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1RCHA soldiers receive Latvia medals Page 10



Waiting for her ride home, Cpl Brianna Guimond told the *Stag* she was looking forward to meeting her nine-week-old Blue Heeler. *Photo Jules Xavier/Shilo Stag*

Op UNIFIER Roto 9 final chalk arrives home

Kimberley Kielley
Shilo Stag

The cool night air and a clear, starry sky were the welcoming committee for the last of 1RCHA's Chalk 3 coming home after six months on Op UNIFIER Roto 9 in Ukraine.

Bleary-eyed after travelling for almost a full 30 hours, soldiers spilled off three Greyhound buses at 1RCHA's compound just after 10:30 p.m. Perfunctory paperwork hand-over and gear off-loaded, the parking lot was practically empty as COVID-19 insured no family members were on-hand to greet the weary, masked warriors.

They either made their way to their parked vehicles or stood in the

night, waiting for their ride while shivering from fatigue induced cold. Interviews were short and sweet. The first thing everyone was doing when they arrived home was sleep. Then isolate for 14 days.

MWO Justin Kirkpatrick said the first thing he'll eat is pizza. After he showered and slept. Asked what the experience was like working alongside Ukraine's military, he said, "They were eager and receptive."

Sgt Tyler Pongracz looked forward to spending time with his family and eating Chinese food. With a Hungarian background, Sgt Pongracz said he made many Ukraine friends. "It felt like my family at home," referring back to family back in Hungary. "It was an awesome experience," he added.

See **SLEEP** page 12



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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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Facebook by visiting:<http://www.facebook.com/ShiloSTAG>

RCA Museum has one of two signed portraits of Queen Elizabeth II hanging on the Base, the photograph taken by Toronto-based photographer Ian Macdonald. Her Majesty is interested in seeing where the four Royal photographer's official Canada 150th portrait is on display at CFB Shilo. *Photos Jules Xavier/Shilo Stag*

New Queen's portrait hangs in four locations

Shilo Stag

Queen Elizabeth II is interested in seeing where her official Canada 150 portrait is hanging in four locations on this Base.

Regimental Adjutant Capt Trevor Jesseau was tasked with obtaining those photos for the Canadian photographer, Toronto-based Ian Macdonald, who is the 48th Highlanders of Canada regimental photographer.

He also has the distinction of being the Royal photographer of Her Majesty The Queen's official Canada 150th portrait.

"I am the person who took the portraits of Her Majesty wearing the Gunner's brooch for the RRCA in 2017," said Macdonald.

"Having also secured the signed prints and the larger ones for CFB Shilo, I am hoping someone might be able to take a photo of their placements for me. Her Majesty is interested in seeing their placement and I said I would compile photos to give to her."

There are two signed portraits, and two unsigned which were sent to this Base. One hangs in the Base HQ boardroom, while another has been placed in the RCA Museum.

The Officers' Mess has another, while the fourth portrait will be hung in the WOs and Sergeants' Mess once inside renovations are completed.

In the portrait by Macdonald, Her Majesty is pictured wearing the Canadian maple leaf brooch she inherited from her mother in 2002. The brooch, which is made of plati-



One of four new photo portraits of Her Majesty is hung at the Officers' Mess.

num and set with diamonds, was given to Queen Elizabeth The Queen Mother by her husband, King George VI, and was worn for the first time during the Royal couple's visit to Canada in 1939.

In past years, the brooch was loaned to Princess Elizabeth (1951), Duchess of Cornwall (2009) and Duchess of Cambridge (2011) during their first visits to Canada.

Her Majesty has served Canada with steadfast devotion and remarkable skill for 65 years.

The release of the special photographic portrait of The Queen wearing the maple leaf brooch is a fitting image of her love for this country and its people during the 150th anniversary of Confederation.

Of note, the reigning Sovereign holds the Royal Appointment of Captain-General. The appointment was first accepted by His Majesty King George V in 1929.

In the Canadian Armed Forces (CAF), the appointment of Captain-General is unique to The Royal Regiment of Canadian Artillery.

It is similar to the Colonel-in-Chief appointment held by other Regiments. In fact, from acceptance of the appointment by King George V in 1929 to King George VI in 1952, the appointment title was Colonel-in-Chief.

The Queen was graciously pleased on her coronation in 1953 to assume the appointment of Captain-General of The Royal Canadian Artillery.

Capt Jesseau asked the *Stag* to do the photographs, which he will pass on to Macdonald so he can send to Her Majesty.

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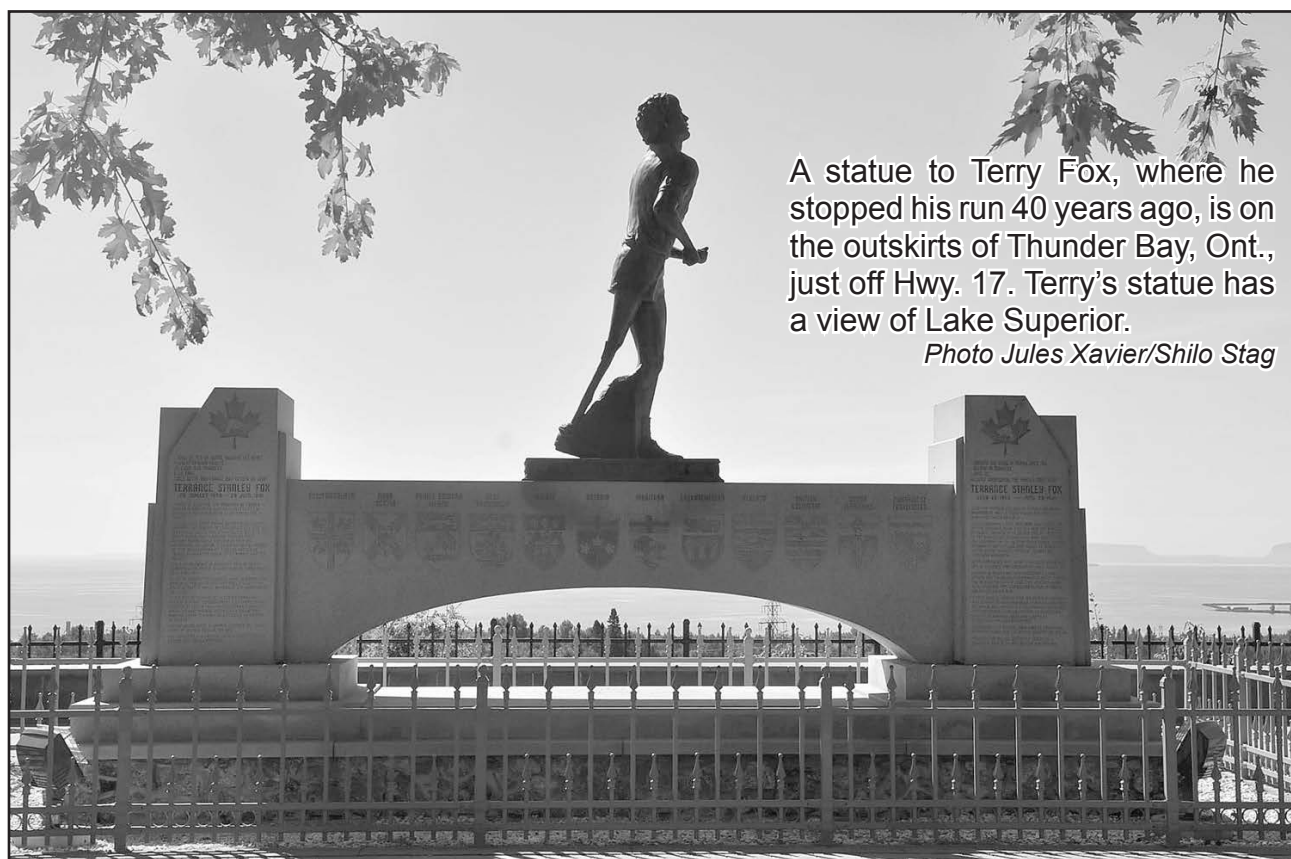
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- Ward 6: Kingston, Royal, Stonehenge, Ubique, Woolwich

