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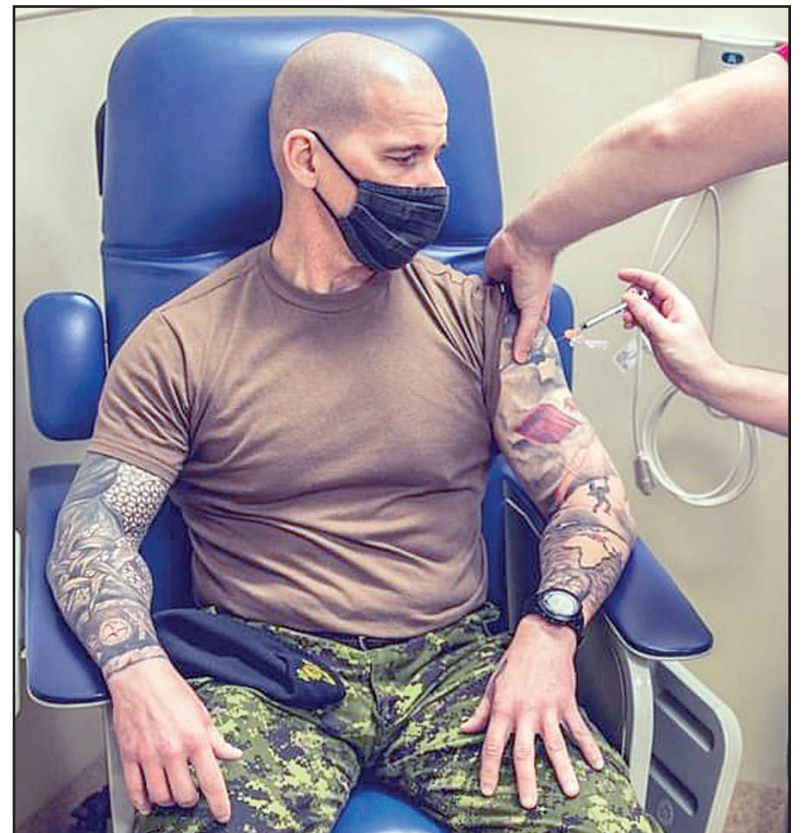
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1RCHA's command team rolled up their sleeves to receive their inaugural Moderna COVID-19 vaccine on the Base prior to leaving for Ex MAPLE RESOLVE at CFB Wainwright. Receiving their vaccines — CO LCol David Brassard and RSM CWO Chris Rigby.

# Military roll up sleeves for vaccine

**MGen Marc Bilodeau  
Stag Special**

It's hard to believe we have been collectively battling the COVID-19 pandemic for an entire year.

I understand the toll the year has taken, and continues to take, on many of us. Please know the sacrifices you have made — whether big or small — have helped to make a profound difference in the fight against this deadly virus. Thank you.

While the battle against COVID-19 is not yet over, there is a light at the end of the tunnel. Canada has begun to receive and administer Health Canada-approved COVID-19 vaccine and is now on track to receive a total of 36.5 million doses by July.

Also, the Canadian Armed Forces (CAF) began administering the Moderna COVID-19 vaccine to those members in the first priority group in early January, in accordance with the COVID-19 Vaccine Prioritization Framework. This is great progress.

The CAF will soon receive and administer additional doses to eligible members in the next priority groups.

It is expected members in all priority groups will be offered the vaccine sometime between April and August, with the goal of vaccinating as many CAF personnel as possible with both doses of the vaccine in this time frame.

I am once again asking for your help to stop the spread of COVID-19 in our communities as well as continue to protect yourself, your families, and those around you.

I strongly encourage all CAF members and public service employees to receive a Health Canada-approved COVID-19 vaccine once it becomes available to them.

All Health Canada-approved COVID-19 vaccines are effective at reducing the symptoms and severity of COVID-19.

The vaccine will help keep Defence Team members and their families healthy, protect vulnerable Canadians, reduce the burden on our health-care systems and ensure our force remains operationally ready to be called upon when needed.

Vaccination is one part of Canada's plan to beat COVID-19. Vaccines help prevent a person from becoming infected if exposed to the virus, and, if infected, reduce how severe the disease can be.

Broad vaccination of all eligible persons

provides the best possible chance that COVID-19 related restrictions can be reduced. In the meantime, recommended public health measures will need to be maintained.

Canada has a rigorous system in place to ensure that vaccines are safe and effective in preventing disease before they are approved for use.

Once a vaccine is being administered, health authorities continue to monitor its delivery to ensure the highest standards of safety and effectiveness.

For Regular Force members and full-time Reservists (more than 180 days), clinics will be organized through Canadian Forces Health Services in the coming weeks and months as vaccines becomes available.

Clinics will adhere to COVID-19 public health measures when administering COVID-19 vaccines. More information regarding your clinic will be released by your local Canadian Forces Health Services Centre.

It is expected members in all priority groups will be offered the vaccine sometime between April and August, with the goal of vaccinating as many CAF personnel as possible with both doses of the vaccine in that time frame.

