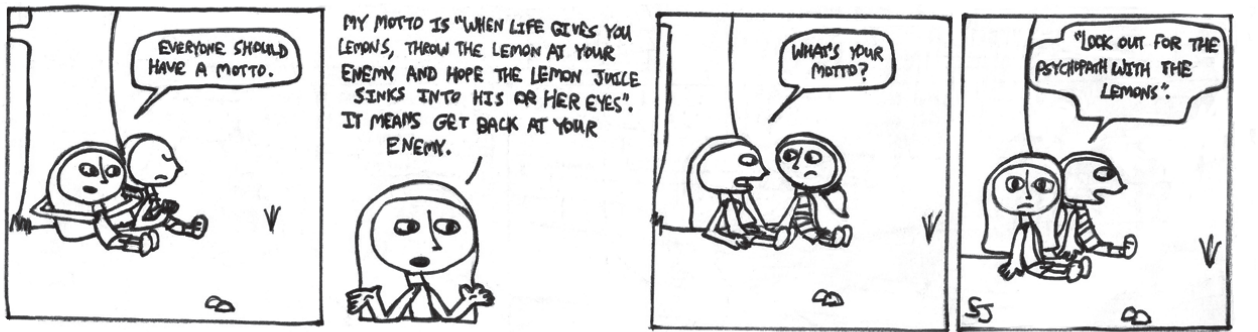


Why would you recommend it?

I would recommend Rutherford to anyone who likes historical fiction. He also wrote the Princes of Ireland which ties in nicely with the Rebels of Ireland. Would you like to share what's on your bookshelf with us? **Email your reading recommendations to stag@mts.net**

Kyra and Kate

by S. Joudrey



A Different Book List



New Titles at the Shilo Community Library

- Junior Fiction** - *The floating island/The Thief Queen's Daughter*, by Elizabeth Haydon
- Adult Fiction** - *Sail*, by James Patterson
- Adult Non-Fiction** - *Outside the Wire: The war in Afghanistan in the words of its participants*, edited by Kevin Patterson and Jane Warren
- Inspirational Fiction** - *This Present Darkness/Piercing the Darkness*, by Frank E. Peretti
- Biography** - *Schulz and Peanuts: a biography*, by David Michaelis

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

Brandon

- Safeway - Corral Centre
- Safeway - Shoppers Mall
- Brandon Armoury
- Women's Resource Centre -
- Town Centre Mall
- Royal Cdn Legion #3

Sobey's

- 1645B 18th Street
- 3409 Victoria Ave
- Forbidden Flavours
- 1060 18th Street
- 3300 Victoria Ave
- ANAF - 31 14th St.

Carberry

- East Side Service
- Carberry Legion
- Douglas**
- General Store
- Minnedosa**
- Minnedosa Legion

Shilo

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

Sprucewoods

- The Shilo Inn (Crang's)
- 340 Esso Station
- Dock's Restaurant

Wawanesa

- Lucky Dollar



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We welcome your suggestions!

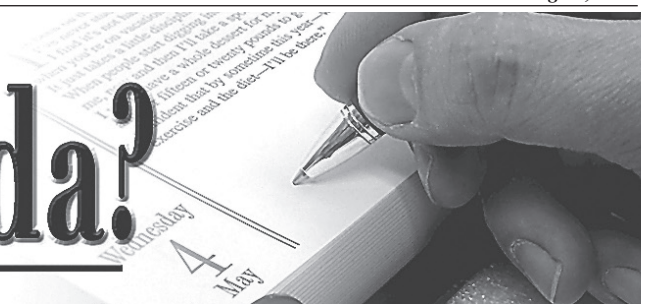
The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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.

What's on Your Agenda?



