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Volume 75, Number 10

Thursday, March 14, 2019

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CAF Transition Group briefings open to military and family members

By Patricia Leboeuf

Petawawa Post

Leaving the military can be fraught with anxiety, but the new Canadian Armed Forces (CAF) Transition Group will help CAF personnel and their families navigate this new chapter in their lives.

Sessions are being held at garrisons, bases and wings


across Canada where members releasing or who are interested in releasing from the military can learn how to be successful in the civilian world.

Former Garrison Petawawa Commander and current Commander Canadian Armed Forces Transition Group (CAF TG) Brigadier General Mark Misener will be coming to Garrison Pet-

awawa on March 21 and 22 to provide information on the way forward for the CAF Transition Group.

At these Town Hall meetings, the team of transition experts will answer questions and demonstrate what tools, resources, support, and services are available to all members and veterans as well as their families.

continued on page two



CANADIAN ARMED FORCES TRANSITION GROUP
PAST • PRESENT • FUTURE

GROUPE DE TRANSITION
DES FORCES ARMÉES CANADIENNES
PASSÉ • PRÉSENT • FUTUR

CANADIAN ARMED FORCES TRANSITION GROUP INFORMATION SESSIONS AT TROYES CINEMA, GARRISON PETAWAWA

March 21 from 2 - 4 p.m. for CAF members
March 21 from 6 - 8 p.m. for families of CAF members
March 22 from 8:30 to 10:30 a.m. for CAF members

Cultural and Diversity Festival returns to Grn Petawawa

The Garrison Petawawa Cultural and Diversity Festival was held on Mar. 7 at Dundonald Hall. Cutting the cake to open the event are, from left, Department of National Defence (DND) and the Canadian Armed Forces (CAF) Aboriginal Eagle Staff Carrier Warrant Officer Moogly Tetrault-Hamel; Defence Persons with Disabilities Advisory Group (DPWDAG) guest speaker Corporal Marc Boggio; Defence Women's Advisory Group (DWAG) guest speaker Lieutenant-Colonel Margaret Coleman-McLean, Commanding Officer of 1 Canadian Field Hospital; Petawawa Diversity and Employment Equity Advisory Group (PDEEAG) Champion Lieutenant-Colonel Darcy Wright; 4th Canadian Division Support Group (4 CDSG) Commander Colonel Louis Lapointe; 4th Canadian Division (4 Div) Commander Brigadier General Jocelyn Paul and 4 Div Chief Warrant Officer CWO Keith Olstad; Defence Aboriginal Persons Advisory Group (DAAG) guest speaker Warrant Officer Sheldon Quinn; and Defence Visible Minorities Advisory Group (DVMAG) guest speaker Lieutenant-Colonel Brian Tang, Commanding Officer of 8 Air Maintenance Squadron. (Photo by Patricia Leboeuf, Petawawa Post)



FOR STORY AND PHOTOS, SEE PAGE 3 AND 4 OF THIS EDITION.

INSIDE
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WIN A ST PATRICK'S DAY GIFT BASKET
SEE BALLOT PAGE 8



BATTLE OF THE BLADES
COMING ON MARCH 21
PAGE 13

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CAF Transition Group briefings open to military ... continued from front page

"It is not only for ill and injured members but for all those transitioning to civilian life," said Commander CAF Transition Unit Eastern Ontario (CAF TU EO) Lieutenant-Colonel (LCol) Angie Lapointe.

She is in charge of the Transition Centres in Petawawa, Kingston, Trenton, and North Bay, and since the group was established on Dec. 10, 2018, she and her team have worked hard at easing members through that transition period as they begin to release from the military.

With the stand up the CAF TG, information and programs for members are now provided in a standardized, one-stop-shop format from coast to coast, ensuring no one falls between the cracks or receives substandard service.

There are many psycho-social aspects to transitioning out of the military; leaving behind a career and subsequent identity as a soldier and returning to the civilian world can be hard.

It can also be difficult for loved ones as they navigate through this new reality. As a family, they can be confronted with psychological, physical, social, financial and relationship issues that they never expected.

The CAF TG helps address these challenges and better prepares them for the next phase of their lives.

"We want to involve the family and really create a one-stop-shop where no matter if you are ill and injured and need the maximum amount of services or you are slightly less complicated, you have a place to go to," said LCol Lapointe. "You walk in our front door and we are able to triage where you are in transition."

Involving families in this transition has

been a priority. Partners of members have access to all the information, services, tools and online resources, and are invited to all the transition meetings.

There are a few steps a member should take when thinking about releasing.

As soon as a member is considering leaving, their unit Commanding Officer should discuss retention. There are many career paths within the military and a different direction in the CAF might interest them. If that isn't appealing, however, moving them into a civilian role with the Defence Team may be an option.

If the member still wishes to release, the group will help provide a path to allow them the most success possible in their new life.

The CAF TG was five years in the making and dovetails perfectly with the new vision and approach to defence in Strong, Secure, Engaged: Canada's Defence Policy.

"Just five years ago, we wouldn't have been working as closely with Veteran's Affairs as we are now, but today we are in the same building and often speak together and share information on different programs so we can ensure that our serving members can benefit from those programs and VAC members can reach back to us and get information if they need to help a client already released," noted LCol Lapointe.

The Town Hall meetings will be held at Troyes Cinema on March 21 from 2 p.m. to 4 p.m. for members of the CAF while a briefing at 6 p.m. to 8 p.m. will be for the families. An additional briefing on March 22 will be held from 8:30 a.m. to 10:30 a.m. for CAF members.

Government of Canada / Gouvernement du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**

Festival celebrates diversity, equity and inclusion

By Patricia Leboeuf

Petawawa Post
Diversity in the Canadian Armed Forces (CAF) brings with it a strength that allows members to distinguish themselves both on and off the battlefield.