See **DEPLOYMENT** page 3





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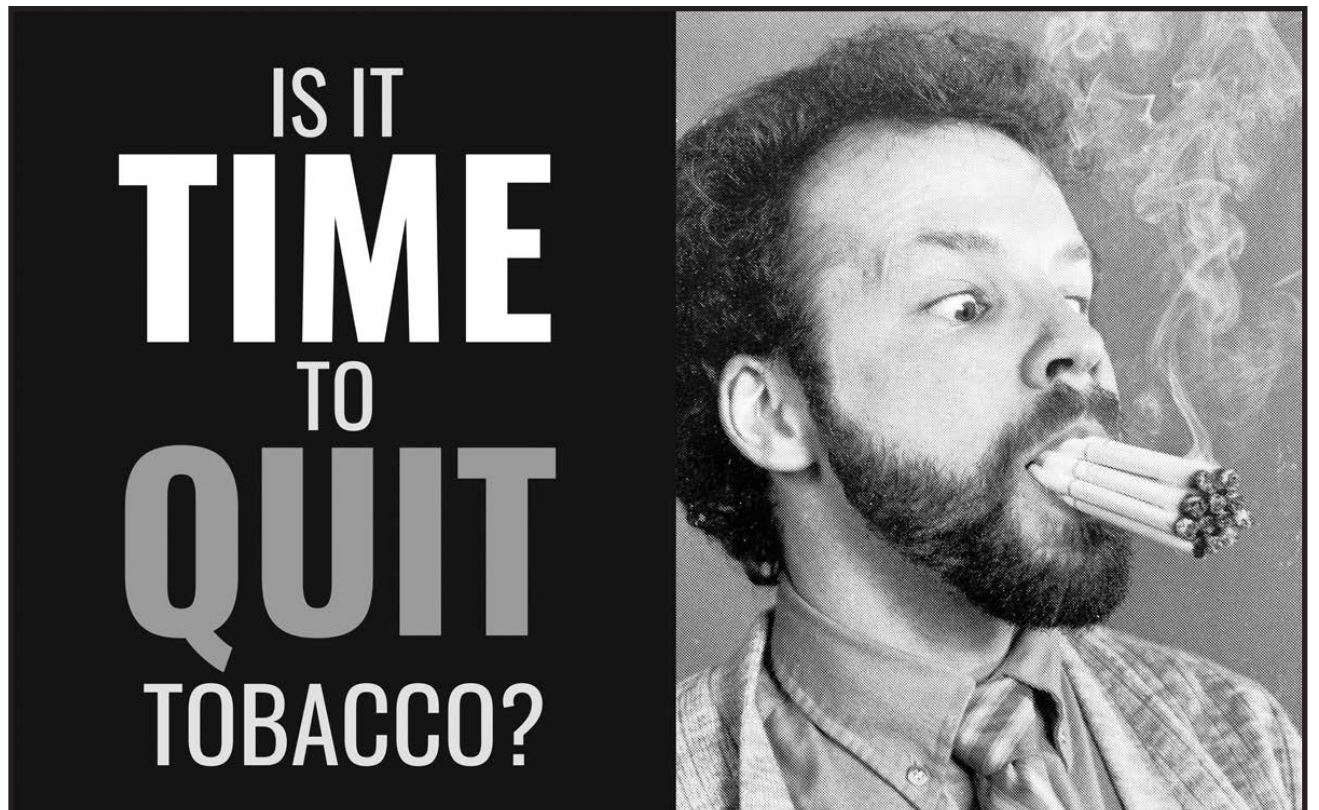
**Submitting articles and photos for print:**

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- 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.

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## Smokers on Base tops among CAF tobacco users

**Ginger Lamoureux**  
Health Promotion

Helping smokers to quit involves processes — motivating them to attempt to quit and helping them to stop once they try.

Research shows the best success rates for tobacco cessation comes from a combination of behaviour modification, support and medications to increase cessation success.

About 40 per cent of current smokers attempt to quit each year and four to six per cent are successful. Therefore, each year about two per cent of smokers quit for good.

Most smokers make multiple attempts, such that half eventually quit smoking.

**Smokers generally go through five successive stages in the process of quitting, each involving different issues and challenges.**

These stages include pre-contemplation (not thinking about quitting), contemplation (thinking about quitting but not ready to quit), preparation (getting ready to quit), action (quitting) and maintenance (remaining a non-smoker).

Anyone who wishes to quit smoking will need to make changes to their daily routine. In order to make these changes you must be aware of your daily routine which led to tobacco usage including both conscious and unconscious ones.

What are your triggers? Take some time and write them down and create an action plan.

Make a plan to quit. This should include when you want to start quitting and a date you want to achieve your goal by, change your habits, and increase your recreational outdoor activities and exercise.

If food or alcohol are triggers for you consider modifying your routines in these areas.

If certain friends or locations are triggers avoid those locations and inform your friends of your goal to quit.

You will be surprised at how supportive they will be. Celebrate your successes no matter how small or big they are with friends and loved ones.

**CFB Shilo has the highest percentage of smoking among Canadian Armed Force (CAF) members in the entire CAF with 39.88 per cent. The average smoking rate in the CAF is 19.5 per cent.**

The data was collected and analyzed by the Canadian Forces Health Services Group (CFHSG) and was sourced as of January 2021.

The Canadian Tobacco and Nicotine Survey conducted in December of 2020 indicated eight per cent of adults between the age of 20 and 24 and 12 per cent of those aged 25 and older were active smokers in Canada.

**While the difference in these percentages are staggering it is more concerning that of the 60 per cent of non-smokers who joined the CAF, three per cent indicated they started smoking after they became CAF members.**

According to a study conducted by the CFHSG this habit tended to form during either basic training or occupational training.

The Health Canada tobacco cessation target is to reduce smoking prevalence in Canada to five per cent by 2035.

The Province of Manitoba banned smoking in all workplaces and enclosed public spaces on Oct. 1, 2004. An act banning smoking in vehicles when children under 16 are present became law on July 15, 2010 and applies to all lighted tobacco products.

Smokeless Tobacco is not considered a safe substitute for smoking cigarettes and can cause cancer, oral health problems and nicotine addictions.

