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Exploring career options at Specialized Occupation Fair

By Patricia Leboeuf

Petawawa Post

A two-day Specialized Occupation Fair was recently held at Garrison Petawawa to increase awareness and streamline the process for members interested in learning about specialty occupations in the Canadian Armed Forces (CAF).

Information booths staffed by recruiters from Canadian Special Operations Forces Command (CANSOFCOM), Clearance Diver, Close Protection, Conduct After Capture (CAC/ CACI), Cyber Ops, JTF-X, Flight Engineer, Personnel Support Programs (PSP) and Search and Rescue Technician (SAR-Tech) specialties, were set up in Dundonald Hall on March 6 and 7, providing details on these trades as well as answering any questions members might have about a new career path. Briefings were also held throughout the event.

"We wanted to highlight the diverse opportunities the Canadian Armed Forces has to offer," said Base Personnel Selection Officer and Event Coordinator Second Lieutenant (2Lt) Cole Keaney.

For most of these occupations, individuals have to be in the CAF prior to applying and by getting to know the requirements for a position, interested personnel can work towards reaching these goals, she pointed out.

Personnel Selection Officers chose to host the fair during a low-tempo time for most units and parallel to the 2019 Garrison Petawawa Cultural and Diversity Festival to attract a larger number of Regu-

lar and Primary Reserve Force Members than if it was held during the busier months.

Those interested in working with specialty forces have three options, confirmed 2 Lt Keaney.

They can choose to occupationally transfer into one of these trades; take on the role of supporter where they keep their original title but work alongside a specialty trade for a few years; or take

a tasking position.

"It is important that our members are fulfilled with their occupations," said 2Lt Keaney. "It is the goal of the Personnel Selection Office."

continued on page two

CAF Transition Group briefings March 21-22

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- Do I know what assistance and services are available?
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All members and their families are invited to find out more about what the Canadian Armed Forces' Transition Group is, the new tools and services available for all members, veterans, and their families, and how the transition process is changing. Following each information session, there will also be time for subject matter experts to answer your questions.

CAF TRANSITION GROUP BRIEFINGS
TROYES CINEMA, GARRISON PETAWAWA
MARCH 21, 2-4 PM FOR CAF MEMBERS
MARCH 21, 6-8 PM FOR FAMILIES OF CAF MEMBERS
MARCH 22, 8:30 - 10:30 AM FOR CAF MEMBERS

INSIDE
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MILITARY FAMILY SKI DAY AT CALABOGIE PEAKS
DETAILS PAGE 3

Water for all
World Water Day 2019

INTERNATIONAL DAY OF FORESTS AND WORLD WATER DAY
PAGE 7

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Exploring career options at Specialized ... continued from front page

Garrison Petawawa does have the best people this country has to offer, she noted, in terms of fitness, mental readiness, and ethics, all of which are characteristics these specialty trades are looking for and in some cases, actively recruiting for.

"The goal is really to get this information out there because when our members start working towards these specific occupations,

they get more engaged in their fitness, they get more engaged in their mental health and it actually makes them leaders in their units," said 2Lt Keaney. "Not only does it act as a motivator for our members, but it increases the unit output overall."

For more information on these specialized occupations, contact the Base Personnel Selection Office (BPSO) at ext. 4626.



The Garrison Petawawa Specialized Occupation Fair was held Mar. 6 and 7 at Dundonald Hall. Different specialty trades were on display and Canadian Armed Forces members were invited to attend briefings on each career path. There to answer questions were, from left, Personnel Selection Officer Lieutenant Robert Hall, Anna Crosby from the Garrison Petawawa Personnel Selections Office and Personnel Selection Officer Major Sebastien Boucher. (Photo by Patricia Leboeuf, Petawawa Post)



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Pop Up Art Renfrew County venues include Grn Petawawa's Dundonald Hall

Pop Up Art will pop up at six venues this summer, including private businesses and public facilities. The venues were selected based on specific criteria which included geographical location, high foot traffic, space allowance and accessibility. Preference was given to locations where people tend to linger or wait and which serve a broad cross-section of the community. Organizers also considered the element of surprise—many locations are not your typical art gallery location.

The selected six locations are: the Fifth Chute Café in Eganville, May 2 to 19 (also the official launch event); Dundonald Hall Fitness Sports and Aquatic Centre, Garrison Petawawa, May 23 to June 9; Arnprior Public Library, June 13 to 30; Deep River and District Hospital, July 4 to 21; Madawaska Coffee in Barry's Bay, July 25 to August 11; and Renfrew Visitor Information Centre, August 15 to September 1. Mark your calendar for the location closest to you.

Karen DeLuca of the Arnprior Library noted, "The

books-only, quiet libraries of yesteryear have become dynamic community hubs and to that end, we're thrilled to be partnering with Ottawa Valley Creative Arts Open Studio to bring Pop Up Art to Arnprior. Hundreds of people walk through our doors every day. We're excited to add an interactive art exhibit to a library experience."

Pop Up Art features an exhibit titled Extra-Ordinary which explores how ordinary objects can take on a larger meaning in our lives. The exhibit includes eleven artists - each has chosen an object as a source of inspiration for their developing art pieces. Objects include a tree, a pot, a piece of driftwood, a pie, a saw blade, a green glass bottle, a birch-bark purse, a pitcher, a plow tip, the piano at Festival Hall and a honeybee comb. The objects are representative of a story surrounding the artists' experiences living in Renfrew County.

