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Volume 59 Issue 7



Serving Shilo, Sprucewoods & Douglas since 1947

April 16, 2020

INSIDE
This Issue



With advent of spring ticks have returned. Page 5



May brothers survive Battle of Vimy Ridge. Page 6



Stag editor focuses on COVID-19. Page 8

Social distancing at CANEX



CANEX has installed special protective shields for staff in the grocery store (above) and at Canada Post as part of COVID-19 protection. Meanwhile, the province has asked that all sports fields and playgrounds (below) be closed during the COVID-19 pandemic. Brandon School Board removed hoops from the basketball court and apparatus from the swings to thwart outdoor play.

Photos Jules Xavier/Shilo Stag



Temporary closure of some businesses due to COVID-19

Shilo Stag

It's a sign of the times during this COVID-19 pandemic when you look a normalcy on this Base.

Just walk through CANEX and you'll see signs everywhere placed by an array of businesses which are now temporarily closed.

While the CANEX grocery store and ESSO gas station remains open on reduced hours — Monday to Friday 10 a.m. to 5 p.m. and the weekend noon to 5 p.m. — you no longer can have your haircut or beard trimmed.

Shilo Beauty and Barber Shop closed its doors, with Dean leaving a note on his door stating "due to the COVID-19 social distancing recommendations" his business made the difficult decision to close its doors until further notice "to do their part in minimizing the spread of the virus."

CFB Shilo's Health Promotion is closed until further notice, with staff working remotely from home. There is a Facebook page for CFMWS' Health Promotion staff from across the country posting material. Here on this Base, you have a local site you can visit, too, by typing in www.facebook.com/ShiloHealthPromotion/

SISIP Financial in CANEX is also working remotely, with Lois Olsen providing assistance by calling her at 343-548-0165 if soldiers require financial assistance during the pandemic. You can also call 1-800-267-6681 to access a SISIP advisor.

For those needing income tax done, Ingrid continues to work from her home office in Sprucewoods. While the deadline has been pushed forward by Ottawa, she can still look after your tax needs by calling 204-763-4357.



Signage is up at O'Kelly School instructing people the playground equipment is off limits during the COVID-19 pandemic.

CDS asks military members to remain resilient

Gen Jonathan Vance
Stag Special

Thank you to the many Regular, Reserve and civilian personnel who have answered the call and begun to muster, as we build our Task Forces across Canada.

Our Rangers have deployed to Nunavik, and ships, vehicles and personnel are poised should natural disasters demand a response, or further requests are received to support the response to the spread of COVID-19. Critical activities in maintenance, planning and operations see about 15 per cent of the CAF "at work."

Our mission of maintaining a fit and healthy force for employment remains. Complacency could place at risk our collective efforts to preserve the force and subsequently add to the pressure on the medical capacity within our communities.

I know being resilient in the face of this pandemic is difficult on all members, our families and our community. As Canada's military force, this is our duty regardless of how odd it may seem. If you are not required to be at work, my message to you is: "Stay home. Stay safe. Stay healthy."

We have experienced very few cases of COVID-19 in the defence community so far, thanks in large part to your individual discipline and efforts to preserve the force.

To set the force, safe and healthy, for Op LASER, our Deputy Minister, along with our senior military and civilian leadership are taking the necessary steps to get Task Forces and specialist teams ready for operations.

Our medical intelligence team and our Surgeon General have done superb work in advising senior leadership on the virus and precautions you will need to implement in operations. This will include issuing personal protective equipment (PPE) to all who deploy on operations.

You will be issued and trained in its use before engaging on any task that would put you at risk. The Canadian Joint

Operations Command (CJOC) team are planning with 1st Canadian Division and the Regional Joint Task Force Commanders and staff to ensure a rapid and effective response across the country.

We have already responded to a number of requests for assistance and will be ready to do much more, particularly as we approach flood and forest fire season.

To ready the force, we have taken measures to provide a large number of Primary Reservists with the option of a Class C (full time employment) contract through to Aug. 31, 2020. I envision the Reserve Force serving initially within or close to their local communities, but prepared to regroup rapidly should operations demand.

We have also had to make tough decisions to cancel events such as those that are part of our Canadian fabric.

To that end, the Ceremonial Guard will be cancelled for the summer of '20. We are reviewing options to see if and when it will be possible to mount the National Sentry Program at the Tomb of the Unknown Soldier.

As for our demonstration teams, such as the Snowbirds, the CF-18 Demo Team and the SkyHawks, the show season may well be cancelled.

Change of command parades are prohibited and changes of command will be marked by small office ceremonies that respect health and safety.

Our current dispersed posture will continue to at least April 30, unless tasked for operations. That means your place of duty remains at home, safe and ready for operations. Stay connected to your colleagues and chain of command for details about operational tasks.

Regarding family support, your chain of command will make every effort to cater to individual family circumstances, while still ensuring we continue to deliver the assistance Canadians need. I encourage you to take early steps to ensure you, and your family, are ready.

