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A/CDS LGen Wayne Eyre gives the thumbs up as he receives his COVID vaccine from a military medic. Photo DND

# 'Time to lead, inspire' for Army Soldiers receive Moderna vaccine

**Steven Fouchard**  
Stag Special

The three elements of the Canadian Armed Forces (CAF) each have very different roles to play in their respective environments — land, air, and sea.

When it comes to COVID-19, however, the mission is the same: broad vaccination as soon as possible.

As the largest element of the CAF, the Canadian Army (CA), bears a large portion of the responsibility.

Thanks to a newly-confirmed vaccine delivery timeline, the CAF will receive additional vaccine doses in the coming weeks to administer to eligible members in the highest priority groups.

It is expected members in all priority groups will be offered the vaccine this year sometime between April and August.

COVID-19 has had a major impact on the CA's operational readiness. While there have been approximately 1,100 cases — only about



Lt Tiffany Swell from 1 Fd Amb at Garrison Edmonton prepares the next dose for soldiers who received their COVID vaccination prior to taking part in the annual Ex MAPLE RESOLVE held at CFB Wainwright. Photo DND

one per cent of CAF personnel — and thankfully no fatalities, the knock-on effects are

considerable: for every case, approximately 12 other people must be quarantined.

The CA's vaccination planning is led by a team under the responsibility of Chief of Staff Operations BGen Joshua Major.

His advice to other senior leaders is simple: lead by example.

"As history has demonstrated time and again, leaders inspire others not just by their words, but by their actions, to achieve great things," said BGen Major. "My message to all leaders, formal and informal, is simple: this is a time to lead and inspire."

"So talk with your soldiers, answer their questions, and then show leadership by getting vaccinated. This will allow us to start rebuilding our readiness."

He added, "If you can't answer a question, direct them to someone who can."

The CA's sergeant major, CWO Stuart Hartnell, echoed this sentiment, noting broad vaccination is essential for the Army to continue training and preparing for operations.

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

Fax: 204-765-3814 Email: stag@mymts.net



Mailing Address:  
Box 5000, Stn Main  
CFB Shilo, Manitoba, R0K 2A0

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The Shilo Stag is produced every second Thursday.

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

**Submitting articles and photos for print:**

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



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**Bdr Coscarella**



**MBdr Hamm**



**Sgt Houle**



**Sgt Nilsson**



**Sgt Cawdell**



**WO Labrecque**



**MWO Gilbertson**

# Quick action after LAV rollover

## Shilo Stag

The actions of two Range Control soldiers following a LAV rollover in the Ranges and Training Area (RTA) has earned them CFB Shilo Command Team coins.

MBdr Jordan Hamm and Bdr John Coscarella received their coins from BComd LCol Jeff Lyttle following an outdoor honours and awards ceremony held at Base HA.

It was on the morning of Oct. 8, 2020, when the two soldiers worked in concert managing three radio nets, cellphones, land line and computer e-mail notifications to manage the emergency services response to the LAV rollover.

Emergency services included contacting MPs, Base fire hall and hospital, two military ambulances, four civilian ambulances plus made and a STARS helicopter request.

Simultaneously, they also appropriately managed other RTA users, ammo and MSE Safety investigation personnel as well as media.

Their calm, professional demeanour greatly contributed to the efficient dispatch of emergency services and their ability to draw accurate information

facilitated appropriate Chain of Command (CoC) decision-making during this RTA incident.

3CDSG also recognized Base Supt Clerk MWO John Gilbertson and Chief Clerk WO Mariepier Labrecque with Command Team commendations.

Both received their commendation document signed by 3CDSG Comd Col Patrick Lemyre from LCol Lyttle in recognition of their outstanding support, professionalism and dedication to CFB Shilo during the COVID-19 pandemic.

Their forward thinking and planning abilities were key to the implementation of numerous digital processes to replace conventional paper-based versions.

These new processes helped support the dispersed workforce in ensuring essential administration such as bilingual "virtual clearance" processes and pay functions continued during this time.

Their initiative and innovative application of IT resources to develop these applications brought great credit to the 3CDSG.

Meanwhile, three sergeants each received their Canadian Forces Decoration one (CD1): BRSM assistant Sgt Sean Cawdell, Sgt JC Houle and Sgt Nikolaus Nilsson.

# Promoted to sergeant Russell Legge posted

## Shilo Stag

He arrived at work as a master-corporal.

He left work at the Flatlands Dining Hall — where he is IC Production with Base Foods — as a sergeant.

