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Volume 46 Issue 23

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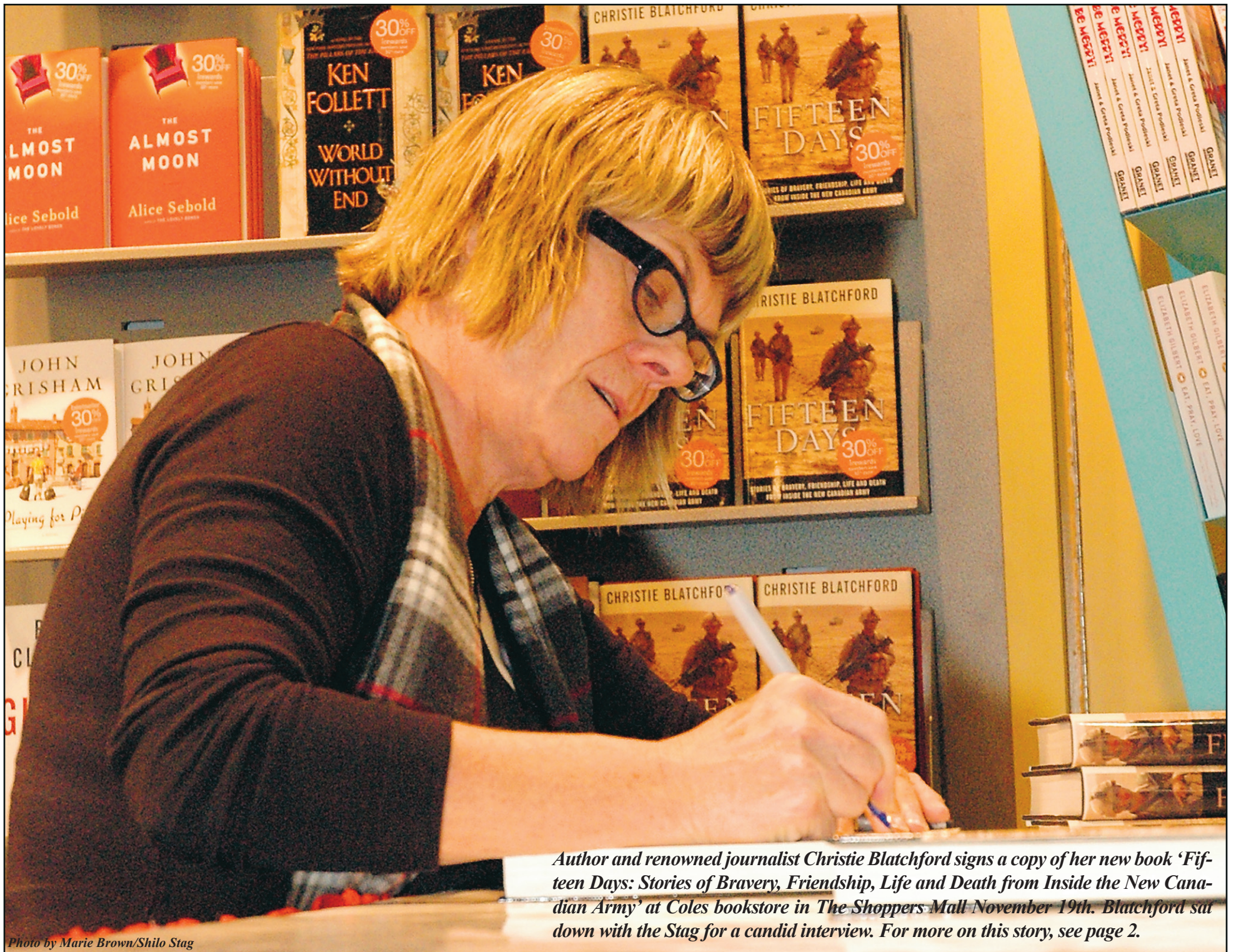
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Author visits for one day



Author and renowned journalist Christie Blatchford signs a copy of her new book 'Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army' at Coles bookstore in The Shoppers Mall November 19th. Blatchford sat down with the Stag for a candid interview. For more on this story, see page 2.

Photo by Marie Brown/Shilo Stag

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Ten questions on 'Fifteen Days'

Becky Block
Shilo Stag

Editors note:

I sat down with author and renowned journalist Christie Blatchford during her book signing in Brandon a few weeks ago. We had a lengthy and candid discussion about her new book, 'Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army', her personal experiences in Afghanistan and the relationships she's formed along the way. The following is an excerpt from that interview.

Q Obviously you have a report with some high ranking people within the military community. As one of several war correspondents in Afghanistan I'm curious as to how you, as opposed to the other journalists, got inside such a tight fold?

I find soldiers to be, including high ranking soldiers to be remarkably...I think when they know they have somebody that understands them or try to understand them; they can't do enough for you. The whole purpose of the embedding program is to get you out there with soldiers, you know, the CO is just one of the guys you meet along the way.

Q You referenced in the book that you were 'iffy' about going overseas initially on assignment. I'm wondering how that feeling transformed into now re-visiting and writing the book?

I was a little bit scared. I'm more scared when I go now because I'm better informed and uh, it was not an assignment I'd sought. I normally assign myself because I'm a columnist. I have (assigned myself) 90% of the time and this was something the Globe asked me to do. And I was happy to go, but I wasn't

beating down the door to go, ya know?

I knew almost as soon as I got there that I really was going to like the story, that I liked the people I was going to write about. And I can't tell you why it is, I mean, I fell a little bit in love with them all and I don't mean in a stupid way and certainly not in any real way, but I liked them, I liked being around them. I like the way they talk, I like their sense of humour, you know, like, their profane, and yet their funny and I thought, really genuine and no bull**it and all that stuff so I liked them right away. What I did was meet the people who later became the stories in my book.

Q Did the CF provide their blessing on the book? Did they vet it or provide direction to you?

No. No. And I didn't seek it at all; I mean quite deliberately, it's not an official publication. I didn't want it to be. This is a soldier's book. In my mind it's nowhere else and I didn't want it to be sold by the fu**ng bureaucracy you know?

Q What did you believe the new CF to be?

I meant it to refer to what I thought was the rebirth of the Canadian Army as a fighting force. I mean, not as peacekeepers or peacemakers of the post-Korea, Cold War years. But soldiers with an offensive mandate who are, especially in the case of the Patricia's, getting in gun fights everyday. I mean these guys were all over the place. It's a tour, I think, that's never going to be duplicated, even in Afghanistan.

Q The book in some parts by my observation seems to be almost voyeuristic. Were there points in the writing process where you felt it had gone too far?

I think there are some places it went too far but

my editor caught them - just intimate details, not necessarily gruesome, but too intimate. And I understand your concern I think a lot of the guys that actually found it very difficult to read are grateful that it's there.

In August the guys had a memorial party for the guys who were killed on the third in a bar in Edmonton and they invited me so I went and I didn't stay very long and I felt terrifically odd about being there. And all it was was big man hugs, people trying not to cry and drinking. And they had the pictures at the end of the bar of the four fallen and the guys were buying rounds ya know, every time they bought a round, they bought a round of drinks for the fallen I mean, fu**ing unbearable. And I'd stayed only about 90 minutes and yet I felt a bit voyeuristic. It's a hard line to draw. I'm not sure if I do it right every time.

Q Who do you see reading the book and more specifically, who did you write it for?

My secret goal is to narrow this gap between the civilian Canada and the troops, particularly in places like in Brandon there's a military presence, you guys know soldiers, you see soldiers all the time, but in Toronto and some of the big cities, there's just no presence. It's a disconnect. It's not a historical book - that I understand, so I wanted to at least offer some sort of record of what the Patricia's did and I wanted to please the soldiers ya know? I think they're tough enough to take the kinds of things, the honesty I'm talking about and I wanted them to at least - I wanted to honour who they are.

Q Was there any consideration to what the CF families might think of it?

I understood, I think, what it was like - not because I'm smart, but be-

cause they told me what it was like to be a wife or a mother here. The feedback that I've had from wives and moms is that the reaction has been very good. Some of the women are shocked because the husbands always lie, ya know Bill Fletcher said, "I lie and tell her I'm fine and she lies and pretends to believe me and that's how you exist."

Q If I were to tell you that I was uncomfortable with something you'd written, what would be your response?

Well ya know, these are tough lines to draw and I drew them as best I could and sometimes I erred and my editor brought me back. I'd rather err on the side of too much truth than too little. I cried every chapter I wrote.

Q How have hearing and living these stories affected you?

I don't feel like I've left Afghanistan to be honest with you. I don't know how well I've processed any of it. I don't know how to explain it to you. I mean, I can hardly talk about these guys, even in the speeches I give, without crying. I see them and I feel very close to them though I'm not really close to them - but I feel protective of them and worried for some of them because some of them are really struggling...so I'm a bit tormented by it and I still feel...I don't feel like I've left.

Soldiers are remarkable I have to tell you...once you make a friend of a soldier it seems they will never forget you. I feel ridiculously privileged. (tears welling) They sort of make you want to be a better person.

Sounds stupid but...

Q Being there unarmed and a woman, there were fearful times you mentioned. How did you handle your own fear?

One time they (troops) were in a fire fight and I was with them and when we got back to Kandahar Airfield I went and bought a big knife at the PX because I thought f**k, if I ever lose sight of them I'll never find my way out of the grape field and I want to have something to do some damage. So I got the thing open and promptly slashed open my own hand and then couldn't get the blade back in so I've given up (laughing). Mostly you just suck it up, you don't want to humiliate yourself in front of your friends and peers and you know, you joke about it - that's how they deal with it...what else is there to do?



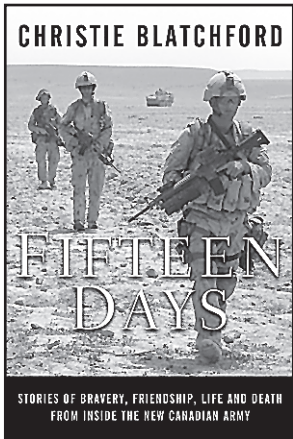
Photo courtesy Random House Canada

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Blatchford pulls no punches



Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army
By Christie Blatchford
Published by Doubleday Canada

Janine Avery
Western Sentinel

Just as Christie Blatchford had difficulties knowing where to begin when writing *Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army*, I had difficulties knowing where to start when reviewing it. I was interested in the book on so

many levels – as the editor of a military newspaper, as a military wife and as a Canadian.

Fifteen Days tells the stories of 15 separate days in Afghanistan, taking place between Mar. 4 and Nov. 27, 2006. The accounts of those days are seen both through the eyes of Blatchford, a journalist who was in Afghanistan on four separate occasions reporting for *The Globe and Mail*, and through the stories of the soldiers who lived those days. For the most part, Blatchford relies on the interviews of the soldiers involved. As an editor I admire the level of trust the soldiers granted Blatchford. The press has traditionally been something to fear among soldiers.

The stories are heart-breaking, vivid and voyeuristic. At times the stories mirrored witnessing a car accident. I wanted to look away out of respect, and sometimes horror, but was unable to. It was almost

like being in the room for the most intimate and shattering moments of the lives of my friends and neighbours. But at the same time I see the value of telling the story and I admire the frankness of Blatchford. The Canadian public isn't witness to a soldier telling a family of 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. It's a harsh reality easy to overlook from the outside. Blatchford takes you to the heart of the battle, opens your eyes and won't let you look away.

It's that reality that makes me think that this is not a book I would want to read just before my spouse was about to deploy. As the

wife of a soldier, it's a lot to take in. I consider myself tuned in to the military - it's my job, but Blatchford takes you to places only frequented by the troops themselves.