Nicotine is a highly addictive chemical contained in tobacco that affects your organs and brain function.

Nicotine replacement therapies (NRTs) relieve withdrawal symptoms of anxiety, depression, difficulty concentrating, insomnia, irritability, restlessness, and nicotine craving associated with tobacco use.

There are eight scientifically proven medications for tobacco cessation including nicotine gum, inhaler, lozenge, patch, and nasal spray and the non-nicotine medications bupropion, clonidine and nortriptyline.

**Health Promotion works hand-in-hand with the CAF Health Services department to facilitate your desire to quit smoking.**

The CAF Butt Out program provides counselling services, NRT options, information regarding online and in-person support groups and quit line access.

If you are thinking about quitting or would just like to find out more about our Butt Out program drop by our office located inside CANEX, contact us, follow our social media campaign or visit our website.



# Deployment vaccines planned for soldiers

## From the front

What about OUTCAN members and their families? The CAF is responsible to ensure every one of its members has the opportunity to receive a Health Canada-approved vaccine no matter where they are in the world.

Efforts are well underway to ensure that each and every deployed member, and posted members and their families — where required — have access to those vaccines.

To support our efforts, the DND/CAF has co-ordinated with and authorized some Host Nation and coalition medical authorities to offer Health Canada-approved vaccines from their own national allocations.

Some members, and their dependents where required, may be able to receive vaccinations from host nations, while others will receive vaccination in Canada prior to departure.

As of right now, most deployed CAF members and those posted outside of Canada will have not yet received a Health Canada-approved COVID-19 vaccine from the initial allocation received by the CAF.

Planning efforts are underway to ensure CAF members deployed or posted outside of Canada, as well as their dependents are able to access a Health Canada-approved vaccine.

New rotations of deploying members, and those preparing for postings OUTCAN are expected to receive vaccines prior to their departure date.

Public Service employees, Class A and Class B reservists, with less than 180 days, and CAF family members, the COVID-19 vaccine can be accessed through your provincial/territorial health care providers as it becomes available according to their distribution plans for your area.

All COVID-19 vaccines are effective at reducing the spread and severity of COVID-19.

For more information about Health Canada-approved COVID-19 vaccines, visit the Government of Canada's Vaccines for COVID-19 webpage.

Do your part to stay healthy and safe; receive your vaccine against COVID-19.

*MGen Marc Bilodeau/CAF Surgeon General*



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## 11 CF Health Service Centre starts vaccinating soldiers COVID-19 spring posture directive for Defence Team

### Shilo Stag

To continue to provide the Defence Team the most up-to-date information possible regarding the current COVID-19 work environment, Deputy Minister of National Defence Jody Thomas and A/CDS LGen Wayne Eyre have released a new directive for CAF/DND activities in the COVID-19 environment.

What's new since the fall directive with is comes to this spring's posture?

There's now a vaccine roll out, where all members of the Defence Team are strongly encouraged to receive the COVID-19 vaccine unless medically unable.

Maximum uptake of COVID-19 vaccination will be of utmost importance once the vaccines become widely available.

CAF members should visit the COVID-19 vaccines for Canadian Armed Forces (CAF) members webpage.

It is expected CAF members in all priority groups will be offered the vaccine sometime between April and August 2021, with the goal of vaccinating as many CAF personnel as possible with both doses of the vaccine in that timeframe.

Soldiers on this Base started receiving their first shots earlier this month, including 1RCHA soldiers in Manitoba's north where they are part of Op VECTOR.

Here is an overview of the current state of travel restrictions for CAF members. There are directives for specifics, exceptions and limitations.

Authorized: Domestic mission-essential travel. Provincial, Territorial, regional, municipal and host nation restrictions will be adhered to.

However, CAF members may be required to do otherwise in the authorized execution of a specific duty.

International mission-essential travel, is authorized, provided the destination and any countries transited do not restrict such travel.

Domestic non-duty travel: Provincial, Territorial, regional and municipal restrictions will be adhered to.

Non-duty domestic travel shall be authorized through the normal process used in units and organizations.

Domestic travel for compassionate reasons will continue to be applied, and includes mandatory isolation or quarantine requirements.

Commanders may authorize domestic travel and grant CAF members on imposed restriction, as well as those who are away from their dependents for an extended period of time and who are unable to reunite with them on weekends, a total of seven calendar days every two months to reunite with their dependents to a maximum of 30 days in a fiscal year.

International travel for compassionate reasons will continue to be applied.

Mandatory self-isolation or quarantine will be granted and expenses reimbursed as part of the compassionate leave claim.

Not Authorized: Non-duty international travel is not authorized until further notice. L1s are the approving authority for all exceptions including for when the reason for travelling is to be reunited with a next of kin.

What about Op VECTOR? Since starting last December,

Op VECTOR has been providing CAF logistics and delivery support to the Canadian COVID-19 vaccine roll-out.

It also provides direction for the internal CAF COVID-19 immunization campaign, which began in January.

Through Op VECTOR and Op LASER — the CAF's response to the worldwide pandemic — the military continue to support the response to the COVID-19 pandemic on a federal, provincial, and territorial level.

As we move towards warmer weather, we anticipate receiving requests to help with national emergencies like flooding as well as more Op VECTOR- and Op LASER-specific Requests for Assistance (RFAs).

What is not new in this spring directive? DND/CAF will continue to provide and support combat-effective, multi-purpose forces to protect Canada and Canadians at home and abroad, while remaining prepared to respond domestically to any COVID-19 resurgence.