Now Sgt Russell Legge received his promotion from BComd LCol Jeff Lyttle during an impromptu ceremony in front of his work peers.

Asked to give a speech, Sgt Legge modestly declined and passed the floor back to LCol Lyttle, who congratulated the kitchen team on their continuing work feeding CAF members during a COVID-19 pandemic.

Base Foods staff also learned Sgt Legge, following his promotion, is posted out this summer.

Meanwhile, in other recognition news, a Base Ammo sergeant was recognized during Op LASER in Pukatawagan by the CO with 2 Fd Amb out of Garrison Edmonton with a CO's coin.

Sgt Raymond Castel's nomination reads: "Sgt Castel seamlessly integrated himself into our ADM teams with positive attitude and willingness to perform any task assigned to him.

"Since Mathias Colomb is the community that he was raised in, he quickly became integral to the mission, as he has a wealth of knowledge and was ready to assist the CAF and his fellow community with getting this [COVID-19] virus under control.

"Sgt Castel has a smile that never leaves his face and a friendly demeanour that is extremely admirable."

The nomination added, "Sgt Castel always made himself available to both, the 1RCHA contingent and the medical teams and CoC. Without his guidance, I truly believe we wouldn't have been successful in completing this mission.

"From all of us, I would sincerely like to thank Sgt Castel for going above and beyond every single day and would like to wish him and his fellow community all the best moving forward."

In other recognition news, 1RCHA's Padre Capt Joachim Nnanna received a MPGTG Commander's coin and CFChSC Commandant's coin and commendation certificate while attending his recent Chaplain BOQ instructors course.

In other promotion news, on the last day of April, 3CDSG Sig Sqn Det OC Lt Myung Yang was promoted to captain by BComd LCol Jeff Lyttle and BRSM CWO Jeremy Abrahamse.



**Capt Nnanna**



**Sgt Legge**



**Capt Yang**

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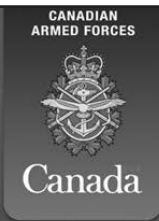
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The COVID-19 vaccine is part of your kit.

BE READY.



## Canadian Army's segeant major CWO Stuart Hartnell says Vaccine keeps soldiers in 'fight'

### From the front

"In order to maintain our readiness, the Canadian Army will not and cannot ever again shut down training as we did early last year," he said. "We will continue to train regardless of where this virus takes us."

"No matter how disciplined we are, we will on occasion still be required to train in close proximity to one another. To execute that required training as safely as possible we need to adhere to our personal health measures and we need the protection of mass vaccinations."

More than 400 million people have been vaccinated worldwide thus far. CA medical advisor Col David Coker has noted serious side effects, such as severe allergic reactions or blood clots, have been seen in just two or three people per million who have been vaccinated.

Approximately 3,000 CAF members, including a large number on this Base, have been vaccinated so far. While minor side effects are common, and are part of the body's immune system becoming active, less than 0.5 per cent have experienced adverse side effects needing any medical attention.

"Not once in my military career have I ever had cause to question the validity of any vaccine that was required to protect me in the completion of my duties," said CWO Hartnell. "Health Canada and our CAF medical experts take their jobs very seriously and they work diligently to keep us in the fight. I trust them with both my health and my very life."

Moderna, the vaccine allocated to CAF members by the Public Health Agency of Canada, has been shown to be 94 per cent effective.

It is a messenger RNA (mRNA) type vaccine, meaning it does not contain a live or inactivated form of the virus. Instead, it genetically "instructs" the immune system to create spike proteins that are part of the virus.

This gives the body an ability to produce antibodies and immune cells and primes the body to mount a defensive immune response if it encounters the actual virus in the future.

CAF immunizations are being prioritized much like those in the general population. The first group to receive them are frontline healthcare workers and those supporting them, as well as others who are at high risk or likely to transmit the virus to high risk groups.

This includes, for instance, those clinicians who support long-term care facilities, provide medical care to vulnerable residents of Indigenous communities, and members providing medical care to CAF members potentially infected with COVID-19.

Next are those supporting critical defence capabilities. This includes members deployed or employed in providing essential support to CAF critical functions and capabilities, such as search and rescue, readiness functions like the Direct Action Response Team (DART), humanitarian assistance, non-combatant evacuation operations, cyber assurance and casualty support management.

Also included are CAF personnel due to be posted out-

side of Canada and those contributing to NORAD, NATO, and UN operations or working directly with other international partners and those providing direct support to different levels of government.