Blatchford, through the stories of those same soldiers, also shows you the satisfaction and disappointment of the mission in Afghanistan. By taking you into the battles that took place on those individual days, she is able to illustrate the sheer frustration of taking a piece of ground for the third or fourth time, and the genuine sense of accomplishment of seeing hundreds of Afghan people visit a remote medical clinic set up by Canadians without fear for their lives. It's a strange balance that the soldiers live in, and Blatchford demonstrates it well. It's these same stories that reach into your heart as a Canadian. You can't help but stand a little taller knowing it's our citizens making a difference, albeit small at times. Blatchford's



Photo courtesy Random House Canada
Christie Blatchford, author of 'Fifteen Days: Stories of Bravery, Friendship, Life and Death from Inside the New Canadian Army', in Afghanistan in 2006.

stories make you want to stand behind our soldiers and let them know they have your unwavering support.

Blatchford uses the language of soldiers. The stories belong to them after all, and she strives to tell them through their eyes, using their voice. She illustrates the secret beauty of the third-world country and its hidden valleys of green, all while showing you the dutiful sacrifice of the Canadian soldier, whose blood has been spilled in

those same valleys, for a mission they sometimes lose sight of. Blatchford tells the story their way, without forgiveness and without prejudice.

Often times this book is as hard to put down as it is to read. I found myself wanting to read more, but at the same time not wanting to read anymore at all. It's an exposed wound of the CF family, and although it may hurt for those of us on the inside, garnering the understanding of those on the outside may be worth the hurt.

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)

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Manitoba



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Manitoba

2 PPCLI's fallen honoured with dedication

A/SLt David Lavallee
1 AD Public Affairs

The Government of Manitoba officially named two lakes in the province after two Manitoban soldiers who fell in Afghanistan last year.

Premier Gary Doer presented family members of Cpl Keith Morley and MCpl Timothy Wilson with dedica-

tion certificates at a small ceremony at the Legislature on Friday, November 9.

"These geographical names will be permanent reminders of what Manitobans, such as these two young soldiers, have contributed to our society and our global community," said Doer.

The lakes are located in northwestern Manitoba. Morley Lake is approximately 60

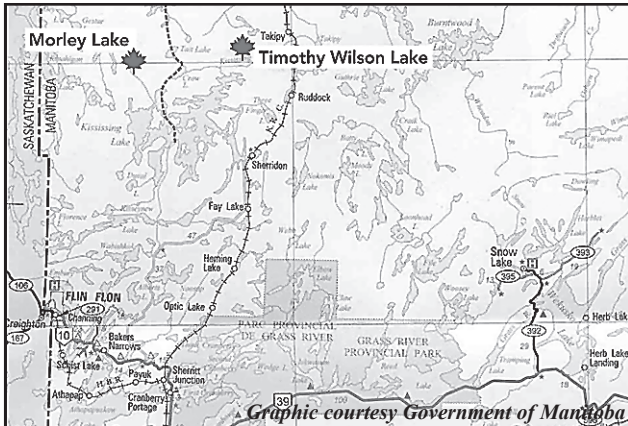
kms north of Flin Flon, while Timothy Wilson Lake lies about 75 kms northeast of the same city.

Both soldiers served with the 2 PPCLI. Cpl Morley, 30, died on September 18, 2006, while MCpl Wilson, also 30, fell on March 5, 2006.

The ceremony was a bitter-sweet one for the families of the two soldiers.

"I can't tell you how much his loss devastated our family," said Dale Wilson, MCpl Wilson's father. "I'm very proud of him and what he accomplished."

Della Morley, Cpl Morley's mother, echoed Dale Wilson's comments. "It's hard, but today was very special," she said. "They've honoured him so much." Attending with Cpl Morley's mother was his stepfather Fred Duna, his sister Shannon McCaffrey and her husband Preston, and their baby boy Keith, whom they named after his uncle.



Map depicting the location of Morley and Timothy Wilson lakes in northern Manitoba; named in honour of Cpl Keith Morley and MCpl Tim Wilson, both killed in Afghanistan.



Photo courtesy Government of Manitoba
Premier Gary Doer presented family members Dale Wilson, Preston McCaffrey with son Keith, Shannon McCaffrey, Della Morley and Fred Duna with dedication certificates Nov. 9, 2007.

The lakes were named under the province's Commemorative Names Project, which has named geographical features like lakes, rivers, bays and peninsulas after Manitobans who sacrificed their lives dur-

ing the Second World War, the Korean War, United Nations missions and Afghanistan.

Also in attendance were some of Cpl Morley and MCpl Wilson's comrades from 2PPCLI, who traveled

from Shilo for the ceremony. After the proceedings, Dale Wilson spoke of his son's bond with his fellow soldiers.

"They're all good boys," he said. "Every one of them could be my son."

Share in the spirit of the season

MBDr Will
1 RCHA

With the arrival of the fall season, we are once again thrust into perhaps the most frenzied time of the year. Holiday parties, program wind-downs, and the seasonal introduction of many sports activities (like 6:00 a.m. hockey practices) keep us sprinting from one event to the next, skating through our day-planners at break-neck speed. Add in the pre-holiday

shopping push, and it's a wonder that anyone gets through their weeks without dropping from exhaustion. That said, we are lucky to be so involved with festivities, as the holiday season is one of the best opportunities of the year to catch up with our friends and families.

It is also an excellent time to use our generosity and good-humour to an advantage; taking the opportunity to support the less-fortunate in our community. Op HOLIDAY

HARVEST, a Base-wide canvas for non-perishable foodstuffs and new and gently-used toys is your opportunity to share the holiday spirit. A collaborative effort of the charity organizations on Base, Op HOLIDAY HARVEST aims to top up the Shilo area food bank, and spread toys to children in the Shilo and Brandon area who might not otherwise have much to celebrate during the holiday season.

Donation boxes have been set up around the Base, including stations at the CANEX Mall, the MFRC, and the Multi-Faith Centre, as well as at all major units. Donations will be gratefully accepted through the first week of December, with distribution of goods to occur the week of the 10th.

Please help by sharing your seasonal spirit!

Get active and support the troops this winter

Fiona Jefferies
Health Promotions
Director

Will you be active this winter? Do you walk the dog? Do your kids play sports? The Shilo and Brandon Walk to Afghanistan needs you!

Here at Health Promotion we run walking challenges throughout the year to encourage people to get active for their health. This winter, with the Battle Group getting ready to head to Afghanistan, we want to use the challenge as a way to come together and show our support! And what better way to do this than by logging our distance to symbolically Walk to Afghanistan alongside the troops? We've invited the City of Brandon and area residents to join us – to show their support and to help us cover the distance.

The Walk to Afghanistan

will go from January 25th to March 9th. During that time, everyone in Brandon and Shilo is invited to get active and track their distance. All activity counts – walking, running, skating, swimming, playing sports... it all adds kilometers towards our goal.

The goal is to walk the distance to Afghanistan (13,000 km) once for each of the 800 deploying soldiers. Everyone's distance will be added to the group total. By tracking together, we can all show our support for the deploying troops and solidarity with families and friends remaining at home. Our goal is ambitious – so we will need everyone's participation to get there!

It will be easy to participate – simply track your activity and submit the distance by e-mail to walktoafghanistan@gmail.com.

Health Promotion will log the collective total on maps displayed at the CANEX Mall and in Brandon. Everyone can participate, on their own or as groups. Health Promotion has information packages containing a log sheet (individual or group) and conversion charts for different types of activities.

We will kick off the Walk with a launch at L-25 in Shilo – January 25 at 10:00 am. Everyone is invited to attend – and to wear red whether you can attend or not. We hope to have representatives from the Battle Group in attendance. This will be the time for Brandon and Shilo to come together as a wider community to let the troops and families know that we are all behind them.

This winter, let's all get together – and ACTIVELY Support our Troops!

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Train collision derails travel

Bdr Longmire
1 RCHA

At 10:40am on November 21, 1950, a westbound train carrying troops of the 2nd Regiment, Royal Canadian Horse Artillery collided with an eastbound train (Vancouver to Montréal) just east of Canoe River, B.C. The engines and leading cars of both trains

were derailed. The leading cars of the military train were thrown down an embankment and demolished. The injured soldiers were returned to Edmonton and the uninjured to Wainwright. Recovery of bodies was made extremely difficult due to an oil fire. Twelve soldiers were killed outright - including four whose bodies were never recovered -

four more died aboard the relief train after leaving Canoe River, and one died in hospital 18 days after the accident. In addition, the engineers and firemen of both locomotives were killed, bringing the total number of dead to 21.

The accident appears to have been due to a misunderstanding. The east-bound passenger train expected to meet a

troop train at Cedarside, east of where the collision occurred, while the west-bound troop train expected to meet the passenger train at Gosnell which is west of the scene of the accident. The two trains met on a very sharp curve and although both were travelling at moderate speeds, neither saw the other until almost the moment of impact. The injured soldiers were fortunate that civilian medical help arrived quickly; the troop train's medical officer had disembarked in Edmonton. The uninjured gunners, after a short rest and a chance to reorganize, left Wainwright for Fort Lewis on November 29th. Fort Lewis in Washington State was selected as the point of embarkation for the Canadians en route to Korea.

On November 21, 2007 at 8am, HQ Bty members of 1 RCHA marched from the Regiment to the Canoe River Memorial Cenotaph and paid their respects to the Gunners that were lost on their way to war. With troops making the ultimate sacrifice in Afghanistan, it is important for us as soldiers and all Canadians, to take the time to reflect on the cost of freedom. Canoe River is a great example of everyday people willing to place their lives down for their country and freedom. Wreaths were laid on behalf of the Royal Regiment of Canadian Artillery, Korea Veterans and 2 RCHA. A reception followed at the Faith Centre.



Photo by Bdr Longmire/1RCHA



Photo by Marie Brown/Shilo Stag

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Family Conciliation

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Toll-free: 1-800-282-8069 (ext. 7236)

manitoba.ca



Manitoba

The Canoe River Train Wreck

Far in the Canadian Rockies
One cold November's day.
Two passenger trains collided
While rolling on their way.

One rolling to the Pacific;
One to the Prairies wide;
And no one thought this journey
Would be their fatal ride.

The fireman had a signal
To stop that westbound train:
He thought the man just waving...
And the signal was in vain.

The Westbound was a trooper,
The Flyer rolling east:
When this disaster happened
All thoughts of joy did cease.

There were soldiers bound for Korea
Who gave their lives that day.
For them and all their loved ones
This day we'll kneel and pray.

Seventeen soldiers will be honoured
As in some foreign land.
They died for King and Country
While going to make their stand.

The day will live forever,
In some dear loved ones heart.
Time will help to ease the pain
But in dreams they'll never part.

By Cpl. L. Eadie

The following soldiers made the ultimate sacrifice for their country en route to Korea from Camp Shilo, Manitoba:

Gunner Arden Joseph Atchison
of Loon Lake, Saskatchewan

Gunner Weldon Eugene Barkhouse
of Wolfville, Nova Scotia

Gunner Norman William Carroll
of Pennant, Saskatchewan

Gunner Frederick William Conway
of Grand Falls, Newfoundland

Gunner Robert Arthur Craig
of Foam Lake, Saskatchewan

Gunner Austin Emery George
of Canso, Nova Scotia

Gunner Urbain Joseph Levesque
of Ottawa, Ontario

Gunner Robert William Manley
of Niagara Falls, Ontario

Gunner Basil Patrick McKeown
of Moscow, Ontario

Gunner Albert William Orr of Calgary, Alberta

Gunner David Owens of Granby, Quebec
- who died December 9, 1950

Gunner Leslie Albert Snow
of St. John's, Newfoundland

Gunner Albert George Stroud
of Howley, Newfoundland

Gunner Joseph Thistle
of Conception Bay, Newfoundland

Bombardier James Milo Wenkert
of Cowansville, Quebec

Gunner James Joseph White
of Placentia Bay, Newfoundland

Gunner William David Wright
of Neepawa, Manitoba

Ex MAPLE GUARDIAN training a success



Capt Rich Leary
6 Platoon Cmd, B Coy

Operations for Exercise MAPLE GUARDIAN began early on the morning of 15 October, in beautiful Wainwright, Alberta. The soldiers of B Company were excited to begin what was the last portion of work up training for Task Force 1-08, scheduled to deploy to Afghanistan this February. B Coy participated in this culminating exercise, designed to confirm the acquired skills of the

battle group prior to overseas deployment.