Got an upcoming event to promote?
Send us an email with all the details to
stag@mts.net
Deadline for next issue:
AUGUST 28, 12:00 PM

Prayers for the Fallen
A time to remember
A time to come together
A time to grieve in community
A time to strengthen faith
 Memorial prayers will be offered at both chapels during Sunday worship at 1030 hrs on these dates for all Fallen Shilo Soldiers:
 14 September

Ki Rin ITF Taekwon-do Shilo
 Instructor: Mr. Dwayne Bos, I
 Location: T-119 Faith Centre, Notre Dame Road
 Phone: 724-4227 or ext 3088
 Starting Date: September 9/08
 Practices: Tuesday/Thursday 6:30 pm
 Monday 6pm White Belts, 7pm Colour Belts at Brandon Ki Rin (10th Street between Rosser/Princess)
 Ages 7 and up
 Fees: \$40 per month (uniform/sparring equipment extra)
 Pre-register any time or after introduction classes

Registration for new members must be completed by Sept. 23

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

Play N' Park
Mondays
 Waterpark
 10-11:30 am; and 1:30 - 3pm
Tuesdays
 Sapper
 10-11:30 am; and 1:30 - 3pm
Thursdays
 Kingston
 10-11:30 am; and 1:30 - 3pm

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

Do you or someone you know have an acquired brain (head) injury?
Caused by stroke, illness, accident, fall or assault
 Help us assess what supports you need!
 What are your issues in dealing with or supporting someone with a brain injury? Those affected must be 16-64 years of age and live in the Assiniboine or Brandon RHA regions to participate.
For more info call 578-4500 or go to www.brandonrha.mb.ca

Ki Rin Shilo Taekwon-Do Summer Camp
 Tues/Thurs 2-4 pm
 Register any time!
 Faith Centre
 T-119 Notre Dame Road
 Contact: Mr. (Capt) Dwayne Bos for more information
 Ph: 765-3000 ext 3088
 Cell: 724-4227

Email: bos.dw@forces.gc.ca

Preschool Booster For Kindergarten Students
 Wednesday, August 27
 Shilo Community Centre
 1-3 pm
 For more information, please contact Susan at 571-8479
 No appointment necessary!

Pastoral Practice Education
 Two days per week starting September 2008 - May 2009
 Accredited by the Canadian Association for Pastoral Practice & Education (CAPPE) through the University of Winnipeg
 For more info call Joanne, BRHC Chaplain at 578-4796

Wag-A-Tail Walk-A-Thon
Sunday, September 7
Riverbank Discovery Centre, Brandon
In support of the Brandon Humane Society
 Registration at 9 am
 Walk from 9 - 11 am
 2 km & 5 km walk
 Barbeque to follow with Brandon Wheat Kings
 Prizes awarded for top pledge collector.

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!

Event runs rain or shine.
 For more information, please contact the Brandon Humane Society at 728-1333
 www.brandonhumane.society.ca

Can You Help?
 Our need for foster homes is urgent! We need homes for all aged children and sibling groups. Of critical need are emergency spaces and homes for teens. If you know of person(s) that could be considered for the vital job of fostering, please ask them to call:
Nancy Hunter
Child and Family Services of Western Manitoba
726-6109 or 1-800-483-8980 (toll free) or email nancy.hunter@gov.mb.ca

Phone Line Counselors Needed
 Are you interested in helping people in crisis? Do you

wish to gain experience in the counseling field?
 Join the Clinic's Crisis Line Volunteer Program in Brandon!
 No previous experience is required. 2008 training begins September 30th. Deadline for applications: September 15th
 Call today to ensure your space!
 For more information or to apply, contact Janet Smith, Program Manager
 571-4182
 www.klinic.mb.ca

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.

CLASSIFIED ADS

\$10 for first 20 words, 10¢ for each additional word*
Deadline for next issue:
AUGUST 28, 12:00 PM
 *Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area (Sprucewoods, Douglas and Wawanesa, as well as local rural areas). Free ads will run for a period of two months, but can be extended upon request.