Remote work continues to be prioritized, where possible and local commanders and chains of command will continue to adjust operations according to local restrictions and conditions.

Additionally, following public health measures (PHMs) is still our best defence against COVID-19. Continue to wash your hands, wear a facial mask and stay two metres (six feet) apart.

As we see vaccination efforts roll out across the country, there is hope on the horizon. However, the challenge of preserving our operational effectiveness under the threat of the COVID-19 virus remains, and is not an easy task.

Add in the very real burden of "pandemic fatigue," and the task becomes an even more difficult one.

As members of the Defence Team, we must maintain the ability to function safely in a COVID-19 threat environment by following Defence Team updates and important public health direction.

Our collective efforts will ensure that we can continue to protect Canadians and defend Canada.



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**Let's protect each other.**

Plan to get the COVID-19 vaccine as soon as it's your turn, and encourage your friends and family to do it, too. Sign up at **ProtectMB.ca** to find out when you're eligible and for information about the biggest vaccine campaign in Manitoba's history.

**ProtectMB.ca** 





Members of Land Task Force Aurora from 1RCHA prepare the staging hub for COVID-19 vaccination clinics in late March for on-reserve Indigenous communities in collaboration with the Indigenous Services Canada, local Indigenous authorities and Public Safety in Thompson during Op VECTOR. Soldiers from 1RCHA's B and Z Btys will be deployed to Thompson for a few months as part of this domestic operation.

Photo S3 Megan Sterritt/17 Wing

## 1RCHA deploys 'motivated soldiers' on domestic operation

**Jules Xavier**  
Shilo Stag

"Our soldiers are motivated."

Those four words are the assessment of 1RCHA CO LCol David Brassard's involvement as CO of Land Task Force (LTF) Aurora when he spoke to the *Stag* regarding involvement in Op VECTOR and Op LASER.

"This is something different on a domestic operation where our soldiers are able to ride a helicopter into some of these communities, where we are providing support with military medics to give COVID-19 vaccines," he explained. "We're in a good space with local leadership because of what 2PPCLI has already done for us when they were up north [before March 1], so the residents are using to seeing men and women in uniform."

It was March 19, when Prime Minister Justin Trudeau announced the deployment of the Canadian Armed Forces (CAF) to help Indigenous Services Canada (ISC) administer COVID-19 vaccines to 23 communities in northern Manitoba.

3 Div selected 1RCHA to do the job, said LCol Brassard, to be responsible for all land operations related to Op VECTOR and Op LASER. The task is slated to end by June 30, but could be expanded if there are changes on the pandemic landscape in this province.

Soon after, B, Z and HQ batteries deployed soldiers north by road to Thompson, as the hub, working out of the local airport. This deployment will last three months for the 80 to 100 soldiers involved. This includes military medics from across Canada.

"This pandemic offers the Regiment an opportunity to show its true character, resilience and commitment to Canadians," offered LCol Brassard.

"Op LASER [and] Op VECTOR provides us with a unique occasion to help our fellow Canadians through this pandemic."

LCol Brassard acknowledged it will be a busy few months for 1RCHA, with the soldiers splitting their efforts three-way between Force-generating forces in two operations in northern Manitoba while also participating on Ex AGILE RAM and Ex MAPLE RESOLVE in Wainwright, Alberta, in support of 1CMBG.

To accommodate movement of the vaccines, medics and 1RCHA soldiers, this domestic deployment is relying on support from the RCAF.

According to LCol Brassard, movement of military members and vaccines is being co-ordinated by using one CC130 Hercules, up to two CH147 Chinook helicopters equipped with skis, where flights into communities include landing on snowy/icy runways, and up to two CC138 Twin Otters.

B and Z Btys are responsible for setting up the community vaccination clinics once they fly in, with a platoon of medical experts delivering the vaccines.

1RCHA has its own medics on the ground, but they are there to ensure the soldiers are looked after when it comes



1RCHA's Z Bty support team assisted the mass immunization clinics (above) in Pauningassi First Nation in early April. Clinic teams, including military medics from across Canada, have different transport modes (below) available to them from the RCAF.

Photos 1RCHA



to their health.

"It's a multi-team working with Indigenous Services Canada, who look after vaccine distribution," said LCol Brassard. "We spend two to three days in each community looking after vaccines, then we leave. There's constant testing [for COVID] done with our soldiers to ensure they remain

negative, then we are on to our next community."

Calling the mission "community hopping," LCol Brassard said care is always taken so soldiers do not become a "vector of a COVID surge."

Eight communities have been done with first doses, with three more to complete. After April 26, the vaccine teams will return to communities for the second doses.

Besides helping with vaccinations, B and Z Btys are also providing support to ISC in other ways, like handling logistical support and co-ordinating the delivery of goods and supplies.

"B and Z Battery will remain committed to the vaccination efforts until June 30," noted LCol Brassard. "I can assure you that great care will be taken to enable our soldiers to do their job to include vaccination, access to Personal Protection Equipment [PPE], cohering, regular preventative testing and strict adherence to provincial health measures."

The logistics of handling the domestic deployment is something the Canadian Army knows how to handle, and this includes 1RCHA's efforts, said LCol Brassard.

"Logistical planning is important, so we're using traffic techs to handle incoming cargo, and they ensure it gets to where it's needed."

While B and Z Btys are up north, A and C Btys are tasked to support Op LASER, according to LCol Brassard. A Bty has a new BC, with Maj Matthew Stickland replacing Maj Chris Ward.

His soldiers remain on standby to deploy anywhere in Manitoba in support of provincial and federal efforts to mitigate the effects of the ongoing pandemic in local populations until July 1.