Some of the stories include how a veteran uses art to heal and live with post-traumatic stress disorder;

moving to an old farm in the Valley and discovering remnants from the past; connecting to music in the Valley; looking at the forestry industry today and a hundred years ago; and how moose meat pie ties a community together. Eight different types of media are represented in the art pieces, including found objects, film, ceramic, painting, mosaic, blacksmithing, glass and textiles.

The official launch for Pop Up Art is taking place at the Fifth Chute Café in Eganville on Thursday May 2, from 7 to 9 p.m. Everyone is welcome for this grand opening celebration.

Ottawa Valley Creative Arts Open Studio (OVCOAS) received funding from the Ontario Trillium Foundation to construct and deploy this mobile art gallery, Pop Up Art. To learn more, visit www.ov-caos.org or email anya@ov-caos.org.



Pop Up Artists include (back row) Anya Gansterer, Mike Desrochers, Sylvia Tennisco, Pat Thurston, Eva Kaczowski, Paula LaPierre, Derrick Nearing, (front row) Eva Gallagher, Cameron Montgomery, Kathryn Bossy and Bridget Haworth. Missing is Tanya Lyons. (Submitted photo)

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450 THS WELCOMES GRADUATING CLASS: AVS 1901



Fleet Technical Training Flight's (FTTF) first Chinook CH147F Avionics Systems Type Course of the year graduates: (back row left to right) Commanding Officer of 450 THS - Lieutenant Colonel Coakwell, graduates - Avr Lafontaine St-Jean, Avr Richardson, Avr Lively, and Master Corporal (MCpl) Labelle, Acting Squadron Chief Warrant Officer - Master Warrant Officer (MWO) Murphy, Acting Officer Commanding and Chief Instructor FTTF - MWO Sadler, (front row left to right) Instructors Corporal (Cpl) Mazurkewich, MCpl Chui, MCpl Fairfield, Course Director - Sergeant Bogue, and Cpl Latulippe. (DND photo by Cpl Foster)

Submitted text and photo

On Friday, March 8th, 2019, four members from 450 Tactical Helicopter Squadron (THS) graduated from the Fleet Technical Training Flight's (FTTF) first Chinook CH147F Avionics Systems Type Course of the year.

AVS 1901 students were on course from January 7th to March 8th.

The hard work and effort put forth from these students is remarkable and enabled them to obtain Performance of Maintenance (POM) authorizations on the CH147F Avionics Systems, some within

six months of arriving at 450 THS.

These new members of 450 THS will now be fully employed on the Chinook, both at home and abroad and will also help develop other apprentices within the fleet of fifteen CH147F Chinook helicopters.

continued on next page



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Question & Answer

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 "My sympathy to your mother."

The family member in return may say:

"Thanks for coming."
 "John talked about you often."
 "I didn't realize so many people cared."
 "Come see me when you can."

Friends should use their own judgment on how long they should remain at our funeral home or place of visitation. If they feel their presence is needed, they should offer to stay. When the funeral service is over, the family often feels very alone in dealing with their feelings. It is important that they know you are still there. Keep in touch.

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Canada extends its military training mission in Ukraine

OTTAWA - Canada is a leader in the international community's support for the people of Ukraine.

The Honourable Harjit S. Sajjan, Minister of National Defence, and the Honourable Chrystia Freeland, Minister of Foreign Affairs, announced March 18 that the Government of Canada is extending Operation UNIFIER, the Canadian Armed Forces military training mission in Ukraine, until the end of March 2022. While Ukraine's defence and security forces continue to make considerable progress, ongoing insecurity in the region underscores the importance

and relevance of Canada's military mission.

"Today's announcement reaffirms Canada's steadfast support for Ukraine's sovereignty and territorial integrity, and our commitment to global security," said Defence Minister Sajjan. "Canada's commitment to Ukraine is unequivocal and unwavering. With the renewal of Operation UNIFIER, the women and men of our Canadian Armed Forces are playing a key role in helping build, develop and modernize the capabilities of Ukraine's defence and security forces."

Through Operation UNI-

FIER, the Canadian Armed Forces (CAF) will continue to provide military training and capacity building assistance to Ukraine's defence and security forces. The training provided by the CAF directly helps Ukraine's defence and security forces to uphold domestic security and territorial integrity, contributing to regional and international stability.

Operation UNIFIER supports Ukraine's broader reform agenda and contributes to current Canadian efforts that invest in democracy, human rights and the rule of law in Ukraine.

"The people of Ukraine

know they can count on Canada," noted Minister Freeland. "Operation UNIFIER is an essential part of our multifaceted support to Ukraine. We are steadfast in our commitment to Ukraine's sovereignty and territorial integrity, as it works toward a stable, democratic and prosperous future. That is why Canada is also proud to host the third annual Ukraine Reform Conference in July this year."

Canada continues to provide a broad range of assistance (development, financial, humanitarian, non-lethal military) to Ukraine, totaling more than \$750 million since January 2014.

Under Operation UNIFIER, Canada deploys approximately 200 CAF personnel to Ukraine.

Since the start of the training in September 2015, the CAF has trained more than 10,800 Ukrainian ser-

vice members to be self-sufficient in their training delivery and in the conduct of military operations.