The Active Posting Season (APS) continues to be worked on and a CANFORGEN relating to this year's APS has been

released. I know questions exist and that every move has its own unique challenges. The APS is a priority for my senior leadership and for you, so we all need to work together to find solutions.

All CANFORGENs can be found on the Canadian Armed Forces Application, downloadable on your mobile devices from normal online stores.

The CAF App is a credible source of information. My Twitter account, @CDS_Canada_CEMD gives you access directly to my messages.

Service Commanders and senior leaders also have social media accounts and official CAF websites are also means of finding important information that is helpful and more importantly, true.

To aide each of you, and your respective chains of command, Commander Military Personnel Command, has stood up a team whose job it will be to answer your questions. It is ready now to receive your queries on issues related to APS, releases and compensation, and aspects related to COVID-19 decisions at e-mail address CMPARC.CRACPM@forces.gc.ca or call 1-833-445-1182.

We have already started planning to re-start the individual training system in our colleges and schools while accounting for the realities and protocols demanded by COVID-19. We have paused all recruiting intake and individual training, but we continued to process files.

Recruiters, using technology and virtual means, continued to process applications and achieved a milestone in having conducted an enrollment recently via video conference.

• • •

Editor's note: 1RCHA was to have had a change of command ceremony this summer, with LCol David Brassard coming in from Ottawa to replace LCol Ryan Stimpson, who is currently the commander for Op REASSURANCE's Roto 9 in Ukraine. His next posting once his deployment is completed will be Garrison Edmonton.

Message from CFB Shilo BComd LCol Jeff Lyttle

Due to the concerns of COVID-19, physical distancing has become part of everyday life. I want to remind you of its importance, so we can maintain the level of wellness we currently have in our community. Our mission right now is to stay healthy and be prepared to assist Canadians when called upon. Steps that you take every day to practice physical distancing help protect you, your neighbours and our families. Your assistance is appreciated and your continued compliance will help to strengthen us and protect us to assist others as necessary. Please continue to help all stay healthy and safe; this is a challenging time, but we will get through it together. Be respectful of others as they are concerned about the safety of themselves and their families just like you.



Pet of the Week

RATCHET

Ratchet, a Jack Russell Terrier, is a natural ham when it comes to being photographed, or acting for the video camera. Besides his love of tennis ball chasing, Ratchet also loves his stuffed toys. And he has plenty of them to choose from. Does he have a favourite? Mom says elephants. Do you have a photo of your pet — cat, dog, bird, snake, hamster — you'd like to share with our Stag readers? If so, e-mail it to us via stag@mymts.net



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Deployed soldiers self-isolate after returning home

From the front

Autopac is also closed on the Base, with most transactions related to car insurance or licence renewals can be completed on the phone or electronically.

The following transactions can be completed by phone (204-765-4412) or e-mail (shilo@hmsinsurance.ca): new registration and policy applications; renewal of a driver's licence; reapplication of a lapsed driver's licence; licence manual reassessment of an active or lapsed driver's licence; driver's licence replacement; basic ID card replacement, with no information changes; vehicle insurance coverage renewal, reassessment, reactivation or re-application; transfer plate/sticker/registration certificate replacement and payments.

By order of BComd LCol Jeff Lytle, if soldiers are currently on self-isolation after returning from deployments, you are not permitted to enter CANEX during a 14-day quarantine period.

NPF accounting is open with reduced hours at CANEX. The staff can handle your money matters from 10 a.m. to 2 p.m. during the week while following social distancing protocols.

Forbidden Flavours and Garrison Grill, including Pizza Pizza, have both temporarily closed their businesses during this COVID-19 pandemic.

Rick's Restaurant and Bar at the Shilo Golf Club remains open, offering takeout service on the Base and its hinterland if you are interested in pizza or pasta dishes for supper.

When it comes to shopping for essentials goods, CANEX manager Rick Kehler has placed limits on certain items like toilet paper and hand sanitizer. While the store has not received a shipment of toilet paper for a few weeks, they did re-stock a full shelf of Zytac Germ Buster, with a limit of two per household.

Grocery store shelves are stocked twice a week, Tuesday and Thursday. The beer fridge and alcohol such as wines and spirits on the shelves are also replenished weekly, with no products being hoarded as is happening in other communities across Canada. At this time, also, CANEX is no longer taking empties back for refunds.

Kehler also brought in protective shields for his CANEX staff in order to best serve his customers while following social distancing practices. This included putting down tape at six-foot intervals (two metres) so customers going to the



Social distancing at CANEX has meant staying six feet apart while lining up to pay (above) for groceries. Playgrounds on the Base (below) are off limits during the COVID-19 pandemic. Photos Jules Xavier/Shilo Stag



checkout could keep their distance.

