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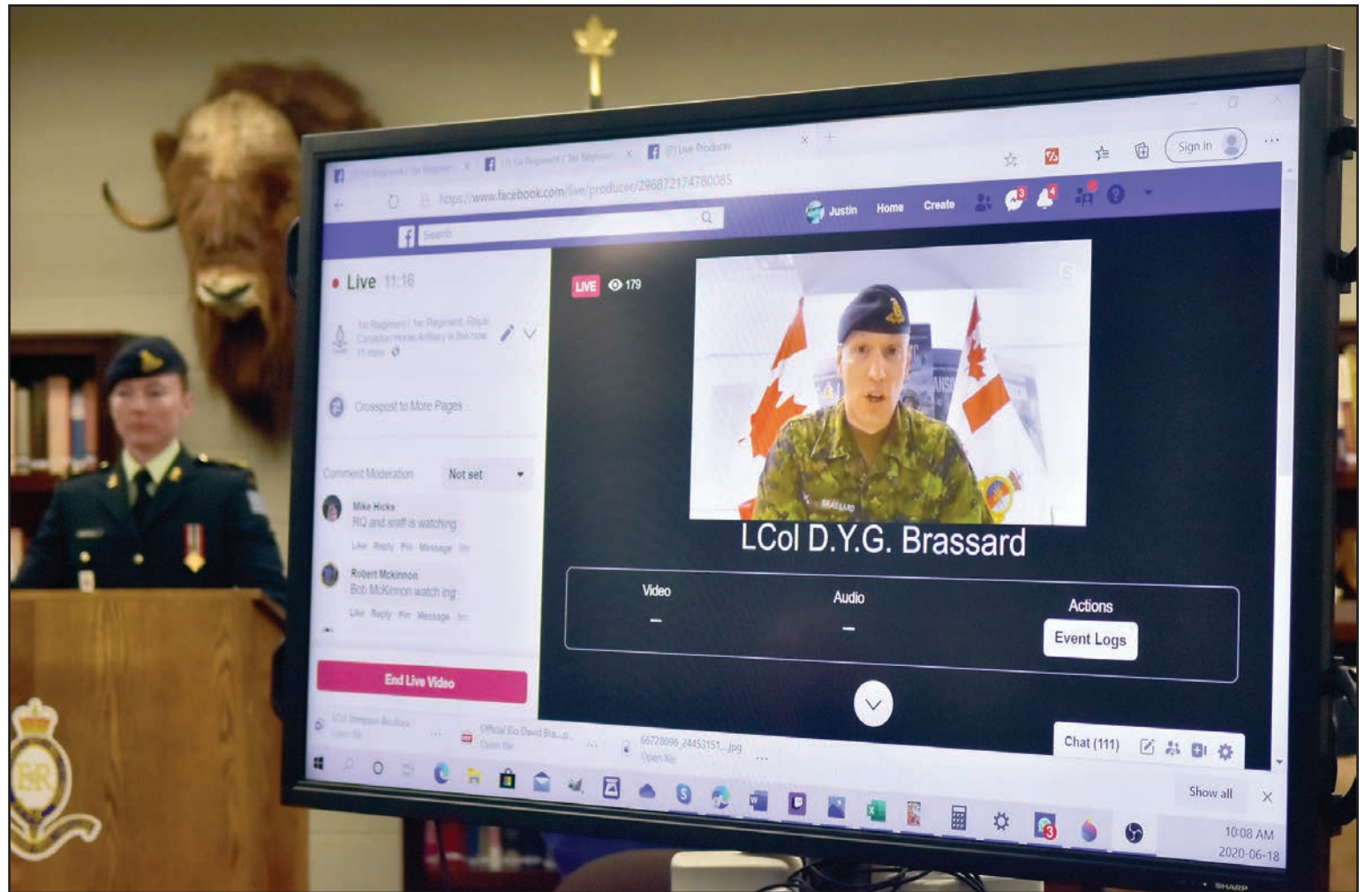
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New 1RCHA CO LCol David Brassard gives his address from Ottawa during his virtual CoC on Facebook. Photo Jules Xavier/Shilo Stag

New 1RCHA CO introduced during Facebook CoC

Jules Xavier
Shilo Stag

Calling it a "privilege" to be the custodian of the commanding officer's position with 1RCHA, a "humbled" LCol David Brassard is looking forward to the next chapter in his military career.

Currently the EA for CJOC Comd LGen Michael Rouleau, LCol Brassard took part in his virtual Change of Command (CoC) ceremony while sitting in front of a video camera in Ottawa. He was joined from Ukraine, on another video camera by outgoing 1RCHA CO LCol Ryan Stimpson, who is currently deployed as Roto 9 Comd for Op UNIFIER.

1CMBG Comd Col Bob Ritchie joined the live streamed CoC on the Stag's and 1RCHA's Facebook pages with a pre-recorded message.

"Although I have never had the opportunity to serve with you until now, my family is no stranger to this Regiment," he said on

Facebook. "On 10 October 1918, LCol William Elkins led this Regiment in the last mounted artillery open action in our Regimental history in support of the Canadian Cavalry Brigade in Le Cateau, France, a mere 30 kilometres away from where my great grand-parents were raised."

He added, "So, being with you today makes me feel at home, and in friendly company."

