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CAF Transition Group improving career transition experience

By Lisa Brazeau

Petawawa Post

The Canadian Armed Forces (CAF) Transition Group was established last year to provide engaged, personalized and guided support to transitioning members, with special care and attention to those who are ill or injured, as well as veterans and family members.

Former 4th Canadian Division Support Group Commander and current Commander CAF Transition Group (CAF TG) Brigadier General (BGen) Mark Misener was at Garrison Petawawa March 21 and 22 to share de-

tails about the organization, what it has accomplished to date, and what's ahead for

the CAF TG. Sessions were held at all garrisons, bases and wings

across Canada primarily for releasing members or personnel interested in transi-

tioning to the civilian world and their families.
continued on page four



(Above) Brigadier-General (BGen) Mark Misener, Commander Canadian Armed Forces Transition Group (CAF TG) and Chief Warrant Officer (CWO) Rémy Lapointe, CAF TG CWO (not pictured), were greeted by the guard at building S-111 at Garrison Petawawa on March 21. CAF TG information sessions were held at the Garrison on March 21 and 22. (Inset left) BGen Misener at the Normandy Officers' Mess during a presentation on March 21 - three briefings were held for CAF members as well as for their families. (Above photo by Able Seaman Elizabeth Ross; inset photo by Aviator Melissa Gloude)

INSIDE
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3D INDOOR ARCHERY TOURNAMENT
PAGE 12

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Herman Street School students receive special visit from Garrison firefighter



National Defence Fire Service Garrison Petawawa firefighter FR-1 Jordan Regier recently visited students at Herman Street Public School to discuss fire safety in the home, offering tips and advice such as: never re-enter the home for any reason, get out and stay out; find your parents and stay with them, dial 911; go to firefighters for help; and smoke and fire is very dangerous and can hurt you. In addition, he displayed his gear which includes a Self Contained Breathing Apparatus (SCBA) and showed the children what he looks like fully dressed so they aren't afraid of the outfit and will approach a firefighter if they need help. The students were also able to check out the crash truck and its capabilities. (Submitted photos)



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-4C	6C	4C	1C
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Sales Representative Keri Radford

Circulation: 7,810
 4 CDSB Garrison Petawawa, Ontario K8H 2X3
 613-687-5511, Ext 5386/6265
 Fax: 613-588-6966
 Email: petawawapost@bellnet.ca
 Publication Mail Agreement Number: 42716018
 PUBLISHED EVERY THURSDAY
 Delivered FREE to the Petawawa community.
 SUBSCRIPTIONS: \$56.00 (+ HST) a year in Canada.
 ABONNEMENT: 56,00\$ (+ TVH) par année au Canada
 Read the Petawawa Post on line at www.petawawapost.ca

This publication is issued under the authority of Col L. Lapointe, Commander 4 CDSG/4 CDSB Garrison Petawawa with 7,700 copies published every Thursday.
 Cette publication est émise sous l'autorité du col L. Lapointe, commandant de la 4 GSDC/4 BSDC Garrison Petawawa et est publiée chaque jeudi. (7700)

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Publicité:
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CAF Transition Group improving career transition experience...continued from front page

Those in attendance learned about the mandate of the CAF TG, how the transition process is changing from a culture of release to one of transition, and the full range of support, tools, compensation and benefits available to them.

Whether a CAF member is embarking on the road to recovery, entering rehabilitation, returning to duty in the CAF, or transitioning to life after service, the CAF TG is committed to assisting them in their journey.

"We want to make sure they're ready," said BGen Misener, noting military members can have a tough time leaving the uniform behind. "They spend a long time in the military, they get good at what they do and that transition to civilian life can be hard."

There are many psychosocial aspects to transitioning out of the military in addition to leaving behind a military career and returning to the civilian world, BGen Misener noted.

Transition requires preparation and often psychological, social and emotional adjustments, both as an individual and a family.

"It doesn't only affect you, it affects everyone around you," he said. "Your families are just as much a part of the service as you are."

He stressed the importance of planning early, and taking into account the various aspects of transition like health, finances, social integration, and employment.