Cast in point: A Bty just returned from Mathias Colomb Cross Nations in northern Manitoba, where they assisted the community with its COVID issues.

"We're ready to work on both operations in case of another COVID surge in a community up north," said LCol Brassard. "We have the four batteries tasked to specific operations, so we have the tools to handle both. We have the right staff in place and are flexible to do both at the same time."

In other 1RCHA news, the Regiment recently achieved high readiness status.

"Although we met our artillery training requirements on Ex FROZEN GUNNER and UNIFIED RESOLVE, we still need to support 1CMBG's high readiness validation efforts," said LCol Brassard.

Starting April 13, the Regiment deployed more than 50 soldiers split between four Forward Observe parties, two Battlegroup Fire Support Co-ordination Centres (FSCC) and a small Brigade FSCC. This two-month commitment also includes LCol Brassard, who still oversees daily meetings with his teams from CFB Shilo and Thompson. He expects to make a trip north once he's done at CFB Wainwright.

"Unlike previous participation, this deployment [to Alberta] will only affect a small portion of our Regiment as it is widely understood by the Army that our priority remains support to domestic operations."



# Bulk garbage pick-up on Base runs two days starting May 25

**Jules Xavier**  
Shilo Stag

Mark May 25 and 26 on your kitchen calendar if you have bulk garbage collecting dust in your basement or garage.

Those are the days Real Property Operations Unit (West) - Detachment Shilo (RPOU-W) workers will be out to collect your items left out at the end of the driveway.

"Items are not to be placed earlier than the evening of [May 24]," said RPOU-W OC Maj Duncan Cornish. "As per the CFHA notice, all appliances that contain freon — fridges, A/Cs, water coolers etc — will not be picked up by the fall bulk garbage pick-up. Residents may dispose of those items at the Eastview landfill site."

Further information can be found at the City of Brandon landfill overview website [www.brandon.ca/sanitation/landfill/landfill-overview](http://www.brandon.ca/sanitation/landfill/landfill-overview)

If you have been collecting bulk garbage at home since it was last picked up last October, there is another alternative you can do without leaving the Base, according to Maj Cornish.

"Shilo dump remains available for bulk garbage drop off throughout the year. It is located three kilometres east of CANEX following Aldershot Road and is open Monday to Friday 8 a.m. to 3:30 p.m."

Formerly Engineering Services (CE), RPOU-W Det Shilo provides the infrastructure and municipal services found in most cities. Under the guidance of the OC, all



Place your bulk garbage at the end of your driveway the night before pick-up, says RPOU-W OC Maj Duncan Cornish.

*Photo Jules Xavier/Shilo Stag*

activities pertaining to the design, construction and maintenance of works, buildings, roads and grounds as well as the operation of utility systems — heat, water and sewage treatment are looked after by RPOU-W

Maj Cornish and his staff are responsible for real property management services of more than 220 buildings encompassing 165,188.83 m<sup>2</sup> of floor space and an additional 100,000 acres of range and training area.

If you have trouble calls dial 204-721-3000 ext 3111/3117. After hours call ext 3383.

# BComd appalled by vandalism, petty thievery

*Editor's note: Your Shilo Stag turns 75 in 2022, the inaugural newspaper published in July 1947. Looking ahead, your editorial team will explore our archives and share with you photographs and stories from past editions. Here is a message from BComd Col D. Francis from a front page story in the Sept. 14, 1967 edition. Col Francis served as BComd 1966-68 and lived at 1 Royal Place. When he was done, with advent of the 1970s, he was military attache to Norway, Sweden and Denmark, calling Oslo home for four years. According to daughter Anne Francis, who was six or seven during his posting to Manitoba, her dad was with 4RCHA during his initial posting to CFB Shilo. Retiring before he attained the rank of BGen in Kingston, Ont., Francis lived to age 73. He died in 1994, flying an ultralight plane which crashed in Florida. After leaving the CAF he worked for Emergency Planning Canada on contract for a number of years.*

**Col D. Francis**  
Shilo Stag

I am very pleased to have been appointed to command Canadian Forces Base Shilo and the Royal Canadian School of Artillery.

I first came to Shilo 28 years ago as a gunner in the militia; since then as a regular army artillery officer, I have been resuming regularly on postings and courses.

My family and I lived here from 1949 to 1951.

My first recollection of Shilo is of a flat plain containing a water tower, three or four buildings, and acres of bell tents.

There were no streets, no houses, and no trees. Today the picture has changed greatly.

We have, perhaps, more than our share of "temporary" wartime buildings which seem to have become permanent. However, we also have permanent barracks and messes, a shopping centre, recreation facilities, schools and married quarters — indeed, everything needed to make this a modern community, of which I am happy to become a part.

My job here is twofold. First, it is to supervise the training of artillerymen for the Royal Regiment of Canadian Artillery. I must point out here that the training of artillerymen is the primary function of the whole base; all other functions and activities are secondary and must contribute to this main aim.

My second job is that I am responsible for the personnel and property on the base. As such, I am vitally interested in the people and their activities.

This brings me to the main point of my message. In the short time since my arrival in CFB Shilo, I have been ap-



BComd Col D. Francis at his desk in 1967, Canada's Centennial, when he wrote his observations of vandalism and petty thievery on the Base. His formal portrait (inset) is on the wall outside of the BComd's office at Base HQ.

palled by the amount of vandalism and petty thievery.

It seems that whenever the opportunity exists, someone has to damage or steal property not his own. Most of this damage and pilfering is of a petty nature, ranging from breaking windows to pilfering in the MLS.

