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EVENTS GUIDE INSIDE!

# SHILO STAG

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Volume 47 Issue 5

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March 20, 2008

## Sporting one for the Regiment



Members of 2 PPCLI celebrated Regimental Day with an intense game of the traditional broom-i-loo 14 March. The sounds of cheers and moans were heard over the soccer pitch as the Junior NCO's battled the Snr NCO's and Officers (shown in yellow jerseys) for the win. After several hits, checks and laughs, the referee awarded the bragging right to the Snr NCO's and Officers at a score of 2-0.

Photo by Becky Block/Shilo Stag

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Easter Sunday, March 23 - Mall Closed  
Monday, March 24 - Open 9:30 to 9 pm



# Deployment News

Photo: Combat Camera

## BG begins its mission



LCol Dave Corbould  
CO, 2 PPCLI BG

The handover from Operation ATHENA Rotation 4 to Rotation 5 is complete. The Second Battalion Princess Patricia's Canadian Light Infantry Battle Group (2 PPCLI BG) is now fully operational and engaged in our mission.

The 3<sup>rd</sup> Battalion Royal

22<sup>nd</sup> Regiment Battle Group left us in good hands after an outstanding relief in place operation. The 2 PPCLI BG is highly motivated to continue where "3 VanDoo" left off and we have hit the ground running.

Our training has prepared us for the challenges that lie ahead. While we have unfortunately already experienced the perils of this operational theatre, we remain determined to do the best we can over the next six months.

The mentoring and training teams are strong and are demonstrating Afghan security force successes every day. It will be an accomplishment to see how much the Afghan National Army and the Afghan National Police prog-

ress over the coming months as we work side by side with them.

The Battle Group's role in Afghanistan is to provide security throughout its area of operation. This means the Battle Group is responsible for planning and executing security operations throughout Kandahar Province. Our security operations are closely coordinated with the Afghan National Army elements the Battle Group's subordinate units live and work with at our various forward operating bases. After conducting several handover operations with them, we're seeing a stronger and more organized Afghan security force than even a year ago. This is a marked indication of success.

Sometimes it seems like we take one step forward and two steps back. Afghanistan will not be re-built in a day. Every Battle Group before us and every Battle Group after us will do its best to make sure Afghanistan's security state is better than when it arrived. The 2 PPCLI BG goal is no different. We are now at a point where we can work more closely with the Mentoring teams and the PRT to move the campaign forward.

The good work being done by the Battle Group's soldiers is a testament to your support on the home front. It is a hard road to travel when your loved one is away and operating in an environment very different from life back in Canada. I thank you for your support because it gives your loved one the resolve to carry his or her mission through to the best of his or her ability. We are thinking of you always!

As memorials will be held at the end of tours, there is still a need for people to gather to remember the fallen and support each other. Bdr Jérémie Ouellet will be remembered in prayers at both Chapels on Sunday, 30 March at 1030hrs during regular service times. All are invited to come if they so desire and feel a need for this form of community and outlet for their grief.

Padre Donnelly will be officiating the service at St. Barbara's Padre McLeod will be officiating the service at Our Lady of Shilo.

## IN MEMORIAM



Bdr Jeremie Ouellet

Maj Jones  
2IC, 1 RCHA

It is with great sorrow and regret that we acknowledge the death of Bombardier Jeremie Ouellet on 11 March 2008 in Afghanistan where he was serving with Task Force 1-08 as a member of B Battery, 1 RCHA as a driver and a gun detachment member.

Originally from Metane, PQ, he joined 1 RCHA in 2004. Jeremie was well known regimentally; he was a quiet, gentle but stoic man with a highly developed sense of humour who treasured his friends, and who carried with him a sense of what was right, but was never quick to judge. He always, without fail, put friends before himself. He was also often consulted by others for his advice on various matters - both personal and work related - advice that he willingly gave, or he simply listened when someone needed that instead. He was a gifted artist and loved drawing but he was also a perfectionist, drawing and re-drawing intricate artwork until he was completely satisfied that it was perfect and up to his own incredibly high standard. He was generous to a fault but expected nothing in return - he drew many pictures or tattoo designs for his friends, and these will now become treasured mementoes.

A very proud francophone, Jeremie thoroughly enjoyed exposing his peers to his language and seized every opportunity to broaden the vocabulary of his friends, but without ever being overbearing.

Jeremie was single and leaves behind his parents, two brothers and one sister. He will be very sorely missed by all in the Regiment and our thoughts and prayers go out to his family at this extremely difficult time.

## B Coy in Afghanistan



Photo courtesy Capt Binzari, PAO

Members of B Coy, 2 PPCLI pause for a moment while at Patrol Base Sperwan Ghar.



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# Walking with you in times of need



**Padre Ken Edel**  
2 PPCLI

Let me introduce myself to you. I am Padre Ken Edel, Rear Party chaplain at 2 PPCLI since November, 2007. I am serving here on a Reserve

Force Class 'B' contract while 2 PPCLI's regular chaplain, Capt Persaud is deployed on TF 1-08. My home unit is 26 Field Regiment in Brandon whom I have been serving for five years. I also serve Christ Lutheran Church in Neepawa and St Paul's Lutheran Church in McCreary, Manitoba. These churches are whole heartedly supportive of my chaplaincy to the soldiers and families at 2 PP-

CLI. And I am grateful for the support of the members at 2 PPCLI and from the other base chaplains.

What does my chaplain work entail? Let me begin with a quote from Janine Avery's review of Christine Blatchford's book, "Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army" that caught my attention (The Shilo Stag, November 29, 2007, pg. 3): "The Canadian Public isn't witness to a soldier telling a family their son's final moments. They don't see a wife take her husband's lifeless hand one last time. They only see glossy images of uniformed soldiers stoically bringing home their dead. They see the neat package of the precise military funeral presented by the Canadian media, not

the messy, painful road that the loved ones, friends, and comrades journey down."

I am here to walk that messy and painful road with you wherever that road begins and ends. It could be with a soldier and family at home or a soldier deployed

and the family at home. And it doesn't have to be messy and painful stuff, I will walk with you in the times you rejoice too. I am glad that the newly opened Deployment Support Centre (DSC) at the Community Centre will address

the day to day concerns of a family while their loved one is deployed or a tasked. This group helps me to walk with you.

If you have anything you would like to talk about please call me at 765-3000, ext 3836.

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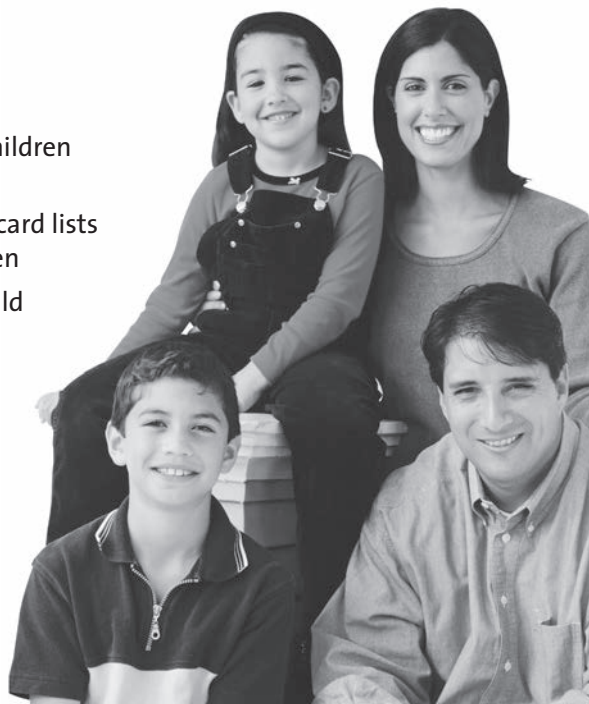
The MCB replaces and enhances the Child Related Income Support Program (CRISP).

### Are you eligible?

You may be eligible if:

- you live in Manitoba
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**Manitoba**

# Shilo wins gold!



Photo by Becky Block/Shilo Stag

Team Shilo poses together with their winning trophy at Gunner Arena. The team battled against CFB Edmonton and Cold Lake in the 25th Annual Truckers and Movers Hockey Tournament earlier this month and came out on top. Congratulations to all!

## Having a baby?

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

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

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

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

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

### It's what's inside that counts

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



### For more information

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

945-1301 (in Winnipeg)

1-888-848-0140 (outside Winnipeg)

[www.manitoba.ca/healthychild](http://www.manitoba.ca/healthychild)

or contact your local public health office



**Manitoba**

# Yellow Ribbon lounge open for business

**HCol Gary Solar**  
**Royal Military Institute**  
**of Manitoba**

Military members traveling through the Winnipeg International Airport can now relax in the newly opened "Yellow Ribbon Lounge". This is part of a test program intended to provide a lounge facility for Regular and Reserve CF members and their families. The trial period launched Mar. 10 at the James Armstrong Richardson Winnipeg airport. If it proves suc-

cessful, the initiative could lead to the establishment of military lounges in other Canadian airports.

The lounge can be used when members are traveling for training, operations, and when on leave.

It provides an area for relaxation and privacy from the travelling public, and family members are entitled to use the lounge when traveling. Soft drinks, hot drinks, a relaxing atmosphere, TV, telephone, internet access and reading material will soon be avail-

able in the lounge. Alcoholic beverages are available at bar prices.

The Winnipeg Airports Authority (WAA) has determined that access to an existing lounge can be made available for a trial year at the existing airport. If deemed successful, the program could be reviewed for expansion to other sites which could include the new Richardson International Airport in Winnipeg, planned to open in 2009. Such expansion would be subject to appropriate busi-

ness plans.

The initial test period at the Winnipeg airport will determine if the lounge is used frequently enough by CF members and their families to justify the venture. The trial will also identify if there are sufficient resources available to maintain the lounge.

There has been a very significant increase in the deployments, operations and training tempo of the CF over the past few years to meet Canada's international and domestic com-

mitments. This has resulted in a substantial increase in military personnel travel at major Canadian airports. For example, over 40,000 CF members used the Winnipeg Airport last year. This equates to over 100 personnel daily. It is anticipated that this usage will continue for the foreseeable future. Initial indications from senior military commanders and others is that establishing a lounge for use by members of the Canadian Forces and their families traveling through

Winnipeg would be very well received.

Corporate sponsors will be sought during the trial period to consider the support of the long-term provision of the service. Military personnel will be advised of the program in the information packages included in their travel documents.

Access to the lounge would require presentation of a military ID card. For more information, please phone the project director at 204-633-2445 or visit [xcofgh@yahoo.com](mailto:xcofgh@yahoo.com)

# French daycare for Shilo opening this spring

**Becky Block**  
**Shilo Stag**

If the construction schedule stays on track, Shilo will be seeing an all French daycare opening at the Ecole La Source School in early May. CFB Shilo has seen an influx of francophone families in the past few years, says newly appointed director Erin Remillard, and after surveying the community, the need revealed itself.

