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INSIDE
This Issue



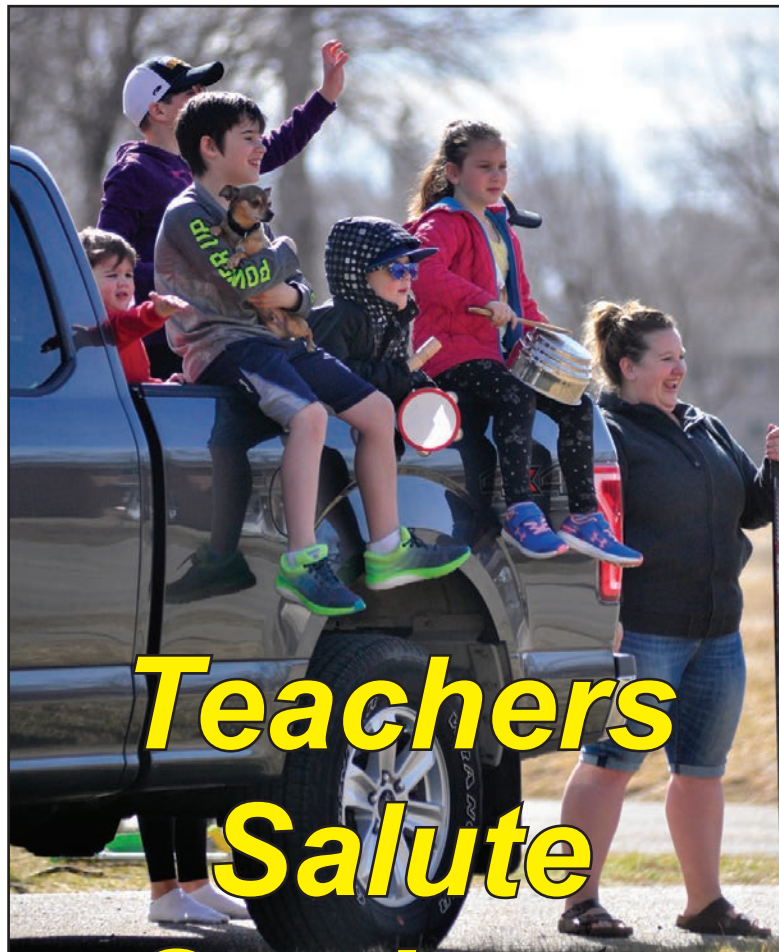
17th annual lobsterfest cancelled. Page 4



Virtual workouts available to soldiers online. Page 5



CANEX sanitizes store with new signs. Page 8



**Teachers
Salute
Students**



O'Kelly teachers held a vehicle parade, joined by CFB Shilo emergency services, in the Q-patch April 24. Even the school's mascot, a panther, took part. Ideal weather conditions greeted teachers, parents and students as the parade left the Base and made a trip to Sprucewoods.

Photos Jules Xavier/Shilo Stag



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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.

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CDS expects limited posting season in 2020 due to COVID-19

Gen Jonathan Vance
Stag Special

I would like to start this week's update by stating that although morale across the Canadian Armed Forces (CAF) is generally good, it is very apparent to me, and my senior leadership, that we are facing some significant stressors which need to be addressed.

I will do my best to identify some of the major issues, give you my thoughts and inform you of the guidance I have given to my staff and senior leadership to help.

• **Mental well-being**

Use of help lines and access to mental health professionals is at an all-time low. There may be some valid reasons for this, but I would like to encourage anyone who needs to reach out or access mental health therapy to do so.

Those who have been in mental health care are encouraged to re-engage. Given the stress and anxiety associated with current circumstances, and to help avoid a bow wave of mental health support in the future, the Surgeon General has asked that I convey his own encouragement to those who need or want to access care.

You can access the CAF Member Assistance Program (CFMAP) 1-800-268-7708, or contact your local Base Medical Clinic or chaplain.

• **Physical Well-being**

Our clinics are open and you can call to make a telemedicine appointment or arrange to visit your clinic through the CAF Medical Clinic nearest to you.

• **Postings**

Our intent is to proceed with a limited posting season. It has clearly been delayed, and will be made more challenging by COVID-19 related travel restrictions, uncertainty in the real-estate market, availability of commercial interim lodgings and meals and safety.

For many, you will be informed if your posting is cancelled or delayed by a year. For those being posted this year, you will be kept informed of when and how to conduct your move.