These will be followed by members engaged in force generation, training, and education activities. This includes personnel training to prepare for assigned missions, and instructors staff and students at the CAF's Royal Military Colleges and recruit school.

After the priority groups outlined above have been offered the vaccine all remaining eligible members of the CAF will be vaccinated.

"As with any other military operation, prioritization of effort allows us to deliver the desired effect at the right time and place," BGen Major noted. "Prioritization allows the proper sequencing to be established, with some flexibility to adapt to local requirements, so that the people who need the vaccine first, get it first."

"Thanks to the hard work of so many people, when the vaccines arrive at various bases, we will be ready to launch and start getting them into people's arms."

Army Reserve members on Class B contracts, meaning 180 or more days, are considered eligible and will receive their vaccinations through the CAF.

Those on Class A or other contracts of less than 180 days as well as civilian employees, Canadian Rangers and Cadet Instructors Cadre, will be vaccinated through their respective provincial and territorial health care providers per standard vaccination practices.

Vaccination is the best way to reduce the symptoms and severity of COVID-19 and to protect yourself, your family, community and workplace.

Widespread vaccination will also help ease the burden on both the civilian and military health care systems.

Whether you have been vaccinated or not, it is important that public health measures (PHMs) such as masking, physical distancing, and hand washing continue.

Public health restrictions will be relaxed over time as more people are vaccinated but everyone must stay vigilant in the meantime.

"Getting your vaccinations and keeping your vaccination book current is an individual's responsibility," said CWO Hartnell. "And it may be a requirement for certain missions and/or deployments. The more protected you as an individual are, the more protected we as a team are."

BGen Major added, "As vaccination efforts ramp up, so does the spread of variants of concern. We must not take our foot off the gas as we maintain our PHMs during the conduct of all our activities. I would again remind everyone of the importance of this vaccine and how it should be considered an integral part of your personal protective equipment — as much as your helmet, frag vest or ballistic glasses."

"We will not be less busy in the future, so we must do everything we can to ensure our readiness and ability to continue to deliver the incredible work done by all our members day after day."

Steven Fouchard/Army Public Affairs



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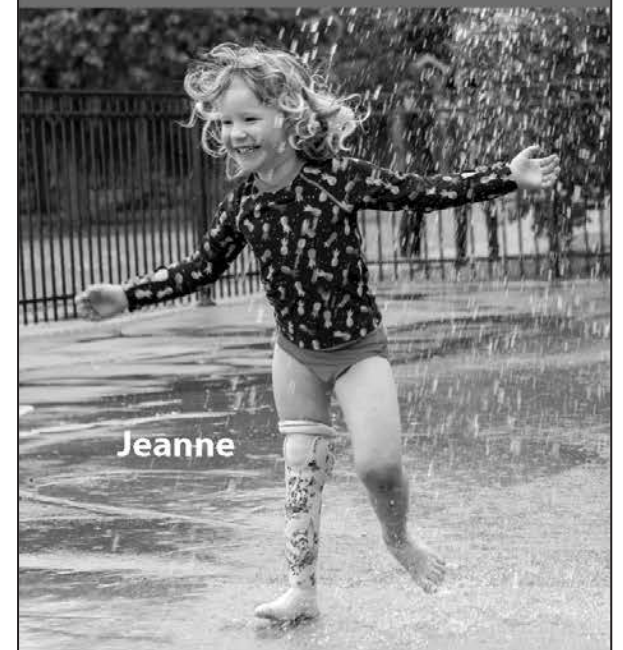


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Second doses of the Moderna vaccine will be offered to CAF members on the Base starting this week, according to 11 CF H Svcs C Deputy Base/Flight Dr Steven Nordstrom. CAF Surgeon General MGen Marc Bilodeau (right) received his first vaccine, while soldiers involved in Ex MAPLE RESOLVE (left) were vaccinated prior to arriving in the field. Photos DND

# Soldiers can roll up their sleeves for second Moderna shot

## Shilo Stag

Soldiers will soon be able to receive their second Moderna vaccine in the arm.

That's the message from 11 CF H Svcs C Deputy Base/Flight Dr Steven Nordstrom, who acknowledged the vaccine has been offered to all eligible CAF members on this Base.

"I am extremely appreciative of our medical staff at 11 CF H Svcs C, CFB Shilo organizations for assisting in co-ordination and all of the CFB Shilo CAF members who helped to ensure the safe, effective and efficient delivery of vaccine. We will now transition to providing second doses to complete the vaccination series."