If interested in being part of your Shilo Community Council, visit www.cafconnection.ca/Shilo/In-My-Community/Shilo-Community-Council/About-the-Council.aspx, or contact SCC mayor, Capt Jason Smits, to submit your name for consideration: smits.jmb@gmail.com



A statue to Terry Fox, where he stopped his run 40 years ago, is on the outskirts of Thunder Bay, Ont., just off Hwy. 17. Terry's statue has a view of Lake Superior.

Photo Jules Xavier/Shilo Stag

Do you have story to share? CFMWS wants youth reporters

Stag Special

Canadian Armed Forces (CAF) newspapers are looking for youth reporters from military families between the ages of 13 and 18 who want to write a story about an issue which is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight which has not been widely reported, and reflects the life of the contributor or their friends and family.

Young people interested in this endeavour should submit an application with their story pitch between Oct. 6 and Dec. 31.

The application can be found at www.CAFconnection.ca/YouthReporter

Then, CAF newspaper editors or managers will meet in January to choose the five most unique and powerful story pitches — and have the winning entrants write their story.

The stories will be published online and in CAF newspapers like your *Shilo Stag*. Up for grabs is a grand prize package and scholarship for the best story, determined by readership votes.

This is the second time youth reporters have been recruited by CFMWS, following the successful 2019 campaign where an article written by Air Cadet Lleyton Maday from Morinville, Alberta was voted first overall by readers.

Participate in 40th Terry Fox Run virtually Oct. 16

Shilo Stag

It has been four decades since Terry Fox first dipped his artificial leg into the Atlantic Ocean while starting his cross-Canada Marathon of Hope from Newfoundland.

But with COVID-19 changing how we do things like organize the annual Terry Fox Run — walk, wheel, bike, rollerblade — the 40th anniversary will see the Base go to a virtual event.

The 40th Terry Fox Run is being held on the Base Oct. 16 in conjunction with CAF Sports Day.

Open to both military members and civilians, this annual event is held to raise funds for cancer research. It is suggested that each participant in the run either donate a minimum of \$2 per person or solicit pledges in support of this worthy cause.

Donations should be made online by visiting <https://terryfox.org/run/> along with registering your participation.

All sporting events coinciding with CAF Sports Day are open to the defence team, with this event being a national celebration of sport, from grassroots to high-performance.

PSP is again organizing CAF Sports Day and Terry Fox Run.

Activities being offered during CAF Sports Day include

a five-kilometre run, and a choice of either par-three golf tournament on the Base course using a four-person scramble, or you can try your hand at darts or head outdoors for kickball.

In the event of precipitation, golfers will move to the GSH and play mini putt and darts indoors using gym A and B. There will be no kickball.

Terry Fox Run will start at 8:15 a.m. 1RCHA and 2PPCLI soldiers will commence their five-kilometre run from respective regimental building and use the combat FORCE route. Base units will run from Base HQ and use the traditional Terry Fox route.

Darts is being hosted by Junior Ranks Mess, starting at 9:30 a.m. Following a lunch break, darts competition will resume at 1 p.m. Awards will be handed out at 3 p.m.

Golf tournament tee-off at 10 a.m., with golfing ending at 2:45 p.m. Awards handed out at 3 p.m. in the Shilo Country Club's banquet room.

Kickball is being held on the GSH diamonds, starting at 9:30 a.m. Lunch break at noon, with action resuming at 1 p.m. Awards handed out at 3 p.m. at the GSH diamonds.

PSP's fitness, sports and recreation staff will act as sports officials and time/scorekeepers during the sports events.



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Six 1RCHA soldiers honoured by 1CMBG Comd

Shilo Stag

The ingenuity and resolve of six 1RCHA soldiers has not gone unnoticed locally, or out west at Garrison Edmonton.

1CMBG Comd Col Wade Rutland presented his commander's coin to these six soldiers during an outdoor ceremony during his visit to CFB Shilo.

Col Rutland said he was impressed with the action of soldiers wearing two or three hats to ensure the job gets done, or the efforts of others who were not deterred by a COVID-19 pandemic and having military members away in Ukraine for six months on Op UNIFIER ROTO 9 in ensuring training continued for those who remained on the Base.

Med tech MS Dana Stinziano from HQ & Svc Bty was up first, receiving her coin from the 1CMBG team of Col Rutland and BDESM CWO Robert Clarke.

Her citation read: "MS Stinziano has been the heart and soul of the 1RCHA UMS since the UMS IC started deployment training Dec. '19.

Her wealth of knowledge and experience is critical in keeping the Unit running and enabling training, most recently her planning and guidance to the Chain of Command on COVID mitigation measures for Ex LIMBER GUNNER.

"She constantly liaises with 1 Fd Amb, 11 Health Svcs, and 2PPCLI on medical matters and co-ordinates mutual support to ensure each unit can achieve their training objectives.

"Her dedication to the well-being of not only her section, but each member of the regiment, is obvious and second to none."

Another HQ & Svc Bty soldier was applauded for his efforts when the COVID-19 pandemic forced 1RCHA to adapt to protocols in the workplace.

Sgt James Blair received his coin from Col Rutland for the following endeavours, "As the Unit Regimental Duty sergeant, Sgt Blair worked tirelessly to enact all COVID enhanced protective measures at 1RCHA.

"His keenness to stay up-to-date on federal, provincial and municipal and CAF-wide COVID-19 policies and procedures ensured the continuous operation of the Unit even through the height of the pandemic.

