


**CANEX**  
A division of CFMWS  
Une division des SBMFC



**PRICE MATCH  
GUARANTEE**

**WE WILL MATCH...**  
ADVERTISED PRICES ON ELECTRONICS, CAMERAS,  
COMPUTERS & MAJOR APPLIANCES. DETAILS ARE  
AVAILABLE IN-STORE OR ONLINE AT WWW.CANEX.CA



1947 - 2017

**Shilo  
Stag**

**70 YEARS**

Your source for Army news in Manitoba

**CANEX**  
A division of CFMWS  
Une division des SBMFC

Rabais de **3¢** OFF  
EVERY LITRE OF FUEL  
SUR LE LITRE D'ESSENCE

**EVERY WEDNESDAY**  
at CANEX SuperMart Shilo

**CHAQUE MERCREDI**  
au Supermart CANEX de Shilo

*Restrictions apply. Des restrictions s'appliquent.*

**INSIDE**  
This Issue



Snowbirds' PAO remembered as storyteller Page 4



Op LASER assists in seniors' homes Page 6



1CMBG hold social-distancing ceremony Page 8



**Former  
PPCLI  
soldier  
turns 100**

Soldiers from 2PPCLI navigating two LAV-6 drove past 100-year-old Art Bayes (inset) the day after he celebrated his centennial birthday May 22. The former PPCLI member and Second World War veteran waved appreciatively from his second floor apartment at the Victoria Landing Retirement Residence in Brandon during the visit. About 40 2VP soldiers from CFB Shilo participated in the post-birthday celebration.

*Photos Avr (T) Jade Lefebvre*



Volume 59 • Issue 10

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		ext 3013
Advertising rep		ext 3013
PAO Advisor	Lori Truscott	ext 3813

Fax: 204-765-3814 Email: [stag@mymts.net](mailto: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](mailto: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>

**Guild**  
INSURANCE BROKERS



SHILO • CARBERRY • WAWAWESA  
VIRDEN • 2830 VICTORIA AVENUE  
• SHOPPERS MALL BRANDON  
[www.guildhmsinsurance.ca](http://www.guildhmsinsurance.ca)

HOME FARM BUSINESS TRAVEL LIFE **autopac**ASK US ABOUT OUR  
DND MILITARY INSURANCE PROGRAM

# Remain vigilant to ensure a healthy force

## Gen Jonathan Vance Stag Special

I write to you as we continue to do our part in Canada's concerted efforts to fight the spread of COVID-19.

The health of the Canadian Armed Forces (CAF) remains critical and I want to update you on current operations as well as how your CAF plans to operate in a prolonged COVID-19 environment.

As the curve continues to flatten and regional discussions have moved towards easing social restrictions, you must continue to follow the measures the CAF has implemented to ensure a healthy force.

Follow regional guidelines on social interaction, but do not relax those measures put in place by the CAF. We must remain committed to a healthy force.

I have directed the senior leadership of the CAF to plan for the controlled resumption of critical activities with specific measures to allow for continued operations in a COVID-19 environment.

What is clear is that CAF readiness must be maintained and not allowed to erode. It is a conditions-based approach.

Health and safety are key planning principles. Consideration is also being given to issues such as the ability to carry out family care plans, the availability of daycare centres, the reinstatement of the school year, the availability of public transportation, the lifting of regional movement restrictions, and access to telecommunications and IT infrastructure.

What does this mean for those currently dispersed?

As plans are formalized from the strategic to the tactical level, and in the coming weeks, you will begin to have a better understanding of how you will carry out your duties.

You may continue to work at home, or work on site, or a mixed approach, all with new safety protocols in place.

In the coming weeks, plans will be formulated for the resumption of critical activities, with dates and timings to be determined. Plans will be regionally based, conditions-based and continuously reviewed for health and safety.

I want you to know that critical activities must resume to ensure the CAF meets its obligations, but we will need to work as a whole Defence Team.

I ask that you continue to demonstrate your professionalism and patience and that we must collectively look at employing creative opportunities in order to carry on with critical activities.

Take the time now to get ready. Focus on your mental and physical fitness. Make sure your PT regime has prepared you to return to work.

If you are not ready, make PT a priority. Get ready now for tasks. If there is any self-directed professional development and education available, now is the time to get the courses done.

Meanwhile, there's Op LASER for members of the CAF. Operations continue in support of requests for assistance from provinces and territories. Approximately 1,350 to 1,400 CAF personnel are committed to the support of 25 long-term care facilities in Quebec. Of this number about 1,000 medical and support personnel are contributing inside the facilities.