During Exercise MAPLE GUARDIAN, all members of the Task Force were provided with weapons effects simulator (WES) equipment. WES is a modern weapons system very similar to laser tag. Individuals can both engage and be engaged by targets to register hits, which results in different types of casualties. This system is designed to create a more realistic training environment, thus providing better overall feedback on the operations conducted.

Even with all this new, high-tech equipment, there is still confusion on

the battlefield from time to time. 6 Platoon had received information enemy forces may try to infiltrate the town of Rawanay in order to disrupt the opening ceremonies of the recently constructed Joint District Coordination Center (JDCC). 6 Platoon was poised and ready to stop any such persons to ensure the success of the grand opening.

On the evening of 25 October, Cpl Grant Ross was in the turret of his LAV III, his hand on the gun controls traversing his arcs, looking for possible enemy infiltrators through his thermal sights. During his shift, he spotted something moving just forward

of his position. He diligently reported it to his section commander, Sgt Mike McKay. It appeared to be two figures moving slowly up the hill, camouflaged and stalking up to the platoon's position. The call quickly went out over the radio two potential enemy personnel were making their way up to the position and a para-flare would be fired to confirm the threat.

As this situation transpired, Sgt Kevin Dunne was traversing his arcs to the location to confirm the contact. Only a few seconds had passed and the para-flare was in the air. Just forward of the position, in the low

ground with the night sky illuminated, the two enemy personnel were caught like a couple of deer in the headlights – mostly because the “enemy” was only a couple of deer grazing in the field. Sgt Kevin Dunne promptly got back on the radio to let everyone know the actual enemy we were looking for had four legs each and next time, it might be beneficial to count the number of legs before sending in a contact report. Everyone had a good laugh and for the next few days. And, the legs of all contacts were counted before being called in from then on.

Exercise MAPLE GUARDIAN ended with the grand opening of the JDCC in the village of Rawanay on 28 October. The mission was a success: the company secured an effective inner and outer cordon and prevented any insurgents from infiltrating the town. The soldiers from B Coy, as well as the Battle Group, were comforted by the fact they would soon return home to their loved ones after an eventful exercise and a long two months in the field. The lessons learned while in Wainwright were valuable and have brought the Task Force one step closer to its deployment in early 2008.

First hand experience offers choices in future

Lauren Lambkin
Guest reporter, Shilo Stag

As I walked into the Shilo Stag office on Wednesday, November 7th I was slightly unsure of what to expect. It was ‘Take Your Kid to Work Day’ and I had arranged for Becky Block, Editor of the Stag, to be my host. I knew of some of the duties the staff performs, such as writing articles, editing, finding stories, reporting on events, and taking pictures. Throughout the day, though, I discovered there was a lot more to producing a newspaper than that.

At bigger publications, they often have more than one person to do each duty, like people assigned to edit, people to report, and people to deliver the papers. At the Shilo Stag, there are only

three people to do it all. It's quite interesting to see how things are run; they constantly seem to be on the go.

My day began going over writing tips and suggestions with Becky and she answered some questions I had and I learned quite a bit. Stacey was busy working on an advertisement she had to create, based on a rough outline provided by the client. The morning continued with Becky showing me around and letting me get an inside look on how things happen at the Stag.

My first assignment was to head to a car wash in support of the United Way and take some photos for an upcoming issue. With eight people working on the cars, scrubbing, vacuuming and washing windows, I tried

my best to take some good pictures, sneaking in whenever I could to get the best shot possible. I ended up getting hosed in the face, but that's what it costs to get a good shot! We collected some background information and headed back to the office.

We talked a little bit more about what it was like to be a reporter, and went through the pictures I had taken. I had taken quite a few and they didn't turn out too bad. At first we narrowed it down to four, then to two, and finally we made it down to one. Stacey then took me through the photo editing process, and we got the picture ready for press. Becky and I discussed a few more things and suddenly, the day was nearly over.

As I walked out the door



Photo by Lauren Lambkin/Shilo Stag.
A team of G4 Branch staff clean vehicles as part of their Car Wash fundraiser. For ten dollars, vehicles were washed, scrubbed, and wiped dry including the interior and patrons were offered a hamburger and beverage while they waited for an additional \$3. The end result was over \$630 raised for the CFB Shilo United Way Campaign.

of the Shilo Stag office at the end of the day, I knew that I came out with a lot more knowledge about writing than when I walked in. I had a very enjoyable,

yet busy, day. Although I am still unsure of what I would like to do when I finish high school, this experience has definitely given me more interest in writing.

I am very glad I was able to visit the Stag for the day; it has taught me a lot and it was a great experience.

Thank you very much Becky and Stacey!

WHEAT Kings
the tradition continues

Catch the Action at
the next Home Game...

Fri., Dec. 7 vs. Saskatoon Blades
Wed., Dec. 12 vs. Kelowna Rockets
Fri., Dec. 14 vs. Saskatoon Blades

For Tickets Call 726-3555 or
visit ticketmaster.ca

www.wheatkings.com

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Winter

Community Events Calendar



Kelleher



WE'RE ON THE HILL!

GET WHERE YOU WANT TO GO THIS SEASON.

THE '07 WINTER COMMUNITY EVENTS CALENDAR



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

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 before December 31, 2006 and fully toilet trained.

Monday to Friday
Mornings – 9:00-11:30am OR
Afternoons – 1:00-3:30pm

Cost:

Mon/Wed/Fri (3 x ½ days) - \$104.40/month

Tue/Thurs (2 x ½ days) - \$69.60/month

One session per week - \$34.80/month

For more information and to register contact Val White – Pre-Kindergarten Director @ 3854 or MFRC @ 3352.

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: 1:30-3:30 pm

Cost: Free

Place: MFRC

Register at 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: 1:30-3:30 pm

Place: Shilo MFRC

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

A Crazy Christmas

Age: 2-5 yrs

Come spend some time with friends during the holidays and experience some silly Christmas traditions.

Date: Tuesday, December 4

Time: 1:30-3:30

Cost: \$4.00

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

Baby Time

Join other new and expectant moms to explore some everyday topics and guest speakers.

A new speaker every month.

Date: December 5 & 12

January 23 - Topic: Your Child's Eyes

February 20 - Topic: TBA

March 19 - Topic: TBA

Time: 9:15-11:15 am

Cost: Free, childcare for siblings available in the OCC Room

Place: MFRC Teen Centre

Kids N' Us

Age: 3-5 yrs

Skip on over every Saturday morning for our new and exciting drop in games and story time with our recreation leader.

Date: Saturdays, January 12-March 15

no program February 16

Time: 9:00-9:45 am

Place: Community Centre

Sponsored by Base Fund

Contact Community Recreation @ 3317 or 3588

Early Learning Canada

Age: 0-6 yrs with parents

A 6-week parent program that is fun, interactive and hands on. Use this time to help learn how your child can be a more effective learner for life.

Date: Mondays, January 14-February 25

Time: 6:00-8:00 pm

Cost: Free (includes resource book and childcare)

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

January Preschool Party - Snow Dayz

Age: 2-5 yrs

Bring your sled and join others in a sledding and snack party.

Date: Tuesday, January 22

Time: 1:00-3:00 pm

Cost: \$4.00 per child

Place: Shilo MFRC

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

Wiggle, Giggle and Munch

Age: 2-5 yrs

A 6-week parent/child program that offers a series of structured songs and games to promote active living in the home. Free childcare for siblings.

Date: Mondays, January 28 – March 10

Time: 1:00-3:00 pm

Cost: Free (healthy snacks included)

Register by: Noon, Friday, January 25 - MFRC @ 3352

Evening Wiggle, Giggle and Munch

Age: 2-5 yrs

A 6-week parent/child program that offers a series of structured songs and games to promote active living in the home. Free childcare for siblings.

Date: Wednesdays, February 6 - March 12

Time: 5:30-7:30 pm

Cost: Free (healthy snacks included)

Register by: Noon, Wednesday,

February 1 - MFRC @ 3352

Parent & Tot Swim

Age: Under 5 & parent

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

Date: Mondays, February 11-March 17

Time: 1:15-2:00pm

Date: Fridays, February 15-March 14

Time: 10:30-11:30am

Cost: Military and GSH Card Holders-

Free or \$3.00 Drop in fee

Place: Shilo Pool

Contact Aquatic Supervisor @ 3318

Bus Trip to the Festival du Voyageur

Age: 4-5 yrs

Join us on a bus trip to Winnipeg to attend the little beavers program at the festival.

Date: Friday, February 15

Time: bus departs MFRC @ 7:30 am

Arrive back @ 4:30 pm

Cost: TBA

Register by: Noon, Friday, February 8 - MFRC @ 3352

February Preschool Party Fabulous Fiesta

Age: 2-5 yrs

Date: Tuesday, February 26

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Friday, February 22 - MFRC @ 3352

March Preschool Party Pool Party

Age: 2-5 yrs

Sign your child up for a wading pool party at the GSH, complete with beach balls, games and summer snacks.

Date: Tuesday, March 25

Time: 1:00-3:00 pm

Cost: \$4.00

Register by: Noon, Friday, March 21 - MFRC @ 3352

Around the Town

Age: 2-5 yrs and parent

Sign you and your child up for a trip around the town. Join us on a field trip to explore our community helpers and a catered lunch.

Date: Tuesday, March 11

Time: 10:00 am-3:00 pm

Cost: TBA

Place: departing the MFRC at 10:00 am
Register by: Noon, Tuesday, March 7 - MFRC @ 3352

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

Shilo MFRC

Office Hours

Monday to Thursday

8:00 am - 9:00 pm

Friday

8:00 am - 4:30 pm

"Drop In" Military Stroke Improvement Lessons

Military members only

Date: Wednesday, February 13-March 19

Time: 11:00-11:45pm

Cost: No charge

Place: Shilo Pool

Contact Info: Aquatic Supervisor at ext 3318

Register: Community Centre, Recreation office

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

Don't know what's going on?

Check out our "NEW" CFB /ASU Shilo Community Website

www.cfcommunitygateway.ca

School Aged

Birthday Club

Let the MFRC host your child's next birthday party. For only \$100 you can have a pick from the following four choices:
1. Princess 2. Bratz 3. Army 4. Pirates
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 @ 3855.

