


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



Established 1947

Shilo Stag

74 YEARS

Your source for Army news in Manitoba

ULTIMATE SUPER SALE March 18 - 25



CONAN 6-PIECE RECLINING SECTIONAL
Save \$800 **\$1,499**



STORE HOURS
Monday to Saturday
9 am - 6 pm
Sunday noon - 5 p.m.

3635 Victoria Avenue, Brandon
204-727-4444

INSIDE This Issue



Melody Cullen cherishes special coin Page 3



Soldiers creative in 1RCHA carpentry shop Page 5



Former 2PPCLI CO Michael Wright promoted Page 7



Base Maintenance EO Tech Cpl Reuben Doerksen, masked based on new provincial COVID-19 pandemic rules, pumps weights during an early morning workout at the GSH.

Photo Kimberley Kielley/Shilo Stag

GSH workouts require mandatory mask

Kimberley Kielley
Shilo Stag

Try swimming with socks on — it's likely the same feeling as working out with a mask. And just like underwear, changing said mask daily is a must-do if you don't want it to stink on the second day.

Things are a bit more relaxed now at the GSH, but mask-wearing and equipment sanitizing are mandatory.

Base Maintenance EO Tech Cpl Reuben Doerksen works out with his mask over his nose and face as he completes his weight room training as part of his PT regime.

He's been back to the gym since early January — Monday to Friday from 7:30 to 8:30 a.m. "It was difficult at first wearing the mask working out," he said. "It was like, 'Oh God, I can't breathe.' But you get used to it. It's the

new normal."

If in short supply of masks, they do need washing more often, he said chuckling. "It's kind of like your underwear. You gotta wash it more often."

And then there are those times when he's thirsty and needs a sip of water. "You feel hot and sweaty," he said. "And you're self-conscious when you need a drink from your water bottle."

The thought of getting in trouble for lifting your mask to grab a drink of water crosses his mind.

He used to run the treadmill for cardio. But not anymore. It's definitely an outside sport now.

"I'll run outside without a mask on," he said.

Yet, coming back to the gym and working out, Cpl Doerksen feels great despite the slow down. The forced down time from COVID-19

allowed his body to recover from some of his injuries he sustained during competitions he was involved in like Ex MOUNTAIN MAN, Ex IRON MAN plus body building and power lifting.

With four children, working out from home was never an option.

"I've never been able to train at home," he said.

Working out was always a gym thing. His workout is really only 45 minutes long, when the 15-minute sanitization of the equipment must come off the end of his hour.

Entering the building just five minutes before a workout also cuts into his time.

But he'll take it as he gets back into shape one workout at a time while wearing a mask. It's better than the alternative.

"It's just part of the times, he said. "It's not a problem. I don't think it's going away soon. So just accept it as the new normal."



Volume 60 • Issue 6

Regular Circulation: 3,000

Printed bi-weekly by
Struth Publishing, Killarney MB

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

Fax: 204-765-3814 Email: stag@mymts.netMailing Address:
Box 5000, Stn Main
CFB Shilo, Manitoba, R0K 2A0

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

The Shilo Stag is produced every second Thursday.

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

Submitting articles and photos for print:

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

• • •

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

Hosted by CFB Comox's MFRC Virtual IWD conference provides viewers nuggets of wisdom

Kimberley Kielley Shilo Stag

When Monica Bobbitt awoke at Garrison Petawawa on May 21, 2014 she was the wife of 2RCHA CO LCol Dan Bobbitt.

That night, she went to bed his widow.

During the virtual International Women's Day (IWD) event hosted by CFB Comox's MFRC, Bobbitt spoke about what it was like in the early days after her husband was killed during a training exercise at CFB Wainwright in a LAV-3 rollover.

Her story was one of survival and strength. She shared it with 60 virtual attendees March 8 during the virtual event using Team.

Bobbitt was a military spouse for 21 years. Then in a blink, she was a widow piecing her life together for herself and her kids.

A Goat Rodeo is her blog where she describes her journey. The grief she experienced shattered her, creating a black void.

"Death is truly life's greatest teacher," she told her virtual audience. "Death made me who I am today. Death has made me wiser. I am not just a survivor, I am a thriver."

Prior to the LAV-3 accident during a spring military exercise in Alberta, she said she had a wonderful, happy life.

"But I struggled with feeling like I wasn't enough," Bobbitt explained, adding she always sold herself short before her husband's death. "The grass was always greener. I realized no one was going to save me. I needed to be my own hero."

After his death, her military spouse friends rallied around her. In part, if it wasn't for them, Bobbitt wouldn't have made it through the darkest days following LCol Bobbitt's death.

"They held me up when I couldn't stand on my own."

And yet, we don't know what we are capable of until we're pushed, she pointed out.

"We are not defined by our circumstances."

To thrive is a choice and looks different for each of us. Grief takes on many faces and no two experiences are the same, she explained.

"There's no handbook on grief. I didn't know about loss of concentration or heart palpitations or widow's weight loss. I realized I had to take care of myself and learn how to say no."

Her best antidepressant was exercise and she found salvation in fresh air and being outdoors.

Her message wasn't about the great loss she experienced. That was only part of it.