The remainder are providing essential day-to-day support, such as delivering personal protective equipment and other needed sup-

plies, maintaining liaison with the Province, as well as planning to refine operations to better support the patients of the long-term care facilities.

Incredible work is being done by our troops in long-term care facilities (LTCF) in both Quebec and Ontario. With advice from our Surgeon General, they are applying all protocols to work to mitigate the hazards, but COVID-19 is persistent in these facilities and CAF personnel have been infected at an increasing rate.

To recognize this uniquely hazardous environment, as previously mentioned, I have tasked my staff to pursue Hazard Allowance for those directly engaged inside the facilities. I will provide further information on this issue shortly.

For now, for further information on the CAF response to COVID-19, including Op LASER and the latest data for COVID-19 related positive CAF cases resulting from LTCF operations, refer to the following CAF website which will be regularly updated: [www.canada.ca/en/departement-national-defence/campaigns/covid-19-military-response.html](http://www.canada.ca/en/departement-national-defence/campaigns/covid-19-military-response.html)

Were it not for COVID-19, senior CAF leaders and I would be visiting you regularly in person to offer our condolences for recent tragedies, and to personally thank you for the superb work that you do.

The COVID-19 travel restrictions and safety measures stop us from doing so, but please know that I, and the entire CAF leadership, look forward to the day we can freely circulate in Canada and overseas.

Deputy Defence Minister Jody Thomas and I have issued direction to CAF and DND to begin the process of resuming individual and collective training.

The Main Effort will be individual training through DP1 courses in both the Regular and Reserve Force. You can expect Warning Orders soon.

On average we are at approximately D-30 for the staged, deliberate, conditions-based resumption of training at CFLRS, the Combat Training Centre, Division Training Centres, the Air Divisions and the Coasts.

Expeditionary rotations and missions will recommence and those missions which have been reduced in strength to meet force protection demands will be gradually re-established to full strength.

Once again, thank you for following the protocols of both the CAF and your local communities as you work to stay healthy. You must continue to protect yourself and your family.

I remind you that considerable leeway has been granted to customize moves and administration associated with postings to ensure that you can do your part to manage your health and safety and that of your loved ones while meeting your obligations.

The same can be said for returning to the workplace — your personal situations will vary depending upon your ability to secure childcare and protect those who may be vulnerable.

Keep your chain of command well informed and you will be well served.

The COVID-19 environment is our new reality and we will continue to adapt as we serve and defend Canada.

The resumption of business has started, ensure you are ready both mentally and physically.

Proud to serve you as your CDS. Stay Fit to Fight!

Gen Jonathan Vance, CDS

## 'It depends' on different factors for returning to work

### Jody Thomas Stag Special

Team — you want to know when we will resume business activities and what that will look like. Here is best answer I can give you right now.

Short answer — in no way making light of this difficult situation, the answer is "it depends." But as Deputy Minister, I have no expectation that all of you will be back in your regular places of work on June 1.

Some of you may be, but a great number of factors must be considered, communication will have occurred, and safety measures will have been put in place before that happens.

Long answer — in broad strokes, the process of business resumption, with some of us working remotely, and others working on a DND site.

It will roll out like this: During the next several weeks, L1s across the Defence Team will explain to their staff in greater detail how — and when — your different areas of operations will resume a more familiar state of business.

As a Defence Team civilian, your personal resumption-of-business timing will be influenced by a variety of factors, including, but not limited to: the public health conditions in your part of the country; the type of work you do on the Defence Team; your work location's readiness to accommodate workers in a safe way; whether your work needs to take place on a DND/CAF premises, or whether remote work is possible; your health; and your personal situation, especially as it relates to COVID-19 related complications such as child care, caregiver responsibilities, public transportation and other matters that are beyond your control.

These and other challenges have been raised by many of you who have completed our Defence Team COVID-19 Survey, and we will continue to analyze the data and help it inform our actions throughout the Business Resumption Process.

Jody Thomas, Deputy Minister of National Defence

## 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.



Now that the summer-like weather has finally returned, you will see more PMQ residents out with their family pets going for walks, or rides.

*Photos Jules Xavier/Shilo Stag*



**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](http://days-inn-brandon.com)

# Reach out if you are feeling isolated

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

## Brenda Windsor Stag Special

Isolation can be very lonely yet it remains so important to continue to do so in order to minimize the spread of COVID 19.