"Many of them (francophones) have little or no English background. For these families, and especially the children, this means not only moving to a new place but also being put in

an environment where they don't understand or speak the language. To be able to offer these families a place to come and access services in French is a huge blessing for them."

Remillard, a francophone parent herself, can relate first hand to the challenges of exposing her children to the French language.

"It's incredibly important to me and other parents like me, that our children learn the language and immerse themselves in the francophone culture," she says.

The new space boasts a need for French speaking staff, says Remillard, which will provide at least seven opportunities for people

who speak little English - but fluent French - to obtain employment.

"We are hoping to recruit as many people as we can, because we need to meet regulations. Considering that there is already a shortage of trained ECE's in Manitoba, and that we are searching for French speaking individuals - we do face a unique challenge."

The new daycare service is targeted towards French speaking families or those 'ayant droit', which means at least one of the child's parents must be a francophone. Children who have siblings who are enrolled at Ecole La Source can also attend the centre.

"The children themselves do not have to be able to speak French when they enroll," says Remillard, "But we make it very clear to all interested families that everything that happens within the centre will be in French."

The centre will accept children from the ages of 12 weeks through 12 years of age and will be likely be open year-round from 7:00 a.m. to 5:00 p.m. daily. They also plan to offer child care services to school aged children throughout the summer months.

"If we have a lot of families that are using the services that require longer hours, then we are open to changing

them," says Remillard, "The needs of our families are very important to us."

Spots within the centre are already filled up for the May opening with 3 infants, 10 preschoolers and 5 school-aged children. By September, Remillard anticipates that even with additional spots opening up to expand to 4 infants, 16 preschoolers and 10 school aged, they will be full. They are accepting part-time and occasional child care spots although their first priority will be given to those families requiring full-time care.

"Ultimately we want to be able to support as many families and schedules as

possible and are making a huge effort to remain as flexible as we can be," she says.

Until the official opening, Remillard and her team of employees and Board of Directors, are keeping busy planning for the future, which includes developing an innovative space and curriculum and initiating plans for a natural playground adjacent to the daycare.

"We have developed a philosophy that places a strong emphasis on the importance of children's play and creating a home like environment for the families and children who will use our service," she says, "We're excited about the future."

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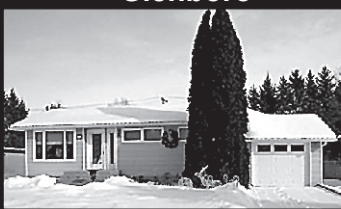
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# New Support Coordinator here to help you



**Christine Howell**  
OSISS

Military Family Resource Centre. For those who are not already familiar with the OSISS program let me give you some background information.

The mission of the OSISS Program is to establish, develop and improve social support programs for CF members, Veterans and their families affected by operational stress; and provide education and training in the Canadian Forces community to create an understanding and acceptance of Operational Stress Injuries.

What is an OSI? An OSI is any persistent psychological difficulty resulting from operational duties performed by a Canadian Forces member. The term OSI describes a host of problems, including anxiety, major depression, alcohol or substance abuse and post-traumatic stress

disorder (PTSD). The increased tempo and high-risk nature of military operations means that service men and women are doing a job that may expose them to high levels of stress or a traumatic event that can cause an OSI.

As serious as an OSI may be for the affected CF member or Veteran, there are also repercussions for his or her family. In fact, members of the immediate family are often the first to notice the personality changes and unusual behaviours in their loved one. Family members invest considerable effort in trying to understand the injury, stand by his/her side during recovery and work to maintain family stability. Over time, these

demands put a different type of stress on family members who, for better or worse, try to adapt to the long-term effects of the injury living in a tense atmosphere where conflicts are common (walking on eggshells). Most families are dealing with the symptoms of the OSI sufferer without understanding them. Apprehension to talk about what is happening for fear of negative impacts on the OSI person's military career or social network is also common and can be alleviated by having the support of a Family Peer Support Coordinator to talk with. As such, it is important that family members also seek help so they can safeguard their own well-being and, in turn,

that of their children and the OSI sufferer.

The national family peer support network consists of coordinators and volunteers who have suffered the effects of an OSI and have recovered their physical and mental health to the point where they can assist others. This is where I come in. I have experienced similar problems and my role is to provide support and information on OSI re-

sources. All conversations will remain strictly confidential. How much I help is up to you. I will listen, suggest a few ideas, and leave the choices to you. I can assist you to regain control of your life. I would be happy to help you get answers, no referral required, please call me, Christine Howell, in my office at 765-3000 ext. 4031, cell phone 724-6422, or by email fami-lypseshi@aol.com.

I would like to introduce myself to the Shilo community as Christine Howell, the new Family Peer Support Coordinator for OSISS (Operational Stress Injury Social Support Program). Previously the Winnipeg Family Peer Support Coordinator assisted Shilo families but OSISS has hired a coordinator for Shilo. You may already know me in the Shilo community from my 12 years of working at the

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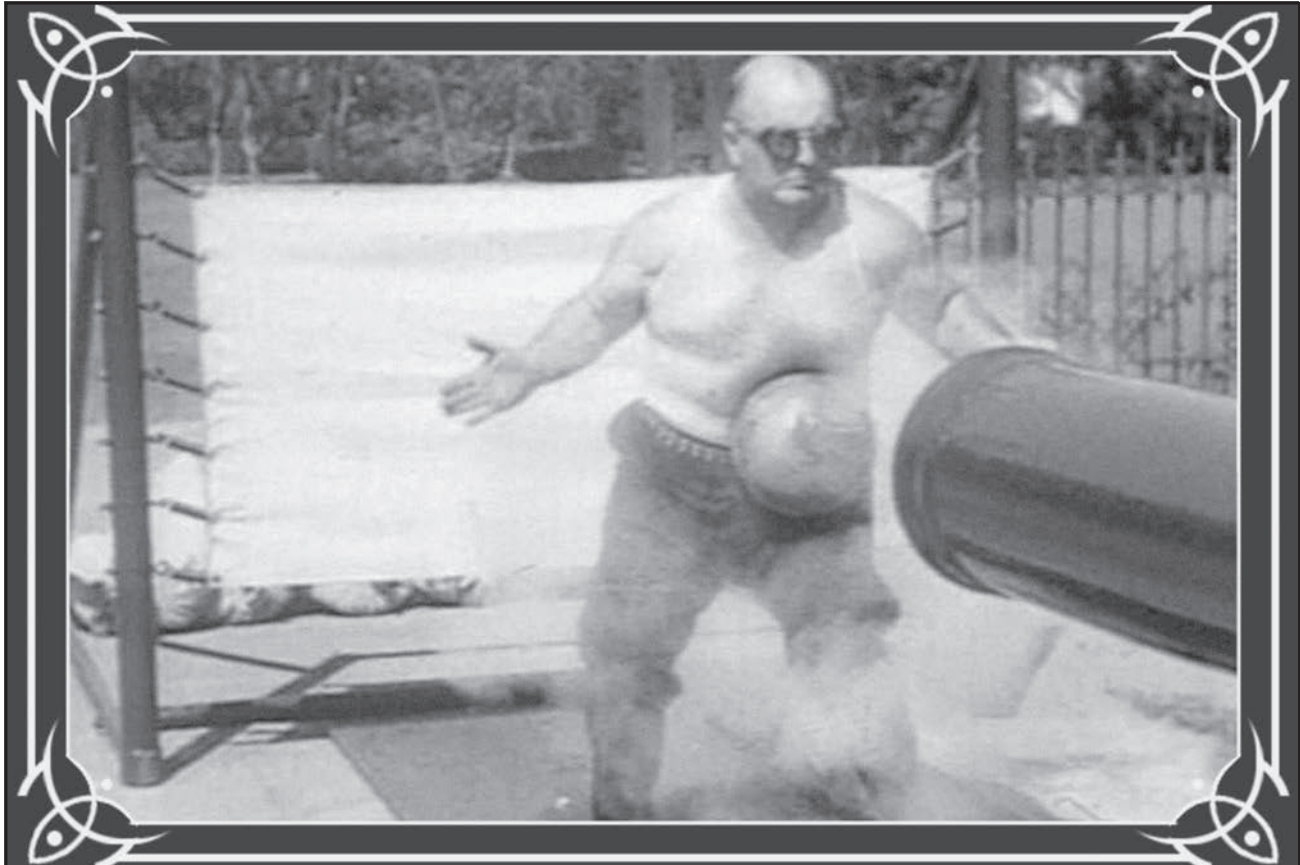
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**Manitoba**

# Missed deadlines no longer an excuse



**Janessa Champagne**  
Education Coordinator

Don't we all hate deadlines?

Have you ever considered upgrading your education, but looked into your options and realized that you have missed all of the application deadlines? Or have you decided you "shouldn't bother taking a course because it will never work with your schedule"? Or have you committed yourself to taking a course by distance but procrastinated (due to life's unseen forces) and missed the school's application deadline? If you didn't apply on time for your course or program, then open learning institutions may be your answer. Missing the deadline is no longer a viable excuse!

Many institutions set application deadlines well in advance of course registration deadlines and keeping track of these dates can be frustrating and can create obstacles for even the most dedicated learner. Open learning colleges and universities offer flexible options for distance learning for adult learners by removing barriers for access to education opportunities. So what does this really mean?

Traditionally, schools offer courses in fall, winter, and spring/summer semesters. Open institutions do not offer courses on a semester-based system. Instead, you can register for courses anytime throughout the year, at the beginning of any month. What this means is that you can pick a date to start a course that works for you! Whether you are interested in college or university courses and part-time or full-time distance learning, you can pick a time to start a pro-

gram that meets your needs. Depending on the course and institution, you have the option of online or print-based materials for courses, and with flexible timelines for completing your courses. From my experience, open institutions provide outstanding customer service to their students while delivering high quality education. The instructors are also very accommodating with meeting students' needs. There are a wide range of courses offered, from second language courses to arts and science courses to human anatomy courses!

Athabasca University is one of Canada's leading open universities, and they offer a wide range of undergraduate degree and certificate programs, as well as a few graduate programs. Registration for Athabasca courses is year round, and you must register for courses by the tenth day of the month prior to

the month you wish to start your course. Once you have registered, your course will begin on the first day of the following month. For more information on courses offered through Athabasca University, visit their online calendar at: [www.athabasca-cau.ca/calendar](http://www.athabasca-cau.ca/calendar).

Thompson Rivers University (TRU) is an open learning institution that offers independent-study distance courses and programs to students. Programs include undergraduate degree programs, certificate and diploma programs. The main campus of TRU is located in Kamloops, B.C. and they are a member of the University Consortium in B.C., along with Simon Fraser University and the University of Victoria. Distance education courses offered through Simon Fraser University and the University of Victoria can also be taken through TRU. The format for distance courses can be print-based or web-based, depending on the course or

program. For more information, visit the TRU website at: [tru.ca/new\\_students/distance.html](http://tru.ca/new_students/distance.html)

The flexibility offered by open learning institutions is ideal for military members and can provide accessible education upgrading oppor-

tunities. For more information on distance education from open institutions, contact Education Coordinator Janessa Champagne at local 4078. Stay tuned for upcoming articles on courses and programs offered through open learning colleges.

