

**SPECIAL PULL-OUT INSIDE!**

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Volume 46 Issue 11

Serving Shilo, Sprucewoods & Douglas since 1947

June 14, 2007

# From coast to coast



Students from Ecole La Source complete the final lap of their 'Walk Across Canada', an initiative that took them from Vancouver to Halifax since they began May 18th, 2006. A total of 5970 kilometers were travelled on foot by the students and as they travelled via laps around the school, mayors from various cities offered pins and other souvenirs as well as letters of encouragement. A great effort put forth by all the students!

Photo by Layne Thiessen/Shilo Stag



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# History with a bang!



Photos by Clive Prothero-Brooks/RCA Museum

The RCA Museum held an open house June 3rd to celebrate Canadian Forces Day. The event featured free museum admission, a hotdog vendor in the picnic area, special displays of museum vehicles and 1885 artillery and cavalry demonstrations by the Queen's Cowboys re-enactment group. (Above) The Queens' Cowboys fire their replica 9 Pounder gun for the crowd. (Upper right) The Queens' Cowboys cavalry skills display. (Right) Some of the RCA Museum collection vehicles on special display for the 126 who attended.



# Veterans honour RSM



(Above) CWO Ray Vigneault receives a certificate of appreciation from Peter Ewasiuk, President of the Korean Veterans Association, Unit 17 from Brandon at the KVA's Annual General Meeting held at the Tenne Club. The certificate represents Vigneault's contributions and cooperation in organizing meetings and dedicated years of service with the veterans. At the AGM, LCol Williams, CO, 1 RCHA was inducted into the brotherhood of veterans. The brotherhood meets annually to assess the needs and resources of the KVA and their families. (Right) The group of veterans pose with CWO Vigneault and LCol Williams.



Photos by Layne Thiessen/Shilo Stag



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# Fair offers job opportunities, education

Layne Thiessen  
Shilo Stag

Shilo residents looking for career opportunities and advice mingled with over 20 exhibitors at the MFRC's third annual Employment and Education Fair on May 28. The event featured a number of local employers who are actively recruiting, educational institutions that are able to provide flexible learning environments and upgrading, and government agencies that can offer funding to help offset the cost for individuals looking to go back to school to pursue a career.

MFRC Employment and Education Coordinator Christine Helgason says that the fair has something to offer everyone but is particularly important because it gives people a chance to learn about a number of career possibilities and resources, giving them answers to all of their questions, and allowing them to come up with a plan for their future in one afternoon.

"It offers people a one-stop shop for access to government agencies, to employers, and educational institutions. They can come in and talk to everybody all at once."

New employers this year included Home Depot, Service Canada Centre For Youth, and Professional Transport Driver Training School (PTDTS). Mike Dobell a career consultant with the school was excited to be part of this year's fair and said there that there is a huge demand for truck drivers in Canada right now.

"We're offering Class 1 Driver Training. We take rural rookies who've never been behind the wheel of a semi before, put them through our six-week program, and help them pass the provincial road test. We're looking at about 30,000 jobs a year in the in-

dustry in Canada." Educators including Assiniboine Community College, Academy of Learning, and the University of Manitoba were also on hand to offer advice to visitors interested in learning about new career opportunities or looking to upgrade their current skill set. All of the institutions offer a number of flexible programs aside from the traditional academic approach.

Employment Manitoba, a provincial government organization that provides funding for qualified individuals who require financial assistance in obtaining their education was also among the exhibitors at this year's fair.

"We help people find and get jobs but also to get the education they need. We can help with resumes, job-searching and interview skills. If you want to go to college and you need funding to go to school, we can help in that way too," says Yolanda Ducharme, an Employment Consultant with Employment Manitoba.

Debbie Hoddinott, a Shilo resident and mother of three is one example of how the Employment and Education Fair can open up doors for people looking to make a positive change in their lives.

"I have completed one year of a two year diploma program for Business Administration, Financial Specialty at Assiniboine Community College. I am now working at Westoba Credit Union for the summer for my co-op placement as part of the program."

Hoddinott, had to quit her job in Wainwright, Alberta when her husband was posted to Shilo in 2005 before deploying for Afghanistan. Searching for new career and education options, she attended last year's fair and it helped her plan out a path for her future.

"I came away with a lot of information about the dif-

ferent education programs out there which helped me decide that Assiniboine Community College was the right path to start my education to achieve my diploma and give me the first two years of a Business Degree."

While Hoddinott admits that there have been challenges including taking

care of her family while her husband is deployed and going back to school as a mature student, she believes the rewards have outweighed the costs. She encourages everyone seeking career advice to attend the annual fair, including her 16 year-old son.

"He attended the Employment/Education Fair this

year and he managed to talk to several people about his career goals. He got a lot of information about different programs he could do and even filled out an application for a job while we were there. He is now working on his education plans past high school and is very excited about his options."

This year's Employ-

ment and Education fair took place from 2 to 8 pm at Shilo's MFRC and was capped off by an evening barbeque. Anyone who needs assistance in finding or planning for employment, or has any follow up questions following the fair is encouraged to contact Christine Helgason at 765-3000 extension 3227.



(Above) Christine Helgason, Employment and Education Coordinator at the MFRC, chats with an exhibitor at the annual Education and Employment fair. (Right) Exhibitors from the Military Support Office stay on hand at the fair to offer advice, support, and options for both serving and retired members.

**Wondering how you'll manage the rising cost of post-secondary education?**

Apply for a **low-interest loan** through the Educational Assistance Loan Program offered by the Canadian Forces Personnel Assistance Fund (CFPAF).



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# New Padre prepares for deployment

Layne Thiessen  
Shilo Stag

For many years Capt. Darren Persaud has been seeking out a spiritual career. He never imagined that working with Canadian soldiers in Afghanistan would be a part of it until very recently.

"I remember walking into the recruiting office on September 8, 2001 three days before September 11. I always wondered how that event would affect my own life."

The new 34 year-old Padre was called up in mid-January for deployment with Shilo's 2 PPCLI for the TF 1-08 Battle Group while serving in North Bay. Persaud comes from a mixed Catholic and Mennonite heritage and has already had a wealth of diverse military experience from flying in CF-18 Hornets in Cold Lake and forest fighting in British Columbia to deploying as a TAV (Technical Advisor Visit) in Kabul, Afghanistan. Persaud says he is looking forward to going back to Afghanistan in a more permanent role and with greater responsibility.

"There's no greater place for a chaplain to be than deployed with the troops. Deployment is so demanding on both soldiers and their families. It is an honour to hear what the soldiers are feeling and to share their trust. I've seen some dark sides and dark times and it's a chal-



Photo by Layne Thiessen/Shilo Stag

lenge to deal with that."

Persaud believes that the battle group will be exceptionally well-trained and is preparing the soldiers for battle spiritually by dealing with the challenges they will be faced with ahead of time.

"Can I kill someone? What happens if someone close to me is killed? What will happen to my family? We have to think and talk about these questions before we go so that when we get there no one is living with doubt or regrets. You never know exactly what to expect and I'll be standing there with them in times of both indescribable grief and great joy."

The Padre also supports the diversity of faiths in today's CF and welcomes efforts that are made to support all of the military family's spiritual groups.

"The old [military] faith model supported mainly Protestants and Catholics. That no longer works in countries as diverse as Canada. A chaplain in the CF

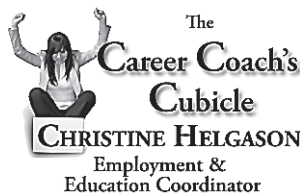
should be rooted in their own spirituality but also be in dialogue with other groups because it enriches and enhances our faith. We need to listen to where Canadians are at and respond to their needs and not only our own particular denominations."

While Persaud is looking forward to working with Canadian soldiers in Afghanistan as well as local elders and other Afghans to build a relationship of trust and respect, he says he is enjoying his brief time in Shilo before the troops deploy next February.

"I love it here. I'm new here but I'm already realizing that this is a fantastic group of people to work with. Every day is so different and it spurs you on to become a better minister. If I can help a soldier foster the seed that God puts in each of us... to me that's an amazing thing."

Persaud is not an ordained priest but has received his Master of Divinity from the University of Toronto. In addition to his M.Div., he has a Bachelor of Arts degree from the University of New Brunswick, a degree in Advanced Counseling from George Brown College, and has completed two years of mission work. Persaud and the members of the 2 PPCLI led TF 1-08 Battle Group will leave for the Kandahar region of Afghanistan in February 2008.