"In order to thrive, you have to know yourself. I am so much more than what I lost," she said. "I've never been fitter. I'm the happiest I've been in years. I'm so proud of the woman I've become. I no longer take anything for granted."

She stressed the importance of having her tribe, too.

"We all need that safe village, that circle. My tribe."

There is a sadness in her tone as she wiped a tear away during her virtual talk.

"Dan will never know the new me or get to see me thrive," she told her virtual audience. "All I can do now is not squander this time and make the most out of every moment."

Another speaker during the IWD virtual conference was charismatic LCol Rhonda Stevens, the first female CO of 442 Squadron, which operates the RCAF's Search and Rescue unit on Canada's west coast.

Her philosophy on life is the glass is always half full.

"You have to set your sites and do your absolute best," she said.

Her journey to CFB Comox began in a small community in Newfoundland, when she was age 13.

"I had a friend who was an Air Cadet. I asked if I could be a cadet. Mum and dad said nothing is free."

LCol Stevens explained her parents' advice is the catalyst to the world she lives in today.

She's open when she talks about the roadblocks she experienced early on in her military career. But, she acknowledged the times are changing, especially for women in the military where opportunities are more open than they

have ever been.

She's been posted nine times and flown hundreds of rescue missions. And yet, she still marvels at her good fortune, not taking anything for granted.

"I would never have imagined this journey," she said.

A mom and a wife, she admits it's a balancing act and one which sometimes challenges her. But, she has a supportive family and continues moving forward in a rewarding career in the military.

Her advice to those coming behind her is, "Stay true to yourself. You have to set your sites and do your absolute best."

She added, "The best resource is other people. Connecting with people currently serving and from the past. Always be respectful and take time for others."

"Reflect on the good things in life. Never let negative experiences shape who you are or what you do. Reach out."

She'll tell you she is at the pinnacle of her military career, too.

"I have my dream job. I never would have imagined this journey. I'm extremely grateful."

**"There's no handbook on grief.
I didn't know about loss
of concentration or heart
palpitations or widow's weight loss.
I realized I had to take care of
myself and learn how to say no."**

— Monica Bobbitt

Sutton
SUTTON-HARRISON REALTY
AN INDEPENDENT MEMBER BROKER

DAVID CASTELLANOS
REALTOR®

Ofrezco Servicio de Bienes Raíces Español e Inglés
Providing Real Estate Services in Spanish & English

204-922-0455
Unit A, 99 - 18th Street, Brandon, MB R7A 0N2
davidc@sutton.com
suttonharrison.com

Guild INSURANCE BROKERS

HMS

SHILO • CARBERRY • WAWAWESA
VIRDEN • 2830 VICTORIA AVENUE
• SHOPPERS MALL BRANDON
www.guildhmsinsurance.ca

HOME FARM BUSINESS TRAVEL LIFE **autopac**

ASK US ABOUT OUR
DND MILITARY INSURANCE PROGRAM

PEACE HILLS
INSURANCE

Melody Cullen cherishes prestigious DRCEME Coin of Excellence

Kimberley Kielley
Shilo Stag

Coin number 169. That's the number on Melody Cullen's Director Royal Canadian Electrical and Mechanical Engineer's (DRCEME) Coin of Excellence.

Working at Base Maintenance, Cullen is one of only 16 civilians and the third civilian woman in Canada to receive the prestigious DRCEME coin — the program began in May 2010.

Cullen shares the stage with corporals to colonels. The coins are numbered and only given once to an individual. Its hexagonal perimeter signifies the shape of a bolt head, common to all four military occupations.

One side of the coin has a border with the motto "By skill and by fighting" in English and French, with the colours of the RCME flag in the background.

The crossed wrench over the bayonet is a reminder the trade's technical skills are relevant to the military.

It must be earned and are unique in allowing the Corps to record the details of the individual who received it.

It is a piece of art, beautifully crafted reinforcing the standard of excellence exhibited to receive the coin.

Having worked for Base Maintenance for 12 years, Cullen received the coin after her "outstanding performance and dedication to CFB Shilo Base Maintenance," according to the nomination Maint O Capt Peter Chun made on Cullen's behalf.

"During the COVID-19 pandemic, Ms. Cullen worked tirelessly from home maintaining not only her daily job requirements but also assuming the role as primary purchaser for all parts and contracts associated with Base Maintenance," the nomination reads.

"Simultaneously, she continued to liaise with CFB Shilo's lodger units and external stakeholders in order to ensure all HPR equipment was maintained allowing the unit to remain operational for Op LASER and Op LENTUS."

It was through Cullen's efforts Base Maintenance was able to "successfully support and maintain the serviceability of all equipment within CFB Shilo thus ensuring it was ready to assist, if called upon, with any missions," the write-up explained.

To say Cullen went above and beyond her duties as a financial administrator at Base Maintenance is an understatement. Working from her home office in November and intermittently since last March when the first wave of the COVID-19 pandemic struck, she ensured parts were purchased and available for the technicians.

She maintained DRMIS, "with respect to the contracting and procurement section of Base Maintenance and ensured Base Maintenance was well within compliance with treasury board directives."

"The coin is a really nice thank-you and acknowledgement," she said. "I love the world I work in. It doesn't seem like work. I just love my job and the environment I work in."