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

Homes to Move
 TO BE MOVED: 1998 Moduline 16x76 Mobile Home. 3 bedrooms, 2 full baths. Sky-light. Good condition. Price \$62,500.00 Phone: 763-4250

For Sale
 For Sale: fully equipped 25 gallon fish tank, all ready to go plus 11 fish. Asking \$125.00. If interested call 765-4556

5 yr old, 18 cu. ft. fridge, excellent condition \$200. 18-20 yr old stove, only been used for 2 yrs, very good condition \$150. 13 yr old Hotpoint washing machine \$100. 5 yr old dryer, Whirlpool \$150. \$200 for washer/dryer pair. Open to offers. Call 765-5170 if interested.

For Sale: Mason & Rich Upright Piano with matching bench in good condition, excellent for beginner and intermediate players, \$450; wooden glider with cushions, \$25; 2 position high chair, also converts to chair and table for toddler, \$35. Call Nathalie at 763-4139. Pictures can be emailed.

For Sale
 Extra lean ground beef 1lb packages \$2.50 per pound. Government inspected. Call Perry 726-0231
 For Sale: Quad Pocket Bike \$350. If interested please contact Jaime 765-5144
 For Sale: 24 cubic side by side fridge/freezer, 3 yrs old, white in colour. Asking \$800.00. If interested call 765-4556

Furniture
Posted In/Out or just looking for great deals?
We Buy and Sell good used Furniture/Appliances/Beds!
 Visit **People's Market Place 32-13th Street, Brandon or call 727-4708**

Child care
 Wanted: Reliable, mature person to babysit our 3 kids in our home, full-time days. If interested, please contact Jaime at 765-5144

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

Licensed daycare - 2 spots for school age (before and after-school care available and in-service days coming up), 1 full-time spot for preschooler age 2-5. Call Crystal at 765-2617 for interview. Filling up fast!

Lost
 Sony Digital Camera - lost at GSH swimming pool on Friday, July 11 during a birthday party. Was inside a Sobey's shopping bag. Would at least like the memory card returned. The photos have sentimental value. Reward offered! If found, please contact Sheila at 824-2091.

On evening between Aug. 4-8 between Royal Ave. and the CFHA, an iPod Classic. If found, please contact 765-2926.

Services
 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

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

Canadian Firearms Safety Course Instructor/Examiner, Restricted & Non-restricted, Manitoba Hunter Safety Course Instructor Greg Steele 725-1608 or ggs57@wcgwave.ca call for next course dates, challenges by appointment. Combined MB Hunter safety & firearms safety course - Aug 22 & 23. One day only: Canadian Restricted Firearms Course - Aug 24. MB Hunter Safety - Sept 6. Canadian Firearms Safety - Sept. 7

Services
 "Baking by Crystal" Home-made cakes, cookies, squares, ect. Made to order. Dozens of recipes to choose from. I can also do desert trays, sandwich trays, and many different theme cakes. Call Crystal 765-2484

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

Dick & Jane went to a Passion Party. Their order came in. Now they don't answer their phone anymore. Curious?? 204-573-3573 www.daphnewilson.com

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
 Sunday's @ 1030 with Sunday School & Nursery
 Padre Donnelly - ext 3090
 Padre Bos - ext 3088

Our Lady of Shilo Roman Catholic Chapel
 Sunday's 1030 hrs
 Confession 1000 hrs
 Weekday Mass - Tuesday to Friday, 1205 hrs
 Padre McLeod - ext 3089

Both chapels will be open Wednesday afternoons from 1200 - 1500 hrs during the deployment for prayer and quiet reflection.

IN MEMORIAM



MCpl Erin Doyle
CEFCOM

One Canadian soldier was killed the morning of August 11 and another was injured in the Panjwayi

District. The soldiers were protecting their combat outpost at the time of the incident when insurgents attacked them with rocket propelled grenades and small arms fire.

The fallen soldier is MCpl Erin Doyle of the 3 PPCLI, based in Edmonton, Alberta, and attached to the 2 PPCLI BG.

Both casualties were evacuated by helicopter to the Multinational Medical Unit at Kandahar Airfield. The injured soldier is in good condition and stable.

This is a difficult and emotional situation for the families, friends and colleagues of our soldier killed in today's incident. The CF will, as always, do the utmost to help and assist the families of the fallen and injured soldier.