During his speech Facebook observers would hear LCol Brassard incorporate historical moments from the Regiment

"Looking back at the history of our Regiment, I can't help thinking that all of us stand on the shoulders of giants," he offered. "We, the First Regiment, represent the heart and soul of the Royal Regiment of Canadian Artillery, right here in Shilo, our Home Station."

"We have inherited a long and rich history of distinguished service since the creation of A and B Battery in 1871. We fought in all major conflicts at home and abroad, from the North West Rebellion to Afghanistan. The character

of our Regiment today is built on the courage, grit and selflessness of yesterday's heroes."

He cited a warrior like Bdr Duncan Simpson who, on Sept. 2, 1916, at the battle of the Somme in France, earned a Military Medal (MM) bringing into action a gun under heavy fire.

"Our reputation was forged by the feats of leaders like Captain H.A.R Martin, who earned a Military Cross directing artillery, while injured, to break-up a German counter-attack against the Royal 22eme Régiment at Casa Berardi in Italy in December 1943," he said.

"Our history says a lot about our character and identity as a Regiment. It also provides a solid foundation to shape and inspire our future. It is the source of our strength."

LCol Brassard acknowledged if the Regiment's history yields any clue about who we are ... "it tells a compelling story of abnegation, courage and grit."

See **INCOMING** page 4



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The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

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Returning to work requires adjustments

Jules Xavier
Shilo Stag

Did you mark June 22 on your calendar.

That's the day CFB Shilo began a staged return to work, according to COS Maj Howie Nelson, for its military and civilian employees in order to increase essential services to a level that is capable of supporting operational training requirements.

A steady, purposeful, return will give soldiers and employees time to adjust to new protocols which will be in place to ensure everyone stays healthy.

Everyone is asked to respect the new procedures and protocols, advised Maj Nelson, and to continue measures of sanitization and distancing which are there to protect us, our families, and our community.

COVID-19 has not gone away and will remain a concern for a long while yet.

Following the new protocols will continue to keep us strong and healthy so the military can maintain the institutional support required to ensure the CAF's ability to assist Canadians if and when soldiers are called upon to do so.

If you are a CFB Shilo military member or DND civilian employee and have not been notified by your Chain of Command about returning to work June 22, contact them immediately.

All military and civilian employees are required to complete the COVID-19 Awareness course (MITE 122255) on the Defence Learning Network (DLN) at <http://dln-rad.mil.ca> upon returning to work.

CFB Shilo has also been working with local businesses and services in order to facilitate their re-opening in line with provincial and federal regulations.

Although more businesses and services are opening, the security posture in place remains extant, said Maj Nelson.

"The Base is still closed to the general public, access to outsiders is still prohibited, as access to services is for military members, their family, and locals who use the post office etc," he explained.

"This means the north gate will remain closed and visitors will be turned away unless there is a legitimate reason for access, i.e. a booking on the golf course, and the commissionaire at the [south] gate has their name."

This is the security posture put in place by Comd CJOC and has no connection to the lifting of provincial restrictions.

"Long story short, still business as usual at the south gate until the CAF security posture is re-evaluated," offered Maj

Nelson.

The following is a list of local services which are open or will be opening soon:

- CANEX — open with modified hours Monday to Friday from 10 a.m. to 5 p.m.; weekend noon to 5 p.m. CANEX is having a town hall June 18, with hours of operation may be addressed. More to follow.
- Shilo Beauty and Barber Shop — open regular hours — closed Monday — but by appointment only. Dial 204-765-4979
- Garrison Grill/Pizza Pizza — delivery/pick-up Monday to Wednesday 11 a.m. to 8 p.m.; Thursday and Friday 11 a.m. to 9 p.m.; Saturday 4 to 9 p.m. and Sunday 4 to 8 p.m. For dine-in, COVID-19 protocols of sanitation/spacing in place.
- Forbidden Flavours — pickup and drive through only Monday to Friday 8 a.m. to 8 p.m.; weekend 10 a.m. to 5 p.m.
- Shilo Automotive — open regular hours.
- HMS Insurance — telephone appointments only by dialling 204-765-4412.
- Chiropractor — by appointment only. Dial 431-541-3640.
- Massage therapist — by appointment only. Dial 902-298-9979.
- SISIP — by appointment only. Dial 343-548-0165.
- Medical Clinic — open regular hours.
- Shilo Country Club — open for golfing by booking only. Call ahead 204-765-3623 to book a tee. Your name will be left at the south gate prior to your arrival.
- Rick's Restaurant — delivery/pick-up/patio daily from 9 a.m. to 10 p.m. Will commence dine-in service June 22, with COVID-19 protocols in place.
- MFRC Daycare — open within provincial limitations. Contact the MFRC daycare at 204-765-3000 ext 3351 for availability.
- MFRC Occasional Child Care — open by appointment only. Call 204-765-3000 ext 3352 to book a spot.
- Shilo MFRC — open Monday to Friday 8 a.m. to 4 p.m. Some restrictions apply. No public washrooms available.
- GSH Gym/Pool — planned re-opening set for June 24, with COVID-19 protocols in place. However, access to facilities is by appointment booking only. See story page 5. You need to establish a booking profile by visiting <http://bbk.cfmws.com/shilopub/>
- Base Library — opened for public use with provincial restrictions June 22.
- *Shilo Stag* — Base newspaper open Monday to Friday 10 a.m. to 5 p.m. Contact editor 204-721-4259.

