



Shilo Military Family Resource Centre



Volunteer Christmas gathering fun for all



photos by Clay Baumung

Happy Holidays from all of us at the MFRC



photo by Sara Cumming

By Wanda Janssen

On December 2 the volunteers of the MFRC were given a desert theatrical presentation from Spotlight on Shilo. The evening started out with 27 volunteers enjoying conversation with each other when all of a sudden the helpers who were hired to serve started arguing and fighting quite loudly. The main problem was Linda B., who always has to be the boss of everything, finely met her maker and ended up dead! We tried really

hard to find out who the killer was and finally one of the volunteers came up with the killer.

The volunteers enjoyed a great selection of desserts and we wrapped up the evening with a gift exchange. I would like to thank everyone who attended and to thank all the volunteers of the MFRC for all your time and dedication that you gave to this event. I wish you all the best over the holidays.

Wanda Janssen is the Volunteer Coordinator for the MFRC.



Saskatchewan Scholarship of Honour for CF

By Karen Burton

In March of 2009 the Premier of Saskatchewan announced the Scholarship of Honour to recognize Saskatchewan men and women serving in the Canadian Forces. The value of the scholarship is \$5,000 and is available to returning soldiers and their families (spouse and children) and all may apply for the scholarship concurrently.

The Ministry of Advanced Education, Employment and Labour is responsible for administering the Saskatchewan Scholarship through the Student Financial Assistance Branch. To be eligible for the scholarship, a candidate must be enrolled in a post-secondary institution anywhere in Canada with a program of study start

date on or after March 2, 2009; and a returning soldier who actively served in designated military operations in the Canadian Forces (regular or reserves), after January 2001; and a returning soldier who is a current or former Saskatchewan resident; or the spouse or child of a permanently disabled or deceased soldier who served in designated military operations after January 2001 and who is or was a Saskatchewan resident.

If you have any questions about the Saskatchewan Scholarship of Honour, please visit their website at www.student-loans.sk.ca or call toll free 1-800-597-8278

Karen Burton is the Outreach & Information Coordinator for the MFRC.

Supernanny secrets revealed

By Karen Burton

The Shilo MFRC has once again partnered with Child & Family Services of Western Manitoba to bring the Supernanny Secrets Revealed parenting program to Shilo. The Supernanny Secrets Revealed program, which includes the keys to successful parenting and which secrets work, is a six week program starting January 14. The program aims to teach parents effective skills to create an environment in which their children can learn respect, instill courage and build self esteem.

"We ran the program in the spring of 2009 and had an overwhelming response from the community," said Dana Thompson, Children's Services Coordinator for the MFRC. "The participants found the individual attention to challenging issues and solution based tools very effective to increasing their parenting skills and the overall happiness of their children."

The foundation of the program is to help individuals become more effective parents. It is often difficult for parents to know what style of par-

enting works best and this program aims to take the guess work out of being a good parent.

Through the use of communication to encourage cooperation and respect and the right ways to use natural and logical consequences, parents will develop a sense of responsibility and cooperation with their children. The course will also cover effective discipline techniques, teaching children how to manage their anger and the pros and cons of rewards and punishments.

The program will take place at the Shilo Com-

munity Centre on Thursdays starting January 14 – February 18 from 1:15pm – 3:45pm. The program will be presented by Val Caldwell of Child and Family Services of Western Manitoba.

For more information or to register please contact the MFRC at 765-3000 ext 3352 by Friday, December 18th.

Free childcare will be provided upon request at the Shilo Occasional Childcare centre. Spaces are limited so be sure to book ahead.

Karen Burton is the Outreach & Information Coordinator for the MFRC.

www.shilomfrc.ca