Moves will need to be conducted with COVID precautions built in to protect you and your family and, importantly, those that you would come into contact with during the move process.

It is important you keep your Chain of Command informed as to any factors that would reasonably prevent you from being able to conduct a move this Active Posting Season (APS).

Postings for many will be severely delayed as we have extended the APS to the end of December. Move dates, particularly for those with children going to a new school, will be made as flexible as possible, where circumstances permit.

If you have any questions the Administrative Response Centre (ARC) team is available to both the chain of command and individuals to get advice.

Although your Chain of Command should be your first stop, you can contact the ARC directly at 1-833-445-1182 or by e-mail at CMPARC.CRACPM@forces.gc.ca

Further details are also available in CANFORGEN 049/20 available on the CAF App.

• **Promotions**

Promotions that come with postings to assume new duties will continue as planned, and all promotions, regardless whether the new duties are assumed or not will be honoured by the end of the year.

This may leave us with many positions over-ranked beginning January 2021, but this situation will be resolved during the 2021 APS.

• **Courses**

While critical force generation training continues, our entire individual and collective training system is at a standstill to prevent the spread of COVID-19. We did this to protect you, your families and the communities where we train.

We are looking at a range of options and methods to re-start our training system. I have asked my staff to develop options that would work even if COVID-19 is still a threat.

This work will take some time to plan and, if deemed feasible, take considerable effort to execute safely and properly. Some incremental steps to re-start recruit and DP1 training,

as well as Reserve summer individual training, may occur as early as June, and I hope to be able to re-start most training at close-to-normal levels this fall.

That said, it is all conditions based, and I will keep you informed. If you need a career course, you will get it, but it will likely be delayed and may be delivered very differently.

Your continued development in your chosen field is important to you and as it is to the CAF — we'll get there.

• **Back to work**

My intent is to get us back to work, as close to 'normal' as possible when it is safe to do so, or when we can make it safe for all in the Defence team.

There are many things we must consider. We will retain the current dispersed posture for the time being, until we better understand the local environment in which we operate. Returning to normalcy will be a long and deliberate operation and will be different across the country as the conditions vary from region to region. I want to make it clear, however, that with family care plans hugely disrupted, schools closed and summer camps in question, and our overriding concern for your health and the health and safety of your families, we accept that some of you may not be able to return to work as quickly or as easily as others — even though you want to.

This will not be seen as a poor reflection of your dedication or professionalism. Short of an armed attack on Canada, or an armed conflict overseas demanding a rapid response, we will, at all levels, take individual and family circumstances into account as we resume our normal posture and give you the freedom you need to make good family decisions.

We have reacted to COVID-19 by taking early precautions and carefully preparing forces for operations, with you as individuals and families taking necessary precautions.

I am confident we can respond to the current and forecasted needs of Canada for anticipated domestic and known deployed operations with the healthy forces currently available.

Going back to a normal 'at work' routine will be planned, phased and carefully executed when we can, and within the obvious limitations that we are all living with.

• **Deployed members**

Expeditionary operations and OUTCAN positions have felt the impact of COVID-19 as well as some significant geopolitical changes in our mission areas.

Anxiety based on concern for families back home, rotation plans, operational demands, potential for exposure to COVID-19 while deployed, and a range of other concerns has added significantly to the stress on our people deployed or away from Canada.

We hear you loud and clear and stand ready to assist, particularly if your family needs assistance. While the quarantine protocols for people coming into Canada are in effect, returning troops will be isolated at CFB Trenton, or elsewhere, for a 14-day period to ensure you are COVID free and pose no risk to families or your communities.

Sailors will conduct their isolation during a 14-day passage at sea.

I do not want returning troops to feel as though they are under any suspicion of carrying COVID into their communities. By strictly adhering to the isolation period, even though it delays your reunion with your loved ones and friends, you will be considered a responsible person as the country fights the COVID-19 spread.

• **Imposed Restriction (IR)**

If you are on IR and not needed for daily attendance 'at work' or are not needed for immediate operational recall, you should have gone home to your family.

If you are in a position where you are usually at work in person day-to-day, but you are not on operations or assembling for operations, you can, conditions permitting, apply for and receive permission to go home for one week every two months to ensure your family is okay.

This will not be considered leave it will be considered duty travel, and will not count against your annual leave. If we need to, we will find a way to assist you in getting home.

You will need to take extra precautions to avoid the spread of the virus, and you may be subject to regional protocols such as a 14-day quarantine, but you must see your families.