# Job searching tips



**Dear Career Coach:**  
*I will be relocating to Shilo this summer and I want to start looking for a job before I get there. Where can I start?*  
**Pro-Active.**

Dear Pro-Active:

Conducting a job search can be a daunting task, especially when your search will be in a market you are not familiar with. So, first things first, make sure your resume is in order and then hit the streets running – or in this case, let your fingers do the walking. Here are some websites where vacant positions are posted:

brandonjobbank.ca = Local positions in the Brandon market

brandonrha.mb.ca = The Brandon Regional Health Authority site

brandonmb.ca = Bran-

don School Division vacancies

gov.mb.ca/csc/employment/jobs = Provincial government positions

jobbank.gc.ca = Federal job bank – narrow your search on this site to the Brandon area and positions updated in the last 48 hours.

brandonjobs.com = Another local site for the Brandon region

cfpsa.com = Positions through CFPSA for all bases

wchrs.com = WestCan Human Resource Solutions is a local company that assists employers with their HR needs

globecareers.workopolis.com = Workopolis is always a good site to check out

assiniboinerha.ca = The Assiniboine RHA covers south western Manitoba, excluding Brandon

brandon.ca = This is the City of Brandon site where you will find municipal positions open to the public

canada.indeed.com = Check out Indeed – a rela-

tively new site  
jobs-emplois.gc.ca = This is where you will find Federal positions open to the public

Other options include contacting your professional association for information on the area, being in touch with a career counselor in the area to get information specific to the market and to explore training options, and investigating transfers if you work for an organization with location across Canada.

Creativity and persistence will be some tools you will need to keep handy while conducting your search – hang in there and don't be afraid to re-create yourself!

Christine

(For further information on this or any other employment/education subject, please contact the Shilo MFRC Employment and Education Program Coordinator, Christine Helgason at 765-3000 ext 3227 chelgason@shilomfrc.ca or shilomfrc.ca)

# Lion's lanes update

Our "Roar" night was successful and lots of fun. Grandpa and Grandma hand puppets borrowed from the local Canadian Diabetes Office were fun. They introduced the Lions and special guests who were making presentations.

During the "good health" portion of the evening guests were able to have their blood pressure and blood sugars tested. One gentleman's skin was so tough that Lion Sharon gave up on poking his finger - so he took the guard off the needle, poked himself and we are glad to report that his blood sugar was normal.

One of our special guests was Past District Governor, Lion Lilliss Morrice of Brandon who spoke on the infant hearing screening program. Did you new mothers know that when your newborn is

tested following birth for hearing defects - that the Lions purchased the equipment. Not only in Brandon but throughout Manitoba.

Past District Governor Lloyd Morrice talked about the Sight First II campaign. The Lions are working feverishly to irradiate blindness in third world countries. They were selling bracelets for \$6.00 each - if you bought one then you restored the eyesight of an individual.

Last but certainly not least was our District Governor Elect, Lion John Fehr of Brandon, who told our audience about Lionism - why he became involved and the good work the World's Largest Service Club is doing throughout the world - believe it or not - a club was just formed in Iraq.

We are looking forward

to presenting our first Birch Bursary

to a grade 7 or 8 student at Graduation - this will be an ongoing bursary. The winning student will have shown skills in the areas of leadership and volunteerism.

Our local club is recessing for the summer but you will probably see us at least once cleaning the ditches from the junction of Veteran's Way to south of the Main Gate - honk your horn to show support - better yet put those fast food items in a bag in your vehicle and throw them in the garbage when you get home.

We wish you a safe and happy summer and for the soldiers and families of soldiers on deployment - we pray for safe return.

*The members of the Sprucewood and Area Lions Club*

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# Relay inspires local girl

Layne Thiessen  
Shilo Stag

Thousands of flickering candles lit up the clear night sky at Brandon's Riverbank Discovery Centre as onlookers cheered on the participants in the Canadian Cancer Society's 'Relay For Life.' Representing Shilo in the grueling 12-hour event which kicked off on June 1 were the '10 Musketeers,' a group assembled entirely through the efforts of 14 year-old team captain and Shilo resident Lauren Lambkin.

"When my mom was diagnosed with cancer earlier in 2006 I decided I wanted to become a team captain this year and put a team together," says Lambkin.

Lambkin first became interested in the relay last year when the cadets volunteered for the relay.

"I'm a cadet. The cadets volunteered for Relay for Life last year but I wasn't able to

attend. This year when I saw the ads go up, I knew I wanted to put together a team."

Lambkin's team of ten included five adults and five teenagers as well as two unregistered babies. The purpose of the annual event is to raise money to contribute to finding a cure to one of Canada's most deadly diseases. Lambkin worked hard to fundraise and was pleased with her team's contribution.

"We were out there for over 12 hours, we didn't get home until 8 a.m. Our team alone raised \$1117.25 and \$800 of that I raised myself."

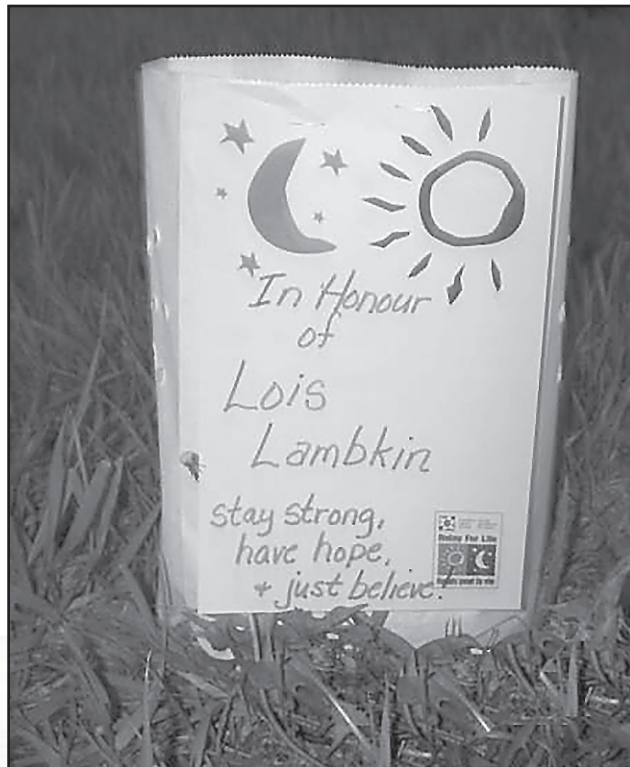
Last year 663 participants in the Brandon relay raised \$122,044 and Manitoba's contribution was nearly \$800,000.

Lambkin says the part of the event that she'll always remember were the luminaries which lit up the track as the participants completed lap after lap. Luminaries are white bags filled with sand

that hold a tea-lite candle inside and remind participants and onlookers of those who have won and lost battles with cancer as well as those who are still fighting the disease. Lambkin inscribed the words "stay strong... have hope... just believe" on a luminary she personally purchased to honour her mother.

The event kicked off Friday

evening on June 1 and featured live entertainment, opening ceremonies that included a massive balloon release, and an opening lap which was completed by many of the community's cancer survivors. Despite constant efforts to find a cure, cancer remains one of Canada's most fatal diseases and will kill over 70,000 Canadians this year.



Photos submitted by Lauren Lambkin

(Left) The 10 Musketeers Relay For Life team get ready to start the race. Back row: Ruby Brydges, Rose-Marie Blair, Cathie Marshall, Lauren Lambkin, Chelsey Beauregard, Leslie Hacault. Middle - Darrah Brydges, Ashley Spracklin, Dustin Alexander. Front - Doris Bersheid-King along with babies, Sela King and Nicholas Hacault in the stroller. (Above) A luminary purchased by Lauren Lambkin to honour her mother's fight with cancer.

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Agent Mik Yafe

"Let's follow the creek to the left." Nathan said to his buddy Jacob. He looked at his map again and then at the center of the field. Why wasn't this field on the map? The drawing was not done in great detail but he figured that the meadow was big enough to have been included.

"Yes, let's go left," Agreed Jacob. He stared at the two odd boulders in the center of the field. "I don't like those rocks on the top of the hill. They remind me of..."

Nathan did not allow his friend to finish. He hushed him quiet and jumped off the trail, pulling Jacob with him.

Nathan looked at Jacob and pointed to the top of the hill. "There's someone out there." He whispered. "I saw something move behind one of the rocks."

Jacob struggled to his knees and tried to see beyond the branches. It wasn't easy. Two spiders were already trying to claim his hair as their work space and the mosquitos were hungry. But he did eventually manage to push aside a few branches and look for any type of movement. Nathan's imagination always got them in more trouble than he cared to think about.

"There!" Nathan whispered loudly. His eyes were the size of grapefruits. "Did you see it? There's someone there!"

And there was. Jacob saw a shadow moving too and fro, from one stone to the next. The shape was odd, just like the stones. "It looks like an old man." He replied. "But what is he doing?"

The man-shadow moved along the top of the hill. Although it was only mid-day, the shape was hard to make out. It seemed to blend well with the tall grass and bushes between the rocks. It was only when it appeared on the trail that the boys got a good look. He seemed to be holding something over his shoulder.

"What do we do?" questioned Jacob.

"What do we do?" Nathan answered back sarcastically. "We find out who that is. That's what we do."

