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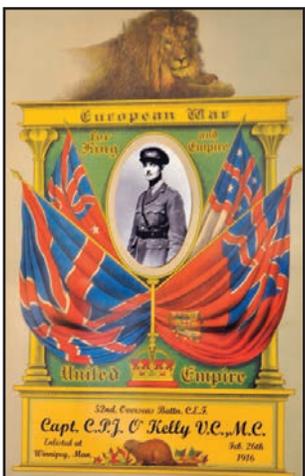
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**INSIDE This Issue**



Just one photo says retired BRSM Page 3



RCA Museum re-opens for masked visitors Page 5



Mother, son cut hair after growing 30 months Page 8



Construction on new homes started on Frontenac Crescent (below) in 2015, with work on foundations in October (below) and December.

*Photos Jules Xavier/Shilo Stag*



Sapper Avenue has been busy the past few years with renovations and asbestos removal.

# Renovations ongoing for older homes

**Kimberley Kielley**  
Shilo Stag

Across Canada, the Canadian Forces Housing Agency (CFHA) operates and maintains approximately 15,000 Residential Housing Units (RHU) on Canadian Armed Forces (CAF) Bases and Wings since the mid-1990s.

Depending on availability, a duplex, bungalow or row housing plus apartments provide military members with an option to rent on Base or Wings at rates comparable to the local economy

When a military member is assigned a Base home, CFHA assumes the responsibility of maintenance and repairs, managing Base housing on behalf of the Department of National Defence (DND).

With just three months into 2021 and the ongoing pandemic presenting unique challenges, CFHA continues to rent dwellings to the military community.

Currently, CFB Shilo's housing inventory is 639 units, with 30 available to rent as of last

month. Our wait list is 151 for the units available in a price range of \$495 to \$1,143.

In comparison, if you are posted to Garrison Edmonton this summer there are 505 units, with just one available last month for the 92 on a wait list. Rent range is \$876 to \$1,905.

If you are posted to CFB Gagetown in New Brunswick, there are 1,435 units, with 59 available as of February for the 180 on a wait list. Rent range if \$480 to \$1,176.

At CFB Shilo, CFHA's Housing Services Centre manager is Jodi McFadden, who has held the position since 2000.

She is the go-to person for CFHA and was available for a *Stag* Q&A regarding the upcoming housing season with military members starting to receive posting messages and movement starting this summer.

**Shilo Stag (SS):** *What does CFHA have planned for 2021 when it comes to new housing projects, whether homes or apartments?*

**Jodi McFadden (JM):** "We continue to develop plans for Residential Housing Units. We develop those plans each year. Priorities are developed nationally. We just completed eight

full renovations on RHUs.

"They were whole home renovations — inside and outside. Essentially it was taking out what's in there and making it new. And they involve different layouts.

"We recently completed eight RHU interior renovations. There are another four-whole home renos going on now, and two interior renovations.

"In terms of other projects, we have a HVAC retro fit, furnace, duct work, new HRV, and central air conditioning. They aren't reno projects, but other work going on.

"In terms of new builds, we are just waiting for project approval on a national level, and we're hoping to see additional funding.

"Every year we submit what we believe is our priority [list]. Some of those higher-level projects are submitted nationally. Those all get consolidated.

"Priority and funding are determined on a national level. We get an approved program typically in March. Head office determines the priority."

See **RENOVATIONS** 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](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.

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# IWD Zoom presentations March 8 Celebrate women in CAF community

## Camille Douglas Stag Special

CFB Comox's MFRC is hosting a virtual event to celebrate the accomplishments of women in the Canadian Armed Forces (CAF) community for International Women's Day (IWD).

In partnership with Mainland MFRC and CFB Esquimalt's MFRC, a series of Zoom presentations will be offered March 8 with inspiring women who have worked and supported life in the CAF.

CFB Shilo's MFRC and the CFB Shilo Defence Advisory Group (DAG) encourage you to observe IDW 2021 by participating in this virtual event.

Who are part of this virtual event starting at 9 a.m.? Here is the list and timings for each of the special guests who will converse with you virtually using Zoom.

• **Monica Bobbitt** | *Surviving and Thriving 9 to 10 a.m.*

Bobbitt was a military spouse for almost 21 years, until her husband was killed in a LAV rollover in May 2014. She writes about her experiences as a military wife and widow in her blog, *A Goat Rodeo*, where she openly and honestly discusses what it's really like to be widowed.

She also shares her story with military members and their families at speaking events across the country. Bobbitt is also a regular contributor to *Canadian Military Family Magazine*, and is currently writing a memoir about her experiences as a military widow.