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
Time: 5:30-7:00 pm
Cost: \$5.00/month

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
Time: 7:30-9:00 pm
Cost: \$5.00/month

Christmas Cookie Exchange

If you enjoy baking and eating delicious cookies then join us for an afternoon of fun. We will be baking cookies and exchanging them with others to take home for the holidays.
Age: 7-12 yrs
Date: Saturday, December 8
Time: 1:00-4:00 pm
Cost: \$10.00 includes all supplies
Register by: Noon, Wednesday, December 5 - MFRC @ 3352
Minimum of 7 participants

Christmas Dance

"Snow King and Queen will be announced"
Age: 7-12 yrs
Date: Friday, December 14
Time: 7:00-9:00pm
Cost: \$2.00 at door
Canteen will be available

Girls Just Want To Have Fun

An opportunity for girls ages 9-12 to get together and have a girl's night out.
Time: 6:30-8:30 pm
Place: Shilo MFRC
Minimum of 7 participants per evening

Christmas Arrangement

Create a Christmas centrepiece for your table.
Date: Monday, December 17
Cost: \$13.00 includes all supplies

Register by: Noon, Friday, December 14 - MFRC @ 3352

Scrapbooking Night

Enjoy an evening of scrapbooking and creating your masterpiece.
Date: Monday, January 21
Cost: \$12:00

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

Pizza and Movie Night

Get together and create our own pizzas while enjoying a movie together.
Date: Monday, February 25
Cost: \$3.00

Register by: Noon, Friday, February 22 - MFRC @ 3352

Paint by Number

Get together and create beautiful paintings.
Date: Monday, March 17
Cost: \$12.00

Register by: Noon, Friday, March 14 - MFRC @ 3352

Winter Break

Age: 5-12 yrs
Three days filled with lots of fun activities. There will be games, crafts, cooking, and outside events each day.
Date: January 2,3 and 4
Time: 9:00-12:00 & 1:00-4:00 pm
Cost: \$10.00
Place: Shilo MFRC
Register by: Noon, Friday, December 28 - MFRC @ 3352

Wheat Kings Game and Burger Night

Age: 7-12 yrs
Enjoy a burger and then go see the Wheat Kings play the Swift Currents.
Date: Friday, January 11
Time: meet at 5:20 pm at the MFRC or at the Brandon Armouries at 6:00 pm
Cost: \$17.00
Register by: Noon, Wednesday, January 9 - MFRC @ 3352
Minimum of 7 participants

Learn To Skate

We offer four different levels in our learn to skate program. These 30-minute programs emphasize, fun and fitness while learning the basic skating skills.
Date: Mondays, January 14-March 17
no lesson February 18
Time: 4:30-5:00 pm (Level 1 & 2)
Time: 5:15-5:45 pm (Level 3 & 4)
Cost: \$28.00
Place: Gunner Arena
Register: Community Rec Office @ 3317 or 3588
Please note: No refund will be issued without original receipt

Father/Daughter Cake Decorating Contest

Age: 5-12 yrs
Test your skills and compete against other dads and daughters in this fun event.
Date: Friday, January 18
Time: 6:00-8:00 pm
Cost: \$15:00 per team
Place: Shilo MFRC
Register by: Noon, Friday, January 11 - MFRC @ 3352
Minimum of 7 teams

Kids in the Kitchen

Age: 5-12 yrs
This session we will be creating Winter Time Snacks.
Date: Saturday, January 19
Time: 1:00-4:00 pm
Cost: \$12.00
Place: Shilo MFRC
Register by: Noon, Monday, January 14 - MFRC @ 3352
Minimum of 7 participants

Junior Lifeguard Club Age: 8-15 yrs

The Junior Lifeguard program is available to youth ages 8-15 years old who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help your child build a foundation of knowledge, attitudes and skills to become a future lifeguard. Junior Lifeguard Club is NOT a lifeguard training class. The mission of this club is to provide the opportunity to develop and improve swimming skills, lifesaving skills, fitness, lifesaving knowledge, community education, leadership and teamwork.
Date: Wednesday, January 30-March 19
Time: 5:30-7:00 pm
Cost: \$35
Place: Shilo Pool
Contact Aquatic Supervisor @ ext 3318

Register: Community Rec Office @ 3317 or 3588

Inservice Day

Age: 5-12 yrs
The theme is Chef For A Day. Create an apron, and yummy food all day.
Date: Friday, February 1
Cost: \$13.00
Register by: Noon, Friday, January 25 - MFRC @ 3352
Minimum of 7 participants per location.
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)

School's Out, Lets Go Swimming!

Date: Fridays, February 1, 22 & March 14
Time: 1:30-3:00pm
Cost: \$3.00 Drop-in or Free for GSH Access Card Holders
Place: The Shilo Pool
Please note: Children 6 and under require adult supervision

Cooking Up A Storm

Age: 8-12 yrs
This season Cooking Up A Storm goes LOONY. If you are somewhat curious then sign up for 8 weeks of interesting food choices. You will also design an apron and will receive your own cookbook at the end of the eight weeks.
Date: Tuesdays, February 5-March 25
Time: 4:30-6:00 pm
Cost: \$50.00
Place: Shilo MFRC
Register by: Noon, Friday, February 1 - MFRC @ 3352
Minimum of 4 participants - Maximum 8 participants

Kids N' Us

Skip on over every Saturday morning for our new and exciting drop in games and story time with our recreation leader
Date: Saturdays, January 12-March 15
no program February 16
Age: 5-7 yrs
Time: 10:00-9:45 am
Age: 7-9 yrs
Time: 11:00-11:45 am
Place: Community Centre
Sponsored by Base Fund
Contact Community Recreation @ 3317 or 3588

Red Cross Swim Lessons

Age: All
Date: Tuesdays & Thursdays, February 19-March 20
Time: 5:00-6:30 pm
Cost: \$35.00 for the first and second child
\$25.00 for third child
\$15.00 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

Inservice Day

Age: 5-12 yrs
The theme is Winter Fun. Dress for the weather and enjoy a day of games and crafts.
Date: Friday, February 22
Cost: TBA
Register by: Noon, Friday, February 15 - MFRC @ 3352
Minimum of 7 participants per location.
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)
Contact: Community Rec Office @ 3317 or 3588

School Aged

Winter Dance

Age: 7-12 yrs
Enjoy dancing the night away with your friends.
Date: Friday, February 22
Time: 7:00-9:00 pm
Cost: \$2.00 at the door
Place: Shilo MFRC
Canteen will be available throughout the night.

Wheat Kings Game and Pizza Night

Age: 7-12 yrs
Go out for pizza and then off to Wheat Kings Game.
Date: Friday, February 29
Time: meet at 5:20 pm at the MFRC or at the Brandon Armouries at 6:00 pm
Cost: \$17.00
Register by: Noon, Wednesday, February 27 - MFRC @ 3352
Minimum of 7 participants

Inservice Day

Age: 5-12 yrs
The theme is Carnival day and a trip to Ruckers.
Date: Thursday, March 13

Cost: \$15.00

Register by: Noon, Friday, March 7 - MFRC @ 3352
Minimum of 7 participants per location
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)

Inservice Day

Age: 5-12 yrs
The theme is Around the World. Play games, create crafts and taste foods from different countries.
Date: Thursday, March 14
Cost: \$12.00
Register by: Noon, Friday, March 7 - MFRC @ 3352
Minimum of 7 participants per location.
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)

Mother/Daughter Tea Party

Age: 5-12 yrs
Get together and have a tea party. A chance to spend the

evening decorating cookies, making a picture frame, play a game and having tea/juice with people you love.
Date: Friday, March 28
Time: 6:30-8:30 pm
Cost: \$5.00 per person (snacks provided)
Place: Shilo MFRC
Register by: Noon, Thursday, March 20 - MFRC @ 3352
Minimum of 7 families

March Break Swim Schedule

March 29-April 6
Days: Saturdays & Sundays
Time: 2:00-4:30 pm & 5:00-7:00 pm
Days: Monday & Wednesday
Time: 1:30-3:00 pm
Days: Tuesday & Thursday
Time: 6:30-8:00 pm
Cost: \$3.00 Drop-in or Free for Military members and GSH Access Card Holders

March Break

Keep your eyes open for details about what the MFRC has in store for your school age kids during March Break.
Date: March 31-April 4

Teens

Teen Centre New 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.

Tweens (ages 12-14) - Tuesdays 6:00-8:00 pm and Fridays 7:00-9:00 pm

Teens (ages 14-17) - Tuesdays 8:00-10:00 pm and Fridays 9:00-11:00 pm

Java Nights – Special Guest Speakers

We bring in the speakers you would like to hear and learn about Peer Pressure, Date Rape, Crystal Meth and topics you tell us you would like to hear about! Look for posters on the upcoming topics. In order to offer Java Nights in Brandon, we have secured a facility there. YFC has a youth drop in centre called the Back Alley that we can use that is teen appropriate for Java nights.

Band Nights

Did you know we have a Bass Guitar, Electric Guitar, Keyboards, and an Electric Drum Kit? Plus we have amps stands and all the stuff you need to play. We will bring in musicians to give workshops so you can learn how to play your favourite instrument!

Teen Advisory Council

Our aim is to provide an opportunity for teens to plan activities and events. Are you interested in being the VOICE of the Teens? You don't need to be a member of the Teen Centre. The benefits? Free food at every meeting, leadership development, looks great on a resume, lots of fun and mostly importantly having a say in what happens and what is important for teens in Shilo!!

Teen Drop-In

Every Tuesday and Thursday the Child and Youth Counselor will hold drop-in times for tweens/teens at the MFRC. This is an opportunity for tweens/teens to talk to a counsellor about the concerns that they are facing. Appointments can also be made if needed.
Date: every Tuesday and Thursday
Time: 5:30-6:30pm
Place: Shilo MFRC
Contact Patricia Marchand, MSW for more

info or for an appointment @ 3373

Guitar Heroes and Dance Dance Revolution Night

Every Friday night we will offer competition on our new Guitar Heroes game and our new Dance Dance Revolution game. Battle for prizes!
Date: Fridays
Time: 7:00-9:00 pm Tweens
9:00-11:00 pm Teens

Saturday Night Movies

We supply the free popcorn and movies. Come in and tell us what you would like to see!
Date: every Saturday night
Time: 8:00 pm

Fun Trip to Winnipeg

Age: 12-17 yrs
Spend the day in Winnipeg doing a variety of fun things. Choices will be given and the majority will rule!!!
Date: Saturday, December 15
Time: TBA
Cost: TBA
Choices and waiver form must be returned by Friday, December 7.
For more info contact Lori @ 3847.

Assessipi Ski Trip

Age: 12-17 yrs
A day of skiing, snowboarding or tubing just for teens and tween!
Date: Friday, January 4 and Saturday, March 29
Costs: TBA
Time: TBA
Register by: Noon, Friday prior to the event - MFRC @ 3352

Mayhem Poets, Manitoba Theatre for Young People production

Age: 12-17 yrs
A trip to Winnipeg to check out "America's famous slam poets meld social awareness with mid-boggling hip-hop rhythms"
Date: Saturday, January 12
Time: 12:30-8:30 pm
Cost: \$26.00
Register by: Noon, Friday, January 4 - MFRC @ 3352

Movie Night in Brandon

Age: 12-17 yrs
We will go to the theatre in Brandon check out a movie of your choice!
Date: Friday, January 25
Time: 5:30 pm

Costs: \$8.00

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

Drop In Sports Nite for Teens

Age: 13+
Grab the gang and head on over to the GSH for a variety of sports.
Date: Thursdays, January 17-March 20
Time: 7:30-9:00 pm Place: GSH
Contact: Community Rec Office @ 3317 or 3588

Manitoba Moose Game

Age: 12-17 yrs
Join us for a trip to Winnipeg to watch the Manitoba Moose vs Hamilton Bulldogs.
Date: Friday, February 1
Time: 3:30 pm
Costs: \$35.00
Register by: Noon, Friday, January 22 - MFRC @ 3352

CFB Shilo Youth Cardio/Strength Training Orientation

Age: 13-17 yrs
Successful completion of this clinic plus an additional short follow-up session will allow youth to use the Cardio Room and Weight Training Room. Once forms are signed by parents and submitted to the GSH front desk, youth are permitted to train under supervision of a parent or guardian till the Orientation Session. Thereafter, youth will be allowed unsupervised access for 2-4 weeks while they train for their individual follow-up session.
Date: Friday, February 22
Time: 12:30-3:30 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

Wheat Kings Game and Burger King Supper

Age: 12-17 yrs
Come and join us as we go for a burger and watch exciting Junior Hockey action!
Date: Friday, February 22
Time: 5:15 pm
Costs: \$20.00
Register by: Noon, Friday, February 15 - MFRC @ 3352

Teens

Cranked, Manitoba Theatre for Young People production

Age: 12-17 yrs

Let's go to Winnipeg and meet "Stan, a.k.a. Definition", a rising freestyle rapper, and the decisions that lead to his addiction and the derailment of his life and career."