"If you're not prepared and you don't have a plan, you're not going to do well," he said. "Life happens, it's

unpredictable, so have a plan B.

"Much like we focus on operational readiness in the CAF, I'm advocating we improve our transition readiness as we go through our career," he added. "We want to make sure, when the time comes, that you and your family are as ready as you can be."

Effective April 1 of this year, a Regular Force or Primary Reserve member and their family undergoing transition will follow an initial, chain-of-command-implemented transition process that includes examining retention options; a recommended minimum six-month period to establish a transition plan; accessing supports and services specific to their needs; and a 30 calendar day window when the member is protected from taskings or employment to focus solely on transition.

The launch of the CAF Transition Group introduced a transition trial at Canadian Forces Base Borden which will assist in developing a permanent, standardized approach to transition that, once tested and validated, will be put in place in future across the CAF.

In the meantime, CAF TG is committed to continuous improvement, and CAF

TG Chief Warrant Officer CWO Rémy Lapointe encouraged members to have their say.

"We want to make sure you have everything you need to put a plan in place... to ensure you have a good experience," he said. "To improve on what we are doing, we need your feedback."

On hand as well during the local briefings were a team of transition experts including representation from key partners like Veterans Affairs Canada, as well as Commander CAF Transition Unit Eastern Ontario (CAF TU EO) Lieutenant-Colonel (LCol) Angie Lapointe, who is in charge of Transition Centres in Petawawa, Kingston, Trenton, and North Bay.

The presentation also highlighted online tools like the Military Career Transition portal on Canada.ca, My Transition Guide, My Transition app and enhanced transition training, as well programs and services available through VAC, SISIP Financial, the Base Personnel Selection Office, and the Petawawa Military Family Resource Centre.

Each year, approximately 10,000 members release from the CAF.

For more information, visit www.canada.ca/military-transition.

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A message from the Garrison Petawawa Fire Prevention Branch: Portable Cooking Equipment Safety



1. A slow cooker is designed to be left on while you do other things, even things outside of the home. That said, there are conditions:

- Follow the manufacturer's instructions on where and how to use a slow cooker.
- Keep things that could catch fire away from the slow cooker.
- Inspect the cord to the slow cooker to be sure that it has not been damaged. Do not use any appliance with a damaged cord.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil over, the appliance could overheat, and a fire could occur.



2. Follow the manufacturer's instructions when using a hot plate, griddle, or electric skillet.

3. Stay with the hot plate, griddle, or electric skillet when cooking.

4. Touching the surface of a hot plate, griddle, or electric skillet can burn you. Avoid touching the surface.

5. Do not operate a hot plate, griddle, or electric skillet with a damaged cord or plug.

6. Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning. Allow the appliance

to cool before cleaning it.

7. Do not immerse heat control, cord, or plug of a hot plate, griddle, or electric skillet in water or other liquid.

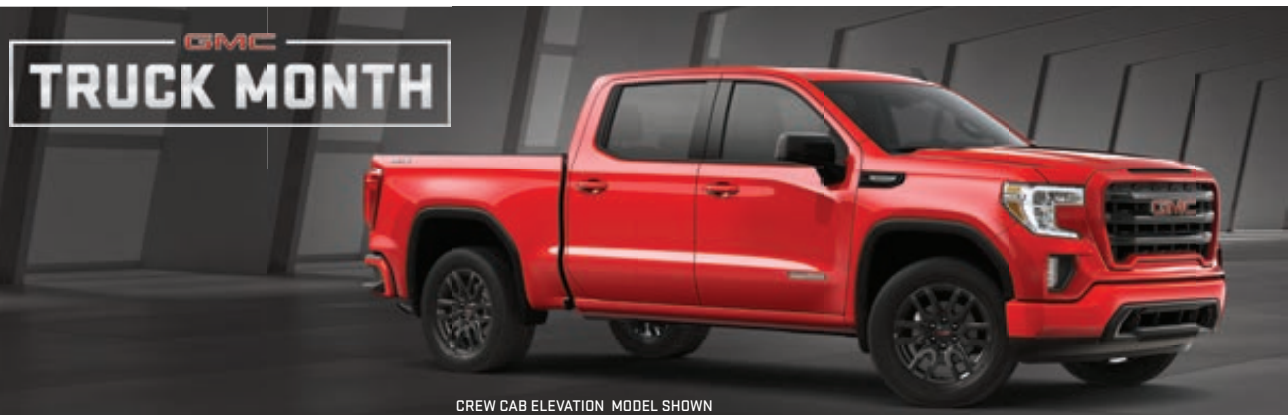
8. **Microwave Ovens:** Place or install the microwave oven at a safe height within easy reach of all users. If possible, the face of the person using the microwave oven should be higher than the front of the microwave oven door to reduce the risk of a scald.