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We are seeking people interested in training for a career in one of the following programs:

- Power Electrician Program** is a four year apprenticeship program.
- Power Supply Worker - Electrical/Operator Program** is a six year apprenticeship program. The program includes completion of a four year apprenticeship program as a Power Electrician with a further two years training in station operations. This will result in your receiving dual certification as a Power Electrician Journeyman and Station Operator.

Both programs include on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered for either program:

- Two (2) year diploma in Electrical or Electronic or Instrumentation Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S, and English 40, **OR**

### Qualifications unique to the Power Supply Worker - Electrical:

- Journeyman license as a Construction Electrician and a high school diploma and willing to upgrade to the qualifications listed above.

## Aboriginal Pre-Placement Training Program

Are you an Aboriginal person who is interested in the above programs but are not yet qualified? Consider our **Northern or Southern Aboriginal Pre-Placement Training Programs**. During the ten-month Program, you will have the opportunity to take high school courses and to gain on-the-job training experience in preparation for the **Power Electrician, Power Supply Worker - Electrical, or Power Supply Worker - Mechanical Training Programs**.

To be considered, you will have completed **one** of the following courses:

- Mathematics 40S (Applied or Pre-Calculus), Physics 40S, or English 40

The Aboriginal Pre-Placement Training Programs are employment equity initiatives and proof of Aboriginal Ancestry is required.

Interested applicants are requested to visit the **Careers Section** of our website at [www.hydro.mb.ca](http://www.hydro.mb.ca) to "Register to Apply Online". Once registered, you can log in to your Candidate Personal Page, "Search for Jobs" and apply. If you are unable to access a computer, please call our Job Line at 204-477-7282 or 1-800-565-5200.

**All applications must include** a personal resumé and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

The deadline for applications is **April 11, 2008**. We thank you for your interest and will contact you if you are selected for an interview.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community.

*Manitoba Hydro is committed to diversity and employment equity.*



[www.hydro.mb.ca](http://www.hydro.mb.ca)

## Power Supply Worker – Mechanical Trainee (Industrial Mechanic)

Manitoba Hydro is a leader among energy companies in North America, recognized for providing highly reliable service and exceptional customer satisfaction. Join our team of Manitoba's best as we continue to build a company that supports innovation, commitment and customer service.

We are seeking people interested in training for a career as a Power Supply Worker - Mechanical.

**Power Supply Worker - Mechanical/Operator Program** is a six-year apprenticeship program. The program includes completion of a four year Industrial Mechanic Apprenticeship with a further two years training in station operations. This will result in your receiving dual certification as a Mechanical Technician Journeyman and Station Operator. This program includes on-the-job training, trade schools and formal classes at Manitoba Technical Colleges.

You will have **one** of the qualifications listed below to be considered for this program:

- Two (2) year diploma in Mechanical Engineering Technology, **OR**
- High school diploma with Mathematics 40S (Applied or Pre-Calculus), Physics 40S, and English 40, **OR**
- Journeyman license as an Industrial Mechanic and a high school diploma and willing to upgrade to the qualifications listed above.

## Aboriginal Pre-Placement Training Program

Are you an Aboriginal person who is interested in the above program but are not yet qualified? Consider our **Northern or Southern Aboriginal Pre-Placement Training Programs**. During the ten-month Program, you will have the opportunity to take high school courses and to gain on-the-job training experience in preparation for the **Power Supply Worker - Mechanical, Power Supply Worker - Electrical or Power Electrician Training Programs**.

To be considered, you will have completed **one** of the following courses:

- Mathematics 40S (Applied or Pre-Calculus), Physics 40S, or English 40

The Aboriginal Pre-Placement Training Programs are employment equity initiatives and proof of Aboriginal Ancestry is required.

Interested applicants are requested to visit the **Careers Section** of our website at [www.hydro.mb.ca](http://www.hydro.mb.ca) to "Register to Apply Online". Once registered, you can log in to your Candidate Personal Page, "Search for Jobs" and apply. If you are unable to access a computer, please call our Job Line at 204-477-7282 or 1-800-565-5200.

**All applications must include** a personal resumé and a complete transcript of marks (high school and any post secondary). Incomplete applications may not be considered.

The deadline for applications is **April 11, 2008**. We thank you for your interest and will contact you if you are selected for an interview.

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[www.hydro.mb.ca](http://www.hydro.mb.ca)

# Spring

## Community Events Calendar



*Photo courtesy stock.xchng*

**FROM OUR FAMILY TO YOURS**



**THE SPRING 2008  
COMMUNITY EVENTS  
CALENDAR  
brought to you by:**



# Pre-School

## Pre-Kindergarten Service

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

\* Also taking registration for September.

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.

## Tumble Weeds

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

Date: every Tuesday

Time: 9:15-11:15 am

Cost: \$1.00 drop-in fee per family

Place: Multi purpose room 2

## The Relaxation Station

Age: 2-5 yrs

Do the stressors of deployment or everyday life affect your child? Sign your child up for this session that runs 1 time per week. They will learn self-control and how to relieve tension through relaxation activities. Each session includes warm up yoga, preschool journaling, on your mat craft, breathing exercises and strategies to take home.

Date: every Wednesday

Time: 1:00-3:00 pm

Cost: Free

Place: MFRC

Register: MFRC @ 3352

## SHILO TLC (The Learning Centre, Families coming together to learn)

A free interactive program for parents and their children ages 3-5years. This program is funded through Adult and Continuing Education and promotes the parent as the child's first teacher.

Date: every Thursday

Time: 1:00-3:00 pm

Place: Shilo MFRC

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

## Infant Massage

Age: pre-mobile babies

A time to connect with your baby through touch! This 4-session workshop will help your baby with sleeping, digestion and moods.

Date: Mondays, April 7-28

Time: 10:00-11:00 am

Cost: \$30.00 (includes mats, oil and hand-outs)

Place: Shilo MFRC

Facilitator: Katie McKay-Agyriou – Fit 4 Two Instructor

Register by: Noon, Friday, April 4 - MFRC @ 3352

## Rock & Read

Age: 2-5 years & parent

This interactive parent/child program will enjoy rhymes, songs and games for you and your child to use at home. Each session includes parent book making and child craft time.

Time: 1:00-3:00 pm

Cost: FREE - juice and snacks provided

Place: Shilo MFRC

### April Session

Date: Mondays, April 7- 28

Register by: Noon, Friday, April 4 - MFRC @ 3352

### May Session

Date: Mondays, May 5-June 2

Register by: Noon, Friday, May 2 - MFRC @ 3352

## Parent & Tot Swim

Age: Under 5 & parent

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

Date: Mondays, April 7-June 16

Time: 1:15-2:00 pm

Date: Fridays, April 11-June 20

Time: 10:30-11:30 am

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

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Keep in mind that swims will not run on holidays!

## Nobody's Perfect

Age: parents with children birth-5 years

There are no perfect parents or perfect children. We can only do our best and sometimes it is nice to get help. The Nobody's Perfect, 8 week program doesn't show the "right" way to parent. It helps parents recognize their strengths.

Date: Wednesdays, April 9-May 28

Time: 5:30-7:00 pm

Cost: FREE

Place: Shilo MFRC

Register by: Noon, Friday, April 4 - MFRC @ 3352

## Red Cross Swimming Lessons

Age: Preschool to Level 10

Date: Sundays, April 13-June 22 (no lesson May 18)

Time: Between 12:15 and 2:00 pm

Cost: \$40.00 for the first and second child

\$30.00 for third child

\$20.00 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register: Community Rec Office @ 3317 or 3588

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

## Preschool Party - Celebrate Earth Day

Age: 2-5 yrs

Sign your child up to join us for a celebration of our Earth with learning and fun.

Date: Tuesday, April 22

Time: 1:00-3:00 pm

Cost: \$4.00 per child

Place: Shilo MFRC

Register by: Noon, Friday, April 18 - MFRC @ 3352

## Minor Soccer

Age: 4+

Check the School Age Section

## Wee Hands

Age: parents with infants and toddlers

Wee hands offers baby sign language for parents of infants and toddlers. It will teach sign and strategies for parents to start communicating with their wee one early in life.

Date: May 13, 15, 20 & 22

Time: 10:00-11:30 am

Cost: \$60.00 (includes manual)

Place: Shilo MFRC

Facilitator: Kerri Podruski- Licensed Wee hands Instructor

Register by: Noon, Friday, May 9 - MFRC @ 3352

## Preschool Party - Silly Shape Shake

Age: 2-5 yrs

Come celebrate the shapes in our world with games and fun.

Date: Tuesday, May 27

Time: 1:00-3:00 pm

Cost: \$4.00

Place: Shilo MFRC

Register by: Noon, Friday, May 23 - MFRC @ 3352

## Bus Trip to the International Children's Festival

Age: All ages

Join us for our 3<sup>rd</sup> annual bus trip to the Forks in Winnipeg to enjoy many children's entertainers including Fred

Penner and Al Simmons.

Date: Friday, June 6

Time: TBA

Cost: TBA

Minimum of 10 families.

Register by: Noon, Friday, May 30 - MFRC @ 3352

## Shilo MFRC

Office Hours

Monday to Thursday

8:00 am - 9:00 pm

Friday

8:00 am - 4:30 pm

## Play n'Park

Enjoy this free drop in program coming to your neighbourhood park this summer. Our playground leaders will meet you at the park for a fantastic morning or afternoon of fun and games. Keep your eye open for more details as summer

## 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

## COMMUNITY GARDEN PLOTS

Are you interested in "Gardening?"

Call the Community Recreation office at 765-3000 ext 3317 to reserve your plot today. All plots are located at the corner of Kingston and Petawawa

## "Drop In" Military Stroke Improvement Lessons

\*Military members only\*

Date: Wednesday, April 9-June 18

Time: 11:00-11:45pm

Cost: No charge

Place: Shilo Pool

Contact Info: Aquatic Supervisor, ext 3318

Register: Community Centre, Recreation office

## Volunteers Needed

The Community Recreation 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.

## Check out these exciting dates

Volunteer Appreciation Dinner

April 15

Base Commander's Lobsterfest

June 21

## Thrift Shop Hours

Located in the Faith Centre

Tuesday

1:30 - 3:00 pm & 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--4:00pm

Storytime

Every Thurs 10:00am

For more information call 3664



# Pre-School

## Feel the Beat

Age: 2-5 years

Come sing, dance and move in this fun filled musical adventure. In this program your child will be introduced to rhythm sticks, ribbons and other instruments.

Date: Mondays, June 9 - 23

Time: 1:00-3:00 pm

Cost: FREE (not including snack)

Place: Shilo MFRC

Register by: Noon, Friday, June 6 - MFRC @ 3352

Time: 1:00-3:00 pm

Cost: \$4.00

Place: Shilo MFRC

Register by: Noon, Friday, June 13 - MFRC @ 3352

## Preschool Party - Sand Castle Building

Age: 2-5 yrs

Time to get dirty and have some fun in a building contest fit for preschoolers.