"In addition to developing and posting all physical distancing and directional signage for the Unit, Sgt Blair on his own time fabricated workstation shields to mitigate the risks to personnel working in close quarters.

"His dedication to providing a safe working environment enabled 1RCHA to continue effective operations despite the pandemic."

C Bty Training WO Sgt Jeremy Firmin's work the past half dozen months has not gone unnoticed based on being nominated for a 1CMBG commander's coin.

"In the absence of the BSM, Sgt Firmin was given the responsibilities of a soldier two ranks above his current rank IOT and assumed duties of A/BSM.

"While on course and with the majority of senior personnel deployed amid the unprecedented working environment of the COVID-19 pandemic, Sgt Firmin ensured all administration for Bty's junior members and training mandates were met while always providing clear and succinct answers to his Chain of Command along with workable solutions in a timely manner."

His work on a virtual Change of Command (CoC) ceremony shown live on the *Stag's Facebook* page for outgoing CO LCol Ryan Stimpson and incoming CO LCol David Brassard earned kudos and a commander's coin from Col Rutland.

HQ & Svc Bty's Sig Sergeant Sgt Justin Steeves used his technical expertise for the CoC.

"Faced with having to orchestrate the event virtually through three separate locations, Sgt Steeves technically and expertly facilitated the ceremony with ease, demonstrating outstanding technical fortitude and execution.

"An incredibly consummate and professional individual, Sgt Steeves went above and beyond what is expected of

a Signaller and enabled thousands of people to be able to view the ceremony.

"Sgt Steeves has set the example for how a virtual CoC should be conducted within 1CMBG."

During the past 12 months 1RCHA's regimental training has faced an incredible amount of challenges, including frequent officer turnover, TMST for Op UNIFIER, high tempo PCF cycles, and Op PALACI, most of which was greatly complicated by the COVID-19 pandemic.

Enter HQ & Svc Bty's Regimental Command Post Tech (RCPT) WO Sebastien Perreault, who received his commander's coin for the amount of work he's done to ensure training continued.

"Through it all, WO Perreault has put in an enormous amount of work and provided vital continuity and leadership as the RCPT, going beyond his job requirements and overseeing the operational readiness of the Unit through this stressful and demanding period.

"He troubleshoots problems efficiently and effectively to ensure vital training is completed and identifies areas where he can help enhance the skills of the Regiment, clearly displaying his dedication to supporting the objectives of 1RCHA and 1CMBG."

The final commander's coin was presented by Col Rutland to HQ & Svc Bty's MWO Kelvin Banks.

"Since February '20, MWO Banks has filled the position of ETQMS, A/BSM and A/Tech Adjutant, handling the responsibilities of all three positions with outstanding dedication and skill.

"Despite challenges introduced by a COVID-19 pandemic, MWO Banks managed the daily duties of all three positions while directing the readiness of HQ Bty staffing and 1RCHA vehicles for IRU commitments, ensuring the Unit was well prepared to meet its operational requirements.

"MWO Banks' effectiveness enabled HQ Bty to continue to function at a high level during this turbulent period."

Col Rutland then took part in an M777 demonstration.



Following his commander's coin presentation, 1CMBG Comd Col Wade Rutland was given a demonstration on 1RCHA's communication systems employed on the gun line. Col Rutland had a chance (left) to level the M777 barrel while looking at the computer screen. Soldiers manning the gun (below) answered questions related to the communication system, with 1RCHA being the leader in the implementation of digital communications which has been employed in Canada and on operations abroad.



1RCHA's HQ & Svc Bty Med tech MS Dana Stinziano (above) accepts her 1CMBG coin from Comd Col Wade Rutland, who then addressed the six soldiers and their peers during an outdoor ceremony. *Photos Kimberley Kielley/Jules Xavier/Shilo Stag*





Sgt James Nichols



MWO Michael Delarge



Cpl Chris Hoyle



Cpl Derrick Hebert



Base Maintenance EO tech Pte Justin Russell salutes BComd LCol Jeff Lyttle prior to his promotion.

Photos Jules Xavier/Shilo Stag

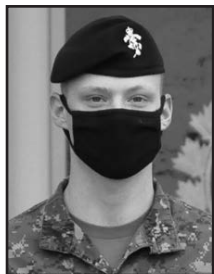
Base soldiers promoted, garner CD medal

Shilo Stag

With a warm fall breeze flowing by the front of Base HQ, BComd LCol Jeff Lyttle and BR5M CWO James Doppler hosted a promotion/medals parade.

There were four CD medals presented to the following Base soldiers: MWO Michael Delarge, Ammo supr; Sgt James Nichols, Base Maintenance Ancil supr; Cpl Chris Hoyle, Base Transport operator; and Cpl Derrick Hebert, Base Maintenance Mat tech.

This was followed by promotions, with the following



Cpl Sheldon Bonnett-Lambert



Cpl Kaetlin Ross



CPL Justin Russell



Cpl Isaac Semple



Cpl Dominic Byworth



Cpl James Fairhurst



With BComd LCol Jeff Lyttle looking on, Base Transport driver Cpl Kaetlin Ross received a hug from her partner Cpl Alexander Barnes following her promotion to corporal during an outdoor ceremony at Base HQ.

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Feeding 2PPCLI on exercise

Kimberley Kielley
Shilo Stag

Guess who's coming for dinner?

During Ex KAPYONG SPEAR with 2PPCLI, roughly 400 hungry soldiers, that's who.

The sheer magnitude of how much food those mouths will consume is reminiscent of Harry Chapman's song, 30,000 Pounds of Bananas.

But not quite.

With two meals per day being provided to the military members that works out to approximately 10,400 meals served by Adm Coy cooks during the 13-day exercise.

When 2PPCLI was getting ready for Ex KAPYONG SPEAR, there were cases and cases of vegetarian baked beans, oranges, loaves of bread, lemon meringue pies, cereal bars, and onions waiting to be loaded into the back of a tractor trailer.

And that's just what the Stag observed in the 2PPCLI compound.

The back of a trailer was already brimming with items to feed the hungry soldiers headed to the field.

The exercise's grocery list included 400 kilograms of bacon; 1,275 eggs, roughly; 1100 loaves of bread, and 2,880 containers of chocolate milk approximately.

It may seem like a gargantuan amount of food, roughly \$60,000 worth, but grocery runs from the field will still happen as perishables like leaf lettuce run out or go bad.

That's what new Kitchen Officer (KO) WO David Hunter estimates as he prepared for his first field assignment with 2PPCLI since landing two months ago from CFB Trenton, Ont.