• **LCol Rhonda Stevens** | *Opening New Doors: First female CO of 442 Squadron 10:30 to 11:30 a.m.*

Born and raised in Newfoundland, LCol Stevens' career in the military began fresh out of high school when she left home at 17 to attend the College Militaire Royale de Saint-Jean and Royal Military College of Canada in Kingston, Ont., earning both a Bachelor's degree and extensive train-

ing in navigation.

Her military career has taken her to the United States, Europe, the Arctic and Greenland. She's been among the first to respond to critical air and sea situations and became the first female commander of 442 Squadron in 2019.

LCol Stevens is the proud mother of two and met her husband at CFB Comox, where he is also a serving military member.

• **Kelly Thompson** | *Being An 'Other' on the Outside noon to 1 p.m.*

Thompson is a best-selling author and retired Logistics Officer with a specialization in human resources. She joined the CAF in 2003 at the age of 18, and was medically released in 2011.

She became a freelance writer and editor, and has published extensively about the nature of military life, amongst other topics and themes.

Her memoir *Girls Need Not Apply: Field Notes from the Forces* was an instant Globe and Mail best-seller and listed as one of the top books of 2019. Her memoir about grief and loss, *Still, I Cannot Save You*, will be published in May 2022.

• **Kim Mills** | *Using our own stories, struggles and victories to encourage, empower and advocate within our community 1:30 to 2:30 p.m.*

Mills has been married to her armoured soldier husband for almost 20 years, and together they just saw the finish line of his fifth deployment.

She is the mother of three children, an author of fictional romance novels, a speaker of much less romantic reality, an advocate for military families and an avid Starbucks addict. She is also the creator of [www.sheisfierce.net](http://www.sheisfierce.net)

Registrations for this virtual event will be accepted until March 5 by e-mailing [programming@comoxmfr.ca](mailto:programming@comoxmfr.ca)

These presentations can also be viewed via Facebook Live March 8 by going to [www.facebook.com/comoxmfr/](http://www.facebook.com/comoxmfr/)

## Curbside pick-up was alternative during Code Red closure

# Library re-opens following COVID changes

## Shilo Stag

You've heard of curbside pick-up for groceries and takeout pizza during our COVID-19 pandemic.

What about curbside pick-up when it comes to library books? It happened when libraries across Manitoba were not considered to be essential services last November, thus were forced to close.

To help loyal Base library users continue being able to read, librarian Patricia Wells came up with her curbside pick-up program where you accessed books by ordering online, and finding them available at the curb outside. Her program also included drop-off service once books were read and needed to be returned.

With the second wave waning and changes to Code Red restrictions, the library has re-opened its doors.

Library users can now access books during normal library hours: Monday 6 to 8:30 p.m.; Tuesday 9:30 a.m. to 4:30 p.m. and 6 to 8:30 p.m.; Wednesday 9:30 a.m. to 4:30 p.m.; and Thursday from 9:30 a.m. to 4:30 p.m. and 6 to 8 p.m.

The library's storytime for children is held Wednesday at 10 a.m.

If restrictions occur again Wells said the library can return to curbside pick-up. How do you use the library's curbside pick-up?

"Simply browse our online catalogue by using your MSSC library number and four-number password written on the back of your [library] card," she explained, "then log into [www.mssc.mb.catalogue.libraries.coop](http://www.mssc.mb.catalogue.libraries.coop) and you can put the books you're interested on hold."

You can also message the library on Wells' Facebook page or call her or assistant Jessica Doucette at 204-765-3000 ext 3664 to complete your request.

Wells said once you have chosen your book, or books, the next step is to contact Wells or Doucette to tell them what time you will pick up your book order, or what time you are returning your books. E-mail is [shilolibrary@gmail.com](mailto:shilolibrary@gmail.com)

Visit the library on Facebook [www.facebook.com/Shilo-Community-Library-198292613601511](http://www.facebook.com/Shilo-Community-Library-198292613601511)

Wells said the library's social media platform provides updated information for library users.

You can also visit [www.CAFconnection.ca/](http://www.CAFconnection.ca/) [www.connexionFAC.ca](http://www.connexionFAC.ca)

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Photos Jules Xavier/Shilo Stag

**CWO (Ret'd) James Doppler's DWD**

Retiring after 35-plus years in the CAF, James Doppler presented his daughters Jocelyn and Kendra with their own military coins. His wife Karen received a portrait (middle) taken by MCpl Heather MacRae.

# Honour 150 recognizes quilter who made 2PPCLI quilt in 2014

**Kimberley Kielley**  
Shilo Stag

There's a quilt hanging on 2PPCLI's Honour Wall. It measures 77 inches by 77 inches and took its creator 100 hours to complete.

Mary Murray donated the Freedom Poppies quilt to 2PPCLI during its 100th anniversary in 2014. It was her way of giving back to those who served.

Murray was recently recognized for her volunteer quilting efforts in the community during the Manitoba 150 celebration, when it marked its 150th anniversary in 2020 of becoming Canada's fifth province. Murray is one of 150 honourees announced last month because the province was unable to celebrate its 150th due to the COVID pandemic.