As the social restrictions evolve and unfold, the potential for harm associated with alcohol and drug use may increase. Some people may find themselves drinking or using substances more to cope with anxiety, negativity, stress and our challenging environment.

A recent CCSA poll [www.ccsa.ca/canadians-under-54-drinking-more-while-home-due-covid-19-pandemic](http://www.ccsa.ca/canadians-under-54-drinking-more-while-home-due-covid-19-pandemic) found that 25 per cent of Canadians aged 35 and 54 and 21 per cent of Canadians aged 18 to 34 say they have increased the amount of alcohol they drink while spending more time at home during the COVID-19 pandemic. While substance use may appear to initially reduce stress, in the long run, use actually makes things worse. Our brains and bodies develop tolerance to the numbing impacts of these substances resulting in the need to increase both quantity and frequency of use.

This increase leads to additional harm delaying recovery from times of high stress.

We would like you to remember the Canada's Low Risk Alcohol Drinking Guidelines at [www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf](http://www.ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf) recommend:

- For women: No more than 10 standard drinks with no more than two drinks per day, most days.
- For men: No more than 15 standard drinks with no more than three drinks per day, most days.

### Safe Drinking Tips:

- Set limits for oneself and stick to them;
- Drink slowly consuming two drinks over a three hour period;
- Rotate the consumption of one non-alcoholic beverage between each drink that contains alcohol;
- Consider your age, body weight and health problems that might suggest a lower limit requirement; and
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

Additionally, for those who chose to use cannabis, Lower-Risk Cannabis Use Guidelines at <http://crismonario.ca/Pages/LR-CUG.UserBrochure.Revision.English.Final.pdf> suggest:

- Choose products with low THC content or higher CBD to THC ratio;

- Avoid synthetic cannabis;
- Smoking dried cannabis is the most harmful way of using cannabis because it directly affects your lungs;
- If cannabis is smoked, avoid harmful practices such as inhaling deeply or breath-holding;
- Cannabis impairs cognition, attention, reaction and psychomotor control. Avoid driving while under the influence; and
- People with a personal or family history of psychosis or substance use disorders, as well as pregnant women, should not use cannabis at all.

Your mental health is important just like your physical health, so taking steps to look after both is vital. Reach out as needed and stay well.

### Here are a few relevant links to can visit:

- Canadian Centre on Substance Use and Addiction [www.ccsa.ca/](http://www.ccsa.ca/)
- Health Canada Problematic Substance Use [www.canada.ca/en/health-canada/services/substance-use.html](http://www.canada.ca/en/health-canada/services/substance-use.html)
- Addictions Foundation of Manitoba <https://afm.mb.ca/>
- CAF Addiction awareness and prevention [www.canada.ca/en/department-national-defence/services/benefits-military/health-support/staying-healthy-active/addiction.html](http://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/staying-healthy-active/addiction.html)
- Alcoholics Anonymous (AA) of Manitoba <https://aamanitoba.org/>
- Manitoba Area of Narcotic Anonymous (NA) <https://mascna.org/>

### There are resources and individuals on the Base and elsewhere to help if you reach out:

- CFB Shilo
- Military police: 204-765-3000 ext 3337 or dial 911
- Victim services 204-765-3000 ext 3378
- Base Mental Health: 204-765-3000 #3177 (bilingual)
- Shilo's MFRC reception: [shilomfrc.sg@outlook.com](mailto:shilomfrc.sg@outlook.com) plus clinicians Ryan Blackman e-mail [shilomfrc.rb@outlook.com](mailto:shilomfrc.rb@outlook.com) or Carlyne Senchuk-Lavergne e-mail [shilomfrc.csl@outlook.com](mailto:shilomfrc.csl@outlook.com)
- Duty Chaplain: 204-765-3000 ext 3044 ask for duty chaplain Helping professionals from CFB Shilo have a "no wrong door" policy. If you reach out to any service, we will help you find the resource best suited for your needs