Date: Tuesday, June 17

**Watch for a preschool summer fun program coming in July**

# 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/Prince
2. Cowboy/Cowgirl
3. Circus
4. Pirates
5. Jungle/Zoo

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

## March Break Swim Schedule

April 1 to April 6

Tuesday/Thursday - 6:30-8:00 pm

Wednesday - 1:30-3:00 pm

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

Cost: \$3.00 Drop-in or Free for

GSH Access Card Holders

Place: The Shilo Pool

Contact: Aquatic Supervisor @ 3318

Contact Aquatic Supervisor @ 3318

Register: Community Rec Office @ 3317 or 3588

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

## Girl Just Want To Have Fun

An opportunity for girls ages 9-13 to get together and have a girl's night out.

Time: 6:30-8:30 pm

Place: Shilo MFRC

Card Stamping

Join us for a "card stamping evening" with Christine Hume.

Date: Monday, April 21

Cost: \$12.00 (includes all supplies)

Register by: Noon, Friday, April 18

Scrapbooking

Scrapbook pages with a friend theme. Bring several pictures from home of you and friends.

Date: Monday, May 26

Cost: \$12.00 includes all supplies

Minimum of 5 participants

Register by: Noon, Friday, May 23 - MFRC @ 3352

## Kool Kids

Age: Kindergarten to 8 yrs

The place to be for fun, crafts, and games!

Come and have a blast with your friends!

Date: Wednesdays for April & May

Time: 5:30-7:00 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 based on their skill level and interests.

Date: Mondays, April 7-June 16 (No class May 19)

Time: 5:45-6:45 pm

Cost: \$40.00

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register: Community Rec Office @ 3317 or 3588

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

## Mother/Son Birdhouse Building

Age: 5-12 yrs

Enjoy an evening out while bonding with each other as you create a masterpiece.

Date: Friday, April 25

Time: 6:30-8:30 pm

Cost: \$15.00 includes supplies and snacks

Place: Shilo MFRC

Minimum of 7 families

Register by: Noon, Friday, April 18 - MFRC @ 3352

## 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 for April & May

Time: 7:30-9:00 pm

Cost: \$5.00/month

Place: Shilo MFRC

## Red Cross Swim Lessons

Age: All

Date: Wednesdays, April 9-June 11

Time: 5:00-6:15 pm

Cost: \$40.00 for the first and second child  
\$30.00 for third child

\$20.00 for every child thereafter

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Register: Community Rec Office @ 3317 or 3588

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

## Spring Dance

Age: 9-13 yrs

Come out and celebrate spring by showing off some cool dance moves.

Date: Saturday, April 26

Time: 7:00-9:00 pm

Cost: \$2.00 at the door

Place: Shilo MFRC

Canteen will be available

## Spring Break – March 31 to April 4

Age: 5-12 yrs

**Monday, March 31**

The world of kites. Build two different types of kites in the morning and go fly them in the afternoon while enjoying a picnic.

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

Cost: \$10.00

**Tuesday, April 1**

In the morning go on a nature scavenger hunt and design a bird feeder. In the afternoon take a walk to the Base Theatre and enjoy a movie with treats.

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

Cost: \$10.00

**Wednesday, April 2**

Take a trip into Brandon and go to the Royal Manitoba Winter Fair. Don't forget to bring a lunch.

Time: 9:00-4:00 pm

Cost: \$13.00

**Thursday, April 3**

Today is all about sports. In the morning we will play sports inside and outside and later in the afternoon we will go bowling at the GSH.

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

Cost: \$10.00

**Friday, April 4**

In the morning we will be having a Nutty Professor Day. We will create weird, wacky, cool experiments. In the afternoon we will take a trip into Brandon to the Playtime.

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

Cost: \$15.00

Register by: Noon, Tuesday, March 25 - MFRC @ 3352

## Babysitting Course

Age: 11+ (must turn 12 by June 30, 2008)

This course teaches children how to be responsible and reliable babysitters; it also contains basic first aid skills.

Date: Saturday, April 12

Time: 9:00 am-4:00 pm

Test: Tuesday, April 22 @ 6 pm

Cost: \$25.00 includes lunch

Place: Shilo MFRC

Minimum of 3 participants

Register by: Noon, Wednesday, April 9 - MFRC @ 3352

## Red Cross Swimming Lessons

Age: Preschool to Level 10

Date: Sundays, April 13-June 22 (no lesson May 18)

Time: Between 12:15 and 2:00 pm

Cost: \$40.00 for the first and second child  
\$30.00 for third child

\$20.00 for every child thereafter

Place: Shilo Pool

## Shilo Minor Soccer

Age: 4+ yrs

It's that time of year again! Dust off those runners and get ready for another outdoor season.

Date: May/June

Time: 6:30-7:30 pm

Cost: \$35.00

Place: Soccer Fields

Register: Community Rec Office @ 3317 or 3588

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

## Barbecue Session

Age: 8-12 yrs

This is a five-week course, which teaches kids how to barbecue safely.

Date: Tuesdays, May 6-June 3

Time: 4:30-6:00 pm

Cost: \$25.00

# School Aged

Place: Shilo MFRC  
Minimum of 5 participants – Maximum 8  
Register by: Noon, Friday, May 2 - MFRC @ 3352

## Mother's Day Extravaganza

Age: 5-12 yrs  
This event is for dads or grandpas to bring their child to create a gift and card for mom.  
Date: Saturday, May 10  
Time: 1:00-3:00 pm  
Cost: \$15.00 (supplies and snacks included)  
Place: Shilo MFRC  
Minimum of 7 families  
Register by: Noon, Friday, May 2 - MFRC @ 3352

## Inservice Day Activity

Age: 5-12 yrs  
Day filled with games, crafts, and all sorts of fun events... taking a trip to the Riverbank in Brandon and going on a GPS scavenger hunt.  
Date: Friday, May 16  
Cost: \$15.00  
**In Shilo**  
Time: 9:00 am-12:00 and 1:00-4:00 pm  
**In Brandon**  
Time: 9:00 am-3:00 pm (bring a lunch in Brandon)  
Minimum of 7 participants per location.  
Register by: Noon, Friday, May 9 - MFRC @ 3352

## School's Out

Date: Friday, May 16  
Time: 1:30-3:00 pm  
Cost: \$3.00 Drop-in or Free for GSH Access Card Holders  
Place: Shilo Pool  
Please note: Children 6 and under require adult supervision  
Contact: Aquatic Supervisor @ 3318

## Kids at Safe Play Reward (KASPR)

Age: All  
Get caught...wearing a bike helmet, wearing protective gear while skateboarding or just crossing the road safely and you will receive a prize plus a chance to win additional prizes at the Kick off to Summer Fun.  
Date: May 26-June 6  
Time: Various timing throughout the day  
Place: CFB Shilo  
Contact: Community Rec Office @ 3317 or 3588

## School Age Family BBQ

Age: 5-12 yrs  
Wrap the school age programs up with a family barbecue  
Date: Friday, May 30  
Time: 4:30-6:00 pm  
Cost: \$4.00/family  
Place: Shilo MFRC  
Minimum of 7 families  
Register by: Noon, Wednesday, May 28 - MFRC @ 3352

## Family Orientated Tennis Lessons

Age: 6+ yrs  
This program is designed to introduce or to brush up on your tennis skills. All equipment is provided and ages will be split into appropriate categories the evening of lessons.  
Costs include all three night.  
Date: Thursdays, June 12 - 26  
Time: 6:30-7:30 pm  
Cost: \$30.00  
Place: Tennis Courts  
Register: Community Rec Office @ 3317 or 3588  
**\*Please note: No refund will be issued without original receipt**

## Fathers Day Fiesta

Age: 5-12 yrs  
This event is for moms or grandmas to bring their child to create a gift and card for dad  
Date: Saturday, June 14  
Time: 1:00-3:00 pm  
Cost: \$15.00 (supplies and snacks included)  
Place: Shilo MFRC  
Minimum of 7 families  
Register by: Noon, Friday, June 6 - MFRC @ 3352

## Summer Fun Camp Pre-Registration Day

Age: 5-12 yrs  
If a spot is needed for your child to attend summer camp then today is a chance to book it at a low fee.  
Date: Monday, June 16  
Time: 10:00 am-1:00 pm  
Cost: \$5:00 deposit for each week you need  
Place: Canex Mall

# Teens

## Teen Centre Membership Fees!

We only charge \$12.00/year (prorated to \$1.00/month depending on when you sign up).  
Parents are still responsible to come in and do an orientation.  
Teens are still responsible for any guests they sign in.  
We will now charge user fees for all events.  
All events will be open to all teens, not just members; but parents must sign permission forms.  
We offer programs and services to teens in Shilo as well as Brandon. Pick ups in Brandon to be at the Brandon Armouries. Military kids can invite a friend but are responsible for them.  
**Teen Centre Hours:**  
Tuesdays: Tweens (12-14 yrs) – 6:00-8:00 pm; Teens (14-17 yrs) – 8:00-10:00 pm  
Thursdays: Tweens / Teens – 7:00-10:00 pm  
Fridays: Tweens (12-14 yrs) – 7:00-9:00 pm; Teens (14-17 yrs) – 9:00-11:00 pm

## Youth Employment Workshop

Age: 14-17 yrs  
Do you need spending \$\$? Are you saving up for a car? Or university? Or that new Fender? Then this workshop could help! Learn all about resume writing and interviewing skills.  
Date: Tues/Wed, April 1 & 2  
Time: 1:00-4:00 pm  
Cost: \$5.00  
Minimum of 5 participants  
Register by: Noon, Friday, March 28 – MFRC @ 3352

## Royal Manitoba Winter Fair trip

Age: 12-17 yrs  
Join us and spend the day at the fair.  
Date: Thursday, April 3  
Time: 12:00-8:00 pm  
Cost: 12 yrs - \$4.25  
13-17 yrs - \$13.00  
Minimum of 7 participants.  
Register by: Noon, Tuesday, April 1 – MFRC @ 3352

## Movie Night – Brandon Teens

Age: 12-17 yrs  
Monthly movie nights for Brandon Military teens are a great opportunity to hang out together, watch a movie and chat. Check [www.shilomfrc.ca](http://www.shilomfrc.ca) for location.  
Date: Tuesdays, April 8 (at the Back Alley), May 13, & June 17  
Time: 7:00-9:00 pm  
Cost: Free  
No registration necessary just drop in.

## Brandon Armoury Activities Night

Age: 9-14 yrs  
Join us at the Armoury for an evening of fun.  
Check [www.shilomfrc.ca](http://www.shilomfrc.ca) for monthly activities.  
Date: April 17, May 23, & June 20  
Time: 7:00-9:00 pm  
Cost: Free  
No registration necessary just drop in.