The Garrison Petawawa Cultural and Diversity Festival celebrates these differences, shining a spotlight on the four subgroups of the Petawawa Diversity and Employment Equity Advisory Group (PDEEAG), which includes women, aboriginal people, people with disabilities, visible minorities, and the

LGBTQI2S community.

Speakers from each subgroup shared their experiences in the CAF after the opening ceremonies, which began with a traditional Indigenous smudging by Algonquins of Pikwakanagan Knowledge Keeper Willy Dick and a performance by author, singer and composer Jean Miso who sang O Canada in Oji-Cree, French, English and sign language. Following this, visitors were invited to explore several exhibits laid out in Dundonald Hall.

The March 7 festival "celebrates those strengths

that we find from our diversity and brings it to our soldiers to educate them," said PDEEAG Champion Lieutenant-Colonel (LCol) Darcy Wright, 4th Canadian Division Support Base Petawawa Personnel Services Commanding Officer.

He noted that in any homogenized organization there is a risk of unilateral thinking. By having other entities and viewpoints, one becomes stronger, and better at solving problems. This was never better illustrated than during the Great War where Canadians and Australians demarked themselves from

their British counterparts. Despite their similarities, the non-Europeans had a more diverse viewpoint and set of experiences, which allowed them to triumph.

This diversity can still be seen today.

"I believe that diversity is our strength and it's something we really need to do," said LCol Wright.

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CORRECTION: In the article "3K boost for self defence program" in the Feb. 28 edition of the Petawawa Post, Nancy Walsh's name was incorrectly spelled in the photo cutline. The Post regrets the error.



(Above) Private Vicky Du Plessis finds out just how hard, yet fun, it is to play sitting volleyball. (Left) 4th Canadian Division (4 Div) Commander, Brigadier General Jocelyn Paul was a distinguished guest and spoke about his experience as a soldier of Aboriginal heritage. (Photos by Patricia Leboeuf, Petawawa Post)

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SEE MORE DIVERSITY FESTIVAL PHOTOS ON PAGE 4

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UNIT LINES

• GARRISON PETAWAWA - TRAINING GROUND OF THE WARRIORS •



(Top photo) Shawl Dancers and a Grass Dancer in colourful regalia dance before the crowd. (Above) Watch My 6 Service Dogs is an organization dedicated to helping people train their pups while increasing awareness in the community about the rights and roles of Service Dogs. Founders and Handlers Jill McLellan and Sheri Waterfall are with their dogs Max and Sherman.

Diversity Festival ... continued from previous page



(Above) The Department of National Defence (DND) and the Canadian Armed Forces (CAF) Aboriginal Eagle Staff is a traveling emblem of unity among all Aboriginal Peoples in the defence community. Warrant Officer Moogly Tetrault-Hamel carries it throughout the event, never letting it touch the ground. (Right) Suli Adams dances using iridescent wings.



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of making this task easier on yourself and in general, is to write a few cards at a time at your own pace, or to request assistance from family members or friends. The following is an example of something you may like to write on the card: "During a time like this we learn how much our friends really mean to us, your expressions of sympathy will always be treasured." The important thing to remember is to write something you are comfortable with. For further assistance or questions, you may have regarding the writing of "Thank You" cards, please contact the Malcolm, Deavitt & Binhammer Funeral Home at your convenience.

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2019 Apr 02: Clarion Hotel – Settler Hall, Pembroke, ON | 7:30 – 10:00 a.m.

2019 Apr 04: Campbell's Bay R.A. Centre, Campbell's Bay, QC | 8:00 – 10:30 a.m.

2019 Apr 09: Sands on Golden Lake, Golden Lake, ON | 8:00 – 10:30 a.m.

2019 Apr 11: Days Inn – Renfrew Room, Renfrew, ON | 7:30 – 10:00 a.m.

THEN JOIN US FOR A HALF-DAY PARTNERING WORKSHOP:

2019 Apr 30: Makwa Community Centre, Pikwakanagan, ON | 8:00 a.m. – 1:00 p.m.

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STOP! SAFETY, ENVIRONMENT & CONSTRUCTION NEWS
• GARRISON PETAWAWA - TRAINING GROUND OF THE WARRIORS •

Going nowhere: what's your excuse for idling?

Practice the '60-second rule' to save money and the environment.

Think about the last time your vehicle sat parked for more than 60 seconds with the engine running. Perhaps you were warming up your car on a cold morning, waiting to order your lunch at the drive-thru, or picking up your kids at school. Maybe you did all three on the same day.

For every 10 minutes your car idles, you burn over one cup of fuel and release 690 grams of carbon dioxide (CO2) into the atmosphere according to Natural Resources Canada. You also waste the money you spent to buy that gasoline. All while going nowhere.

Many people still believe that idling for a few minutes is ultimately more efficient and better for their cars than turning their engine off and on again.

However, modern engines are optimized to use a minimal amount of fuel to start up. Idling for just 10 seconds burns more fuel and emits more CO2 than re-

starting your engine. There is some additional wear and tear on your battery and starter, but this is minimal over the lifetime of your car.

According to Natural Resources Canada, 60 seconds is the point where the savings from turning off your engine outweigh any additional costs from maintenance. This is why they advocate following the '60-second rule.'

As for warming up your engine on a cold day, today's engines don't need to be warmed up for more than a few seconds before driving off. If you're concerned about starting your vehicle in winter, use a block heater to keep your engine warm overnight. On the coldest days, block heaters can increase fuel efficiency by up to 25 per cent.

The fastest way to cool down the cabin in summer is to open the windows. Air conditioning draws a lot of power and can increase fuel consumption by 20 per cent.

Blasting the air conditioning for several minutes before taking off only wastes time, fuel and money.

These days, there are no more excuses for idling your vehicle for more than 60 seconds. Next time you find yourself going nowhere in your car, do the smart thing for the environment and your wallet - and turn off the engine.