"What?" Jacob snapped. "Are you nuts? There is no way I'm going any further. I'm going back home!"

"Wait!" Nathan pleaded. He tugged on his friend's sleeve and held him in place. "We've got to get to the other side of the hill."

"Why?" His eyes waited for an answer.

Without a word, Nathan took out the leather-bound book and opened it up. He went straight to the map-page and then, to the very next one. The upper half of the page was filled with odd scribbles and doodles, a kindergarten at his worst.

He pointed to the lower half of the page.

"This is why." Replied Nathan.

It was Jacob's turn to have his eyes opened.

There was the Shadowman.

Standing between two rocks, almost as if he was a part of it, was a dark silhouette. It had a human shape; a head, two hands and legs, but that's where the similarity ended. Trees and bushes were sketched around the rocks and the hill was clearly visible. It was the same hill that stood in front of them.

Written underneath the picture were the following words;

'IN FRONT OF YOU STANDS THE KEY'

The second thing was a crude drawing of a pick handle and shovel.

\*\*\*\*\*

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# Troops prepare for Dutch adventure

Layne Thiessen  
Shilo Stag

Last year on the first day of the Nijmegen March, the scorching July sun and temperatures of over 42 degrees celsius sent 69 people to hospital where two died from heat exhaustion. This year, four of CFB Shilo's soldiers are hoping to be more successful as they prepare for the journey to the Netherlands where they will march over 40 kilometers a day for four days in full uniform while carrying a ten kilogram pack and heavy water supply.

Pte Jason Prefontaine and Cpl Brad Lebel from Base Maintenance and Cpl Stefan Oxelgren and Cpl Charles Bernard from 731 Signals Squadron will be joining several other soldiers from across Canada to form the LFWA contingent in the march which begins on July 17.

"Shilo's providing four people to join 11 from LFWA, the entire Canadian team is somewhere around 200 people," says Cpl Oxelgren.

Pte Prefontaine says the soldiers decided to get involved because it's a unique chance to see part of the world, stay in good shape, and participate in a once in a lifetime experience.

"We all know people that have done it before and they've said it was a great time. It helps you can get in shape and it's a free trip to Holland. It's a great test of your abilities."

Traditionally, thousands of participants have dropped out of the march during and after the first day due to a combination of severe physical exhaustion and extreme heat. The group from Shilo believes they will have what it takes to make it to the finish line on the fourth day as they have been training hard with the full support of their respective units.

"Our units have been really supportive. We've taken time off work and sometimes start at 7:00 am and march all day. We march three days a week and spend one day in the gym. Most of the people who get sick are civilians. We'll be prepared and ready," says Cpl Oxelgren.

The Nijmegen March is a four day march in the Netherlands which started in 1909 in efforts to keep Dutch soldiers fit as vehicles began to be used more frequently in the army.

"The Dutch government started it as a military training exercise to get all their troops marching and as time went on it became more commemorative," says Cpl Lebel.

The four soldiers have been training in full gear for nearly two months and are looking forward to completing the arduous march as well as looking forward to some sightseeing in the Netherlands. Participants who complete the march receive medals including the 'Vierdaagse Cross,' an official Dutch medal that can be worn with military uniform.

"There are individual medals for finishing four days of forty kilometers each. If you finish with a minimum of ten people in your team you also get a team medal," explains Oxelgren.

In addition to the approximately 45,000 participants, over one million spectators come to watch the march and attend the 'Vierdaagsefeesten,' a week-long festival with a famous fireworks display and live entertainment. The Nijmegen March will be celebrating its 91st year in the Dutch city of Nijmegen this year and is the largest walking event in the world. It takes place every year unless there are extreme circumstances, such as a war, that force its cancellation.



Photos by Layne Thiessen/Shilo Stag

Cpl Charles Bernard, Pte Jason Prefontaine, Cpl Stefan Oxelgren and Cpl Brad Lebel march up the hill in Shilo as part of their training initiatives for the Nijmegen March, an annual event held in the Netherlands which showcases endurance under extreme weather conditions. The troops have and will continue training for the event which is held in July.

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# Summer Community Events Calendar

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# Adult Programs

## Spotlight on Shilo Theatre Auditions

Be part of the cast of the Fall Production in November. Looking for actors and behind the stag crew.  
Date: Thursday, July 12  
Time: 7:00 pm  
Place: Base Theatre  
Contact Vanna @ 765-2477

## Adult Swimming Lessons

Date: August 7 - 10  
Time: 4:30-5:45pm  
Ages: 16 and up  
Place: Shilo Pool  
Cost: \$35 for each adult  
Contact: Aquatic Supervisor @ 3318  
Register: Community Recreation Office

## National Lifesaving Award

Date: July 3,4,5,6,12,13  
Exam Date: 13 July  
Ages: Must be 16 yrs  
Pre-Req: Bronze Cross  
Place: Shilo Pool  
Cost: \$325  
Contact: Aquatic Supervisor @3318 Register: Community Recreation Office

# Deployment

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. Most Deployment Programs are drop in and will not be cancelled due to low registration. However, pre-registration is encouraged in order to ensure that sufficient staff is available and no one is turn away. Contact Toni @ 3853 for all deployment activities.

## Spouses of Spouses Away (SOSA)

An informal support group for partners going through or preparing for a deployment.  
Dates in Brandon: Tuesday, July 10, & August 7  
Time: 6:00-8:00 pm  
Place: TBA  
Childcare subsidized upon request. Please contact Toni at ext. 3853.  
Dates in Shilo: Tuesday, July 24 & August 21  
Time 7:00-9:00 pm  
Place: Forbidden Flavors, Canex  
Childcare available at OCC. Please pre-register.

## Children's Saturday Deployment

Ages: 5-12 yrs  
Let's celebrate the summer holidays together! Let's play summer sports outside and have a snack with other kids going through a deployment.  
Date: Saturday, July 21  
Time: 1:00-3:00 pm

Cost: Free

## Saturday Deployment Childcare

Up to 6 hours of free child care is offered per month when your spouse is away for more than 30 days. Childcare is available any week day in the Occasional Child Care room, or on Saturday July 21 & August 11  
Time: 1:00-5:00pm  
The MFRC has an offsite childcare voucher system as well. Please contact Toni @ 3853 for details.

## Trip to Oak Lake Beach

Pack your sunscreen, bug spray, and a picnic basket! It's time for fun in the sun! Families are invited to go to a local Manitoba beach for a day of tanning, swimming, and fishing! Transportation will be provided.  
Date: Sunday, July 22  
Time: 10:00 am-5:00 pm  
Cost: \$5.00/single or \$10.00/family  
Pre-register: Noon, Thursday, July 19 - MFRC @ 3352

## Coming Home: Life After Deployment

An information session that will provide some tips and information on what life may be like after your partner returns from deployment. Refreshments will be provided.  
Date: Tuesday, July 31  
Time: 7:00pm  
Cost: Free  
Childcare available in the OCC. If you cannot

make this session but are interested in receiving some information, please contact Toni @ 3853.

## Children's Saturday Deployment

Ages: 5-12 yrs  
Come out and make a homecoming gift for dad/mom! Play games and have a snack with other kids going through a deployment.  
Date: Saturday, August 11  
Time: 1:00-3:00pm  
Cost: Free

## Ribbonfest - Summer 2007

Let's get together to make yellow ribbons to put up in celebration of returning troops! Dates will be determined closer to return date.

## Paint the Town Yellow - Summer 2007

No better way to let the troops know that we are glad to have them home than by painting the town yellow! Working together as a team will make things easier, and more colorful! Dates TBA

## Daly House Tour

Taking a closer look at the heritage around us, we'll head in to Brandon to check out one of our local museums.  
Date: TBA - August 2007  
Time: 12:00-4:00pm  
Ages: everyone welcome  
Cost: \$1.00/person

## Trip to The Peace Gardens - August

# Family Programs

## Special Events Family Road Trips River Tubing

"Assessippi "it's not just a ski hill. Join us for a day of tubing down the river. Don't forget your water bottles, sunscreen and lunch. Please do not bring any glass containers. Lifejackets are mandatory  
Ages: All  
Date: Thursday, July 19  
Time: Bus leaves at 8:30am and returns at approx 6:00pm  
Place: Bus leaves north side of the Canex  
Cost: \$20 plus \$5.00 extra for lifejacket rental  
Code: RTRIP1  
Contact: Brenda @ 3317  
Register: Community Recreation Office by July 13  
Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee, or MFRC employee.  
(A parent/legal guardian must accompany 13yrs + under).