He also put a protective shield in place at Canada Post, where access to service at the counter is limited to one person at a time. Social distancing in line is also asked for in this area of the post office, as users await parcel pick-up or to purchase mail services.

Across the Base, RCA Museum is also temporarily closed — this includes the outdoor gun park.

Meanwhile, the province has asked that all playing fields, basketball courts, skateboard parks and playgrounds, including those in the PMQs, be closed until further notice.

While O'Kelly School has removed the hoops from the basketball courts, Ecole La Source still has them up. Signage is in place at the MFRC and O'Kelly playgrounds letting teens and children know they are off limits for playing on or hanging out.

Because there are hoops still up at Ecole La Source, this does not mean it's acceptable to organize a pick-up basketball game as was done by a group on Good Friday. This is not part of the physical and social distancing practices the province has asked for from its population in order to flatten the curve during this pandemic.

Western Medical Clinic remains open Monday to Thursday with regular hours, however, there's a limit attendance to urgent care. You will be turned away if you are exhibiting flu-like symptoms and will be directed to call 204-578-4166. This number will connect you with the nearest COVID-19 testing centre, with Brandon currently home to one indoor and one drive-thru venue.

At the Shilo MFRC, only emergency child care is available. Daycare and pre-kindergarten is closed, with other services suspended.

Garbage will continue to be picked up Monday, while recycling is done Thursday. Your Base garbage dump remains open, but there will be no attendant on duty.

If you have housing questions, CFHA has on-call service by dialling 4111. After hours emergency calls can be directed to 1-800-903-2342.

All messes, GSH, including pool, Gunner's Arena and Shilo Golf Club are closed until further notice. If you want to access programs previously offered at the GSH, you can turn to virtual activities via

your home computer or laptop. Visit www.caconnection.ca/virtualfitness/

PSP recreation co-ordinator Kristen Lucyshyn is offering online activities, with help from JoLynn Carmichael McKenna MacLellan, by visiting www.facebook.com/shiloFSandR/ PSP staff like Janelle Boyd, Melissa Green, Yuko Onasato, Janna Dzubinski, Brandi Sheppard and Anthony Lawrence are also going virtual with video offerings on the virtual fitness Facebook link above.

Reconditioning programs come in different topics, such as "Let's take care of our feet, day 3." There is a disclaimer when you are participating online: "In response to COVID-19, PSP is offering tele-fitness to CAF members. By using social media platforms, the tele-fitness classes tailored to CAF personnel become accessible to all. Prior to participating in this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the 'Get Active Questionnaire' of the Canadian Society of Exercise Physiology and its Reference Document. Visiting the following links:

Get Active questionnaire - https://www.csep.ca/CM.../GAQ_CSEPPATHReadinessForm_2pages.pdf

Get Active document - http://www.csep.ca/.../publicatio.../GAQ_ReferenceDoc_2pages.pdf

By continuing with this tele-fitness class, you understand that there is a possibility of physical injury and you agree that you do so voluntarily, at your own risk. You also assume all risk of injury and agree to release the Canadian Forces Morale and Welfare Services (CFMWS) from any and all claims related to your participation in this tele-fitness class. CFB Shilo has adjusted its posture given the ongoing resin posed by COVID-19 in order to protect our military members and their families and preserve our ability to support operations.

Currently, access to the Base is only the south gate entrance. Visitors, including non-DND and CAF personnel, that do not have business on the Base will be prohibited from entering. This includes teenagers looking to come and hangout with high school friends now that the school year has ended, with schooling being completed online.

Access to CANEX, Canada Post and other concessions are allowed, however, limited contact is encouraged. The commissionaires on duty will request photo identification, ask the purpose of your visit to the Base. You will be granted access if you are not symptomatic.

While you should be self isolating by staying home as much as possible, you will have to go outside eventually. But how can you protect your space from germs when you do?

When it does come to shopping at CANEX, here's how you can make your trip to purchase groceries, wine or a case of beer as safe as possible, for you but also the staff working: go at off-peak hours; wipe down the handle of your shopping cart or basket; maintain a distance of at least six feet from others; pay with credit to reduce contact and wash your hands after leaving for home, ensuring you do not touch your face.

You might want to wash your clothes, too, once at home by taking off your outdoor clothes and wash in high heat. Wipe down highly touched surfaces with a disinfectant. Plus, wipe down any products you're bringing inside.

While at home or in your work space if you are still working at the office, certain household surfaces, like doorknobs, cell phones, and kitchen counters, can be breeding grounds for germs and bacteria.

REDUCE THE SPREAD OF **COVID-19**

Wash your hands a lot with soap and water for at least 20 seconds.

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- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID19-symptoms

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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@mymts.net, dropped off at the Stag office located in CANEX 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 cutline which names the individuals in the photo; what's taking place; and the name, rank, and unit of the photographer.

...

Follow the Shilo Stag on
Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

Public health orders extended to April 28

Shilo Stag

Manitoba's chief provincial public health officer Dr. Brent Roussin has extended the public health orders issued March 30 for two weeks.