- Always supervise children when they are using the microwave oven.
- Use only microwave-safe cookware (containers or dishes). Never use aluminum foil or metal objects in a microwave oven.
- Do not leave a microwave oven unattended when microwaving popcorn, since the heat buildup can cause fires. Heat the popcorn according to the written instructions.
- Open microwaved food away from the face. Hot steam escaping from a container of microwaved food or the food itself can cause burns.
- Verify the cooking time when using a microwave oven.

• Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water from the faucet.

• If your microwave oven is mounted over your stove, use extra caution to reduce the risk of spills and scalds. Avoid leaning over hot burners or pans when putting things in or getting them out of the microwave oven.

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Garrison Petawawa Community Gardens Open for Sign Up

Submitted by Environmental Services

Residents of Garrison Petawawa Residential Housing Units (RHUs) are invited to reserve a plot or two in one of the community gardens offered by Garrison Petawawa Environmental Services. This year as a way of encouraging gardeners we are offering a free package of seeds upon signing up for a plot. Plots and surrounding space must be maintained and weeded by the individual signing up for the plot.

There two garden sites available on both the north and south side. They are located on Pegasus Ave and Wolfe Ave.

The Pegasus Garden will have 12 raised garden beds (4' x 8') and 9 full size plots (approximately 15' x 30'). The Wolfe Garden has 37 raised beds and 7 full sized plots available.

The gardens will be opening in May, which is weather dependent. Due to our climate is it optimal to plant on or after the May long-weekend.

Many of today's communities are establishing gardens within their cities and towns in efforts to promote local produce growth, environmental awareness and community partnerships. The Garrison Petawawa

Community Gardens have been created with the aim of achieving these same goals.

Interested residents of Garrison Petawawa can contact Nicole McGregor via e-mail at Nicole.mcgregor@forces.gc.ca for an application form.

Completed forms can be brought to the Garrison Environment Office in Building S-600 behind Building S-111 at 101 Menin Road.



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New Escape Room in Petawawa



Tick Tock Escape Rooms officially opened on March 9. Holding the celebratory cake are Travis Turcotte and Joseph "Joey" Melbourne. (Photo by Patricia Leboeuf, Petawawa Post)

By Patricia Leboeuf

Petawawa Post

With the clock running out, will you be able to solve the Mystery of the Philosophers Stone at Petawawa's Tick Tock Escape Rooms? This newly-opened experience is sure to keep people on their toes as they solve the clues, figure out puzzles and unravel the enigma.

Each puzzle hints to another part of a large storyline and as people begin to progress, questions arise that can only be answered once the room is complete.

