

HO-HO-HOLD THE PAYMENTS
DON'T PAY FOR **2 YEARS**



Tessaro pop-up sofa bed — SAVE \$800



STORE HOURS
Monday to Saturday
10 am - 6 pm
Closed Sunday

3635 Victoria Avenue, Brandon
204-727-4444



Established 1947

**Shilo
Stag**

Your source for Army news in Manitoba

THE GIFT of Giving
1-13 DECEMBER 2020

SUPPORT OUR TROOPS

This holiday season between December 1st and January 31st, you can provide assistance to CAF Members, Veterans and their Families in need.

DONATE TO SUPPORT OUR TROOPS TODAY

Check our digital flyer at canex.ca/circular

DON'T PAY UNTIL MARCH 2021! NO MONEY DOWN, NOT EVEN THE TAXES.

Volume 59 Issue 23



Serving Shilo, Sprucewoods & Douglas since 1947

December 10, 2020

INSIDE

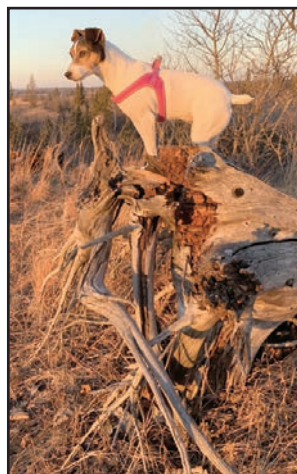
This Issue



Rookie official garners hockey MB award Page 2



Betty Coleman died on her terms Nov. 24 Page 4



Explore Spruce Woods trails with family Page 6



**Virtual
congratulations
via cell phone**

11 CF Health Svs C Shilo medic Cpl Clarisse Zabala was congratulated virtually from Garrison Edmonton after receiving her 1 Health Svs Group Commander's commendation during an honours and awards ceremony held on this Base. She was also the first recipient of the John Pauls Medic of the Year award, handed out by CO Maj Joel Bernier.

Photo Jules Xavier/Shilo Stag

No issue with lead in Base's water

Lori Truscott
Stag Special

Recent testing for the lead content of CFB Shilo's water within the Residential Housing Units (RHUs) shows the Base's water is well below the new Health Canada guidelines.

All of the 20 tested homes had lead levels well below the new standard of 0.0050 mg/L for lead. The highest reading was a mere 0.0024mg/L.

It should be noted the testing equipment cannot read results less than 0.0020 mg/L, so it is likely the water in some homes tests even lower for lead content.

CFHA selected 20 houses to be tested which represent a cross-section of all different eras of renovation. Going forward, two houses per

CFHA selected 20 houses to be tested which represent a cross-section of all different eras of renovation. Going forward, two houses per month will be tested to ensure 20 homes are tested annually.

month will be tested to ensure 20 homes are tested annually.

In the summer of 2019, Health Canada lowered its guideline value for lead in drinking water from 0.01 milligrams per litre (mg/L) to 0.005 milligrams per litre (mg/L).

CFB Shilo's Water Treatment Plant tests between six and 10 different spots on Base for lead, as well as other contaminants, every year and, so far, there has never been a test result above the guideline levels even taking into account the new lower guidelines.

The potential issues relating to lead in drinking water are national across Canada in both civilian municipalities and on federal properties.

Canada's new guideline value for lead in drinking water is currently one of the lowest in the world and aims to protect the health of Canadians, including the most vulnerable members of society, such as infants and children.



Volume 59 • Issue 23

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

Sr PSP manager	Craig Ethelston	ext 3073
Managing editor	Jules Xavier	ext 3093
Assistant Editor	Kimberley Kielley	ext 3013
Advertising rep		ext 3013
PAO Advisor	Lori Truscott	ext 3813

Fax: 204-765-3814 Email: stag@mymts.net

Mailing Address:
Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

This newspaper is issued by authority of LCol Jeff Lyttle, Base Commander, CFB Shilo. The views expressed herein are not necessarily those of the Department of National Defence or of the editorial staff. The editorial staff reserves the right to edit, to abridge, to reject copy or advertising to adhere to the policy, as outlined in CFAO 57-5, and for clarity and/or content.

The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a cutline which names the individuals in the photo; what's taking place; and the name, rank, and unit of the photographer.

• • •

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

Rookie receives most improved official accolade

Referee garners Hockey Manitoba award

Shilo Stag

A young hockey official who skated at Gunner Arena during the 2019-20 minor hockey season has been recognized for her officiating efforts.

Every year, Hockey Manitoba deems the first weekend of December as Thank the Strips to give recognition to hockey officials in this province and to hand out the awards from the previous season.