Visitor prohibition restriction rescinded

Shilo Stag

Restricted access to this Base during the COVID-19 pandemic will be rescinded effective June 22, according to BComd LCol Jeff Lyttle.

"We are authorized to rescind the visitor prohibition restriction at CFB Shilo and we will therefore be adopting a more open Base posture," he announced June 19. "The Commissionaires will cease identification checks at the south gate. RP Ops will be removing the barriers and verifying the condition of the northern access. The north gate will re-open as soon as possible once the change in posture occurs."

This does not negate the requirement for proper bookings for appointments to use the GSH or tee times at the Shilo Country Club, but rather allows for visitors such as family to now be authorized to access the Base.

"Visitors will be allowed to come onto the Base with the

reminder that anyone who is symptomatic should call Tele Health for civilians or 11 CF H Svc if military," he explained.

"The Base's policy on self-isolation mirrors that of the province of Manitoba for travellers heading into eastern Canada or returning from it."

LCol Lyttle added, "IAW with the provincial plan for phase three of 'Restoring Safe Services,' they will be required to self-isolate for 14 days."

For Base services, according to LCol Lyttle, "we will still be taking steps to enable contact tracing and the appointment bookings discussed as part of our business resumption plan will remain in effect."

If soldiers and their families have questions or concerns about the opening of the Base to visitors then the Base G3 Maj Talon Desjardins or BComd will be happy to assist.

"Thank-you for your patience," he offered following more than 90 days of Base lockdown which started March 13.

Cliff Cullen
MLA for Spruce Woods

ccullenmla@mts.net
204.827.3956

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

OR

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



www.brandonsalutes.ca

Royal Canadian Air Cadets allows teen with ADHD to grow, succeed

Lleyton Maday
Stag Special

CAF youth reporter competition winner

Teens like me prosper in the Air Cadets because of the support the program offers.

I'm 14, from Morinville, Alberta, and I have ADHD (Attention Deficit Hyperactivity Disorder). My brain works a bit differently than most kids, but that didn't stop me from becoming a Flight Corporal with Edmonton's 12 Royal Canadian Air Cadet Squadron (RCACS).

Being part of the Air Cadets has made a positive difference in my life. My parents say ADHD is a "neuro-developmental disorder."

Basically, that means my brain works a bit differently than my peers. I can have a hard time staying focused. I sometimes fidget or have trouble sitting still. I can act on impulse, without thinking about consequences.

Those may be my symptoms, but they are not everyone's symptoms. I have two step-brothers who also have ADHD. Their symptoms are much different than mine. ADHD can affect people very differently.

Having ADHD doesn't make me dumb. Many ADHD kids are actually very smart and do well in school, in sports, or even in the Air Cadets.

There are some myths about ADHD. Some people think it's not a real medical condition. I can tell you from my own experience, it's very real and it involves how your brain develops and works. In almost every classroom, there are one or two kids who have ADHD.

Some people think only boys can have ADHD, but many girls have ADHD too. People don't have ADHD because of something their parents did or because they eat too much sugar. It's genetic — we are born with it.

Sometimes people think ADHD kids just need to try harder. The reality is that we are usually trying our absolute best, but our brain isn't co-operating.

I was diagnosed with ADHD when I was 10. I was upset and felt bad at first. I didn't want to be weird or different from other kids. But I learned that knowing about ADHD is the key to learning how to live with it.

When ADHD goes undiagnosed or untreated, it can lead to anxiety, depression, and low self-esteem. Kids don't understand why they are different.

Another important thing happened to me when I was 10 — I learned about the Air Cadets.

My dad took me to my very first air show at CFB Cold



Being part of Air Cadets in Alberta has made a positive difference in Lleyton Maday's life.

Lake, Alberta. After seeing all of the amazing aerobatics and aircraft, I thought "That's what I want to do!" I got to meet some Air Cadets there. They told me all about the program and I was ready to join right away, but I had to wait until I turned 12. So, for the next two years, I learned all I could about the Air Cadet program. I visited a few squadrons around Edmonton to see which one I liked the best. Finally, three days after I turned 12, I signed up with 12 City of Edmonton RCACS.

On my first night, I was a bit nervous because I didn't know anyone, and I didn't know what to expect. After the opening parade and before our first class, some of my fellow Air Cadets invited me to sit with them, and for the rest of the night we talked and became friends. They are still my friends to this day.

That first night was an amazing experience for me, because up to that point in my life I was a kid who could not find friends easily or really even talk to people. I knew I belonged at 12 Squadron and it quickly became like a second family to me.

Being an Air Cadet has provided me with great opportunities. In my first year as a Leading Air Cadet, I was in my Squadron and Zone, in effective speaking competitions, on drill team and I did ground school three times. In my second year as a Corporal, I was a section head in my flight.

I have also been to summer training twice at Cold Lake CTC and I am hoping to do advanced aviation this summer.

As someone with ADHD, being an Air Cadet has given me a place where I fit in and where I can succeed. I have become more comfortable doing things I would not regularly do. I feel a sense of belonging.

If you have ADHD, talk about it. Accept it. Learn how to live with it. If you don't have ADHD, try to understand and accept people with mental health issues. They need your support. If you want a place where you can do amazing things, as I've learned since joining, think about being part of the Air Cadets!