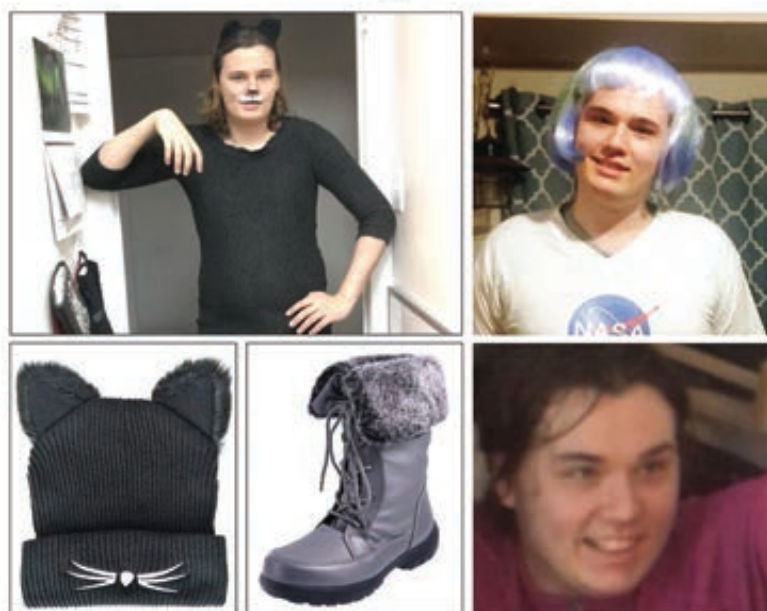
The experience is notably great for teambuilding and strengthening bonds. "People think that you have to be a genius to solve these rooms," said co-owner Travis Turcotte. "But nine times out of ten, it is just communication."

continued on next page

continued on next page

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.

PLEASE CALL THE PETAWAWA OPP DETACHMENT TO REPORT AT 613-735-0188 OR THE PETAWAWA MILITARY POLICE AT 613-687-5511 EXT. 5444.



Welcome to the / Bienvenue au
PETAWAWA MILITARY | **CENTRE DE RESSOURCES POUR LES FAMILLES**
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UPCOMING Programs and events

adults

- Community Coffee Chat** - April 3, 10 & 17 / 9:30 - 11:30 AM
Drop by the South Side Community Centre for some coffee, tea and conversation.
- DIY Family Celebration Sign** - April 24 / 9:30 - 11:30 AM
Make a beautiful sign to keep track of your family's special days. Only \$10.
- Enseigne printanière** - le 25 avril / 18 h 00 - 20 h 00
Joignez-vous à nous et créez une Enseigne printanière de bois. Le coût est 10 \$.
- Deployment Readiness** - April 23 / 9:30 - 11:30 AM or 6:00 - 8:00 PM
Is there a deployment in your family's future. Get the information you need.
- 30 Ways to Shine as a new Employee** - April 25 / 6:00 - 8:00 PM
Learn practical ways to prepare for the challenges of starting a new job.

families

- Family Easter Party** - April 16 / 3:00 - 6:00 PM
Hop on by the South Side Community Centre for some family fun. No registration required.
- Make Your Own Deployment Wall** - April 12 / 9:30 - 11:00 AM
We have the tools and materials you need to start your family's deployment wall.
- Sensory Aquatic Program** - Sundays / 5:15 - 6:15 PM
A swim session for families with exceptional needs.
- Mommy & Me** - April 29 / 4:30 - 7:00 PM
Dinner and fun for Moms and children ages 0 - 6. This month meet Peter the Rabbit.
- PMFRC Mental Health Walk-In Clinic - WEDNESDAYS** / 4:00 - 8:00 PM
Help for military families, with no need for a referral or appointment, first-come, first-served. Last appointments start at 6:30 PM.
April 3 & 17 - South Side Community Centre - 1578 Wolfe Ave.
April 10 & 24 - The Family Centre - 12 Reichwald Res.

children & teens

- Science Fun / Science amusante** - April 10 / 4:30 - 6:00 PM
A bilingual science program for kids ages 7 - 12. Cost is \$5 and includes a pizza dinner
- Youth Resume Drop-in** - Thursdays / 4:00 - 6:00 PM
Young people are welcome to drop by our Employment Service office in Petawawa for advice and feedback from one of our Employment Coaches. No registration required.
- Deployment Supervised Care**
Need a break? Care for families with children (0-12) experiencing a work-related separation.
April 10 / 5:30 - 8:30 PM (North Side) **April 13 / 9:00 AM - Noon (South Side)**
April 24 / 5:30 - 8:30 PM (South Side) **April 27 / 9:00 AM - Noon (North Side)**

For more information about any these programs and services, and registration details, visit our website at CAFconnection.ca/Petawawa, or call The Family Centre at (613) 687-7587 ext. 0.