## "The History of Manitoba"

Age: 12-17 yrs

Manitoba Theatre Centre Warehouse in Winnipeg presents this 45 minute production on the History of Manitoba.  
Learn and have fun.  
Date: Saturday, May 3  
Time: TBA  
Cost: \$25 includes ticket and transportation  
Minimum of 10 participants.  
Register by: Noon, Monday, April 28 – MFRC @ 3352

## Brandon Movie Night

Age: 12-17 yrs  
Join us for a night on the town taking in a movie at the Capital.  
Date: Thursday, May 29  
Time: Leave at 5:30 pm  
Cost: Cost of ticket at the theatre  
Minimum of 7 participants.  
Register by: Noon, Monday, May 26 – MFRC @ 3352

## Manitoba Summer Fair

Age: 12-17 yrs  
Spend the day at the fair.  
Date: Saturday, June 7  
Time: 12:00-8:00 pm  
Cost: Cost of entrance to fair  
Minimum of 7 participants.  
Register by: Noon, Monday, June 2 – MFRC @ 3352

## CFB Shilo Youth Cardio/Strength Training Orientation

Age: 13-17 yrs  
Successful completion of this clinic plus an additional



Photos courtesy Click Art & Stock.xchng

# Teens

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: Thursday, June 26  
Time: 12:30-3:00 pm

Cost: No cost

Place: GSH

Instructor: Kris Brown

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

## We're off to Winnipeg!

Age: 12-17 yrs

We're off to the Skateboard Park in Winnipeg.

Date: Saturday, June 28

Time: TBA

Cost: \$16.00

Minimum of 10 participants.

Register by: Noon, Friday, June 20 – MFRC @ 3352

# Adult

## Butt-Out Self Help Program

Date: start anytime

Time: 1:00-3:00 pm

Cost: Free

Register: Health Promotion Admin. Assistant  
@ 3867 or 3868

## French Connection

A French speaking group that gets together every Monday. Monthly activities are also scheduled. If you miss hearing the language or just want to brush up on your French, join us.

Date: every Wednesday

Time: 10:00-11:30 am

Contact Linda ext 3352 for more information.

## Connection Française

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

avril – journée familiale à la Cabane à sucre

16 mai – Souper au Boston Pizza 18h30

20 juin – Nous fêtons la St Jean Baptiste

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

## That's a Wrap!

Would you like to take a break? Would you like to meet with friends over a cup of coffee? This informal, relaxed group is a nice way to end the week! If you are new to the community or have been here for a while and would like to meet some new friends please come and join us.

Everyone is welcome. The service is free; Childcare is available at a nominal cost. For more details please

contact Garry Reid local 4557

Date: every Friday

Time: 10:00-11:00 am

## Shilo Book Club

Did you know??? We have had a Book Club for 2 years? 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!!

Date: Monthly

Time: 7:00 pm

Location: Forbidden Flavours!!

For more details or to sign up email stag@mts.ca

## MFRC GED Prep Program

This 10-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.

Childcare is provided at no cost.

Date: Mondays / Wednesdays starting April 7

Time: 1:00-4:00 pm

Cost: \$70.00 (refundable for those who attend 85% of the course)

Instructor: Elmer Kurtz

Register by: Noon, Friday, April 4 - MFRC @ 3352

## Adult Swimming Lessons

Age: 16+

Come and learn to swim or improve your strokes.

Date: Mondays, April 7-May 5

Time: 5:45-6:45 pm

Cost: \$40.00 per person

Place: Shilo Pool

Contact Aquatics Supervisor @ 3318

Register: Community Rec Office @ 3317 or 3588

**\*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. This is sixty hours of instruction over 10 weeks.

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

**Level 1 in Shilo**

Date: Tuesdays / Thursdays starting April 8

**Level 1 in Brandon**

Date: Mondays / Wednesdays starting April 7

Register by: Noon, Friday, April 4 - MFRC @ 3352

## French Second Language Training Level 3

Program designed to help those who require a better command of French for conversational purposes. For spouses of military members, the cost of the program is refundable upon 85% attendance, and subsidized childcare is available. This is sixty hours of instruction over 10 weeks.

Date: Mondays / Wednesdays starting April 7

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

Register by: Noon, Friday, April 4 - MFRC @ 3352

## Evening Aquacise Class

Age: 14+

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

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

Date: Mondays, April 7-May 26

No class May 19

## Evening Cycle Class

Age: 14+

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: Mondays, April 7-May 26

No class May 19

Time: 7:00-8:00 pm

Cost: \$21.00 with GSH Access card (must present card)

\$30.00 without GSH Access card

Place: GSH, Base Gym

Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588

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

## Lunch Hour Group Fitness Class

Join us Tuesdays (Step), Thursdays (Pilates)

Date: Tues/Thurs, April 8-May 15

Time: 12:10-12:50pm

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

Place: GSH Gym

Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588

## Evening Step Class

Age: 14+

Join our instructor for a great low impact, water workout! A minimum numbers of registrants must be met for the class to run.

Date: Wednesdays, April 9-May 28

Time: 7:00-7:50pm

Cost: \$24.00 with GSH Access card (must present card)

\$40.00 without GSH Access card

Place: GSH, Base Theatre

Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588

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

## Belly Dancing

Age: 14+

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

Date: Thursdays, April 10-May 29

Time: 7:30-8:30 pm



Photos courtesy ClickArt & stock.xchng

# Adult

Cost: \$30.00 with GSH Access card (must present card)  
\$50.00 without GSH Access card  
Drop in if space permits \$5.00  
Place: Community Centre  
Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588  
\*Please note: No refund will be issued without original receipt\*

## Evening Aquacise Class

Age: 14+  
Join our instructor for a great low impact, water workout!  
A minimum numbers of registrants must be met for the class to run.  
Date: Wednesdays, April 9-May 28  
Time: 7:00-8:00 pm  
Cost: \$21.00 with GSH Access card (must present card)  
\$35.00 without GSH Access card  
Place: Shilo Pool  
Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588  
\*Please note: No refund will be issued without original receipt\*

## Tone In' "NEW" Morning Fitness

Age: 13+  
Join our instructor for a great workout concentrating on strength and toning exercises. Book your kids in the OCC at regular rates and join us.  
Date: Thursdays, April 10-May 15  
Time: 9:15-10:15 pm  
Cost: \$12.00 with GSH Access card (must present card)  
\$18.00 without GSH Access card  
Drop in if space permits \$5.00  
Place: Community Centre  
Register: March 25 to April 4 - Community Rec Office @ 3317 or 3588  
\*Please note: No refund will be issued without original receipt\*

## Get Your Barbecue Ready!

Our Fire Inspector will walk you through the maintenance checks involved with starting up your barbecue as well as safe starting and operational use of a Barbecue and keeping it maintained in good working order.  
Date: Tuesday, April 15  
Time: 2:00-3:00 or 7:00-8:00 pm  
Cost: Free!  
Instructor: Jeff Fisher, Chief Fire Inspector CFB Shilo  
Register by: Noon, Friday, April 11 - MFRC @ 3352

## 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, April 16  
Time: 6:00-9:00 pm  
Cost: No charge  
Register by: Noon, Friday, April 11 - MFRC @ 3352

## Shopper's Bus to Winnipeg

Come and join us on a trip to Winnipeg. The bus will drop off at Polo Park; and go over to Costco's as well. This trip is designed specifically for military families, due to insurance regulations. Only DND dependents, DND/NPF employees or MFRC staff only on this bus trip. No children, this is an adult activity only.  
Date: Saturday, April 19  
Time: 8:00 am-8:00 pm  
Cost: \$15.00  
Register by: Noon, Friday, April 11 - MFRC @ 3352

## Women's Group

Coping with the everyday issues of being a military wife/partner/girlfriend can be overwhelming at times. Creating connections with community organizations through presentations & discussions can assist in coping with these stressors. Your interests and ideas will guide the group and allow for open and honest dialogue.  
\*Coffee and Snacks will be served\*  
Time: 7:00 pm  
Cost: No fee  
Children's Mental Health

Do you have any questions about children's mental health? If so, come and join us for an evening completely devoted to the mental health needs of children.  
Mental Health and Children & Child and Family Services of Western Manitoba  
Date: Wednesday, April 23  
Place: Shilo Faith Centre  
Movie and Community Information  
Video: NOMADS LAND a Claire Corriveau film (NFB, 2007)  
Women's Resource Centre of Brandon: Violence against Women  
Date: Wednesday, May 21  
Place: Brandon Armoury  
Welcoming Home Our Partners  
Concern and Expectations - What is an OSI/PTSD and what are the signs and symptoms?  
The impact of OSI/PTSD on the family and what services are available to us?  
Date: Wednesday, June 25  
Place: Shilo Faith Centre  
Wrap Up - July 30  
Contact - Patricia @ 3352 - MFRC

## Card Stamping night

Come and spend a fun evening where we will design and create stationary and greeting cards! Make 5 cards  
Date: Thursday, April 24  
Time: 7:00-9:00 pm  
Cost: \$10.00 (includes basic supplies)  
Instructor: Christina Hume  
Register by: Noon, Friday, April 18 - MFRC @ 3352

## March 1st "I Quit Challenge" Prize Presentation Coffee Break

Date: Friday, April 25  
Time: 10:00 am  
Cost: Free

Place: Canex Mall

Register: Health Promotion Admin. Assistant @ 3867 or 3868

## Preparing a Passport

If you are planning to go outside Canada, even to the US, you need a passport. A representative from Marlin Travel will be on hand to provide information on how to fill out the forms, fill out forms for children and learn about travel aboard. Childcare available at the OCC. Passport Photo as part of the package.  
Date: Tuesday, May 6  
Time: 1:00-4:00 or 6:00-9:00 pm  
Cost: \$15.00 includes passport photo  
Instructor: Marlin Travel  
Register by: Noon, Friday, May 2 - MFRC @ 3352

## Spotlight on Shilo presents: Plays A-Plenty

A Dinner Theatre evening filled with 4 short plays, food and fun. Check poster around the community for more information. A nice outing for Mothers Day. Plays not suitable for young children.  
Date: Sunday, May 11  
Contact Linda @ 763-4720.

## "Simple Summer Sensations"

Back by popular demand!! Local chef extraordinaire, Marilyn Ross (Crock-pot Cooking) will demonstrate the preparation of some summer recipes ideas. Splendid meals; some of which can be made for one (or kids and one). An interactive session, with the participants preparing some of the food; such as taco salad for the family, or Mediterranean salad for one, and some surprises!!  
Date: Tuesday, May 13  
Time: 6:30-8:30 pm  
Cost: \$15.00  
Instructor: Marilyn Ross  
Register by: Noon, Friday, May 9 - MFRC @ 3352

## ASIST - Applied Suicide Intervention Training

Date: Wed/Thurs, May 14 & 15  
Time: 8:00 am-4:00 pm  
Cost: Free  
Place: TBA  
Register: Health Promotion Admin. Assistant @ 3867 or 3868

## PTSD

A presentation on Post Traumatic Stress Disorder that will cover some of the diagnostic criteria from the "Diagnostic and Statistical Manual of Mental Disorders 4th Edition - DSM-IV-TR Learn about the signs & symptoms and how PTSD may occur.  
Date: Thursday, May 22  
Time: 7:00-9:00 pm  
Cost: No fee  
Instructor: Roddy Batson  
Register by: Noon, Friday, May 16 - 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 \* NEW HOURS\*

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. Soldier Bear activity will be held on the 2<sup>nd</sup> Saturday.  
Date: Saturdays - April 12, 26, May 10, 31 & June 28  
Time: 1:00-5:00 pm  
Cost: Free  
Spaces are limited so registration is recommended by Wednesday prior to - MFRC @ 3352

## Deployment Childcare

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

Any week day in the Occasional Childcare room or  
Date: Saturdays - April 12, 26, May 10, 31 & June 28  
Time: 1:00-5:00 pm  
Spaces are limited so book early. Deadline for Saturday childcare is the Monday before. The MFRC also has an offsite childcare voucher system, call Dana @ 4105 for details.