## Shilo MFRC Dinner's On Us BBQ

Come out and enjoy a free dinner on us!  
Date: Thursday, July 5  
Time: 4:00-6:30pm  
Place: Community Centre  
Cost: Free!  
Children can also enjoy playing on a large inflatable bouncer and slide from Party Professional. Rain location is L-25.  
MFRC @ 3352

## Waterslides

Looking for something to do this summer? We'll provide the transportation and a great deal on your entrance fee to the Kenosee Waterslides.  
Age: All  
Date: Thursday, August 9  
Time: Bus leaves at 8:30am and returns at 6:00pm  
Place: Bus leaves north side of the Canex  
Cost: \$16  
Code: RTRIP2  
Contact: Brenda @ 3317  
Register: Comm Rec Office

by August 3  
Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee, or MFRC employee.  
(A parent/legal guardian must accompany 13yrs + under).

## Shilo MFRC Dinner's On Us BBQ

Come out and enjoy a free dinner on us!  
Date: Thursday, August 16  
Time: 4:00-6:30pm  
Place: Community Centre  
Cost: Free  
Children can also enjoy meeting and petting a variety of farm animals from the Hickory Hollows Hobby Farm from Austin, MB. Rain location is L-25.  
MFRC @ 3352

## UPCOMING EVENTS

- \* BASE COMD GOLF TOURNAMENT JULY 13
- \* SPRUCEWOOD RODEO: JULY 20-22
- \* SUMMER YARD CONTEST: AUGUST 13



## Community Centre Water Park

**NOW OPEN!**

**Celebrate summer and cool down!**

**9am - 10pm**

**7 days a week!**

• Enjoy at your own risk, keeping in mind the park is unsupervised



## Thrift Shop Hours

Tuesday 6:30-8:00pm  
Thursday 9:30-11:00am  
Note: Closed 27 Aug - 3 Sept

## Community Library Hours

Monday 6:00-8:30pm  
Tuesday & Thursday 9:30am-12:30pm, 1:00-4:00pm, 6:00-8:30pm  
Storytime Every Thurs 10:00am  
For more information call 3664

Watch for our fall events calendar in the August 23rd edition!



# SCHOOL AGED

## Summer Fun - Around the World in Eight Weeks

Explore a different country each week with games, sports, and crafts from that country. Every:

- Tuesday afternoon - Swimming at the GSH
- Wednesday afternoon - Wacky Wednesday
- Thursday afternoon - Fear Factor
- Friday - Field Trip

Schedule:

- Week 1 - July 3-6 Ireland
- Trip to Killarney

- Week 2 - July 9-13 China
- Trip to the Winnipeg Zoo
- Week 3 - July 16-20 Japan
- Trip to Souris
- Week 4 - July 23-27 Switzerland
- Trip to the Turtle Festival in Boissivain
- Week 5 - July 30-Aug 3 France
- Trip to the Corn Maze
- Week 6 - August 7-10 Hawaii
- Trip to Portage Water Park
- Week 7 - August 13-17 Australia

Trip to Curran Park  
Week 8 - August 20-24 England  
Trip to Sprucewoods Park  
**Summer Fun Rates per week**

\$55.00/week for one child  
\$85.00/week for 2 children  
\$115.00/week for 3 children  
Regular Hours of Operation  
Monday-Thursday 9:00am-12:00 & 1:00-4:00pm  
Friday 9:00am-4:00pm (field trip day)

**Extended Hours and Rates**  
For those who require extra

hours for their child(ren) we offer extended hours with an additional cost.

**HOURS:**  
7:15-9:00am & 12:00-1:00pm & 4:00-4:45pm  
If lunch hour is required a lunch must be supplied from home.

**COSTS:**  
1 session is \$10.00/week /per child  
2 or 3 sessions are \$15.00/week/per child.  
For information please contact Suzanne Linegar, School-Age Program Leader @ 3855 or reception

@ 3352.

## Red Cross Swim Lessons Session 1

Ages: All  
Date: July 3-13  
Time: All lessons will be held between 4:30 & 6:30pm  
Cost: \$31.50 for the first and second child, \$22 for the third, and \$12 for every child thereafter  
Place: Shilo Pool  
Contact: Aquatic Supervisor @ 3318  
Register: Comm Rec Office

## Stroke Improvement

Date: August 7 - 10  
Time: 4:30-5:00pm  
Ages: level 4 and up  
Place: Shilo Pool  
Cost: \$15  
Contact: Aquatic Supervisor @ 3318  
Register: Community Recreation Office

## MFRC Office Hours

765-3000 ext., 3352  
Mon-Fri - 8-4:30pm  
**Day Care**  
765-2469  
Mon-Fri - 7am-5pm  
**Occasional Day Care**  
Mon-Fri - 9-12pm & 1-4  
Tues/Thurs - 9-4pm

# PRE-SCHOOL

## Pre-Kindergarten Service - September registration

This program is a provincially regulated and licensed program for 3-5 year olds in the Shilo/Sprucewoods/Douglas area. Children must be 3 before December 31, 2007 and fully toilet trained. Monday to Friday Mornings - 9:00-11:30am **OR**

Afternoons - 1:00-3:30pm  
**Cost:**  
Mon/Wed/Fri (3 x ½ days) - \$104.40/month  
Tue/Thurs (2 x ½ days) - \$69.60/month  
One session per week - \$34.80/month  
For more information and to register contact Val White - Pre-Kindergarten Director @ 3854 or MFRC @ 3352.

## Baby Time

Join other new and expectant moms to explore some everyday topics and guest speakers. Something new every month!  
Date: Wednesdays, July 4 and August 1  
Time: 9:15-11:15am  
Cost: Free, child care for siblings available in the

OCC Room  
Place: MFRC Teen Centre  
**If you are interested in receiving updates and reminders about baby programs email Dana at dthompson@shilomfrc.ca**

## Happy Feet Party

Drop your child off for some creative dancing and

a penguin craft.  
Age: 2-5 yrs  
Date: Tuesday, July 24  
Time: 9:30-11:30 **OR** 1:30-3:30pm  
Cost: \$4.00 per child  
Place: MFRC, OCC Room  
Register by: Noon, Friday, July 20 - MFRC @ 3352

## Rock Around The Clock

Dress your child like a Rock 'n Roll star to explore

rocks and enjoy some Rock 'n Roll dancing.  
Age: 2-5 yrs  
Date: Tuesday, August 21  
Time: 9:30-11:30 **OR** 1:30-3:30pm  
Cost: \$4.00 per child  
Place: MFRC OCC Room  
Register by: Noon, Friday, August 17 - MFRC @ 3352

# TWEENS

## Tweens

Ages: 11-12 yrs  
This is your invitation to spend some time in the much-coveted Teen Centre.  
Date: Tuesday/Thursday, July 3-August 30  
Time: 1:00-4:30pm  
Contact Sandra @ 3847

## 'New' Adventure Seekers

Calling all adventuresome seekers! Are you willing to try new and exciting activities?

## Intro to Archery

Ages: 8-10yrs  
Date: Thursday, July 12  
Time: 10:00-11:30am  
Cost: \$10  
Place: L-25  
Code: ARCH1  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Archery

Ages: 11-13yrs  
Date: Thursday, July 12  
Time: 1:30-3:00pm  
Cost: \$10  
Place: L-25  
Code: ARCH2  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Ceramics

Ages: 8-10yrs  
Date: Wednesday, July 18 & Friday, July 20  
Time: 10:00-11:30am  
Cost: \$10 (includes both days)  
Place: Ceramic Club, 22 Esquimalt Cres.  
Code: CERA1  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Ceramics

Ages: 11-13yrs  
Date: Wednesday, July 18 & Friday, July 20  
Time: 1:30-3:00pm  
Cost: \$10 (includes both days)  
Place: Ceramic Club, 22 Esquimalt Cres.  
Code: CERA2  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Red Cross Swim Lessons Session 2

Ages: All  
Date: July 23 - August 3  
Time: All lessons will be held between 4:30 & 6:30pm

Cost: \$35 for the first and second child, \$25 for the third, and \$15 for every child thereafter  
Place: Shilo Pool  
Contact: Aquatic Supervisor @ 3318  
Register: Community Recreation Office

## Intro to Remote Control Air Model Flying

Ages: 8-10yrs  
Date: Wednesday, August 1  
Time: 10:00-11:30am  
Cost: \$10  
Place: M-101 (Next to GSH)  
Code: FLYR1  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Remote Control Air Model Flying

Ages: 11-13yrs  
Date: Wednesday, August 1  
Time: 1:30-3:00pm  
Cost: \$10  
Place: M-101 (Next to GSH)  
Code: FLYR2  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Remote Control Air Model Flying

Ages: 11-13yrs  
Date: Wednesday, August 8  
Time: 10:00-11:30am  
Cost: \$10  
Place: M101 (Next to GSH)  
Code: FLYR3  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Remote Control Air Model Flying

Ages: 8-10yrs  
Date: Wednesday, August 8  
Time: 1:30-3:00pm  
Cost: \$10  
Place: M-101 (Next to GSH)  
Code: FLYR4  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Red Cross Swim Lessons Session 3

Ages: All  
Date: August 13-24  
Time: All lessons will be held between 4:30 & 6:30pm  
Cost: \$35 for the first and second child, \$25 for the third, and \$15 for every

child thereafter  
Place: Shilo Pool  
Contact: Aquatic Supervisor @ 3318  
Register: Community Recreation Office