### CAF:

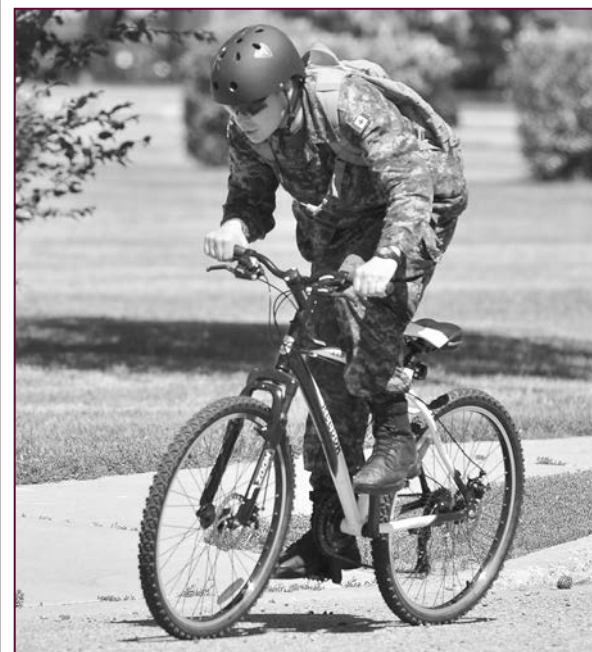
- CF Member Assistance Program (CFMAP): 1-800-268-7708
- Family information line: 1-800-866-4546

### Brandon:

- Online AA meeting available at <https://aamanitoba.org/>
- Online NA meetings available at <https://mascna.org/>
- Westman Crisis Services Prevention Service: 1-833-977-0007 Text - 45645
- Mobile Crisis Unit 1-888-379-7699 or 204-725-4411

*Brenda Windsor/11 CF H Svs C social worker*

## 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.



# Op INSPIRATION: Snowbirds fly over CFB Shilo



The CAF's national aerobatics team flew over CFB Shilo mid-morning May 12 after leaving 17 Wing Winnipeg. The Snowbirds were on Op INSPIRATION, a cross-country tour to boost residents' spirits during the COVID-19 pandemic.

Photos Jules Xavier/Shilo Stag

## Snowbirds' PAO passenger in injured pilot Capt Richard MacDougall's No. 1 jet Former 'storyteller' Capt Jennifer Casey killed in CT-114 Tutor crash

### Shilo Stag

A member of the Canadian Armed Forces (CAF) was killed May 17 and one other member injured in an accident involving a Royal Canadian Air Force (RCAF) CT-114 Tutor aircraft in a residential area of Kamloops, BC.

Killed was 35-year-old Capt Jennifer Casey, the team's Public Affairs Officer (PAO), originally from Halifax, Nova Scotia.

She communicated with the *Stag* to let us know the national aerobatics team would fly over this Base mid-morning May 12 after leaving 17 Wing Winnipeg, coming in from the east and flying over Base HQ prior to giving residents in the Q-patch a brief glimpse as the pilots turned west and headed for a stop-over in Brandon.

Capt Richard MacDougall, one of the team's co-ordinators and pilot of the No. 1 aircraft, was seriously injured and is being treated for his injuries.

"I was deeply saddened to learn of the loss of one of our Canadian Armed Forces members in a tragic incident involving one of our Snowbirds' aircraft in Kamloops, British Columbia. I am sending my sincerest condolences to the family, friends and colleagues of Capt Jenn Casey. I am also wishing a rapid and complete recovery for Capt Richard MacDougall," said Minister of National Defence Harjit Sajjan.

"Canadians look at the Snowbirds as a source of joy and an exhibition of the incredible feats that our people in uniform are capable of. Operation INSPIRATION was intended to lift the spirit of Canadians at this difficult time and the Snowbirds accomplished their mission. I know that all Canadians grieve this tragic loss."

"Another tragedy has hit our Canadian Armed Forces. The Snowbirds' Op INSPIRATION brought joy to Canadians across our country. Today, we come together in their time of need," added CDS Gen Jonathan Vance. "For the family of Capt Jenn Casey we send our condolences, know that she was an inspiration to many and she will be missed. To Capt Richard MacDougall, we wish you a speedy recovery."



During flights from one location to another, Capt Jennifer Casey would sit in the left seat of the No. 1 Snowbird alongside pilot Richard MacDougall.

Photo Mark Brett

The CF Snowbirds were deployed on Op INSPIRATION, a cross-Canada tour to lift the spirits of Canadians and salute front-line workers during the COVID-19 pandemic.

At the time of the accident, the CF Snowbirds were taking off from the airport in Kamloops, BC, en route to CFB Comox.

"The whole Defence Team family is deeply saddened by the loss of Capt Jenn Casey. Deepest condolences to her loved ones, and to her colleagues in the Snowbirds, the RCAF and her fellow Public Affairs Officers," offered Deputy Minister of National Defence Jody Thomas. "We also wish Capt Richard MacDougall a steady recovery through these most difficult of times."

A RCAF Flight Safety team departed from Ottawa to investigate

the circumstances of the accident and began their work immediately upon arrival.

