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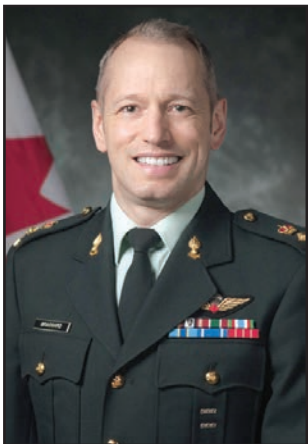
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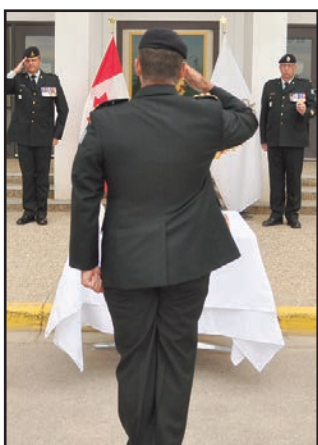
INSIDE
This Issue



1RCHA welcomes new CO virtually June 18 Page 4



Hand sanitizer won't cause vehicle fires Page 7



Base holds physical-distancing parade Page 8

Golfers adjust to playing using COVID-19 rules



There will be no rakes to use in sand traps with new COVID-19 rules on the 18-hole SCC golf course.
Photo Jules Xavier/Shilo Stag

Shilo Stag

With golf courses now allowed to open in Manitoba during the COVID-19 pandemic, the Base's 18-hole course has made a number of changes to keep staff and golfers safe.

This includes everything from booking tee times to how you access the pro shop prior to hitting the links. Then there are new on-course rules and regulations you need to follow when it comes to social-distancing protocols.

"Golfers are screened when booking tee times, and then again when they arrive at the golf course," noted Shilo Country Club (SCC) general manager Scott Ramsay. "There is a marshal at the course to help direct traffic and ensure people are social-distancing."

Ramsay acknowledged there is plenty of signage in place for golfers when they arrive.

Safety of the staff and golfers is important, according to Ramsay.

"All touch points including rakes, ball washers [for example] have been removed and portable toilets are not accessible at this time."

Here's what you need to know if planning an outing at the SCC:

BOOKING TEE TIMES

- tee times will be spaced out over 10-minute intervals
- bookings can only be done by phoning the pro shop at 204-765-3623
- Do not show up in person to book a tee time — you must call in
- you will be asked a series of screening questions as per Manitoba government regulations
- you must have a pre-booked tee time before arriving at the golf course
- maximum of four golfers per group, with no groups of five allowed
- arrive no earlier than 20 minutes before your booked tee time

CHECK-IN AT SOUTH GATE ONLY

You must check in at the Base's south gate, with all in your vehicle required to provide photo ID and your tee time. It will be very similar to playing golf in a gated community.

CHECK-IN AT PRO SHOP

- the pro shop will be restricted to a maximum of eight people at any time, including staff
- SCC staff member will be outside to answer any questions or for guidance
- hand sanitizer will be available inside the pro shop for public use

See **FLAG** page 3



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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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

Resumption of operations, training will be done in deliberate way, says CDS**Gen Jonathan Vance
Stag Special**

Members of the Canadian Armed Forces (CAF) are following public health advice and are staying relatively well protected from COVID-19 so far.

We will be resuming training and routine operations in the weeks to come so it bears repeating that we will be doing so in an environment where COVID-19 remains a threat.

Please continue to follow the guidelines which have ensured and will continue to ensure our safety.

As you well know, deeply disturbing observations have been made and reported on correctly by CAF members deployed to Long Term Care Facilities (LTCF) in Ontario and Quebec.

Those reports have been forwarded to both the federal and provincial governments.

The troops and their leaders at all levels have performed superbly during this difficult operation. They not only stabilized the situation at the outset, addressing the problems as they came upon them, but reported up the chain of command and across to responsible officials in the respective LTCF and provincial governments, so as to meet legal and moral reporting standards.

I have had many people reach out to tell me how proud they are of the CAF. I want to pass those thanks to you, and on behalf of all of us in the CAF and DND, you have made us very proud of your dedication and professionalism throughout this deployment. Keep it up!

As part of Op LASER, and for those CAF members who continue to provide lifesaving assistance in LTCF in both Ontario and Quebec, I can tell you that the Minister of National Defence, in consultation with the Minister of Veterans Affairs Canada (VAC), has designated the tasks as Special Duty Operations (SDO).

Identifying the tasks as SDO ensures that CAF members have the timeliest access to disability and pension programs. Today, and from when the operation started, you are covered by the SDO/Special Duty Area regulations, which have a direct relationship to VAC compensation and benefits.

It includes all training directly related to the deployment, during mission leave, and until you are returned to your home unit.

Meanwhile, the CANFORGEN 071/20, DIRECTION ON PROMOTIONS DURING APS 20 IN RESPONSE TO COVID-19, is now available on the CAF App.

The aim is to protect 2020 promotion lists, to the greatest extent possible, while operating under a COVID-19 environment.