On March 15, 2019, Canada announced, in coordination with the European Union and the United States, new sanctions in response to Russia's aggressive actions in the Black Sea and Kerch Strait, Russia's illegal annexation of Crimea and to the destabilization of eastern

Ukraine.

From July 2 to 4, 2019, Canada will host the third Ukraine Reform Conference in Toronto. The conference will bring together, among others, foreign ministers from the European Union, the G7 and NATO countries to support Ukraine and its people, in meeting their ambitious democratic and economic reform programme and Euro-Atlantic goals.



A brigade live-fire exercise takes place at Honchariv'ske training area in Northern Ukraine during Operation UNIFIER on December 3, 2018. (Photo: Joint Task Force-Ukraine)

450 THS WELCOMES GRADUATING ... continued from previous page

Each on-aircraft maintenance course identifies an individual who surpasses their peers in more than academics. Students are assessed for their mechanical aptitude, task leadership and supervision, teamwork and overall attitude as

well as their test scores. For AVS 1901, this award was presented to Aviator (Avr) Richardson.

Congratulations to the successful graduates of AVS 1901, who will no doubt have a positive impact within their new roles.

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A message from the Garrison Petawawa Fire Prevention Branch

SNOW FALL AND YOUR FURNACE “IMPORTANT NOTICE”



have PVC lines that exit through the side of the home. This is a more efficient way of releasing exhaust from the system and is part of the reason that the unit is able to maintain such a high AFUE rating. However, if this PVC line becomes blocked by snow, one of two things can happen:

- **Partial Blockage:** If snow drifts only cover up part of the PVC pipe, odds are the system will continue to work, but the exhaust could begin to backup into the home. Along with other harmful gases, that exhaust contains carbon monoxide. Carbon monoxide buildup in the home can make your family sick and cause deaths if levels are allowed to rise high enough.

- **Complete Blockage:** If the snow covers PVC opening completely, odds are the furnace will stop working all

together. The unit will over-heat and shut itself off as a safety mechanism to prevent damage. You could spend hundreds of dollars on an unnecessary service call if this happens to your home, but it can be prevented.

CARBON MONOXIDE

Carbon monoxide is a gas. You cannot see it, taste it, or smell it. It is created when fuels do not burn completely. Kerosene, gasoline, coal, natural gas, propane, and wood are examples of fuels. Carbon monoxide can make you very sick or kill you. You need a carbon monoxide alarm on each level of your home. If you hear the carbon monoxide alarm, get outside the home right away. Call for help from outside.

CLEAR AWAY THE SNOW

After heavy snowfall, be sure to check the PVC pipe religiously.

continued on next page

There are several parts of the country that are currently rolling up their sleeves and shoveling their driveways. When snow falls in such large quantities we begin to worry about the safety and comfort of our homes. We rely on them to protect us from harsh weather conditions, and the furnace plays a key role in this protection. However, the snow can interfere with the furnace and create a hazard or at least some discomfort if you do not take the proper steps to prevent this from happening.

BLOCKED PVC EXHAUST PIPES

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International Day of Forests (March 21) and World Water Day (March 22)

International Day of Forests and World Water Day are both observed annually by all UN member states.

International Day of Forests is held annually on the 21st of March. It highlights the importance of forests to people everywhere. Locally and globally people depend on forests for their livelihoods, medicine, fuel and food.

Canada has nearly nine per cent of the world's forest with over 347 million hectares. [Natural Resources Canada, Feb. 15, 2017] A collaborative arrangement was made between the provincial, territorial and federal governments as well as the forest industry to ensure that forest monitoring and evidence-based sustainable practices are used. [Natural Resources Canada, Feb. 15, 2017]

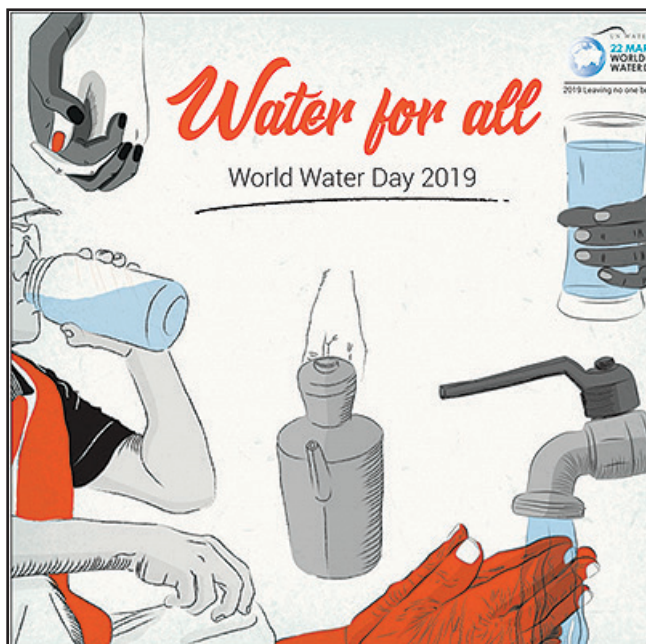
Locally Petawawa is home to one of two national research forests. The Petawawa research forest was established in 1918 and encompasses a 10,000 hectare area. [Natural Resource Canada, Sept. 11, 2015] The Petawawa research forest has many important studies both short and long term, some of which have been underway for decades. The purpose of these studies is to promote sustainable forestry within Canada.