Editor's note: Stag editor Jules Xavier mentored Lleyton prior to his submission to the CAF youth reporter competition, where his entry received the most online votes.



LLEYTON
MADAY

Former 2PPCLI CO posted to Fort Bragg

Shilo Stag

BGen Bob Ritchie enrolled in the Canadian Armed Forces (CAF) in 1994 and was badged into Princess Patricia's Canadian Light Infantry (PPCLI) in 1998.

He has commanded from Platoon to Brigade level, including 2PPCLI from 2013 to '15 and 1CMBG at Garrison Edmonton from 2018 to '20.

Operationally, he deployed to Kosovo as a Platoon Commander. He has also served twice in Afghanistan, first in the Kandahar Provincial Reconstruction Team and then as a sub-unit commander with the Operational Mentoring and Liaison Team.

His key staff experiences include service in 1CMBG, Aide de Camp to the Chief of the Defence Staff (CDS), Canadian Army G35 Plans, Canadian Army Acting G3, a secondment to the Foreign and Defence Policy Secretariat of the Privy Council Office, and the Canadian Joint Operations Command J3.

BGen Ritchie assumes the duties of Deputy Commanding General – Operations, XVIII Airborne Corps of the United States Army July 20 at Fort Bragg, North Carolina.

His promotion to BGen occurs June 26 at Garrison Edmonton, in unison with the CoC for the new 1CMBG Comd Col Wade Rutland, who is no stranger to the Army Base in Alberta. He previously has commanded there with 1PPCLI as CO, G3 with 1CMBG, and COS with 3 Div after being promoted to colonel. While with 1PPCLI, then LCol Rutland was the first commanding officer of the Enhanced Forward Presence (Latvia) Battle Group, which stood up in June 2017. With 2PPCLI in 1999, he served as a rifle platoon commander.



Promoted to brigadier-general at his CoC ceremony held June 26 at Garrison Edmonton, former 1CMBG Comd Bob Ritchie is posted to Fort Bragg, North Carolina.

Public
Utilities
Board

Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for an overall 10.5 per cent decrease to Basic Autopac vehicle insurance rates and premiums, effective April 1, 2021 through March 31, 2022.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Monday, October 19, 2020
at 9:00 a.m.

Please view the hearing via the Board's website (www.pubmanitoba.ca)

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2020**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

Incoming 1RCHA CO looks forward to 'soldiering'

From the front

Looking ahead as the newest 1RCHA CO following the June 18 CoC, artillery soldiers will prepare to embark on high readiness training in a COVID-19 environment and in a world of increasing social and technological upheaval.

"We will have to exhibit the same energy, courage and ingenuity Bdr Simpson and Capt Martin have, in order to successfully tackle tomorrow's challenges," he said.

The virtual nature of CoC ceremony on a social media platform like Facebook, noted LCol Brassard, only reinforces the imperative to remain flexible and innovative as 1RCHA soldiers face an uncertain future.

LCol Brassard offered thanks to Col Ritchie for welcoming him into 1CMBG's family.

"I am looking forward to serve with the Army of the West," he said.

To the senior leadership of the artillery, LCol Brassard thanked them "for entrusting me with the temporary custody of the Regiment. I am forever in debt for your support and leadership."

LCol Brassard also thanked LCol Stimpson "for your personal investment and leadership over the last two years. As you hand over the mantle of leadership to me, you can rest

assured I will continue leading the Regiment with the same energy and passion you have."

He's also looking forward to "soldiering" with 1RCHA RSM CWO Christopher Rigby for the next two years.

And what about the warriors now under his command who are away from CFB Shilo?

"To all members of the Regiment deployed in Latvia, the Middle-East and Ukraine ... I thank you for your personal sacrifice and I wish to re-assure you, we have your back here at home, and we will continue supporting you abroad until your return this summer and in the fall. Your absence truly highlights our motto "UBIQUE".

He added, "Finally, to all warriors of the First Regiment ... thank-you for accepting me in your family. I am looking forward to soldier in your company."

Once his deployment ends this fall, former 1RCHA CO LCol Stimpson is posted to Garrison Edmonton.

Unable to attend the CoC in person, Col Ritchie sent a pre-taped video which Sgt Steeves incorporated into the on-line live Facebook broadcast.

On behalf of the BSM and 1CMBG Comd, Col Ritchie congratulated 1RCHA on its 50th CoC ceremony.

"To the out-going Co, LCol Stimpson — Ryan, this is

where it all started for you in 2003. The unit has flourished under your watch, leading Operation PALACI at home and now Operational UNIFIER Rotation 9 in Ukraine," he said to the video camera.

"You championed unit warfighting, the joint fires co-ordination centre enterprise, the inaugural trial on the precision guidance kit, the digitization of the gun line, and integration with Army Reserves and Canadian Ranger Patrol Groups."

To mark LCol Stimpson's contribution during his two-year stint as 1RCHA CO, Col Ritchie presented him with a 1CMBG branding iron and a 1CMBG soldiers' coin for excellence.

Col Ritchie welcomed incoming CO LCol Brassard to 1CMBG and to the Artillery Home Station.

"You are a talented and experienced leader who is entrusted as the unit custodian," he said.

"You will lead the First Regiment on full spectrum operations, and in 2021, commemorate 150 years of distinguished service by the Royal Canadian Regiment of Canadian Artillery [A & B Btys]."