To do this Dr Nordstrom offered the following regarding a vaccination schedule, with two doses required to be considered fully vaccinated.

All second doses will be co-ordinated in the same man-

ner as the first. Do not call to book an appointment or reschedule. This should be co-ordinated through your Chain of Command.

If you were not offered a vaccine for any reason and would like one, inform your Chain of Command or call the clinic at ext 4125.

"If you deferred receiving the vaccine this does not make you ineligible if you change your mind," explained Dr Nordstrom. "We understand this is a new vaccine and hesitancy is normal and expected. We want to ensure all member who receive the vaccine do so with all the information they need to make an informed decision and to be comfortable with their decision."

If you wish to receive the vaccine or would like to discuss with a clinician/ community health nurse, also call the clinic at ext 4125.

Of note, if you will be out of the geographic area during the window for the second dose — four weeks to four

months after the first dose — pass this up through your Chain of Command.

"We will make arrangements for you to receive the second dose at the nearest Canadian Forces Health Services Centre," said Dr Nordstrom.

Electronic records of vaccination are kept securely in your health record and medical staff can annotate in your "blue book."

Medical staff will provide further proof of vaccination such as a "vaccine passport" on a case-by-case basis and only when required. For example, if you have duty travel to a location requiring a "vaccine passport" as an entry requirement.

"I am looking forward to initiating the second phase of the immunization campaign this week, taking a significant step towards moving out of a pandemic state while protecting our community from COVID-19 transmission," said Dr Nordstrom.

***"If you deferred receiving the vaccine this does not make you ineligible if you change your mind. We understand this is a new vaccine and hesitancy is normal and expected. We want to ensure all member who receive the vaccine do so with all the information they need to make an informed decision and to be comfortable with their decision."***

**— Dr Steven Nordstrom**

## 11 CF H Svcs C remains open

### Shilo Stag

Another pandemic lockdown does not mean access to medical treatment on Base is restricted.

That's the message from 11 CF H Svcs C CO Maj Joel Bernier, who acknowledged your Base facility remains open.

"We are offering modified services as per the beginning of the pandemic, aiming for two-thirds appointments to be conducted by virtual health," he explained.

"Your health and safety are at the top of our mind when analyzing our Business Continuity Plan. In order to stay available to support our CFB fighting force, we must adhere to these measures. Your patience and co-operation is appreciated."

Here are a few reminders for soldiers from Maj Bernier.

- Refrain from having COVID-19 testing done at civilian facilities unless directed to do so by Health Services. The majority of testing can be done at 11 CF H Svcs C.
- If you seek medical attention outside normal business hours, report to the MIR the following day.
- We will be conducting round two of COVID-19 vaccination. Refer to your Chain of Command for your appointment.

"We have provided the vaccine to 93 per cent of the Base so far," said Maj Bernier. "Thank-you for your co-operation and flexibility."

• Wash your hands, stay distanced and wear a NMM facial protector. If you don't need to touch something — don't!

For any concerns or questions about your health or COVID 19 contact ext 4125. Outside normal business hours, contact the duty medic line at 204-724-0114.





# Canadian Army validates readiness during largest training exercise

## Shilo Stag

With the advent of May during a 10-day period, approximately 2,500 Canadian Armed Forces (CAF) personnel took part in Ex MAPLE RESOLVE 21 in Alberta at CFB Wainwright.

Ex MAPLE RESOLVE is the Canadian Army's (CA) largest and most complex annual training exercise. This essential event ensures our soldiers are prepared to deploy in support of Canadians in any capacity, including combat operations.

"At any given time, the Government of Canada can call upon the Canadian Army to undertake missions for the protection of Canada and Canadians and the maintenance of international peace and security," noted CA A/Comd MGen Michel-Henri St. Louis. "Exercise MAPLE RESOLVE ensures that our soldiers are prepared to answer that call in the most complex and volatile of environments."

During the course of the pandemic, the CA has demonstrated it can responsibly conduct essential training in a persistent COVID-19 environment.

This has been completed through strict adherence to a layered risk mitigation strategy, which will continue to be firmly enforced.

"Training in a COVID-19 environment is an extra layer of complexity, but it is necessary. We will continue to constantly evaluate the risk posed by COVID-19 and consult our medical partners as excellent training is achieved during Exercise MAPLE RESOLVE 21," said Canadian Manoeuvre Training Centre Comd Col Patrick Robichaud.

He added, "The health, safety and wellness of our members, our families, and our communities is paramount."