## Spouses of Spouses Away SOSA

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

# Deployment Activities

**Dates in Brandon:** Tuesdays, April 15, May 13, and June 24

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

**Dates in Shilo:** Tuesdays, April 8, May 6, and June 10

Time: 7:00-9:00 pm in Shilo (Forbidden Flavours) (child care available at the MFRC for the Shilo SOSA)

**Dates in Carberry:** Wednesday, April 23, May 14, and June 18

Time: 6:00-8:00 pm (Evangelical Free Church)

Registration is recommended - MFRC @ 3352 due to reservations

## Deployment Scrapbooking for Adults

Join other deployed spouses/partners for scrapbooking.

Date: Saturdays- April 26 & May 31

Time: 1:00-4:00 pm

Cost: Varies according to project

Registration recommended by the Wednesday before for supplies - MFRC @ 3352

## Deployment Coffee Break

An opportunity for deployed families to get together; the Units' Rear Party Reps and Deployment Support Service will be available for questions and feedback.

**Dates in Shilo:** April 29, May 29, and June 26

Time: 10:00 am & 7:00 pm

Place: Community Centre

Childcare will be available in OCC but please book in advance - MFRC @ 3352

**Dates in Brandon:** April 30, May 30, and June 27

Time: 7:00 pm

Place: Brandon Armoury

## Shop Till U Drop

Shoppers bus to Winnipeg. Come out and get ready for spring.

Date: Saturday, April 19

Time: 8:00 am-8:00 pm

Cost: free for deployed (\$10.00 non deployed)

Childcare must be booked by Friday, April 11

Spaces are limited, registration required!

Register by: Noon, Friday, April 11 - MFRC @ 3352

## Dinner & Movie

Come out and enjoy a dinner and a movie in Brandon.

Date: Friday, May 2

Time: 6:30 pm dinner & movie 9:00 pm

Cost: Free!

Place: Boston Pizza and Capital Theatre

Registration recommended by: Noon, Thursday, May 1 - MFRC @ 3352

## Deployment Rock Band

Ages: 9-13 yrs

Come on out and form your own Rock Band.

Date: Thursdays, April 17, May 15 & June 19

Time: 4:30-5:30 pm

Place: Teen Centre

Contact: MFRC @ 3352

## Mother's Day Family Swim

Let's get together for an afternoon family swim!

Date: Sunday, May 11

Time: 2:00-5:00 pm

Place: Shilo Pool

Contact: MFRC @ 3352

## Boys Club

Age: 9-14 yrs

New! Boys only club offering various sports and games each month. Activities will vary based on what participants would like to do.

Date: Thursday, April 24, May 8 & June 12

Time: 5:15-7:00 pm

Place: GSH Gym

Contact: MFRC @ 3352

## Deployment Spa Day

You are half way through the deployment and you could use a break! Come on out and have a "ME" day. Receive a facial, manicure, pedicure, and a massage; for a day of relaxation at a great price. Transportation will be provided and childcare available at the MFRC.

Date: Saturday, June 21 & 28

Cost: TBA

Limited space available so registration is needed.-MFRC @ 3352

Register by: Noon, Friday, June 13



## SCAN Seminar

Second Career Assistance Network

Base Personnel Selection Office

13 & 14 MAY 2008

0800 - 1600 hrs

Location: Multi-Purpose Training Facility

**If you are releasing, retiring within 5 years, or medically releasing, you must attend this seminar!**

Call 765-3000 ext 3086

For more information and to register

Spouses & common-law partners are encouraged to attend.



## Base Commander's Downhomer Lobsterfest June 21<sup>st</sup>, 2008

Community Centre Annex (Bldg. L25)

Doors Open at 6:00 p.m.

Meal served from 7:00-9:00 p.m.

Rock & Country band

Vagrant City featuring Mike Sacharko!

**\$25<sup>00</sup> per person**

• 1 1/4 Lb. Lobsters • 8 oz. Striploin • Salads & buns!

DJ Services provided by LOOK MUSIC

Tickets available after May 1<sup>st</sup> at:

Sobey's (18<sup>th</sup> Street), Dock's Restaurant,

CANEX or call 765-3000 ext. 3073

Group bookings welcome!

**Drop Anchor for an East Coast Feast!**

# Special Events

## Base Theatre

Age: All  
 FS&R presents... Friday Nite Lights! Enjoy a DVD movie and popcorn at no cost to you!  
 Date: Fridays, April 4-May 30  
 Time: 7:00-9:00 pm  
 Doors open at 6:45 pm  
 Place: Shilo Base Theatre  
 Sponsored by Base Fund  
 Call 765-3000 ext 4312 to see what's playing each week!

## Pet Vaccination Clinic

Vaccinations for Dogs & Cats will be provided.  
 Rabies for dogs/cats \$22  
 Dog Distemper \$25  
 Feline Distemper \$25  
 Feline Leukemia \$15  
 Canine Kennel Cough \$15  
 Date: Saturday, April 12  
 Time: 9:00-11:30 am  
 Place: Community Centre  
 Contact: Community Rec Office @ 3317 or 3588

## Community Yard Sale

We'll do all the advertising; all you need to do is be ready to sell those household treasures.  
 Date: Saturday, May 10 (rain date May 24)  
 Time: 9:00 am-2:00 pm  
 Place: Your very own yard  
 Contact: Community Rec Office @ 3317 or 3588

## Shilo MFRC Career Fair

Local employers!  
 Post Secondary Education Institutions!  
 Date: Tuesday, May 13  
 Time: 3:00-8:00 pm

Watch for more information in the Shilo MFRC Newsletter, on our Website, posted around the community and in the Shilo Stag.  
 Contact: Shilo MFRC – Christine @ 3227

## Kite Festival

Come on out and show off your kite building and kite flying skills! Hot dogs and drinks will be provided. Kite making table, kite flying competitions, and face painting will be the highlights of the day. There will also be music, prizes, balloons, and cotton candy!  
 Date: Thursday, May 22  
 Time: 4:00-7:00 pm  
 Cost: Free  
 Place: Soccer Field behind GSH  
 Contact MFRC @ 3352

## Goldeyes Baseball Game

Age: All ages  
 Jump on the bus as we head to Winnipeg for an afternoon at the ballpark.  
 Date: Sunday, June 1  
 Time: 10:30 am-7:00 pm  
 Place: Meet north side of the Canex  
 Cost: \$9.00 (ticket & transportation)  
 Register by: Friday, May 23 - Community Rec Office @ 3317 or 3588

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

## Summer Safety Sizzler

Age: All  
 Join us Saturday for a free Pancake Breakfast, Bike Rodeo, Bike Maintenance Clinic, Helmet checks, Skate Park Demo, Police Dog Demo, LAV

Rides, Mini Commando, Static Display, Dinner on Us, Scavenger Hunt, games and much, much more. Wear something RED and SUPPORT OUR TROOPS.  
 Date: Saturday, June 14  
 Time: 900 am-6:00 pm  
 Place: Community Centre Annex, Bldg L-25  
 Contact: Community Recreation @ 3317 or MFRC @ 3352

## Shilo Bowling Alley Party Packs

Party 1-8 kids Cost: \$60  
 Party 9-12 kids Cost: \$75  
 Party packs include:  
 2 hours of unlimited Bowling or Glo Bowling, Shoe Rental, Hot dog, Pop, Bowling 2 for 1 pass for another day  
 Contact Info: 765-3000 ext 3588

## RCA Officers' Mess

Coffee Break Every Mon & Wed 10-10:30am, Wed's Pastries  
 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

## Shilo Pool

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 as military operational requirements take priority).  
**Public Swim Time**  
 Tues/Thurs 6:30-8:00pm  
 Sat/Sun 2:00-4:30pm; and 5:00-7:00pm  
**Statutory Holidays** 1:00-4:30pm  
**Lap Swim**  
 Mon-Fri 12:00-1:00pm  
 Mon-Thurs 8:00-9:00pm  
**Cost:** \$3.00 Drop in fee or GSH Access Card  
**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

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. 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, and daily use of the gymnasium, racquet courts, cardio room and weight room. 16& under are not allowed in the weight room, cardio room until they have successfully competed the youth weight training program. Drop by GSH to get your card today!  
**Hours of Operation**  
 Monday-Friday 6:00am-9:45pm  
 Saturday 9:00am-9:45pm  
 Sunday & Stat Holidays 12:00-9:45pm  
 765-3000 ext 3889  
**Sport Stores Hours of Operation**  
 Monday-Friday 7:30am-12:00pm, 1:00-4:00pm  
 765-3000 ext 3541  
**Community Recreation Office**  
**Hours of Operation**  
 March 25 - April 10  
 Mon-Fri 7:30 am - 6:00 pm  
 After April 11  
 Mon-Fri 7:30 am - 4:30 pm  
 765-3000 ext 3317 or 3588

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
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 char_dance@hotmail.com
Block Parents	Kristen Lucyshyn	3588	
Bowling Leagues	Brenda Cavanagh	3317	
Catholic Women's League	Chapel	3364	
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
Jiu Jitsu (Martial Arts)	Brenda Cavanaugh	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
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	Frank Hambrook		763-4919
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

# Sampling the wares

# Flat Stanley visits



Photo by Becky Brown/Shilo Stag

Maj Berschied-King (right), with help from the competitors, loads up her sampling plates as one of her official duties as a judge at the Shilo's Greatest Chef Competition last week held at the Tenne Club above the Junior Ranks. Several community members cooked up their favourite recipes and competed for the title of 'greatest'. Congratulations to Cpl Jody Snow and her Baked Brie varieties which won her the title. Eater's Choice winners were Jasmine Guy, for her Veggie Pizza and Jackie Elliott for her Banana Split Desert. Thanks to Maj LaRocque, COS, and PSP Manager Mike McEwan for the use of their tantalizing taste-buds as judges alongside Maj Berschied-King. Organizers wish to thank the CFB Shilo Base Fund for their donation of the prizes and to the staff at the Messes who aided in the success of the event. There were double the submissions in the contest this year compared to last; everything from chili, bratwurst with sauerkraut and bacon, brownies, walnut coffee cake, and all the winners submissions in between. Health Promotions puts on this event each year and encourages those with culinary skills or just a desire to try something new to participate. Recipes of all the submissions will be made available to the public via the Health Promotions office, located in the CANEX mall.