He added, "We will watch your future successes with great admiration and wish you and [wife] Emilie all the best over the next two years.

"Ubique!"



1RCHA HQ & Svs Bty BC Maj Melissa Marshall (clockwise from left) emceed the virtual CoC for outgoing CO LCol Ryan Stimpson, who was in Ukraine, and incoming CO LCol David Brassard (inset), who spoke from Ottawa. A pre-taped message from 1CMBG Comd Col Bob Ritchie opened the Facebook broadcast facilitated by Sgt Justin Steeves.

Photos Jules Xavier/Shilo Stag



Due to COVID-19 GSH re-opens with new booking protocols

Shilo Stag

Access to use facilities in the just opened GSH is by appointment only, says fitness, sports and recreation manager Jim MacKenzie.

Closed since March 13 when the Base went into lockdown because of the COVID-19 pandemic, the GSH officially reopened June 24 with a number of new protocols in place, as well as plenty of signage for physical-distancing and hand sanitizer strategically placed throughout the building.

"This is no longer the norm in what we used to do in the GSH," explained MacKenzie while giving the Stag a tour of the changes, which includes measured out six foot squares, with a red tape 'X' in the middle, on the main gym floor. "There will be no indoor sports like basketball, volleyball or floor hockey in the gym for now."

With occupancy rules in place provincially during Manitoba's phase three, GSH staff will be controlling traffic to the various gym spaces by monitoring who is coming to use the gym, weight rooms, pool and fitness classes.

"Everyone who comes to use the gym must book an appointment," explained MacKenzie. "You just don't show up anymore to use the gym, or workout on the weights. You need to register online."

Currently open Monday to Friday from 6 a.m. to 9 p.m., Saturday 9 a.m. to 9 p.m. and Sunday or holidays 10 a.m. to



PSP fitness co-ordinator Melissa Green works out at the GSH while preparing for the June 24 opening. Following her workout, as GSH users will discover, Green disinfected the equipment she used.



Photos Jules Xavier/Shilo Stag

9 a.m., the GSH is now operating with an online registration program for access to facilities or equipment bookings.

What does this mean for military members and their families? MacKenzie acknowledged all soldiers and those who have a GSH membership are required to complete an online profile form in order to have an account created and be able to book a facility or piece of equipment.

Where do you create your profile?

Visit <https://bkk.cfmws.com/shilopub>

Once the form has been submitted, users will receive an e-mail within 48 hours containing a username and temporary password so they can log into their account and begin making bookings.

According to MacKenzie, priority will be given to military members Monday to Friday between 6 a.m. and 1:15 p.m. Those who have a GSH membership will be permitted to book facility/machines Monday to Friday from 1:15 to 9 p.m. and anytime on the weekend.

If you book outside your allowed timings, your request will be denied.

Of note, all users are required to make a booking at least 48 hours prior to their requested booking to allow for processing. First-time users will be issued a GSH card which they can be picked up prior to their first booking.

Booking requests will be reviewed by GSH staff to ensure protocols are being adhered to. If they are not, your booking will be denied.

All users will be limited to booking two, one-hour time slots for facilities or equipment per day.

Users are not permitted to book the same facility back-to-back — you cannot book the weight room for two hours, however you can book the weight room for an hour and then a treadmill for an hour immediately following.

Users are allowed to book facilities/machines no more than two weeks in advance. Any bookings requested beyond the two weeks will be denied.



PSP fitness and sports leader Anthony Lawrence takes a break from preparing the opening of the GSH with his own workout. During the COVID-19 pandemic, with the Base in lockdown since March 13, he produced Facebook virtual workouts from his home for soldiers in social isolation at home.

If users cannot make a booking, they must go online and cancel their booking. If users do not show up for their time slot a total of two times, their booking privileges will be revoked.

Late arrivals for time slot bookings will only have the remainder of that time slot for their use.

Online bookings will include individual equipment options for the cardio room, spaces for the weight/combat fitness room and lanes for lap swims — spaces are limited to comply with current provincial regulations regarding physical distancing.

Following are your GSH facility procedures:

- All military and GSH members are required to use hand sanitizer upon entering the facility.
- All users MUST check in at the front desk and scan their GSH card. The front desk attendant will check your name with our facility booking report to ensure you have a booking. You will not gain entry into the facility if you do not have a booking.

- If you have two bookings, you must check in at the front desk prior to entering the second facility space — after your weight room booking, check in at front desk before going to your treadmill. All users MUST sanitize all equipment used prior to and after usage. Failure to do so will result in a warning, where booking privileges may be revoked.

- Gyms A and B and indoor cycle classes are limited to military unit training only and must be booked through the appropriate chain of command and requires PSP staff to lead the activity. Booking must be made through the fitness co-ordinator.

- Arrival to GSH should be no more than five minutes prior to your booking. You will not be allowed access to the facility outside of that time frame.

What about change room access?

The women's change room will remain open with the exception of a one-hour cleaning in the morning from 10 to 11 a.m. and a one-hour cleaning in the afternoon from 3 to 4 p.m. The men's pool access change room will be open from 6 a.m. to 1 p.m. and 6 to 9 p.m. The new men's change room will be open from 1 to 6 p.m. daily. The family change rooms will remain open with the exception of a one-hour cleaning in the morning from 9 to 10 a.m. and a one-hour cleaning in the afternoon from 2 to 3 p.m.