## Intro to Ceramics

Ages: 11-13yrs  
Date: August 15 & 17  
Time: 10:00-11:30am  
Cost: \$10 (includes both days)  
Place: Ceramic Club, 22 Esquimalt Cres.  
Code: CERA3  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Ceramics

Ages: 8-10yrs  
Date: August 15 & 17  
Time: 1:30-3:00pm  
Cost: \$10 (includes both days)  
Place: Ceramic Club, 22 Esquimalt Cres.  
Code: CERA4  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Archery

Ages: 11-13yrs  
Date: Wednesday, August

22  
Time: 10:00-11:30am  
Cost: \$10  
Place: L-25  
Code: ARCH3  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

## Intro to Archery

Ages: 8-10yrs  
Date: Wednesday, August 22  
Time: 1:30-3:00pm  
Cost: \$10  
Place: L-25  
Code: ARCH4  
Contact: Recreation Coordinator @ 3317  
Register: Community Recreation Office

*Keep up on what's happening in our community*  
**Watch for the fall calendar in the August 23<sup>rd</sup> edition of The Shilo Stag!**

# TEENS

## Teen Centre

Ages 13-17  
A supervised, safe place for teens to hang out with other teens. We have PlayStation, and Nintendo, free pool table, music, TV and computer with Internet access.

## Membership

Monthly Membership - \$5  
Annual Membership - \$50  
Additional teen siblings Monthly - \$2.50  
Annual - \$25  
Signed in guests \$4/visit

More information contact Garry ext 3857

## Summer Hours:

Tuesday-Thursday 7-10pm  
Friday - Sports and BBQ 12-6pm

## CFB Shilo Youth Cardio/Strength Training Orientation

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.

Age: 13-17 yrs  
Date: Thursday, July 5  
Time: 1:00-3:30pm  
Cost: No cost

Place: GSH  
Instructor: Kris Brown & Janelle Boyd  
Registration Deadline: Registration forms handed in to GSH by noon the day before the clinic. **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

## "Toast to the Posted"

Date: Friday, July 6  
Time: 12:00 Noon

Cost: \$2  
Place: Teen Centre  
Contact Sandra @ 3847

returned by: Friday, July 20  
Contact Sandra @ 3847

## Minnedosa Beach

Date: Wednesday, July 18  
Time: 10am-6pm  
Cost: \$5  
Register and waiver forms returned by: Friday, July 13  
Contact Sandra @ 3847

## Back to School Shopping

Polo Park and the Skatepark in Winnipeg  
Date: Saturday, August 18  
Time: 10:00am-10:00pm  
Cost: \$5  
Register and waiver forms returned by: Monday, August 13  
Contact Sandra @ 3847

## Movie Night

Date: Wednesday, July 25  
Time: 7pm-midnight  
Cost: \$5  
Place: Teen Centre  
Register and waiver forms

**Community Recreation Office**  
Monday - Friday  
7:30am - 4:30pm

# Golf our 18 holes!



Book your tee time today!  
Call ext 3622!

## Tournament Schedule open to public

14 June Sun Fun for Kids Golf Tournament 11am shotgun  
21 June Heavy Evason Memorial Golf Tournament 11am Shotgun  
29 June SNCO Golf Tournament 11am  
13 July B Comd Golf Tournament 10am Shotgun  
27 July SNCO Golf Tournament 1pm  
07 Aug Shilo Country Club Seniors Golf Tournament 1pm Shotgun  
17 Aug SNCO Golf Tournament  
19 Aug Shilo Men's Club Golf Tournament 9am Shotgun  
22/23 Sep Westman Invitational Golf Tournament 10am Shotgun

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous	Dietrich M		720-1749
Shooting and Archery Club	Rob Love		763-4720
Auto Club	Brian Nichols	3276	720-4318
Ballet & Jazz (Dance Images)	Charlene Hiscock	728-5801	727-4284
Block Parents		3588	
Bowling Leagues	Brenda Cavanagh	3317	
Catholic Women's League	Chapel	3364	
Ceramics	Sarah Flynn	3104	
Ceramics	Diane Willie		728-1245
Community Library	Pat Wells	3664	shilocommunitylibrary@yahoo.ca
Computer Club	Bruce Organ	3433	573-5034
Drama/Theatre Club	Carl Hartman	3173	
Flewin Flyers	Sergio Bilny	3551	
Girl Guides of Canada	Brenda Cavanagh	3317	
Jiu Jitsu (Martical Arts)	Kirklynn Crosby	6895	765-5322
Military Wives Sisterhood	Gayle Raynor	725-3210	www.militarywivessisterhood.com
Minor Hockey	Sheila Bursey		765-4689
Minor Soccer	Brenda Cavanagh	3317	
O'Kelly Parents Advisory Council		765-7900	
Protestant Ladies Guild		3091	
Recreational Vehicle Club	Jason O'Neill	3269	
Skating Lessons	Brenda Cavanagh	3317	
Scouts Canada	Linda Levesque	3396	763-8776
Scuba Club	Brenda Cavanagh	3317	
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	Randy Walker	Box 220	763-4491
Sprucewoods Tops	Betty Wilding		763-8854
SW Snowdrifters Snowmobile Club	Heather Dalgleish		765-4952
Wild Life Club	Dave Lucas	Box 739	763-4707
Wood Hobby Club	Micheal Bursey	3171	765-4689
Wood Hobby Club	Donnie Pope	3528	Club 765-3000 ext 3389

## RCA Officers' Mess

Coffee Break Every Mon -10-10:30am Wed's Pastries  
Happy Hour Fri 3:30-8:30pm Food served 5-6pm  
Third Friday of the month is Mixed Happy Hour.  
Note: no Happy hour August 3 or 31st.

## WO & Sgts' Mess

Daily Coffee Break 9-10:30am Mon-Fri  
Sticky Bun Day Wed 9-10:30am  
27 July - Wpg vs Shilo WSM Golf tourney (T)  
17 Aug - Honorary/Associates Golf tourney

## El Prado Club

Daily Coffee Break 9:30-10:30am  
Happy Hour -Every Friday  
Check the mess website for weekly menu items.  
6 July - Julian Austin - All Ranks  
3-5 August - PEHS all years High School Reunion.

## Shilo Pool

Please join us in the pool for a splashing good time. Children 6 and under require adult supervision within arms reaching the water. A lane will be put in 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. Cost is \$3 drop in fee or GSH Card.

### Public Swim Time

July 3 - August 24  
Mon-Fri: 1:00-3:15pm  
Mon-Thurs: 6:30-8:00pm  
Sat/Sun: 2-4:30pm and 5-7pm

Stat Holidays: July 2 & August 6: 1-4:30pm

### Lap Swim

Mon-Fri: 12-1:00pm  
Mon/Wed: 8-9:00pm

### Pool Rentals

Need a great place to host a birthday party, team party, or wrap-up party? Why not rent the pool at the GSH. All rentals include lifeguard supervision, use of pool toys and waterslide. Call our aquatic supervisor @ 3318 for more information.

## General Strange Hall

Come and enjoy our gymnasium; weight training equipment; cardio equipment; 25 yd swimming pool, tot pool, waterslide and sauna, racquetball and squash courts; 5- Pin bowling alley; meeting room.

Your GSH card grants you admittance to public swimming, public skating, drop-in programs, fitness programs, and daily use of the gymnasium, racquet courts, cardio room and weight room. 17 & under are not allowed in the weight room, cardio room until they have successfully competed in the youth weight training program. Drop by GSH to get your card today!

### Hours of Operation

Monday-Friday  
6:30am-10:00pm  
Saturday  
9:00am-10:00pm  
Sunday & Stat holidays  
12:00pm-10:00pm

# IN MEMORIAM...IN MEMORIAM...

## Canada mourns four fallen soldiers



**O**TTAWA- MCpl Darrell Jason Priede, a military Imagery Technician serving with the International Security Assistance Force (ISAF) Regional Command (South) Headquarters at Kandahar Airfield, was killed when the helicopter in which he was a passenger went down at approximately 9 p.m. Kandahar time on May 30, near the town of Kajaki, Helmand Province, about 95 kms northwest of Kandahar City. MCpl Priede was a member of the Army News Team from 3 Area Support Group, based at CFB Gagetown. His next of kin have been notified.

The other six non-Canadian military personnel aboard the helicopter were also killed in the incident. No further details are available at this time. ISAF is investigating the cause of the incident.

The thoughts and prayers of the men and women of the Canadian Forces go out to the family and friends of the deceased.



**15 WING, MOOSE JAW** - The Canadian Forces Snowbirds will return home to 15 Wing, Moose Jaw, by CC-130 Hercules aircraft, during the evening of Monday, May 21, following the tragic aircraft accident that claimed the life of their teammate and friend, Capt Shawn McCaughey.