(Above) Maya Schneiderbanger, daughter of BComd, LCol Schneiderbanger, poses with Flat Stanley in front of Kapyong Barracks at CFB Shilo. Flat Stanley is a paper cut-out of a child who travels around the world as an educational tool for children to learn from. Flat Stanley was sent to Maya from a school in Edmonton so that he could learn all about an Army Base. He asked to learn about Army equipment, what an Army Base looks like, and to see the big guns on Base. Maya, as his host, spent time on the Base, posing with Stanley for pictures with all things Army, including sitting at the BComd's desk. Stanley's complete CFB Shilo adventure will be put together in a book and sent back to Edmonton for the child who requested his visit. (Aboveright) (Left to right) MCpl Smith, Base Ammo Sec, along with Sgt Flynn, 1RCHA, LCol Schneiderbanger, BComd, CFB Shilo, WO Beddows, 5FdReg't, BGen Skidmore, Commander LFWA and Sgt Waterfield, 1RCHA pose with Flat Stanley at 17 Wing, Winnipeg. Flat Stanley visited with and said farewell to the troops prior to their departure to Afghanistan 1 March.



Photos submitted by LCol John Schneiderbanger, BComd

## MANITOBA'S EMPLOYMENT STANDARDS

Employees and Employers in Manitoba's Agriculture Sector

# Know your rights and responsibilities in your workplace

**Changes to Manitoba's Employment Standards Code will provide minimum employment standards to many farm workers.** This includes minimum wage, vacations, work breaks, weekly day of rest, unpaid leaves and restrictions on deductions from wages. Changes are effective June 30, 2008.

### Full coverage of the Employment Standards Code will apply to:

- Employees in climate-controlled facilities such as some livestock barns or mushroom plants
- Employees of agricultural service providers who move from farm to farm, such as custom combining or chicken catching crews

### Coverage is flexible to address needs of specific operations

The Employment Standards Code allows some flexibility in consideration of the nature of on-farm work, impacts of weather, seasonal conditions and family farms.

- Farm workers employed on a farm by a farmer are included in most employment standards provisions, including minimum wage and vacations, but are not covered for overtime, general holidays or reporting pay.
- Farm workers employed by family members continue to be excluded from most of Manitoba's Employment Standards Code.

### Find out how these changes apply to your job or agricultural operation.

Visit our website for more information on changes to the code:

**manitoba.ca/labour/standards**

Or contact Manitoba Labour and Immigration, Employment Standards Branch. Staff are available to discuss your situation and how the changes may effect your operation.

Phone 204-945-3352 or toll free in Manitoba 1-800-821-4307

Fax 204-948-3046

E-mail employmentstandards@gov.mb.ca



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## Manitoba's Employment Standards

# Construction Industry Minimum Wages to Increase June 1, 2008

New minimum wage schedules for the Industrial, Commercial, Institutional (ICI) and Heavy Construction sectors are effective June 1, 2008 and include increases in both 2009 and 2010.

June 1, 2009 there will be one province-wide, minimum wage schedule for the ICI sector.

Contact the Employment Standards Branch for more information, or visit our website:

**manitoba.ca/labour/standards**

Manitoba Labour and Immigration  
Employment Standards Branch  
Phone: 945-3352  
Toll free in Manitoba: 1-800-821-4307  
Fax: 204-948-3046  
E-mail: employmentstandards@gov.mb.ca





# Shilo Military Family Resource Centre



## Laughing the night away



Photos by Doris Finn, MFRC

Laura Earl performs her show "I'm An Army Wife, Now What?" following the dinner organized by the MFRC on March 8.

### Valerie Thoman MFRC Volunteer

It's Sunday morning and I'm still laughing and smiling from the show last night at the Warrant Officer's & Sergeant's Mess.

"I'm An Army Wife Now What?" was written and performed by Laura Earl and it was side splitting to the point where you thought you were going to fall out of your chair and hilarious to say the least. She is a tremendously talented performer with a great deal of energy.

Approximately 60 people were in the audience to witness her comical version of An Army Wife

while her husband is away on tour in Afghanistan. The evening started with a turkey dinner with all the trimmings and chocolate dessert. Following dinner, we were pleasantly surprised by a local group of belly dancers who performed a very entertaining veil dance. Next entered Laura herself, who opened the show with a memory about her first date, her marriage and first posting to Moncton with the Army.

Every "Military Moment" she described hit the nail on the head for us wives at home to the finest detail. From the mom with a raft of young

kids to manage to the Sergeant-like wife that runs the home like a boot camp, the stories were both familiar and entertaining to all.

She showed us there are all kinds of personalities and everyone copes as best they can with the situations they are in. It was a great evening with non-stop laughter and it was a chance for the women of deployed husbands to relax and laugh during this otherwise stressful time in their lives.

I would just like to say thank you to the Military Family Resource Center for inviting Laura Earl to CFB Shilo and putting on such a wonderful evening.



Local belly dancers demonstrated their skills for the audience at the dinner organized by the Shilo MFRC on March 8.

## Welcome to the team



Photo courtesy Linda Beauchemin/Shilo MFRC

Melissa Quackenbush, the new Deployment and Special Events Worker for the Shilo MFRC

### Melissa Quackenbush Deployment and Special Events Worker

My name is Melissa Quackenbush and I am your new Deployment and Special Events Worker. I moved to Shilo in September with my fiancé and our Chihuahua. I am very excited to become acquainted with the community and meet new people.

I completed my Bachelor of Arts in Psychology and my Bachelor of Education in the Primary-

Junior division at the University of Western Ontario in London Ontario. I am very excited to be working at the MFRC and feel that all my past employment and schooling experience has led up to this.

I will be working closely with Colleen Talbot and we have planned a lot of great events for everyone to attend. Feel free to stop in and chat any time. I hope to see everyone out and about in the next few months!

See you soon!

She would certainly be welcome for another performance. I would like to personally say thank you to Laura Earl for the wonderful time and showing us "Army Wives" that we have more in common with each other than we think.

Thank you again, from a Shilo Army Wife

## Sweets for your sweet



Photo courtesy Linda Beauchemin/Shilo MFRC

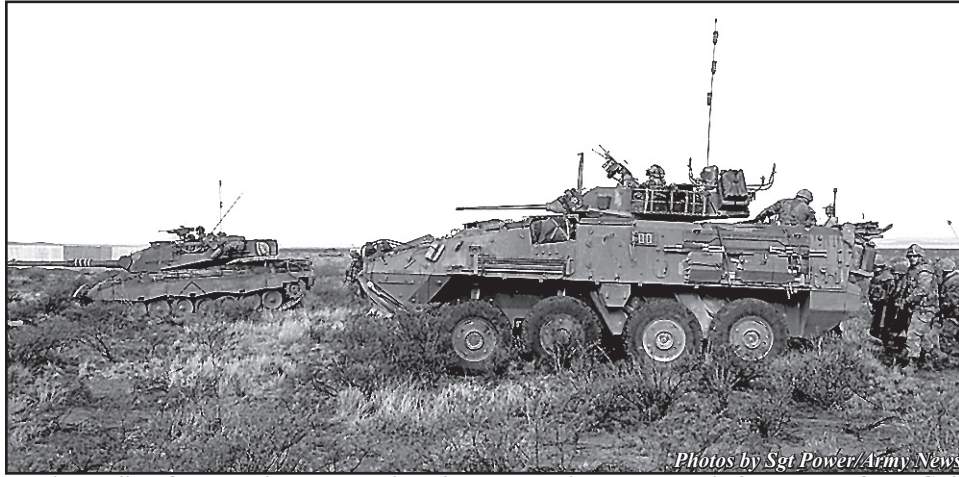
Pre-Kindergarten program would like to extend a huge THANK YOU to the Shilo, Sprucewoods and Chater communities for their overwhelming support of our Valentine Cookie Gram fundraiser. It was our biggest yet with 400 cookies delivered throughout the area. All monies raised will be put to good use throughout our program for toys, supplies and special event parties. Once again Thank you everyone, hope to deliver for you again next year!!!

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

Note: Deployment programs will not be cancelled.



# Texas tank training prepares troops



Photos by Sgt Power/Army News

During a live-fire attack a Leopard tank engages the enemy as infantrymen from Golf Coy 2 RCR move from one objective to another using their LAV 3 as a shield.

Sgt Dennis Power  
Army News

Mounted in LAV III's, Golf Company of 2 RCR, charged across the desert to take a village held by insurgents. In a thin line ahead of them was a troop of Leopard tanks blasting targets as they appeared, softening the objective for the infantry as they prepared to dismount for the attack.

Although the attack was part of a training scenario last month in Fort Bliss, it was very serious business for the troops as they prepare for a deployment to Afghanistan. Everything fired during the attack was live, including an artillery barrage as the combat team, based on Golf Coy, neared the objective. A key element supporting the combat team were the tanks leading the troops onto the objective.

"I think it's vitally important to train as much as we can with all the various

arms brought together in an event like this," said Cpl Ryan Vigar, a tankerman with A Sqn, LdSH (RC). Collective training events bring soldiers of different supporting arms together, often for the first time, giving everyone a clear picture of the part everyone plays in accomplishing a common goal. The tankers rarely have the infantry with them as they train, but it's something they'd like to do more often

"The tanks are excellent to work with, and it's good experience we're getting working with them here in

Texas," said MCpl Billy Wall of Golf Coy, 2 RCR said. "I'm looking forward to working with the tanks in Afghanistan, they're big, loud, and scary, especially to the Taliban. They may have seen the older style tanks (Soviet), but our new tanks are intimidating."

"Tanks have a shock effect, and just their presence can take the fight out of an enemy that wasn't really up to it in the first place," said Vigar. "Compared to the LAV III, we have a lot more destructive capability. With our guns we can take out a lot of hard tar-



Canadian Leopard 1 C2 Main Battle Tanks parked in formation at Shorad Range, Fort Bliss, Texas. The tanks are in Fort Bliss to train with, and support live-fire Combat Team attacks with soldiers of Task Force 3-08 as they prepare to deploy to Afghanistan.

gets that the LAV can't, like the grape-drying huts, and I think that the infantry appreciate having that capability with them," he also added.

Collective training for TF 3-08 is having the team

building effect intended, as demonstrated by Vigar's parting comment, "Being in a tank is the best place to be, ... but working with the infantry is always good!"

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Manitoba's minimum wage is increasing

On April 1, 2008, it will rise to \$8.50 per hour

For more information contact:

Manitoba Labour and Immigration  
Employment Standards Branch  
Phone: 945-3352  
Toll-free in Manitoba: 1-800-821-4307  
E-mail: [employmentstandards@gov.mb.ca](mailto:employmentstandards@gov.mb.ca)  
Website: [www.manitoba.ca/labour/standards](http://www.manitoba.ca/labour/standards)



## Pick up your FREE copy of the **SHILO STAG** at any one of the following locations:

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- 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!