### Quick Facts

- Exercise participation was reduced by about 50 per cent this year, with most soldiers originating from and remaining in Alberta. 2PPCLI and a small number of 1RCHA soldiers were involved this spring.
- Most soldiers participating in Ex MAPLE RESOLVE 21 were from 1CMBG, which has units at Garrison Edmonton and CFB Shilo.
- The RCAF provided an Air Task Force to support CA

training operations during the exercise. This included two CH147F Chinook and eight CH146 Griffon helicopters, an MPN25 radar and approximately 400 personnel. A CP140 Aurora is also participating in the exercise, along with a detachment of three UH60 Blackhawk helicopters from the Wisconsin Army National Guard. A RCAF CC130J Hercules and BE350 King Air supported with transport of personnel and equipment.

- Approximately 260 soldiers from the Canadian Combat Support Brigade participated, including elements from 21 Electronic Warfare Squadron, 4th Artillery Regiment (General Support), and the Canadian Army Intelligence Regiment.

- Ex MAPLE RESOLVE 20 was cancelled in March 2020 by the commander of the CA in light of the evolving COVID-19 pandemic. This cancellation allowed the CA to sequester personnel for potential pandemic response operations.

- While this annual exercise is historically a key event to practice interoperability with foreign partners, international participation was strictly limited this year. Roughly 30 air medevac personnel from the Wisconsin National Guard and a 150-person light infantry company from the British Army participated. All foreign personnel had to be quarantined 14 days and arrived in Canada with a negative COVID-19 PCR test.

- A vaccination clinic was conducted at CFB Wainwright between April 27 and 30. Dose one of the Moderna vaccine was offered to all exercise participants not already vaccinated. This vaccination clinic notwithstanding, all public health measures such as physical distancing, mask-wearing and cohorting was followed.

- Designed and developed by the Canadian Manoeuvre Training Centre, the annual exercise provides Canadian Army soldiers, leaders and other CAF personnel a unique opportunity to enhance their combat readiness.

- As outlined in Strong, Secure, Engaged: Canada's Defence Policy, participation in this exercise ensures CA soldiers are ready to be mobilized as a brigade to respond to crises throughout the full spectrum of operations alongside Canada's close allies and partners.



Capt Ryan Bartlette observed a Rehearsal Of Concept (ROC) drill. According to the 1CMBG PAO, the Brigade leadership move the pieces on the board and go through a list of "what happens if this happens? If that happens? What if something completely different happens" and work through their plan to make sure it is sound. Unit COs in attendance included 2PPCLI's LCol Reekie, with cam paint (above), and 1RCHA's LCol Brassard (below), who had the role of Chief of Fires.



## Ex MAPLE RESOLVE



PHOTOS CAPT RYAN BARTLETTE

## POSTING SEASON ADVICE DURING PANDEMIC

Posted to CFB Shilo this summer? Posted out of CFB Shilo this summer? Check the information found at the below link to ensure you are up to date on the latest provincial health orders that might affect your trip. Plan accordingly whether you are arriving in Manitoba, or perhaps are off to an Army Base in Alberta, Ontario or New Brunswick. Or your purple trade sees you being posted to RCAF locations across Canada, or perhaps you find yourself heading for a Navy posting to either the west or east coasts.

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# Leaders need to redouble efforts to communicate, listen to soldiers

**LGen Wayne Eyre**  
Stag Special

To the Military Members and families of the Canadian Armed Forces (CAF):

As I continue to receive transition briefings, I must thank those who have gone to great lengths to quickly get me operationally ready to "fight tonight," if needed.

By necessity, I now view the CAF through a wider lens and it is manifestly clear to me you are delivering operational excellence across the breadth and scope of our Force, in Canada and abroad. At our core, we exist for operations.

To those who have served as part of both Op LASER and VECTOR during the past year, performing tasks such as supporting 50 different Northern and Indigenous communities to embedding within Government of Canada departments, you have my utmost respect and gratitude.

Much has been said and written recently about the CAF. There is a great deal to admire in Canada's military: professionalism, selflessness, dedication, courage, sacrifice and commitment, to name but a few. There are also elements of our military culture that

need, must, and will change.

Certain behaviours and attitudes exhibited towards our personnel are beyond troubling. None of us should ever tolerate, or condone, behaviour or attitudes that threaten the well-being of our people. The road ahead will not be easy, but we will emerge a stronger, better, and more effective Force.