See **PANDEMIC** page 6

New crisis texting service for children, youth of military families

Shilo Stag

A customized crisis texting service was introduced April 27 for the 78,000 children and youth of Canadian Armed Forces (CAF) members.

This dedicated texting service will ensure all kids from military families have access to free, confidential, mental health and well-being support in both English and French.

"I would like to thank our Canadian Forces Morale and Welfare Services (CFMWS), True Patriot Love Foundation and Kids Help Phone for introducing this new, free service for children that serve alongside their parents. Making sure that young people have a means to connect and be supported through hardships is critical, especially in these difficult times," said Minister of National Defence Harjit Sajjan.

"I want every teen and kid to know if they reach out for help, someone will answer. Being part of a military family can be tough – it's okay to want to reach to someone to talk about it."

Military children with cell phones can access this service by texting the keyword CAFKIDS at 686868 for service in English or the keyword JEUNESFAC at 686868 for support in French.

This texting service is confidential, free and available 24/7 across Canada.

"The launch of this new dedicated Crisis Text Line for youth is a testament of CFMWS' commitment to support the Canadian Armed Forces operational effectiveness," said CFMWS CEO Sean Cantelon. "When CAF families do well, so do CAF members. This service is one more way that we can support families who contribute so much."

Kids Help Phone has verified that staff and volunteer Crisis Responders have enhanced training and screening to better understand the complexities of military family life-style.

The COVID-19 pandemic can worsen existing difficulties for kids, and a parent's or guardian's deployment during COVID-19 may add significantly to the stress.

Now, more than ever, having the means to stay connected and get support is critical.

April is celebrated as the Month of the Military Child by the defence community; recognizing the sacrifices these children make is important.

Thanks, in part, to the support and contribution of military children, their parents and guardians can continue to safeguard and protect Canadians.

"For more than 30 years, Kids Help Phone has been supporting youth across Canada. Now, in partnership with Canadian Forces Morale and Welfare Services' Military Family Services and True Patriot Love Foundation, youth in military families will have direct access to 24/7 texting support through the Crisis Text Line powered by Kids Help Phone," Kids Help Phone president/CEO Katherine Hay.

"This partnership is critical as families are forced into self-isolation and many are left unable to access mental health support. We are truly grateful for this partnership during a critical time."

For more information, visit www.CAFconnection.ca/CAFKIDS

Quick Facts

- Crisis Text Line powered by Kids Help Phone is made available through a partnership between CFMWS (Military Family Services), Kids Help Phone, and True Patriot Love Foundation.
- Children from military families can face unique challenges related to their parent's or guardian's service, including frequent geographic relocation and regular separation from family and other loved ones.
- This service will also make a difference for the 8,000 to 10,000 transitioning families, who leave the Canadian

Armed Forces each year and who may be struggling with moving to a new community.

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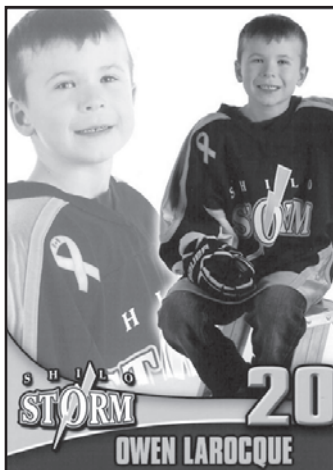
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MJHL draft pick

1RCHA MWO Brad LaRoque's son, Owen, might not have been selected in the recent WHL draft, but his goaltending exploits playing out of Souris did not go unnoticed by the MJHL's Virden Oil Capitals. With the 61st pick overall, Owen was drafted in the sixth round by the junior team located just west of Brandon. Proud dad says Owen started his minor hockey with the CFB Shilo hockey program, playing as a forward in those early years at Gunner Arena. Residing in Wawanesa, he started as a goalie at the atom level, and has not stopped kicking out pucks since. Owen played the past two seasons with the Southwest Bantam AAA Cougars.

Photos submitted



Pet of the Week

LINCOLN

James Hendren says his 15-week-old dog Lincoln, half Siberian Husky and half Golden Retriever, is so full of energy, he loves random sticks more than store bought toys. Lincoln is nervous on the stairs at home, but is getting better. Fetch is his favourite game and he is quick to whine if you don't give him enough attention. 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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Pandemic cancels 17th annual lobsterfest

WHY NOT CELEBRATE AT HOME JUNE 20?