Although the 2020-21 season has been suspended due to COVID-19, Hockey Manitoba feels it is still important to recognize its officials.

Back in June, Shilo minor hockey referee-in-chief Rob Hutchings had to submit three names to the Westman South Regional referee co-ordinator Landon White for each of the awards — most deserving, most promising and most improved official for its organization.

Afterwards, all considerations related to the nominees were looked at and one name was chosen for each award as Westman South winners.

Hockey official Emily Planetta from CFB Shilo was chosen as the most improved official for the entire area.

The 16-year-old had just completed her first year as a hockey official. Her competitive hockey skills made it easy for her to transition into officiating and feel comfortable wearing the stripes, says Hutchings.

Word quickly spread of her on-ice abilities and soon she was answering calls to officiate games in Carberry and Wawanessa, besides what she was assigned at Gunner Arena.

She will be presented with a plaque from Hockey Manitoba recognizing her achievement.

All award winners will be posted on the Hockey Manitoba website starting Dec. 4. Visit www.hockeymanitoba.ca/officials/thank-the-strips/



EMILY PLANETTA

Emily's competitive hockey skills made it easy for her to transition into officiating and feel comfortable wearing the stripes.

— CFB Shilo RIC Rob Hutchings

Base supports sizeable remote workforce

Shilo Stag

The Canadian Armed Forces (CAF) have unique skills and roles within Canada and abroad and are relied upon to complete missions of critical importance, including the current COVID-19 pandemic.

To keep the CAF available for employment, a holistic approach to protecting the entire Defence Team is employed, as the risk posed by COVID-19 is universal in nature.

Here, at CFB Shilo, the Base will continue to maintain and support a sizeable remote workforce where pragmatic to do so and will ensure that those who are not working remotely have access to a safe working environment.

Additional risk mitigation measures are applied to those who have been assigned to complete critical missions or tasks and who may be working in situations that place them at an increased risk of virus transmission.

Specifically, here are some of the measures in place at different sections here on the Base:

• G1 Branch

Base Foods: Only serving food to live-in members, and providing dispersed meals for operational tasks and training requirements. Kitchen staff schedules have been synchronized to enable cohorts.

Language School: Classes continue in-person, with only four students and one professor per class room to maximize separation. Administrative staff alternating days. Translation services provided via electronic means.

MPSS: Currently operating at minimal manning with separate morning and afternoon shifts for client services. Physical barriers in place a service counters.

Base Personnel Selection Office: Operating at minimal manning and by appointment only. Applications completed electronically and interviews conducted by phone as applicable.

Base Accommodations: Minimal manning, by appointment only. Staff are able to respond to urgent requests as required.

Central Registry: Base mail is on reduced hours, operating from 7:30 a.m. to noon, Monday, Wednesday and Friday.

Release Section: Staff alternating days, with all meetings by appointment only.

RCA Museum: Currently closed to the public. Staff working on essential/time sensitive tasks only.

• G3 Branch

Ops Cell: Operating a mixed schedule of in-person and remote duties in order to maximize force protection and maintain the flexibility to respond to all operations requirements.

Range Control: Daytime administration staff currently working remotely and only performing duties in the office as required. Scheduled shift workers continue to be employed as per normal, however, are grouped in cohorts to limit exposure risks.

MPTF, RTAMS, graphic artist, and image tech: All currently conducting duties remotely, however, reporting to duty in the office as required.

Fire Hall: Maintenance and inspection services ceased at this time. HQ staff conducting mostly remote routine with minimal office duties. Fire prevention duties on call as required. Firefighting platoons reduced to minimum manning.

Sutton

SUTTON-HARRISON
REALTY
AN INDEPENDENT MEMBER BROKERDAVID
CASTELLANOS
REALTOR®Ofrezco Servicio de Bienes Raices
Español e InglésProviding Real Estate Services
in Spanish & English

204-922-0455

Unit A, 99 - 18th Street, Brandon, MB R7A 0N2

davidc@sutton.com

suttonharrison.com



Shilo Theatre

(Located in the General Strange Hall)

UNTIL FURTHER NOTICE DURING THIS
COVID-19 PANDEMIC, THERE WILL BE
NO FREE MOVIES SHOWING

Doors open at 6:15 p.m. Movie starts at 6:30 p.m.

For more info, call the community
recreation office at 204-765-3000 ext 3317/3588Guild
INSURANCE BROKERSSHILO • CARBERRY • WAWAWESA
VIRIDEN • 2830 VICTORIA AVENUE
• SHOPPERS MALL BRANDONwww.guildhmsinsurance.ca

HOME FARM BUSINESS TRAVEL LIFE autopac

ASK US ABOUT OUR
DND MILITARY INSURANCE PROGRAM

Working remotely part of Base's operational effectiveness

Shilo Stag

CFB Shilo continues its activities in a progressive, deliberate, and safe manner, to ensure the ongoing and future operational effectiveness of the CAF while protecting the health, safety and overall wellness of our personnel.