Gym C at the GSH has been transformed into a stationary cycling workout room.

Due to COVID-19, an online booking system has been developed for General Strange Hall (GSH) facilities and services. This is to help ensure physical-distancing and control attendance numbers within the CFB Shilo facilities. An online profile and account must be created to access the online booking system. This will allow GSH account holders to book facilities and services within the GSH.

How do you book a GSH facility?

- There is a limit of two bookings per day. Note: although your booking is for an hour and 15 minutes, the last 15 minutes is reserved for proper cleaning of the equipment and to allow your group to exit the facility without interactions between you and the next booking,

- No back-to-back bookings of the same facility spaces is permitted. Example: you cannot book two sessions in the weight room, but you can book one in the weight room and one in the cardio room directly after.

- After booking a facility online you will receive a pending confirmation e-mail for your booking. A review of your booking will be done to ensure it conforms to regulations. Once the review is completed, you will receive an e-mail confirming your booking(s).

<https://bkk.cfmws.com/shilopub>

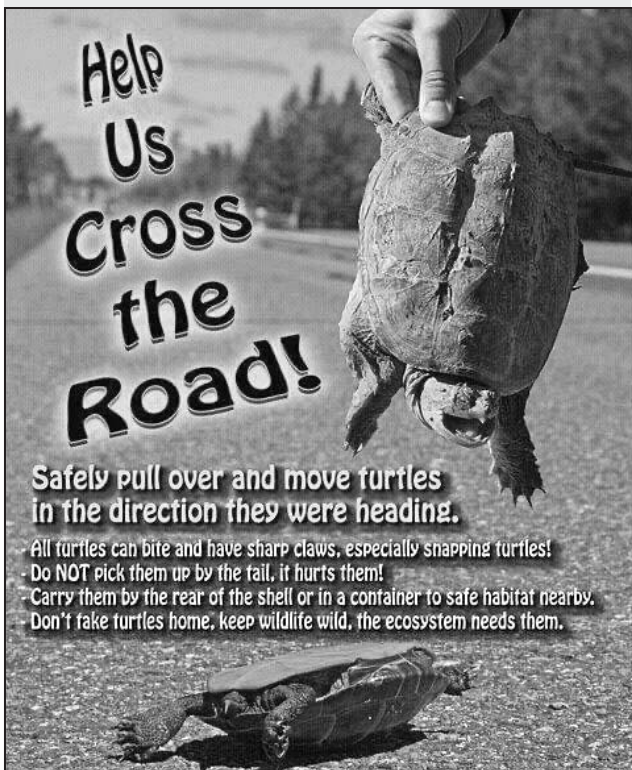
BASE STANDING ORDER



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.



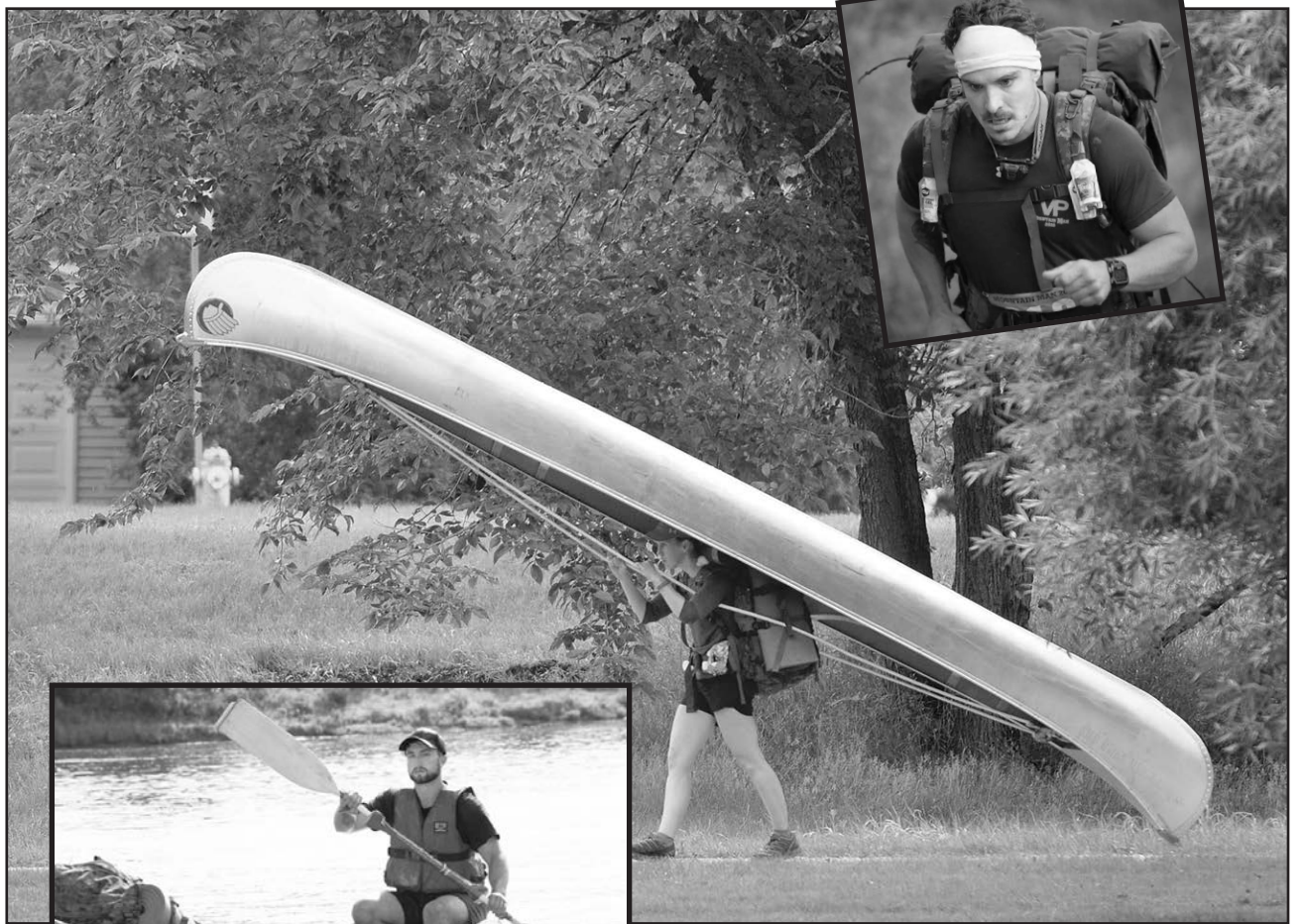
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Help Us Cross the Road!