We will continue with our mission as we remember the life of MCpl Doyle. We remain committed to improving security and stability in Kandahar Province and working together with local Afghans to achieve peace and prosperity for their country.



MWO John Clarence Harrietha CD2
77 Bras d'Or 1931-2008

With heavy hearts, we announce the passing of Clarence at the Cape Breton Regional Hospital, Sydney on Thursday, July 24, 2008 surrounded by his loving family. He was born in Sydney Mines and later moved to Bras d'Or with his family. He was the son of the late Joseph and Dora (LeBlanc) Harrietha. He was a member of St. Joseph Parish, Bras d'Or.

Clarence worked at No. 1 Colliery in Sydney Mines prior to joining the Armed Forces in 1953. During his 28 years, he served in Petawawa, Korea, Debert, Gagetown, Germany, Winnipeg, Shilo, Egypt, Ot-

tawa, Halifax and HMCS Assiniboine. He retired as a MWO in 1981. Upon retirement, he worked as commissionaire at the Braemore Home, Sydney River.

He was an active member of Branch 8, Royal Canadian Legion in Sydney Mines. Clarence had a true love of life, his family being first and foremost. He had many friends and acquaintances wherever he travelled.

He was well known for his outside Christmas decorating and gardening. He had a true passion for nature, whether it was travelling, snowshoeing, feeding animals or going for walks. His hobbies included taking pictures and scrapbooking. He was also a Toronto Maple Leaf and Blue Jays fan.

Clarence is survived by his wife, Thelma (Tillie) White Harrietha, daughters, Thelma (Carmen) Solimine, Mississauga Ont., and Linda (Jack) Benstead, Brandon, Man; grandchildren, John (Wan-

da) McGuire, Angela (Jason) Floyd and six great-grandchildren. He is also survived by his brother Joe (Sharon) Harrietha; and sisters, Carlotta (Gerry) Flowers, Rose (Eldon) Johnstone and Violet (Ted) Jarvis. Besides his parents, he was predeceased by a brother, Leonard Harrietha.

Visitation for Clarence Harrietha will take place in J.M Jobs Funeral Home, 635 Main St., Sydney Mines, Sunday, July 27, 2008 from 2-4 and 7-9 p.m. A mass of Christian burial will be held Monday at 10:30a.m in St. Joseph Church with Fr. Peter MacLeod officiating. The burial will be in the parish cemetery. There will be a legion service at the gravesite.

The family would ask that donations in Clarence's name be made to the Palliative Care at the Cape Breton Regional Hospital.

Online condolences may be sent to the family at jmjobsfuneralhome@ns.alianzinc.ca.



Leonard Frances Harrietha
(Retired MCpl, RCHA, CFB Petawawa)

Leonard Francis Harrietha of Petawawa and formerly of Cape Breton, passed away peacefully at the Pembroke Regional Hospital with his family by his side on

Tuesday afternoon, July 22, 2008 at the age of 79 years.

Beloved husband of Joyce Harrietha (nee Day); loved father of Sherry (Richard), Perth Australia and Joe (Roxanne), Ottawa; loving grandfather of Mckaila, Lindsey and Madison; brother of Clarence, Adrian, Carlotta, Rosemarie and Violet (Babe); son of the late Joseph and Dora (nee LeBlanc) Harrietha. Predeceased by his infant brother, Joseph. Len will be sadly missed by all his nieces, nephews and friends.

Relatives and friends may call at the Murphy Funeral

Home, Pembroke, Saturday, July 26 from 2-4:30 pm followed by Cremation. Interment will take place in the Beechwood National Military Cemetery, Ottawa.

You will always be in our hearts and memories, loving wife Joyce, Sherry, Joe, Richard and Roxanne. We will always love you Papa, Mckaila, Lindsey and Madison.

In memory of Len, donations to the Pembroke Regional Hospital Foundation would be appreciated by the family. Condolences, tributes, donations, www.murphyfuneralhome.ca

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