The orders that were to expire April 14 are now extended to April 28, with the following measures remaining in effect:

- Public gatherings are limited to no more than 10 people at any indoor or outdoor place or premises.

This includes places of worship, gatherings and family events such as weddings and funerals.

This does not apply to a facility where health-care or social services are provided including child-care centres and homeless shelters.

- All restaurants and other commercial facilities that serve food are prohibited from serving food to customers in their premises. This prevents eat-in dining at all facilities.

However, restaurants and other commercial facilities can prepare and serve food for delivery or takeout. If this takes place, the operator of the restaurant must ensure all staff maintain the appropriate social distancing from other customers when picking up food.

- All businesses which are not listed in the schedule of critical services that accompanies the order must remain closed.

- This closure order does not prevent these businesses from operating on a remote basis.

- A business may accept orders on the Internet, or over the phone for delivery or pickup, as long as the employees are not working at the place of business.

- The order does not prevent employees or others from coming into the business to perform repairs, to provide security services or to take out items from the business premises if the business is going to operate on a remote basis.

- Nothing in the order restricts the operations of delivery of services by the federal or provincial governments or a municipality.

- Nothing in the order restricts any activities of a publicly funded agency, organization or authority that delivers or supports government operations or services, including health-care services.

This means the order does not affect institutions, agencies and other service providers who provide health-care services such as hospitals, regional health authorities and private agencies who provide a range of health services.

Dr. Roussin said Manitobans should not interpret current case numbers to mean the risk of COVID-19 is reduced.

The current statistics may be a reflection of the effect strict social distancing measures have had and reaffirms that these measures must be continued. Manitobans are reminded this is not the time to let their guard down.

Any person concerned about their exposure to or risk of having COVID-19 should call Health Links at 204-788-8200 or toll-free 1-888-315-9257 to be screened to see if a test is required.

The community testing site in Brandon has moved to a new drive-thru location as of April 14. The site is located at the Brandon Town Centre, 800 Rosser Ave. Enter from Eighth Street on the P1 level of the centre's parkade.

Regular hours for the relocated Brandon site are daily from 8 a.m. to 4 p.m.

For up-to-date information on community screening sites, visit www.gov.mb.ca/covid19/locations.html

Meanwhile, there have been reports of multiple phishing scams and fraud related to COVID-19.

Manitobans are advised not to provide any financial data, hang up on the caller and to report the call to the Canadian Anti-Fraud Centre at toll-free 1-888-495-8501.

Spring walk with canines

Now that Mother Nature's winter blanket has started to melt away, and most on the Base self isolating, on this day a soldier escaped for a spring run alongside his dogs on Aldershot Road.

Photo Jules Xavier/Shilo Stag



Current state of emergency, public health orders in Manitoba

Shilo Stag

The Manitoba government declared a province-wide state of emergency under the Emergency Measures Act March 20 to protect the health and safety of all Manitobans and reduce the spread of COVID-19.

The chief provincial public health officer, with the approval of the Minister of Health, Seniors and Active Living, has issued Orders under section 67 of the Public Health Act that ask for the following:

- limit public gatherings to 10 or fewer people, which affects places of worship, family events, weddings and funerals;
- close restaurants and bars effective April 1, with the exception of restaurant takeout or delivery service;
- suspend non-critical businesses operations, with certain exemptions;
- require critical businesses that continue to operate must ensure separation of two metres between patrons in their facility; and

- allow municipal transit services, taxis and other private vehicles for hire to continue to operate, if they take measures to ensure there is a reasonable separation of people in a vehicle.

Meanwhile, public health officials continue to educate businesses and the public about the steps they need to take to ensure compliance with orders made under the Public Health Act and the Emergency Measures Act.

However, the province has made amendments to the Preset Fines and Offence Descriptions Regulation (PFODR) under the Provincial Offences Act (POA) to allow enforcement officers to issue tickets with set fines for failure to comply with the emergency orders.

Effective immediately, fine amounts will be set at \$486 for tickets issued to individuals, including sole proprietorships and partnerships, and \$2,542 for tickets issued to corporations.

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Base pet owners should see their vet about tick protection

Stag Special

On this Base and its hinterland, many of us may have lost the battle dealing with wood or “dog ticks” in spring while enjoying hikes through grassy areas with our dogs in and around the PMQ area or the Sprucewoods trails.

Thinking our battle is finally done, several media outlets have recently reported on the range expansion of yet another “blood sucking” tick which is invading all areas of Manitoba — the deer or “black-legged” tick.

Both types of ticks — wood or deer — cannot fly and they hang on tall grass with their little front legs outstretched and grab on when someone or something brushes past unsuspectingly.

The wood tick is a parasite which does not transmit diseases, but the deer tick does carry a bacterium called *Borrelia burgdorferi* which can cause Lyme disease. This bacterium is spread to the host when the tick bites.