Safely pull over and move turtles in the direction they were heading.

All turtles can bite and have sharp claws, especially snapping turtles!
Do NOT pick them up by the tail, it hurts them!
Carry them by the rear of the shell or in a container to safe habitat nearby.
Don't take turtles home, keep wildlife wild, the ecosystem needs them.



Former 2PPLI Cpl Nicholas Cazalais (inset above) is the defending Ex MOUNTAIN MAN winner after setting a course record in 2019. Training for the 2020 has ended now that the 2020 event is cancelled.

Ex MOUNTAIN MAN cancelled this fall 2PPCLI competitor set course record in 2019

Lt Ryan Bartlette
Shilo Stag

There will be no Ex MOUNTAIN MAN for Cpl Christian Baun, who missed the 2019 event while deployed to Latvia on Op REASSURANCE.

He was the defending champion, after winning the 2018 event in record time while competing in Edmonton. The 2019 competition was won by fellow 2PPCLI soldier Cpl Nicholas Cazalais, who has since left the military to pursue a civilian job back in Ontario.

Sadly due to COVID-19, this year's Ex MOUNTAIN MAN has been officially cancelled. The health and safety of our soldiers are a top priority.

The Canadian Armed Forces (CAF) must also be diligent in the communities in which we serve, in order to stop the

spread of COVID-19 for all Canadians.

To our soldiers who have been training individually for this event — we see you. This event was designed to cultivate the warrior mentality.

The training you do continues to be aspirational for all the warriors of 1CMBG.

For those who may be unaware, Ex MOUNTAIN MAN is an annual fitness endurance competition where competitors from across Western Canada complete the following: a 32-kilometre rucksack run with a 33-pound ruck; 3.2-kilometre portage with ruck and 65-pound canoe; 11-kilometre canoe paddle, and a 5.6-kilometre ruck run to the finish. The event is held in Edmonton's river valley.

Training for this event takes months, and shows the dedication our soldiers have to fitness and the warrior ethos.

See everyone at Ex MOUNTAIN MAN in 2021.

Lt Ryan Bartlette/1CMBG PAO

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



Firefighters mentor soldiers on grass fire fighting techniques

Soldiers from 1RCHA and 2PPCLI have been learning how to fight wild land and grass fires under the tutelage of firefighters from the CFB Shilo fire hall. Basic wildfire-fighting training adds to the many and varied skills Canada's soldiers are expected to have. The CAF stands ready to offer assistance in support of civilian authorities during any crisis and training our personnel to a recognized standard speeds up our ability to respond during Op LENTUS. Soldiers involved honed their skills using physical-distancing protocols during the hands-on outdoor training.

Photo Avr (B) Jade Lefebvre

What do you know about COVID-19?

Shilo Stag

What are the symptoms of COVID-19?

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms have included: cough, fever, difficulty breathing, pneumonia in both lungs. In severe cases, infection can lead to death.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected, but not showing symptoms. This includes people who: have not yet developed symptoms (pre-symptomatic); never develop symptoms (asymptomatic).

While experts know that these kinds of transmissions are happening among those in close contact or in close physical settings, it is not known to what extent. This means it is extremely important to follow the proven preventative measures.

Think you might have COVID-19?

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.

If you or your child become ill or you are showing symptoms of COVID-19, reduce your contact with others; isolate yourself at home for 14 days to avoid spreading it to others; if you live with others, stay in a separate room or keep a two-metre distance; visit a health care professional or call your local public health authority; call ahead to tell them your symptoms and follow their instructions.

Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has suspected or probable COVID-19, it is important to follow the advice for caregivers.

This advice will help you protect yourself, others in your home, as well as others in the community.

Coronavirus infections are diagnosed by a health care provider based on symptoms and are confirmed through laboratory tests.

Treating coronavirus — Most people with mild coronavirus illness will recover on their own. If you are concerned about your symptoms, you should self-monitor and consult your health care provider. They may recommend steps you can take to relieve symptoms.