In her job, she takes care of the MILCOT fleet. "If something goes wrong or they need inspections, I make sure the vehicles are maintained," she said.

Cullen does what she needs to do to get the job done essentially. For the MILCOT fleet, she's the point of contact.

"I ensure the vehicles are ready to go when they need them," she explained.



Melody Cullen proudly shows off her DRCEME Coin of Excellence.

Photo Kimberley Kielley/Shilo Stag

"I've been there so many years and have seen military members come and go over the years, I'm the constant."

As she explained, there's a lot involved with the MILCOT fleet.

"There's so much to do in the job. If you have consistency, it's always going to be done the same way."

She's seen a lot of changes in her 12 years at the unit. But she would not have it any other way, acknowledging she has the best crew to work with in DND.

When she was notified she was receiving an award at Base HQ, she assumed it was possibly the Base Commander's coin.

"I was chatting with the Base Commander [LCol Jeff Lyttle] and the DRSM who was describing the coin to me. He said, 'You had no idea you were getting this coin, did you?' I was

in awe. I didn't know what to say except thank-you when I received it."

She added, "I have been really fortunate to have had the opportunity to work and learn from the greatest team players in DND. They really are amazing."

Cullen lives with her husband Trent on a small farm in Wawanesa. When she isn't working for Base Maintenance, she and her husband work the farm. A country girl, she spent her summers riding her horse.

For more information about the DRCEME Coin of Excellence visit <https://rcmecorpsgemrc.ca/awards/coin-of-excellence/coin-of-excellence-constitution/>

Make it 'good for you' during nutrition month

Pamela Hatton
Stag Special

Encourage curiosity in exploring food by bringing home an unfamiliar fruit or vegetable.

This year's Nutrition Month 2021 campaign, Good for You, is dedicated to help you "find your healthy."

It centers on the idea healthy eating looks different for everyone and is influenced by their own culture and traditions, preferences and nutritional needs.

All these factors are considered when promoting science-based food and nutrition guidance for achieving your optimum health.

Strengthening the Forces and our health promotion staff on Bases and Wings want you to know there is no "one-size-fits-all" approach to healthy eating.

Healthy eating looks different for everyone. Drop the trendy diets and find your own healthy.

Maybe it is exploring and incorporating an old family tradition or way of cooking. Perhaps it is developing your own signature dish or tradition.

Depending on postings, many Canadian Armed Forces (CAF) members can find themselves in communities different from where they grew up.

Exploring the local food scene as well as being mindful that cultural, social and the emotional elements of food are just as important as physical nourishment.

Canada's Food Guide promotes health and overall nutritional well-being by recognizing the diverse context on how we live.

Enjoy your food and eat in a way that works with your culture and traditions, preferences and nutritional needs.

Eating with others is a great way to connect and explore cultural and traditional foods.

With current social gathering restrictions due to COVID-19, you

can still try new foods, recipes or even new cooking techniques and share them virtually, or drop off some home-made goodness to a friend or colleague while following local public health guidelines.

For those who have children at home, it is important to expose children to many different food cultures, tastes and textures at an early age.

Encourage curiosity in exploring food by bringing home

an unfamiliar fruit or vegetable and researching where it comes from and how it is served.

Have your kids and teens engaged in food and meal preparation. By approaching new foods with an open mind, it helps expand the palate's acceptance of new tastes for years to come.

Find your own healthy and explore healthy food choices for you with tips from Health Canada's Food Guide: be mindful of your eating habits; cook more often, and order out less; enjoy your food and savour the flavours; and have plenty of vegetables and fruits.

Seek out guidance and ideas from registered dietitians for trusted information. When on-line check nutrition credentials, affiliations and science-based sources.

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.

Good Neighbours Proud Partners
Brandon Salutes

www.brandonsalutes.ca

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

ANNUAL PUBLIC MEETING

WEDNESDAY, MARCH 24, 2021
7:00 P.M. TO 8:00 P.M.

Join us virtually to learn more about Manitoba's newest Crown corporation dedicated to energy efficiency.

REGISTER NOW AT
efficiencyMB.ca/publicmeeting

Cost of renting RHUs based on local market values

Kimberley Kielley
Shilo Stag

The national Canadian Forces Housing Agency (CFHA) oversees residential rentals for Wing and Base housing across Canada.

The organization provided a snapshot of military housing availability in a table specifically for the Stag.

Senior CFHA communications advisor Michele Casademont said it's important to recognize the housing availability column in the chart can fluctuate daily due to the constant moving in and moving out of CAF members.

"It's important to consider that even though we may have units available, they may not meet applicant requirements," she explained. "[For] example, a family of four applying for a three-bedroom Residential Housing Unit (RHU) while only two-bedroom apartments [are] available."

She explained shelter charges — price range/rent — vary based on several factors including the size of the RHU.

When it comes to people renting RHUs versus not living on Base and renting or buying in nearby communities, and if there are any trends, Casademont said, "Canadian Forces Housing Agency currently provides housing services to approximately 17 per cent of the CAF across Canada. The information provided in the chart, our data, demonstrates occupancy in our RHUs by site. We don't perform an analysis on trends as to why individuals choose to live on or off-Base/Wing or why they choose to buy or rent."

CFHA maintains RHUs at locations served by each of the military commands, she said.