She has donated more than 150 quilts to injured veterans in Manitoba and across Canada while providing just under 1,400 small quilts and blankets to sick children or to the local Legion or fundraising events.

At 2PPCLI, the Freedom Poppies quilt has splashes of red poppies and intricate needle work. It reminds the observer of how, on the surface, we are all pieces of cloth stitched together forming a community of intricate patterns bound together by our experiences. It is a sight to behold.

"I class each quilt as a labour of love," Murray said.

The 2PPCLI quilt is where Murray's story begins. Or ends. Depending on how you look at it.

Murray was born in England in 1940 — the Second World War was barely a year old.

"I kind of grew up with it," she said. "When the sirens went, you grabbed a pillow and headed downstairs."

There she would sit under an oak table with her four sisters and mother. There was no bomb shelter.

"We had to make-do with what we had," she recalled. "[Mom] would pack our pillows and blankets around us." She added, "On February 23, 1944 our home was bombed."

Murray was aged three and a half. The oak table she and her family hid under held up under the strain of the rubble.

"Dad was doing demolition up the street. Two of my uncles who were home on leave were tasked for clean up."

Every night her street was bombed.

"Street bombing went on as long as I could remember," she recalled. "When the bomb blew, we had to wait until they came to dig us out."

She was barefoot and only clothed in her child's nightie when the family was finally dug out.

"We used to sing, 'God is our refuge. Be not afraid. He will be with you. All through the raid. Though bombs are falling. He will be near. He will be with you. Til the all clear.'"

Mrs Mitchell's house was the only one left standing on the street.

"All the children were brought there," she recalled.

Army trucks finally arrived and moved Murray and her family to an Army Base where they waited for three weeks.

"We were displaced persons," she said.

Council eventually located a home for Murray's family. It came with a bomb shelter across the road.

Doodle bugs, or bombs with wings, and sirens were a common occurrence. Murray was five when the war ended.

While lessons were many, two things stuck with her.

"You knew all the neighbours and looked after each other. I still do it with my neighbours here," she said.

And she will never forget the sacrifices the British Army made for her family and country.

Ever since, she has wanted to give back.

In 1969, Murray flew to Neepawa. She never left. She married and had children. A dress designer and seamstress, Murray always sewed.

When her husband died in May 2009, Murray turned to her sewing machine. It was a way to cope with his death and something she was familiar with.

The day before Remembrance Day on Nov. 10, 2009, Murray completed her first quilt.

As Murray made her quilts, she began donating them to veterans, both young and old. Lap quilts for veterans who needed an extra layer of warmth on their legs while they sat. "If I know of an injured vet, even a younger one, I take him a quilt," she said.

And through that simple act of kindness, she has seen the results as veterans suffering, especially from PTSD, have warmly received Murray's selfless gift.

"It brings me almost to tears sometimes," she said.

On the day she presented 2PPCLI with the Freedom Poppies quilt, then CO LCol Bob Ritchie asked her why she did it.

As she talked about the Second World War, she realized she had never discussed her experiences with anyone.

"It just poured out," she said. "It never left me until I was at 2PPCLI. The CO said I had PTSD. All this time I never realized I needed something to let it out."

The Freedom Poppies quilt which hangs on the Honour Wall in 2PPCLI's headquarters commemorates the 100th anniversary of PPCLI, and the sacrifices made by soldiers from the Great War, Second World War, Korean War and more recently, the Afghan War.

It is a conduit for healing, a reminder of loss and courage, especially for Murray, as a survivor of the bombings in England.

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# Renovation projects approved on national level

## From the front

**SS:** *What is your renovation plans for housing on the Base in 2021?*

**JM:** "Vacancy fluctuates day-to-day. Yesterday, we had 95 vacant houses ... 30 on the chart. Sometimes we set houses aside so we can get houses ready. Contractor resources have been limited due to COVID. Vacant doesn't mean available."

**SS:** *How many RHUs are in line for renovations?*

**JM:** "There's nothing specific. It's kind of a moving target. If it fits. There might be something in line. We really have to consider all of the factors and decide whether it's part of a renovation project."

**SS:** *Are there only so many homes you renovate every year according to a budget?*

**JM:** "The budget is determined on a national level. Project approvals are determined nationally. When we submit our program plan, we try to identify which projects are viable and submit and they get assessed through program review."

"Once approved, they are tendered. It depends on the project when most renovation projects go through Defence Construction Canada (DCC). Then we discuss which ones are weather sensitive."

"We put them out first and get done before winter. They'll look at what makes the most sense. All our reno projects go through DCC."

"Smaller projects can be done in-house. For example, houses needing a small amount of work might be something we can procure locally."