If you have received a flu vaccine, it will not protect against coronaviruses. At this time, a vaccine or therapy to treat or prevent this disease has not yet been developed.

However, the COVID-19 pandemic has resulted in a global review of therapies that may be used to treat or prevent the disease.

Health Canada is fast tracking the importation and sale of medical devices used to diagnose, treat or prevent COVID-19.

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal coronaviruses can infect people, and more rarely, these can then spread from person to person through close contact.

There have been two other specific coronaviruses that have spread from animals to humans and which have caused severe illness in humans.

These are the severe acute respiratory syndrome coronavirus (SARS CoV) and Middle East respiratory syndrome coronavirus (MERS CoV).

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: JULY 2 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



Outgoing RSM CWO Bill King (left) looks on as incoming 2PPCLI RSM CWO Brett Perry (right) grabs his pace stick during the live Facebook CoA. Prior to the ceremony, QMSI MWO John Brogaard (inset top) demonstrates physical-distancing protocols for CWO Perry.

Photos Jules Xavier/Shilo Stag & MCpl Heather MacRae

2PPCLI welcomes new RSM during CoA

Jules Xavier
Shilo Stag

“Just throw me out with the bath water.”

Humble to the end, CWO Bill King did not want to be fussed over as he handed his 2PPCLI RSM pace stick to incoming RSM CWO Brett Perry during a Change of Appointment (CoA) rehearsal.

“I don’t need to be in any photos ... everyone [with 2PPCLI] knows what I look like,” he said laughing. “This is not about me, it’s about the new RSM CWO Perry. It’s his moment.”

That moment came June 18 just after 1 p.m. when CWO King officially relinquished a post he has worked in since June 22, 2017.

“The Regimental Sergeant Major (RSM) is the First Spear Centurion of the unit,” said 2PPCLI CO LCol Michael Reekie in a live-streamed CoA ceremony on *Facebook*. “He is the senior soldier, the most experienced warrior, and the master-of-arms. It is to the RSM that the unit looks for wisdom and example.”

He added during the ceremony where those in attendance followed COVID-19 physical distancing protocols, “It is the RSM that inspires your warriors, mentors senior NCOs, and know the business of war better than an other. The change of appointment today marks the passing of the torch from one such warrior to another.”

LCol Reekie thanked CWO King for his service to “Queen and Country” during the afternoon ceremony.

“I thank you for your wise council, your expert soldiering, and the example of service before self is an inspiration

to our Regiment. On behalf of all ranks of Second Battalion, thank you for your leadership and self-sacrifice ... distinguished both on and off of the battlefield. You are a rock.”

He then welcomed CWO Perry to the 2PPCLI family following his arrival from Ottawa, where he was the Sergeant-Major with ...

“You are a proven warrior, distinguished in combat. Welcome home. We all look forward to serving with you. We live in uncertain times. Our nation is safe with your steady hand on the helm of this fine war-fighting Battalion. Take up the first spear and carry it with strength.”

With the pace stick exchanged, LCol Reekie added, “On behalf of all ranks [with] 2PPCLI, I want to express our profound gratitude to RSM King and welcome RSM Perry — strength and honour to both of you.”

Former 2PPCLI CO, and current 1CMBG Comd Col Bob Ritchie also participated in the CoA virtually, with a pre-taped video from Garrison Edmonton.

“On behalf of the Brigade Sergeant-Major and I,” he said, “congratulations to the Second Battalion, Princess Patricia’s Canadian Light Infantry on its 26th Change of Appointment of the unit Regimental Sergeant Major.”

“We owe a debt of gratitude to the outgoing RSM, Chief Warrant Officer King, for his leadership and mentorship of soldiers in the enhanced Forward Presence Battle Group in Latvia and in the Second Battalion over the last three years.”

For his contribution to 2PPCLI, and tremendous sacrifices of his family, Col Ritchie presented him with a 1CMBG branding iron and 1CMBG soldiers’ coin for excellence.

He then welcomed CWO Perry to 2PPCLI and his new position.

“You are a gifted leader who will guide the unit on the next bound in its service to Canada,” he said. “Second to none!”

CWO Perry thanked LCol Reekie for the trust placed in him as 2PPCLI’s 26th RSM.

“To the Regiment, I promise to do my very best in this position,” he said during a pre-taped interview taken by 3 Div photographer MCpl Heather MacRae. “It’s not lost on me the trust that’s been placed in me.”

He added, “To the warriors of 2PPCLI as I stand in front of this LAV, a great piece of kit, it’s absolutely useless without you. I want to you to know as your RSM, I place you first because you are our best resource. I can promise you I will always be beside you, or in front of you.”

CWO Perry conceded in his remarks he looks forward to the challenges ahead for 2PPCLI during the current pandemic.

“For all the challenges we have in the future,” he said, “we’re going to be there together, and we’re going to crush them.”

For CWO King, returning to Garrison Edmonton where he left his family while being on IR posted to Manitoba, will be different from being part of the Regiment.

“It’s amazing how fast three years go by,” he said in a brief departure speech. “It was great to come back to where it all started [for me] in February 1995, but this [CoA] has to be done to make way for RSM Perry. Enjoy it. Three years goes by quick.”

Up next for CWO King will be a return to the classroom, where he’ll hone his language skills for a year while improving his French profile.



COVID-19 UPDATES for CFB SHILO

www.facebook.com/ShiloSTAG/