What makes this tick more of a pest is that the deer or black-legged ticks are active during the spring months and well into the late fall months — remaining active until the first permanent snowfall or when air temperatures are consistently below four degrees Celsius.

What about tick removal?

The majority of people are unaware they have been bitten by a tick as the bites are usually painless.

When a tick is found attached on your body, removal can become tricky, especially if you are alone and the tick is on

a hard-to-reach area.

Ticks are most effectively removed with a fine pair of tweezers. The tick should be grasped as close to the skin as possible.

The feeding site should then be cleaned after the tick is removed.

Other methods such as using Vaseline, a match or soap is not recommended and can cause the insect to burrow deeper and release more saliva, which increases the chances of disease transmission.

The tick can then be placed in a small crush-proof bottle with a piece of moistened paper towel and taken to the Preventive Medicine Department — Base hospital — for identification.

Take note of where you get bitten by any tick.

If you see any unusual or extreme reaction to the bite, see your family doctor.

Occasionally some people may develop a secondary infection from a wood tick bite which requires medical attention.

If the tick does carry the bacteria, approximately 70 to 80 per cent will develop a rash three to 30 days after a bite from an infected tick.

This rash, known as Erythema migrans (EM), resembles a “bull’s eye” and is not tender or itchy.

The other early symptoms of Lyme disease include: a rash other than EM, headache, fatigue, chills, fever, muscle aches, joint pain or swollen lymph nodes.

Lyme disease is successfully treated with antibiotics.

How can an outdoor enthusiast avoid picking up a tick hitchhiker from latching while out in the wilderness this fall?

When walking or hiking in wooded or grassy areas take these precautions:

- walking down the center of trails rather than the trail margins;
- wearing shoes, long pants tucked into socks and long-sleeved shirts;
- wearing light coloured clothing to make it easier to spot ticks crawling on you;
- using spray repellents containing DEET on your clothes and exposed skin;
- using a “buddy” system for checking each other; and
- finally, showering within two hours of returning from a risk area inspecting for ticks, particularly in the arm pit and groin.

Unfortunately, ticks are a part of our environment and although we may not always appreciate their subtle beauty and highly specialized way of life, care and attention will help you work and relax more comfortably in the spaces we share.

For more information on Lyme disease and deer ticks, call the Preventive Medicine Department at 204-765-3000 ext 3159 or 4405 or online at www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php

See your vet about tick medication for your pets.

Watch out for deer ticks

Stag Special

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.

Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state ‘for use against ticks’ on the product label), looking for and removing ticks as soon as possible. For more information about Lyme disease, its symptoms and how to prevent it, visit our website at [www.manitoba.ca/health/lyme/You can help/](http://www.manitoba.ca/health/lyme/You%20can%20help/)

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes.

Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.

If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twist-



ing. Cleanse area with soap and water or a disinfectant.

Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive). Firmly tape the lid shut.

Check the pictures and additional information on the website to determine if your tick might be a deer tick.

Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE

Include your name, telephone number, email address and information about where, when and on whom (e.g. a dog, a person) the tick was found. Deliver or mail to: Department of Entomology/Animal Science/ Entomology Building, Room 214, Fort Garry Campus, University of Manitoba, Winnipeg, MB R3T 2N2

Check your pets thoroughly when it comes to tick season, as this submitted photo shows a tick inside a dog’s mouth.

The Canadian Army is known for its **discipline** and **professionalism**. Our ability to follow procedures and stay the course while operating in difficult conditions has served us well. **REDUCING THE SPREAD** of COVID-19 requires this same commitment to **discipline**.

- » Practice social distancing
- » Wash your hands
- » If sick, stay home and seek medical assistance as required

COVID-19 UPDATES
for CFB SHILO
www.facebook.com/ShiloSTAG/

COVID-19

2020

Seconds
Hand Washing

Metres
Distance

EXCUSES

Reduce the Spread of COVID-19

103 years ago on April 9 in France

May brothers survive Battle of Vimy Ridge

Jules Xavier

Shilo Stag

A veteran of the Battle of Vimy Ridge 103 years ago left his descendants a treasure trove of black and white photographs and memories he kept in scrapbooks.

Using his trusty Kodak film camera, Bill May captured images at the now defunct Camp Hughes when it was a hive of activity as Canadian soldiers trained on the prairies before heading overseas as members of the Canadian Expeditionary Force (CEF) during the Great War.

Each photograph tells a story as best Pte May could compose with the camera equipment of that era. Once printed — usually in a postcard format where you could mail it after writing on the back, and placing a two cent stamp featuring King George V on it — he added to his First World War scrapbook.

One book called *One Man's Memories of WWI*, May left remarks or identification of individuals he served with alongside the photo, or on the back.