Operational standards and requirements for promotion will not change, but policy changes will allow for flexibility to adapt to issues and situations created by and in response to COVID-19.

Also CANFORGEN 072/20, RELOCATION PLANNING IN RELATION TO COVID-19, has been released and is also available on the CAF App. All postings are unique given the various regional issues related to COVID-19.

If you are posted this APS you need to read this CANFORGEN and work with your chain of command to support the planning of your move.

I know that this is a stressful time for you and your families. Please be assured your chain of command is there to support you, and that we all will work collectively to try to remove some of the uncertainties that you and your family may currently have. This is a team effort.

What about resumption of operations and training?

The Deputy Minister and I held a virtual town hall May 27 with CAF and DND senior leadership to discuss and answer questions relating to our directive on business resumption.

The main takeaway for all of us is that we will get back to our routine of force generation and operational readiness in a deliberate way that

accounts for the many changes and restrictions we will have to manage carefully while the pandemic persists.

During the coming days and weeks you can expect Warning Orders and Orders from your chain of command with the details you need.

Many things about training delivery may seem different for a while as we get the machine going again, but what has not changed is our core purpose to be ready to conduct operations in any domain, anytime, anywhere, to defend Canada and protect Canadians.

Given that my commanders must now get on with detailed planning and execution of operations, training and administration — and the important communications to you that will take place, this will be my last CDS weekly letter to you for now.

Should a situation arise where direct communications are helpful I will write again. Until then, I know that 2020 has presented many challenges to you all.

Your professionalism and dedication to service is inspiring. My confidence in Defence and in the Canadian Armed Forces has never been higher.

Gen Jonathan Vance CDS

Many things about training delivery may seem different for a while as we get the machine going again, but what has not changed is our core purpose to be ready to conduct operations in any domain, anytime, anywhere, to defend Canada and protect Canadians.

EXPERIENCED CONDUCTOR REQUIRED

Brandon Community Orchestra is searching for an experienced conductor to lead the group for the 2020-21 season. Details can be found at www.brandoncommunityorchestra.com. Send your resume via e-mail contact@brandoncommunityorchestra.com or by mail to Conductor Search, 432 McDiarmid Dr., Brandon, MB, R7B 2H4 by July 15, 2020.

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Flag sticks remain in cups on course

From the front

- floor markings will be set up to enforce physical (social) distancing while checking in
 - payment is preferred by using debit/credit cards
 - debit/credit card terminals will be sanitized between each customer transaction
 - keep your payment receipt to show the starter or marshal when asked
 - proceed to the ON DECK WAITING area before heading to the first tee for your time
 - proceed to the first tee box once the group ahead has cleared, when the starter calls you down when it's safe to approach the teeing ground
- ON-COURSE RULES/REGULATIONS**
- ball washers have been temporarily removed from the course
 - there are no rakes in the bunkers — improve your lie if necessary
 - flag sticks must always remain in the cups — refrain from touching them
 - all groups must start on the first hole and use physical

(social) distancing always

POWER/PULL CARTS

- one person per golf cart, or two people from the same household only
- golf carts will be wiped down and sanitized after each use
- pull carts can be rented and will also be cleaned/sanitized after every use
- after your round of golf return the rentals to our designated areas

BEVERAGE CART/KIOSK

We will have food and beverage service available on the golf course.

WASHROOMS

Use washrooms in the clubhouse. They will be cleaned and sanitized numerous times during the day.

"Thanks for supporting the Shilo Country Club," said Ramsay. "We appreciate your co-operation during this unprecedented time."

He added, "To limit congestion on the property, we ask that [golfers] kindly leave once your round is completed and you have returned any rentals to the designated areas."



Social/physical distancing is part of the new way of golfing at the Shilo Country Club based on COVID-19 course rules put in place. This includes leaving the flag stick in the cup on the greens.

Photo Jules Xavier/Shilo Stag

Measures in place using Base's health clinic

Steven Nordstrom
Stag Special

I would like to provide a quick update on operations at 11 H Svcs C with the recent changes in provincial restrictions.

11 H Svcs C will continue to be open during regular clinic hours from 7:30 a.m. to 4 p.m., with duty med tech on call after hours.

Military members should be utilizing this instead of healthlinks.

Measures are in place at the clinic to ensure minimal risk to staff and members. We will continue to make use of virtual care as much as possible, including telephone appointments.

We ask that you do not visit the clinic unless instructed to do so.

We will continue to see military members in person when we feel we need to physically assess someone. You will receive a time to attend your appointment in order to reduce unnecessary congregation in the clinic.

What about PHA's/TCAT's? Time sensitive medicals such as release medicals, will continue to be completed. Assessments which can be deferred will be.

TCAT's that have passed their reassessment continue to be valid until reassessed by a clinician

Manitoba has resumed some non-urgent surgeries and specialist referrals today. We will continue to provide peri-operative care.

Physiotherapy will begin to resume some services for high priority issues. Those who have been outsourced and

receive a follow-up with their civilian physiotherapist can do so.