Since June, the Base has moved to restricting public access to work areas, alternating work days to minimize contact with other employees, conducting work remotely, or offering services by telephone and video appointments.

Further measures which are in line with the recent restrictions placed by the province of Manitoba are being done wherever steps have not already been taken.

The judicious application of public health measures such as physical distancing, wearing of non-medical face masks, and frequent and thorough hand-washing, consistent with the guidelines of our civilian public health counterparts, is mitigating our risk.

Specifically, here are some of the measures in place at different sections here on the Base:

We'll start with the G4 Branch.

- **Base Maintenance:** All maintenance and repair requests are done through appointment with scheduled drop-off and pick-up times.

Physical control of access to the maintenance compound in place. All maintainers use using PPE during maintenance.

- **Base Ammo:** Ammunition and salvage requests are actioned through pre-arranged pick-up and drop-off times to allow physical separation.

- **Base Supply:** Clothing stores and the tailor shop have limited hours and are done through appointments only. Furniture and Effects Section and CMTT are also operating through appointments



Base Transport collects the Base newspaper every second Thursday when staff drive to the printer in Killarney.

Photo Jules Xavier/Shilo Stag

only with co-horted shiftwork in place. MSA and POL are operating contact free through bookings.

According to the G4's Maj Donna Allen, added sign-in sheets, hand sanitizer, masks and plexiglass protecting military workers from exposure have also been included to keep everyone safe on Base.

"We're reducing exposure to two people at a time who are allowed into Base Supply at a time," she explained. "We strive to protect our people. If someone is coming to book a vehicle [at Base Transport], it's by appointment. This ensures limited contact."

Hours of operation at Base Supply have also been reduced, she added.

"We're doing our best to support the Base in Code Red and protecting our people."

This includes encouraging and supporting working from home.

"If there isn't a demand for them, they work from home," she said.

A regular occurrence at Base Supply is accepting shipments from outside sources such as Day and Ross. Maj Allen explained the Day & Ross driver

waits in his truck after he's sanitized his hands and signed in. He's masked-up during the process as well. When his paperwork is reviewed, he's signalled to drive up to a loading bay and offload.

There are plenty of external shipments coming to Base, she explained.

"We're creating an environment where everyone is safe."

Depending on the section, everybody is available to work on Base or from home. The military is still doing recoveries and repairs, while also moving people's furniture and signing vehicles out. "We're still doing all the things we're doing," she said of G4's various entities.

There are no cross-overs, however. It's a rotating schedule at Base Supply. At Base Transport, there are some members at home

until they're needed, she explained.

Rather than waiting at work for it to snow, she emphasized, military members who operate snow removal equipment wait at home instead, to reduce exposure.

"We're still open for business," she said. "This is our new normal." • Base Transport: Sections internal to Base Transport have been reallocated space to separate each section to provide maximum distancing. All requests are through booked appointments.

There's there the G8 Branch.

To mitigate COVID-19 exposure, 50 per cent of Base Comptroller staff are currently working remotely. The majority are civilians according to G8 boss Capt Jason Smits.

He's working with this strategy currently because there's not being enough laptops for everyone to work from home.

Out of his staff of eight, four are civilians. Military members working at HQ have their own space, hand sanitizer and work in their offices.

"They have their own space and stay in," he said. "There is a small element of service to the units and branches."

Cashier and claims customer service counters have plexiglass barriers and military members are looked after by appointment only.

"It's a lot slower now because of COVID-19," he said. "Not as many people coming through [at Base HQ]."

As more laptops become available, Capt Smits said it is likely more people will work from home.

The G8 Branch is moving towards a fully remote workforce, but will always be available for in-person cashier and claims services as required, but are done by booking an appointment.

"We're reducing exposure to two people at a time who are allowed into Base Supply at a time. We strive to protect our people. If someone is coming to book a vehicle [at Base Transport], it's by appointment. This ensures limited contact."

— G4 Maj Donna Allen



Mary Brown's for lunch

Jr Ranks volunteers prepare the drive-thru lunch offered up every second Friday, with Mary Brown's from Brandon providing chicken burgers and tasty tater wedges (inset) on this day.

Photos Jules Xavier/Shilo Stag

YOU CAN MAKE A DIFFERENCE.

Find your opportunity in Manitoba's health care system. Permanent and term positions exist in your community:

- nurses
- allied health staff
- diagnostics staff
- health care aides
- support staff (housekeeping, dietary, maintenance)
- and others

If you are a health care professional in Manitoba's private sector and looking for a change, you too can join the fight against COVID-19.