"As identified in the table, the occupant profile at each site will vary. For example, Halifax is a Royal Canadian Navy [RCN] Base, but there's a Royal Canadian Air Force [RCAF] Wing in Shearwater, so RHU occupants may comprise a mix of members from the RCAF, the Canadian Army,

the RCN and other CAF commands."

The cost of renting a RHU varies across the country as well, noted Casademont.

"CFHA calculates Base shelter charges [rents] as described [in the table]. Among other things, our shelter charges are set based on local market value. It is normal for the shelter charges [rent] to be different across the country."

She added, "Rent is purely based on the local market value which considers housing type, size, and age, as well as access to amenities, additions like a garage and general condition of the units."

That said, 85 per cent of occupants are at least somewhat satisfied with their current accommodation while 68 per cent of occupants say the condition of the house is the most important housing attribute.

"This clearly demonstrates that the cost of the rents is not an occupant's first concern when choosing Defence residential housing," said Casademont.



A number of homes on Sapper Avenue have been renovated the past few years.

Photos Jules Xavier/Shilo Stag

	Location	RHU ON SITE	Availability February 1, 2021	Waitlist December 2020	Price Range <small>(Base Shelter charge)</small>
Pacific - Western region					
CA	CFB SHILO	639	30	151	\$495 to \$1143
RCAF	Winnipeg	476	45	38	\$842 to \$1362
RCAF	Dundurn	28	0	8	\$514 to \$691
RCAF	Moose Jaw	174	12	30	\$472 to \$1022
CA	Suffield	175	7	2	\$571 to \$935
CA	Wainwright	186	12	20	\$581 to \$1267
RCAF	Cold Lake	703	53	0	\$748 to \$1347
CA	Edmonton	505	1	92	\$876 to \$1905
RCAF	Comox	252	1	138	\$618 to \$1881
RCN	Esquimalt	710	4	469	\$890 to \$2175
RCN	Masset	7	0	0	\$773 to \$825
Central Region					
VCDS	Ottawa	145	0	144	\$1068 to \$1560
RCAF	North Bay	182	6	0	\$638 to \$1093
MPC	Borden	675	25	89	\$716 to \$1275
CA	Petawawa	1640	77	294	\$453 to \$1395
CA	Kingston	471	0	187	\$605 to \$1433
RCAF	Trenton	548	2	250	\$770 to \$1321
Quebec - Eastern Region					
CA	Valcartier	712	2	233	\$446 to \$1445
RCAF	Bagotville	358	4	100	\$441 to \$841
RCAF	Goose Bay	233	15	0	\$451 to \$1401
RCAF	Gander	71	4	1	\$658 to \$1004
RCN	Halifax	487	10	186	\$473 to \$546
RCAF	Greenwood	567	7	37	\$458 to \$800
CA	CFB Gagetown	1435	59	180	\$480 to \$1176
CA	Montreal	191	4	69	\$707 to \$1164

1RCHA's carpenters use their tools to turn wood into artwork

Kimberley Kielley
Shilo Stag

All those great shadow boxes, wooden plaques, coin shelves, RCA Museum cabinet, oak podium, wooden banner and retirement presents have to come from somewhere.

Sitting inconspicuously tucked away at the far end of the Base, 1RCHA's carpentry shop in Q114 is like Geppetto's workshop.

It's where the magic happens.

Foot after foot of red oak boards lay stacked inside the building silently waiting for the next project.

The smell of sawdust and glue mingle in the air. It's a smorgasbord for any wood-working aficionado who appreciates dovetail joints, dual-bevel sliding mitre saws, bandsaws, industrial-sized table saws, 600-grit sandpaper, a radical-arm saw, and high gloss finishes

Bdrs Joshua Palmer and Barry McClelland are the shop's lead carpenters.

They create retirement gifts, frames for certificates, shadow boxes, a humidor, podiums, banners, plaques, display cases and special projects.

The wood of choice is red oak. But exceptions are made.

Bdr Palmer created a shadow box for B Bty Lines at 1RCHA — it's incredible.

Almost five-feet long, framed in red oak, lined with pine, this rustic piece boasts expertly placed strong joints, a feature that resembles dovetail joints, but not flared at the ends.

Nestled inside a glass-covered case sits a bow, arrow and tomahawk, hand-hewn and donated by Rangers from the Ranger's Gunner training in 2019.

Generally, the lining inside shadow boxes comes in an array of colours, but red appears to be the favourite.

Bdr Palmer's latest project is a shadow box in memory of CWO Steve Rice, who died on Oct. 16, 2019. His personal military momentos lay placed on a mat, waiting for the creative touches of Bdr Palmer and overseen by CWO Rice's spouse and good friend Capt Trevor Jesseau.

Working on the treasured piece, Bdr Palmer recognizes its significance.

"CWO Rice was my first RSM. I want to do a really good job for his wife and him," he said.

Bdr McClelland has been in the carpentry shop for the last five years. His forte includes special mounts for coins, mini pay-stick holders, retirement awards, a podium for 26 Field, banners, and coin holders to name only a few.

His favourite piece he created is a wooden replica of the M777 gun, mounted on a wooden plaque.

The gun comes in a kit.