Mental health remains open and we can see members over the phone or in-person.

A reminder for military members, call prior to presenting if able. If we can manage over the phone we will, if we cannot we will specify a time to come to avoid unnecessary congregation at the clinic.

Of note, all military members visiting the clinic are asked to wear their own facemask — improvised or homemade is okay.

COVID-19 UPDATE

We are updating our testing guidelines to include all persons who demonstrate symptoms of COVID-19. This falls in line with provincial testing criteria recently updated.

We can usually complete testing outside of the clinic. If you have symptoms, call the clinic in order for us to conduct an assessment and if testing is required, receive further directions.

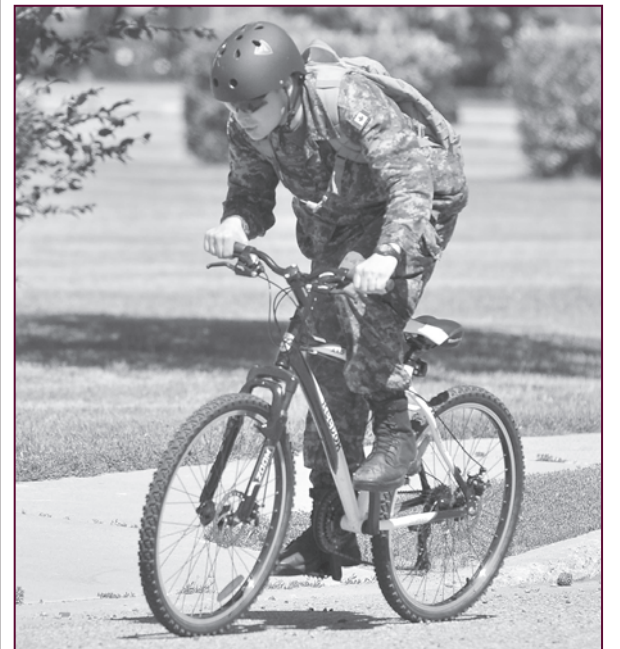
Testing is not urgent and can typically wait until the clinic re-opens. In fact, this may increase accuracy of the test.

As some businesses are reopening as of May 4, I would like to send a reminder that physical distancing, mask wearing when not possible, and adequate hand hygiene are imperative in preventing the spread of COVID-19 to your family and within our community.


As the CDS Gen Jonathan Vance frequently re-iterates, your job at this point is to stay healthy and prepared to deploy in support of Canadians.

Steven Nordstrom, MD, Acting Base Surgeon
Flight Surgeon, 11 H Svc C Shilo

BASE STANDING ORDER



BSO 3.6 All persons operating a bicycle within the confines of CFB Shilo shall wear a certified helmet. Bicycle passengers including those in trailers, where permitted, shall wear a certified helmet. The MP PI Comd may authorize the temporary seizure of a bicycle where the operator fails to wear a helmet.

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New 1RCHA CO looks forward to challenges ahead

Jules Xavier
Shilo Stag

Two decades after joining the Royal Canadian Artillery (RCA), the next adventures for LCol David Brassard will see him lead 1RCHA in an environment which now includes the COVID-19 virus.

Currently posted to Ottawa, in 2019 he was appointed Executive Assistant (EA) to CJOC Comd LGen Michael Rouleau. He has his virtual CoC parade June 18, being video connected with 1CMBG Comd Col Rob Ritchie and outgoing 1RCHA CO LCol Ryan Stimpson, who is in Ukraine as JTF-U Roto 9 Comd on Op UNIFIER.

LCol Brassard grew up in Mali, Côte d'Ivoire and Montreal, Quebec. He commissioned in the RCA in 2000.

He spent his first Regimental tour with 2RCHA at Garrison Petawawa in Ontario. During that time, he deployed to former Yugoslavia as a Gun Troop Commander with the NATO Stabilization Force.

He then spent a year as a Gun Position Officer before deploying to Afghanistan as a Forward Observation Officer-Forward Air Controller (FOO-FAC) with 3RCR Battlegroup in 2003.

After earning his parachute wings, LCol Brassard served two years as a FOO-FAC with 3RCR's Parachute Coy. In 2005, he returned to Afghanistan as an operations officer with the Afghan National Army.

In 2006, he was posted to 2CMBG HQ for a year-long appointment as the Executive Assistant (EA) to the Commander. In 2007, he was transferred to RMC in Kingston, where he served as a Squadron Commander mentoring more than 90 officer-cadets. His year spent as the College's Adjutant in 2008 confirmed he had no flair for administration.

Upon his promotion to major, he was posted to the CDS planning staff in Ottawa, where he served in the international planning branch with a focus on African and European operations.

In 2010, LCol Brassard was seconded to Global Affairs Canada for six months to provide planning capacity in support of the Canadian earthquake relief efforts in Haiti. He was the lead planner at the strategic level for the stand-up and close-down of more than six overseas missions.

In 2012, LCol Brassard was posted to the Canadian Joint Operations Command in the Plans Branch and deployed for six months in support of the Congolese military.