We offer competitive salaries, comprehensive benefits and a pension plan.

<https://sharedhealthmb.ca/covid19/providers/jobs/>

<https://careers.wrha.mb.ca>

For further inquiries or to submit your résumé, contact: COVID19Recruitment@sharedhealthmb.ca



Betty Coleman 1925 - 2020

Final moments were a celebration, says daughter

Kimberley Kielley

Shilo Stag

With strains of *Panis Angelicus* wafting through the air, classically trained opera singer Joslin Dennis sang to her grandmother Betty Coleman in a final concert.

A Gregorian chant filled the empty spaces while *We'll Meet Again* drifted through the quaint apartment as the final send off.

Betty Jean Coleman, a long-time resident of Brandon, died peacefully Nov. 24 at home in Victoria, BC, surrounded by family. She was 95.

She had chosen medically assisted death after a life-altering, inoperable injury which would seriously and negatively impacted life as she knew it.

Daughter Susan Romphf from Victoria, too, and son Bob Coleman of Kentucky were with her when she died.

Betty's final moments were a celebration, said Romphf, adding it was important for her to die in her own bed in the apartment she called home.

An hour earlier, Betty and her daughter sat in the cozy apartment, sipping chilled Pellar Estates dry white wine from a box, waiting for the doctor, reminiscing with family members.

It was the perfect ending to a perfect day. Betty chose death on her terms, according to the family.

"It was beautiful," said Romphf, recalling the day. "My brother Bob had bourbon on ice on Zoom with his wife and three kids, while we waited for the doctor."

Bob Coleman is an associate professor at the University of Kentucky, working in Equine Extension. He's been there since 1998. Betty's daughter is a retired nurse and fabric artist.

"I'm thankful for technology to be able to talk to her and say good-bye virtually," he said.

He remembers a mother who led by example: "Mom was the one who helped me with my pony at the horse shows. I was a serious competitor and probably a difficult person to work with. She always just helped and we rolled on."

An active member of St. Matthews Cathedral and many organizations within the church community in Brandon, Betty attended a seminar on medically assisted death. A staunch Anglican, she finally decided choosing her own death rather than waiting for it to take her was okay in her



Former BComd LCol Stephen Joudrey, now the G1 with 5 Cdn Div at CFB Halifax, NS, attended a 26 Field event with then Honorary Colonel Betty Coleman in Brandon.

mind, said Romphf.

"Mum would be so comfortable with mentioning it [medically assisted death] in the article," adding her mum told her: "I don't know why everybody doesn't do this."

"Mum didn't shy away from discussing it," she offered. "We had time to prepare. She was ready to go."

It all started with a trip to the emergency room in Victoria, where Betty had moved to her new home seven years ago after leaving Brandon.

She had fallen and broken her hip. To those who knew her, the next steps would come as no surprise.

"She was backing up with her walker and sat down and landed on her bum in the kitchen. She phoned to tell me she'd fallen and she refused to go to hospital. There was a show on TV she wanted to see," said Romphf chuckling.

Eventually, she agreed to seek medical help. The injury was inoperable. Betty would face the remainder of her days from a bed.

"Death would have been a relief," said Romphf.

From that moment on, Betty actively pursued the steps to plan her death, asking the emergency room doctor for the forms to begin the process.

"This was her life and she was going to live it the way she wanted to. I asked her if she was sure about her decision. She said, 'I've never been more sure of anything in my life.'"

Betty was a typical mother of the 50s. The kids came home at noon for lunch. Supper was always on the table at night. Romphf remembers

a woman very involved in her community.

"She was the kind of person who wanted you to stand on your own two feet," she recalled. "At the end of the day, she did her best."

In many ways, that experience helped Romphf become the person Betty needed to help her in this decision. Without it, Betty could never have completed her journey solo. With Romphf's help, her mother was able to live independently.

"I admired what she did. I wanted to be there for her. And I was," said Romphf in a phone interview with the *Stag* from Vancouver Island. "The accolades she gets she deserved. She was a strong woman. Amazing in the community."

Betty's cremains will be interred in the summer or fall of 2021, with the burial ceremony taking place at St. Matthew's Cathedral.

"There won't be a service for mum until this [pandemic] is over," said Romphf. "I told her I wouldn't do it without her."

Born on April 15, 1925, in Brandon to Gilbert and Gladys Wankling, Betty went into nurses training at Winnipeg General Hospital after high school. She graduated from training in 1949, working in Brandon and Nelson, BC.