The McEachen family Catch the Ace

On Thursday, February 21, on week 50 of the Deep River and District Hospital Foundation's Catch the Ace lottery, the elusive Ace of Spades was finally caught by Mark McEachen—who has taken home \$574,584.

The real winner, however, is the DRDH Foundation, who raised around \$785,000 to

support the purchase of Diagnostic Imaging equipment for our Hospital through this lottery.

In front of a very full house at The Bear's Den in Deep River, volunteer Marlene Gibson drew the winning ticket, belonging to Mark McEachen of Douglas. Mark chose

envelope 47, one of only three remaining envelopes, and it contained the elusive Ace of Spades. In addition to the weekly prize of over \$65,000 (\$1 for every ticket sold that week), Mark also received the progressive jackpot that with the week 50 contribution (\$1.50 for every ticket sold) which amounted to almost \$509,000.

The McEachens say they aren't going to rush and spend the money too quickly.

Although a family vacation or two may be in order, Channa McEachen indicated that, "for now, the money has just given us peace of mind."

The total net revenues received by the Foundation through this amazing lottery are around \$785,000, which is almost half of the Focused on You campaign goal to raise \$1.75 million for the replacement of Diagnostic Imaging equipment for the hospital.

Leo Buckley, Board Chair for the DRDH Foundation highlighted that, "the support and participation by so many volunteers

made this fundraising journey a delightful, entertaining event."

The foundation and the hospital are thankful to everyone who gave their time, energy and enthusiasm to this lottery, as well as to everyone who participated and bought tickets. The lottery has awakened in the communities the importance of the hospital and the crucial issue of fundraising for capital equipment. A special thank you is owed to all the volunteers, as without them, the success of this lottery would not have been possible. In particular, the efforts of Leo and Kathy Buckley, as well as Jim and Marlene Gibson, have been extremely commendable over the course of the lottery.

For those of you who want to play again, the Foundation will be starting up another round of the Catch the Ace lottery. It is hoped that our communities will continue to buy tickets in support of our local Hospital, and help the Foundation reach the Focused on You campaign goal.

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With plenty to smile about are all six lucky members of the McEachen family, accepting their Catch the Ace prize winnings of \$574,584. (Left to right) Richard Bedard, President and CEO; Jim Gibson, Foundation Board Member; son Ryan McEachen; Mark McEachen, lottery winner; daughters Sophie, Morgan, and Kate McEachen; wife Channa McEachen; Ashley Parry, Foundation Executive Director; Leo Buckley, Foundation Board Chair; and Cathy Fisher, Foundation Board Member. (Submitted photo)

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New Escape Room in Petawawa ... continued from previous page

He and his partner Joseph "Joey" Melbourne are self-professed escape room addicts.

They have translated their passion into a career, jumping on the opportunity to do what they love as a job.

When creating their escape room, they focused on making the puzzles challenging and interesting yet relevant to the room's 13th-century theme. It doesn't require any specific alchemy or historical knowledge, just a good set of eyes and some problem-solving abilities.

"All you need to solve our room is what we give you," said Turcotte.

At no time is the room locked and people are free to leave if feeling claustrophobic.

"We don't want anybody to have an anxiety attack," said Melbourne. "We want

everybody to have fun."

It took about two months to set up the escape room, and Turcotte and Melbourne were aided by family and friends, who both did the construction as well as helped test out the puzzles.

Feedback has already been positive.

The puzzles are fun yet challenging, the atmosphere feels authentic and the hints help, while leaving enough to the imagination.

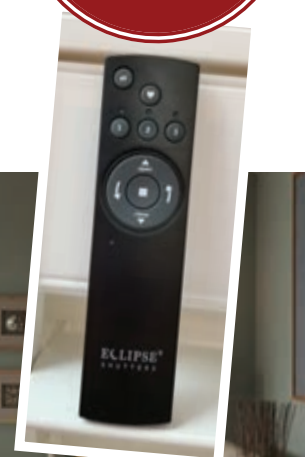
The cost is \$24 per person and reservations are required to play. It is best played with four to a maximum of eight people, though there is no minimum amount of players.