LCol Brassard returned to regimental duty with the 4th Artillery Regiment in 2013 as a Battery commander. In 2015, he attended the year-long Advanced Staff course as an international student at the Belgian Defence College. Upon his return to Canada, he was appointed as a Military Assistant (MA) to Defence Minister Harjit Sajjan.

Promoted lieutenant-colonel in 2017, he was posted to Army Headquarters as the head responsible for International Training for the Canadian Army. He is also a graduate of the Combat Team Commander's course and is a qualified Belgian Parachutist-Commando.

LCol Brassard is a former member of the CAF triathlon team and enjoys competing in road cycling events at the elite level. In 2016 and 2018, he was selected to represent Canada at the World Amateur road cycling championships with the Canada's national team.

Prior to his arrival on the Base later this summer, the Stag's editorial team did a Q&A with the incoming CO for 1RCHA. Here are his responses to the Stag's questions:

Shilo Stag (SS): Why did you pursue a career with the CAF?

DB: "My grandfather on my mother's side was my first exposure to the military. He served as a highly decorated NCO with the French Marines and saw action in the liberation of Eastern France and in Germany during [Second World War].

"In the 50s, he served several tours in Algeria during the independence war. His stories filled my youth and he was a crucial influence in my decision to choose the profession of arms.

"In a way, I am bringing with me a bit of his memory to Shilo. Ultimately, the military offered me the opportunity to discover the world while doing some exciting things. I am very fortunate to serve in my dream profession, I would not want it any other way."

SS: What were your influences in choosing the army



LCOL DAVID BRASSARD

— artillery — as your military career?

DB: "The Army offered me a clear sense of purpose, much more so than other Services. I was attracted by the ethos of service before self and I wanted to be part of something much bigger than me.

"I wanted to join a tight knit team and what I saw as being a second family. I also longed to challenge myself, to test my mettle if you will. I was not attracted to a comfortable, cocooned life.

"I wanted to experience situations where I would have no choice but to develop inner strength, grow my character and show some grit while staying intellectually sharp. I

felt the Artillery could provide all these opportunities."

SS: What were your thoughts when you were informed you'd be taking command of 1RCHA at CFB Shilo?

DB: "I feel privileged to have been selected to lead the 1st Regiment. Not everyone is considered for command as the nomination process is exhaustive and very competitive.

"There are a lot of competent officers out there who were not afforded the same opportunity so I feel humbled. I am also conscious that I am but merely the 'temporary custodian' of the Regiment."

SS: What were you doing in Ottawa prior to being informed you would be posted to CFB Shilo as 1RCHA CO?

DB: "I am currently serving as the military assistant to the Commander of the Joint Operations Command in Ottawa. It turns out [LGen Michael Rouleau] is no stranger to the Artillery as he is also our Senior Serving Gunner so working with him feels like I never left the Gunner family."

SS: What did you know about CFB Shilo, and the history of 1RCHA before arriving here for a two-year posting?

DB: "1RCHA is a storied Regiment. Its lineage goes back to 1898 and it saw action in every major conflict starting with the North West Rebellion. It is the only regular force Regiment with such a distinguished heritage.

"It was the first Artillery unit in Afghanistan in 2001 and the first one to take casualties. The heritage of the 1st Regiment is also central to the Canadian Army's history if we consider that both A and B Batteries were the first regular elements of the post-Confederation Canadian Militia.

"In fact, I am looking forward to lead the Regiment through the celebration of the 150th anniversary of the creation of A and B Battery in 2021, which will include local and provincial engagements and, should the COVID-19 situation allow us, a chance to mount the Guard at Buckingham Palace.

"I am excited to head to Shilo and very much looking forward to rub shoulders with the warriors of the 1st Regiment."

SS: How does your previous postings and artillery background prepare you for a leadership role as 1RCHA's CO?

DB: "I heard great things about the 1st Regiment so I am looking forward to learn from its members and perhaps to share some of my hard earned experience with them at the same time.

"I come with a rather rich experience across the Royal Regiment. I served as a junior officer in 2RCHA; I commanded a Battery in the 4th Regiment [General Support] in Gagetown and I have some time working with the British Artillery at the Corps level so I consider myself a versatile leader by virtue of having been exposed to vastly different ways of doing business"

SS: What is your approach when it comes to leading soldiers under your command?

DB: "1RCHA is filled with hardened soldiers and has a reputation for good gunnery training. The proximity of the training area and the fact that it's only used by two units offers unique training opportunities other Artillery units

can only dream of.

"This is something I will leverage over the next few years. I am passionate about being a soldier first, and a Gunner always. Over the years I developed a leadership mantra focused on training as you fight, empowering leaders and soldiers through mission command and creating challenging and realistic training conditions.

"Leaders should first and foremost make sure the organizations they lead are value-based, steeped in their own history and provide a good environment for soldiers and leaders to blossom and continue honing their war-fighting skills."

SS: Describe your personality when it comes to soldiering — and when you are away from the job?