However, it adds up to a considerable amount and all of it must be paid for out of funds which could otherwise be

used for the benefit of the whole community.

I cannot believe that this state of affairs is caused by adults; our adult population is no less law-abiding or responsible than in any other community.

It appears then, that the culprits are mainly children, or, at worst, people with the minds of children. In any case, the adult population is not without blame.

In the first place, parents are legally responsible for the actions of their children at all times. Secondly, we are responsible for bringing up our children to be law-abiding citizens.

Thirdly, I find it hard to believe that this type of lawlessness can go on unless the citizens of the community are turning a blind eye to it.

It is my intention to put a stop to this state of affairs as quickly as possible, and here the steps I propose to take.

Firstly, new and determined efforts will be made to increase the scope of community youth activities in an effort to channel young peoples' energies in the right direction.

Secondly, additional security and law enforcement measures will be adopted to safeguard property and to apprehend offenders.

Thirdly, offenders will be punished severely.

However, no program of this nature can succeed without the co-operation and support of every citizen.

If we leave it to the police, the chaplains and a few public-spirited leaders, it will never get off the ground. We can expect to continue the present state of affairs with broken windows in our buildings, broken glass on our streets, twisted traffic signs, and everything stolen that is not locked up or nailed down.

I therefore ask every citizen of this community to take an active interest in the problem of exercising proper control over your children and by apprehending or reporting those who are doing wrong.

If, in addition, you have a desire to help actively in promoting supervised youth activities on the base, please let me have your name so that we may fit you into our organization.

Between us I believe we can lick this problem. In doing so we shall make the community a better place to live and we shall be doing our young people a great service by helping and encouraging them to become better citizens.

**"It seems that whenever the opportunity exists, someone has to damage or steal property not his own. Most of this damage and pilfering is of a petty nature, ranging from breaking windows to pilfering in the MLS."**

— Col D. Francis



# Sprucewoods venue struggling to keep its doors open

## Attracting new members key to community hall survival

**Kimberley Kielley**  
Shilo Stag

There was a time when Sprucewoods Community Hall was just a happening spot.

It was the center of activity for the village located just outside the north gate of the Base.

It wore many hats and served a brimming community. Fundraisers and just-because events were organized.

It was a time before colour television, computers, Internet or video games — you name it.

That was almost 55 years ago. Today, Sprucewoods Community Hall struggles to keep its doors open. Times have changed. There are more options than ever before available.

Young families are busy. Both parents work. Activities are scattered from one end to the other. Retirees are busy, too. COVID happened. The Base is more diverse than it ever was.

The result? Membership at the hall has fallen off and a skeleton crew of volunteers are keeping the doors open.

If the community doesn't step up, there's no way of knowing what the future holds for the spacious community hall which was once the backbone of activity for the area.

That's why the four-person executive is putting their heads together to come up with ways to attract new members.

"We're just trying hard to keep the hall open," said community hall volunteer treasurer Diane Welburn. "We need the community to get involved. We need volunteers."

Welburn and president Myrna Lane were on hand to talk about the community hall and the challenges it faces post-COVID.

"We'd like the community to use the facility," said Lane. "People are surprised at how well-kept and modern it is."

Both women herald from military backgrounds. They make up part of the community in Sprucewoods, while the remainder of residents are current military members, their families, civilians working on Base or non-military members.

Welburn pointed out residents from CFB Shilo are wel-

come to join the hall's committee and sub-committees.

"We strongly encourage that because the community is made up of military and retired members. We're looking to recruit and reinvent ourselves and involve the community at the hall."

She added, "I think people have a better appreciation for the community and their involvement. It's so crucial in order for it to work."

Both Lane and Welburn outlined the benefits of joining committees and volunteering at the venue located on Woods Avenue.

"We were going to do this a year ago, but COVID happened," Welburn said.

Today, the hall's committee is ready and waiting for the community to begin using the hall again.

"We are prepared and ready with a safe environment for our community. We have everything we need to ensure the safety of our community for events and meetings," Welburn said.

"We're just waiting for the restrictions to lift."

The plan is to offer a free barbecue as soon as the restrictions lift to "re-introduce ourselves back into the community and recruit new people," Welburn said.

Some of the events placed on hold include the crib club, bingo, line dancing and an open mic drop-in for anyone who can play an instrument or sing.

The Mother's Day pancake breakfast will go ahead, with social distancing and contact tracing intact, before the big day arrives. That's just a beginning.

Then there is the list of suggested activities such as a wine and cheese night, movies under the stars, twice-weekly cof-

fee, children's activities, fitness classes for the elderly and stroller-rolling moms, a father-daughter dance, paint nights and a book club.

But these activities or events need people to run them.

"There's a lot of things we want to do, but we lack the volunteers," Lane said.

Other options for keeping the hall open includes renting the facility for large group gatherings. Seating capacity is 172. Tables and chairs can be rented as well.

Members have access to reduced hall rentals fees, free Mother's Day breakfast and all activities at no additional cost. Non-members also have access to the hall for a nominal fee.

"But we need involvement from the community to make the programs happen," Welburn said.

The AGM is May 2.

Everyone's welcome. Social distancing, a sign-in sheet and sanitization will be adhered to until provincial restrictions are lifted as will any future events, Lane said.

If you have a few extra hours a month to spare and would like to volunteer at Sprucewoods Community Hall, leave a message on its Facebook page [www.facebook.com/groups/164924443616080](https://www.facebook.com/groups/164924443616080) Or call 204-720-0778.



Sprucewoods Community Hall volunteer treasurer Diane Welburn (left) and president Myrna Lane stand out front of their hall. Both agree the survival of the facility is dependent on growing membership.