"Today, the RCAF has suffered another tragic loss of a dedicated member of the RCAF team. We grieve alongside Jenn's family, friends and colleagues and are deeply saddened. Our thoughts also go out to the loved ones of Capt Richard MacDougall. We hope for a swift recovery from his injuries," offered RCAF Comd LGen Al Meininger.

...

A week after her death, Capt Casey's "final journey home to Halifax" was aboard a CC-130J Hercules that lifted off from Abbotsford, BC, en route to Nova Scotia. A ramp ceremony was held on the tarmac near Halifax Stanfield International Airport. This was followed by a police-escorted motorcade procession from the airport, through the city of Halifax where Haligonians lined the route, to the Atlantic Funeral Home.

The planned motorcade route took the captain's casket to some of her favourite spots in Halifax.

It is important to note Capt Casey died trying to inspire people across the country to stay home, keep their distance, and stay safe while keeping their spirits high.

At the request of Capt Casey's family, spectators and participants were encouraged to respect physical distancing guidelines during her homecoming. They also asked participants and spectators to wear red and white, the official colours of the Snowbirds, to honour Capt Casey.

#### Quick Facts

- The CT-114 Tutor fleet has been placed on an operational pause and Op INSPIRATION has been delayed indefinitely.
- Capt Jenn Casey joined the CAF in August 2014 as a direct entry officer. She joined the CF Snowbirds in November 2018.
- A Flight Safety Investigation will be conducted to ensure our personnel can continue to have confidence in our equipment and procedures. One of the aims of the Flight Safety program is to investigate such occurrences with the objective of quickly identifying effective preventive measures that will either prevent or reduce the risk of similar occurrences in the future.



If the Snowbirds had done a full show, as the *Stag* editor witnessed last August in Nanaimo, BC, residents of CFB Shilo would have witnessed the aerobatic skills of Snowbirds pilots, such as this precision move. During the aerial shows, Capt Jennifer Casey would be on the PA system describing what the pilots were doing.



Joining the Canadian Armed Forces (CAF) as a PAO in 2014, 35-year-old Capt Jennifer Casey became the Snowbirds PAO in 2018. The Haligonian was a newspaper and radio reporter in Halifax and Belleville, Ont., prior to switching to a military career.

Photo CAF



PAO Capt Jennifer Casey emceed the Snowbirds show held over the Nanaimo harbour when *Stag* editor Jules Xavier photographed the action while on vacation in August 2019. The Snowbirds did a number of shows on Vancouver Island, demonstrating the skills they hone every spring while training out of CFB Comox before returning to home base CFB Moose Jaw, SK.

# Statement on behalf of Snowbirds' PAO Capt Jennifer Casey's family

Capt Jennifer Casey, our beloved daughter lost her life May 17 in Kamloops, BC, while supporting an important mission that seemed to be designed for her.

Op INSPIRATION is a mission with one focus, making Canadians happy in a time of uncertainty and there was no better person in this world to carry out that mission than Jenn.

Her beautiful smile and positively infectious personality could brighten anyone's day and she proudly served the mission as she flew across our great nation with a team that she adored, the Snowbirds.

Jenn was more than a granddaughter, daughter, sister, and friend to many, she was a storyteller, a role which she embraced with passion and skill.

She was also a proud Nova Scotian that served as an advocate and ambassador for her province wherever she went. Her journey took her many places but her heart was always at home in Halifax.

It was in Halifax, where Jenn studied journalism at the University of Kings College, and started her career in journalism with the

Roger's network at News 95.7 — where she developed her storytelling skills, giving a voice to local causes and community groups that often didn't have one.

Working with News 95.7 is where she built her enormous network of friends that have spent the last several days sharing kind words about her professionalism and beautiful character. Now they are telling her story. Always one for an adventure, Jenn joined the Canadian Armed Forces (CAF) in 2014 as a Public Affairs Officer (PAO), where she thrived personally and professionally.

While serving her country, Jenn traveled around the world meeting new friends at every stop along the way. Using her experience and media connections, Jenn was great at telling the stories of the brave men and women that serve Canada at home and abroad.

She was committed always to honing her skills and advancing her education in the field by completing a Master of Interdisciplinary Studies from Royal Roads University in BC.

Many say that the military is much like a second family and Jenn welcomed these brothers and sisters with open arms and all her

heart. There are many groups in her military family that are sharing in her loss.

First and foremost, we are sharing this loss with the Public Affairs Branch, a group of communications professionals that introduced Jenn to her military family.

We also share this loss with everyone in the Royal Canadian Air Force (RCAF), a group of loving individuals that will always remember Jenn for the contributions that she made to the team.