World Water Day began in 1993 with the United Nations General Assembly officially designated March 22nd as the day to refocus our attention on the importance of freshwater and the sustainability of global water resources.

As Canadians it is sometimes difficult to understand the problems that plague the globe with regards to accessibility of clean water. According to the World Health Organization 2.1 billion people live without safe water at home. It is estimated by the year 2025 close to 1.8 billion people will be living in regions with absolute water scarcity. [UN Water, 2010]

Each year the UN Water group proposes a theme to focus on and this year's theme is 'Leaving no one behind'. This theme is based on an adaptation of the 2030 goal of sustainable development. The main focus of this goal is to provide clean water and a sustainable water management plan for all by 2030. Alongside the UN many non-governmental organizations have used this day to focus attention on the many issues affecting water globally.

To learn more about World Water day please visit their website. <http://www.worldwaterday.org/>



Submitted image from the website unwater.org.

Snow fall and your furnace... continued from previous page

You can fix the overheating problem if you clear away the snow and restart the system, and you won't risk exposure to carbon monoxide if you get into this habit as well.

Clear away any snow before allowing the furnace to run, and you will prevent these problems from occurring in your home after MAJOR SNOW STORMS.



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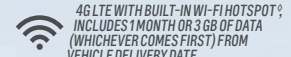
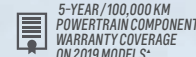
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Neighbourhood Dominion Lending Centre draw winner



For three years, Neighbourhood Dominion Lending Centres has been holding a draw for its clients, giving out thousands of dollars. For 2018, the lucky winner was Dan Maidens (left). He was presented with the prize on Jan. 18 by Mortgage Agent André L'Ecuyer.

By Patricia Leboeuf

Petawawa Post

André L'Ecuyer, Mortgage Agent with Neighbourhood Dominion Lending Centres, was proud to present one of his clients with a \$5,000 prize.

For the past three years, Neighbourhood Dominion Lending Centres has been holding a yearly draw for its clients, giving out several thousand dollars to lucky recipients.

This year, the prize was awarded to Canadian Nuclear Laboratories (CNL) employee Dan Maidens. He bought a house in Petawawa with L'Ecuyer's help.

L'Ecuyer runs the Petawawa branch which is considered one of the best and most active of the Neighbourhood Dominion Lending Centres.

To celebrate the hard work of brokers like him, Neighbourhood Dominion Lending Centres invited all its brokers and franchisees to an annual Christmas party on Dec. 8. Among the festivities is a draw, and every person who received a mortgage during the year is entered to win. Of the three years the draw has been held, L'Ecuyer's clients have won two of the grand prizes.

"The more volume you do, the more chance you get to win," said L'Ecuyer.

Maidens received the cheque on Jan. 18 and plans to put the money towards house repairs.

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SPORTS, HEALTH & RECREATION

Nutrition changes are on the horizon!

By Nicole Houghtaling, RD, Pn1
 Acting Nutrition Wellness Educator
 Strengthening the Forces
 Did you know that March is Nutrition Month? The Nutrition Month 2019 campaign is dedicated to helping Canadians realize

the potential of food to fuel, discover, prevent, heal and bring us together.

Within the Canadian Armed Forces (CAF), healthy choices are always available on the National Standardized Cycle Menu (NSCM) offered at CAF dining facilities. New nutrition education materials have been developed. You can find them posted at CAF dining facilities.

Since the launch of Health Canada's Healthy Eating Strategy in late 2016, the Government of Canada has been taking action to

make the healthier choice the easier choice for all Canadians. Many changes have already taken place when it comes to promoting nutrition:

- We have seen the ban of partially hydrogenated oils (the main source of industrially produced trans fats in foods) as of September 17, 2018.
- Food label regulations were updated at the end of 2016 (although manufacturers have until 2021 to comply).
- The most recent change was the launch of the new Food Guide on January 22, 2019.

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. Some of the

changes include modern visuals, a more user-focused approach with an online suite of resources including a mobile-friendly web application, renewed terminology, and, perhaps most importantly, the new guide reflects the best of the latest evidence on food and health.

So how is the latest evidence reflected in the new guide? The healthy meal plate now consists of: ½ vegetables and fruit, ¼ whole grains and ¼ protein foods (milk and alternatives and meat and alternatives are now grouped together as protein foods).

Among protein foods, plant-based should be consumed more often. Water is now the beverage of choice

and sugary drinks, including 100% juice and sweetened milk, are not recommended to be consumed regularly.

What's exciting is that there are even more changes on the horizon. Later this year, Health Canada is expected to release Canada's Healthy Eating Pattern which will provide guidance on the amounts and types of food that make up a healthy diet.