Days before the exercise, a Military Kitchen Trailer (MKT)



With soldiers in the field, 2PPCLI cook MS William MacKenzie lays out meat on the barbecue for "steak night." Also on the menu minestrone soup, veggie stir fry, baked potato and fried onions/mushrooms. Fellow cook Cpl Victoria King (top) stirs the previous night's dinner, sausage Tuscany.

Photos Kimberley Kielley/Shilo Stag

was set up in the compound where cooks sliced, diced, stirred and barbecued food for the Hay packs headed to the field for soldiers already out there training.

The MKT is the military's little work horse.

It's versatile and rugged and goes just about anywhere.

The introduction of a modern version of the MKT called a Special Employment Vehicle (SEV), brings 2PPCLI's collection of field kitchens to five.

The MKT has been around since the 80s, according to

WO Hunter. Originally located in the back of a "Duce and a half", the MKT eventually evolved into what it is today.

Built on a two-wheeled platform, the frame weighs a ton and a half where the walls collapse and turn into the floor. It's heated by six propane stoves; two ovens and four stoves per trailer.

Refrigeration is external and a generator provides the power to the unit.

The MKT is equipped to feed a company — usually 150 people or so, said WO Hunter. "If a company wanted to go out, I'd send one trailer and two cooks," he added.

With Ex KAPYONG SPEAR, he sent four MKTs just to be safe with four cooks and two in the wings.

Despite having the addition of the SEV and it's feeding capacity at 250, WO Hunter chose not to ship it out to the field this round.

Sgt James McLaughlin, who works as the 2IC rations, pointed out that during their RECCE to the site, they were prepared to put planks down for a level surface for the SEV to sit on, "but the ground's too soft," he noted.

The benefit of the SEV begins with its own independent power and water source. "Basically it's a kitchen in a sea container," Sgt McLaughlin pointed out.

"It has a small fridge, a warming oven, a convection oven, air conditioning and heating. It takes three hours to open it up. You can start cooking right away," he added.

"The downside is the amount of fuel it consumes. It would be good, in my opinion, for disaster relief where you can feed a lot of people quickly. It needs specific grounding to set up though. The MKT can go just about anywhere."

See **MENU** page 7

Menu planned for hungry soldiers

From page 6

The MKT is just one component when preparing for an army exercise. Preparation for kitchen/food support in any field exercise is extensive.

"Where are we going to be located? That's why we went out and did a RECCE," WO Hunter began.

"We need to know how many people we are feeding. Like the maximum amount. We need to know how they plan on eating out there. Is it going to be from the kitchen trailer?"

"Are we doing boxed meals or are they going to be eating IMPs? Who am I going to have for cooks? How many cooks am I going to have compared to how many people I'm going to feed?"

The equipment had to be checked between him and Sgt McLaughlin. There are feeding plans to consider and how many meals per day required.

"They really don't have a choice in what they're getting fed, but we do what we can to accommodate," continued WO Hunter.

The menu is planned a couple of weeks in advance.

"Once we get the numbers, we figure out the portions for the recipes. There is a 10 per cent fudge factor or 10 extra portions made per 100 meals."

Other considerations for a field kitchen set up include grey or waste water disposal; garbage and recycling; food storage and where; a hand wash station; separate wash-

rooms for the cooks in case someone is sick, the cook stays healthy; and transportation for the cooks for a daily shower as a matter of cleanliness because they're handling food.

"Most people are amazed at what's involved to get us out in the field," WO Hunter pointed out.

"We're happy to go, but we demand a lot, too, unfortunately."

And now with COVID-19, the challenge to keep healthy and clean is even more prevalent.

"We have tried to reduce the amount of items that require a lot of handling," WO Hunter pointed out.

Individually packaged items are included in this year's exercise. The cook serves up the food on a paper plate and hands it to the member. Individually wrapped KNF packs are also available so there's less handling.

There is a COVID plan in place if someone shows symptoms, said WO Hunter.

"My cooks all wear gloves and masks. It's unfortunate for them because it gets really hot up there."

The reference guide for feeding troops comes from the Canadian Forces Food Services guide.

There is a vegetarian choice on the menu when meal planning, he added.

"We always have a hot main choice and a vegetarian choice. We don't do vegan. We're not experts and we're not trained in feeding vegans."

Once the numbers are in, the food order is filled out on-

line to Gordon's Food Services (GSS) out of Winnipeg, according to the menu that was created.

In two days, food arrives. It gets stored and then transported to the field.

The most important cogs to this wheel, the cooks, have the latitude to experiment with a recipe if they're missing ingredients.

"It's their moment to shine," Sgt McLaughlin noted.

Most of the recipes are in the cook's head or WO Hunter's. If they don't know how to make something, he will go over it with them ahead of time.

But following an actual recipe isn't something that happens due to the amount of meals being prepared.

"They know the rough gist of what they have to make. But normally they discuss it with us first [if there's any changes]."

Often the cooks will use the same ingredients but will assemble them differently.

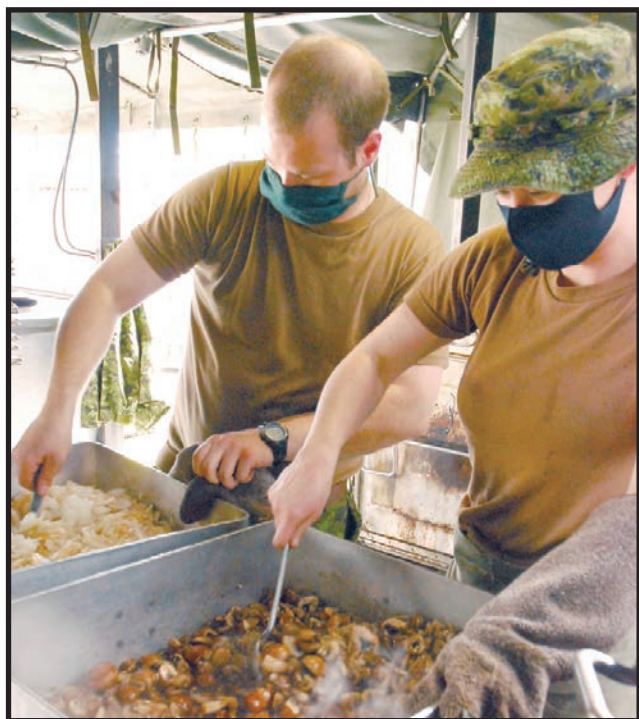
"They get to express themselves in the kitchen," he added.

Cooks in the field have at least two years experience.