**SS:** *How do you determine which homes are to be gutted, then renovated?*

**JM:** "We actually put a lot of work into that. We look at styles we've renovated before because sometimes it's quicker because drawings and tenders are already there, and we just need to tweak it."

"Projects are much easier for contractors to do if the houses are all the same. We have cyclical assessments on our houses. It helps us decide which houses are a higher priority."

"A cyclical condition assessment is a full inspection of a house inside and out and every component of the house. Flooring in the kitchen is the minimum."

"We do that once every three years on every house or after a renovation or if someone moves out. That's a national initiative."

**SS:** *When it comes to renovations, how much does it cost to do each of these projects, from a single bungalow to a duplex?*

**JM:** "We can't give a cost. There are so many variables that affect the cost of a project. The scope of work. The trades required. The pandemic. How busy the contractors are? And how the economy is going. For example, when you hear of a certain housing market going high, prices are affected in that particular market."



This duplex on Sapper Avenue was worked on last summer, and is now ready for new families during posting season. New homes built on Frontenac Crescent in 2015 (inset) saw the addition of larger garages as part of construction.

Photos Jules Xavier/Shilo Stag

**SS:** *Does the rent increase after a renovation?*

**JM:** "Major upgrades increase the value of the unit and increases the rent with a full retro-fit. Isolated repairs and maintenance would not affect the rent."

**SS:** *What is the time frame for a renovation from start to finish? Is there year-round work being done on Base?*

**JM:** "Every project is different. From April to March, we have projects that go past that. We do work during the winter, but we try to get as much seasonal work done during the summer or fall. In-house reno work is done in empty houses. We will work through winter."

**SS:** *How do you tackle the asbestos removal when it comes to gutting the home, prior to renovations being done?*

**JM:** "We don't do just an asbestos removal project. When we do a third-party survey, we abate and remove the asbestos as part of the reno project. We get a survey, identify the materials and remove and abate them properly by qualified contractors."

**SS:** *Are there any plans to demolish current homes no longer in use, such as the former venue used by the MPs on Quebec Street?*

**JM:** "CFHA manages and maintains RHUs. There are no plans for the future [to demolish any homes]. Because CFHA handles residential property, if the house is to be used as non-residential building, it transfers to RPOU for them to handle. CFHA is property management for residential units."

**SS:** *How are the apartments working out since opening now that some time has passed — what feedback have you received from those renting the apartments?*

**JM:** "The apartments have been a wonderful addition. We continue to maintain 100 per cent occupancy. The feedback has been very positive. Anyone who qualifies can live there. They are two-bedroom units. Basically, anyone who qualifies can apply. There is a waiting list."

**SS:** *When it comes to charging rents, how are these values calculated for soldiers' when it comes to their ranks?*

**JM:** "Rank and size of family aren't considered in the rent setting. But DND policy says rent cannot exceed 25 per cent of the combined gross household income."

"So, if a [military] member believes they're eligible for a rent reduction, they can apply to the Housing Services Centre and the application is reviewed to

determine if they qualify. We don't have many applications to date."

**SS:** *How is it determined who gets what house?*

**JM:** "Basically, any Regular Force or Reservist full-time on a six-month plus contract can all apply for housing. We look at household size."

"We basically look at what size of house they would qualify for. We can assign houses larger than are warranted, but we don't have to. Someone may want a four-bedroom house and we may or may not be able to accommodate them."

commodate them.

"There can be special needs as well, like a barrier-free unit and we look at something if we have a unit. In Shilo, we have one barrier-free unit. It's very nice. It was built somewhat recently."

**SS:** *What's the difference when it comes to the rent being paid for a new home, versus the homes built back in 1948, or have been renovated?*

**JM:** "Any major upgrades increase is consequently reflected in the rent. We don't affect the rent locally. It's based on the Consumer Price Index."

**SS:** *Walk me through the process of applying for a rental on Base if I'm posted to CFB Shilo?*

**JM:** "There is a step-by-step process on the website. More generically, priority-one members who are posted and moved at the public's expense have priority."

"They'll e-mail us as soon as they get their posting message. Our customer service rep will contact them to discuss options or if there's a waiting list."

"There's usually a lot of back-and-forth discussions for what they're looking for. A priority-two is a local move. They can e-mail us or drop off an application."

**SS:** *Is it an even playing field for applications if I'm a private or a major?*

**JM:** "Rank is not considered for RHUs. However, the site may have one or more designated residences for that specific position. Currently we only have one and that's for the Base Commander."

**SS:** *How many people are on the wait list?*

**JM:** "The numbers fluctuate regularly. There are 19 on the priority-one two-bedroom list. We have two separate lists. There are 105 on a waiting list that are priority-two. They're all two-bedroom units."

**SS:** *What does the red light in the window of a Base house mean?*

**JM:** "Those red lights are known as Winter Watchmen. It's a light that's connected to a thermostat. If the temperature goes below a certain heat, the light flashes."