Photo Kimberley Kielley/Shilo Stag

### Is living in military housing the right move for you?

The Canadian Forces Housing Agency is preparing military housing so it is safe and ready for your move this Active Posting Season.

Follow CFHA on twitter @CFHA\_ALFC

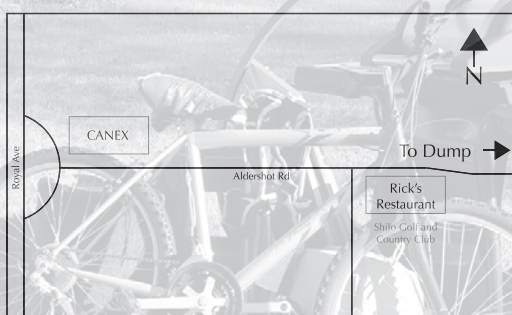
Canada.ca/Defence



Canada

## Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following dates ONLY for spring clean-up:

**MAY 25 & 26**

Items should not be placed earlier than the evening prior to pick-up



## Volunteers appreciated on Base

CANEX manager Rick Kehler presented a cheque for \$2,950 to Base Fund as part of the new volunteer appreciation program being offered at CFB Shilo to BComd LCol Jeff Lyttle and BRSM CWO Jeremy Abrahamse. Posing for the cheque presentation outside CANEX are (l-r) MFRC executive director Willemien van Lankvelt, Kehler, PSP senior manager Craig Ethelston and Base COS Maj Howie Nelson.

Photo Jules Xavier/Shilo Stag



# LETTER HOME FROM FRANCE

## Money sent to son by father not spent on cigarettes

*Editor's Note: During the First World War Pte Cecil Minary served in the CEF, beginning his military training at Camp Hughes prior to being shipped to England for further training. He saw his first action soon after Canada's involvement in the Battle of Vimy Ridge in France. His great-great-niece Kendra Minary has spent the COVID pandemic going thru the original letters he wrote home from England and France prior to being KIA on Aug. 28, 1918. The Lewis gunner died on the battlefield after his crew was hit by a German artillery shell. The Stag will share Kendra's great-great-uncle's letters with our Stag readers to give you a peek at what a soldier was contemplating with pencil and paper while in the UK training or in France in a trench waiting for the next attack or counter-attack. Cecil's letters are transcribed as they were written, so this includes his spelling, grammar and punctuation. Of note, from his letters home he rarely described his clashes with Fritz, instead preferring to enquire about life on the family farm or what his family and friends were doing back in Manitba. Unlike some some soldiers who would share their war stories in their letters, Pte Minary had his own distinct writing style no matter if it's his dad, sister or a relative. He also made the job of Army censors easier by not including war details which would be blacked out. That's the reason why his letters are "somewhere in France" once he left England for the Western Front.*

829297 Somewhere in France  
B. Coy. Saturday (sic) May 4th 1918.

My Dear Dad

Received your letter of April sixth this evening and was glad to know that everyone was still keeping fine and that prospects were good for an early seeding this year, the five spot Dad was jake and thanks awfully. I have plenty of money just at present it certainly comes in fine over here. But don't worry about anymore for you are sending quite enough for me, I am not like the most of the fellows here spending it on cigarettes and Vim Blanc and such like.

There has not been much mail latley (sic) only a letter or two, But



probably it will Brighton (sic) up now again.

I am Back with the Company again But am quite safe for the present, that is for France. I had my picture taken with some of the fellows who were taking the Machine Gun course But will not send it in this letter for I don't think that they allow pictures in these envelopes.

The weather is quite warm here now, But is raining alot (sic) more than it did last month, I hope Bruce misses this bunch But if he has to come he will do his Best like the rest of us.

Well Dad there are no more news so will close hoping to hear from you soon again.

With love to all From Cecil

## Program provides HOPE to CAF bereaved

Yves Belanger  
Stag Special

Created in 2006 by the CFMWS, the HOPE program offers confidential support to bereaved families through peer volunteers who have experienced the same type of ordeal.

It allows bereaved individuals to better understand the grieving process and helps reduce the sense of isolation that often accompanies it.

Since 2009, Robert Beauchamp and his wife Nicole Robidoux have been among these volunteers.

Two years earlier, their son Nicolas died while on a mission in Afghanistan.

For Robert Beauchamp, helping parents going through the same ordeal is a way to cope with his grief.

"Among other things, it allows me to make sense of what happened to my son," he said.

As soon as a Canadian Armed Forces (CAF) member dies, Beauchamp explained the spouse and parents are informed about the program.

"People then decide whether or not they feel the need to use this free service."

The volunteer goes on to ensure conversations with peers remain strictly confidential.

"We have to report to those in charge of the program on how these people are doing and talk about their progress in the stages of mourning," he explained. "However, the content of the discussions is never disclosed."

The accompaniment continues for as long as the bereaved person wishes; the longest he has ever done was about 16 months. It was a father whose child had died by suicide.

"This man felt a lot of anger," he offered. "One day, after several discussions, he told me that he understood that it was better to direct his energy towards the people around him rather than rehash his dark thoughts. I was so happy to see his evolution."

Beauchamp explained the loss of a child creates a wound which never heals.

"It's not in the nature of things to outlive your children. The pain remains present. However, you learn to soften it up and live with it."

For him, the best way to get through this ordeal was and still is to recall good memories with his late son.

"Instead of emphasizing the loss of this child, I prefer to go about it in a positive way," he said. "It helps me move forward."

The main role of HOPE program volunteers is to support the bereaved.