DB: "Sacrifice, service before self, ownership and accountability. These words form our ethos and are the daily reality of the warriors serving in 1RCHA. It bonds us, whether we served in 2RCHA, 5RALC or elsewhere.

"We are family and we look after each other. On a more personal note, I am looking forward to discover Manitoba on my free time. I love outdoors and I definitely plan on visiting the US and do some camping in some of the provincial parks. It's good to change scenery to get the energy back."

SS: What makes a good commander when it comes to dealing with day-to-day 1RCHA operations?

DB: "There are a few key traits that are non-negotiable when commanding: leading by example, the ability to listen and learn, staying physically and mentally fit, developing your subordinates and set high standards.

"A good commander must also relate to his subordinates; there must be a degree of kinship which is central to the profession of arms. The ability to both communicate, display emotional intelligence and treat everyone with respect are also crucial to develop a bond with subordinates and foster trust which is one of the cornerstone of leadership and underpins mission command.

"Lastly, I would say that without vision and the right culture, everything I just mentioned loses some of its effects."

SS: Coming off of High Readiness and missions to Latvia and Ukraine since July 1, 2019, what are your objectives for yourself as commander during your two-year tenure at the helm of 1RCHA?

DB: "The next two years will be a balancing act. We will start a new high readiness training cycle this fall which will add some pressure to the unit in addition to the domestic situation with COVID-19, the celebration of the 150th anniversary of the creation of A and B Battery and other unexpected operational tasks that may come our way.

"Flexibility in our thinking, support to families, maximum collaboration and communication will be central to meet all the demands."

SS: Finally, what goals have you set for the soldiers and officers under your command?

DB: "'Ubique' means everywhere in latin. That motto speaks volume for the 1st Regiment: about a quarter of the unit is already deployed in Ukraine while we are starting another readiness cycle this fall in a COVID-19 environment, which no one in the Army has ever done before so there will be some unknowns.

"We live in unprecedented times and our immediate priority is to preserve the force to make sure we are ready to support Canadians when called upon in the event of a second wave of infection.

"Beyond that imperative, we will have to be innovative in our training to maintain everyone healthy and still deliver for 1CMBG at home and abroad.

"A challenge I'd like to address over the next two years will be the Regiment's ability to fight in a GPS or PNT [position, navigation, and timing]-degraded environment.

"This will require everyone's ingenuity in the unit as precision technology is woven in the very fabric of modern Field Artillery. Over the years we have taken for granted uninterrupted access to PNT support but looking forward, we should not consider unfettered access to any space or cyber-enabled technology as a given."



LCol David Brassard attended War College for a year in Brussels with the Belgian forces, where they gave him an opportunity to receive his parachutist-commando qualification.

Photos supplied

COVID-19 changed how Muslims experienced Ramadan

Officer provided with prayer space, flexible meal schedule

2Lt Azzam Abu-Rayash
Maple Leaf Special

Eid Al Fitr marks the end of the blessed month of Ramadan for Canadian Muslims across the nation.

For Muslims, Ramadan is the holiest month of the year in which we fast from sunrise to sunset. This not only includes abstaining from drinking and eating, but it is also a time when we strive to develop our character.

Ramadan is also a spiritual time for Muslims as we gather as communities in our mosques for worship. Muslims practice charity and prioritize service to others during the month.

Ramadan is a time of reflection to remind us of those who are suffering from hunger and poverty, so that we may be grateful for what we have.

It's also a time of joy when we get together with family and friends for Iftar, the evening meal when we break our fasts; but not this year.

In addition to serving as a member of the Canadian Armed Forces (CAF), I serve as an Imam at my mosque. Ramadan has always been a time I devote to lead my community in night prayers and other spiritual activities.

This year, COVID-19 has changed how Muslims around the world experience Ramadan. Despite this change, the fundamental core belief of our faith and what Ramadan represents remains: Service of others.

This year, instead of leading the congregation in my mosque, it has been an honour to serve as a CAF member with Op LASER, the military's COVID-19 response to help those impacted by this pandemic.

As an observant Muslim, CAF gave me a refreshed sense

of purpose to live my values during Ramadan and COVID-19.

As part of Op LASER, I am currently serving as an Operations Assistant Officer, utilizing CFTPO, ACIMS and other DWAN infrastructure, I have assisted the Operations Officer by data collection, compilation and processing to make informed decisions based on available qualifications, staffing levels and operational readiness.

I also worked as the Assistant Adjutant for TBG1. This deployment has allowed me to develop a spectacular, memorable and deep fraternity, comradery and friendship with my team in Operational Support.

We, as a team, have established a very healthy physical routine of completing 100 to 200 push ups a day and running five to 10 kilometres every other day — all while fasting for me.

The chain of command has embraced understanding, inclusivity and diversity while demonstrating how all members of Canadian society are valued members of the forces.

The chain of command has stood by me during this time, providing me with a prayer space and a flexible meal schedule to allow for my spiritual obligations.