"Typically, we set the furnace at 18 Celsius. If the light is flashing, there might be a heating issue. Members of the community or military police typically report it."

"Any empty houses will have a red light. If there are major renovations, the contractors take the light out and look after any major issues."

**SS:** *Are the aging barracks being replaced?*

**JM:** "Single quarters are managed by RPOU. So, if there are any plans of their replacement, it would be handled by them."

**SS:** *How has work been done during the COVID pandemic?*

**JM:** "The pandemic created many challenges. During the initial period, we were completing essential work. Some of the protocols we followed were screening questions for residents."

"For example, inspections were done by telephone or video conference. We have a drop box for keys for march-outs or a contractor takes a key for a unit to avoid face-to-face contact."

"Contractors must adhere to protocols. We are doing contactless e-mail. After the initial adjustment period, it really has been everyone just following the protocols. We've adjusted our work as well."

**See our March 18 edition for a look at the national scene when it comes to calling Bases or Wings home**



Frontenac Crescent has seen the most new construction, with new homes being built starting in summer 2015.

# RCA Museum unveils 360 Second World War virtual tour

**Kimberley Kielley**  
Shilo Stag

There have been some interesting additions to the RCA Museum since closing its doors last November due to the province's Code Red COVID-19 restrictions. The good news is the museum has re-opened after restrictions were loosened for those wishing to delve a little deeper into military artifacts and check out the newest acquisitions.

RCA Museum manager Andrew Oakden shared the most recent changes with the *Stag* during a recent phone interview.

Despite being closed for more than three months, Oakden and his staff have kept busy creating new displays and virtual tours.

There is a new virtual 360 Second World War gallery available online.

Visit the museum's website <http://en.rcamuseum.com/virtual-360-ww2-gallery/> to view an impressive display where seven locations are highlighted by pulsating circles.

"From the middle of the gallery, you see all five sections of the artillery during [Second World War]. We updated the gallery last fall and prepared a 360-degree virtual tour due to COVID," said Oakden.

He explained the process of creating the virtual tour.

"You need three parts to do a tour like this — photographing, joining and a program to run them."

Photos taken from all angles were just the beginning.

"You need photos from 360 degrees," he explained. "And you need a camera to shoot everything in RAW."

A Canon Rebel T79 with a regular lens was the camera of choice, but Oakden said it would have been easier with a wide angle lens.

Armed with a tripod, he shot the display at every 20 degrees. For the seven sections, he took 54 photos at 30 mega bites per photo. Then he used PT Goui to join it together.

"PT Goui is a great program. The camera is good," he said. "I just looked online for the proper settings and shot in RAW, high resolution and white balance."

He said the British Museum's virtual tours were his inspiration for the project.

An interactive online tour the Base museum has provided for visitors is UBIQUE 150, which is a celebration commemorating 150 years of artillery in Canadian military history. The display was originally a touchscreen museum display.

Oakden said COVID-19 had other plans and now the display is available online as a "photo interactive based on time periods and sub-categories," according to the website.

It has six different time periods and shows artifacts representative of those time periods.

"There are 11 categories with three to four images in each," he said. "We don't cover much material on the web site but it goes along well as a regular interactive."

"The primary purpose was a museum interactive, but we're using it as a web and online exhibit. The online interactive is not virtual."

The photo gallery covers 150 years of history and artifacts and everything which makes up 1RCHA's Regimental history. Collections manager Clive Prothero-Brooks co-ordinated the slides, producing or photographing objects from the collection.

"We're lucky to have most of the collection here. We can fill our cases," said Oakden. "We have enough of our own. We don't have any loans."

The project has been on-going for a year and it's almost done, according to Oakden.

"We're just updating the decorations now. It'll be finalized by April 1." While visitors to the website can take advantage of these virtual tours and interactive displays, there are two significant additions to the museum which Oakden is excited to share.

They include a fragment of a M777 barrel which exploded during an exercise in Eastern Canada plus the extensive collection of Second World War Great Gunner BGen P.A. Stanley Todd.

The 23-inch by five-inch jagged metal fragment arrived Jan. 29 at the museum.

The 5th Regiment from Quebec contacted Oakden after a 155mm shell became stuck in the M777 Howitzer barrel during an artillery exercise and military technicians had to detonate it to rid the gun of the explosive.

According to the museum's website, technicians attempted to remove the shell with a hydraulic press. After exhausting all options, the order came down to destroy the barrel.

"The 5th Regiment dismantled and transported the barrel to the Trois-Rivieres shooting range. There, they detonated the barrel with 36 blocks of C4 plastic explosive, neutralizing the shell and obliterating the barrel into jagged fragments."

"The barrel is twisted. It shouldn't look like this," noted Oakden. "We're very happy to get it. Our plan is to display it when we have time."