Call 613-687-5511 local 4685 or visit the Garrison Petawawa Health Promotion site for more information on workshops available to CAF members and their families and Defence Team partners - <https://www.cafconnection.ca/Petawawa/Adults/Health-Promotion/Health-Promotion-Programs.aspx>



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SPORTS, HEALTH & RECREATION

Ethan Allard hockey tournament proceeds hit \$30,000 mark



Canadian Tire's Jumpstart Charities received \$24,000 of a whopping \$30,000 raised at the 2nd Annual Ethan Allard Memorial Hockey Tournament. The three-day event, held this year from February 15-17, raises funds for Jumpstart, a national charity giving kids from families in financial need the chance to participate in sports they may not otherwise be able to afford. (Above) Pictured with the big cheque, presented to Jumpstart on the weekend of the tournament, are (left to right) Cam Whalen, Regional Manager (East and Near North Ontario), Canadian Tire Jumpstart Charities; Jumpstart supporter Paralympian Chantal Beauchesne and Ethan Allard's father Shane Allard. (Photo by Hayleigh Crosby)



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2019 Polar Bear Dip more than doubles goal for local SPCA



At 87-years old, Elaine Chalmers is braver than most. She jumped into the Catwalk Pond with no hesitation, guided by Firefighter Ray Green. (Photos by Patricia Leboeuf, Petawawa Post)

By Patricia Leboeuf

Petawawa Post

"Heather made me do it," admitted most people as they got ready to jump into

the frigid waters for the 2019 Polar Bear Dip.

It wasn't surprising that this was an off-repeated refrain when considering that Heather Jobe, Community

Development Coordinator for the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Renfrew County Animal Centre, has often been described as a force of



Chris Pombiere holds his nose before jumping.

nature when it comes to raising money to help animals.

She managed to lure 31 registered jumpers to the icy shores of the Catwalk at the Centennial Park, many of whom collected pledges for the opportunity to freeze their proverbial paws off. Many more spectators gathered to watch these brave souls plunge into the freezing water on March 3.

"It's amazing," said Jobe. "Just look at everybody here. I'm not surprised there are so many people because people love animals."

Jobe led the plunge, willingly, and with very little hesitation, jumping first into the water.

Though like many she came up sputtering and desperately cold, she knew that the pain was all worthwhile as the event had raised \$4,500 with more still coming in. This far surpassed the original goal of \$2,100.

"We love animals and these animals need our help," said Jobe. "The animals depend on us and anything we can do, even if it seems a little extreme, to raise some money to help...is worth it in the end," she added.

Safety was paramount as the event isn't without its risks. Firefighters were on the scene to help the plungers get in and out of the water without incident and at all times, a heavily equipped firefighter was in the water to ensure that no one slipped under the ice.

"In the suit, it's very comfortable and without, it's not pleasant," said President of the Firefighters Associa-



The chilly dunking was a literal eye-opener for Shannon Meyers.



Under the watchful eyes of firefighters Ray Green (in water) and Chase Duffy, Ontario SPCA Renfrew County Animal Centre Manager Amanda Eckersley takes the plunge.

tion Peter Moss. "Though I wouldn't know since I've never been in the water without a suit on."

He did appreciate the chance to watch - and maybe laugh a little - at the participants as they grimaced and hollered throughout the dip.

Originally postponed due to dangerously cold weather, the event was part of the 2018 Cabin Fever lineup. To keep it alive, organizers had to move it to a warmer day. This setback actually turned out to be a good thing as the event attracted more donations and there was less threat of frostbite or hypothermia.

The Polar Bear Dip tradi-

tionally benefited a different charity every year, but the Ontario SPCA has decided to take on the Polar Bear Dip as part of their roster of fundraisers. This event is now a smaller part of their National Cupcake Day Fundraiser.

The money raised from the Polar Bear Dip will go towards the care and maintenance of the animals at the shelter.

Jobe was grateful to all the jumpers and their supporters as well as to the Town of Petawawa who helped them organize the event, and Dominos Pizza Petawawa as they donated nine extra-large pizzas for the plungers.

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SPORTS, HEALTH & RECREATION

Hospital radiothon accepts donations for PRHF Cutting Edge Campaign



On March 2, the Pembroke Regional Hospital Foundation (PRHF) team and volunteers were hard at work to raise money through the Connect to Care Radiothon. Donations went to the hospital's ongoing Cutting Edge Campaign. From left are Kyle Robinson from MyFM, Karolyn Xie from the PRHF, Emcee Art Jamieson, PRHF Executive Director Nancy Warren and Sarah Neadow from the PRHF. (Photos by Patricia Leboeuf, Petawawa Post)

By Patricia Leboeuf

Petawawa Post

Receiving a barrage of phone calls in a few short hours is rarely a positive thing, unless it's calls to the 2nd annual Pembroke Regional Hos-

pital Foundation (PRHF) Care to Connect Radiothon.

With the help of local radio station MyFM, the PRHF had hundreds of people in the community call in with donations for their Cutting Edge Campaign.

This ongoing campaign supports a regional orthopedic program and modernizes the surgical floor within the hospital, both of which are costly endeavours. To bridge the gap in government funding, the hospital has to raise



Throughout the day there were different entertainers on stage and the Red Hot Mamas serenaded the crowd with a selection of songs during the lunch rush.

\$2.5 million of the \$11.5 million project price tag.

"We see the homestretch coming," said Radiothon emcee Art Jamieson, pointing out that \$800,000 remains.

Holding a radiothon on March 2, headquartered at the Pembroke Mall, brought the PRHF that much closer to its goal.

"It's a way for the foundation and our hospital family to reach out to our community family in hopes of garnering support for the needs we have at our regional hospital," said PRHF Executive Director

Nancy Warren. "No donation is too small, we all pull together as a community and that's how we reach our goals."

Last year, the radiothon raised \$44,000.