"It is important for our team to return home to our family, friends and fellow teammates to mourn together during this difficult time," said Maj Robert Mitchell, Commanding Officer, Canadian Forces Snowbirds, "Our thoughts and prayers are with Shawn's family - they are our priority at this time."

A memorial service for Capt Shawn McCaughey was held Friday, May 25 at 15 Wing Moose Jaw with full military honours.

"The memorial service will pay tribute and honour Shawn's life," said Maj Mitchell. "Shawn was a passionate and talented pilot, a dedicated and devoted member of the Canadian Forces and a dear friend."

The Canadian Forces Flight Safety Investigative Team will continue their work in Montana to determine the cause of the accident. The highly-qualified team of experts will investigate all aspects of the flight to prevent reoccurrence.



**A**n Improvised Explosive Device claimed the life of a Canadian soldier on May 25. Cpl Matthew McCully was killed while conducting a joint Afghan-Canadian foot patrol approximately 35 kilometres outside of Kandahar City.

The Honourable Gordon O'Connor, Minister of National Defence, recognized Cpl McCully's ultimate sacrifice.

"Through the dedication and bravery of soldiers like

Corporal McCully, Canada is helping Afghans, and working with Afghans, to build a better and brighter future for Afghanistan while ensuring that Afghanistan never again becomes a base for terrorism," said the minister in a statement made on May 25, "The sacrifice Cpl McCully made in honour of Canada and the Canadian people will not be forgotten."

Cpl McCully's family also released a statement upon the death of the soldier.

"Matthew died doing what he wanted to do and doing what he truly believed in. Matthew will be greatly missed, he will be remembered as our and Canada's Hero."

Cpl McCully was a Signals Operator, based at 2 CMBG Headquarters and Signals Squadron, Petawawa, Ontario.



**The Maple Leaf** -- Cpl Christopher Deliva, a member of 5 Service Battalion, died as the result of an accident at CFB Wainwright, Alta., May 28.

Cpl Deliva was driving alone in a 10-tonne truck when the vehicle flipped over while rounding a curve. He was part of a technical logistic assistance team taking part in training for Joint Task Force Afghanistan that had been un-

derway at Wainwright for the past month. Cpl Deliva was not part of the group of soldiers scheduled to leave for Afghanistan in July.

"Our thoughts are with the family, as shown by the many written messages I have received from his brothers and sisters in arms, which I am sending to his family today," said LCol Nicolas Eldaoud, commanding officer of 5 Canadian Service Battalion.

The family of Cpl Deliva released a statement following the accident.

"Christopher was a CF member, and it is our hope that all soldier's parents are as proud of their children as we are."

An investigation into the causes of the accident is being conducted by military police at CFB Wainwright.

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# Shilo Military Family Resource Centre



(Above) A quick tune-up!

## Grass cutting underway

**Garry Reid**  
Program Coordinator

Have you ever wondered who is cutting all the lawns at the empty houses on Base?

CFHA has again tendered out the Grass Cutting contract for the summer to the MFRC who in turn offers employment for teens in the area. Teens are paid to cut the lawns, whiper snip around the houses, rake and sweep up grass. Each week the MFRC assigns lawns to the teens; they have one week to complete the job. Then all the lawns are

inspected to ensure they have met the satisfaction of CFHA.

This is open to all teens ages 13 – 18, however, teens supply the lawnmower, weed wacker, safety boots and goggles. Teens must first take part in an orientation session that covers safety aspects as well as what to wear for safety, yard boundaries and length of grass.

**Calling all teens:**

If you want to cut lawns this summer, you must attend an orientation meeting before you can cut lawns. In order to sign all necessary paperwork and

understand the responsibilities their teens are signing up for, parents are required to attend the meeting as well. If you are looking for some extra summer cash, contact Garry Reid @ local 3857.

**Calling all community members:**

If you are looking for someone to cut your lawn give us a call; we can set you up with a teen to maintain your yard! Whether you need it for the summer or just while you are on holidays call the MFRC and we will contact a teen who will take care of your worries!

## New services for you!

Be one of the first to hear about new positions, as well as additional and extended services that the MFRC has in store for your community for the upcoming year. This will not be just any AGM, it will be one of new beginnings. Be a part of it.

Childcare as well as a child's entertainer will be on hand to keep the children occupied. See you there!

**Annual General Meeting**  
**Monday June 25**  
**6:00pm**  
**Community Centre**



Photos by Sandra O'Neill/MFRC

Shilo and area youth mow lawns as part of the MFRC's Grass Cutting initiative this summer as tendered by CFHA. Teens mow the lawns, trim the edges and rake when necessary, for all of the unoccupied MQ's on base.



[www.shilomfrc.ca](http://www.shilomfrc.ca)

Note: Deployment programs will not be cancelled.

# Cozy, classic tastes await at Crang's



**Becky & Layne**  
Off the Spice Rack

## Crang's Restaurant May 17, 2007

After a day of running barefoot for dozens of miles in blistering temperatures that usually exceed 40 degrees Celsius, the Nan Bushmen of Africa's wild Kalahari desert come home to a hearty and delectable meal of Hoodai cactus gamished with that most titillating of culinary delights, the Mongogo nut.

In the often difficult but worthwhile and noble pursuit that is the military lifestyle, CF soldiers are also exposed to a wide variety of frustrating elements. While the Nan of the Kalahari face dehydration, poisonous snakes, and scorpions, Shilo's soldiers spend months at a time training for battle in scorching summer temperatures and freezing winter ice storms. Perhaps of greater concern, Manitoba's spring thaw brings out the most insipid and hideous of creatures from their lair, black swarms of that carnivorous and greatly feared parasite, the prairie mosquito.

In this hostile and treacherous environment, with few desert cacti to go around, what can today's military men and

women rely on as they desperately seek out sustenance? The answer can be found at the glimmering oasis that is Crang's Restaurant in the Shilo Inn off Royal Avenue.

Recently and tastefully renovated, this calm, quiet, and warmly lit eatery offers diners an almost unbelievable array of menu choices from breakfast to dinner and even offers delivery. After hearing only good things from local customers, Becky and I, hoping to celebrate the Baha'i Feast of Azamat on May 17 in our own way, decided to make the pilgrimage to Crang's to discover for ourselves if what we heard was true.

An intimate table setting greeted us at a comfortable booth as relaxing music played

softly in the background. We were personally greeted by the restaurant's owner who went from table to table ensuring that the quality of the food was adequate and that his clientele were completely satisfied with their meal.

Service was somewhat relaxed but friendly and the menu included, among other things, a wide-variety of breakfast items, sandwiches, burgers, pasta, pizza, and chicken platters. Price was very reasonable and I forgot all about Mongogo nuts and stinging desert scorpions when my lunch special arrived. Steaming hot and deliciously rich homemade cream of mushroom soup with large mushroom slices cleansed my palate and pre-

pared me for what was to come. Flawlessly prepared Chicken Parmesan and spaghetti enraptured in a hearty tomato meatsauce complete with generously buttered garlic toast were placed before me after I sampled Crang's locally famous potato fries. After stuffing myself senseless, our waitress brought me a particularly creamy and surprisingly urbane vanilla pudding for desert.

Becky's bacon cheeseburger had a distinctly smoky homestyle barbeque flavour and was blanketed in a fresh bun, topped with crisp garden-variety lettuce, tomato, pickle, and onion. The members of our dining party were thoroughly engorged and completely satisfied with the

quantity and quality of our meals when we left.

Somewhere in the world, a blazing desert sun sets in a hazy amber sky and a deadly scorpion skitters out from under a large rock preparing for his nightly feast. A family of cacti cry out into the gathering darkness as one of their own has been stolen from them, never to be seen again. While the world is full of many dark mysteries and peculiar food choices, I choose to save such adventures for another time. Crang's is without a doubt one of Shilo's most completely rewarding culinary experiences and I'm happy to say we'll be back again. This year's Feast of Azamat will be remembered for many months to come.

## Searching for that perfect acreage?



**Look no more, this is the one for you!**  
18 acres, family home, out buildings and a huge workshop. Brandon School Division. Call now for your personal viewing. Priced at \$205,900. MLS#2706187

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- Coordonnateur de l'équipement et des ressources
- Coordonnateur de l'administration et des activités spéciales
- Coordonnateur du conditionnement physique, des sports et des loisirs
- Préposé à la vente au détail
- Barbier
- Commis à la facturation
- Coordonnateur de la comptabilité
- Coordonnateur des déplacements
- Gestionnaire de bien-être

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**POSTULEZ EN LIGNE au plus tard le 27 juillet 2007.**

*Nous souscrivons au principe de l'équité en matière d'emploi.*

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- Barber
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**APPLY ON-LINE No later than: 27 July 2007**

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## Pick up your FREE copy of the **SHILO STAG** 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

### 7-Eleven

- Willowdale & 26th
- 34<sup>th</sup> & Victoria
- 10<sup>th</sup> & Van Horne

### Carberry

East Side Service  
Carberry Legion

### Douglas

Douglas General Store

### Minnedosa

Minnedosa Legion

### Neepawa

Neepawa Legion

### Shilo

CANEX Mall  
Forbidden Flavours  
Shilo Community Centre  
Base Headquarters  
GSH  
Country Club

### All Messes

**Sprucewoods**  
The Shilo Inn (Crang's)  
340 Esso Station  
**Wawanesa**  
Lucky Dollar



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

## 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](mailto: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?

## BINGO!

Every Thursday evening at the Sprucewoods Community Club. Share the wealth at 6:20pm with the Early Bird at 7pm. \$1000 in 52 numbers!