Date: Saturday, March 1
Time: 3:30-11:30 pm

Cost: \$26.00

Register by: Noon, Friday, February 22 - MFRC @ 3352

No Kids? No Problem!!

MYTH: The MFRC only supports military members with spouses and children
FACT: The MFRC has a number of services for

Military members without children (or spouses)
Check Out the following adult-oriented MFRC services:
-Activities and workshops, GED, Chef Sessions, Home Buying Seminar and more
-Volunteer Opportunities
-Employment Assistance (for the spouse of Reg Forces and Reservists)
Second Language Training Course
- free to spouses - open to all!

Adult

French Connection

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

Date: every Monday
Time: 9:30-11:30 am

Contact Linda ext 3352 for more information.

Connection Française

Tout les lundi matins de 9:30 à 11:30
au Forbidden Flavour.

Contact Linda ext: 3352 ou Hélène au 765-5127

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!

NEW - we will offer a guest speaker once a month. Make your suggestion to the MFRC. 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. Childcare is available at a nominal cost. For more details please contact Garry Reid @ 3857 or Heather Kirkman @ 765-5027

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.net

ASIST - Applied Suicide Intervention Training

Date: December 10 & 11 or January 30 & 31 or March 17 & 18
Time: 8:00 am-4:00 pm

Cost: Free

Place: MPTF Classroom 16 (December Room 14)
Register: Health Promotion Admin. Assistant @ 3868

Christmas Snowflake Craft

Come join us for a fun evening making this simple craft! Dainties, Apple Cider and Christmas music are sure to put you in the Christmas Spirit!

Date: Tuesday, December 11
Time: 6:30-8:30 pm

Cost: \$2.00 includes the craft and dainties
Place: Community Centre

Instructor: Val White

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

Lunch Hour Group Fitness Class

Join us Monday (Step), Wednesday (Pilates)

Date: Mon/Wed, January 14-March 19

No class February 18

Time: 12:10-12:50pm

Cost: Free-Military/GSH Access

Cardholders or \$5.00 drop in fee

Place: GSH Gym

Register: Community Rec Office @ 3317 or 3588

Adult Learn To Skate

Age: 16+

Date: Mondays, January 14-March 17

no lesson February 18

Time: 5:15-5:45 pm

Cost: \$28.00 per person

Place: Gunner Arena

Register: Community Rec Office @ 3317 or 3588

Please note: No refund will be issued without original receipt

English Second Language Training

Program designed to help those who require a better command of English for conversational and employment 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 January 14

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

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

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: 6:00-9:00pm

Cost: \$70.00 (may be refundable)

Level 1 in Shilo

Date: Mondays / Wednesdays starting January 14

Level 1 in Brandon

Date: Mondays / Wednesdays starting January 14

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

Evening Cycle Class

Age: 13+

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

Date: Mondays, January 14-March 24

No class February 18

Time: 6:30-7:20pm

Cost: \$30.00 with GSH Access card

\$40.00 without GSH Access card

Drop in if space permits \$5.00

Place: GSH, Base Theatre

Register: Community Rec Office @ 3317 or 3588

Tone In' "NEW" Morning Fitness

Age: 13+

Join our instructor for a great workout concentrating on strength and toning exercises.

Date: Tuesdays, January 15-March 18

Time: 9:15-10:15 pm

Cost: \$20.00 with GSH Access card

\$30.00 without GSH Access card

Drop in if space permits \$5.00

Place: GSH

Register: Community Rec Office @ 3317 or 3588

Please note: No refund will be issued without original receipt

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: Tuesdays / Thursdays starting January 15

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, January 11 - MFRC @ 3352

French Second Language Training Level 2

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: Tuesdays / Thursdays starting January 15

Time: 6:00-9:00 pm

Cost: \$70.00 (may be refundable)

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

Basic Spanish Course

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

Date: Tuesdays, January 15-March 4

Will you be active this winter?

Walking the dog?

Taking the kids to hockey or swimming?

Going to the gym?

This winter, all of your physical activity can show support for the troops in Afghanistan

Help us walk 13,000 kilometres - the distance from Shilo to Afghanistan - for every soldier from Shilo deploying
Launches January 25 10:00 at L-25 - be sure to wear red to show your support!

For a package including a log sheet and activity conversion chart, call
765-3000 ext. 3867 or 3868 or e-mail: walktoafghanistan@gmail.com

Walk to

Afghanistan

Actively Supporting the Troops

Adult

Time: 6:00-9:00 pm

Cost: \$40.00 person

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

Evening Pilates Class

Age: 13+

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

Date: Wednesdays, January 16-March 19

Time: 6:15-7:15 pm

Cost: \$37.50 with GSH Access card
\$45.00 without GSH Access card

Drop in if space permits \$5.00

Place: Community Centre

Register: Community Rec Office @ 3317 or 3588

"Stress Management"

Stress in the home, Stress at work and Stress in your head? Come to a Stress Awareness presentation to help you understand stress and what you can do to better manage it.

Date: Wednesday, January 16

Time: 7:00-9:00 pm

Place: Community Centre

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

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

Evening Power Yoga Class

Age: 13+

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

Date: Wednesdays, January 16-March 19

Time: 7:30-8:30pm

Cost: \$37.50 with GSH Access card
\$45.00 without GSH Access card

Drop in if space permits \$5.00

Place: Community Centre

Register: Community Rec Office @ 3317 or 3588

Morning Step Class "NEW" Morning Fitness

Date: Thursdays, January 17-March 20

Time: 9:15-10:15 pm

Cost: \$20.00 with GSH Access card
\$30.00 without GSH Access card

Drop in if space permits \$5.00

Place: GSH

Register: Community Rec Office @ 3317 or 3588

Please note: No refund will be issued without original receipt

Belly Dancing

Age: 13+

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

Date: Thursdays, January 17-March 20

Cost: \$37.50 with GSH Access card
\$45.00 without GSH Access card

Drop in if space permits \$5.00

Place: Community Centre

Beginner

Time: 6:15-7:15 pm

Intermediate

Time: 7:30-8:30 pm

Register: Community Rec Office @ 3317 or 3588

Fitness Theory Course

Age: 16+

Learn the basic theory behind fitness classes, including fitness and lifestyle, anatomy, physiology, exercise design and prescription. This course will give you the knowledge to continue on to our upcoming leadership courses. Attendance is required for all classes.

Date: January 18, 19 and 20

Friday 6:00-10:00 pm

Saturday & Sunday 8:00 am-5:00 pm

Cost: \$175.00 includes course materials

Place: Community Centre

Contact Info: Manitoba Fitness Council or

Community Rec Office @ 3317

Register: 1-800-432-1960 ext 8644

Digital Camera Workshop

In this 3-hour session Gloria will focus on the use of digital cameras; topics will include proper camera usage techniques, tips and tricks to cameras technical issues involving print and email, usage & selection of software as well as a question and answer period.

Date: Wednesday, January 23

Time: 6:00-9:00 pm

Cost: \$30.00

Instructor: Gloria Jackson

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

Butt-Out Group Program

Date: begins January 29

Time: 1:00-3:00 pm

Cost: Free

Place: MPTF Classroom 14

Register: Health Promotion Admin. Assistant @ 3868

Card Stamping Night.

Come and spend a fun evening where we will design and create stationary as well as five greeting cards!

Date: Thursday, January 31

Time: 7:00-9:00 pm

Cost: \$10.00 (includes supplies)

Register by: Noon, Friday, January 25 - MFRC @ 3352

Stress - Take Charge

Date: February 4, 6 & 8

Time: 8:00 am-4:00 pm (4 & 6) and 8:00 am-12:00 pm (8)

Cost: Free

Place: MPTF Classroom 14

Register: Health Promotion Admin. Assistant @ 3868

Pet First Aid

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

Date: Monday, February 4

Time: 7:00 pm

Cost: \$10.00

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

Register by: Noon, Friday, February 1 - MFRC @ 3352

Group Fitness Leadership Course

Age: 16+

This course will offer the practical knowledge to teach fitness in a group setting. Learn: components for a fitness class; use of music; choreography (step & hi/lo); and program planning. Attendance is required for all classes.

Date: February 8, 9 and 10

Friday 6:00-10:00 pm

Saturday & Sunday 9:00 am-5:00 pm

Cost: \$175 includes course materials

Place: GSH

Contact Info: Manitoba Fitness Council or
Community Rec Office @ 3317

Register: 1-800-432-1960 ext 8644

Managing Angry Moments

Date: begins February 11

Time: 1:30-4:00 pm

Cost: Free

Place: MPTF Classroom 14

Register: Health Promotion Admin. Assistant @ 3868

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving

and lifeguarding, the principles of emergency procedures, and teamwork. Lifesavers learn the skills involved in the rescue of a victim with a spinal injury, the rescue of a pulse less victim, and the rescue of a victim with deteriorating circumstances.

Pre-requisite: Successfully completed Bronze Medallion

Date: Mondays, January 14-March 24

No class: February 18

Time: 5:30-8:00 pm

Cost: \$135 (with course materials),
\$195 (without course materials)

Place: Shilo Pool

Contact Aquatic Supervisor @ ext 3318

Register: Community Rec Office @ 3317 or 3588

Please note: No refund will be issued without original receipt

What is Happening on Your Computer?

A workshop designed to help parents know what Kids are doing online, discussion on Internet Bullying, cleaning up & setting up files, as well as the ramifications of wireless internet and hacking. There will also be information on how to evaluate the sites and sources found online.

Date: Tuesday, February 19

Time: 6:00-9:00 pm

Cost: TBA

Instructor: Bruce Organ

Location: Community Centre Computer Lab

Register by: Noon, Friday, February 15 - MFRC @ 3352

Adult Swimming Lessons

Age: 16+

Date: Wednesdays, February 20-March 19

Time: 6:45-7:45 pm

Cost: \$35.00 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

Art Instruction – Introduction to Drawing

A look at the elements and principles of design, perspective and shading. Participants will learn how to use materials, develop an understanding of basic theories and have an opportunity to apply what they have learned through hands-on activities!

Date: Wednesday/Thursday, February 20 & 21

Time: 6:30-8:30 pm

Cost: \$15.00 supplies extra, supply

list available from the MFRC

Register by: Noon, Friday, February 15 - 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.

Date: Wednesdays, February 20 (Shilo),
March 19 (Brandon), and April 23 (Shilo)

Time: 7:00-9:00 pm

Place: Faith Centre (Shilo) - Brandon Armoury (Brandon)

Facilitator: Patricia Marchand, MSW

For more information contact Patricia at 3373

Chef Sessions "Meals that Melt in Your Mouth"

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

Date: Tuesday, March 4

Time: 7:00-9:00 pm

Cost: \$15.00 per person

Instructor: Larry DeVries

Adult

Time: 7:00-9:00 pm

Cost: \$15.00 per person

Instructor: Larry DeVries

Register by: Noon, Friday, February 29 - MFRC @ 3352

Weight Wellness

Date: begins March 5

Time: 1:30-3:00 pm

Cost: Free

Place: MPTF Classroom 14

Register: Health Promotion Admin. Assistant @ 3868

"Anger"

Anger is one of our most powerful emotions that each of us own. This presentation will talk about anger in order to understand it's source and provide strategies to better manage it.

Date: Wednesday, March 5

Time: 7:00-9:00 pm

Place: Community Centre

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

Register by: Noon, Friday, February 29 - MFRC @ 3352

Aquacise Leadership Course

Age: 16+

Learn the fundamentals of teaching water classes. Examine the properties of water such as buoyancy

and water resistance followed by development and application of the components of exercise design. Attendance is required for all classes.