I know the demands and pressures of normal military life are exacerbated by the pandemic's duration, and many of us can't help but to show some fatigue as we balance high demands at work and at home.

It is readily apparent to me we have large pockets within the organization who are running on overdrive as they underpin our operational and institutional demand.

We need to look after each other. If you need help or a hand, I urge you to reach out to others, and/or avail yourself of the resiliency and wellness tools available.

You do not need to struggle alone. Likewise, I expect leaders at all levels to redouble their efforts to communicate, to listen, to really understand and to respond to the individual circumstances of our people.

Posting season is approaching and as part of this I know many of you are anticipating a posting message.

One of my first priorities is to publish the senior leader and promotion messages, and from which cer-

tainty on many other postings will cascade.

For those headed to new roles and new responsibilities in new locations I know you will need to deal with additional challenges and stresses of moving at the same time as managing pandemic-related constraints.

Know your leadership is attuned to this fact and reasonable accommodations will be made to see you and your family, if accompanied, are able to hit the ground running at your new duty station.

Like last year, we will exercise maximum flexibility in posting dates. On that note, I encourage you to refer to recent and future CANFORGENs which may be pertinent to you.

As always, they can be found on the CAF App.

To our families, who I know are suffering from COVID-19 fatigue, please accept my heartfelt appreciation for your continued support.

We need to stay the course against the pandemic. Together, we will someday soon be past this difficult time. We all want this to end and return to normalcy.

To close on a happy note: your well-deserved pay increase was announced March 8 and you should see funds in your account by the end of the month.

Please look after each other, look after yourselves, and stay healthy.

*LGen Wayne Eyre - A/CDS*

## Important for soldiers to take charge of your stress

**Ginger Lamoureux**  
Health Promotion

In daily life, we often use the term "stress" to describe negative situations.

This leads many people to believe all stress is bad for you, which is not true. Stress is not always a bad thing, it is the body's response to changes that create taxing demands.

If we define stress as anything which alters our homeostasis, then good stress, in its many forms, is vital for a healthy life. Eustress is the term used for positive stress while distress, refers to negative stress.

Eustress is the type of stress we feel when we are excited. Our pulse quickens and our hormones surge, but there is no threat or fear and it keeps us feeling alive and excited about life.

Research has also shown manageable levels of stress may promote resilience and resistance to disease. Positive stress is usually short-term, is perceived to be within our coping abilities, and often improves performance.

Stress can help you meet daily challenges and motivates you to reach your goals. In fact, stress can help you accomplish tasks more efficiently. It can even boost memory.

Distress is the type of stress we feel when we are over-

whelmed. It leads to a state of emotional suffering associated with stressors and demands which are too difficult to cope with in our daily lives.

Negative stress can be either short-term "acute" or long-term. It causes anxiety, decreased performance, can lead to mental or physical problem and is perceived as outside of our coping abilities.

Stressors are not always limited to external situations, but rather can be internal in nature. Common internal sources of distress include repetitive negative thoughts, unrealistic expectations, failing to be assertive, procrastination and phobias.

External sources of distress include loss of a job, death of a loved one, legal problems, health issues and financial issues.

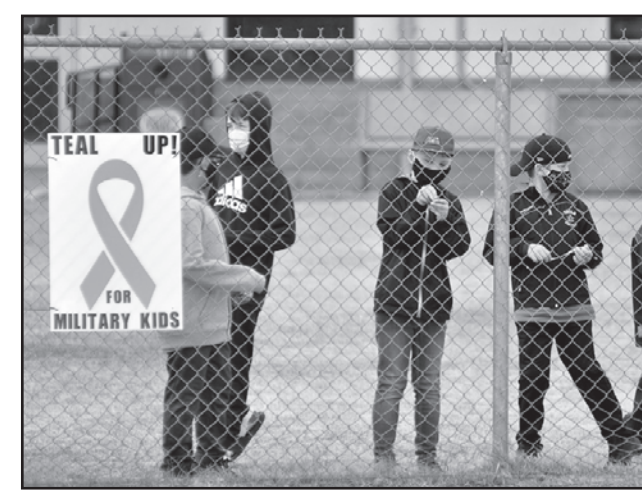
Examples of positive personal stressors include starting a new job, taking a vacation, competing for a promotion, playing sports or starting a new relationship.

Try not to perceive something as a threat. If you perceive something as a challenge instead, the fear you would normally experience may turn into excitement and anticipation, or at least resolve.

You can often make the shift in perception by focusing on the resources you have to meet the challenge, seeing the potential benefits of a situation, reminding yourself of your strengths, having a positive mindset — getting into the habit of thinking like an optimist.