The RCA Museum's Facebook post has garnered excellent feedback with more than 20,000 reached, he added.

Another detailed collection from a First World War Gunner was donated by sports commentator Don Cherry. A story on Cherry's great-uncle Sgt Thomas William Mackenzie war memorabilia, which has its own display case, appeared in the Oct. 29 *Stag*.

BGen Todd's donated collection features more than 100 artifacts. Born in 1898, he was Commander of the 4th Canadian Field Artillery Regiment, 3rd Canadian Division during the Normandy invasion at Juno Beach in France during the Second World War.

As well, he was second-in-command on D-Day. He was the mastermind of the Canadian artillery plan for D-Day.

He opened the inaugural RCA Museum at Camp Shilo in 1962. He was 99 when he died in 1996.

His collection is extensive and detailed. It includes two shell casing fired from his ship on D-Day. It will be on temporary display during the UBIQUE 150 celebrations.

In a post-Code Red pandemic world, Oakden hopes the coming year will yield more traffic through the museum's front doors.

"We're re-doing our signage on the TransCanada. We increased our online presence. And people can come in when we're open. Hopefully, this year will be better."



If you are new to CFB Shilo and have not had an opportunity to visit the prestigious and award-winning RCA Museum now is your chance after the province lifted some of its COVID-19 restrictions. The museum has re-opened for visitors, where you can check out Great War displays (above) or see artifacts indoors like the historic Kingston Cup (middle right). Or explore the museum's popular Gun Park (below). Masks must be worn while you explore Canada's artillery history.

*Photos Jules Xavier/Shilo Stag*



# Statistics Canada needs workers to collect important census data

**Kimberley Kielley**  
Shilo Stag

A great opportunity to earn a little extra money on the side has presented itself to 32,000 Canadians across the country.

Statistics Canada is hiring census workers to help in the 2021 census — Painting a Portrait of Canada: The 2021 Census of Population.

From April to July, census workers will have an opportunity to earn between \$17 and \$22 per hour, depending on the position they hold according to the website [www.census.gc.ca/jobs](http://www.census.gc.ca/jobs)

Some positions are full-time while the majority are part-time.

Additional compensation will be made available as enumerators use their own equipment for work.

Statistics Canada has been actively recruiting for the last month in search of a national workforce to temporarily assist in a country-wide head count, an event which occurs every five years.

Mostly evening and weekend work, it's an excellent way to earn a few extra dollars as between 20 to 40 hours a week are available, according to Director General of Statistics Canada Geoff Bowlby.

"Some weeks we'll need them more. They'll be busy. Other weeks it'll be lower than that," he said. "This is a great second job for many. It's an opportunity to double down and work hard from April to July."

Northern communities, which have always been enumerated, have presented a unique set of challenges this year, according to Bowlby.

"Because of COVID, the ice roads aren't accessible. Then there are COVID restrictions. Statistics Canada is trying to hire as many people as possible from those communities to do census and not bring in outsiders."

Statistics Canada is hoping to hire 3,000 people from those communities and keep non-residents out.

"We're trying to minimize the risks," he said. "We can't be a vector of the spread."

With that in mind, Bowlby said Statistics Canada had to

come up with a plan in late 2020 in anticipation of the pandemic being present in 2021. Steps had to be taken to reduce face-to-face exposure to protect workers and participants.

Those steps included expanding Internet use and more telephone calls when filling out the census forms. Those are the safest and easiest ways to respond to the census, he noted.

"There was a big push on for that. When we do have to send someone to the door, we'll do so safely."

Census workers will be equipped with masks and hand sanitizer. Interactions will be socially distant and on door-steps.

**"We will not be making in-person visits to seniors' residences. We will be making telephone calls and taking basic census."**

— Geoff Bowlby

"Canadians are very friendly and there will be many invitations to come into the kitchen and fill out the forms," he said.

It will not happen this time around, he emphasized.

Bowlby is confident when he says door-to-

door interactions will be a rare occurrence, with the Internet another option.

"One in 10 will request a paper questionnaire. Canadians are very good at responding to census online."

He added, "In 2016, [the last census taking], we set a world record for internet response. Just under 70 per cent responded. We expect it to be 80 per cent this time. This is higher than any other major country."

And it's the first time in the history of census taking in 150 years where counting Canadians during a pandemic has occurred.

"When the pandemic hit, we had to redo a lot of our plans," he said. "We are confident we have a good plan in front of us."

Bowlby said Statistics Canada is offering easy solutions for participants to respond on their own, even if they don't have an Internet connection.

He expects those numbers to be considerably less as more people, particularly seniors, become more comfortable with the internet.

"We know there's an increase in familiarity," he said.

Seniors' residences, particularly long-term care homes, have their own set of protocols.