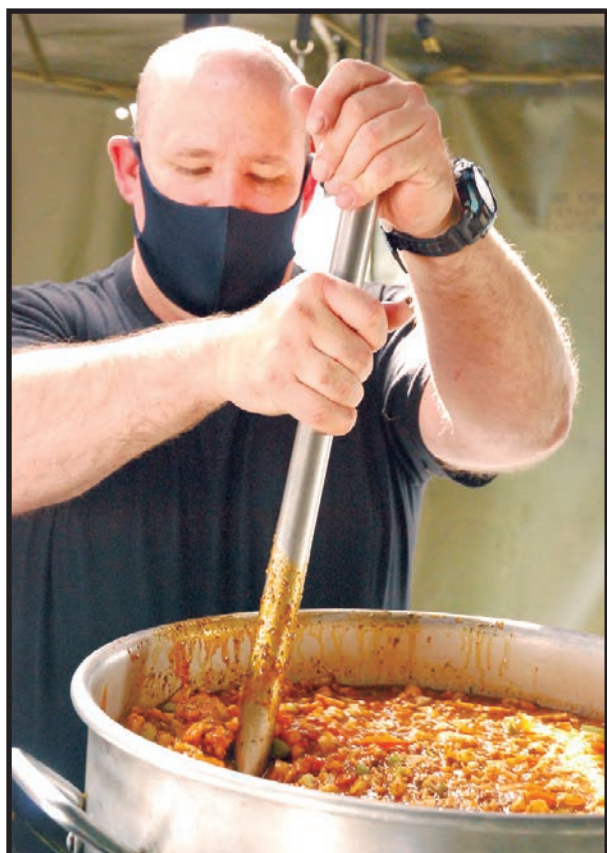
"I try to make the menu pretty basic. If someone goes down with COVID, the other three have to step up."

"If I make the menu super complicated, then things are going to go downhill. As a cook, you're used to last minute changes. We adapt and overcome," WO Hunter noted.

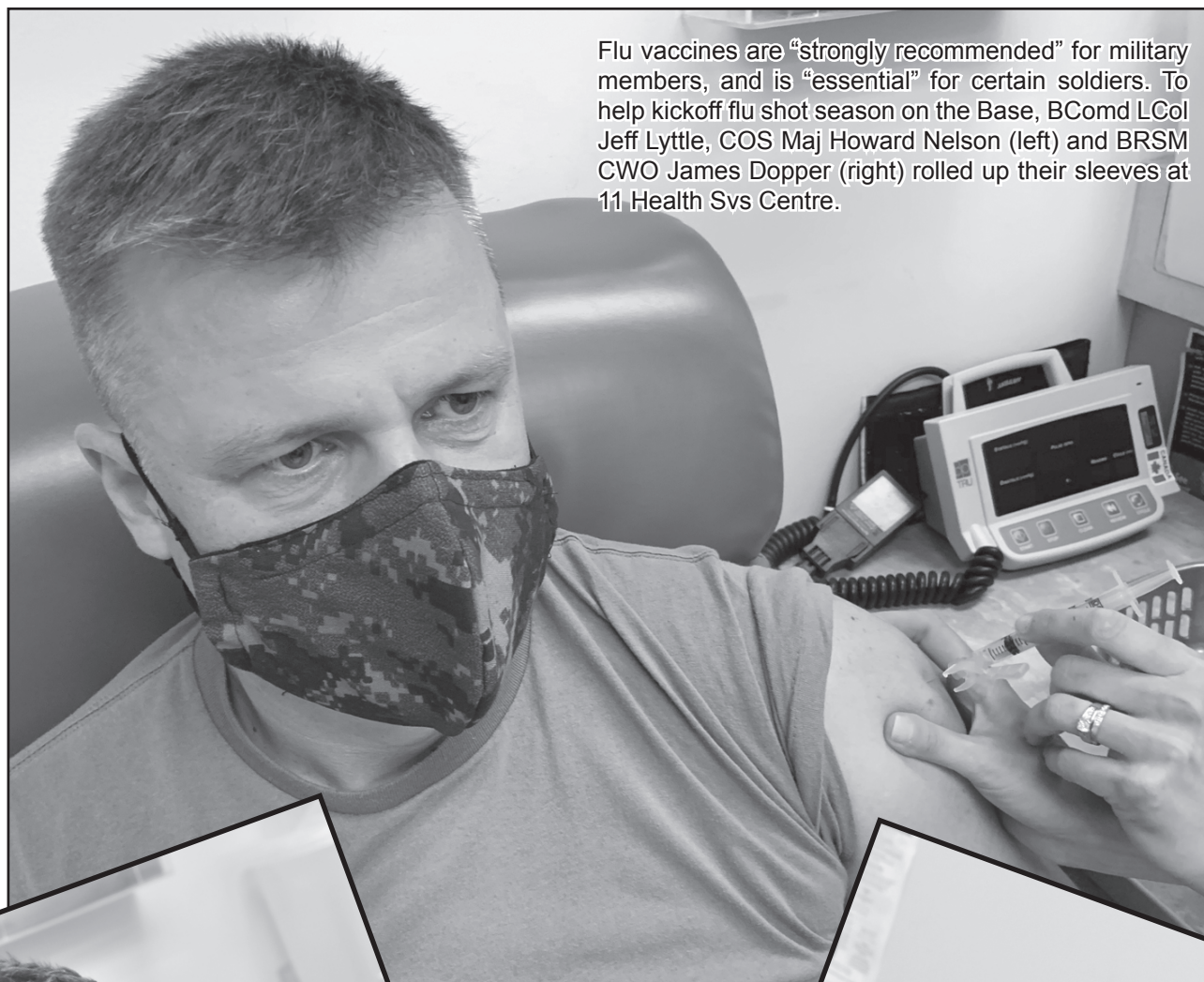
He added, "It's kind of what we do. It's a philosophy we have to have. It's not specific to cooks. It's Forces wide."



Photos Kimberley Kielley/Shilo Stag



Clockwise from top left: 2PPCLI cook Cpl Victoria King and a colleague stir their Sept. 24 menu items for the soldiers out in the field on Ex KAPYONG SPEAR. A forklift is used to move food required for the exercise into a transport for storage. Cpl Victoria King prepares the baked potatoes for the Sept. 25 supper, which was "steak night." Fellow cook MS William MacKenzie stirs the minestrone soup in giant pots used for preparing meals to feed hungry infantry soldiers. Sausage Tuscan was the main course the previous night.

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Flu vaccines are “strongly recommended” for military members, and is “essential” for certain soldiers. To help kickoff flu shot season on the Base, BComd LCol Jeff Lyttle, COS Maj Howard Nelson (left) and BRSM CWO James Dopper (right) rolled up their sleeves at 11 Health Svs Centre.

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Photos Jules Xavier/Shilo Stag



SEASON

Shilo Stag

In the context of the COVID-19 pandemic and a potential second viral wave this fall/winter, an influenza vaccination is an important consideration for all DND members.

That’s the message from 11 Health Svs Centre CO Maj Joel Bernier and A/Base Surgeon Dr. Steven Nordstrom.