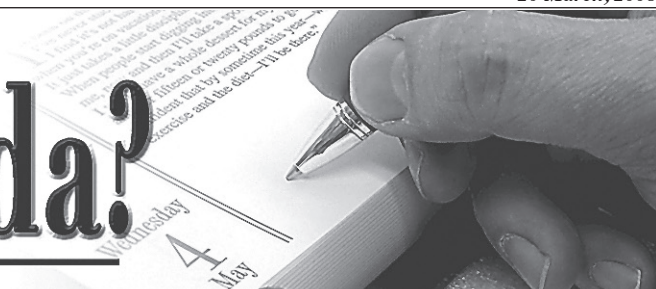
The Shilo Stag is produced every second Thursday. Deadline for submissions is the Thursday prior to the week of publication.

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?



## Volunteers Needed

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

## Group Therapy for Social Phobia (Severe Shyness)

for teens 14-17, Child & Adolescent Treatment Centre, 1240-10th St., Brandon New groups opened regularly. Mar 6, 13, 20, Apr 3, 10, 24, May 1 @ 4:30-5:30pm Contact an intake worker @ 727-3445 to register

## 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.

## 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

## Call for Interest

Professor James Forsythe of Brandon University is looking for stories from soldiers and their families to use in the development of a play by Pet Projects Theatre. The focus will be on those who have experienced an Afghanistan deployment, however all are welcome to participate. Submissions are anonymous. Contact forsythe@brandonu.ca or phone 727-9662 if interested.

**Shilo Community Library**  
 Monday: 6-8:30  
 Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30

## Royal Canadian Legion Branch #3 March Activities

- Weekly cribbage held at Legion No. 3 in the Lounge, Tues. 7:30pm
  - Weekly soft dart league held at Legion No. 3 in Lounge, Thurs. 7pm. For more info, call Jack @ 727-5869
  - Weekly meat draws are held in the lounge Fridays and Saturdays at 4:30pm, all welcome.
  - Weekly bingos are held in the Hall every Thursday. Doors open at 5:30, early bird starts at 7pm. Regular games at 7:30pm, all welcome.
- March 25** - Legion branch Meeting, 7:30pm, in the Banquet Hall.
- March 29** - Legion No. 3 Pork Supper in the Lounge at 6pm. \$10 each (limited to 100 meals, book early). Call Lounge 728-2881.
- March 29** - Dane in Legion No. 3 Lounge, 8:30-11:30pm, music by Reflections, \$7.

## Our Lady of Shilo Mass & Easter Timings

- Holy Thursday (20 March)**  
 7:00 pm The Lord's Supper
- Good Friday (21 March)**  
 10:30 am 14 Stations of the Cross  
*Join us for a dramatic presentation of the 14 Stations of the Cross by our Chapel Sunday School Children*
- Good Friday (21 March)**  
 1:00 pm Celebration of the Lord's Passion
- Saturday 22 March**  
 8:15 pm Easter Vigil/Ressurrection of the Lord
- Easter Sunday 23 March**  
 10:30 am Easter Sunday

## FS&R's Easter Egg Hunt & More

Sun. Mar. 23, Community Centre  
 Crafts & Games for all ages: 1-3pm  
 Hunt Schedule: 0-4yrs 1:30-1:45pm  
 5-7yrs 1:50-2:10pm  
 8-10yrs 2:15-2:30pm  
 Volunteers needed to help run various activities  
 Call 765-3000, x3588/3317 for more information.  
 Sponsored by Base Fund.

## Please join us for a Multi-Faith Devotional Gathering

The program will include prayers for protection of our troops  
 Tuesday, March 25 7:30pm, Shilo Faith Centre T-119  
 Hosted by: The Bahá'is of Westman

# CLASSIFIED ADS!

Call 765-3000 ext. 3013  
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 stag@mts.net

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## Homes/Property



### GREAT COUNTRY ACREAGE

Between Wawanesa and Glenboro on Hwy #2. 10 acres with nice 3 bedroom home, attached garage plus another detached garage, 40' x 60' Butler building, creek along west side, private treed yard site. 20 minutes from Shilo Base. School bus pickup in yard.

**Eleanor McCallum**  
 726-9851  
 MLS: 2801237

Great area, 880 sq. ft. 2 bdrm home for sale, refinished hardwood oak flooring, new polar windows, heating system, central vac, newly painted interior rooms and is equipped with 2 full baths. Also has basement bachelor (revenue) suite. Has a shop and car garage to die for. Centrally located in Brandon, MB. For more information call 479-2283 anytime

## Homes/Property

**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

**For Rent:** 2 bedroom house (upper level) in Wawanesa. \$500 per month plus utilities. Call 824-2248 or 729-7608

## For Sale

2002 Kawasaki KLR 650, OD Green & Black, excellent commuter & trail bike; 50 mpg; strong 4-stroke motor with good top end speed for hwy cruising, very reliable, incl. 2 helmets, 2 manuals, spares, etc. \$4500 as is or, \$4900 safety (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

18 foot 2005 Glastron Boat. 190 Horsepower in-board Volve Penta-Drive, with Easy Haul Trailer and water toys. Fewer than 20 hours on the vesicle. Like new. Asking \$20,000 OBO. Call Mike at 761-5175 in Brandon.

## For Sale

2003 Arctic Cat F7, 2450 miles, cover, studs, ready to go, great fast machine \$4500. Also 1998 Formalla 3 700, 2900 miles, in great shape, ready to go first \$2850. has a great fast sled. Call Chris Drover 724-7281. Can be seen in Sprucewoods.

Extra lean ground beef 1lb packages \$2.50 per pound. Government inspected. Call Perry 726-0231

1961 Renault caravell (2 of them) project cars, one is stripped and partially sanded. soft and hard top optional. 400 Call after 5pm 824-2394 ask for Preston

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Drop In Sports Nite for Teens. Every Thursday evening @ GSH, 7:30-9pm.

## Child care

Stay at home willing to babysit in my home. If interested please contact Jaime at 765-5144  
 Home daycare has spots open, flexible hours, healthy snacks and lunch provided. Call Mel at 765-4962

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

Kids R Kids Licensed home daycare is currently accepting names for 2 daycare spots starting in January. CPR and first aid qualified, snacks and lunches provided following the Canada Food Guide, lots of crafts and activities. Subsidy available. 765-4626

## Tutoring

Teacher available to tutor students in: Writing skills, Math, Homework/Assignments, Basic French. Contact Chantal at 765-2959

## Services

Moving? Closing up your PMQ while overseas? Need to clean before inspection? No time? Call for Experienced Cleaner, references available. Crystal 765-2617 or 573-7099

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

**Income Tax Time.** Have your tax return prepared by Ingrid. Fast, reliable, friendly, inexpensive service. E-file available. IWK Enterprises 763-4357, Shilo MB.

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

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

## 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



### 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  
 Weekday Mass - Tuesday to Friday, 1205 hrs

Padre Persaud - ext 6836  
 Padre McLeod - ext 3089

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

# Letter to the Editor

## Responsibility and maturity part of the game

Approximately a month ago the Pee-Wee hockey team from Shilo came out to take on the Boissevain Pee-Wee team in an MAHA play-off game. My 19 year old brother was the referee. I'm sure many of you have heard of some of the events of that game, which included the coach of the Shilo team, as well as many of the Shilo fans getting kicked out of the stands. Now let me ask you a question. How would you feel if your son was reffing a hockey game in which racial slurs were stated, he was swore at, and put down?

My mother and I were both at the hockey game, not because we have a family member who plays on the team, but because we wanted to see my brother ref the game. It's a very good thing we were there. At the end of the game, many of the

team parents stood outside of the ref room claiming that Boissevain needs to "spend some money on some good refs", and "we have a terrible rink". We're a small community of approximately 1500, and no, our rink may not be the best, but that has nothing to do with the calibre of hockey that we play. I go to school with the two young linesmen, who were shaken - this isn't something that normally occurs, nor should it have happened. One of the players' parents stood right outside of the ref room door, and when my brother emerged, he followed my family out to the car, swinging a hockey stick right behind us. It's a ten-year-olds game - let them play some hockey. Had I have been a player or parent on the Shilo team, I would be ashamed by how many people acted. Screaming obscenities

at a nineteen year old ref, who's only goal was to let the kids play hockey, and raise a little money to go to Paramedic School.

No ref is able to make every call in a game of hockey, nor is he able to please every person in the stands. He's been reffing for five years now, and never has he been to a game like that. Is it fair to treat someone's

brother, son or boyfriend like that? I would think not. Next time you think of attending a hockey game and acting that immature, I would advise you to think of who you're hurting. Not only did you hurt the ref and the two linesmen, you hurt the families that had come to see them do their job. This weekend he's reffing the Atom provin-

cial, and let me tell you, he's not as sure of himself as he once was, only because a few 30 to 40 year olds thought they should pick on some teenagers. Thank you for reading this.

Sincerely,  
Alanna I.

#### Editor's Note:

The President of the Shilo Minor Hockey Association, Brent Gittens

would like to invite the concerned individual to submit a letter to the Shilo Minor Hockey Association outlining her concerns. On receipt, an investigation into the conduct of the players, coaches and parents present during this game will commence. He can be contacted at Box 700, CFB Shilo, Manitoba, R0K 2A0.

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on the campus of Brandon University

### COMING ATTRACTIONS

#### March 21 & 22

Michael Clayton - 14A Fri 7:00, Sat. 7:00

#### March 21 & 22

Lars And The Real Girl - PG Fri 9:30, Sat 9:30

#### March 28 & 29

Reservation Road - PG Fri 7:30, Sat 9:30

#### March 29 & 30

La Vie En Rose - PG French Sat 7:00, Sun 7:30

#### April 4 & 5

Things We Lost In The Fire - 14A  
Fri 7:30, Sat 9:30

#### April 5 & 6

All Hat - 14A Canada Sat 7:00, Sun 7:30

#### April 11

Silent Light (Stellet Licht) - NYR Fri 7:30

*A Brandon Film Festival Special Event -  
An Evening with Author Miriam Toews.*

*Reception at 6:30 in the BU Library. Discussion  
to follow the show about Mennonite life.*

#### April 12 & 13

The Darjeeling Limited - 14A  
Sat 7:00, Sun 7:30

#### April 18 & 19

The Kite Runner - 14A Fri 7:30, Sat 9:30

#### April 19 & 20

Persepolis - PG Subtitles Sat 7:00, Sun 7:30

#### April 25 & 26

There Will Be Blood - 14A Fri 7:30, Sat 9:30

#### April 26 & 27

The Diving Bell and the Butterfly - PG  
French, Subtitles Sat 7:00, Sun 7:30

#### May 2 & 3

Atonement - 14A Fri 7:30, Sat 9:30

#### May 3 & 4

Honeydripper - NYR Sat 7:00, Sun 7:30

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