Jules Xavier
Shilo Stag

Looks like it will be lobster served at home thanks to this COVID-19 pandemic.

Like the Calgary Stampede, summer music festivals or high school graduation ceremonies across Canada, a popular event at CFB Shilo has been cancelled.

But this does not mean you can't plan your own lobsterfest in the backyard.

The *Stag* just received word out of the Base Commander's office at HQ regarding what would have been the 17th annual event at L25. It was a tough decision, but made for the health safety for those who were looking forward to dining on a plate delicious plate of lobster, steak, cole slaw and a baked potato.

According to BComd LCol Jeff Lyttle, "As the COVID -19 pandemic continues we must sustain our mission to stay healthy and be prepared to assist Canadians when called upon.

"We have made the difficult decision to cancel the 17th annual Base Commander's Downhomer Lobsterfest planned for June 20. We know this event is eagerly anticipated, but we have a responsibility to avoid exposing our soldiers and our broader community to risk of exposure.

"We look forward to Lobsterfest 2021. In the meantime, be healthy, be responsible and keep safe."

Like working from home or doing online fitness classes versus working out at the GSH during this pandemic, why not hold your own lobsterfest at your PMQ June 20? Social distance with your neighbours, also holding their own lobsterfest.

Sobeys and Safeway both carry live lobsters in the meat department, so there's availability to this popular east coast delicacy. I plan to keep this tradition I was introduced to in 2012 after arriving from the west coast — where it's crab — in my own rural backyard. While I will dine on two lobsters,

I will leave the tenderloin fillet for my Jack Russell terrier, Dotti.

My introduction to lobster came as a child when my dad was posted to now defunct CFB St. Margaret's, a radar base in New Brunswick.

Who knew myself and four sisters, fussy eaters that we were as RCAF brats, would enjoy our father's lobster when he offered it to us. But we did, so that meant his periodic lobster feasts were interrupted while we were posted to the east coast.

Many a morning we discovered a pile of lobster shells in the kitchen garbage can. Our father would feast after we went to bed.

While doing my editorial research about this east coast delicacy, I was informed during past lobsterfests that eating a lobster is not an exercise in etiquette. This is apparent when you have attended eight previous lobsterfests, and observed lobster being consumed once the shell, legs and claws are cracked open.

Steamed or boiled, when my lobster — and the steak I'll trade with anyone for their lobster if they are not a fan of seafood, but prefer a good chunk of Canadian AAA beef — arrives I have been told to let it cool so as to avoid being scalded by boiling water when handling it.

The simplicity of eating a lobster depends partly upon the time of year. Lobsters moult — who knew they shed their shells — each year in early summer. Just before shedding in May or June the shells are thick and hard, while the claws are difficult to break open.

Just after moulting, the shells are as thin as heavy paper, the claws easy to open without tools.

The shells harden within a few weeks after moulting, but an August lobster is still much easier to eat than a May lobster.

How do you consume the lobster sharing space with a steak? Along with the hot, just-cooked lobster, you might want the following items which veteran lobsterfest goers bring with them:

- Lobster bib to protect clothing from sprays of sea water, lobster juice and butter;

- Claw cracker — like a nutcracker used on walnuts at Christmas — to crack the claws so you can extract the claw meat, which is a delicacy; and

- Small fork or "lobster pick" — this slender instrument is used for extracting meat from difficult, bony places

To begin feasting on your lobster, first hold the body in one hand and the tail in the other, and break the tail off with a side-to-side motion.

Holding the tail upside-down, stick a fork (upside-down) between the bottom of the shell (now facing upwards) and the tail meat and pull the whole chunk of tail meat out.

The tail is the largest meaty portion of the lobster, but there's lots more. Each claw should be broken and the meat taken out with the small fork or lobster pick, even from the joints that connect the claw to the body. This is the most delicious part, a real delicacy.

In larger lobsters weighing more than a pound and heavier, you will find tender little bites in other places, too. Twist the four "flippers" off the end of the tail and chew out the delicate meat inside.

Twist off each small leg: in the knuckle next to the body there's a nugget, and you can chew tender meat out of each segment in a leg.

Lobster enthusiasts will tear the carapace — hard body cover — off, split the body lengthwise, and behind where each leg was attached there is a good bit of meat.

Of the innards, the gray-coloured liver — called tomalley — is edible. Restaurant chefs sometimes use it in sauces, though not everyone likes it.

If you find a waxy red substance in your lobster, you have a female. It is roe. The eggs are edible if you feel daring.