The scrapbooks also include postcards he sent home to the family farm in Millwood, the words scrawled in pencil or ink, which soldiers could purchase at Camp Hughes. These cards were taken by photographers working with Advance Fotos out of Winnipeg, or at the time Camp Sewell, before it was renamed after MGen Sir Sam Hughes.

As you turn Pte May's scrapbook pages it's like going back in time as you look into the faces of soldiers long gone, whether they died on the battlefields of Belgium or France, or returned home to raise a family and die as grandfathers on Canadian soil.

Like Pte May, who died on Aug. 8, 1974 in Binscarth where he retired after leaving CFB Shilo. He was 82.

"He was meticulous in how he kept his scrapbooks," said grand-daughter Kathleen Mowbray (nee Schrot) of Minnedosa. "[Aunt] Margaret [in Nova Scotia] has held on to a lot of the scrapbooks, and photos, from her dad, and we're now starting to share them with other family members."

Brother Kelvin Schrot of Sprucewoods thought it would be nice to share his grandfather's story with the award-winning *Shilo Stag* to coincide with another anniversary of the Battle of Vimy Ridge.

"I've learned things about my family I did not know since [the *Stag*] started looking at my grandfather's life, from being in the army to working on this Base for all those years," he said.

Born on April 8, 1892 in London, England to a family of eight brothers and a sister, Bill May was one of the first employees hired at Camp Shilo by the YMCA in 1940.

With his brother Harold, they arrived in Manitoba after their journey across the Atlantic Ocean brought them to Canada. With the First World War underway overseas, Pte May first married Grace Murdoch and started a family.

Brother Harold enlisted first, with the Winnipeg Rifles, and began training at Camp Sewell. In a postcard letter sent to his brother written on July 23, 1915, he wrote: "You got the [address] all right, but you did not put 'Man' on it and it went way down to Montreal. What do you think of the picture taken outside the tent?"

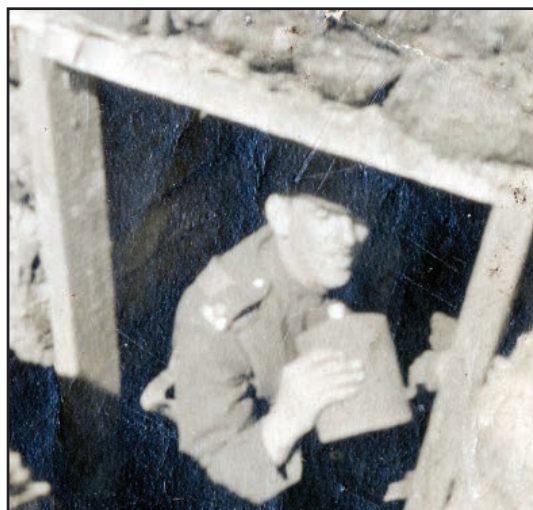
The postcard shows seven soldiers, including Harold, standing in front of military-issued blankets on the ground outside of their tent.

Pte May would join his brother at the renamed Camp Hughes that same year as Canada prepared its soldiers for overseas, including the Battle of Vimy Ridge in 1916 that was being planned for April 1917. Both served with the 61st and 44th Battalions, the latter part of the scout section.



Before leaving for France to face the Germans in the Battle of Vimy Ridge 103 years ago, brothers Harold (sitting) and Bill May trained for their Great War experience at Camp Hughes in 1916. Assigned to the 61st Battalion with the Winnipeg Rifles, Bill May was wounded by shrapnel to the leg during the Battle of Vimy Ridge. His older brother was left for dead on the battlefield after a shell exploded nearby and his cheek, chin and shoulder sustained horrific wounds. Three days later, he was found in the mud alive when fellow soldiers were out picking up corpses on the battlefield. Harold May was one of the first recipients of reconstructive surgery. Bill May (below) quenches his thirst in a trench dugout prior to the battle.

Photos courtesy grandchildren Kathleen Mowbray/Kelvin Schrot



to share stories of the carnage from the Great War battlefields where he fought, but on occasion if he was sharing war stories with old comrades, if they listened intently they might hear something he did not readily share with the family.

With the scrapbooks, they were able to view his experiences in the photos he took, or purchased as postcards while at Camp Hughes and during his time in France.

Writing postcard letters was the norm for Pte May after he arrived overseas, with brother Harold and him posing for photos to send home to his wife "Betsy."

In one written on Dec. 7, 1916, he wrote: "Just received three letters from you, written in Oct and 3rd Nov, a little late but nevertheless very welcome, will write as soon as possible in the meantime what do you think of your old pal, notice the aggressive attitude the same old ready for a row look eh, well dearest old girl hope you are all in the best of health and spirits, and that you have ... time at Xmas. I am glad you got the photos."

The photo in question on the front of the postcard has Pte Bill May standing with a cigarette in his right hand, his brother Harold in a fur coat and a cigarette in his left hand, with a seated comrade wearing an army long coat.