For more details, please visit www.petawawaticktock.com, their Facebook page or email at PetTickTock@gmail.com.

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SPORTS, HEALTH & RECREATION

Petawawa Minor Soccer ready for the 2019 season

Submitted text and photo

On the heels of a successful indoor winter soccer program, the Petawawa Minor Soccer Club is gearing up for the 2019 outdoor soccer season.

This year players and parents can look forward to Challenger Soccer Camps, referee courses, and tournament team program.

"We have a very motivated executive that is working very hard to try and offer a little bit of everything to the community, all while trying to create a more challenging and competitive aspect for the children who want to take their playing to the next level," said Maddie Mills, PMSC president.

The club is excited to welcome back their successful Challenger Soccer Camps. Like in previous years, the camps offer young players the opportunity to hone their soccer skills during the summer break.

"This year Challenger is offering an

International Camp where they have combined the most popular elements of their two existing camp programs, British Soccer and TetraBrazil, and will integrate them with a collection of the most effective soccer practices used by youth teams around the world," explained Mills.

For players looking to be referees this soccer season, the club will be hosting an Entry Level Soccer course at Dundonald Hall April 6 and 7.

"We want to make sure that kids of all ages are able to ref within the valley. Petawawa will be hosting a course to train those 14 and older, while Renfrew will be hosting a course on April 20 for those 12 and older," said Mills.

For the last six months, the club has been planning to expand their soccer program this summer by creating tournament teams.

"It's hard to create a competitive and challenging environment when

you are playing the same four teams all year. The tournament teams will allow kids to travel to Ottawa, Kingston, North Bay, etc., to play against teams they've never seen before and get a taste of academy soccer," said Mills.

The club is also looking for older players willing to take the time to coach our community's youth as the club is still seeking volunteers.

"Without our volunteers, there is no soccer program. At this time we still require two volunteers to sit on our executive, but there has been lots of interest to help coach the recreation league. We are also looking for anyone with past coaching or soccer experience to take on some tournament teams," said Mills.

Registration is now open, and after April 1st there will be a \$25 late fee. For more information regarding this year's outdoor soccer season, please visit www.petawawaminorsoccer.com.



The Petawawa Minor Soccer Club is gearing up for the 2019 outdoor soccer season. This year players and parents can look forward to Challenger Soccer Camps, referee courses, and a tournament team program.



PETAWAWA MINOR SOCCER ASSOCIATION

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REGISTER NOW!

Register by March 31 to avoid \$25 late fee.

We need to have final players list by April 11 to ensure there are teams in all divisions.

Questions? Email info@petawawaminorsoccer.com



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Tournament Teams:

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SPORTS, HEALTH & RECREATION

Hyska's YIG donates \$500 to SPCA



Hyska's Your Independent Grocers (YIG) joined the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) annual National Cupcake Day fundraising campaign, selling packages of cupcakes with part of the proceeds donated to the Renfrew County Animal Centre. Held Feb 9 and 10, customers purchased 250 packets for a total of \$500. Heather Jobe, Community Development Coordinator, with Leia (in front) was presented the cheque by Owner Val Hyska on March 1. (Photo by Patricia Leboeuf, Petawawa Post)



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Petawawa Archery Club hosts 3D Indoor Archery Tournament



The Petawawa Archery Club held its third 3D Indoor Archery Tournament of the year on March 17 in Dundonald Hall at Garrison Petawawa. About 70 participants spent a great day of competition in various Ontario Archery Association divisions. (Submitted photos)

On March 17, the Petawawa Archery Club held its third 3D Indoor Archery Tournament of the year in Dundonald Hall at Garrison Petawawa. Nearly 70 boys, girls, men and women from the young age of 9 to over 70 years old spent a great day of exciting competition in various Ontario Archery Association divisions.