As I serve in my post, while fasting or not fasting, I serve to my fullest capability. While abstaining from food and water for over 16 hours can be challenging, I'm grateful for the incredible opportunity to have observed Ramadan while serving my country.

The chain of command has stood by 2Lt Azzam Abu-Rayash during Ramadan, providing him with a prayer space and a flexible meal schedule to allow for his spiritual obligations.



Photo 2Lt Brian Fernandes

Travel, adventure beckon for NPF members

Peter Mallett
Stag Special

If you're a Canadian citizen yearning for travel and a taste of military life, there are PSP deployment opportunities available.

The PSP deployment support team is currently searching for candidates to fill positions at overseas Canadian military locations and at sea on warships.

During the year, they deploy about 60 non-public fund (NPF) staff in morale and welfare support roles.

Twenty staff are already on the ground at two locations: Kuwait for Op Impact and Latvia in support of Op Reassurance. Deployment contracts are typically six months.

Jobs are available in fitness, sports and recreation, retail, travel services, financial services, barber and morale and welfare managers.

Salaries are based on a deployment support pay grid and may include operational allowances if applicable in deployed locations.

Celest Nygaard, a deployed PSP employee from Trenton, Ont., has worked on contracts as a travel agent several times since applying to the organization in 2008.

She has taken 10 overseas postings throughout the Middle East and Europe. She is currently working at Ali Al Salem Air Base in Kuwait in support of Canadian troops deployed in Op Impact.

"My first deployment was to Kandahar in 2008; it was a once-in-a-lifetime opportunity for adventure," she said.

"I also wanted to do something that had more meaning than just working in tourism. Serving the military has been very rewarding."

Deployment Support manager Maj (Ret'd) Dan Morrison works at CFMWS headquarters in Ottawa, where the program is co-ordinated, building a roster of potential job candidates to match with postings.

He believes in the support services offered by PSP because he was once a beneficiary of their services.



Celest Nygaard, a deployed PSP employee from Trenton, Ont., has worked on contracts as a travel agent several times since applying to the organization in 2008. She is currently working at Ali Al Salem Air Base in Kuwait in support of Canadian troops deployed in Op Impact.

Photo supplied

"The intention is to bring our troops those little touches of Canada to enhance their operational effectiveness," said Morrison. "When you're a long way from home, faced with challenging days in austere conditions, sometimes the little things mean everything."

The program is part of the CFMWS mandate to provide a reasonable level of services and support for deployed operations and troops as spelled out in Treasury Board direction and agreements with the CAF.

Nygaard said being part of a deployment team is a good opportunity for anyone who is flexible, adaptable, and can easily deal with change.

"Deployment tempo is much faster-paced than a typical job, so time usually goes by quickly and the days and weeks tend to blend together. Projects need to be completed quickly and have shorter turnaround times. It's definitely a 24-7 work environment."

The PSP deployment support team has provided morale and welfare services to deployed CAF members since September 2000, when it first sent civilian staff to manage and deliver welfare programs for Canadian troops serving as part of the NATO Stabilization Force in Bosnia-Herzegovina.

Its largest operation to date was 75 staff deployed to multiple locations in Camp Mirage in the United Arab Emirates, Kabul, and Kan-

dahar in support of Joint Task Force Afghanistan.

"PSP continues to respond to requests today to provide operational support to missions and exercises around the world, adapting the services, equipment and support programs to meet the needs of today's soldiers," said Morrison.

Deployment candidates are required to complete a training and selection course that occurs twice annually.

Morrison notes that current COVID-19 restrictions have greatly impacted two important features of the support program related to travel for CAF members on leave and local excursions for deployed members.

A full outline of deployment support initiatives, including detailed criteria on whether a person's participation in the program is a good fit for them is available at www.cafconnection.ca/Demo/Programs-Services/Deployment-Support.aspx



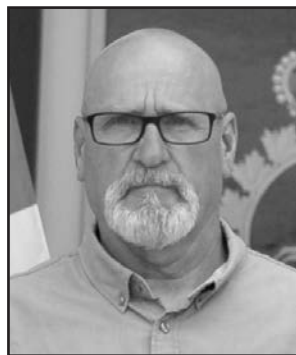
CAPT GUYMER



MCPL JAMES



SGT IRELAND



WO (Ret'd) FURMIDGE



SGT HUGHES



WO FIANDER

Base holds inaugural physical-distancing medal parade

Shilo Stag

It was a first for CFB Shilo — medal presentations using physical-distancing practices.

BRSM CWO James Doppler and his team set up parade for six medal recipients outside of Base HQ, using the Base crest, plus flags, to frame the event for photograph purposes.

Soldiers from HQ ringed the “parade square” standing six feet apart, providing an audience for the presentation of

first and second CD clasps.

BComd LCol Jeff Lyttle opened the ceremony with a brief update on the COVID-19 pandemic and CAF plans currently being worked on in anticipation of a future going back to work for soldiers at CFB Shilo.

The following personnel received their CD second clasp for 32 years service: Base adjutant Capt Dwayne Guymer, WO (Ret'd) Furmidge and Sgt Kevin Hughes from Base Supply.