Additional information on idling can be found on Natural Resources Canada's website at: <http://www.nrcan.gc.ca/energy/efficiency/communities-infrastructure/transportation/idling/4463>



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ANTICIPATING A SOGGY SPRING

After a snowier winter, it is the responsibility of all residents of Garrison Petawawa to get an early start to safeguard your residences from potential spring flooding.

WHAT CAN YOU DO TO MITIGATE THE POSSIBILITY OF FLOODING THIS SPRING?

To try and prevent water getting into your homes try the following:

- Keep your window wells clean of snow, ice and debris;
- Clear a path from your window wells so the water can move freely away from your residence;
- Ensure the down spouts are free from debris and positioned in a manner that will allow water to run freely away from your residence; and
- Shovel a small path down your driveway to assist melting snow and ice in the direction of the street/storm drains.

WHAT CAN I DO TO KEEP MY BASEMENT AND THE ARTICLES I STORE THERE DRY?

- Keep articles and boxes off the floor using pallets;
- Ensure your floor drains are free of debris and accessible;
- Purchase of a wet/dry vacuum for smaller cleanup jobs in case of water infiltration; and
- Know where the storm drains are in proximity to your residence and try to keep them clear. There will be crews going around the Residential Housing Units (RHUs) to keep them open for melting snow and ice.

It is advisable to know what your insurance coverage is in the event of water ingress or damage to personal property.

In the case an RHU resident requires assistance, call:

During working hours: 613-687-0000 and follow the instructions for assistance.

During afterhours/emergency, please contact the Duty Officer 613-687-5511 ext. 5457 or 613-639-1356.

By taking steps to keep melting snow and ice away from your foundation it is less likely a rapid spring melt will affect your home.

More information will be passed to all RHU residents through their Chain of Command and through Garrison Petawawa Social media account; Facebook: @GarrisonPetawawaGarrisonPetawawa, Twitter: @GarrisonPet

On behalf of 4 CDSB Petawawa Pers Svcs and the Canadian Forces Housing Agency, thank you to the residents of the Petawawa RHUs for your diligence and genuine concern in this matter.



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Total obligation is \$23,556. Freight (\$1,995) and air conditioning charge (\$100, if applicable) included. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$34,545. See dealer for details. Credits vary by model. Dealer may sell for less. Factory order may be required. Limited time offer which may not be combined with certain other offers. Offers may not be redeemed for Cash and may not be combined with certain other consumer offers. † Offer available to qualified retail customers in Canada for vehicles purchased and delivered between March 1 and April 1, 2019. Lease based on suggested retail price of \$39,285/\$44,195 including \$450/\$450 Cash Delivery Allowance (tax exclusive), \$1,932/\$0 Option Package Discount and \$1,500/\$1,500 Lease Cash (tax exclusive) towards the lease of an eligible 2019 Terrain SLE 2.0L All-Wheel Drive Black Edition/2019 Terrain Denali All-Wheel Drive model. Bi-weekly payment is \$191/\$229 for 48/48 months at 1.5%/1.5% lease rate (1.5%/1.5% APR) on approved credit to qualified retail customers by GM Financial. The \$95/\$114 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000 km/20,000 km, \$0.16/\$0.16 per excess kilometer, \$0/\$0 down payment required. Payment may vary depending on down payment trade. Total obligation is \$19,850/\$23,789. Freight (\$1,895) and air conditioning charge (\$100, if applicable) included. 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The purchase or lease of a vehicle does not qualify for the calculation of the Costco Executive Membership 2% reward. Not compatible with some other GM Canada incentives. For full program details and for any applicable exclusions, see a participating dealer or visit costco.ca. For Costco Cash Card terms and conditions, visit costco.ca and search "Cash Card". The Winter Sales Event is subject to change without notice. Void where prohibited. Costco and its affiliates do not sell automobiles or negotiate individual transactions. † Registered trademark of Price Costco International, Inc. used under license. † Before you buy a vehicle or use it for trailering, carefully review the trailering section of the Owner's Manual. The weight of passengers, cargo and options or accessories may reduce the amount you can tow. † Whichever comes first. Limit of four complimentary Lube-Oil-Filter services in total. 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PLAYSAFE: Don't Let It Happen to You

Adam Rebecca



The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.



The War Amps

what's happening

in Petawawa & Area

For Notices of Club Meetings, Bazaars, Fun Fairs, Fundraisers, and other charitable, free events happening in the community. Word Limit: 50 Words/Event
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 E-mail: graphics.post@bellnet.ca or call 613-687-5511 ext 5386 or visit www.PetawawaPostLive.ca
 For events happening at later dates not listed here, please visit our website.

THURSDAY MARCH 14TH, 2019

JUNKYARD SYMPHONY at the Petawawa Public Library in the Banquet Hall from 1:30 - 2:30 p.m. Junkyard Symphony's flagship show, the Recycle Rock, is a fun hour of entertainment, involving plenty of audience participation, radical rhythms, terrific tricks, and discussions about recycling. Registration required. Please go to www.petawawapubliclibrary.ca or call 613-687-2227 ext 2203 to register.

SATURDAY MARCH 16TH, 2019

THE UPPER OTTAWA VALLEY GENEALOGICAL GROUP will be held at 222 Dickson St. Pembroke and Marg Turner will discuss her Dutch Heritage. Everyone welcome.

SUNDAY MARCH 17TH, 2019

LONESOME DREAMERS are playing at the Petawawa Legion Hall for St. Paddy's Day from 1 - 6 p.m. Drink specials and food on during the day. Open to all, age of majority.

WEDNESDAY MARCH 20TH, 2019

SUPPORT GROUP for parents of adult children with developmental challenges from 10 a.m. - 11 a.m. at the Early Years Centre, 464 Isabella St. Pembroke. Call Bonnie at 613-401-0801 or email bonnie@pleo.on.ca before March 18th to register.