With a basket raffle still ongoing until March 28, the total raised hasn't been released. However, organizers have calculated that over \$41,000 was collected during the event.

"Whatever we get is great, appreciated and much needed," said Warren.

While 50 volunteers rotated shifts on the telephones,

many more helped out at booths and entertained passersby with live music. It is only through the help of volunteers, donors, sponsors and individuals that the event was very successful - something for which Warren is eternally grateful.

"It's really heartwarming to see our community pull together for healthcare," she said.



Former Pembroke Regional Hospital Foundation Board Chairwoman Barb Schoof answers phone calls. Each donation she received brought the PRHF closer to achieving its goal.

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 E-mail: graphics.post@bellnet.ca or call 613-687-5511 ext 5386 or visit www.PetawawaPostLive.ca
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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.

SATURDAY MARCH 23RD, 2019

FAURE'S REQUIEM performed by the Our Lady Seat of Wisdom College of Barry's Bay and Our Lady of the Wayside of Peterborough accompanied by chamber orchestra. Entry is by donation. There are two performance dates. Saturday March 23 at 7:30 p.m. at Madawaska Valley District High School and Sunday March 24 at 3 p.m. at The Mount Community Centre Austin Doran Hall.

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 MARCH 30TH, 2019

RENFREW COUNTY ATV CLUB AGM is from 9:30 - 12:30 at the Petawawa Civic Centre. Are you interested in trails with a passion for community and safety? Renfrew County ATV is accepting nominations for key Board Directors/Officers: Chief Trail Warden, Events Coordinator, Marketing Coordinator and Chief Administrator. www.renfrewcountyatv.ca or 613-635-1528 for details.

SUNDAY MARCH 31ST, 2019

ROAST BEEF OR CHICKEN DINNER at the Petawawa Legion from 4:30-6 p.m. Full meal includes salad, dessert and tea/coffee. Open to all.

SATURDAY APRIL 13TH, 2019

YUK YUKS COMEDY NIGHT featuring Comedian Scott Faulconbridge, Station Hill Band and Stacey Graveline at 428 Herbert St. Funds raised to benefit the Pembroke

Curling Centre. Comedy, Dancing, Appetizers, 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.

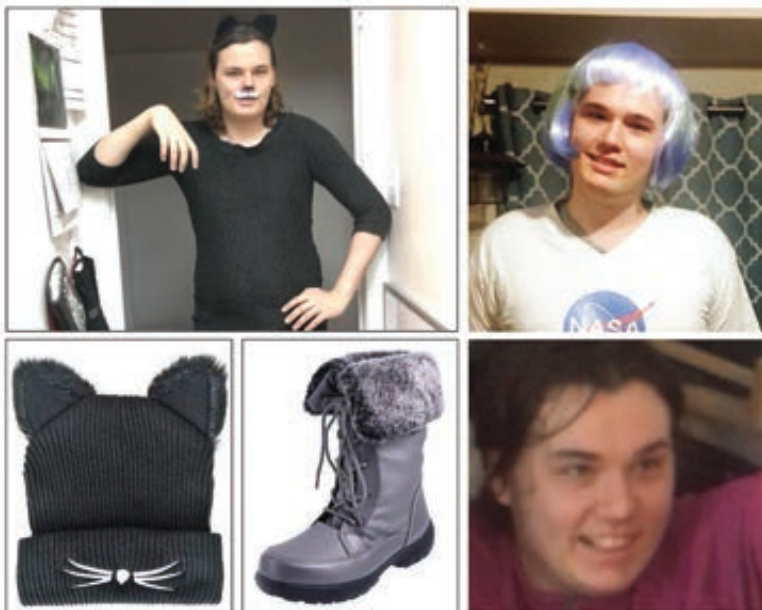
FUNDRAISER CRAFT AND VENDOR SALE in support of Watch My 6 Service Dogs, an organization dedicated to helping individuals training four legged warriors to guide and assist those in need. From 10 a.m. - 3 p.m. at the Petawawa Legion.

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.victimservicesrenfrewcounty.ca. Applications are now being accepted for our spring Volunteer Training.

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 10 p.m. and 4:20 a.m. 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.

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 MOSID: 00328-05 - LOG - LAND
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Temporary

0-40500 - 4 CDSG IMO
 Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA
 Rank Requirements: Capt / Capt
 Language: English essential
 MOSID: 00002-01 - Officer
 Status: Open
 Start Date: 01 - -2019
 Employment Class: Class B Permanent

0-40223 - ADJT 4 CDSB PERS SVCS
 Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA
 Rank Requirements: Capt / Capt
 Language: Bilingual
 MOSID: 00002-01 - Officer
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Permanent

0-40408 - OPS & TRG - GRN COORD NCO - POSN # 281630
 Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA DETACHMENT TORONTO
 Rank Requirements: Sgt / Sgt

Language: English essential
 MOSID: 90000 - ATR
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Permanent

0-39219 - CFB/ASU PETAWAWA - OPS & TRG NCO - POSN # 281715
 Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA
 Rank Requirements: WO / WO
 Language: English essential
 MOSID: 90000 - ATR
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Permanent

0-39939 - 4 CDSB PERS SVCS DET TO - MIL HR O - POSN # 349748
 Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA DETACHMENT TORONTO
 Rank Requirements: Capt / Capt
 Language: Bilingual
 MOSID: 00002-01 - Officer
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Permanent