"We want people to be reassured that senior's health and safety is being taken seriously," noted Bowlby.

"We will not be making in-person visits to seniors' residences. Normally we would be making personal visits to those locations. We will be making telephone calls and taking basic census."

By early May, an invitation to participate in the 2021 census will be sent to Canadians as many as three times.

"By the end of May, if you haven't responded, we dispatch an enumerator," he said. "The enumerator will make phone calls first to homes who haven't responded. If it's still unsuccessful, the enumerator will be expected to knock on doors using safety protocols."

To refuse to complete a census, Canadians could face a fine as high as \$500. Bowlby sees filling out census a crucial piece of the democratic process where the information gathered is used in so many ways to assist the federal government.

"Census is an important part of our democracy and it's important to get counted," he said. "We really rely on Canadians and their good will to respond to the census."

He explained information gathered from census taking is used for such things as the delineation of the electoral process, financial transfers between the federal and provincial governments on a per capita basis or how the COVID vaccine is rolled out.

"You wouldn't know where to distribute the vaccine if you didn't have the census."

It's an expensive process to head count millions of people. This time around, it is \$750-million and spans over several years.

"There's a lot of work leading up to it and a ton of work after the forms are received," he said. "They have to be processed and turned into statistics."

Bowlby said the census would be more expensive every time they run it, "but we find ways to keep costs in range on a per household basis."

In the last census, 35,000 workers were hired compared to this year goal of 32,000.

"We found ways between 2016 and 2021 for people to respond more on their own. That's been the trend."

To be a census worker, one must have access to reliable Wi-Fi, telephone, computer, vehicle, valid driver's license, be 18-years-old or older and be eligible to work in Canada.

For further information visit [www.census.gc.ca/jobs?a](http://www.census.gc.ca/jobs?a)

## Food for thought: know your package labels

**Ginger Lamoureux**  
Stag Special

As of 2007, the Government of Canada required all pre-packaged foods to list nutrition and ingredient labels.

The nutrition fact label provides information regarding calories, 13 core nutrient content, serving size, and percentage daily value.

Canadians have slowly become familiar with this label but often misunderstand what the serving size is or do not comprehend the meaning of percentage Daily Value (DV).

Often people will look at the calories listed, but forget to realize it is per serving size. Your favourite bag of potato chips may read 160 calories per serving, but did you know there are 10 servings in the bag's content?

How many of you would stop eating your chips after you reach your serving size?

Your serving size will also affect the percentage DV of the nutrients you are consuming, the more you eat the more you get and vice versa.

The percentage DV reflects the amount of each core nutrient that is provided, per serving, contributing to the total daily diet.

It is important to note the percentage DV is based on a 2,000-calorie diet for healthy adults and must be adjusted for children.

Nutrition Facts	
Valeur nutritive	
Per 1 tbsp (15 g)	
pour 1 c. à soupe (15 g)	
<b>Calories 80</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 7 g</b>	<b>9 %</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 3 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 65 mg</b>	<b>3 %</b>
Potassium 100 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

The actual number of calories and nutrients kids require will vary according to their age, weight, gender and level of physical activity.

Food labels are guidelines which are meant to assist you in making informed decisions about what you stock your cupboards with.

The percentage DV is not meant to track the total amount of nutrients you have had for the day as it does not include all nutrients that may be in a product.

It is a tool to allow you to compare two products and make an informed decision on which is best for you and your family.

Ideally your nutrient content should be between five to 15 per cent, with five per cent being a low content value and 15 per cent being a high value.

CFB Shilo's Health Promotion department offers several courses to guide Canadian Armed Force (CAF) members on how to use food to fuel the body for top performance.

If you are interested in attending one of our courses stop by our office at CANEX or visit our website [www.cafconnection.ca/](http://www.cafconnection.ca/)

Shilo/Adults/Health/Health-Promotion.aspx

For more information regarding food labels visit [www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html#a4](http://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html#a4)

Meanwhile, follow Health Promotion at [www.facebook.com/ShiloHealthPromotion/](http://www.facebook.com/ShiloHealthPromotion/) or [www.instagram.com/shilohealthpromotion](http://www.instagram.com/shilohealthpromotion)



**Established 1947**  
**Shilo Stag**  
**73 YEARS**

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.

# LETTER HOME FROM FRANCE

## Pte Cecil Minary enjoys receiving 'snaps' with letters

*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 Manitba. 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.*

Somewhere in France  
829297 B Coy  
Monday March 11th/18

Dear Dad.

Many happy returns of the day Dad and the best of health for the coming year, I only hope I am home to wish you it in person next year what do you say Dad.

My hopes of yesterday were realized for I got some mail four letters there were, Annies of Feb 2nd and one from Aunt Mable.

Annie and Lucy Prette and Berta. everyone seemed to be doing as well as usual.