THURSDAY MARCH 21ST, 2019

2019 NHL ALUMNI BENEFIT TOUR celebrating the 50th anniversary of the Special Olympics. Your favourite former NHL legends face off against the law enforcement all-stars at the Pembroke Memorial Centre. Doors open at 6 p.m. game starts at 7 p.m. For ticket information visit www.benefithockey.com

or call 1-844-363-0500.

THURSDAY MARCH 28TH, 2019

'A WORLD OF NEIGHBOURS' a Human Library special event at the Pembroke Library from 2 - 3:30 p.m. An afternoon of culture, traditions and discovery with interactive displays hosted by our special guests from Japan, Chile, Mexico, Peru and India.

CLAIRE SMITH, former Olympian equestrian rider will speak at Algonquin College at 7 p.m. She will share stories about the arduous journey of healing she was forced to take after sustaining a severe traumatic brain injury. To reserve your ticket, email win_group@bell.net. Doors open at 6:30 p.m. for a Meet n' Greet.

FRIDAY MARCH 29TH, 2019

MOVIE TRIVIA presented by the Petawawa Military Wives Choir at the Petawawa Legion. Doors open at 7 p.m. Trivia starts at 7:30 p.m. Prizes for best individual and team movie costume.

3RD RENFREW COUNTY HOME SCHOOLING FAIR from 2 - 4 p.m. at St. John's Lutheran Church, 357 Pembroke St. Pembroke. Browse children's literature, science and art projects, and more. Home business products, used curriculum and books for sale. Science Fair at 2:30 p.m. Talent Show at 3 p.m.

SATURDAY APRIL 13TH, 2019

YUK YUKS COMEDY NIGHT featuring Comedian Scott Faulconbridge, Station Hill Band and Stacey Grave-line at 428 Herbert St. Funds raised to benefit the Pembroke Curling Centre. Comedy, Dancing, Appetiz-

ers, Dessert, Prizes. Call Mary-Lou 613-699-2140 or PCC 613-732-4113 for ticket information.

SUNDAY APRIL 14TH, 2019

KRISTA'S ONE HOP EASTER SHOP Craft and Vendor Show from 10 a.m. - 4 p.m. at the Pembroke Knights of Columbus Hall, 170 Ellis Ave. Accepting non-perishable food donations for the St Joseph's Food Bank. 40+ crafters & vendors, Easter Bunny, hourly giveaways, Easter dinner basket giveaway and more.

FUNDRAISER CRAFT AND VENDOR SALE in support of Watch My 6 Service Dogs, an organization dedicated to helping individuals training four legged warriors to guide and assist those in need. From 10 a.m. - 3 p.m. at the Petawawa Legion.

UPCOMING EVENTS

CRISIS RESPONDER OPPORTUNITIES. Victim Services of Renfrew County is currently looking for Crisis Response Volunteers. Victim Services is a non-profit, volunteer based agency that assists police and fire services in providing emotional support and practical assistance to people who have experienced a crime, tragic life event or disaster. Please call Victim Services Renfrew County at 613 649-2852 or toll free at 1-877-568-5730 or visit our website at www.victim-servicesrenfrewcounty.ca. Applications are now being accepted for

our spring Volunteer Training.

ALCOHOLICS ANONYMOUS PETAWAWA TRIANGLE GROUP, Monday to Friday 8 - 8:45 a.m., & Mondays, Wednesdays and Sundays at 7:30 p.m. at All Saints Anglican Church.

PETAWAWA LEGION COMMUNITY BAND is looking for new members! We are mainly a concert band with occasional marching. Members are of all ages and ability. Our Band School can also teach you to play, with instruments to rent. Wednesday evenings. Contact Verlie at 613-687-2890 or whitlock@nrto.net, or visit

www.PetawawaLegion.ca/band.

CANADIAN MILITARY WIVES CHOIR is looking for new members. If you're a military spouse, partner or female CAF member, join us. No experience necessary and no auditions. For more information, visit us on Facebook or email canadianmwc.petawawa@gmail.com.

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SPORTS, HEALTH & RECREATION

Therapy dog Beaumont meets with kids at the library

By Patricia Leboeuf

Petawawa Post

Some may be put off by Beaumont's size, but one look into his calm dark eyes lays to rest any misgivings.

The Landseer Newfoundland dog could easily be described as a hug on four legs, bringing comfort and joy to all around him.

So it isn't a surprise that his owners have him registered as a St. John Ambulance Therapy dog, trained to help those going through a difficult time find peace.

"We love the program," said owner Jeanette Carter. "We love what it represents and what we get to do in the community."

For the past two years, Beaumont can be found in retirement homes, health care facilities, at Algonquin College in the Ottawa Valley and around Garrison Petawawa, a favourite place for former military member Carter who readily offers Beaumont up to comfort and help heal wounded veterans.

"It is just the love that he projects when he is there," said Carter, adding she has seen military members break down while clutching his fur, finding catharsis in his lack of judgement and unconditional affection.

His soothing manner is part of his charm and Beaumont always behaves in a tender manner, regardless of

who approaches him.

"People love animals and they love dogs," said Carter. "And dogs are dogs. They don't judge. They just love and you see that with people when they interact with him."

The pup is also the only therapy dog registered to work with children under 12 in the immediate area.

Because of this, Beaumont was invited to the Petawawa Public Library on Feb. 20 during cupcake-themed reading time, an event inspired by the Ontario Society for the Prevention of Cruelty to Animals' (Ontario SPCA) ongoing cupcake fundraiser.