After Bdr McClelland glues it together, he creates the plaque out of wood where it will be mounted, usually red oak, bevelling the edges with a router, before adding the finishing touches like sanding, stain and varnish.

His training fell under the tutelage of Bart Emberley. "I learned a lot of good stuff from him," he said.

Together, Bdrs Palmer and McClelland strive to present treasured collections in the most favourable way primarily to 1RCHA, but to the rest of the Base the best way they can.

"Not many people know about this place and the possibilities that can be made out of this shop," Bdr Palmer noted.

Bdr Joshua Palmer (right) shows off some of his handiwork from 1RCHA's carpentry shop in Q114. Fellow Bdr Barry McClelland (below) looks over his coin display case which was designed and built possibly for a retirement gift.

Photos Kimberley Kielley/Shilo Stag



High-speed Internet on Base upgraded

Shilo Stag

It seems like access to high-speed Internet on this Base just became a little easier.

With demand for high-speed Internet services on the rise, a three-phase upgrade to the existing broadband infrastructure has already taken place.

The first phase of the upgrade started March 12 and will be wrapped up by mid-April.

The need for the upgrade comes after a year of high demand with COVID forcing people to work and play from the confines of their homes.

"We understand that our members are counting on us more than ever to deliver a reliable service, and we are committed to making the required investments to enhance our services," said Westman CEO/president Dave Baxter in a press release.

"Whether it's Zoom meetings, video chatting with family, streaming TV, or providing home education, our goal is to deliver a seamless online experience."

Maintenance dates will be communicated to members well in advance of the remaining construction being done on Base.

For more information on planned Internet upgrades, call 1-800-665-3337 or visit www.westmancom.com

INSURANCE THAT GOES WHERE YOU GO

Rely on coverage with no exclusions for war, extreme hobbies or sports.

Whether you're on the frontlines or the home front, SISIP Financial's Term Life Insurance is battle-tested for the rigours of military life.

Give us a call to explore your options. **1-800-267-6681**

SISIP.COM



Military families can reach out to ombudsman with their concerns

Gregory Lick
Stag Special

It is easy to see the vital role the Canadian Armed Forces (CAF) play in keeping Canada safe and secure.

Families are a major source of support and strength to CAF personnel and integral to military success. They also face challenges and make sacrifices — it's not just the member who enrolls and serves.

Families act as a support system for members as they deal with the unique challenges of military life. My office is the only formal recourse mechanism for issues related to the Department of National Defence (DND) and CAF available to them — a role we take seriously.

We address military family concerns through a variety of means, including answering calls through our toll free number and investigating complex issues.

We can help get processes back on track and ensure family members are treated fairly by the DND and CAF.

We help connect military families with resources to address their concerns as well as regularly update information on our website and social media channels to help them navigate the complex DND/CAF system.

We hope this helps them better understand their eligibility for services and benefits.

When issues arise that appear to be more systemic in na-

ture, we consider an investigation to dive deeper into the issues.

We produce public reports with recommendations to the Minister of National Defence, as necessary, and follow up with progress reports on our website.

The recommendations made in our reports are intended to bring long-lasting positive change to the Defence community.

In 2013, we released our first report on families: *On the Homefront: Assessing the Well-being of Canada's Military Families in the New Millennium*. This report focused on the vital role played by military families.

We made 18 recommendations to address issues such as continuous employment for military spouses, access to housing and health care as well as long and short term financial well-being.

Since then, we have worked closely with the DND and the CAF to implement these recommendations. Our progress report is available on our website.

Last year, we looked at issues affecting Defence team personnel and their families posted outside Canada (OUTCAN).

All postings, whether within Canada or international, can disrupt and put strains on military families, triggering many challenges when they must relocate.

An OUTCAN posting allows participants to develop unique skills, knowledge and expertise. It also provides

personnel and their families with the opportunity to live in a foreign country.

However, there can be some issues that are unique to the OUTCAN experience for which they were not prepared. We look forward to a formal response from the DND/CAF to our 13 recommendations.

In the coming year, we will begin our next systemic investigation which will look into compassionate postings.

CAF Members and their families experience unique challenges resulting from frequent relocations, which are part of the military lifestyle.

They must remain mobile and able to deploy at all times. Exceptions may arise that temporarily limit a family's ability to move.

In these often challenging personal circumstances, special consideration may be granted following a specific administrative approval process.

It is important that the policy and process in place to support members during these challenging times does so to the fullest extent possible.

We all have an interest in a happy and healthy Defence community — and part of that is a well-supported family. If you feel you have been unfairly treated or have questions on any of our reports, more information on our office is available at www.ombuds.ca

We are ready to help.

Gregory Lick/National Defence & CAF Ombudsman



MBdr Joshua Kives salutes (above) 1RCHA CO LCol David Brassard after receiving his Op UNIFIER medal during a medal ceremony held March 12. MBdr Dave Sopkow (right) received his CD from LCol Brassard as part of the honours and awards parade.

Photos Jules Xavier/Shilo Stag



Special Envoy for Military Affairs draws on his military background

Kimberley Kielley
Shilo Stag

Manitoba's Special Envoy for Military Affairs has a military background.

Waverley MLA Jon Reyes had a career in the Canadian Armed Forces (CAF) before entering provincial politics, elected for the first time as MLA for St. Norbert in 2016.