Bar 77 Ranch trail rides now open for boarding. Outdoor boarding available. Over 160 acres of pasture to ride out. Call 726-0231.

Are you hosting an event that the community should know about? Call 765-3000, ext. 3013 today to add it to our free community listing!

## Hampton Gray Memorial School Reunion!

For former teachers, students, and parents on October 6,7th, 2007. Deadline date is 31 August/07. Please contact hamptongrayalumni@hotmail.com or phone Sheila (Lambert) McCalum at (902) 466-2611. Lots of activities

## Royal Canadian Legion Branch #3

**June 17 - Father's Day Pancake Breakfast** in hall. 9am-12noon, \$5.

**June 23 - Dance** in Legion Lounge. 8:30pm-11:30pm, music by Reflections, admission \$7.

**June 26 - Legion Branch Meeting** at 7:30pm in hall. For membership information, please call Barb at 727-3054

## Sprucewoods Hall Father's Day Banquet

**June 17th 9am-11am**

\$5/ person, kids under six free! Eggs, pancakes, sausage, bacon, fruit, coffee, tea, juices!

## Shilo Community Library

Monday 6:00-8:30pm  
Tuesday/Thursday 9:30-12:30pm, 1-4pm,  
6:00-8:30pm  
**STORYTIME**  
Every Thursday 10:00am

## Sprucewoods Community

### Weekly Events:

Mondays - CRIB, 7pm.  
Tuesdays - TOPPS, 7pm.  
Thursdays - BINGO, doors open at 6:30, game at 7pm.  
For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

## Leaders Needed!

1st Shilo Scouting is looking for responsible, energetic adults who would like to become involved in the community and with youth. We are looking for Beaver Leaders (ages 5-8) and Cub Leaders (ages 8-12) and to fill some executive positions. If you are interested please call Linda at 763-8776 after 5pm.

## Ceramic Club!

Tuesday Nights 6:30-10pm  
20-22 Esquimalt.

El Prado Club presents...

## JULIAN AUSTIN ALL RANKS!

**July 6th**

Doors open at 7pm, show starts at 8pm,

Get your tickets early at any mess to avoid higher costs later!

Call 3363 or 3395 for more info

## 1 RCHA to play with orchestra

On Thursday June 28th, members of 1 RCHA will be featured with the Winnipeg Symphony Orchestra at Virden's 125th Birthday celebration weekend. Cannons have been added to the *1812 Overture*. All are welcome. Show starts at 6:30pm in Virden. For more information, contact Glen McKinnon at 748-3872

**See you there!**

## X Company's PHAT Camp is coming to Carberry!

4-6.5 days of Physical Arts Training  
August 7-10th \$25-\$100 fee range

Early bird discount if you register before June 29th. Registration forms available at the Carberry Plains Arts Office. For more information, view xcompany.net

## Here's your opportunity to save lives.

### SHILO

Ecole La Source

**June 18th, 11:30am-3:30pm**

Call 1888 2 DONATE  
for more information or to book an appointment.  
www.blood.ca

Thank you  
CFB Shilo

Canadian Blood Services  
it's in you to give



Share your vitality

# CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free\*

Classified Ads to

stag@mts.net

\*Non-commercial ads only. Free ads restricted to members of the CF, employees of CFB Shilo and the citizens of the surrounding area.

### Homes/Property

**NEW LOW PRICE!**  
**Address:** 411 7th Street  
**Type:** Residential **Style:** 2 Storey **Bedrooms:** 4 **Bathrooms:** 2 Full, 2 - 1/2 **Basement:** Full-unfinished **Size:** 2,000 sq ft living space **Lot Type:** Rectangular **Lot Size:** 80 x 150ft **Taxes:** \$1,200.00 **Selling Price:** \$149,500, Sale by owner Lots of extras. 15 Minutes from Shilo, 1/2 hour to Brandon *Please phone 824-2620 or 725-8700 ext. 6688 to express your interest to view.*

**2 New Homes on 5 Acre lots 15 minutes from Shilo**  
First home: 2300 Sq Ft walkin style, 3 bdrms, 2 and 1/2 baths and attached double car garage. Second home: 1368 Sq Ft Bungalow style, full basement, 3 bdrms, 2 baths and attached double car garage. Phone 824-3752; cell 724-6580

Have something to sell? Call our office today at 765-3000 ext., 3013 and find out how you can maximize your business!

### Homes/Property

5.15 acres of privacy with trees & rolling hills, newly renovated 4 bedroom, 3 bath bungalow. Double garage. Low taxes. 30'x40' shop (in floor heat, wired 220). Horse Haven: Corrals, lean, heated dual watering bowl & fenced pasture, unlimited water supply. 1/2 hr. east of Brandon on 351 Hwy. 20 mins to Shilo. MLS#2707628, \$249,000 call 725-8841

2 bedrooms, new laminate floors, new bathroom, big kitchen and living room, Central air, new shingles, double car garage, lot has a barn with other sheds. Lots of good water. 10.88 acres on #1, 17 miles east of Brandon. If interested, please call 763-8840.

2 bedroom house for rent in Wawanesa. Fridge, stove, washer and dryer included. \$500/month plus utilities. Call 824-2248 or 729-7608.

### For Sale

Mon Cheri wedding gown size 8 includes veil and shoes bought dress for 2000.00 asking 500.00 obo must see, call 765-5108  
BARBIE COLLECTORS Special 2000 Edition Celebration Barbie still in original box brand new asking 50.00 obo 765-5108  
Alto saxophone includes beginner book asking 500.00 obo call 765-5108

2003 Jeep Wrangler Sport, 4.0l, 5 speed, aluminum mag rims on new 33" tires, medium green, 5 disc CD with built in sub. Air, tilt, cruise, great condition with only 41,000kms. Asking \$15,000 obo, call 726-1864 or 761-7921

### Fence

16 x 8 Foot Cedar panels with lattice, and 3 foot ground spikes. Paid \$1500 last year, asking \$700. Can be seen at 22 Ubique, or call 764-4588

### Child care

**Experienced, Reliable Childcare Provider Has 2 Spaces Available Immediately!**

Private Dayhome, Previous Experience with Military Families. No Smoking/No Pet Home. ECE Level I. Receipts and References Available. Brandon, Green Acres Area. Phone Tammy at 571-8962 for more info.

Licensed daycare with 3 Full-time Preschool spots and 2 School age spots open! Includes lunch program, experienced. References available call Crystal at 765-2617. Please leave a message

### Help Wanted

Bene Pizza is looking for full time and part-time staff. Food handling certificate, experience preferred. Apply in person or drop off resume to Aramark Canada Ltd (Bene Pizza).

Part-time cleaner required for CANEX. Please contact Jim at 726-3399

### Services

Experience the ultimate 'girls night' and discover what the buzz is all about. Have one of 'those' parties to celebrate anything or just the discovery of a whole new you! Email in-mysterious-ways@hotmail.com or call 573-3574 (to learn how to earn free product and a discount on your preferred products".

### Property/Homes

Glenboro - 990 sq ft bungalow on large treed lot with detached garage. Home has some new flooring updates and some appliances. Price reduced to only \$22,000. Countryland Realty - Dave Mooney at 824-2094.

Cypress River - 10 acre yard site with 2 BR home. Excellent dring rafter style shop - insulated and heated. 4 Cattle sheds and small barn. 1/2 mile off #2. Asking \$75,000, offers considered. Call Dave Mooney, Countryland Realty at 824-2094

### Services

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

Looking for a way to enjoy a little girl time? Plan a Mary Kay party! Enjoy free makeovers. Rhonda Olson, Independent Beauty Consultant 727-4516 or 730-0542 or email at rolson@westman.wave.ca

### St. Barbara's Protestant Chapel

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

### Our Lady of Shilo Roman Catholic Chapel

Sunday's 1030 hrs  
Weekday mass will be announced every Sunday  
Padre Persaud - ext 6836

**Douglas United Church**  
Sunday service: 9:30am  
Sunday School

# Marking free time



**Patsy & Leon**  
Road Apples

“I’m Free! I’m Free!”

The first words out of my mouth on Monday morning. Husband is away on a course for three days. Aah, the bittersweet taste of freedom...with the kids. What shall I do!?