Though the kids - and accompanying adults -

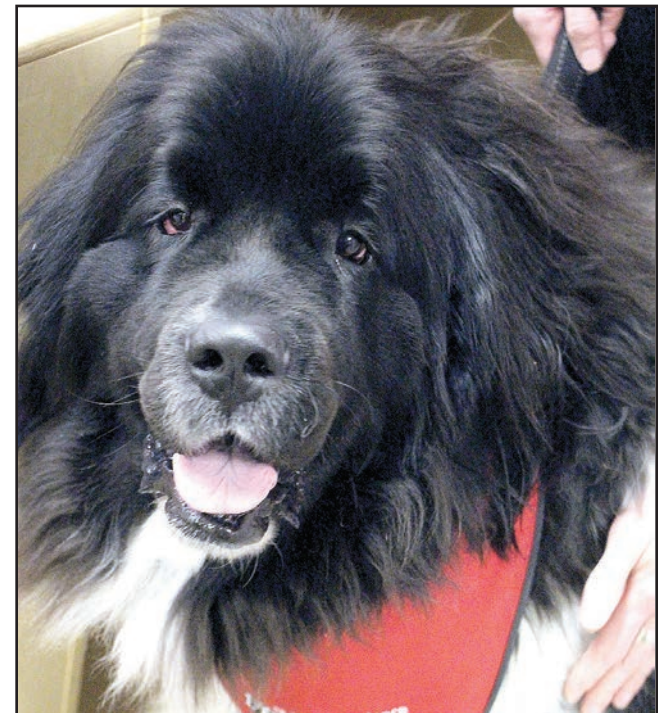
couldn't feed him any treats, they still had a blast playing with and petting the behemoth of a dog.

"It is times like this that make it all worthwhile," said Carter. "I just love seeing the faces of kids when they realize that they can get up and pet him. They are just amazed by him."

The partnership between the library, the Ontario SPCA Renfrew County Animal Centre and the St. John Ambulance Therapy Dog program is one that came naturally.

"I think it is cool partnering up with other organizations," said Michelle Ibbotson, Outreach Technician with the library.

continued on next page





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SPORTS, HEALTH & RECREATION

Therapy dog Beaumont meets with kids at the library ... continued from previous page



(Above) Beaumont is a very special Newfoundland dog. As a therapy dog, he brings comfort and joy to everybody. He and his owner Jeanette Carter (in red) were invited to the Petawawa Public Library to visit with kids and adults taking part in a special Ontario SPCA Cupcake Day-themed reading hour. (Left) Beaumont has been trained as a therapy dog, the only one in Petawawa and Pembroke certified to offer therapy services to children under 12. (Photos by Patricia Leboeuf, Petawawa Post)

"The library is all about information and being a safe space for everybody. If we can utilize other groups to move forward that is great."

In addition to having the cupcake-themed reading hour, the library has also been selling themed bookmarks with proceeds going to the local Ontario SPCA.

"I really do love the SPCA," said Ibbotson. "They are so friendly and so fun."

The St. John Ambulance Therapy Dogs Renfrew County program is in need of more dogs and is currently inviting people to apply and become volunteers. More information can be found on their Facebook page: <https://www.facebook.com/stjohnambulancetherapydogsrenfrewcounty/>

The Therapy Dog program, which started in Peterborough in 1992, is unique to St. John Ambulance Canada and is delivered by Therapy Dog teams who give tens of thousands of hours of their time visiting hospitals, retirement residences, care facilities, and schools.

MISSING

MISSING

Trinity Poil



6'1" approx 240lbs brown hair and hazel eyes. Last seen wearing a black jacket with purple lining, a black toque with cat ears and grey boots with fur trim. Believed to have left her home on Cleve between 10pm and 4:20am Feb 12/13 2019. If you have seen her or know anything about her whereabouts, please contact the military police or provincial police. Her family is very concerned about her safety and well being.

Please call the Petawawa OPP to report at 613-735-0188 or the Petawawa Military Police at 613-687-5511 ext. 5444.

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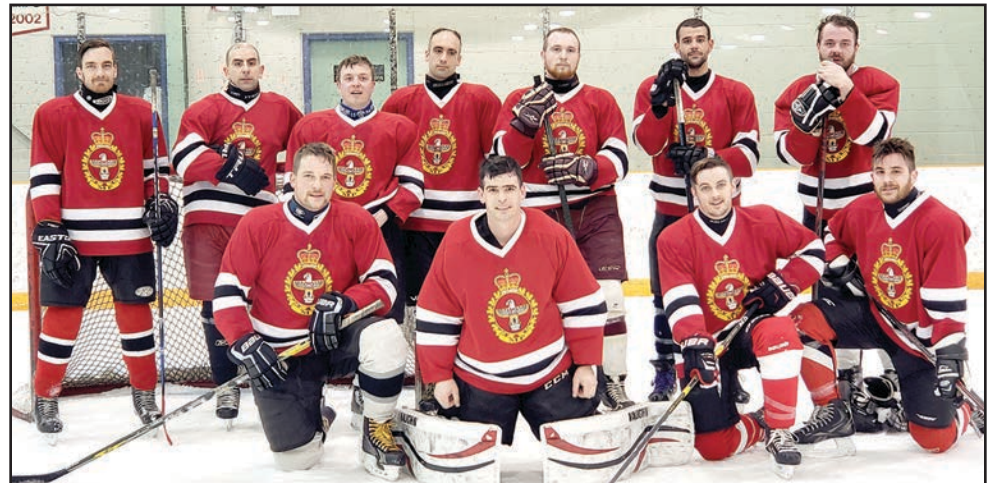
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SPORTS, HEALTH & RECREATION

Inter Unit C Division Ice Hockey Champs



The 2018-2019 Inter Unit C Division Ice Hockey Champions are the 3rd Battalion, The Royal Canadian Regiment Senior Non-Commissioned Officers (3 RCR Sr NCO) team (top photo), followed by finalists 2 Military Police (bottom photo). (Submitted photos)



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PMFRC Petawawa Military Family Resource Centre

CRFMP Centre de ressources pour les familles des militaires de Petawawa

MFSF MILITARY FAMILY SERVICES PROGRAM

PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

SPORTS, HEALTH & RECREATION

Petawawa Skating Club's Battle of the Blades show March 21

The Petawawa Skating Club is hosting its 2nd annual Battle of the Blades show on 21 March 2019 at the Petawawa Civic Centre from 6-8 p.m.