Date: March 7, 8 and 9

Friday 6:00-10:00 pm

Saturday & Sunday 9:00 am-5:00 pm

Cost: \$175.00 included course materials

Place: GSH

Contact Info: Manitoba Fitness Council /or

Community Rec Office @ 3317

Register: 1-800-432-1960 ext 8644

Herbals and Drugs

Spend an informative evening discussing the implications of using herbal products with medications, how to determine dosages for children or seniors and the benefits of herbs.

Date: Wednesday, March 12

Time: 6:00-9:00 pm

Cost: \$10.00

Instructor: Howard Love, Doctor of Natural Medicine

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

Art Instruction – Introduction to Drawing - still life, figures and faces

A look at the elements and principles of drawing still life, figures and faces. Participants will learn

how to use materials, develop an understanding of basic theories and have an opportunity to apply what they have learned through hands-on activities!

Date: Wednesday/Thursday, March 12 & 13

Time: 6:30-8:30 pm

Cost: \$15.00 supplies extra, supply

list available from the MFRC

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

Home Buying Seminar

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

Date: Monday, March 17

Time: 7:00 pm

Location: Community Centre

Instructor: Michele Clouthier

Register by: Noon, Friday, March 14 - MFRC @ 3352

Top Fuel for Top Performance

Date: March 24 & 25

Time: 8:00am-4:00 pm

Cost: Free

Place: MPTF Classroom 14

Register: Health Promotion Admin. Assistant @ 3868

Special Events

Christmas Bazaar

(Please note: There will be no parade this year due to operational commitments)

Come and check over 65 different crafters FS&R has lined up for you. Visit Santa from 3:00-4:00 pm and don't forget to have the kids to do their Christmas shopping at the "Kid's only Department Store"

Date: Saturday, December 1

Time: 1:00-4:00pm

Place:L-25

Contact: Community Recreation @ 3317 or 3588

Kid's Shopping and Cookie Decorating

Kids come and do your shopping for mom and dad for only \$1. Don't forget to take a break in your busy day to decorate a cookie.

Date: Saturday, December 1

Time: 1:00-4:00 pm

Place: L-25

Contact: Shilo MFRC @ 3352

Christmas Display Contest

No need to register, as our judges will travel through the PMQ area

Date: Monday, December 17

Time: 6:00pm

1st Prize: \$150

2nd Prize: \$100

3rd Prize: \$75

Winners will be notified Tuesday, December 18

Contact: Community Rec Office @ 3317 or 3588

Base Theatre

FS&R presents.... Friday Nite Lights! Enjoy a DVD movie and popcorn at no cost to you!

Age: All

Date: Fridays, January 11 - March 28

Time: 7:00-9:00pm

Doors open at 6:45pm

Place: Shilo Base Theatre

Sponsored by Base Fund

Call 765-3000 ext 4312 to see what's playing each week!

Family Ski Trip

Age: All ages

Kids are out of school so let's head to the Assessipi Ski Area and Winter Park for a day of ...Skiing, Snowboarding or Tubing! Includes a day of thrills, chills and powder.

Date: Friday, February 22

Time: 8:00 am-6:00 pm

Place: Bus leaves north side of the Canex @ 8:00 am

Lift Rates

Adult 1 Day Lift (Ages 18+) \$32

Youth 1 Day Lift (Ages 6-17) \$27

Equipment Rental (All Ages)

Shaped Ski Rental 1 Day \$15

Snowboard Rental 1 Day \$20

Helmet Rental 1 Day \$5

Tubing Only \$12

Register: Community Rec Office @ 3588

Please note: All participants must be a dependant of/or a DND member, Public/NPF Employee,

or MFRC employee. (A parent/legal guardian must accompany 13 yrs & under).

Manitoba Moose Game

Age: All ages

Date: Sunday, March 2

Time: 11:00 am-7:30 pm

Place: Bus leaves north side of the Canex at 11:00 am and returns to Shilo at approx. 7:30 pm

Cost: \$20.00

Register: Community Rec Office @ 3588

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

Easter Egg Hunt

Age: Infant – 10 yrs of age

Join us for the Great Easter Hunt, crafts and games

Date: Sunday, March 23

Time: 1:00-3:00 pm

Doors open at 1:00 pm

Place: Community Centre

Easter Egg Hunt Schedule

0-4 yrs old 1:30-1:45 pm

5-7 yrs old 1:50-2:10 pm

8-10 yrs old 2:15-2:30 pm

Cost: no charge

For more info contact: Community Rec Office @ 3588

Farewell to the Troops Family Day

Join us as the day begins with a free pancake breakfast, indoor and outdoor activities such as sleigh rides, inflatable bouncers, child's entertainer, clowns, mascots put on by PSP as well as static and equipment displays and BBQ by the Units. **The actual farewell ceremony will be from 11:30 am-12:30 pm.**

Date: Saturday, January 19

Time: Starts at 10:00 am - approx. 3:00 pm

Place: 2VP Bldg

Contact: Community Rec Office @ 3317 or 3588



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 Jennifer @ 3853 for all deployment activities.

Children's Deployment Afternoon

Age: 5-12 yrs
Enjoy an afternoon of crafts, and games while socializing with other kids going through a deployment. There is a different theme every month.
Date: Saturdays - December 1 & 15, January 12 & 26, February 9 & 23 and March 8 & 29
Time: 1:00-3:00 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 - December 1 & 15, January 12 & 26, February 9 & 23 and March 8 & 29
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.
Dates in Brandon: Tuesdays, December 11, January 29, February 26, and March 25
Time: 6:00-8:00 pm in Brandon
Dates in Shilo: Tuesdays, December 18, January 15, February 12, and March 11
Time: 7:00-9:00 pm in Shilo
(child care available at the MFRC for the Shilo SOSA)

Dates in Carberry: Tuesdays, December 18, January 22, February 19, and March 18
Time: 7:00-9:00 pm in Carberry
Registration is recommended - MFRC @ 3352

Gliding Galore - Family Skate Time

Join other deployed families for skating and hot chocolate.
Date: Thursday, December 27
Time: 2:00-5:00 pm
Registration recommended by: Noon, Friday, December 21 - MFRC @ 3352

Deployment Meet and Greet Tea

Join us for a quiet afternoon of tea and dainties. Be prepared to be entertained by a local group.
Date: Saturday, January 26
Time: 1:00-3:00 pm
Childcare will be available in OCC but please book in advance - MFRC @ 3352

Coping Presentation (adult presentation)

As we say goodbye to our loved ones, we begin to think about how we will manage the home front throughout the deployment. By talking about loss and discussing ways in which we can cope, we can empower ourselves and our children to deal with the uncertainty of deployment.
Date: Wednesday, February 6
Time: 7:00-9:00 pm
Place: Community Centre
Facilitator: Patricia Marchand, MSW
For more information contact Patricia @ 3373

Journals for All Ages

For the adults there will be scrapbooking/cards and for the children special journals with Soldier Bear.
Date: Sunday, February 10
Time: 1:00-4:00 pm
Cost: TBA
Registration recommended by: Noon, Wednesday, February 8 - MFRC @ 3352

Movie and Potluck

Let's get together and celebrate Easter.
Date: Saturday, March 22
Time: 4:00-7:00 pm
Registration recommended by: Noon, Wednesday, March 19 - MFRC @ 3352

RCA Officers' Mess

Coffee Break Every Mon -10-10:30am Wed's Pastries
Happy Hour Fri 3:30-8:30pm Food served 5-6pm
Nov. 11 - Remembrance Day Parade Reception
Dec. - Watch your entertainment calendar for "At Home" plans and Kids' Christmas party

WO & Sgts' Mess

Daily Coffee Break 9-10:30am Mon-Fri
Sticky Bun Day Wed 9-10:30am
Happy Hour Check mess website for dates

El Prado Club

Daily Coffee Break 9:30-10:30am
Happy Hour -Every Friday
Check the mess website for weekly menu items.
Jan. 4 - Private Wedding Reception
Jan. 5 - Private Wedding Reception
Jan. 19 - Private Wedding Reception

Shilo Pool

(schedule begins end of January due to pool closure)
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/Stat Holidays 2:00-4:30pm; and 5:00-7:00pm
Statutory Holidays 1:00-4:30pm
Lap Swim
Mon/Wed/Fri 12:00-1:00pm
Mon/Tues/Wed/Thurs 8:00-9:00pm
Cost: Military members and GSH Card Holders-No charge
Others \$3.00 Drop in fee

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.

Shilo Bowling Alley

Open Bowling Saturdays, January 12-March 15 1:00-3:00 pm
Cost/game: Adult (18+) \$2.25, Student (13-17) \$2.00
Child (12&under) \$1.75, Shoe Rental \$0.75
765-3000 ext 4312
Call Kristen ext. 3588 to check out our great Birthday Party packages or to rent the Bowling Alley for group parties, wrap-up parties and team parties.

Gunner Arena Public Skate

Friday 7:00-8:15pm
Saturday and Sunday 4:00-6:00 pm
Parents and Tot Skate
Thursday 1:00-2:00 pm

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

Monday 7:30 am-6:00 pm
Tuesday-Friday 7:30 am-4:00 pm
765-3000 ext 3317 or 3588

CLUBS	CONTACT	WORK #	HOME #
Alcoholics Anonymous		3883	765-4602
Shooting and Archery Club	Tom Foster Rob Love	3263	720-2125 763-4720
Auto Club	Brian Nichols	3276	720- 727-4284
Ballet & Jazz (Dance Images)	Charlene Hiscock	728-5801	char_dance@hotmail.com
Block Parents	Kristen Lucyshyn	3588	
Bowling Leagues	Brenda Cavanagh	3317	
Catholic Women's League	Chapel	3364	
Ceramics	Sarah Flynn	3104	
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	Brenda Cavanagh	3317	
Jiu Jitsu (Martial Arts)	James Tucker		763-4899
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

Recruiters support operational capability

Sgt Dennis Power
Army News

The Canadian Forces Recruiting Group (CFRG) has a clear mission; to support the operational capability of the Canadian Forces (CF) by recruiting qualified Canadian citizens to join the Regular Force, and to process the requests of persons who wish to join the Primary Reserve or the Cadet Instructor Cadre.

The process includes attracting applicants, processing them, selecting the most suitable applicants, and then enrolling them into the

CF. To accomplish this task there are approximately 760 recruiting personnel of all ranks operating ten recruiting centres and 29 recruiting detachments located across Canada.

Even with 39 recruiting offices, recruiters spend a lot of time on the road. "The days of opening the doors at 8 a.m. and waiting for the applicants to come in are long gone," said Master Warrant Officer Paul Lucas, the Senior Recruiter at Canadian Forces Recruiting Centre (CFRC) Winnipeg. "We need to go to them. Unemployment is low, and com-

petition for people is fierce, especially in the west."

Additionally, many potential applicants living in remote areas do not have easy access to recruiting offices, so the recruiters go to them. The recruiting website is very informative and effective, but there is no substitute for a face-to-face meeting with a recruiter. "In a lot of cases people living in the more remote areas, especially the north, know very little about us (the CF) or what we do," Lucas said. "Spending time in their communities allows us to answer their questions and for them to learn about us, and what we have to offer," Lucas added.

"The recruiting picture looks good, we are meeting and exceeding our targets every year," said Major Chuck Halikas, Commanding Officer of CFRC Winnipeg. "The new ads on TV have been very good, and the mission in Afghanistan is helping to draw our target audience of 18 to 34 year-olds, Halikas explained. "We have definitely seen an increase in the number of applicants across the country, people eager for

adventure and wanting to serve their country. Not just in the Army, but the Airforce and Navy as well," Halikas also said.