For 22 years of service, the three soldiers receiving their

CD first clasp were: WO Robert Fiander, currently on his French course; Sgt Jennifer Ireland, IC production with Base Foods; and Base Transport driver MCpl Trudy James.

Unlike past awards and medal presentations done in front a large audience of working peers, this ceremony had no handshakes, or close proximity photographs.

Physical-distancing protocols were in place, including the Stag's editor recording the event using the appropriate telephoto lens.

See more photos from parade page 8

COVID-19 pandemic Look after your mental health, well-being when staying at home

Health Promotion Stag Special

How are you doing during this COVID-19 pandemic, when it comes to social distancing or working from home as part of our daily routine of self-isolating?

You are not alone when it comes to the CAF and CFMWS team, and their families, across Canada.

Here are some quick tips which will help you support and manage your mental health and well-being while staying at home during this trying time.

• Plan your day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental well-being.

As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose.

Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

• Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

Even at home, there will be lots of ways to exercise and keep your body moving. Take advantage of your backyard, with the advent of spring and winter melting away.

While public parks in some communities have been closed to reduce people from congregating, one spot where you can enjoy a relaxing walk during the day is a cemetery, whether it be a quaint rural graveyard attached to a church, or a sprawling municipal cemetery. If there are other walkers out, remember to follow social distancing protocols.

• Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings.

Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like.

Progressive muscle relaxation teaches you to recognize when you are starting to get tense and how to relax.

• Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with co-workers, friends, family, and others to help you — and them — feel more connected and supported.

Explore ways of connecting that work for you, whether that's by Canada Post, over the landline or cell phone, social

media platforms like Facebook, or video-chat.

This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.

• Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognize your successes and the things you are grateful for, no matter how small.

Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed. Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts — though they may not be helpful for those experiencing more severe depression.

• Improve your sleep

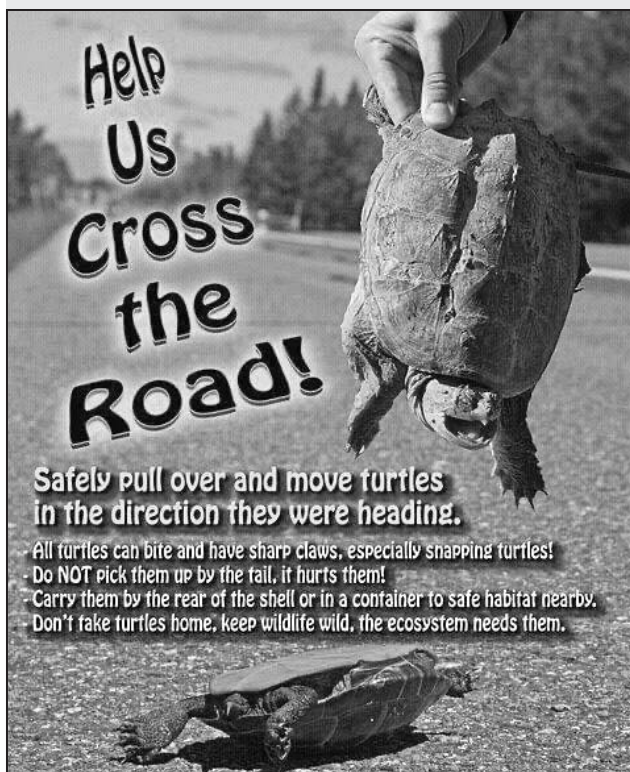
Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight — by opening your curtains and windows — where possible. This helps to regulate your body clock which can help you sleep better.

Wind down before bed by avoiding using your phone, tablet, computer or television for an hour before bedtime.

If you need help, there is help available 24/7 through the Family Information Line 1-800-866-4546 — within Canada — and CFMAP 1-800-268-7708.

DRIVING TO DOUGLAS HWY 340



PERSONAL PROTECTIVE EQUIPMENT

Washing your hands:

- 1: Wet hands with warm water.
- 2: Apply soap.
- 3: Wash hands for at least 20 seconds.
- 4: Rinse well.
- 5: Dry hands well with paper towel.
- 6: Turn off tap using paper towel.

Canada.ca/Defence

Canada

Pet of the Week

CHICO

RPOU-W Det Shilo 21C Capt Peter Fullola and wife Melissa have two dogs at home. This is Chico, who might be tiny because of the breed, but does not mind exploring around the PMQ he shares with Jack Russell terrier roommate named Gus. 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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CFFM demystify potential danger leaving hand sanitizer in vehicles

Stag Special

With the collaboration of the Engineers of the Office of the Ontario Fire Marshal (OFM) Investigation Services, the Canadian Forces Fire Marshal (CFFM) would like to share their report and hopefully demystify some of the potential danger in leaving alcohol-based hand sanitizer in a hot vehicle.

As a result of the COVID-19 pandemic, personal use of alcohol-based hand sanitizer has received considerable attention as one method of helping to prevent the spread of the virus.