Besides serving in the Battle of the Somme, both brothers fought at the Battle of Vimy Ridge, where Pte May was wounded in the leg by shrapnel, while Harold received a nasty blow to his cheek, chin and shoulder after a bomb went off near him. According to Mowbray, he was passed over when the medics came for the wounded, thinking his wounds were mortal.

"Three days later, he was found in the mud alive," she recalled the story passed down by relatives. "He was taken to the hospital and was one of the first recipients of reconstructive surgery. [Harold's] zest for life remained until his death [on Nov. 10] in 1951."

Pte May would recuperate from his war wound in the "massage department" of the military convalescent hospital at Woodcote Park, Epsom.

In a letter he wrote home, dated on Aug. 8, 1918, there was not much information shared about his wound with wife "Betsy" as he recuperated: "... let you know I'm still kicking around here. Will soon be on [leave] pass am going up to see Scotts for a day or so. Up to Corsock."

Pte May was referring to his road trip to the Village of Corsock in Scotland while he recovered from his shrapnel wound.

Following the war, after returning to the family farm, Pte May would raise a family of seven, including three sons who all enlisted in the Second World War. Son Harold, 23, was KIA in Holland on Feb. 8, 1945. Eldest son Walter died in 1971 after saving a co-worker's life.

After moving to Camp Shilo, his remaining sons worked the farm, while daughters Margaret, Joyce and Dorothy joined their parents in the new PMQs being built for military families after 1947.

In charge of the YMCA, now a civilian, May helped the soldiers training for the Second World War with movies, library, sports equipment, canteen service and the Legion. During this time, Camp Shilo also housed German POWs — they were tasked with cleaning on the army training base.

After the war, according to Mowbray, Maple Leaf Services hired her grandfather to manage the Ubique Theatre — now L25 — in 1946. Besides the projectionist, he was also the Base's Justice of the Peace starting in 1952.

Retiring on Oct. 12, 1961, and moving to Binscarth, May never slowed down. Mowbray said her grandfather was thrifty, and never owned a car. On the Base he would walk or ride his bicycle. If he needed a car, he had friends who would lend one.

May's grandkids Kelvin and Kathleen said May was not one to share stories of the carnage from the Great War battlefields where he fought, but on occasion if he was sharing war stories with old comrades, if they listened intently they might hear something he did not readily share with the family.



COVID-19 guidelines for soldiers

Shilo Stag

What are you doing as a military member to reduce the spread of COVID-19 as a member of the Defence Team?

The Government of Canada's Office of the Chief Human Resources Officer (OCHRO) is asking that DND/CAF follow the Public Health Agency of Canada and Health Canada workplace-specific guidance on the GC-intranet as well as the direction of local public health authorities when specific cases arise.

The authoritative source of information for Canadians on COVID-19 is www.Canada.ca/coronavirus, which includes public health guidance on travel.

Managers and employees must be consulting this site on a daily basis. Information is also available on the Government of Canada COVID-19 Information Line by dialing 1-833-784-4397.

The updated GC-Intranet page includes:

- Health Canada's updated Occupational Health Guidance for federal public servants, which includes various scenarios; and answers to frequently asked questions raised in your organizations.

What does self-isolation mean and when should you implement in your life?

Self-isolate when you have been diagnosed with COVID-19 OR when local public health authorities have identified you as a close contact of someone diagnosed with COVID-19.

Self-isolation means limiting contact with others. So follow these steps to keep yourself safe, as well as others around you:

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work or other public areas and do not use public transportation such as buses or taxis.
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- If possible, stay in a separate room and use a separate bathroom from others in your home.
- If you have to be in contact with others, keep at least two metres, or six feet, between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with older adults and with individuals with chronic conditions or compromised immune systems.
- Avoid contact with pets if you live with other people who may also touch the pet.

If you have not been diagnosed with COVID-19 or identified as a close contact of someone with COVID-19, you should self-monitor for symptoms of respiratory illness.

Self-monitoring means monitoring yourself for fever, cough and difficulty breathing and avoiding places where you cannot easily separate yourself from others if you become ill.

If you develop symptoms of respiratory illness, stay home, contact your local public health authority, and follow their instructions.



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Shilo Stag

Home Station Regiment Senate needs you

The newly-established Home Station Regiment Senate (HSRS) exists to advance the welfare of members who are currently in service at the Home Station Regiment, as well as retired and former serving members of the Home Station Regiment.

Senate membership is open to the following: Past Commanding Officers (serving and retired), Seconds in Command (2ICs) (serving and retired) and Regimental Sergeants Major (RSMs) (serving and retired) of 1RCHA and 3RCHA; Past Home Station Commanders (serving and retired) and Base Sergeants-Major (BRSMs) (serving and retired); Past

Battery Commanders (serving and retired), Battery

Sergeants-Major (serving and retired) of 1RCHA and 3RCHA; Past Detachment Commanders (serving and retired), Detachment Sergeants-Major (serving and retired) of 3rd Canadian Division Training Centre – Det Shilo; Past Regimental Majors RCA (serving and retired) and Regimental Headquarters Sergeants-Major RCA (serving and retired).