She will be interred beside the love of her life, Second World War veteran Jack Coleman, another outstanding Brandon citizen whom she married in 1949.

They developed a close relationship with Brandon-based 26th Field Regiment and the cadet corp, which Jack was instrumental in founding.

When her husband died in 1987, Betty continued close ties with the Regiment, being appointed both Honorary Lieutenant Colonel as well as Honorary Colonel. After retiring she relocated to Vancouver Island.

She also was the sponsor of the Canadian Navy's HMCS Brandon, a role she enjoyed for many years. She was an active member of her community in Brandon.

In addition, Betty was a member of the Girl Guide movement, both as leader and commissioner. She was involved with the Brandon 4H Horse Club, too, serving as leader.

In the meantime, Betty's cremains sit in Romphf's spare bedroom closet.

"I cleared it with her before I did it," she said. "And she was okay with it."

Besides her daughter and son, Betty is also survived by her brother Jim Wankling, seven grandchildren and eight great-great grandchildren. She was predeceased by her husband and her brothers Bob and Jack Wankling.

SIDEBAR STORY SEE PAGE 5



While her granddaughter sang, Betty Coleman had a glass of white wine with daughter Susan Romphf prior to her medically assisted death Nov. 24 in Victoria, BC. Her son Bob Coleman and other family members were there via Zoom.

Photos supplied by family

'There was only one Betty,' says Capt (Ret'd) Geoff Popovits

Dedicated to 26 Field Regiment RCA

Kimberley Kielley

Shilo Stag

Prairie-born Betty Coleman left big boots to fill in Brandon.

She died Nov. 24 in Victoria, BC, having moved to Vancouver Island seven years ago from her beloved prairie home.

As former Honorary Colonel of 26 Field Regiment RCA, and patron of HMCS Brandon, her presence, vibrant personality and zest for life will be sadly missed by those who worked with her and called her friend.

"She was a good friend," said Capt (Ret'd) Geoff Popovits, who was a long-serving reservist at 26 Field and worked at CFB Shilo. He knew her for two decades, before retiring in 2017.

"We're going to miss her. She chose how she would leave. She was true to herself right to the end. I would expect nothing less," he said in a telephone interview. "We'll see her on the other side."

Popovits added, "She didn't have a military background. Then she got involved right to the end. It embraced her and she embraced it."

Brandon Army Cadet Corps was formed after Jack Coleman, Betty's husband, returned from the Second World War having served with 26 Field overseas. He retired from 26 Field Regiment RCA as adjutant. Together, they created the corps. Jack was also appointed Honorary Colonel of the Regiment. He died in 1987.

When Popovits was RSM of the Regiment, Betty told him her boots were bothering her feet.

"She asked me if she could wear something else," he said. "She was always worried she wasn't properly dressed."

Popovits remembers Betty's dedication and commitment to the military community.

"She knew a lot of military people. When they came to town, she would have them in for dinner. When she called Gen Leslie in Ottawa, he wasn't available. She told the receptionist, 'Just let him know Betty called.' Five minutes later, he called her back. That's the type of relationship they had."

"Everyone knew her. The Base Commander and Chief of Staff. She was like our regimental connection to the Base and 1RCHA."

She was a natural and never worked at conversations with privates or generals. She treated them with equal respect.

"She was like a mother figure," he offered. "And you wouldn't try saying no to her."

As founding member of the Brandon Military Ball for more than 50 years until COVID prevented this year's ball, Betty operated the ball like a fine-tuned engine.

"She made it look easy. I didn't know how much work was involved until she moved. She knew how to work the seating plans. It was a steep learning curve picking up after Betty," said Popovits, who volunteered for two of those military balls.

Before she moved to Vancouver Island, Popovits ensured Betty fired her last round from a 26 Field Regiment 105 C-3 gun.

"There was no way we weren't going to have her fire her last round," he recalled.

The day she died, Popovits thought about her all day.

"There was only one Betty," he said. "She was unique."

Current 26 Field Regiment RCA Honorary Colonel Lori Dangerfield met Betty 30 years ago at the Brandon Military Ball.

"She was a phenomenal supporter of the ball for more than 50 years," she said. "It's the oldest running military ball in Canada."

Dangerfield recently retired after a 42-year career as a manager-pharmacist. Heavily involved in the Brandon business community as the former president of the Chamber of Commerce and chair of Brandon Salutes, she is currently serving on the Board of Governors for Assiniboine College.

Dangerfield was a prime candidate for bridging the gap between the business community and 26 Field Regiment as a potential Honorary Lieutenant Colonel.

Betty and Ross Thompson invited Lori for lunch to discuss the benefits of accepting that specific role with 26 Field. The rest is history as Dangerfield accepted.