Annie Prette sent me the address of two of Mrs West sisters in England with an invitation to go there on my next leave and I sure will. I just wish I had of known for my last I would have had a better time.

Mrs West is the woman where Annie and Lucy is staying in Winnipeg.

Those snaps Annie sent certainly are great, tell Bruce that if I ever get back he had better look out for that school teacher of his for I would take a try

and cutting him out, that snap of Vic is very good.

Do you know Dad, the Boys here won't believe when I say Vic is my Brother, they say it is me or my second, but then they have not seen his Blue eyes have they, his hair though is exactly the same as mine is now.

Well Dad I guess you will all be busy getting ready for the spring work and I just wish I was there to help you, But it is so long now since I have done any of that kind of work that I guess I would not be up to much, but I guess I would soon learn again, what do you think?

I guess the Boys will be all talk now of the coming Baseball games and the chances of Chesley.

We have a scrub game over here now and then when circumstances and the weather permits just enough you know to keep a fellow familiar with the Ball and glove.

Well Dad this is all now so will sign off with love for all at home.



From Cecil

Pte Cecil Minary's Dead Man's Penny.

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

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).

### Call for donations – Kingston's RCHA memorial requires refurbishing

#### Stag Special

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

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

This project will be executed in concert with 2RCHA's parade in Kingston exercising their freedom of the city Aug. 7, 2021. These events are all part of the UBIQUE 150 plan for events commemorating the 150th anniversary of the 1871 formation of A and B Batteries in Quebec City and Kingston.

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

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

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

Related Products

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



#### 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

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**Deadline for next issue: MARCH 11 at noon**

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

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**CANEX needs you:** Sales associate part-time position with 13 to 32 hr /week required. Must be available days/evenings, and week-ends. 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.

Visit your RCA Museum  
Canada's national artillery museum  
For information dial 204-765-3000 ext 3570  
or visit [www.rcamuseum.com](http://www.rcamuseum.com)

### Services

**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)

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Ethan Morton, 12, looks in the mirror (left) before his haircut which resulted in seven 12-inch ponytails. Mom Nancy (middle) produced four 12-inch ponytails.

*Photos submitted*



# Canadian Cancer Society no longer accepting human hair for wigs Mother Nancy Morton, son Ethan donate hair after growing for 30 months

**Kimberley Kielley**  
Shilo Stag

Imagine having a child who wants to grow their hair out for wigs to be worn by children recuperating from cancer treatments.

Imagine that child is your 12-year-old son, and his dad is in the Canadian Army.

Ethan Morton's had enough self-confidence to carry him for the two years it took to grow his hair out.

And that comes from his parents, new 1RCHA transport officer Lt Corey Morton and wife Nancy, supporting Ethan in his long hair endeavour, regardless of any negative comments.

"I told him not to worry about what people might say," Lt Morton said.

Growing his own hair out to support his son was obviously not an option. Instead, mom took up the cause with Ethan since having waist-length hair was no big deal for her.

"When Ethan said he'd do it, I decided to join him," she

said, noting they grew their hair out for 30 months.

"I made the decision to stop dyeing my hair and just get it trimmed. The colour would get trimmed out every cut until it was completely gone."

Originally, Ethan wanted to donate his hair to the Canadian Cancer Society to be used for wigs, but that organization stopped accepting human hair in 2018 after shifting to synthetic.

According to the Canadian Cancer Society's website, synthetic hair is the preferred choice for wigs as they are lighter for the wearer.

"Ethan has known a lot of people with cancer and they could have used a wig. It was a nice thing to do," mom said.

When the family found out they couldn't donate their hair, they looked for another organization which accepted human hair for wigs.

The Angel Hair Foundation provides human hair wigs for children who have lost their hair through cancer, alopecia or other medical conditions.

The wigs are free, but cost between \$2,300 and \$2,600 per

wig to make.

So far, Ethan has raised \$665 through donations from family and friends. His mom has been in contact with the manager of the Angel Hair Foundation to send the money and hair once they have completed their mission.

Ethan's long hair produced seven ponytails, 12 inches each. He had to grow his hair to roughly 14 inches for the cut. Nancy's hair yielded four ponytails in 12-inch lengths.

"He got a lot of remarks on it. A few good ones. A few bad ones," mom said. "He put up with a little bit of grief. But he was persistent. And kept growing."

When the big day arrived to cut his hair Feb. 12, older brother Aiden filmed the event.

"He was a different kid when he came home from school," recalled Lt Morton of the freshly shorn son.

Chuckling dad added, "I told him I understood him better now that he had his haircut. He didn't get it."

If you would like to donate towards Ethan's cause, you can e-mail his mother at [nancymorton@yahoo.ca](mailto:nancymorton@yahoo.ca) for more information.

## Ready for the big move?

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## COVID-19 UPDATES for CFB SHILO

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