I will enjoy my '20 lobster, and raise a claw to my dad in his memory and thank Sgt Fabio 'Swish' Xavier for introducing me to this east coast delicacy. But instead of sharing the experience with others at L25, I will do it from the confines of my backyard deck here on the Manitoba prairies.



PSP staff work from home doing virtual fitness classes

Shilo Stag

Trying to stay fit while in self-isolation at your PMQ is not always easy when you are used to working out at the GSH.

But CFB Shilo's PSP staff are encouraging military members to do just that during the COVID-19 pandemic.

Being active raises endorphins and helps curb the anxiety many individuals are currently feeling. For military members, it's an important piece in their job performance.

Recently, the PSP fitness team under the direction of fitness co-ordinator Melissa Green began live streaming classes through a Facebook page: www.facebook.com/shilofSandR/

Soldiers who usually workout at the GSH and attend PT classes as part of their regular training schedule are no longer able to do this since March 13.

So, PSP fitness staff started getting creative, and started using their iPhones to do "live" programs from their own homes where they are in self-isolation, too.

The online shows are streaming live, at specific times on specific days, with other Bases also supplying programs being shown on Facebook. They can be re-watched, too, as they remain on the Facebook timeline.

The live streaming classes will assist military members who participate maintain good fitness and wellness practices during this unprecedented time.

The GSH, like gyms and fitness centres throughout Mani-



Now that winter has melted away and spring has brought warmer weather, soldiers can go for a run besides working out at home.

toba, is closed to both military and civilian users.

With this pandemic evolving for more than a month in this province, PSP fitness staff stepped up and began creating their programs while working at home, taking advantage of their personal cell phone technology and social media platforms. Sessions can run from 45 to 60 minutes in length depending on what the fitness instructor is offering.

Performing from their homes for your fitness benefit are Yuko Onosato, Janna Dzubinski and Anthony Lawrence.

All fitness levels are being addressed, and because soldiers are doing the workouts from home, fitness staff are focusing on movements without equipment.

Brandi Sheppard, PSP's reconditioning manager, has been doing online video, too, shooting outdoors alongside her dog.

You'll also see Janelle Boyd in action as PSP's physical exercise

specialist.

Fitness staff ingenuity comes into play as they will suggest household items which can be used to enhance a home workout.

The idea to offer online fitness classes using an iPhone and a Facebook page was

hatched during a brainstorming session of PSP staff on ways they could offer their services while working at home and still benefit the defence team.

The remote workouts have been a hit, according to feedback the fitness instructors are receiving when you peruse the comments on the Facebook page.

Soldiers involved in using the remote workouts are asked to warm-up beforehand, and following their class should cool-down afterwards.

If participants have health concerns, they are advised to first consult a doctor prior to taking part in the virtual classes.

• • •

There is a disclaimer for those participating in any of the online fitness classes:

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.

Simply by clicking on the links below.

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

Get Active reference 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 CFMWS from any and all claims related to your participation in this tele-fitness class.



With the GSH closed because of the COVID-19 pandemic, working out on weights is not available (above) unless you can make your own at home using tires, as a Lundy's Lane soldier did (right).



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/

Staying fit with virtual programs, services

Shilo Stag

Fourteen weeks of inactivity leads to losses in performance and losses in operational effectiveness.

On the other hand, 12 weeks of uninterrupted fitness also equals in great gains in performance.

CFMWS' PSP has been working behind the scenes to co-ordinate our efforts to offer our Canadian Armed Forces (CAF) community more virtual programs and services.

We are proud to offer 12 hours of fitness classes to CAF personnel, veterans and fellow associates within the defence industry.

PSP employees are excited to offer you programs and services from the comfort of their homes. Join them at a convenient time which works for you and your family to remain active and connect with your community of active CAF personnel. Visit the following website for the full schedule:

<https://www.caconnection.ca/National/New-Virtual-Services/PSP-Virtual-Fitness-Schedule.aspx>

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.



Where are they now?

It has been awhile since BGen Mike Wright stood out front during a military parade as he did here when he was 2PPCLI's CO. As COS for Canadian Forces Intelligence Command in Ottawa, this past week was his last working for CFINTCOM. BGen Wright is deploying in mid-May to take over command of JTF-IMPACT, the mission that overseas Canada's capacity building efforts in Iraq, Jordan, and Lebanon. He will be based out of Kuwait during this deployment.