"Betty was a tremendous role model. She was like a grandmother," she said. "She had a way of reaching out to people and making them feel warm and welcome."

"Everybody loved her. She's an awfully hard act to follow. She would be as comfortable in a room of men with a glass of Scotch."

Dangerfield added, "She was a force to reckon with."

The former chairman of the Friends of HMCS Brandon committee George Haggerty remembers approaching Betty to become the sponsor for HMCS Brandon.

The lifelong appointment is reserved for a woman. It's not replaceable. Once the patron dies, the position remains empty for the maritime coastal defence vessel, Haggerty said.

"From the time she breaks the bottle on the bow until she died, she remained the ship's sponsor."

HMCS Brandon is like an old mine sweeper and patrols the coast assisting in lighthouse maintenance and drug enforcement.

"There will never be a sponsor better than Betty," Haggerty said.

The committee chose Betty in 1995, with the ship making its inaugural voyage in 1999.

"Betty would phone the ship and see how the crew was doing," Haggerty reminisced. "She was always in contact asking what they were doing or how's it going?"

Everyone on the ship received a Christmas gift from Betty, too. Usually trinkets she gleaned from the mayor of Brandon's office. She was a great ambassador for Brandon.

Betty sailed with the crew occasionally on day trips when she was in Victoria or shared in a barbeque which was hosted on the jetty because she was in a wheelchair, Haggerty recalled.

"She'd phone me out of the blue to tell me she just had lunch with the admiral. And we'd chat away. She was as sharp as a tack."

Former Honorary Colonel Rick Felstead said Betty was good to work with.

"I knew Betty long before I became involved with 26 Field Regiment."

Felstead was also instrumental in Betty's patronage to HMCS Brandon, having served on



Betty Coleman relaxes on a bench for this family photo supplied to the Stag.

the committee which approached Betty once the ship was commissioned.

"She was the Queen B," he said. "She did a terrific job representing the ship and reserve unit."



Keep your green out of the red this season.

The challenge of social distancing has us all reimagining how to spread joy this holiday season. But don't overcompensate by overspending.

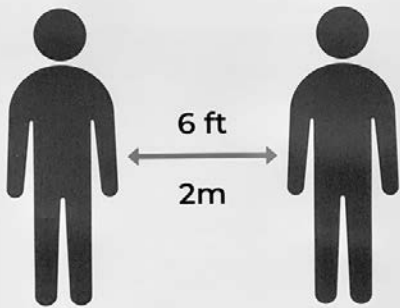
Check out our tips on how to celebrate without breaking the bank.

[SISIP.COM/TIPS](https://sisip.com/tips)



PLEASE PRACTICE
PHYSICAL DISTANCING

STAY AT LEAST 6 FEET (2 METERS)
AWAY FROM OTHERS AT ALL TIMES



The safety of our staff and
customers is our top priority

Thank you for your cooperation



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

Merry Christmas &
Happy Holidays



Cliff
Cullen
MLA for Spruce Woods
ccullenmla@mts.net
204.827.3956

Explore Spruce Woods Provincial Park Escape COVID lockdown with outing

Jules Xavier
Shilo Stag

Feeling confined to your man cave or the kitchen table in front of laptop watching NETFLIX? Kids, and family dog need some fresh air besides your backyard Base home?

If so, why not fill the family vehicle and travel east towards Carberry, then head south on Hwy 5 en route to Spruce Woods Provincial Park for an afternoon outing.

During the Code Red status now enveloping the entire province for a month, and possibly past Christmas if the COVID-19 curve does not show a major decrease, from hospitalization to infection numbers.

With social gatherings limited to five and families told to not have household guests, and shopping restricted to essential items only, and lots of stores closed, our usual hangout at the mall or spending the afternoon at the arena watching the kids play hockey no longer exists.

Instead, we need to reinvent ourselves, like some businesses are doing with curbside pickup or on-line shopping.

So, how about doing day trips — especially with the current weather conditions being above normal what Manitobans are used to in early December.

With that in mind, the Stag did two road trips on the weekend, stopping at Camp Hughes first — that column will run in the first edition of your Base newspaper in 2021 — then headed east to Carberry.

Spruce Woods Provincial Park is a paradise for outdoor enthusiasts and hikers — wear the appropriate shoes during the four seasons when hiking — thanks to the grass-covered hilly prairie landscape. Signage is excellent for those direction challenged.

There are two stellar trails in this provincial park off Hwy 5, both offering park users scenic views and distinctive terrain.

Often called 'Manitoba's desert,' Spirits Sands is not a desert, but the remnants of a sandy delta of the Assiniboine River. Did you know Spirit Sands receives almost twice the amount of precipitation of typical desert locations.