As you practice looking at threats as challenges more often, it becomes more automatic, and you experience more good stress and less bad stress.

CFB Shilo's Health Promotion department offers a number of courses which will assist you in identifying your stressors, help you take on the challenges you face in a positive way and provide insight into the importance of understanding the Mental Health Continuum.



### Teal Up!

Shilo's MFRC youth programs researched new and innovative ways to celebrate month of the Military Child, according to marketing and promotions Amanda Engram. In the process, they came across Purple Up, which is a popular celebration for recognizing how resilient military children are in the United States. Using this as inspiration, the local MFRC developed Teal Up! The Month of the Military Child was first established in 1986 by US Secretary of Defense Caspar Weinberger. Although more significantly celebrated in the United States, this special month has been increasingly gaining traction in Canada. Unlike most children, military families are on the move with children having to leave schools, activities and friends behind. Family members can also be absent for long periods of time on deployments like Op VECTOR in northern Manitoba until June and training exercises such as the current Ex MAPLE RESOLVE at CFB Wainwright. Despite all challenges, military children continue to flourish and succeed. This resilience deserves a moment of reflection to honour all children of the military community. Engram said Shilo's MFRC has teamed up with the two schools on the Base, with more than 240 Teal Up! t-shirts designed to be worn April 28. Just like Pink Day for anti-bullying, these shirts will be a visual support to recognize the resilience of our Canadian military children. Students from Ecole La Source and O'Kelly School tied teal ribbons on fencing adjacent to their schools as part of the day.

*Photos Jules Xavier/Shilo Stag*

### Got Bulk Garbage?

Bulk items, yard waste, tires, and electronics may be disposed of Monday to Friday from 8 a.m. to 4 p.m. at the Shilo dump located two kilometres east of Rick's Restaurant on Aldershot Road



Items may be placed for curb-side pick-up the following dates ONLY for spring clean-up:

**MAY 25 & 26**

Items should not be placed earlier than the evening prior to pick-up



# LETTER HOME FROM FRANCE

## Tired soldiers go to bed wearing wet uniforms

*Editor's Note: During the First World War Pte Cecil Minary served in the CEE, 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.*

Somewhere in France  
829297 B Coy  
Monday May 13th 1918.

Dear Edna,

Hello Teddy how is every thing and every one around Owen Sound Jake like myself I hope. You will be thinking by this time that I have forgotten you or that old Fritz (sic) had got me at last, But the truth is that I have been lazy as usual and been kept a little bits into the Bargain so have not been tending to my letter writing as I should have done; your splendid long letter or April 12th came this evening so am answering right away I had one from Bertha Minary and one from Annie Prette also But none from home, I'll likly (sic) get it tomorrow at least I hope so.

There are no news that I can send you from here only that the weather is rather dirty at present it gave us a good wetting today I guess we will sleep in our clothes tonight to dry them out, I am sending you a snap that was taken last month I hope you will know me by it But for fear you do not I am the one standing on the left.

Say Teddy who is this new fellow the little sailor Boy that you speak of you never mentioned him before I would imagine that he was some guy to get you going like that. Or that you must be some girl to get so many of the fellows on the string as that "Ha Ha".



That is right Edna you just wait untill (sic) I get back before you take that trip west, I admit I can do a lot more talking then when you saw me last for I'm not as shy of the girls now as then.

That dream of yours is very near right for we do sing some funny songs over here ones that are usually our own make up, the wording is not up to much but it answers our sentiments fine.

I will be on the watch for that photo you are going to get taken be sure you send me one now I'll be able to tell you if it is you that is well finished or the photo for the Boys here will all give you their opinion on it and the Majority ought be right, what do you think Teddy?

Well I have to close for now as I want to write to Annie Prette tonight yet and I'm beginning to feel cold now in the wet cloths. So Bye Bye with love

From your Cousin Cecil

Born in 1897, Mary Edna Blythe was first cousin to Pte Cecil Minary and a first cousin three times removed of Kendra Minary. She wrote faithfully to him while he was overseas during the Great War. Apparently 13-page letters were a common thing from her. She also held on to Pte Minary's return letters for many years and gave them to the Minary family shortly before she died in 1990.

## Vote for your favourite youth reporter story

### Stag Special

Support the next generation of writers.

Vote for your favourite youth reporter story between now and May 31 and you can set one young person up with a grand prize package, including a \$2,500 scholarship.