Photo Jules Xavier/Shilo Stag

Food for thought: ask your children about how germs spread

CFMWS
Stag Special

It is clear to adults what preventative measures need to be taken and why they are essential to containing the COVID-19 virus.

However, for children it may not be as clear. In order for your children to be part of the team to prevent the spread of the virus, you will need to have a discussion with them about how germs spread.

You can use this as an opportunity to highlight the importance of hand and face hygiene.

Don't know where to start? Need some tips and tricks for children? No problem – check out this video published by Cincinnati's Children's Medical Centre:

<https://www.youtube.com/watch?v=YBGsoimPXZg>

Meanwhile, have a new recipe that you're itching to try? Have a bunch of ingredients, but no recipe?

Give it a quick Google search. Some apps or webpages have the option to check the ingredients that you DO have and offer you a recipe.

Wash your hands and give it a go!

Best-case scenario: you have delicious food to snack on while you physically (social) distance.

Worst-case: you ditch the dud recipe and try another.

Try a cooking conference call with your friends or family using Messenger video or ZOOM to see how the same recipe turned out for each and every one of you.

Buon appetito!

Pandemic will see CAF operations experience changes

From page 2

• Operations

All routine domestic and international named operations continue, although force posture and profile has been adjusted to account for COVID-19.

Theatre mission specific training (TMST) will be modified, but will occur to ensure you are prepared for these operations.

International named operations and OUTCAN duties will experience changes as the world grapples with COVID-19 and those adversaries who would seek to take advantage change the operating environment.

We remain vigilant to detect such change, and we must be ready to respond if things go pear shaped. We are concerned about changing dynamics in the Indo-Pacific region and what it might mean for future deployments in the region. We are determined to ensure we do our part to meet Canadian deterrence and assurance objectives in Europe, and I think we are all concerned about the way ahead in the Middle East.

COVID-19 and food security issues will add to the host of issues facing Africa and our small missions there. And, the defence of North America remains a constant mission with ever evolving threats. Should any member of the CAF think that COVID-19 threatens your job in your chosen profession, think again, we have never been needed more.

• Training

Training resumption will be conditions based, carefully planned to preserve health and safety, and re-started incrementally. From individual to collective training, in accordance with proficiency and professional standards, we will get back to it, but we'll be smart about it.

• How the CAF can help Canada

We are doing a lot right now. Main effort is don't become part of the problem. While taking care of the main effort, we have responded to numerous Requests for Assistance (RFA) and our folks are doing incredible work.

We are also ready, with a large and highly skilled force to help with natural disasters or additional response to COVID-19 related RFA's. Medical personnel and supporters in Quebec and Ontario helping in long-term care facilities are facing the epicentre of the crisis — we owe them all our love and respect.

• Uncertainty

It is clear to me that you are restless and wanting to get 'back at it' while also feeling some uncertainty about the future.

From uncertainty about spousal employment, postings, career courses, promotions and even job security to future operational rotations and tasks in Canada — there is lots to be concerned about.

If travel is required we will look at every option to facilitate movement including the possibility of service flights to

help those who have to travel long distances. Some things are within our power to control and some are not.

We can stay healthy and safe ... just follow the rules.

Postings, career courses and promotions will all happen, eventually. Your jobs are secure, you are much valued by Canadians and respected by your leadership.

Operations will pick up again in time and we may get very busy here in Canada. The thing that we can be certain about — while staying healthy, staying connected to your leaders and colleagues, and remembering how important you are to the long term defence and security of Canada and our allies — is that we can never fail, and we won't.

I would like to end with some shout outs to some of your comrades in arms and civilian staff who are pretty busy.

To our strategic and tactical airlift squadrons, to our cyber defence, signallers and network specialists, to the staff at our Military Family Resource Centres (MFRC), to our chaplains, our CAF healthcare personnel, cooks, supply technicians, vehicle technicians and clerks — thank-you.

It shouldn't have to take a crisis ... but sometimes it does.

To those helping develop policy and move procurement for the next bound — you are unsung heroes and the future depends on you.

To our Deputy Minister Jody Thomas and her team of incredible staff who affect all we do — you are fire-team partners in every respect and we couldn't do it without you.

Gen Jonathan Vance, CDS

Vignette asks soldiers, families to 'REMEMBER' during pandemic

This is the first of a series of three vignettes produced by the Base Mental Health Department to assist the CFB Shilo members and their families.

Shilo Stag

We are facing a unique time of uncertainty.

For most of us this COVID-19 pandemic is something unlike anything we have experienced before. You are not alone.