And finally, we share her loss with the Canadian Forces Snowbirds, 431 Air Demonstration Squadron, a team which she proudly served in a job she truly loved.

Our hearts are with all of you at this time as we mourn the loss of Jenn and remember all of the memories we shared with her.

As she makes her way back to Nova Scotia to her final resting place, we ask those that knew and loved Jenn to cherish the memories which you have of her and continue to bask in the light that she shone on everyone's life. She is gone but will never be forgotten.

Capt Jennifer Casey — we salute you!

# Op LASER: CAF provides support in seniors' residences

## Stag Special

Every day, Canadian Armed Forces (CAF) members risk their own health and safety to protect Canadians.

In response to requests for assistance from Quebec and Ontario, the CAF is honoured to be able to provide support to some of our most vulnerable populations. The CAF has approximately 1,400 personnel committed to 25 Long Term Care Facilities (LTCFs) in Quebec, and 275 members committed to five LTCFs in Ontario.

Their dedication and expertise continue to make an impact in Canada's fight against the COVID-19 pandemic, through Op LASER.

Currently, the CAF and DND will be providing updates to inform Canadians about the number of CAF members affected by COVID-19, as a result of their work in LTCFs in Quebec and Ontario.

These updates will be released every two weeks, for the duration of the CAF deployment in LTCFs. This data is being proactively released so CAF members, their families, and LTCF residents and staff members are aware of the impacts on our personnel and the effectiveness of our protection and prevention measures.

As of May 24, COVID-19 cases among CAF members serving in LTCFs during Op LASER: 14 positive tests in Ontario; 22 positive tests in Quebec. These numbers are based on the most recent information that has been reported.

Our members possess unique military knowledge and skills that position them to assist civil authorities in specialized areas in Canada's fight against COVID-19.



Capt Myriam Moreau, a nurse with 25 CF Health Services Centre at CFB Bagotville, works at the Auclair residential and long-term care centre in Montreal, Que., during Op LASER.

Photos Cpl Genevieve Beaulieu/Valcartier Imaging

Through ongoing co-ordination with federal and provincial partners, the CAF continues to allocate all appropriate and available DND/CAF resources, including medical personnel, towards supporting long term care facilities in Quebec and Ontario.

All CAF personnel who are deployed in Quebec and Ontario facilities are properly trained and equipped. At the same time, our members are taking extraordinary precautions to stop the spread of this disease and to remain healthy and ready to assist civil authorities.

Before deploying in LTCFs, personnel are trained in a number of areas including: safe movement of patients, protocols for wearing and using personal protective equipment, assisted feeding, and bedside care.

In addition, our personnel undergo a familiarization and orientation period in the establishment to ensure their work will be properly structured and effective once they commence duties. Personnel also receive mental health and resilience training to prepare them for the current reality in LTCFs.

Should CAF personnel be asked by provincial authorities to reposition from one facility to another with more acute needs, members will first be screened for illness and all personal health measures will be strictly enforced.

Additionally, the CAF has contracted hotels to support the housing requirements of CAF members providing direct on-site support to LTCFs. Independent food, transportation and laundry systems are made available to personnel to ensure the force is self-sufficient.

Our soldiers are agile and accustomed to dynamic environments. They take pride in helping others by quickly adapting to perform new tasks in a new environment in teams with other health profes-

sionals pursuing a common goal.

The CAF salutes civilian members working bravely and tirelessly in LTCFs across Canada.

The health and well-being of our military personnel and their loved ones remains a priority for us, which will help safeguard our readiness to assist civilian authorities in times of crisis such as we are experiencing now.



A team of military personnel from various parts of Quebec provides care to residents at the Vigi Reine-Élizabeth residential and long-term care centre in Montreal, Que., as part of Op LASER.

## CFB Shilo's Military Family Resource Centre is now accepting applications:

### Prevention, Support & Intervention Co-ordinator

This is full-time (37.5 hrs/week) position under the direct supervision of the executive director. This position is responsible for the development, implementation, maintenance, evaluation and direct service delivery of psychosocial, mental health, and wellness services to military families. This includes initial and continued contact with families, screening/ assessment and referrals; short-term counselling (eight to 10 sessions); group work and program development and facilitation.

#### Must have following qualifications:

BSW (or equivalent – counselling background); registered member in good standing with the appropriate provincial licensing body; minimum of three years experience in psychosocial support, short-term intervention, and family support; and strong foundation of brief intervention therapies and/ or solution focused therapy.