All competitors competed in two rounds, with 20 3D animal targets in each round. All targets were placed at varying distances with the whole course being set up with each skill level in mind. There was something for ev-

eryone. Targets were laid out so that young archers got the opportunity to shoot at their skill appropriate targets while standing next to the more experienced archers. Other challenging shots were laid out so that the skilled archers could engage in shots at targets nearing 50 yards.

Tournaments like this one bring people together from all over Ontario and Quebec to enjoy a fun filled day of archery. Families are participating together in growing numbers and sometimes travel hours to participate.

For those that are interested in ar-

chery but never had the opportunity to try it, the Petawawa Archery Club offers two Introduction to Archery courses at the Garrison South Side Community Centre for ages 9 to adults each fall and winter.

The next tournament is scheduled at Dundonald Hall Sunday, April 14 with registration starting at 8:00 and the first round starting at 9:30. Come on out and see what the buzz is all about.

For more info you can check out the Petawawa Archery Club on our Facebook page or visit the Garrison South Side Community Centre.

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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
PLEASE SUBMIT YOUR NOTICE TO: The Petawawa Post Building P-106.
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 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.

SUNDAY APRIL 7TH, 2019

FULL BREAKFAST at the Petawawa Legion from 9:30 a.m. - 1 p.m. Everyone welcome, we also do pancakes and omelettes.

MONDAY APRIL 8TH, 2019

CANADA'S NEW FOOD GUIDE explained by Rebecca Coughlan R.D., CDE. Join us at the Petawawa Civic Centre at 7 p.m. and learn how the new food guide affects your meal planning. Hosted by the Petawawa Horticultural Society.

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.

SUNDAY APRIL 28TH, 2019

GRAN AFRICAN DINNER by the Petawawa and Area Grannies featuring African-style home cooking at the

Petawawa Legion. Meet and greet at 5:30 p.m. dinner at 6 p.m. Cash bar, 50/50 draw, door prizes, sales table and silent auction. Tickets available from any member of the Petawawa and Area Grannies, Esther Gaudet (613-732-4984), estherg@bell.net, Jean Ostrom (613-687-2053) ostrom@nrtco.net, Hilda Young (613-687-1476) hildayoung8@gmail.com.

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.

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For more information visit our website at www.CAFconnection.ca/Petawawa
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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

*Leading, Learning,
Caring for You*

HELP WANTED

RESERVE EMPLOYMENT OPPORTUNITIES

0-40949 - PILOT - CANSOFCOM PRL/427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Capt / Capt
Language: English essential
MOSID: 00183-01 - PLT
Status: Open
Start Date: 22-Apr-2019
Employment Class: Class C

0-40115 - AIRCREW FLYING STANDARDS CLERK - 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Cpl / Cpl
Language: English essential
MOSID: 00003-01 - NCM
Status: Open
Start Date: 01-Apr-2019
Employment Class: Class A

0-40095 - COOK - 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: MCpl / MCpl
Language: English essential
MOSID: 00164-01 - COOK
Status: Open
Start Date: 01-Apr-2019
Employment Class: Class A

0-40094 - COOK - 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Cpl / Cpl
Language: English essential

MOSID: 00164-01 - COOK
Status: Open
Start Date: 01-Apr-2019
Employment Class: Class A

0-39243 - COY CLK

Employer: 4TH CANADIAN DIVISION TRAINING CENTRE DETACHMENT PETAWAWA
Rank Requirements: Pte / Cpl
Language: English essential
MOSID: 00375-01 - HRA or 00003-01 - NCM
Status: Open
Start Date: 08-Apr-2019
Employment Class: Class B Permanent

0-40448 - DCO 4 CDSB TECH SVCS

Employer: 4TH CANADIAN DIVISION SUPPORT BASE PETAWAWA
Rank Requirements: Maj / Maj
Language: English essential
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-Apr-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

0-39219 - 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

0-40249 - 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

An additional 14 current REOs are available at <http://cadtc.kingston.mil.ca/REO-OER/en/index.aspx>

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.3.bell.net/celc. Email celc@coceco.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: pazsjohns@coceco.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, 613-732-8792, www.zionlutheran.ca. Pastor Paul Roellchen-Pfohl. Worship Times - Saturday 4:30 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



**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

Let us help you find a spiritual home where you belong. We hope our Garrison Chapels are your community of choice. At the Garrison Chapels we foster Sunday Worship, the Sacraments, Christian Education and School participation.