A “flu shot” is “**strongly recommended**” for all CAF members, acknowledged Maj Bernier, adding an influenza vaccine is also considered “**essential**” for certain military members. These include:

- Members at high risk of influenza complications or hospitalization;
- Members who are health care workers and whose activities allow opportunities for influenza transmission;
- Members deploying — per CJOC guidance, all members who refuse an influenza vaccine will be DAG Red;
- Members traveling outside Canada —leisure OR duty;
- Members stationed outside Canada — embassy or foreign training or exchange;
- High-readiness positions;
- Members on new entrants/recruit training; and
- Members assigned to Her Majesty’s Canadian ships afloat.

Besides military members, for the 2020-21 flu season, influenza vaccination is also strongly recommended by the Public Health Agency of Canada and Manitoba Health for civilians.

Prairie Mountain Health (PMH) is offering free flu clinics during eight days starting Nov. 17 in the MNP Hall, main

concourse, at the Keystone Centre in Brandon. All clinics run 11 a.m. to 7 p.m.

Due to the COVID-19 pandemic all clinics require an appointment. These can be made starting Nov. 1 by calling 1-877-646-3888 between 8:30 a.m. and 8 p.m.

When attending a clinic for a flu shot, you must wear a mask and bring your Manitoba Health card.

For up-to-date flu clinic information visit the PMH website www.prairiemountainhealth.ca

For military members, there’s a Base-wide influenza clinic being held at the Community Annex L25 from Oct. 19 to Nov. 6. It’s also by appointment only. Call ext 3177 or ext 4163 to book your time slot.

Once you have an appointment, show up for it wearing a mask. Remember to bring your CAF immunization book so it can be updated.

Maj Bernier pointed out that soldiers can continue to receive a flu shot once the Base-wide clinic has concluded, by making an appointment after Nov. 6 and visiting the 11 Health Svs Centre on the Base.

What is influenza?

Here’s your brief Influenza 101 course to help you navigate this medical term.

Influenza is a viral respiratory infection, spread via respiratory droplets — coughs and sneezes — and through contaminated hands and surfaces. Transmission is highest in the fall and winter

Symptoms range from mild to severe — including sudden high fever, muscles aches, cough, chills and headache.

In severe cases, influenza can lead to hospitalization and death. Influenza has historically caused widespread illness

requiring absence from the workplace, which has the potential for operational impact.

Unimmunized working-age adults have an infection rate five-times higher than those who are vaccinated.

This influenza season coincides with COVID-19 pandemic and potential second viral wave this fall/winter.

“Enhanced vigilance to symptoms common to COVID-19 and influenza will lead to extended isolation of significant numbers of CAF personnel if any illness occurs,” according to medical experts.

But you can mitigate this by doing the following:

- Influenza vaccine will mitigate the anticipated personnel loss from workplaces and associated operational impact;
 - Influenza vaccine can help prevent “clinical confounding” with COVID-19 infection; and
 - Influenza vaccine is important to prevent an increase in health care utilization and burden of disease
- What is an influenza vaccine?
- Contains four “killed” strains of influenza;
 - Vaccine cannot give you influenza;
 - Vaccine is given in the muscle of your upper arm; and
 - Vaccine is very safe;

Common side effects include mild local reactions — redness, swelling — sore arm, while severe reactions are very rare.

Civilian staff and their dependants have other options, too, for an influenza vaccine: call public health 204-578-2500; visit local pharmacies or medical clinics.

Or visit Manitoba Health’s website for more info regarding flu clinic locations www.gov.mb.ca/health/flu/where.html

Bat Week Oct. 24 - 31

Base installing homes for prairie bats

Lori Truscott Stag Special

What if you could add a super-efficient mosquito killer to your backyard for free?

Well, given that the Little Brown Myotis — a bat — can eat about 1,200 mosquito-sized insects every hour and each bat usually eats 6,000 to 8,000 insects each night it might be a good idea to encourage them to move in.

In fact, CFB Shilo's Range Control has some bat houses built and ready for installation around its facility.

Meanwhile, the Base's biologist Sherry Punak-Murphy is also planning to have some of these houses installed in the residential area early next year.

"Cpl Durante constructed the bat houses for the biologist and also made two extra, to be put up here at Range Control," said Range Control Ops WO Ryan Herbert.

Initially, the plan was to have them up this past spring, but the COVID-19 pandemic resulted in staff being unavailable to install the houses in time for the bats to find and make themselves at home for roosts.

The hope is to install the houses in early 2021 so all will be ready for the bats when they come out of winter hibernation.

"It started with MWO Shane Clouthier [posted out this APS] and I have since followed suit, trying not to force the wildlife out of our work area, as we are the visitors to their habitat," he said.

And given the bats' voracious appetite for bugs, WO Her-

bert also says installing bat houses near Range Control is a "win-win situation."

According to Punak-Murphy, "There are six bat species native to Manitoba and all have been identified in Shilo during our surveys. The ones that would roost in the bat houses would be the Myotis species [which includes the Little Brown Bat (*Myotis lucifugus*)]."

Punak-Murphy took advantage of working from home during the pandemic lockdown to take some training on new "song" meters which measure the acoustic calls of the bats.

These meters were installed in a couple of locations on Base in early June in the training area.

"Each call can be attributed to a specific species of bat. Before we installed the monitors we had no good idea what species we had here," she explained.

"We knew they were here but now we can better identify which species [are here] and their location."

But, as you can imagine, bat "calls" are not as distinct as birdsong so it takes a lot of time, patience and few distractions to determine what the song meters have captured.

All bats are nocturnal and are active two to three hours after sunset.

The Little Brown Myotis spends their days in roosts which contain many mothers with their young pups. This species is migratory and will travel regionally within Manitoba within a 35 to 55 kilometre radius.

It hibernates in dead trees, cliffs, mines, caves, and buildings.

The Little Brown Myotis and Northern Myotis are two species that were emergency listed in the Species at Risk Act because of the presence of White-nose syndrome which affects the bats during hibernation causing them to come out of hibernation numerous times resulting in them using all their energy reserves and dying.

If you decide to install a bat house there are some excellent websites which offer information on how to build a house and where to install it to encourage bats to move in.

For Manitoba specific bat research currently ongoing in the province visit the following link: www.willisbatlab.org

Ideally, the houses should be ready during the crucial months of April through to June to provide a roosting site for a female bat to have her pup. Bats only have one pup per year, so providing them safe haven is vital to their survival.

Bat houses should be mounted to buildings, or large wooden structures, and placed high — a minimum of 12 feet off the ground.

Bats like to be warm so be sure the box will get some sun.

If you worry that your bat box will not receive enough sun, paint it with non-toxic black paint so the sun's heat is more easily absorbed. Do not paint the inside of the house.

Install by water. Bats will find the box more easily if there is a water source nearby.