"The recruiting process has been amazing," said potential recruit Zack Storey, of Winnipeg. "There has been a lot of great help from the people here at the recruiting centre, and from the internet as well," Storey said. Storey is well into the enrolment process, only a couple of weeks after making his first enquiries. Storey is looking for a university education and a career as a pilot. "I always knew that I wanted to be a pilot, I was in Air Cadets for a while and that enabled me to get the chance to fly an aircraft, I loved it, I can't get enough, and that's why I'm here."

During the last five years, the Canadian Forces has been hiring an average of 10,000 personnel annually. With new recruiting targets under the CF Force Expansion program, last year's numbers were closer to 13,000 new members enrolled. "Very few employers offer the benefits, the security, and the possibili-

ties for advancement that we offer," said Lucas.

"Our job as recruiters is to get out there and promote the CF as an employer of choice, and to provide Canadians with more career options than they

started the day with," Lucas emphasized. "If we're able to do that then we'll be successful in sustaining the Canadian Forces with a steady stream of informed and motivated men and women."



Photo by Sgt Dennis Power/Army News

Sergeant Gerald Frampton, the Senior Medical Technician at Canadian Forces Recruiting Centre Winnipeg begins the medical screening process with Zack Storey of Winnipeg who has applied to join the Canadian Forces.

Apple a day



Photo by Marie Brown/Shilo Stag

LCol Schneiderbanger, BComd and CWO Walsh, RSM, receive an apple from Shilo Cubs (left to right) Katelynn Askeland, Jarrod Hoddinott and Kodie Powell, in exchange for a donation. Shilo's local Beavers, Cubs and Scouts canvassed the area on Friday, November 16th collecting donations in exchange for apples to raise money for their annual trip in the spring. Thanks to the supporters within the community, contributions totaled \$377.96.

Sears*

Operation Wish

Sears Canada helps keep military families connected this Christmas with Sears Operation Wish 2007



Sears Canada rapproche les familles de nos militaires à Noël grâce à Opération Rêve Sears 2007.

Opération Rêve

Deployed troops can send gifts to their families back home by visiting www.sears.ca and shopping the Sears Wish Book Catalogue online



Les soldats en mission peuvent envoyer des cadeaux à leur famille au Canada en visitant le site www.sears.ca et en commandant en ligne à partir du catalogue Cadeaux de Rêve Sears.

www.sears.ca



Shilo Military Family Resource Centre



Help build the community by joining the MFRC Board

Valerie Liske
Volunteer Coordinator

Before you think "Oh that's NOT me!" consider the "who" and the "what". Recently I asked current Board Members to get their take and here's what they said:

WHO are we?

We are mothers (and fathers), students, spouses, creative minds, organizers, policy-makers, military members, community members and your neighbours. Sometimes people see us as powerful ("kings or queens of the world") but really we are just individuals who value community involvement. We work together to make your MFRC the place to be!

WHAT do we do?

Most of the time, we operate behind the scenes... we read, write, brainstorm, review/create policies, discuss and try to be pro-active (versus reactive) in terms of making things happen. But we also have a public face...we network, attend conferences and community events, and represent the Centre. We believe in the vision and mission of the Centre and support it's initiatives and values. Oh yeah, we also spend monitor the finances and focus on creating a place where people can be empowered, helped and thrive. We play an important role in the development of the goals that direct the programs and services of the MFRC. Our job involves planning, evaluation, budgeting, and public relations. All of this may sound a little scary; but the fact is, we enjoy what we do and we're supplied with all the training and information we need to do the job well.



Photos courtesy Shilo MFRC

When I asked them to identify the **reasons** they volunteer and the **rewards** they've received in return for being on the Board, check out their responses!

- It's a real chance to be part of something larger... something bigger.
- To know what's going on.
- Great SWAG...mugs, pens, vests, etc.
- It's a great icebreaker if you are new to the community.
- I feel appreciated and recognized.
- For personal and professional growth.
- To offer skills and expertise I have.
- To make a difference and be part of the solution.
- Great training/networking and conference opportunities
- To get connected with the community.
- I feel that I can take the concerns/needs I hear and do something about/with them and make things hap-



pen in this community.

You could **join** this dynamic group! As a Board Member, you have the opportunity to build on your experiences and skills, explore new initiatives, and help build our community.

Still need more inspiration? Here are some encouraging words from some current Members to **'step up'** to the Board:

"It is very rewarding to identify some of the challenges of our community and work as a part of a

team towards meaningful solutions." Carol Carr

"Getting involved at a leadership level, I've seen the positive impact the Shilo MFRC has on the community." Andrea Crowder

"Watching the MFRC grow and change with the community to meet new needs and challenges is very rewarding." Debbie Hoddinott

Come and experience the rewards for yourself. Call me at 765 3000, ext 3858 to find out more.

Share in the holiday spirit

Linda Beauchemin
Outreach & Information
Coordinator

Join the MFRC on Sunday, December 9 for an evening of Christmas. Food, songs, sleigh rides, Santa and more. A spaghetti dinner will be served with all the "trimmings". Can you think of a better way to take a break during this busy time? You don't even have to worry about feed-

ing everyone because "Dinner's On Us" and we'll even entertain you while you eat. Then enjoy the outdoors by taking in a sleigh ride. To top off the evening, have a hot chocolate before going home and tucking everyone in.

What a perfect way to get in the Christmas spirit.

So, we'll see you on December 9 from 5:00 - 8:00 pm.

Shilo MFRC

Community Coffee Break

Thursday, December 6

10:00 - 11:00 am

The Shilo MFRC invites you to come and meet Celine Thompson - Director of Military Family Services.

Celine will be in Shilo for a very short time and this is a great opportunity to speak with her.

Everyone welcome.

Part Time Receptionists Required

The Shilo Military Family Resource Centre is now accepting applications for part time receptionists. Hours will vary with the majority of time 4:30-9:00pm.

Salary \$10.00 per hour, to start immediately

Qualifications Required:

- Clerical/Business Certificate
- Computer experience with MS Word, Outlook Express and Internet Explorer
- Minimum 1 year office experience
- Typing speed 35 wpm
- Excellent Customer Service Skills
- Experience handling/balancing cash
- Must clear criminal record and child abuse registry check

Please send your resume by
Wednesday, December 5, 2007 to:

Shilo Military Family Resource Centre
P.O. Box 5000, Station Main
Shilo, MB
R0K 2A0

Email: reception@shilomfrc.ca
Fax: 765-3859

Christmas Hours

MFRC Office & Occasional Childcare Room

December 27, 28 & 31 10:00 am to 2:00 pm

CLOSED December 25 & 26 and January 1

www.shilomfrc.ca

Note: Deployment programs will not be cancelled.

Depressions affect on children and teens



Patricia Marchand, MSW

Many of us have known children and teens that have been moody, upset, angry and downright miserable when stressful situations happen (changing schools, moving, a friend moving away etc). Most of the time these mood swings can be chalked up to hormones, their level of coping abilities and sense of self that allows children to return to their 'baseline' after difficult events. Depression however, is not so

clear cut.

If a child has persistent sadness (weeks or months at a time), is continually negative about themselves (the future or those around him/her) and constantly verbalizes statements such as:

•"I can't do anything right";

•"It's hopeless, why bother?"; and

•"You don't care. You never have"

If these types of statements are also coupled with withdrawing from relationships and activities s/he used to enjoy, weight loss/weight gain, insomnia/hypersomnia, fatigue or loss of energy, feelings of worthlessness or excessive/inappropriate guilt, decreased ability to think

or concentrate, thoughts of death/suicidal ideation (Nelson & Israel, 1997) and if these symptoms interfere with your child's daily activities at home, school, and with his/her friends take note as this may be an indication that your child/teen is suffering from depression. Seek appropriate help for your child/teen.

Brief Background on Depression:

Depression is thought to be a least partly genetic, but life experiences play a role as well. It is more common in teenagers than in young children, but depression can begin in childhood, especially if there is a family history of mood disorders such as depres-

sion or bipolar disorder. Depression is best diagnosed in a clinical setting that involves an interview of the child and his parents. It is usually performed by a psychologist, psychiatrist, or another mental health professional that works with children.

How is Depression Treated in Children?

Effective treatment can involve psychotherapy, medication, or a combination of both. Children and teens with mild to moderate depression can recover with a specific, focused psychotherapy called cognitive behavioral therapy. This therapy focuses on; overcoming the depressed thinking and withdrawn behavior (as described

above).

*The key is to look for a focused, short-term approach to helping your child feel better and resume his/her usual activities.

Anti-depressants are often used in children or teenagers who are seriously depressed, either alone or in combination with psychotherapy. If your child/teen is prescribed medication ensure that they are being followed by a medical professional.

Supporting Children who are clinically 'Depressed'

Parents can be helpful in recognizing if the child's is having difficulty by;

1. Helping him get appropriate treatment;

2. Supporting the process of recovery and treatment in order to reduce the stigma of depression;

3. Helping your child maintain usual routines; and

4. Limiting the time he spends alone in his room can all be helpful in overcoming the withdrawal that often makes depression worse.

If your child or teen is deteriorating and you are concerned about the risk of self-harm, visit the nearest emergency department.

If you have any concerns about your child, **contact your pediatrician and ask questions and request a referral to a mental health specialist.**

Be aware of winter driving conditions

MSE Safety Base Transportation

The CF supports Canada Safety Council's yearly National Safe Driving Week campaign, which will take place during the week of 1-7 Dec 07. Our slogan for 2007 is "Weather Wise" -in other words be prepared. This year DND and the Canada Safety Council urge Canadians to be weather wise. This theme is based on:

- Winter driving hazards
- Awareness of bad weather conditions
- Slowing your speed as weather deteriorates
- Adapt to the road conditions
- Maintenance of your vehicle
- Get a tune-up
- Get the battery checked

- Get your brakes checked
- Get an oil change
- Tires (snow tires, studded tires)

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

Do regular checks on:

- Lights (make sure they all work),
- Tire Pressure (don't forget your spare),
- Check your fluids (windshield washer, radiator antifreeze, and oil)
- Wiper blades and make sure the washer motor works and defrosters work.

Snow Tires:

- Tires marked with the pictograph of a peaked mountain with a snowflake meet specific snow traction performance requirements, and have been designed spe-

cifically for use in severe snow conditions.

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

Other Tires:

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

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

What Snow Tires are

Available?

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

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

•Mixing tires with different tread patterns, internal construction, and size degrades the stability of the vehicle and should be avoided

•As a tire wears, snow traction is reduced. Tires that are worn close to the tread-wear indicators have reduced traction and should not be used on snow-covered

roads or in severe snow conditions

•Proper air pressure extends tread life, improves safety, and reduces fuel consumption — all vital factors in saving energy and protecting the environment. Tire pressure decreases as temperatures drop, so be sure to check the pressures at least once a month when the tires are cold, preferably after the car has been out all night.

Before hitting the road:

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

Emergency Kits:

Flashlight (extra batteries), First Aid Kit, newspaper (for insulation), extra mitts, socks, hat, etc., rain gear and extra clothes, snow shovel, games, sleeping bag, booster cables, bright cloth to use for flag, scraper, tow chain, candles, matches, coffee can, medications (at least one week supply), abrasive material for traction (cat litter/gravel/tire chains/traction mats), and food (canned fruit, nuts, high energy food, can opener).

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

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Holiday reflections

Roddy Batson, R.P.N., B.A.
PSI Coordinator

The holidays and the Christmas season will soon be upon us. With the next deployment scheduled for February, 2008, this Christmas will be particularly special. Like the many Christmas lights decorating your tree this year, there will be several colours of emotions surrounding you and your family.