#### Desired assets:

Skilled at facilitating therapeutic groups; experience instructing workshops and courses relating to family and personal issues; familiarity working with children, adolescents, and adults as well as individuals, couples, and families an asset; ability to work as part of a team as well as independently; other certification/courses and skills eg: Applied Suicide Intervention Skills Training (ASIST); first aid/ CPR; French a definite asset; computer and internet skills with the ability to research relevant information; and willingness to work flexible hours.

For a complete job description contact us at address below.

**Terms of reference: salary \$31.88 to 34.83/hr based on experience**

**Anticipated start date - as soon as possible**

**Deadline for applications June 6, 2020**

Please submit your resume in confidence to: Shilo MFRC executive director Willemien Van Lankvelt, CFB Shilo Military Family Resource Centre; PO Box 5000, Station Main Building T-114, Shilo, MB, R0K 2A0 or use e-mail [willemien.vanlankvelt@forces.gc.ca](mailto:willemien.vanlankvelt@forces.gc.ca)

*We thank all applicants; however only those selected for an interview will be contacted.*



If you come across a fawn in your backyard, or while out on a hike in the Spruce-woods forest, avoid touching the newborn left by mom.

## Avoid touching newborn fawns left by mom

### Shilo Stag

With the advent of late spring, CFB Shilo's hinterland will be blessed by the birth of white-tail and mule deer newborn babies.

Deer will deliver their newborns in the strangest of places! Residents will find them and be concerned about a newborn deer on their lawn, in their garden, or under the azaleas out in the backyard garden.

Most people will call provincial conservation or wildfire agencies because they think the fawn is in peril and mom is nowhere to be found.

However, mom is actually off feeding and helping to keep predators away. Those who call wildlife agencies ask what they should do for the fawn.

Advice — leave the fawn alone, do not touch, move or attempt to feed it.

Here's the scoop. Deer are NOT like horses. They do not have their legs under them immediately and need time to rest after birth.

Horses get up and go that's the sign of a healthy horse. A healthy fawn will curl up, nap most of the day and move their heads. They have no scent and predators cannot find them unless humans interfere.

Mom leaves during the day for two primary reasons: to feed, and to keep her scent a distance from the fawn.

Mom will return — unless something tragic happens to her — but don't expect her until dusk and certainly don't expect her if humans are hovering around.

If you are fortunate enough to have the gift of a fawn enjoy the experience, respect Mother Nature and let mom do what comes naturally. She will move the fawn daily so you may see it in different locations.

# Pet of the Week

## GUS

Jack Russell terrier Gus likes to watch life go by from the comfort of the living-room window of a PMQ shared by his human family of RPOU-W Det Shilo 2IC Capt Peter Fullola and wife Melissa. Besides the kids, he also has canine pal Chico to play with when not relaxing in front of the window. 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](mailto:stag@mymts.net)



## PEACEFUL VALLEY PET CREMATORIUM

"A treasured memorial for your cherished pet."

[www.peacefulvalleypetcrematorium.com](http://www.peacefulvalleypetcrematorium.com)

**Karen & Rob Gardiner**  
204-748-3101 • Virden



## Moose visitor

A young moose was recently photographed in the area of Lundy's Lane early in the morning. It's not often you see this giant from the deer family. It's usually elk or whitetail deer on the Base.

*Photos Sofia Ells*

## Military children invited to BMO dance on Facebook

### Stag Special

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

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

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

This texting service is confidential, free and available 24/7 across Canada. It is powered by The Kids Help Phone.

For more information, visit [www.cafconnection.ca/CAFKIDS](http://www.cafconnection.ca/CAFKIDS)  
BMO is a founding partner of Kids Help Phone, having helped to establish the organization in 1989. As a military community ally, BMO has asked PSP to help promote the message of the Never Dance Alone-a-thon and the new Crisis Texting Service for Kids of CAF Families.

Join us May 31 in the Never Dance Alone-a-thon powered by BMO. Let's dance together to songs which make us feel together, so that no young person ever feels alone.

How do you participate?  
PSP Recreation HQ created a Facebook event on the national PSP Facebook page.

Visit [www.facebook.com/events/190545808663180/](http://www.facebook.com/events/190545808663180/)  
You can obtain further information about the event at [www.caf-connection.ca/National/Virtual-Services/PSP-Recreation-Special-Events.aspx](http://www.caf-connection.ca/National/Virtual-Services/PSP-Recreation-Special-Events.aspx)

Meanwhile, if you looking to participate why not learn one of the official CAF dances.