Trees are a suitable option, but if you can, attach your box to the side of a house or pole instead.

Provide open space. As well, consider a nice open area facing south or southeast to keep bats protected and cozy.

Lori Truscott/Base PAO

When it comes to security, vigilance on Base is key

Stag Special

Following guidelines and best practices is an absolute must if we want to prevent security incidents or hacks to our systems.

Letting your security guard down, even for a moment, can have serious consequences. The Department of National Defence (DND) and the Canadian Armed Forces (CAF) assets, devices, network and information can be compromised and this includes the personal safety and privacy of our military and civilian members.

Sound daunting? Have no fear — the Director General Defence Security (DGDS) is here to help you stay vigilant.

To help ensure Defence Team members are continually informed about the departmental security policies, procedures, and best practices, DGDS has launched a new security awareness campaign which will target a different security subject each month.

The highlight of the campaign will be Security Awareness Week (SAW) — Working Remotely - The New Security Reality will happen in February 2021.

To counter growing information security vulnerabilities while personnel work remotely, DGDS will start this campaign in September and kick-off the campaign with a focus on enhancing IT security and security of information for working remotely.

This renewed focus on IT security vigilance takes into account that the COVID-19 pandemic has dramatically altered shifted the way we work.

Many DND employees and CAF members are now working remotely and using new tools like Defence O365 to conduct business.

With this in mind, we all need to stay informed and be aware of potential IT security vulnerabilities and have the knowledge to prevent a security incident from occurring.

The goal is simple — help increase IT security knowledge and reinforce good security practices for all Defence Team members, especially personnel working remotely with sensitive, protected, and classified information.

Take the first step to help the Defence Team become more secure, and check out this infographic about O365 that includes some easy tips on how to adopt cyber security best practices.

Stay informed. Stay vigilant. And keep an eye out on the weekly Defence Team e-mail for infographics, articles, videos and more that will help turn you into an experienced security practitioner.

In addition, all Defence Team members are encouraged to visit the Defence Team COVID-19 webpage at www.Canada.ca for the latest on working remotely, business resumption planning, mental health and wellness, and much more.

Storytime returns to library

Shilo Stag

Your CFB Shilo Community Library is bringing back storytime.

Join the library staff after Oct. 7 every Wednesday from 10 to 10:30 a.m..

According to head librarian Patricia Wells, masks and sanitization are required due to the Base's posture on COVID-19.

"Masks are not required if your child is two or

younger," said Wells. "We ask that you sign in at the library circulation desk upon arrival."

What is the capacity for storytime?

Wells said seven family groups will be allowed to participate at the library located inside the Base's Community Centre.

Your storytime experience is being organized by assistant librarian Jessica Doucette.

For information on the Base's library call 204-765-3000 ext 3664.



COVID-style handshake

1RCHA's Padre Capt Joachim Nnanana (left) is congratulated on his Op REASSURANCE Expedition medal following an outdoor ceremony by A/Base Padre Capt Daniel Walton.

Photo Jules Xavier/Shilo Stag

Base pharmacy closed Oct. 19

Stag Special

11 CF H Svcs C pharmacy will be closed Oct. 19, including refill pick up.

If you require a refill during this time call extension 4178 for pick-up prior to the pharmacy closure.

Should you have any questions or concerns, contact your Pharmacy Team at ext 4178.



1RCHA's CO LCol David Brassard pins an Op REASSURANCE medal on Sgt Benson Chow during an outdoor ceremony where soldiers wore masks (below) to adhere to COVID protocols.



A Bty BC MWO Jason Power does the COVID handshake with a medal recipient during 1RCHA ceremony.



1RCHA's photographer MCpl Yan Lafreniere (left) focuses his CANON camera on the medal presentation, while CO LCol David Brassard (below) spent time with each medal recipient — here Veh tech Cpl Reegor Matibag — introducing himself and talking to them about their part in representing their country, as well as 1RCHA, on Op REASSURANCE in Latvia.



1RCHA Padre Capt Joachim Nnanna (inset left) received his Op REASSURANCE Expedition medal from CO LCol David Brassard, who removed his mask while physical distancing during the medal parade, to congratulate each of the soldiers as a group afterwards.

Photos Jules Xavier/Shilo Stag

Results promising following initial water testing at five locations

Lori Truscott
Stag Special

Water quality testing within the Residential Housing Units (RHUs) on Base is underway.

Five residences were tested and all have come back with results well below the new Health Canada guidelines.

"We have just completed our first round of lead tests in the RHU's ... five RHUs were analyzed. All of the five locations were well below the new MAC of 0.0050 mg/L for lead," acknowledged RPOU-W Det Shilo OC Maj Duncan Cornish in an e-mail.

Four of the five homes tested on Base, so far, registered .0020 mg/L. The remaining home came in very slightly

higher at .0023 mg/L.

As Maj Cornish noted, test results below .0020 cannot be read by the equipment, so it's likely the water in those homes tests even lower for lead content.

In the summer of 2019, Health Canada lowered its guideline value for lead in drinking water from 0.01 milligrams per litre (mg/L) to 0.005 milligrams per litre (mg/L).

The Base's water treatment plants tests between six and 10 different spots on Base for lead, as well as other contaminants, every year and, so far, there has never been a test result above the guideline levels, even taking into account the new, lower guidelines.

CFHA selected 20 houses to be tested which represent a cross-section of all different eras of renovation.

The remaining 15 homes will be tested as soon as more of

the testing chemicals arrive.

If there are RHUs which have levels of lead above the cutoff, RPOU-W Det Shilo and CFHA will then look to expand the number of houses tested, to determine how large the problem is and then develop a strategy to best fix the problem.

The potential issues relating to lead in drinking water are national across Canada, in both civilian municipalities and on federal properties.

Canada's new guideline value for lead in drinking water is currently one of the lowest in the world and aims to protect the health of Canadians, including the most vulnerable members of society, such as infants and children.

• • •
Lori Truscott/Base PAO

Small things add up: Looking for a thriving relationship?

Stag Special

Every year, Health Promotion's healthy relationships campaign runs in October.

This year it takes place from Oct 19 to 30. But why do we even focus on relationships, you ask?

In general, being in a healthy relationship feels good. Healthy relationships can make us feel happy and mentally strong.

When we find ourselves in an unhealthy one, the opposite is true. We can feel stressed out about every little thing and even be unhappy in our day-to-day lives.

When you consider that CAF members should always be in mental readiness mode, it makes a lot of sense to promote healthy relationships.

Of course, spouses of CAF members need to be in strong mental readiness mode, too. They deal with a variety of military lifestyle challenges on top of having to hold the fort down whenever their loved ones are away serving.

Encouraging couples to strengthen their relationships is a smart move when it comes to everyone's well-being.