He was appointed as Manitoba's Special Envoy for Military Affairs that same year, and continued the appointment following his second election win in September 2019 in the new constituency of Waverley.

Reyes offers a specific skill set in the role of Manitoba's Special Envoy for Military Affairs following his 10-year CAF career, five of those years stationed on HMCS Winnipeg.

During his military career, Reyes was awarded the Special Service Medal (NATO). His appreciation for military members and their families comes from first-hand experience.

"Once you've worn the uniform, you never take it off," he explained. "I understand the trials and tribulations [of military members]."

Reyes has been busy since assuming the role — he visits CFB Shilo at least twice a year to connect with the military Chain of Command on this training Army Base.

Recently, he met with Shilo MFRC executive director Willemien van Lankvelt to discuss spousal employment as part of the Seamless program.

Canada's Department of National Defence (DND) launched Seamless Canada in 2018 to improve services when CAF members and their families are posted to a different province or territory.

The initiative aims to open communication channels and to establish co-operation between DND/CAF and Seamless Canada in setting out ways to improve how military families more seamlessly relocate between provinces and territories.

Seamless Canada was launched to help alleviate significant stressors for CAF members

and their families during posting season relocation.

Most of the stressors arise from issues related to healthcare, employment, childcare as well as education.

While there is already a level of co-operation between DND and each province and territory in addressing transition issues for military families, there is value in ongoing and strengthened co-operation.

Reyes has spoken with certain organizations and also met with 17 Wing Winnipeg about two occupations impacted by relocating with a military member — nurses and teachers.

Reyes has worked on a better way to make transitioning to the province for military members and their families by providing access to website: Residents Portal Special Envoy for Military Affairs (gov.mb.ca).

"The idea to create the category — I'm a Forces member — came from CFB Shilo," he said.

Feedback has been positive, according to Reyes. He is exploring ways to incorporate a hardcopy of resources as part of the welcome package to relocated military members and their families moving to Manitoba with the CAF.

Reyes has learned for those not in the military, "People have taken these positions for granted. The military has an important role to play and my job is to insure, as the representative for the Special Envoy for Military Affairs, that people know it's a significant role."

His *Twitter* account noted there's one more step closer for CAF Reservists seeking employer support when volunteering with the military.

"[I] met initially with members from the Canadian Forces Liaison Council back in 2018 and great to see yesterday [Dec 3] that a bill to support CF Reservists, received Royal Assent yesterday by ... Janice Filmon. Thank-you all for your input. #SupportOurTroops."

An entrepreneur and community leader, Reyes has owned and operated a successful small business in South Winnipeg for the past 13 years with his wife Cynthia.

A full bio on Reyes can be found by visiting <https://residents.gov.mb.ca/moving/military/sema.html> or https://en.wikipedia.org/wiki/Jon_Reyes

LETTER HOME FROM FRANCE

Private shares news of wounded Manitoba soldier

Editor's Note: During the First World War Pte Cecil Minary served in the CEF, beginning his military training at Camp Hughes prior to being shipped to England for further training. He saw his first action soon after Canada's involvement in the Battle of Vimy Ridge in France. His great-great-niece Kendra Minary has spent the COVID pandemic going thru the original letters he wrote home from England and France prior to being KIA on Aug. 28, 1918. The Lewis gunner died on the battlefield after his crew was hit by a German artillery shell. The Stag will share Kendra's great-great-uncle's letters with our Stag readers to give you a peek at what a soldier was contemplating with pencil and paper while in the UK training or in France in a trench waiting for the next attack or counter-attack. Cecil's letters are transcribed as they were written, so this includes his spelling, grammar and punctuation. Of note, from his letters home he rarely described his clashes with Fritz, instead preferring to enquire about life on the family farm or what his family and friends were doing back in Manitoba. Unlike some some soldiers who would share their war stories in their letters, Pte Minary had his own distinct writing style no matter if it's his dad, sister or a relative. He also made the job of Army censors easier by not including war details which would be blacked out. That's the reason why his letters are "somewhere in France" once he left England for the Western Front.

829297 Somewhere in France B. Coy
Sunday Aug 25th 1918

Dear Annie,

Just a few lines to let you know that I am still keeping as well as usual and hoping that this will find you all the same. There has been no mail from you this week so I won't be writing a very long letter this time. I got a letter from Edna Blythe and Maggie Smith every one was fine down there. Edna wrote me thirteen pages, some letter eh? she was telling me her holiday experiences she must have had a great old time of it all by all accounts.

Maggie Smith said that the boys from home there were getting a months leave for every month that they had been in the army I don't see why they

couldn't do that with the Manitoba Boys to. She said that the crops were very good I guess you will be all hard at work now with that big crop at home how are you of for help pretty short I suspect but never mind probley (sic) next year there will be lots of help like Bruce and I eh?

Who is going to run the engine this fall will Vic be taking a try at it we will all be Engineers soon eh Annie? Arnott and Roy will be the main stay as stookes I guess I'll bet they think that they are someone now I would like to hear Roy talk about it, is he just the same as he was?