The current lack of routine, boredom and stress can create new or exacerbate pre-existing mental health conditions. It is important that you stay in touch with your natural support system and health care team sharing dialogue as to how you are being affected and coping with your current stressors.

If you have concerns about your own well-being, others

are worried about you, or you think you may need professional help, please "check-in" for further assessment with one of the many resources listed below.

Common reactions to stressful situations include but are not limited to: changes to your appetite or sleeping patterns, feeling worried, scared, angry or confused.

You may also be concerned about your physical health or your family's health. Finally, you may also see an increase in alcohol, drug, gambling or video game use.

Take a few minutes to self-assess yourself, your colleagues and your loved ones with the Mental Health Continuum Model down below to know where you stand regarding your own mental health. In order to stay in the green, we encourage you to keep in mind the acronym "REMEMBER" during the pandemic, which stands for:

- Routine;
- Eat healthy;
- Minimal alcohol and drug use;
- Exercise;
- Meticulous hand washing and physical distancing;
- Be present- practice mindfulness, meditation or relaxation exercises;
- Engage with friends/ family via phone, internet or video, and
- Reduce time spent on media relating to COVID topics — use accurate sources when seeking information.

CFB Shilo's MFRC would also like to remind everyone their Mental Health team members are still open to seeing clients both virtually and by telephone.

Contact info for the MFRC's Mental Health team: Carolyn Senchuk-Lavergne at shilomfrc.csl@outlook.ca or Ryan Blackman at shilomfrc.rb@outlook.ca

Here are a few website links you can visit:

- Defence Team Mental Health and Coping during COVID-19 <https://www.canada.ca/en/department-national-defence/maple-leaf/defence/2020/03/mental-health-covid-19.html>
- Canadian Forces Morale & Welfare: Mental Health <https://www.cafconnection.ca/National/Programs-Services/Mental-Health.aspx> portal
- Anxiety Canada <https://www.anxietycanada.com/>
- Wellness Together Canada: Mental Health and Substance Use Support <https://ca.portal.gs/>
- Adult Crisis Services - South <https://www.prairie-mountainhealth.ca/adult-crisis-services-south>

riemountainhealth.ca/adult-crisis-services-south
Numbers to access at CFB Shilo:

- Military Police 204-765-3000 ext 3337 or dial 911 for emergencies
- Victim Services 204-765-3000 ext 3378
- Base Mental Health 204-765-3000 ext 3177
- Duty Chaplain 204-765-3000 ext 3044, ask for Duty Chaplain

PLEASE NOTE: Helping professionals from CFB Shilo have a "no wrong door" policy. If you reach out to any service, these organizations will help you find the resource best suited for your needs.

What about the Canadian Armed Forces (CAF)? Here are some numbers:

- CF Member Assistance Program (CFMAP) 1-800-268-7708
- Family information line 1-800-866-4546
- In Brandon:
- Westman Crisis Services Prevention Service 1-833-977-0007 or text 45645
- Mobile Crisis Unit 1-888-379-7699 or 204-725-4411




ASK ABOUT OUR MILITARY RATE

Free Hot Breakfast | Free Wi-Fi | Indoor Pool



2130 Currie Blvd. | Brandon, MB | R7B 4E7
204.727.3600 ♦ days-inn-brandon.com



Time to vote for your favourite story

Stag Special

Last fall, Canadian Armed Forces (CAF) newspapers across Canada invited youths from military families aged 13 to 18 to take part in this new and exciting Youth Reporter Competition for a chance to win a grand prize package and scholarship valued at \$2,500.

Youths were asked to submit a story idea about something important to their life or the community around them. More than 50 applications were received from CAF youths from across Canada and around the world.

A selection committee comprised of CAF newspaper editors met in late January in Toronto to go through all the applications received and select the five most unique and powerful stories with the best editorial merit.

The six finalists were informed in early February and were given a few weeks to deliver their unique stories, all of which are featured in a special PLAY e-zine edition published on www.CAFconnection.ca as well as in Canadian Forces newspapers across the country.

"What a great opportunity for the youth of our military community to share their voices," said Military Family Services director Col Telah Morrison. "I thank CAF newspapers for creating this program and giving youth the means by which to express themselves."

CAF newspapers are now inviting community members to vote for their favourite story for a chance to win a prize. Voting will be open until May 31 — closes at midnight EDT — at www.CAFconnection.ca/YouthReporter/

The military community newspapers, like the Shilo Stag, hope many of you will take the time to get to know these young finalists, read these unique stories and cast your vote to crown the best youth reporter of 2020.