This event is in support of the Platinum Edge Intermediate Synchronized Skating team, who recently represented Ontario at the Canadian National Synchronized Skating Championships in Waterloo from 22-24 Feb 2019. Although the team is new to this level this year, they persevered and participated in the Regional competition in Alymer earlier in the season to earn a spot at the Canadian Nationals. The team skated well at Nationals and came away with invaluable experience that came from hard work and dedication not seen by many skaters at this level in small towns.

They also had some fun along the way!

Following Nationals, the team went on to participate in a Synco competition in Kanata March 1-3, skating as a team to a Bronze medal and a season's best score. The music they skated to was the Greatest Showman.

The team would like to thank their coaches and managers for all the hard work they put into the program which ultimately contributed to their success. Many of these skaters compete in Synchronized skating and in Singles competitive skating, along with maintaining a high physical fitness level, earning excellent marks in school and holding down a part time job all at the same time. They are highly active in the community as well, volunteering to help little ones learn

to skate with the Pre Can and Can Skate programs. The coaches and managers support and encourage these skaters to not only be the best skaters they can be, but also be highly effective, contributing members of the

community in turn.

The team would like to extend an invitation to see them perform at this year's Battle of the Blades competition. Tickets are \$5 and children under 5 are free.



(Above) Synchro Competition in Kanata: (in front) Suzanne Millham (Team Manager), (second row left to right) Shae-Lynne Lepage, Emma McCabe, Gabrielle Boufard, Alyssa Schiemann, Katelyn Bakke, (third row left to right) Stephanie Wallace (Coach), Emma Reinhardt, Sara Kosowan, Murron McCafferty, Katie Kosowan, Lauren McCabe, Elizabeth Van Horne Wall, Hayley Priebe, Cheyanne Millham, and Vada Lepage (Coach). Missing from the photos is Shari Kosowan (Assistant Coach) and Jodi Boufard (Team Manager).

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Canadian National Synchronized Skating Championships in Waterloo: (front row left to right) Emma Reinhardt, Alyssa Schiemann, Gabrielle Boufard, Emma McCabe, Shae-Lynne Lepage, (back row left to right) Lauren McCabe, Sara Kosowan, Murron McCafferty, Katie Kosowan, Haylay Priebe, Cheyanne Millham, Noelia Durray, and Elizabeth Van Horne Wall. (Submitted photos)

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Area Community Churches

ALL SAINTS ANGLICAN CHURCH - 1173 Victoria Street, 613-687-2218. The Reverend Gillian Hoyer. Sunday Service 11:15 & Sunday School 11:00 a.m.

CALVARY BAPTIST CHURCH - 567 Melton Street, Pembroke. Pastors Richard Agnew & Paul DeGraaf. Worship Service and Sunday School @ 9 and 11 am. 613-735-5293, www.calvarybaptistpembroke.com

CALVIN UNITED CHURCH - 276 Church St., Pembroke; Accessible to all; 613-732-8763, calvin@nrtco.net. Rev. Tiina Cote, Sunday Worship & School 10 am www.calvinunitedchurch.ca

CHRIST LUTHERAN CHURCH - 516 Airport Rd at Doran, Petawawa. Phone 613-687-6971. Rev Bill Stanfel. Sunday Divine Service 9:30 am. Sunday School and Bible Study September through June 10:45 am. Website: www.3bell.net/celc. Email celc@cogeco.net

CHURCH OF JESUS CHRIST OF LATTERDAY SAINTS - Civic Centre Road & Laurentian Drive, 613-687-2237

DEEP RIVER COMMUNITY CHURCH - Deep River Road. Sunday service 10:15 a.m. (Kids Church) email: drcc@magma.ca

FAITH BAPTIST CHURCH - Pastor Carl Morgan, 182 MacKay St., Pembroke, 613-735-1584 (corner of Pembroke St. W. & MacKay St. beside cenotaph; parking behind town hall) Sun. 10 a.m., 11 a.m. & 6 p.m., Wed. 7 p.m.

FAITH LUTHERAN CHURCH - Avon Road, Deep River, 613-584-4090, Sunday Service 10 am, Rev Randy Liedtke.

FIRST BAPTIST CHURCH - 210 Mary St. Pembroke, 613-735-0866, Rev. (Padre, retired) Wayne Sollows, CD, Pastor; Sunday Worship & Sunday School 10:30 a.m., www.fbcp.ca

FIRST EVANGELICAL MISSIONARY CHURCH - 39 Shalom St. Pembroke, ON. K8A 6W8. Sunday worship celebration 10:30 a.m. Tel: 613-735-5391.

FIRST PRESBYTERIAN CHURCH - 257 Pembroke St. West, Phone 613-732-8214. Rev. John Vaudry. Sunday School. All are welcome! Elevator access.

GREENWOOD UNITED CHURCH - 1655 Greenwood Road, RR#2 Pembroke.

HOLY TRINITY ANGLICAN CHURCH - 68 Renfrew St. Pembroke 613-732-4658. The Reverend Matthew J. Brown Holy Eucharist Wed. at 10 am, Sunday at 8 am and 10 am. Sunday School 10 am Sunday. From July 1 through Labour Day weekend, Sunday service and Sunday School are at 9 am. www.ValleyAnglicans.ca

MOUNT ZION UNITED CHURCH - Corner of B-Line Rd. & Petawawa Blvd., Everyone Welcome - Worship & Sunday School 9:30 a.m., Toddler Prg available. Church Office 613-732-0149.