There is nothing much from here only that the weather is still keeping fine and warm, Say Annie I met two more of the Boys from Wawanesa just after I had finished that last letter to you. A fellow come

up to me and asked if I wasn't a Minary, I knew his face but could not think who it was, it was Cecil McKibbon and so I got all the latest from Wawa, he is in the same Battalion as Roy Wallace.

Roy is slightly wounded now and in Hospital. The other fellow I don't think you would guess in a month of Sundays it was Jack Stephenson the kid who used to work in Chick Corries Drug Store a cousin of that friend of yours at Nesbitt. Ha Ha. Jacks just as jolly as ever and looking splendid for all the time he has been over here.

Well Annie, this is all for now so will close hoping to hear from you soon.

With love to all
Your loving Brother
Cecil

Former 2PPCLI CO promoted to major-general

Stag Special

There are a few familiar faces with connections to CFB Shilo and 3 Div who will be taking on new jobs within the Canadian Armed Forces (CAF).

A/CDS LGen Wayne Eyre made a number of announcements on the CANFORGEN regarding 2021 promotions and senior appointments, general and flag officers.

A number of the promotions are a result of CAF members who have previously retired in 2020, or will be retiring during this post season.

"I wish to offer my deepest appreciation for the service and sacrifices of our retiring officers and their families, and I offer my congratulations and sincerest best wishes to those taking on new appointments and responsibilities," said LGen Eyre.

Now retired BGen Sheldon Lacroix, formerly a 3 Div Comd at Garrison Edmonton and COS for the VCDS in Ottawa, opened up a spot for now promoted BGen Dave Abboud to take on the latter job in our nation's capital.

The following promotions and appointments resulted from new and continuing service requirements.

LGen Michael Rouleau was appointed to a new position in Ottawa as strategic advisor to the CDS on future capabilities.

This move led to the promotion of LGen Francis Allen, who took over LGen Rouleau's job as Vice CDS in Ottawa.

Former 2PPCLI CO BGen Michael Wright was promoted to major-general and appointed Comd of Canadian Forces Intelligence Command in Ottawa.

MGen Wright's position as Comd of Joint Task Force (JTF) Op IMPACT in Kuwait in being taken by 5CMBG Comd Col Timothy Arsenault, who was promoted to brigadier-general.

Current 3CDSG Comd Col Patrick Lemyre is off to Washington, DC, after being promoted to brigadier-general and being appointed CDS liaison officer to the Pentagon. He's replacing BGen Thomas Dunne.

Then 2PPCLI CO LCol Michael Wright observes Ex KAPYONG FURY from a LAV during fall 2012.

Photo Jules Xavier/Shilo Stag



Your source for Army news in Manitoba

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.



St. Barbara's Protestant Chapel

No Sunday service
Padre Lazerte - ext 3381
Padre Smallwood - ext 6836
Padre Walton - ext 3088
Padre Chang - ext 3089

Our Lady of Shilo Roman Catholic Chapel

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

CLASSIFIED ADS

E-mail: stag@mymts.net • Phone 204-765-3000, ext 3013 or ext 3093

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

Deadline for next issue: **MARCH 25 at noon**

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

Employment

CANEX needs you: Sales associate part-time position with 13 to 32 hr/week required. Must be available days/evenings, and weekends. Starting salary is \$12.53 per hour, progressing to \$14.77 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

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.

Auction

Online auction of office/home furnishings in Brandon. Professional grade desks, chairs, boardroom tables, work stations, cabinets, flat screen TVs, accent chairs, appliances, wall art. Items are ideal for office upgrades, business start-up and home office use. All furnishings are in like new condition. Preview and registration available March 22 at www.prairielaneauctions.hibid.com. Online auction begins March 29 at 9 a.m. For more information contact Noreen McLachlan 204-724-7510 or e-mail prairielane3@outlook.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 delivering the Shilo Stag to you are taking the recommended handling and distancing precautions. Newsprint does not transmit the COVID virus.

Offer milkweed, water for Monarchs taking flight from Mexico arriving here in May

Sherry Punak-Murphy Stag Special

The large showy species of Monarchs — or *Danaus plexippus* — are quite familiar to us here in the Prairies.

It is one of the most well-known species of butterflies in the world.

The Canadian population is migratory and individuals east of the Rocky Mountains move from southern Canada, in early August, down to the Oyamel Forest in central Mexico.

Northward migration from Mexico starts in March. The successive generational advance northward and typically reach Canada in late May/early June.

Most Monarchs reaching Canada are great-grandchildren of those that left Mexico.

Monarchs have four distinct life stages: eggs, caterpillar, chrysalis and adult.

Adults lay approximately 300 eggs on milkweed (*Asclepias* spp) plants and hatch into caterpillars which feed on the plant.

After they reach a certain size, they create a chrysalis on the undersides of leaves. Adults emerge and feed on nectar of a variety of flowers.

The striking red colouration of the adults is a warning sign to predators they have a chemical which makes them uneatable.

The chemical is stored by the caterpillar from its feeding on milkweed and is passed onto the adult.

The Viceroy (*Limenitis archippus*) is similar in appearance to the adult Monarch.

It is, however, smaller and has a black line crossing the veins on the hind wing that is lacking on the Monarch.

Monarchs are designated as "special concern" under the federal Species at Risk Act and is currently being considered



to be up-listed to endangered.