"We are not interveners," he said, "We are here to listen to what they have to say and to help them understand the

***"It's not in the nature of things to outlive your children. The pain remains present. However, you learn to soften it up and live with it."***

**— Robert Beauchamp**

different stages of grief."

It is by sharing stories and perspectives, as well as offering new options that they are able to give hope to their peers.

"At the moment, the program is aimed at parents and spouses. I would love that one day services could also be offered to brothers and sisters," he said. "My second son was very close to Nicolas and would have greatly benefited from such a program."

Would you like to receive peer support? If so, contact the HOPE program manager at 1-800-883-6094 or via e-mail hope-espoir@forces.gc.ca

Or visit [www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/HOPE-Program](http://www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/HOPE-Program)

If you have lost a loved one who served in the CAF and have gone through the grieving process, you may be able to volunteer.

You will need to take training on the HOPE program and be emotionally prepared to listen to peers going through the same situation.

By getting involved, you will join a supportive community and make a positive difference in someone's life.

## CLASSIFIED ADS

E-mail: [stag@mymts.net](mailto:stag@mymts.net) • Phone 204-765-3000, ext 3013 or ext 3093

**\$10 for first 20 words, 10¢ for each additional word Deadline for next issue: MAY 6 at noon**

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

### Employment

**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.

### Services

**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.

### Services

**Looking for a job** on the Base? Submit resumes to NPF HR office via e-mail quoting competition # to [npfhrshilo@cfmws.com](mailto:npfhrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

### Base Chapels

**St. Barbara's Protestant Chapel**  
No Sunday service  
Padre Lazerte - ext 3381  
Padre Smallwood - ext 6836  
Padre Walton - ext 3088  
Padre Chang - ext 3089

**Our Lady of Shilo Roman Catholic Chapel**

Sunday at 10:30 a.m.  
Confessions by appointment  
Padre Nnanna - ext 3090  
Padre Shanahan - ext 3698





## 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 delivering the Shilo Stag to you are taking the recommended handling and distancing precautions. Newsprint does not transmit the COVID virus.**



## Thinking about retiring from CAF? SCAN seminar is recipe for success

### Capt Bradley Knoll Stag Special

Are you ready for the future? Are you five years or less from possible retirement or thinking about a second career outside the Canadian Armed Forces (CAF)?

Or are you interested in learning about financial, education and other benefits to prepare a long-term plan for retirement or to develop yourself professionally?

If so, the Second Career Assistance Network (SCAN) seminar is your recipe for success.

Many members of the CAF enter the civilian work-force following their military service, while others choose to hang up their uniform and live the good life.

Either way, the CAF recognizes this transition is a major life-event. We address this issue by providing information and guidance to Regular and Reserve CAF members and their spouses on how to effectively manage career changes or retirement.

SCAN offers a variety of services to help you prepare for a successful transition.

The Wing/Base Personnel Selection Office's (B/WPSO) from 17 Wing, 15 Wing and CFB Shilo are organizing the upcoming

Prairie Region virtual SCAN seminar which runs from May 10 to 13 from 8 a.m. to noon.

The SCAN Seminar is the best way for CAF personnel to get essential information related to planning their release/transition from the CAF

The first three mornings are General SCAN for all CAF members and will comprise of multiple presenters such as the director pensions and social programs for vital pension information, SISIP Financial Services for financial planning and insurance, Release Section, Veteran's Affairs, education opportunities through the CAF and civilian academic partners, and many other organizations to help your transition to civilian life.

The fourth morning is the medical SCAN and focuses on the medical aspects of release featuring transition services, medical release process, and vocational rehabilitation, clarifying of multi-services and benefits.

Register by completing the registration form at CFB Shilo's ACIMS. The registration form is located on the main page, under announcements. Register no later than May 7. If you require more information, contact the BPSO office at ext 3086 or ext 3087.

*Capt Bradley Knoll/BPSO*

## JOIN OUR TEAM

### WHO WE ARE

Cascade Aerospace Inc. is a dynamic, privately held Canadian specialist aerospace and defence contractor focused on providing long-term integrated aircraft support programs for Original Equipment Manufacturers (OEMs), military, government and commercial customers.

### Field Service Representative (FSR Flight Systems)

The FSR is a primary member of an integrated team working with various DND and Cascade personnel to improve aircraft serviceability on the front line by providing strong technical guidance and leadership in the resolution of immediate and long term issues impacting the CC130H fleet. This role is directly tied to optimizing aircraft serviceability, reducing the number of Ops Restrictions on each aircraft, and assisting in the timely identification and resolution of Supply and Engineering issues.

### MUST HAVE'S

- Certificate in Aircraft Maintenance Engineering OR Military equivalency;
- Holder of TCA AME M2 license OR Military equivalency AVN with type training for CC130H & required ACA

Primary workplace is in either Greenwood, Nova Scotia or Winnipeg, Manitoba.

FOR FURTHER JOB DETAILS,  
PLEASE VISIT:  
[www.cascadeaerospace.com/join-the-team](http://www.cascadeaerospace.com/join-the-team)



PMC Maj Melissa Marshall assists Capt Andrew Vickruck, BK with 1RCHA HQ Bty, with his serving of East Side Marios during TGIF drive-thru lunch served at the Officers' Mess. This is being done because messes are closed during pandemic.

*Photo Jules Xavier/Shilo Stag*

**You are encouraged to visit the Defence Team COVID-19 information page**  
[www.canada.ca/en/department-national-defence/campaigns/covid-19.html](http://www.canada.ca/en/department-national-defence/campaigns/covid-19.html)  
**for latest information pertinent to both civilian and military Defence Team members**