If you'd like to be involved, contact the HSRS's president Col (Ret'd) Peter Williams via e-mail at cdnig19@hotmail.com



Your source for Army news in Manitoba

Sales consultant required

The *Shilo Stag* is looking for another sales consultant for its team. Help us sell the Brandon business market on advertising in the *Stag*. They have a captive audience — especially with people here who are new to the community after being posted here from elsewhere in Canada. Where do you shop for new glasses; groom your dog; take the wife out for an anniversary dinner; buy a new car or have winter tires put on the van with the advent of winter; shop for back to school clothes and supplies? Working on commission, you can set your own hours. The more you hustle and sign advertisers up to promote their business in the *Stag*, the more you earn. Drop by the *Stag's* office in CANEX and see Jules about the job. Or call 204-765-3000 ext 3013/3093. Be part of the award-winning *Shilo Stag* team.

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Free ads (non-profit only) restricted to members of the CAF, employees of CFB Shilo and the residents of the surrounding area.

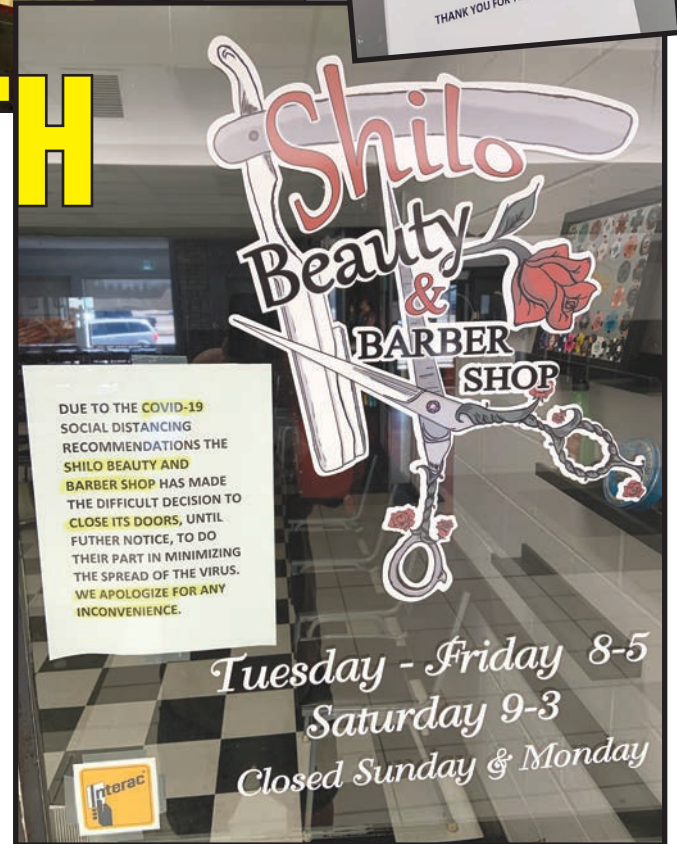
Services	Services	Services	Employment
 <p>St. Barbara's Protestant Chapel Sunday at 10:30 a.m. with Sunday school & nursery Padre Lazerte - ext 3381 Padre Dennis - ext 6836 Padre Walton - ext 3088 Padre Smallwood - ext 3089</p> <p>Our Lady of Shilo Roman Catholic Chapel Sunday at 10:30 a.m. Confessions by appointment Padre Nnanna - ext 3090 Padre Shanahan - ext 3698</p>	<p>Greg Steele Canadian Firearms safety course instructor/examiner. Manitoba hunter safety instructor. CFSC, CRFFC safety courses offered at least monthly and on demand. Firearm/hunter safety courses scheduled monthly. Restricted and non-restricted. Dial 204-729-5024 E-mail gstele4570@gmail.com</p> <p>Dow Construction offers home renovations, new projects. Call 204-901-0350</p>	<p>Need your taxes done? Fast, friendly, and personal service. Located outside the gate. For all your income tax needs contact Ingrid Wasserberg at 204-763-4357. OPEN ALL YEAR.</p>	<p>CANEX needs you: Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and weekends. Starting salary is \$12.53 per hour, progressing to \$14.77 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.</p>
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COVID-19



AFTERMATH



PHOTOS JULES XAVIER/SHILO STAG

NOTICE TO READERS

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization (WHO) says potential transmission of the virus is extremely low via commercial products. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our Base carriers. Be reassured, all of us involved in getting the Shilo Stag to you are taking the recommended handling and distancing precautions.

If you are staying close to home we'll also be uploading the Stag to our Facebook page: www.facebook.com/ShiloSTAG/ where you can read it online. Currently, www.cafconnection.ca will only have back issues of the Stag online, up to March 19, 2020.