The major threats to this species occur in the over-wintering sites which includes illegal logging and agricultural development and climate change.

During the past decade there has been a decline of more than 50 per cent of the number of Monarchs overwintering in Mexico.

We, here on the prairies can help Monarchs by limiting the amount of pesticides we use to control weedy species, plant more native species and when buying flowering plants for our gardens make sure they do not have neonicotinoids.

Also buy some milkweeds for your garden to create a safe place for adult Monarchs to lay eggs. Butterflies and bees also need water so a small shallow dish filled with rocks and water is beneficial.

If you want to be a citizen scientist and help with the conservation of Monarchs, check out www.MonarchWatch.org.

If you get any photos of Monarch you can send them to Base biologist Sherry Punak-Murphy or you can put them into the iPhone or Android app called iNaturalist.

Scientists around the world use this platform to find sightings of various flora and fauna.

Ready for the big move?

Take advantage of BMO employee rates on a wide range of mortgage options. No matter where you're moving across Canada, Tracey Wells is here to help you.

Tracey Wells, Personal Banker
204-726-2880 | Tracey.Wells@bmo.com

BMO Official bank of the
Canadian Defence Community

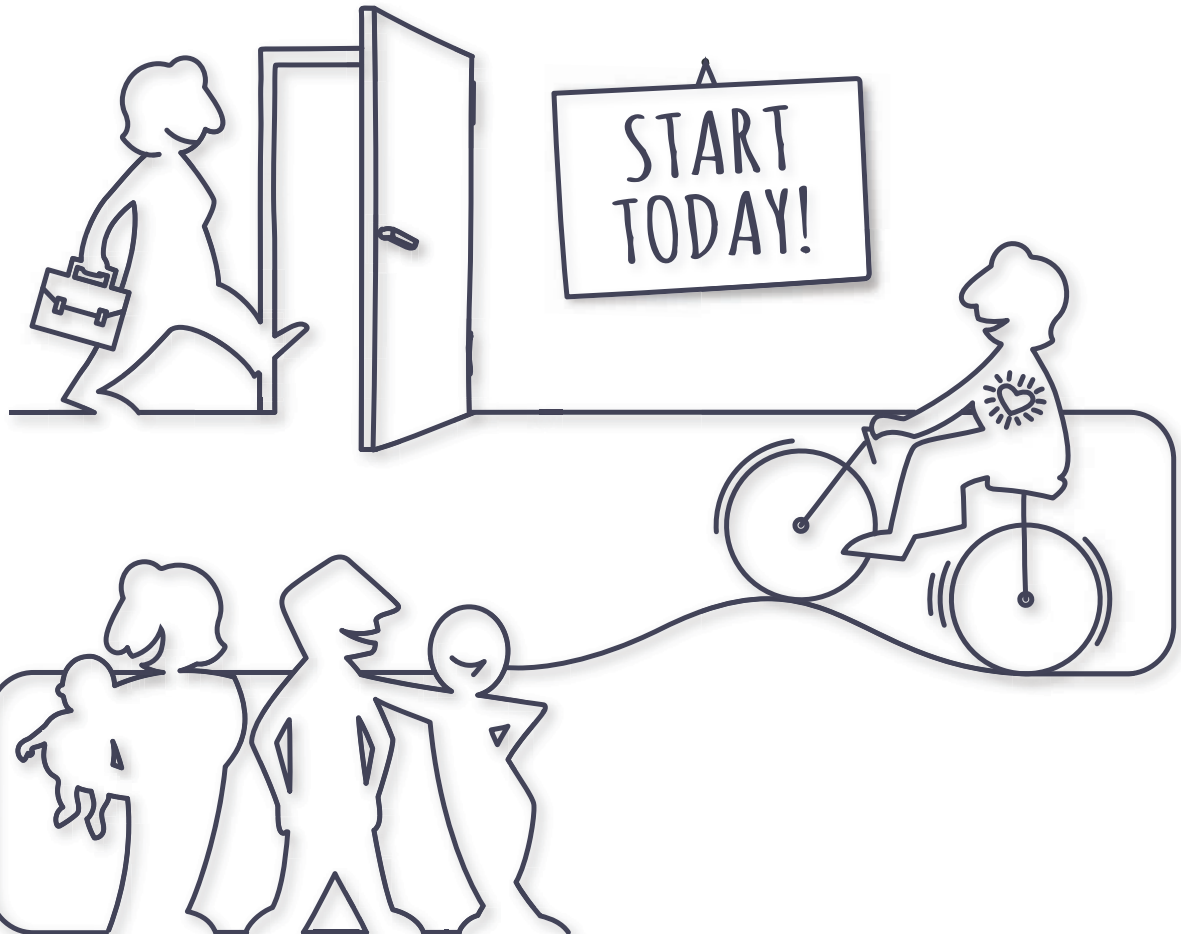
*Terms and conditions apply

Support to move you forward.

Have you served in the Canadian Armed Forces or RCMP?

If so, there are services for finances, career development, education, well-being, mental health and PTSD to support you and your family.

TRAINING



Get the support you need to move forward today.
veterans.gc.ca/services 1-866-522-2122



Veterans Affairs
Canada

Anciens Combattants
Canada

Canada