0-40249 - HUMAN RESOURCES ADMINISTRATOR - CSOTC
 Employer: CANADIAN SPECIAL OPERATIONS TRAINING CENTRE
 Rank Requirements: MCpl / MCpl
 Language: English essential
 MOSID: 00375-01 - HRA
 Status: Open
 Start Date: 01-Apr-2019
 Employment Class: Class B Permanent

0-39207 - MATA/PATA BACKFILL - INSTR
 Employer: 4TH CANADIAN DIVISION TRAINING CENTRE DETACHMENT PETAWAWA
 Rank Requirements: Cpl / Cpl
 Language: English essential
 MOSID: 00171-06 - MSE OP or 00003-01 - NCM
 Status: Open
 Start Date: 18-Mar-2019
 Employment Class: Class B Temporary

An additional 9 current REOs are available at <http://cadtc.kingston.mil.ca/REO-OER/en/index.aspx>

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HELP WANTED

We're Hiring!

The Petawawa Military Family Resource Centre has an opening for a
Multi Site Before & After School Supervisor

For more information visit our website at www.CAFconnection.ca/Petawawa
Deadline for applications is **March 22, 2019**



We're Hiring!

The Petawawa Military Family Resource Centre has an opening for a
Deployment Programmer

For more information visit our website at www.CAFconnection.ca/Petawawa
Deadline for applications is **March 29, 2019**



Public Notice

In accordance with the *Radio-communications Act* and Innovation, Science and Economic Development Canada procedure CPC-2-0-03, Issue 5 (2014), be advised that

The Department of National Defence

has submitted an application to modify an existing Radio-communications Site located at

3661 Orange Road, Garrison Petawawa, ON

The intent is to replace an existing 18 meter radio tower with a newly constructed 76 meter structure located at 45.940751, -77.544677 in order to enhance Defence radio communications within the boundaries of Garrison Petawawa. The site will not be visible to the public from areas outside of the Garrison.

ANY PERSON may make a written submission by **26 April 2019** with respect to this matter addressed to:

**Real Property Operations Detachment Petawawa
Attn: Real Property Office**

Garrison Petawawa,
PO Box 9999,
Petawawa, Ontario
K8H 2X3


Email: joan.behnke@forces.gc.ca

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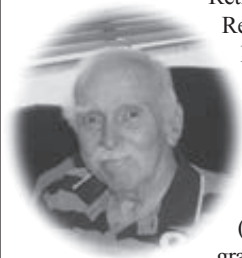
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*Petawawa's Community
Newspaper*

OBITUARY

CHESTER, George Martin



Retired MWO after 27 years of service with CAF RCEME/
Retired Public Servant 20 years 2 CER Brennan Lake CFB
Petawawa - Peacefully at Marianhill on Sunday, February
24th, 2019 in his 87th year. George Chester of Pembroke,
beloved husband of 64 years to the late Linda Lou Chester
(nee Seymour). Loving father of Rickey (Kathryn),
Randy, Charlene (Robert "Frank") Francoeur and Cathy
Penn. Devoted grandfather of Amy-Lou (William), Kaely
(Brandon), Trevor, Sean and Demi (John). Caring great
grandfather of Anastasia, Ephraim, Kaydon, Levi, Layla,
Casper, Wilde, Behr and Psalm. Dear brother-in-law to Lloyd (the
late Jacqueline) Seymour, the late Bennett (the late Priscilla) Rabishaw, the late Anita
Marie (the late Joseph) Calderone and the late Orville Seymour. Predeceased by parents
George and Rose Marie Chester (nee Howard).

Respecting George's wishes, cremation has taken place. Born in Winchester, ON,
George had a love for repairing anything from the time he was young. Mechanics,
classic cars and anything to do with the army. He carried this into his life and carriers
both military and civilian. He also very much enjoyed his and Linda Lou's many years
spent at Mac's Ce-Dar-Est in Eganville. Where he could be seen in Mac's garage, fixing
some thing big or small. He enjoyed visiting on his golf cart with his dog Brandy at
his side or from time to time his grandchildren. George has always been young at heart
so he has gone to do what he loved, his most favorite thing. Moon lighting at a Auto
Garage in Heaven. The lights will be left on, the doors will always be open with a cool
one in the fridge (Blue of course) and much cheering on deck for the Boston Bruins. No
worryes if you cheer for another team his smile and wink will say it all! Thank you to
Marianhill and it's staff. A special thank you to B wing for the TLC given to both Linda
Lou and George. A Celebration of Life will be held at the Royal Canadian Legion,
Pembroke on Saturday, June 22nd, 2019 from 11 a.m. - 6 p.m. Arrangements by the

Neville Funeral Home

491 Isabella St., Pembroke, ON, K8A 5T8
(613) 732-7481

As an expression of sympathy, donations to the Marianhill Memorial Fund would
be appreciated. Online Condolences may be left at www.nevillefuneralhome.ca

NOTICE



Good Governance Makes a Difference Pembroke Regional Hospital Board of Directors

The Pembroke Regional Hospital is your community hospital. It is also a state-of-the-art
teaching centre affiliated with the University of Ottawa, providing learning experiences
for a variety of health care professionals and delivering a comprehensive range of high
quality health services.