NEW LIFE COMMUNITY CHURCH - 2777 Petawawa Blvd. 613-687-1804. Sunday Worship Service 10 a.m. All are welcome!

OUR LADY OF SORROWS - 11 Mohns Ave. 613-687-4764. Weekend Masses: Sat. 5 p.m., Sun. 10 a.m. Check our website - www.sorrowspetawawa.com for Sunday Bulletin for on-going programs for all ages.

PEMBROKE BIBLE CHAPEL: 11558 Round Lake Road near B-Line. Family Bible Hour & Sunday School 11 AM. Handicapped accessible, all welcome. www.pembrokebiblechapel.com

PEMBROKE PENTECOSTAL TABERNACLE - 34 Jordan Ave. Pembroke (corner Hwy. 41 & 17). Sunday Worship 10:30 a.m. (kids church & nursery). Programs for all ages. Phone: 613-732-9721 Email: info@pntchurch.com Website: www.pntchurch.com Facebook: PPT (Pembroke Pentecostal Tabernacle).

PETAWAWA PRESBYTERIAN CHURCH - Rev James Kim. 24 Ethel St. 613-687-4052 (Church) Sunday Service 11 a.m. Sunday School available.

PINE RIDGE FAMILY CHURCH - Christian & Missionary Alliance, 27 Brumm Road, Pembroke, 613-735-1241. Service 10 a.m.

RESURRECTION LUTHERAN CHURCH - 250 Quarry Road, Pembroke, Rev. Ana Beck. Sun. worship 10:30 a.m. 613-638-7476 - located behind Cassidy's Transfer & Storage Ltd.

ST ANDREWS UNITED CHURCH - 40 Joseph St. Chalk River, Susan deHaan DLM. Worship Sunday 10:30 a.m. Everyone welcome, 613-589-2312.

ST BARNABAS ANGLICAN CHURCH - 80 Glendale Ave, Deep River, 613-584-4131 Rev. Francois Trottier, Sunday services are at 8 a.m. and 10 a.m. with Sunday School during the 10 a.m. service.

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH (LCMS) - 357 Miller Street Pembroke (corner of Miller & Doran Sts) 613-735-6332 www.StJohnsPembroke.ca Rev. Stephen Alles & Rev. Kevin Klein (occasional). Sunday School at 8:45 a.m. Divine Worship- 10 a.m.

ST JOHN'S LUTHERAN CHURCH - 605 Black Bay Rd. Petawawa, Rev. Albert Romkema, Office 613-687-6187, Sunday Worship 10 a.m. Sunday School 10 a.m. Social Hour 11 a.m. Email: pazjohns@cogeco.net See us on Facebook. We warmly welcome all visitors.

ST LUKE'S ANGLICAN CHURCH (ANIC) - Rev. Tim Parent 613-735-4210; Sunday Worship 8 & 10am (Children's Church & Nursery), Informal Prayer & Praise 9:15am - All Welcome. Meeting at 307 Julien St., Pembroke. 613-735-5000

ST TIMOTHY'S EVANGELICAL LUTHERAN CHURCH (ELCIC) - 503 Alfred St., Pembroke, 613-732-2992, Rev. Bruce W. Thompson, worship service and Sunday School at 9:30 a.m. Email: office@st-timothys-lutheran-pembroke.org. A warm welcome awaits you.

THE SALVATION ARMY - 484 Pembroke St. W. 613-735-5601. Sunday Worship 10:30 a.m.

TRAILHEAD BAPTIST CHURCH - Pastor Tim Roddick, weekly worship services and children's programs, Sunday mornings 10:30 am at Valour School (19 Leeder Lane, Petawawa). A growing church for growing families. www.trailheadbaptist.com

WESLEY COMMUNITY CHURCH - 210 Renfrew St. Pembroke. Rev. Kevin Wilson. 613-732-2488. Morning worship and children's church at 10:30 a.m. with nursery provided. Pre-service coffee time at 9:30 a.m. For more information call or email wcc@bellnet.ca

WESLEY UNITED CHURCH - 275 Pembroke St. E (at William) 613-735-6132, 10 a.m. morning worship service. Sunday School for children during the church service.

ZION EVANGELICAL LUTHERAN CHURCH (ELCIC) - 454 Miller St., Pembroke, 732-8792, www.zionlutheran.ca. Pastor Paul Roellichen-Pfohl. Worship Times - Saturday 4 p.m.; Sunday - 10 a.m. with Sunday school for the children followed by coffee and fellowship. We extend a warm welcome to all who join us in worship.

ZION EVANGELICAL UNITED CHURCH - 368 Miller St., Pembroke, 613-732-9493 zionunited-pembroke@gmail.com Sunday Worship 10:30, with Sunday School for children. Coffee Hour and fellowship following. Bible Study on Tuesdays at 10:00 a.m. Pastor: Rev. Dr. Daniel A. Hansen, Website: www.zionunitedpembroke.org All welcome!

GARRISON PETAWAWA CHAPELS



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St. Francis of Assisi Chapel (RC)
Chapelle St. François d'Assise (CR)
 4 CDSG Garrison Petawawa, ON K8H 2X3
 (Q-104) 613 - 687-5511 ext. 5434
 FAX: 613-588-7524



MASS/MESSE

Messe dominicale 09:30 A.M.
 Sunday English Mass 11:00 A.M.
 Summer hours starting 01 July until September 30th: 10:00 A.M. (Bilingual Mass)
 All sacraments are offered to military members, military status civilians and government employees under military contract.
 CONFESSION - before Mass or by appointment
 CONFESSION - avant la messe ou par rendez-vous
 BAPTISM - the last Sunday of each month
 Baptismal Preparation - Thursday prior
 Baptism Sunday
 BAPTEME - Célébrer le dernier Dimanche de chaque mois
 Cours de baptême - jeudi precedent le diman-

che de baptêmes
 MARRIAGE - Six months (6) notice is required. A Marriage Preparation Course is mandatory.
 MARIAGE - Nous demandons six (6) mois d'avis. Un cours de preparation au mariage est obligatoire.
 SACRAMENTAL PREPARATION - St. Francis of Assisi Chapel offers sacramental preparation. To register for the program, contact the Administrative Office ext. 5434
 PREPARATION AUX SACRAMENTS - St. Francois d'Assise offrent la preparation aux sacrements, si vous voulez vous inscrire veuillez contacter le bureau administratif des aumoniers ext. 5434
Faith Community Coordinator Padre Francis Krusinsky X6402