For those who enjoy flora and fauna, the combination of sandy soil and moisture provides ideal growing conditions for a plethora of cacti and wild flowers along this 10-kilometre trail.

What about the trails — from my observations as I ventured out with my trusty Jack Russell Terrier Dotti — once you arrive? There are numerous, of varying distances. Spirit Sands trail is flat, which makes for an easy outing.

However, there are sections which will challenge you. A section will require some hiking thanks to the sand-stair climb. While you are hiking, keep an eye out for skinks so as not step on these cute snake-like reptiles.

Adjacent to Spirit Sands trail, there's the more rugged Devil's Punch. On this day, it required some work because of areas of crusty snow, especially in shaded areas on rolling trails.

This trail is accessed by connector trails through fields which seamlessly blend two distinct landscapes. Hikers will transition from sandy dunes to eerie blue-green water and bogs.

The trails within the park are part of the Trans Canada Trail system, which incorporates the Assiniboine Delta — formed 10,000 years ago when a raging glacier river carried sand and silt across the prairies, then dropped it here as it spilled into ancient Lake Agassiz — and Pembina Hills.

The delta covers more than 6,000 km² with sand. The last glacier also created the rolling terrain of the Pembina and Tiger Hills. Rocks and gravel trapped in the glacier formed



Signage is excellent for hikers out enjoying the trails at Spruce Woods Provincial Park.

Photos Jules Xavier/Shilo Stag



km.

There four are part of a larger network of trails for hiking, biking, and cross-country skiing located throughout the park. Make sure you have a park map to discover the entire network of trails and plan your route. Winter trail conditions are available online at www.manitobaparks.com

There are a few trail protocols in place besides familiarizing yourself with designated trail activities. In the fall, you might encounter hunters. Remember, the trails are designed for multiple uses. And remain

on trails during your outing, especially during the summer months when poison ivy is prevalent.

This plant is along all the trails and even at the edges of campsites. It makes up most of the ground cover in the bushes as well. Just look for the plant which has three leaves which can be green, red or yellow. The leaves have jagged edges and can look waxy, shiny or matte.

In the fall, winter and spring occasionally there are no leaves on the plant, instead there are yellowish-white berries on the top of what looks like a twig.

And for those who plan to overnight in the provincial park, with advent of spring and later summer, you will need a backcountry travel permit obtained from the Carberry district office at 204-834-8800.



This Jack Russell Terrier looks out on the rolling hills at Spruce Woods Provincial Park at sunset.

Code Red puts GSH programs in limbo – use virtual videos to exercise

Kimberley Kielley
Shilo Stag

Just when new programming at the GSH was gaining steam, a provincial Code Red COVID-19 response has sucked the wind out of its sails, forcing a complete temporary shutdown as instructed by BComd LCol Jeff Lyttle's directives.

A new program called Functional Fitness and AquaFit had just resumed at the Base's gymnasium/pool venue.

Fridays at noon saw GSH members of all abilities in a 40-minute functional fitness session combining various intensities as a way to train their muscles to work together and prepare them for daily tasks.

Kind of a pre-cursor to other fitness programs like the GSH's Boot Camp.

With upbeat music playing in the background, the program saw training by qualified gym staff, where the emphasis was on muscles working together to prepare them for daily tasks by simulating common movements, said former sports and recreation co-ordinator Ginger Lamoureux.

The class helps reduce risk of injury and improve quality of life.

"This course teaches you how to move in a different manner," she said, noting all PSP staff are certified and qualified to provide instruction. "You know you're getting good instruction."

Classes were topped off at 20, based on COVID directions in sports facilities during the pandemic.

The sessions involve a warm-up and cool down, body weight exercises, running, and stretching. Sessions included exercises which worked on flexibility and balance, with an emphasis on core stability which focused on multiple movement planes using numerous joints and muscles.

Staff teaching the program allowed members to go at their own pace. AquaFit was another program which has hit the pause button. Every Tuesday saw card-carrying participants sweating in the deep or shallow end of the 25-metre pool to the strains of upbeat music and a vibrant AquaFit instructor.

The class is all-inclusive as long as people are members and of age. It was a great way to exercise without the added strain on joints with 85 per cent of body weight supported by the water. Those with injuries or physical limitations found AquaFit a perfect match.

Meanwhile, a new, exciting club had opened on Base. The trail club, which started in August, offers hiking and backpacking, with emphasis on teaching practical skills while incorporating technical and physical demands.

But everything is on hold until the Code Red status across the province lifts. However, some clubs are operating online virtually.



PSP fitness and sports leader Anthony Lawrence is now using video equipment to create virtual workouts, which can be viewed on a special *YouTube* page.