We are anchored by the values of compassion and caring, excellence and innovation,
social and fiscal responsibility, sacredness of life, mutual respect and community spirit.
Following Catholic tradition, we strive to meet the physical, emotional and spiritual needs
of those we serve.

The Board's governance responsibilities include oversight and accountability for:

- Mission, vision and values
- Strategic planning
- Financial stewardship
- Quality and performance monitoring
- Stakeholder communication

**The Pembroke Regional Hospital is receiving applications for the Board of
Directors and Community Representatives on Board Committees.**

Applicants should be prepared to make a significant commitment for a three year term
(with the possibility to reapply for two additional terms). Ideal candidates will have the
knowledge, skill and experience that will enable them to contribute to the Hospital, and
reflect the diversity of the community we serve. If this opportunity interests you, please
forward a completed application form to:

Chair of the Nominating Committee

Pembroke Regional Hospital
705 Mackay St.
Pembroke ON K8A 1G8
Email: sarah.mellish@prh.email

Deadline for receiving applications is 4 p.m. on Friday, April 5, 2019

Application forms and more information can be obtained from the Office of the President/
CEO at 613-732-3675, ext. 6172 or our website at: www.pembrokeregionalhospital.ca

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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@nrco.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.3.bell.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@pntchurc.com Website: www.pntchurc.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 Trotter. 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 Roelchen-Pföhl. 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!

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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 précédent 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 sacraments, si vous voulez vous inscrire veuillez contacter le bureau administratif des aumoniers ext. 5434
Faith Community Coordinator Padre Francis Krusinsky X6402



Garrison Petawawa Chaplains Phone 613-687-5511 + Ext.

CHAPLAINS (PROTESTANT)
Padre Mike Allen
(4 CDSG Snr Chaplain) 6105
Padre Judson Bridgewater 7396
Padre Michele 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 Chapel (P)

4 CDSG Garrison Petawawa, ON K8H 2X3
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FAX: 613-588-7524

WORSHIP SERVICES

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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



**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

Coming up on Sunday, March 31 it is the monthly dinner put on by the Ladies Auxiliary. Dinner is a full roast beef or chicken breast feast. Includes salad, dessert and tea/coffee. Everyone is welcome so bring the family.

We have many bookings for our hall in the coming months but if you are looking to hold an event, we encourage you to book as far ahead as you can to ensure the date you want. You can call 613-687-2504 or email petawawalegion@nrco.net. Large or small functions, we can cater it for you.

Navigating the paperwork to apply for a pension through VAC can be overwhelming for some but we have a knowledgeable person who can help you with that. Are you a widow or widower and are unsure what you are entitled to and need some help? We can help. Paul Paris is our Veterans Service Officer and he can sit down with you and give you the help and information you need. You can contact him at 613-639-3236.

The next upcoming Zone sporting event is Washer Toss taking place on April 20 in Pembroke. If you are a paid up member of the branch, you are eligible to play. Information is on the sports board outside the lounge entrance. The board lists the upcoming sports and where they will be held for Zone, District and Provincial competition. I can't wait myself for it to warm up for the golf!

Our Catch the Ace Chairman John MacQueen is looking for some volunteers to help out with the draws. He is hoping to get up to 10 people to be available to either sell tickets or assist with the draw. If you can spare a bit of time (whatever you can) give John a call at 613-401-8158 or call the branch at 613-687-2504 and leave your name.

Our weekly favourites of Friday fish and chips continue from 4:30-6pm and Wednesday soup and sandwiches from 11:30-1pm. Both are open to all including children so bring the family.

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

NEWS FROM THE SILVER THREADS SENIORS CLUB

By Barbara E Bailey, President

Hello Everyone! Well, we are going to see Spring some time in the future, but who knows when that may be, as we are still getting snow. Be careful out there, as there is ice under the water and if you fall, you may injure yourself.

There are lots of activities going on in the community for all age groups. I received some information from the Library this week and they have lots of interesting things that you can participate in during the month of April.

Frequent Reader Card: April 1-30, Cards will be available at the circulation desk. Come to the library to get your Frequent Reader card. Complete a card and you will be entered to win a prize! Complete as many cards as you can! Draw will be held on Wednesday May 1. Other items are: Italian Cooking, New Age Meditation with Kyla Romain, Old School Board Game Night, and Indie Film Festival Series and the Can't Cook Book. Check it out for yourself.

Our regular activities are ongoing and you can view them online or come into the club and pick up a newsletter. The Scrapbookers are trying to get going on Fridays, so if you have a project to work on, come in and meet some local people and have a coffee or tea on us.

The winners of the Friday evening Euchre games were: Lou Mcevoy, Bill Stevens, Helen Baker, Gabe Tosello, Carol Yanke, John Collier, Pat Matheson, Lou McEvoy and Willie Williston. Euchre is played on Fridays at 7 p.m.

Membership is in full swing during the month of March, and I remind everyone that it is time to renew for only \$25 for the fiscal year. We are truly blessed to have access to a modern building in the Community for Senior Activities. Seniors are a valuable asset in the area and they have a lot to offer with their experience and dedication to their Community.

Take care of yourselves and I will see you at the club!

HAVE WE MISSED YOU?

We'd like to know if you're receiving your copy of the Petawawa Post. Call 613-687-5511 ext 5386/6265, email petawawapost@bellnet.ca, or send us a message on Facebook (Petawawa Post). Let us know how we're doing.



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