St. George's Chapel (P)

4 CDSG Garrison Petawawa, ON K8H 2X3
 (Q-104) 613 - 687-5511 ext. 5434
 FAX: 613-588-7524

WORSHIP SERVICES

Sunday Worship - 10:30 a.m.
 Sunday School Classes (Children 4-12 years old)
 Nursery for toddlers 3 and under
 Quiet (Nursing) Room with sound blend of contemporary and traditional worship.

WEDDINGS, BAPTISMS AND DEDICATIONS

At least three months notice to your unit chaplain is required for all services. The Marriage Preparation Courses required for weddings in a CAF Chapel are provided twice a year.

Faith Community Coordinator: Padre Moley Mangana X5433



Garrison Petawawa Chaplains

Phone 613-687-5511 + Ext.

CHAPLAINS (PROTESTANT)
 Padre Mike Allen
 (4 CDSG Snr Chaplain) 6105
 Padre Judson Bridgewater 7396
 Padre Michelet Dormeus
 Padre David Egers 3310
 Padre David Gallas 6498
 Padre Troy Irwin
 (2 CMBG Snr Chaplain) 7078
 Padre Earl Klotz 5208
 Padre Matthew Lucas

Padre Humberto Lopes 5536
 Padre Moley Mangana 5433
 Padre Robert Schweyer 5433
 Padre Matthew Squires 8455
 Padre Ray Smith 7761
 Padre In Seob Won 5750

CHAPLAINS (ROMAN CATHOLIC)
 Padre Maria Codina 3310
 Padre Francis Krusinsky 6402
 Padre Alex Varga

Emergency Chaplain 5611



St. George's and St. Francis of Assisi chapels are open Mon - Fri 7:00 a.m. to 11:30 and 12:30 - 3:30 p.m.
The Chaplains' Administrative office is located in Building Q-104 (RC Chapel).

For after hours assistance, dial the Duty Centre 687-5511/5611 and they will reach the Duty Chaplain.



3583 PETAWAWA BLVD. • 613-687-2504

On St Paddy's Day we hope you are making plans to spend the day with us. Starting at 1 p.m. in the main hall we have Lonesome Dreamers who will be playing for your entertainment until 6 p.m. There are drink specials on for you to enjoy as well. Everyone is welcome to attend. Age of majority.

As St Paddy's Day is the same day as our General Meeting, the timing for the meeting will be changed to 10 a.m. Please be there on time so we can get the business done before the fun starts.

With students gearing up for college and university many are looking for other sources of income to help with expenses. Children of veterans, which includes those still serving, may apply for a Legion bursary. Forms can be obtained online at the Legion Ontario Command website. Our Bursary chairman is Glenn Mohns and more info can be obtained from him. Call the Legion at 613-687-2504 and leave your name and number.

Operation Service Dogs is one of the programs that Poppy money can be used for. A veteran applies through Wounded Warriors for a service dog, but funding can be donated from the Poppy Fund to help these veterans receive a life-changing animal. We thank our community for the donations we get to our Poppy Fund that let us donate on your behalf to help our Veterans.

Our Catch the Ace will start again soon. Tickets will be available at bar and during Friday Fish and Chips from 4:30 until the draw at 6 p.m. Everyone 18 and older can buy tickets on the draw. Come in Fridays enjoy your meal then witness the draw.

Wednesday luncheons offer a different soup each week as well as egg sandwich and a different meat each week. Lunch runs from 11:30 a.m. - 1 p.m. Everyone is welcome.

Join us on the web at www.petawawalegion.ca or on facebook at Petawawa Royal Canadian Legion Br 517.

NEWS FROM THE GREATER PETAWAWA CIVITAN CLUB

By Marie FE Arnold, PRO

Here we are into the month of March and it won't be long before spring will be here and we'll have to get all the yards cleaned up. So enjoy the snow while you can, ha, ha!

Now for all the new-comers to our Bingo, I want to let you know that the \$1,000 jackpot goes every week with a \$100 second jackpot prize. Our 52 Special is getting up there again and it could go at any time. Each Sunday night we give away one \$25 bingo voucher so you could play bingo for free the next time you come. If you would like to give a gift to someone who likes to play bingo or just wants to come to a bingo to see if they like it, you can buy a voucher or as many as you like. They make a great gift for Birthdays or any other special event.

Now if you like homemade cookies, buns, bread, or other goodies, myself and Civitan Millie have been doing some baking and the money from these sales is going into the fundraiser for the Civitan Park. I am also holding raffles for this fundraiser. Your support is most needed and welcomed. At this time, I want to thank those who made donations, your support is gratefully appreciated. It makes my job easier. Thank you once again.

All you fishermen and women out there who want to know more about the fishing tournament we will be holding this year, it will be held at the marina in Pembroke on August 17, 2019. Register early so you don't get left out of all the fun. If you would like more information about this event Civitan Brian Miner will be posting all the information on our website along with Registration forms. You may call Civitan Brian Miner at 613-687-4503, Civitan Allen Stewart at 613-735-3791 or Civitan John Vanden Baar at 613-717-5674 for more information.

Hope to see you all at our next Sunday night Bingo and why not bring a friend along with you? Have a great week and keep healthy.

Thought for the week: Did I say please and thank you today?

God Bless you all.



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