I’m giddy with excitement and the realization that I have the bed all to myself for a few days. My mood lifts even more when I think of the quiet time I’ll have once the kids are in bed. I’ll have all this “ME” time! I can relax, pamper myself, read that book I wanted to finish, watch what I want to watch. Then it hits me. The reality of my anal retentive brain. What a great opportunity to do a good

cleaning!

“No!”...“What am I thinking!?” I struggle with thoughts in my head and fight the practical side that keeps telling me...“great time to clean...great time to clean”...and I succumb.

I can’t win. This is the reality of it all. It can’t just be me! I’m sure I’m not the only one. What is it about our practical sides that make us want to clean and organize when all we’d really like to be doing is just relaxing or doing something completely fun and irresponsible!?! I just happen to be one of those types of people that like things in its place and like to have things stay that way. With two boys and a husband, it’s taken a lot of adjustment on my part to let that anal side of me let go.

There’s nothing more satisfying for me than to have the chance to clean house from top to bottom and then just sit back and “feel” how clean and tidy everything looks. It’s quite satisfying to look around and see everything in its

place, and furnishings are dust and fingerprint free. The best part of it is leaving for work in the morning and coming back to everything that’s exactly where I left it.

I fancy myself a pretty good detective at home. If I’ve been away for a bit of time from the house, I can walk in and recreate the “crime scene”, so to speak. It’s like my own episode of CSI Shilo. I’ll take a quick glance around and be able to tell what the boys ate for snack, lunch, etc, what they did while I was gone, what video games were played, where their lunch was prepared, and each and every spot they touched in the process!

Not to say that Husband doesn’t do his share. I must be clear on that. He’s a very helpful man. (this is not laced with sarcasm... as much as I’m biting my tongue, it’s not) Husband is very capable of cleaning and does a good job. I just happen to be the type that will come in behind and “polish off” what’s been done. I can’t help it. It’s a curse.

If I put on my Dr. Phil hat, and tried to analyze what this is for me, I think the closest analogy would be to compare it to dogs marking their territory. As a married couple, we both share our “territory”. Now that the male is gone, and I’m the “leader of the pack”...I’m marking my territory. As you can possibly tell, I’m no Dr. Phil.

And so begins my “free time”. I wonder how easy it will be to incorporate a Swiffer Duster into play-time...

## The story behind Father’s Day

**H**unter, gatherer, man of the family, father figure—however they are perceived, fathers have long played an important role in nurturing and supporting their children. The story behind the first Father’s Day and celebrations that followed are testament to the high regard and appreciation held for fathers around the world.

“For centuries, fathers everywhere have been strong role models,” says Jennifer Kinnon of Hallmark Canada. “These days, as fathers get even more involved in family life, it’s important to put them in the spotlight on Father’s Day and show how much you care.”

The first Father’s Day tribute dates back nearly

4,000 years ago. A Babylonian youth named Elmesu carved the first known Father’s Day card in clay with a special message that wished his father good health and a long life.

Father’s Day as we know it today, was first created by Sonora Smart Dodd of Spokane, Washington. While listening to a Mother’s Day sermon, she was compelled to establish a celebration for fathers as well. Dodd’s father, a widower and Civil War veteran, raised her and five siblings for 21 years after their mother died.

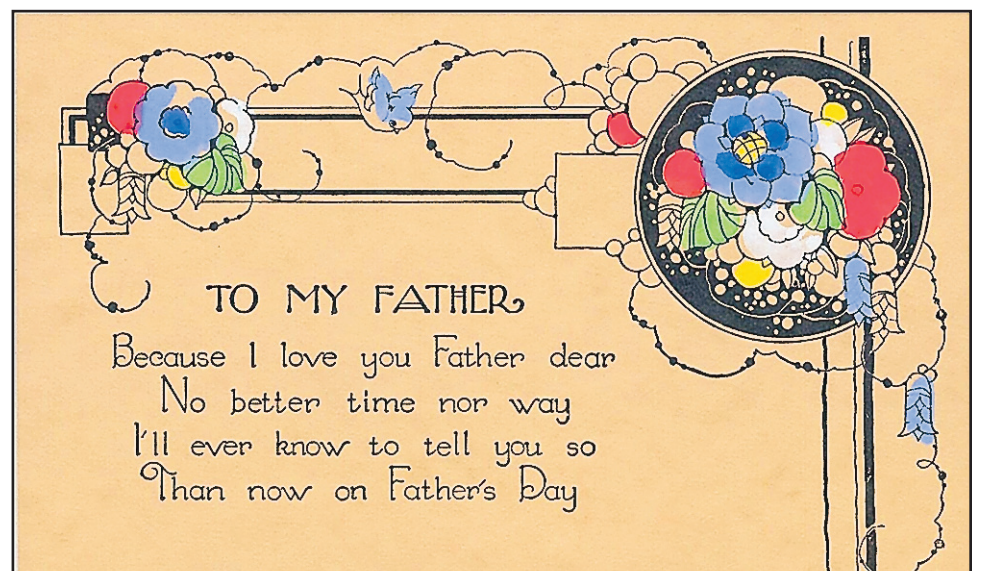
Dodd encouraged local churches to institute a day of observance for fathers and chose June 19, 1910 as the first celebration since her father was born in June. Even though it was widely celebrated for decades, Fa-

ther’s Day wasn’t officially recognized as a national day of observance until 1972.

From early on, many countries, including Canada, chose to adopt Father’s Day as a national celebration and with few exceptions, most celebrate on the third Sunday in June.

Around the world, families recognize fathers by spending the day together and showering them with cards and gifts as expressions of love and appreciation. Hallmark has been making Father’s Day cards since the 1920s and now offers close to 800 different kinds of cards that not only recognize biological fathers, but other father figures including stepfathers, grandfathers, brothers, sons-in-law and uncles.

*News Canada*



Hallmark has been making Father’s Day cards since the 1920’s.

### CORRECTION...

In the last issue of The Shilo Stag in a story about the opening of Ecole La Source school, Sylvie Dumontier was mistakenly identified as Sylvie Pumonpier. Our apologies for the error.



## DIVISION • SCOLAIRE FRANCO-MANTOBAINE

La Division scolaire franco-manitobaine est à la recherche de candidat.e.s pour combler le poste suivant à l’École La Source (maternelle à 9e année):

Enseignant.e - matières variées (classes à multi-niveaux)

3e à 4e année (matières à déterminer) - 45 %

Orthopédagogue - 25%

Orientation - 10 %

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Les candidat.e.s doivent :

- \* posséder un brevet d’enseignement au Manitoba
- \* avoir d’excellentes habiletés de communication
- \* posséder d’excellentes connaissances du français parlé et écrit
- \* démontrer la capacité de travailler en équipe
- \* pouvoir intégrer la technologie dans son enseignement
- \* avoir une connaissance de la philosophie des cycles de la jeune enfance et intermédiaire
- \* adhérer à la philosophie de l’école
- \* adhérer à la philosophie de la pédagogie du multi-âge
- \* adhérer à la philosophie de l’inclusion
- \* promouvoir et rehausser la construction identitaire
- \* promouvoir la mission de la DSFM et de la communauté scolaire

L’entrée en fonction se fera au début de l’année scolaire 2007-2008.

Les personnes intéressées sont priées de faire parvenir leur demande, accompagnée d’un curriculum vitae et trois (3) noms de référence à la direction de l’école avant 16 h, le mercredi 27 juin 2007.

**Monsieur Guy Fouillard, directeur**

École La Source

Case postale 240

Shilo (Manitoba) R0K 2A0

Courriel : gfouillard@atrium.ca

Téléphone : (204) 765-5050 Télécopieur : (204) 765-2187

N.B. Seulement les personnes choisies pour une entrevue seront contactées. La personne retenue pour ce poste devra soumettre la copie originale d’une vérification judiciaire récente de moins de 12 mois, jugée satisfaisante par l’employeur, avant d’entrer en poste.

# Wheels a rollin'



Photos by Layne Thiessen/Shilo Stag

Personnel from Base Transport and 17 Wing Winnipeg recently held their annual Transport Drivers Road-*eo*, a competition to qualify for spots in the Canadian National Truck Rodeo Championships. The ten participants took part in various drills with different vehicles including a 40-passenger Bluebird Bus, a 5-ton truck, tractor-trailer, and HLVW's, putting their driving expertise to the test. The competition includes a written test, a paper inspection and a driving evaluation that focusses on overall performance in all categories. If the leading scorers qualify for the western team, they will attend the Nationals in Cold Lake, Alberta in August.



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# Shilo Country Club

## 2007 Golf Memberships

**Ladies League on Thursday Nights!**

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Regular Family	<b>\$1235</b>
Regular Student	<b>\$285</b>
Regular Junior	<b>\$175</b>

**Lessons! Junior Program!**

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**General Office 765-3000 ext. 3622**  
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