Photo Kimberley Kielley/Shilo Stag

"Some are not operating because of COVID," said Lamoureux, who has left the GSH to run Health Promotion as its manager.

It's an effort Lamoureux hopes will see a more inclusive, community-oriented approach to fitness on Base once things return to normal or at least one where fitness and recreation will encompass a Code Orange approach to activities.

PSP fitness co-ordinator Melissa Green said there are no new programs for military members, but there are more certified instructors. Some courses are done at the GSH or offsite. A lot are offered on-line.

When operating on full steam, there are two staff members who are exercise psychologists. They do more base line testing, she said.

As well, there are two athletic therapists who are experienced in sports and exercise-related injuries. Green is

CrossFit and tactical athlete certified to work with military members.

With additional staff, Green said her department is able to accommodate more people.

"We get a lot of requests for yoga and cycling," she said. "Cycling is a good way to get your heart rate up and not run."

With the heightened code, some options have been eliminated for military members or GSH card holders. More equipment has to be purchased to accommodate the need for social distancing when the restriction is finally lifted.

In particular, iron weights are showing rust from the constant use of bleach on the metal during cleansing following use.

"We're telling people to book through training ops," said Green. "Contact the unit training ops to book groups."

However, that's all on the back-burner for now until the province changes its code from red to orange after Dec. 11.

With the GSH closed, staffing is halved and working on a rotational basis, according to fitness, sports and recreation manager Jim MacKenzie.

There are virtual fitness classes available on the YouTube channel — www.youtube.com/channel/UChHC_t1QA-vMZVhq9Vbx4WvQ

It was created specifically for this reason. A recreation calendar is also available on-line at [www.cafconnection.ca/getmedia/5eb54597-f55e-45af-8ff5-42f5fead0910/December-Virtual-Calendar-\(1\).pdf.aspx](http://www.cafconnection.ca/getmedia/5eb54597-f55e-45af-8ff5-42f5fead0910/December-Virtual-Calendar-(1).pdf.aspx) — it outlines the activities offered as well.

Equipment sign-out is not available due to the small number available and lack of staff for tracking down such things as snowshoes and skis which may not come back on time.

All clubs are closed for now as there are no gatherings permitted, said MacKenzie.

Making use of the YouTube channel is working well by making uploading virtual fitness and recreational videos easier for staff, who are on the ground creating those videos either at home or at the GSH. They post a link to the GSH's Facebook page.

MacKenzie is also working on installing WiFi which would make it easier for staff to upload their videos directly to the Internet.

Once the Red Code changes to Orange, "We're ready to open ensuring staff is full strength. We're still available for FORCE testing, but by appointment only," said MacKenzie.

Necessary and specific fitness tests are by appointment only. FORCE testing can be completed with four participants at a time, ensuring all physical distancing and disinfecting is completed. Inquiries are encouraged by contacting the fitness staff.

"As soon as we get word that the Code [Red] has changed, we're ready to open up," said MacKenzie. "We don't need prep time. The facility is clean."

Call for donations – Kingston's RCHA memorial requires refurbishing

Stag Special

The Royal Canadian Artillery Association (RCAA) is issuing an appeal to serving and retired Gunners to make a small donation to refurbish and update the RCHA memorial in Kingston, Ont.

This will see the addition of plaques to honour the sacrifices made by Canadian Gunners in Korea and Afghanistan.

This project will be executed in concert with 2RCHA's parade in Kingston exercising their freedom of the city Aug. 7, 2021.

These events are all part of the UBIQUE 150 plan for events commemorating the 150th anniversary of the 1871 formation of A and B Batteries in Quebec City and Kingston.

The RCHA Memorial was initially dedicated in 1921 by LGen Sir Henry Burstall, who had commanded the Canadian Corps Artillery and the 2nd Canadian Division during the First World War.

The names of the fallen of the RCHA from that conflict were engraved on a plaque mounted to the memorial.

In 1951, the Second World War fallen were added and the memorial was rededicated by Field Marshal Earl Alexander of Tunis, then Governor-General of Canada.

Related Products

For more on UBIQUE 150 visit <https://rca.member365.com/publicInj/fundraisingCampaign/makeDonation/nciRhQ8p2TvAFpsO93pGCA>

CLASSIFIED ADS

E-mail: 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: DECEMBER 31 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

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

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 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.

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.



CHRISTMAS LAWN DECORATIONS

PSP's Christmas decorations contest is underway, with many RHUs putting up lights, and scattering inflated decorations and antique plastic Santa Claus, snowmen and reindeers across the lawn. The winners will be announced after judging ends Dec. 14.



PHOTOS 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 for the latest information pertinent to both civilian and military Defence Team members