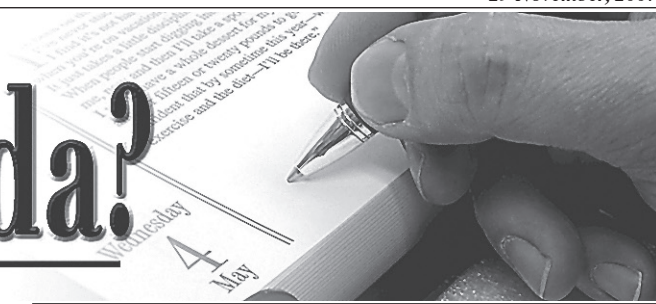
There are no bad colours or good colours, but rather just a difference of perception or opinion. The important thing this year is to find your comfort zone and that of your family's. Enjoy this special

time with your family, friends and those you love. Take care of the present and let the future take care of itself.

Manage your life like you manage your tree lights; enjoy their beauty, warmth and glow. Be diligent of them over-heating or shorting out. Allow them to cool off or take a break; turn them off when not needed. If they are acting peculiar, blinking on and off, flashing or just not working as usual, seek advice or a professional for help.

Happy Holidays!

What's on Your Agenda?



St. John Ambulance Babysitting Course

'What Every Babysitter Should Know'
Sat. December 15th
9am-3:30pm
Designed for kids ages 11-14 but is open to any age. Certificates will be issued to all successful participants. Course is held at the St. John Ambulance training and Community Services Centre in the second floor Business Centre of the Shoppers Mall. For more information, call 727-4466. Pre-registration is required and space is limited. Cost is \$30

The Brandon Gun & Collectible Show
Manitoba's largest!
December 8 & 9th
Keystone Centre
BUY, SELL, TRADE!
Sat. 10am-5pm
Sun. 10am-4pm
For more info or table rentals phone 725-4363

Sprucewoods Community Weekly Events:

Mondays - CRIB, 7:30pm.
Tuesdays - TOPS, 6pm.
Wednesdays - Lions Club, contact Grace at 763-4372
Thursdays - BINGO, doors open at 6, share the wealth at 6:20pm.

Upcoming Events:

Dec 9th - 2-4pm - Kids Christmas Party. Bring the kids out to see Santa. Treats, decorating and more! Presents must be purchased by the parents so Santa. Pre-register your child by calling Andy at 763-4843
Dec 31st - New Years Eve Dinner & Dance. \$25/person. Doors open at 6:30pm. 7-9pm is the silent auction/dinner. 9-1am is dancing the new year in with 'Unique Sound' Advance ticket sales only, contact Frank at 763-4919
For more information on what's happening in Sprucewoods, contact Andy Robichaud at 763-4843 or Frank Hambrook at 763-4919.

Royal Canadian Legion Branch #3

December 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.

4th Annual

Christmas Concert

General Strange Theatre, Sunday, December 2nd, 2-5pm. All proceeds to International Music Camp. Skits, snacks, Santa & songs! Tickets \$5 each or \$10 per family. Available from any Jammer or call: Reg 763-4716, Brenda 752-2153, or Wayne 834-2130.

Pot Luck Supper

Join the Legion #3 Ladies Auxiliary in the Banquet Hall for their annual get-together.
Dinner at 6pm
Meeting at 7:30pm
This is election night for the 2008 Executive - please attend. For info, call Joyce at 727-5338

Christmas Bazaar

Saturday, December 1, 12-4pm, Community Centre Annex, Building L-25. Visit Santa during the Bazaar from 3-4pm in Building L-25! Sponsored by Base Fund
PLEASE NOTE: THE CHRISTMAS PARADE HAS BEEN CANCELLED DUE TO OPERATIONAL COMMITMENTS.

Shilo Community Library

Monday: 6-8:30
Tuesday & Thursday 9:30-12:30, 1-4, 6-8:30

Home for a Change

Gifts from home, garden & Christmas. Tea Room. Open every Thurs., Fri. 10-9, Sat. 10-6. Other days by app't. Come see our outdoor Christmas lights. Brandon 724-7247

Farewell to the Troops Family Day

Join us as our day begins with a free pancake breakfast, sleigh rides, inflatable bouncers, family entertainment, clowns, mascots, official farewell ceremony and much, much more!

Date: Saturday, January 19 Time: 10:00 am - 11:30 am

Farewell Ceremony

11:30 am - 12:30 pm MPTF Place: 2 PPCLI Bldg
Contact: Community Rec Office @ 3317 or 3588

Fitness, Sports & Recreation's

Christmas Display Contest

1st prize: \$150, 2nd prize: \$100, 3rd prize: \$75
Decorate now! Judging on December 17 at 6 pm
Sponsored by Base Fund

POOL CLOSURE

The pool will be closed from Dec. 6 - Jan. 31 inclusive. Those with Military ID's or GSH Access Cards can show their cards at the Brandon Sportsplex for admittance to public swimming during this period.

Do you think you're funny? Brandon's first Comedy Hour is looking for local stand-up talent, or those of you who have specific 'character' or 'unusual voice(s)' that can be used on the radio. If you do, I want to hear from you!

The Comedy Hour will start airing on Wed., Nov. 14 at 9:00pm on CJJ 106.5 FM. Tune in and be part of history!

Contact Breeze at dr2br2@hotmail.com to reserve your spot on the show. Leave your number!

Taking Charge

A Cancer Support Group will be hosting Coping with the Holidays, with Ngarai Abernathy and Kerri Chomenchuk on Wed. Dec. 4 from 7-9 pm in the Main Floor Conference Link Room of the BRHC. Call Kerri at 571-0492 for information

CLASSIFIED ADS!

Call 765-3000 ext. 3013

or email your free*

Classified Ads to

stag@mts.net

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

Homes/Property

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

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

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

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

Homes/Property

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

For Sale

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

Ladies' 14kt white gold, 4 prong solitaire engagement ring. 1 Rd brilliant cut diamond - 0.79 ct, clarity L-1, colour F-G, good cut. Replacement value \$6800, orig. paid \$3899, only 1 yr. old. Exc. cond. To view, call 526-0566.

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

For Sale

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.

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-tied (won't safety with current knobby tires). Tom @ 573-7887 or 537-2412.

Furniture

Posted In/Out of just looking for great deals?

We Buy and Sell good used Furniture/ Appliances/Beds!

Visit

People's Market Place 32-13th Street, Brandon or call 727-4708

Child care

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!

Home daycare has spots open, flexible hours, healthy snacks and lunch provided. Call Mel at 765-4962

Tutoring

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

Services

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

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 Please book ASAP if required before Christmas

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

Have you served on a peacekeeping mission?
CAVNUP invites you to attend our monthly meetings. Every second Wednesday of the month at 7pm in the Legion #3 560 - 13th St. Bdn.

Weight Loss Support Groups!

Drop in, everyone welcome and NO COST!
Tuesdays - 10:30am at Public Health, Brandon
Thursdays - 7pm at 20-7th Street, Brandon
Mondays - 6:30pm at Public Health. For more information call Arlene at 571-8359.

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

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

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 will be announced every Sunday
Padre Persaud - ext 6836
Padre McLeod - ext 3089

Will you be 'at home'?

Bob Mann

By the time you read this, "at-homes" will be underway in both the WOs' & Sgts' Mess and the Officers' Mess. It is of course, a long-standing military tradition, wherein, traditionally, one year the Officers will be "at-home" to the WOs & Sgts and the next year the WOs & Sgts will be "at-home" to the

Officers. At least that's the way it's been in the 38 years I've been around messes.

It's one of those traditions carried on from our British military heritage, but exactly where it began in a military context is not clear. My interest of course, as some of you know, lies in word and phrase origins, so let's see what this "at-home" business is all about. Accord-

ing to my OED, the term first shows up in 1745, as a phrase specifically defined as meaning:

"A reception of visitors for whom the host or hostess or both have announced that they will be "at-home" during certain hours, during which visitors may call and leave as they please."

The present day event carried on in our messes

is just a little more formal than the definition might suggest, but very enjoyable nonetheless. Back in the 1700's, such events were common among well-to-do families around London, and in the days before email and telephone, the most common method of announcing the event was the daily newspaper. While our "at-homes" are confined to the Christmas season, the London aristocracy would host them on a regular basis throughout the year. In 1883, a London magazine carried an article talking about the most notable "at-homes" around London, and among those was the "At-Home, held every Tuesday at Mrs. Alma-Tadema's."

We're all a little less formal now, and perhaps more inclined to just tell our friends that over the holiday season, please, drop by any time. (of course we don't really mean "any time") So, if you're going to be at-home over the holidays, just let me know. As for me, well, just drop by any time.

IN MEMORIAM



Cpl Nicholas Beauchamp
CEFCOM



Pte Michel Lévesque

the scene by helicopter to the Multinational Medical Unit at Kandahar Airfield. "I would like to extend my condolences to their families and friends during this very difficult time," said Peter MacKay, Minister of National Defence, "I also wish a quick recovery for the other Canadian soldiers injured in this incident." Mackay also offered sympathies the family of the Afghan interpreter who lost his life.

Two Canadian soldiers and one Afghan interpreter were killed on Nov. 17 when their LAV III struck a suspected IED approximately 40 km west of Kandahar City in the vicinity of Ma'sum Ghar. Killed were Cpl Nicolas Raymond Beauchamp, age 28, 5e Ambulance de campagne, and Pte Michel Jr. Lévesque, age 25, 3e Bataillon, Royal 22e Régiment. Both soldiers were based out of Valcartier, Que.

Three Canadian soldiers were also injured in the explosion and immediately evacuated from

Officer recognized



Photo by MCpl Serge Tremblay/CFSU Photo Services



Photo courtesy VAC
Capt Welling, MMM, CD, IRCHA (left), stands with Governor General, the Right Honourable Michaëlle Jean (right) in Ottawa. Capt Welling was among 47 members of the Canadian Regular and Reserve forces appointed to the Order of Military Merit (above). The recipients received their insignia during an inauguration ceremony at Rideau Hall earlier this month. The Order of Military Merit was established to provide a worthy means of recognizing conspicuous merit and exceptional service by members of the Canadian Forces.

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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, 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.

Restaurant named in honour of troops



Photo by Marie Brown/Shilo Stag

LCol Schneiderbanger, BComd cuts the official ribbon at the cafeteria renaming event held in the CANEX mall while (left to right) CWO Walsh, Base RSM, Leon Marion, cafeteria Supervisor, Rick Kehler, CANEX Mall Manager, and Gerry Ellis, District Manager, Aramark look on. The newly named Homefire Café resulted from a community based contest. Glen Miller of Shilo submitted his idea and won the first place prize of a 20" Citizen television. The second prize of a \$75 gift certificate to the Café was awarded to Don McFayden whose entry was 'The Bunker' and 'Heroes', also submitted by McFayden garnered him a \$50 gift certificate to the Café. Thanks to all for participating in this community initiative.

Make way for Santa



Photo by Marie Brown/Shilo Stag

A vehicle from the RCA Museum travels down Rosser Avenue as part of Brandon's Annual Santa Claus Parade November 17th. Floats from both the RCA Museum and 731 Signals Squadron participated in representation of CFB Shilo. Though the snow had yet to fall, the crowd cheered on the floats, eager to see Santa at the end, marking his arrival to The Shoppers Mall.

Record breaking donation made



Photo by Marie Brown/Shilo Stag

Rick Kehler, Manager, CANEX Mall, presents Reverend Dwayne Bos, Base Chaplain with the largest donation cheque to date for \$4705.47. The funds were accumulated by CANEX customers donating their CANEX Club Extra points to the Chaplain Fund. The money will be used to provide Christmas hampers to those in need within the community.

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Photo by Becky Block/Shilo Stag

Correction

In our November 15th issue, we ran the incorrect photo for the 45 year service award. We apologize for any confusion this may have caused. The correct photo of Mr. Guy Thibeault is shown. He was awarded the 45 year service award at a town hall held at L-25 by BComd LCol Schniederbanger, for his contributions through the 731 Signals Squadron.