Yet over time, all relationships will evolve and change. Have you ever wondered what sets apart a healthy relationship from an unhealthy one?

According to relationship experts Drs. John and Julie Gottman, the primary reason why couples divorce is that

they are unaware of their spouse's inner world.

In the past, experts believed that major betrayals are what led to divorce. The Gottmans have spent the last four decades studying romantic relationships to find out what makes a marriage successful.

They report that couples who remain together are more likely to be attentive to their partner's needs and wants. This simple idea has revolutionized the study of love and romantic relationships.

In fact, experts now believe that small acts and gestures are what can make or break a relationship.

There are easy ways to increase your awareness of your spouse's "inner world." How much do you know about your spouse's most embarrassing childhood moment?

What does your significant other consider unfair in the world? Is there something that is hard for him or her to overcome this week?

Knowing the answers to these questions allows you to connect with your partner on a much deeper level.

To help you find out more about your spouse's inner world, the Gottmans created an app called Card Decks. It has a series of card deck themes with questions you can ask each other.

It's a fun way to help both of you develop a deeper understanding of each other's inner worlds. The app is free and is available on both Apple and Android platforms.

There are also other ways you can assess the health of your relationship.

You can check out the intimate relationship continuum and chart by visiting www.cafconnection.ca/healthyrelationships/

How you answer the questions in the chart will give you a good idea if your relationship is healthy, unhealthy or somewhere in between.

Whether it falls in the green, yellow, orange or red zones, we provide you with other useful tip sheets to help you. Healthy relationships are achievable.

Even if yours is less than optimal, there are often things you can do to improve it. But it does require work from both parties involved.

In the event that you or someone you know is experiencing family stress, breakdown or violence, you will find other resources to help on the website.

Staying safe is the number one priority in a situation like this. Always call 911 if you or someone you love is in immediate danger.

We also have videos and stories of #RealMilitaryFamilies to help inspire you in your journey. With help, the featured couples have overcome some big challenges.

They've decided to share their stories to help others who may be in similar situations. Watch them today and get inspired to find ways to improve your relationship.

Visit RCA Museum, Canada's national artillery museum has re-opened
To book an appointment to visit, call 204-765-3000 ext 3570

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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.

Sleep on menu for soldiers returning from Ukraine

From the front

MCpl Paul Heatherington kept the troops' bellies full. A cook, he made typical Canadian food for the soldiers.

He was away for three months and planned on quarantining with his wife for the next 14 days.

Despite being exhausted, he perked up when asked what it was like. "It was a great experience working with Canadians from across Canada."

Sleep. Isolate. Eat. Repeat.

Capt Gabriel Paquet said, "The Ukraine military are awesome."

He spent time mentoring the military while away overseas on Op UNIFIER Roto 9.

The Honey-Do list reared its head as Cpl Matthew James explained after he arrives home and sleeps in and has an amazing breakfast.

"My wife's been making the honey-do list. So I guess I'll work through that," he said with a smile.

Lt Shannon Snape said the experience was, "A lot of fun. The Ukraine military are really passionate about becoming inter-operative with NATO."

She was going home to a stocked fridge.

The rare opportunity to work with the Ukraine National Guard rested on Capt Chris Tymchuk's shoulders as a liaison officer working with the organization in different locations across Ukraine.

"It's a little different than Canada. We have nothing like that here," he said.

He explained the National Guard is a full-time para military organization.

His plans in the immediate future included spending time with his 11-year-old twins and wife, Crystal.

New fur-baby mom and clerk at 1RCHA HQ, Cpl Brianna

Guimond had a new, nine-week-old Blue Heeler —Australian cattle dog— puppy to look forward to.

"We're getting him on Saturday," she told the *Stag*.

Did she already have a name picked out?

"Yup. Mac," she said smiling despite the jet lag.

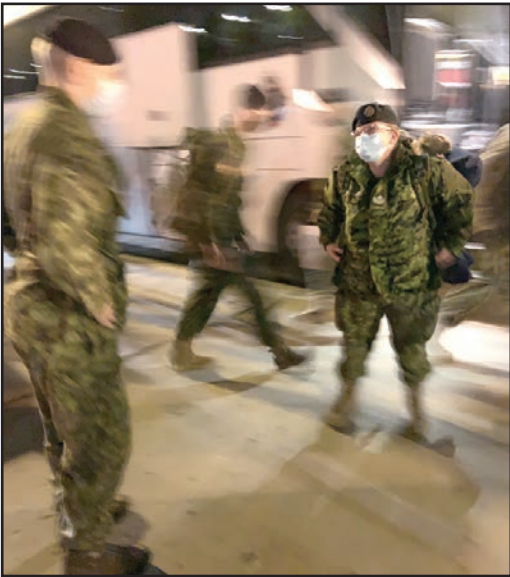
Her first meal?

"Double stuffed cheese pizza. There was some pretty funky pizza in Ukraine."

Former CO LCol Ryan Stimpson looked forward to playing with his daughter when he arrived home despite the late hour, firing up the BBQ and washing whatever lands on the grill, down with a cold Ukraine beer.

"It's bitter sweet to be back," he reflected.

"I really enjoyed the security forces in Ukraine. We accomplished a lot. It was a really rewarding tour. We accomplished Ukraine NATO inter-operationality. We learned a lot from them."



Remember those who fell, sacrificing their lives so you could be free after two World Wars, as well as Canadian soldiers going to war in Korea and Afghanistan

For our Oct. 29 Remembrance Day edition, your award-winning community newspaper would like to share stories, photos, and letters from the First and Second World Wars, as well as the Korea and Afghanistan Wars involving the men and women of CFB Shilo and area who went overseas. This could be your grandfather or great-uncle who fought in the trenches of France or Belgium in what became known as the Great War following training at Camp Hughes. Or your dad or grandfather who fought the Japanese in the Pacific campaign or the Germans in the liberations of Holland, Belgium and France. Or saw action in Africa or Italy. What about an uncle or son — did they see action in Korea with 2PPCLI? What about the more recent Afghanistan War? Dust off the family photo album and drop off your family war treasures at the *Stag*. Deadline is Oct. 22. Call 204-765-3000 ext 3093/3013 and ask for editor Jules Xavier or assistant editor Kimberley Kielley.



(Left to right above) New 1RCHA CO LCol David Brassard greeted Op UNIFIER Roto 9 soldiers returning home following a 30-hour day after leaving Ukraine. LCol Brassard talked with 1CMBG Comd Col Wade Rutland and former 1RCHA CO and Roto 9 Comd LCol Ryan Stimpson. It was teamwork as soldiers helped off-load their kit when Roto 9 arrived after 10:30 p.m. after the drive from 17 Wing Winnipeg. Maj Lindsay Jackson (below) collects her kit before the drive home.

Photos Jules Xavier/Shilo Stag