Upload your dance May 31 on Facebook, Instagram, Twitter, Snapchat or TikTok.

Just remember to use the hashtag #NeverDanceAlone #PSPrecreation and tag @KidsHelpPhone and @BMO and the following text: "Children, youth and young adults from military families can access free mental health and well-being support by texting the keyword CAFKIDS at 686868 for service in English."



# CLASSIFIED ADS

Email: [stag@mymts.net](mailto: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 4 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 [gstele4570@gmail.com](mailto:gstele4570@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](mailto:npfhrshilo@cfmws.com) OR for more detailed information on the jobs offered at CFB Shilo visit: [www.cfmws.com](http://www.cfmws.com)

## NOTICE TO READERS

Newsprint is a porous material: there are no known cases of transmission of COVID-19 through paper products. The World Health Organization (WHO) says potential transmission of the virus is extremely low via commercial products. Papers are mechanically printed and bundled, wrapped for delivery and placed on news stands or delivered to outdoor points by our Base carriers. Be reassured, all of us involved in getting the Shilo Stag to you are taking the recommended handling and distancing precautions. *If you are staying close to home we'll also be uploading the Stag to our Facebook page:*

[www.facebook.com/ShiloSTAG/](http://www.facebook.com/ShiloSTAG/)



Your service  
sets you apart.  
Your insurance should too.



The Personal will be donating  
**\$10,000 to Support Our Troops**  
to help members, veterans, and  
their families.



**thePersonal**  
Home and Auto Group Insurer  
Group rates. Preferred service.

Certain conditions, limitations and exclusions may apply. The Personal refers to The Personal General Insurance Inc. in Quebec and The Personal Insurance Company in all other provinces and territories. Auto insurance is not available in MB, SK and BC due to government-run plans and cannot be transferred if you relocate to those provinces.

# Social-distancing followed during 1CMBG's CoA

## Lt Ryan Bartlette Stag Special

When Regimental Sergeant-Majors take over a post, you may often hear to it referred as a "Change of stick" by soldiers across the ranks.

The history of the pace stick traces back to the Royal Regiment of Artillery, who used it to correctly measure the space between field guns in battle.

This measure was adapted for drill and ceremonial purposes, where it has been a staple in the Army ever since. Regardless of which Corps you belonged to, what the pace stick signified was unmistakable.

The carrier was the top non-commissioned member in their formation, and a professional of the rank and file.

This tradition runs deep in our war-fighting formation, and continued April 29, as incoming Brigade Sergeant-Major (BSM) CWO Rob Clarke replaced outgoing BSM CWO Darren Hessell.

The Change of Appointment (CoA) denotes a change of the top soldier in a team committed to operational excellence at home, and around the world.

Normally, our eight decorated units would come together to celebrate this momentous occasion, but today's reality has mandated that we denote this remarkable transition in a different way.

The 1 Canadian Mechanized Brigade Group (1CMBG) staff team came together to live stream the

event, allowing our soldiers and families to participate in this momentous occasion while prioritizing the health of our forces.

CWO Hessell has served with distinction as the BSM for 1CMBG since June 26, 2017. His storied career has spanned more than three decades and all three Battalions of the Princess Patricia's Canadian Light Infantry (PPCLI).

His operational excellence cannot be understated, including combat actions for which he was duly recognized. CWO Hessell plans to retire imminently in the Edmonton area, and we wish him and his family well in their future endeavours.

As we say farewell to one top soldier, the Brigade welcomes home one of its own and a professional warrior in CWO Clarke. He has filled virtually every position a non commissioned member can at the Lord Strathcona's Horse (Royal Canadians).

His experience on six operational deployments suit well to a Brigade resolute in its commitment to operational excellence. CWO Clarke considers himself a soldier first, where "earning your spot" is ingrained in our shared culture.

We are privileged at 1CMBG to have an immense depth of soldiers skilled in combat, and the profession of arms. Our Brigade is honoured to have the steady, guiding hand of experience amongst our Command teams. This important relationship is at the core of military missions, and continues to this day at 1CMBG, where Col Bob Ritchie is the Commanding Officer (CO).

*Lt Ryan Bartlette, 1CMBG PAO*

1CMBG Comd Col Bob Ritchie talks about outgoing BSM CWO Darren Hessell, using social-distancing during a live streamed CoA ceremony held at Garrison Edmonton.



New BSM CWO Rob Clarke salutes 1CMBG Comd Col Bob Ritchie.

*Photos Pte Fiona Roberts*