Every fall, Canadian Armed Forces (CAF) newspapers invites young people, aged 13 to 18, from military families and Cadets, to enter our youth reporter competition.

This year's competition is sponsored by Adobe.

Aspiring reporters are asked to submit a story idea about something important in their life or community. CAF newspapers received more than 50 applications from CAF-affiliated youth across Canada and the world.

In late January, a selection committee of CAF newspaper editors reviewed applications to select six story ideas with the most editorial merit.

Originality and social impact are key considerations.

One month later, six finalists were contacted and given a deadline to develop their story idea into an original article. They were mentored by select Base/Wing newspaper editors, including the *Shilo Stag*.

All stories are featured in a special PLAY e-zine edition, published on [www.CAFconnection.ca](http://www.CAFconnection.ca) and in CAF newspapers across Canada.

Your vote takes them to the next level.

"The youth reporter competition gives young people affiliated with the CAF a chance to have their voices heard and to develop their writing acumen," said PSP national recreation manager and PLAY e-zine editor Ryan Cane.

"As a community, we learn a lot by listening to stories that are meaningful to the next generation, and it's great CAF newspapers offers this opportunity annually."

Now it's your turn to connect with these young writers. Read the top six stories and vote for your favourite for a chance to win a participation prize.

Voting is open until May 31 — closing at midnight EDT — only at [www.CAFconnection.ca/YouthReporter/](http://www.CAFconnection.ca/YouthReporter/)



## CLASSIFIED ADS

E-mail: [stag@mymts.net](mailto: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: MAY 20 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.

### 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)

### Base Chapels


**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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— **Raymond Taylor,**  
Client Account Manager  
with our Manitoba Division

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## GSH, barbershop all closed with new provincial restrictions in place until May 30

# Impact on some Base activities following COVID-19 surge

### Shilo Stag

Closed again!

With new provincial restrictions in effect starting May 9 because of a surge in COVID cases in Manitoba, GSH gym users, RCA Museum goers or book enthusiasts looking to sign out another paperback will have to wait until after May 30.

Need a haircut? Dean the Barber and his staff again have to close their venue until after May 30 because of the new pandemic restrictions.

These new restrictions announced May 7 will have a significant impact on the programs and services PSP provides to military members and their families.

The following additional public health order restrictions went into effect May 9 for a period of three weeks:

- outdoor gatherings which include people from multiple households are limited to a maximum of five people;
- restaurants, bars and patios will close to in-person dining, but can still provide takeout and delivery services;
- gyms and fitness centres will close;
- casinos remain closed and VLTs will close;
- museums, galleries and libraries will close;
- indoor community, cultural and religious gatherings are prohibited;
- personal services such as estheticians, barbers, salons and tanning salons will close;
- indoor sports and recreation, including after-school activities, will close;
- outdoor sports and recreation activities will have a maximum of five participants and organized team games such as baseball will not be permitted;
- dance, theatre and music schools will close;

- day camps will close;
- retail stores, markets and garden centres will be able to open at 10 per cent capacity, to a maximum of 100 people, and malls will be open to a maximum of 10 per cent of the facility's capacity; and
- self-help gatherings will have a maximum of 10 participants.

What about PSP activities?

- GSH and Base library will be closed and will have to revert to virtual fitness classes again on YouTube or Facebook platforms and a pick-up/drop-off system for the library returns;

• Rick's Restaurant will no longer be allowed to have dine-in or patio service, but can offer pick-up, takeout and delivery;

• No indoor sports will occur, although these activities were already restricted by the CAF but without GSH open it cannot be offered anyways;

• Outdoor activities will require further clarification as it relates to baseball, soccer and golf. With the current restriction of max five participants, provincial sports organizations for baseball and soccer have decided to not allow game play;

• With a maximum five participants, golf is still allowed since groups are a maximum of four participants, says Shilo Country Club general manager Scott Ramsay. "Rules are basically the same as last year, and the golf course remains fairly busy with everyone following social distancing guidelines, mask wearing inside and the usual Covid-19 protocols;

• Day camps are not approved, but currently PSP do not have any day camps running before July so this will be something to follow as the restrictions are amended with advent of summer.

For more on provincial restrictions visit the following link [https://news.gov.mb.ca/asset\\_library/en/newslinks/2021/05/BKG-Public\\_Health\\_Restrictions-PR.pdf](https://news.gov.mb.ca/asset_library/en/newslinks/2021/05/BKG-Public_Health_Restrictions-PR.pdf)

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