Hand sanitizer has also received much attention recently through both traditional and social media, with claims that containers of hand sanitizer will catch fire or spontaneously combust if left in a hot vehicle.

Engineers with the Office of the Fire Marshal (OFM) Investigations Services have looked into this concern and advise that the rate of vapour leakage from a personal container of hand sanitizer left in a hot vehicle would not result in sufficient vapour density to fall within flammable limits in air.

This supports information posted by the National Fire Protection Association (NFPA) that says it is not unsafe to leave hand sanitizer in a hot vehicle.

This article can be viewed at the following link:

<https://community.nfpa.org/community/nfpa-today/blog/2020/05/22/can-hand-sanitizer-spontaneously-combust>

OFM engineers do urge that containers should be kept

in an upright position and properly sealed to avoid spillage. As an added precaution, containers of hand sanitizers left in a vehicle should be kept out of direct sunlight to avoid leakage from over-pressurization of the container.

People should be reminded that these products are flammable, and it is imperative that they read and follow directions and warnings on the labels.

The OFM technical guideline OFM-TG-02-2011, Safe Practices for the Use of Alcohol-Based Hand Rub addresses use and storage issues in care and treatment occupancies such as hospitals, homes for special care and long-term care homes.

The principles outlined in this guideline may be equally applicable to other occupancies in which residents receive some form of special or supervisory care such as retirement homes and group homes.

These principles may be similarly extended to community health clinics and related occupancies.

Information in the guideline related to avoiding open flames and sources of ignition are general enough in nature to be considered as best practices in any scenario.

In addition to the information above, the OFM has prepared the following questions and answers to assist fire departments in responding to fire safety concerns and enquiries related to the safe use and storage of alcohol-based hand sanitizers:



Q: Is hand sanitizer flammable?

A: Alcohol-based hand sanitizer is flammable and may give off flammable vapours which could ignite if exposed to open flame or an ignition source. Caution should be used to keep away from open flames and avoid sources of heat. Product label warnings should be carefully read and followed.

Q: Is it safe to smoke after using hand sanitizer?

A: Hand sanitizer is flammable and may give off flammable vapours. It should be kept away from open flames and sources of heat.

When using hand sanitizer, hands should be rubbed together until they are completely dry. People should be especially careful if attempting to smoke, light candles, or use a gas stove immediately after applying hand sanitizer.

Q: Is it safe to leave hand sanitizer in a hot vehicle?

A: According to the NFPA and the OFM, hand sanitizer will not spontaneously combust or explode if left in a hot vehicle. Containers should be kept in an upright position and properly sealed to avoid leakage. Containers should not be left in direct sunlight, as an added precaution, to avoid spillage or leakage from pressurization of the container. Product label warnings should be carefully read and followed.

If you have any questions, contact Base fire chief Dan Barney at 204-720-5502.

Sales consultant required to sell advertising for Stag

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

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: JUNE 18 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.

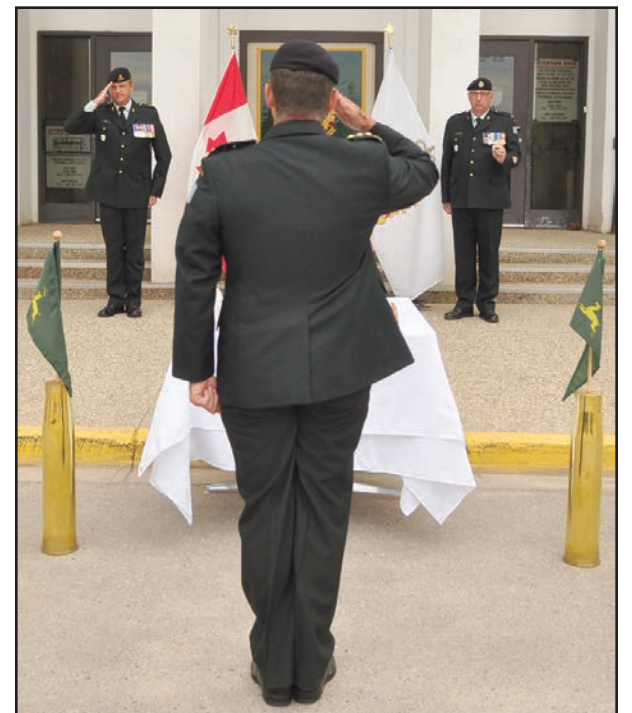
Employment

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

Soldiers receive CD clasp during Base's inaugural physical-distancing parade



With society adjusting to the new normal, CFB Shilo's inaugural physical-distancing parade was held outdoors in front of HQ. Soldiers picked up their own CD clasp, after saluting BComd LCol Jeff Lyttle. They then posed for their official portrait, standing six feet, or two metres apart. This included the audience in attendance, who distanced themselves on the periphery of the parade in the parking area. For the story on CD clasp recipients, see page 6.



Photos Jules Xavier/Shilo Stag



COVID-19 UPDATES for CFB SHILO

www.facebook.com/ShiloSTAG/