CLASSIFIED ADS

Email: stag@mymts.net • Phone 204-765-3000, ext 3013 • Fax 204-765-3814

\$10 for first 20 words, 10¢ for each additional word

Deadline for next issue: MAY 7 at noon

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

Services



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

Our Lady of Shilo Roman Catholic Chapel

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

Services

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 gsteel4570@gmail.com

Dow Construction offers home renovations, new projects. Call 204-901-0350

Many local businesses offer discounts to military members. Check out our website for a list of offers

OR
look for our logo at a local business and ask about their military discount.

www.brandonsalutes.ca

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.

Employment

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

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.



CFMWS webinars help with healthy body, healthy mind

Shilo Stag

Physical distancing presents challenges to all aspects of our life.

Snacks, meals, stress, communication can all become issues when we're all under the same roof — or when we're all alone.

Your Canadian Armed Forces (CAF) Health Promotion team — including CFB Shilo's Shelly Moore — has put together a series of webinars to help you stay healthy in this unfamiliar reality.

New sessions are available every week. Moore encourages you to log-on to any of these workshops or also visit a recently created Facebook page for more information.

Visit <https://www.cafconnection.ca/National/New-Virtual-Services/Health-Promotion-Webinars.aspx>

For the Facebook page, the link is www.facebook.com/ShiloHealthPromotion/



Social distancing shopping

CANEX manager Rick Kehler sanitizes key areas of the store daily, including wiping down grocery baskets. His store has also put in floor signage to help with COVID-19 social distancing for shoppers.

Photo Jules Xavier/Shilo Stag

Padre pontificates on COVID-19 virus

Capt Daniel Walton Stag Special

Virus — not exactly something any of us would have expected a few months ago.

It's not something we would have expected to nearly shutdown the entire world, yet, here we are in April '20 experiencing just that. Really, who would have thought life would have come to this?

None of us have ever lived through something like this before. We certainly haven't tried to lead through something like this either! The closest I've ever come personally was having my university close for a week to deal with a terrible case of the flu.

Blame — for many people their first response is to blame. What we're facing isn't natural, although we may not understand it, is it necessary to blame?

Do we try and mask our blame and call it justified because we're simply looking for answers?

When something goes wrong and it hijacks our plans and desires, we look for someone or something to blame. It becomes our scapegoat.

If something is wrong, there has to be a place to put the blame. It's easy to do.

Take advantage of a slower pace of life. Because of family commitments, technology, social media, social activities, work, etc, our lives have become a constant buzz of activity.

How does that give a person time to unwind and become refreshed and renewed?

We wonder why our lives are so full of stress and we often feel like we're at the breaking point. We don't take time to slow down. Perhaps this is the time for us to be able to do just this. Our activities have all been put on hold — schools are closed; many business have closed and families are together, with nothing else to do but spend time together.

Take advantage of it and slow down.

What about getting reconnected with your families and even with yourself?

It's easy to lose ourselves in the hustle and bustle of life. Take the time to read a book, journal, take pictures, play games with your family.

What about simply taking time to just be? Maybe you need this time to sit and quietly reflect and reconnect with yourself. Let's be honest, there's very little from stopping you at this point.

Most importantly, during this time, take care of yourself. There's no shame in asking for help or just to have someone to chat with.

Times of solitude aren't good for everyone and that's okay! Sometimes that's when we get stuck in our own heads and can be overwhelmed by our thoughts and fears.

Ask for help, meet virtually for coffee with friends and family. Just because you may be by yourself right now, doesn't mean you're doing life by yourself.

Do you realize the Chaplain Services team is still here and available?

No, we're not working from offices, but we are still available. If you need us, send an e-mail. Speak with your Chain of Command and ask them to contact us, or even call the Duty Centre and ask for the Duty Chaplain to call you back.

We're here for you! It's one of our greatest joys to be able to help another person.

Look for something to be marvelled by.

How many of you take the time to see the sunset each day?

Have you really stopped to ponder the beauty? Have you noticed how big the sky is here?

Have you noticed the different shades of colour? It's fascinating!

Whatever you do, pick a hobby to enjoy. Pick something that may be unusual for you.

Mostly, allow yourself to be confident that this time too shall pass! It won't last forever, but please, stay safe, distanced from others and remain healthy.

Capt Daniel Walton/Acting Base Chaplain

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/