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 precedant le diman-

che de baptêmes
MARRIAGE - Six months (6) notice is required.
A Marriage Preparation Course is mandatory.
MARRIAGE - 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

Coming up on Sunday, March 31 the Ladies Auxiliary is holding a full roast beef or chicken dinner which includes your salad, dessert and tea/coffee. Dinner is served from 4:30-6 p.m. Cost is \$15 for adults and \$10 for under 10. Everyone is welcome so bring the family.

The following Sunday, April 7 the regular monthly breakfast is being held from 9:30 a.m. - 1 p.m. Eggs your way, bacon or sausage, toast, home fries, beans, juice and tea/coffee. We also do pancakes and cheese and onion omelettes. \$7 for adults and \$4 for under 10. Open to all. Our hall is accessible so no barriers for everyone to come out.

The Legion was built by Veterans as a place to socialize with your fellow comrades and provide support for those who where in need. Much remains in place but membership has expanded to include any person who wants to support our Veterans. We still have our mandate to ensure all Veterans get the help and support they need. Locally, at branch level, we run our Poppy Campaign that is used to help those Vets in our area and in purchasing medical devices that also aid them. The Legion can only survive if we continue to have the membership to carry out our purpose of supporting and honouring our Veterans.

Youth is our future and that is why we sponsor Remembrance poster and literary contests, Public speaking, and Youth Track and Field. Our Bursary program is in place to help children/grandchildren of Veterans with their education. A \$750 bursary can be applied for. Forms can be obtained online at the Ontario Command Legion website or at the downstairs bar.

Join us on Friday nights from 4:30-6 p.m. for fish, wings or chicken strips with fries and or onion rings. Open to all. Also enjoy soup and sandwich Wednesdays from 11:30 a.m. - 1 p.m.

Check out our webpage at www.petawawalegion.ca or on facebook at Petawawa Royal Canadian Legion Br 517.

News from the Petawawa Catholic Women's League

By Vel Leblanc, Communications

The Petawawa Catholic Womens League held their March Meeting which began with the League Prayer led by Eva Brushett.

Discussion on the agenda for the upcoming months were presented as follows: Guest Speaker for future meetings: Joanne Jefferies will be guest speaker at the April 1 Meeting discussing Dental Awareness month. In May, Peggy Quilty will explain the Deadly Sins. The guest speaker for June will be announced later. The September guest speaker will be Rebecca Paulson discussing Mental Health and in October, Sandi Brennan will speak on Safe School Co-ordinator.

There will be a Friendship Sunday on April 7 in the parish hall following the 10 a.m. Mass at Our Lady of Sorrows church.

Confirmation will be celebrated on Monday April 8 at 5 p.m. Mass, Our Lady of Sorrows church. CWL members will provide a reception.

Our yearly Marianhill Birthday celebrations will take place on the second week of May. Entertainment from our church will be Phyllis and Jim Hebert, along with cake and songs.

The Diocesan Convention is taking place on May 25 in Douglas Ontario. Our members will attend.

The Diocesan Spring Meeting date will be provided at a later date.

A suggestion has been discussed to have a luncheon for our seniors who are unable to participate in our CWL events.

Following the Executive Reports, Eva led us in the Closing prayer "In the Garden."

The next CWL Meeting will be Monday, April 1 at 7 p.m., in the parish centre.

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.



**John Huff, Sandra Huff, Gene Murphy
Caring For Our Community Since 1963**

Serving the unique traditional requirements of the military and their families. Specializing in repatriation and military protocols.

296 Isabella Street, Pembroke
E-Mail: murphyfuneral@nrtco.net
Website: murphyfuneralhome.ca

613-735-5711

The **Hyundai**
Advantage 

**SAVINGS
EVENT**

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Spring Bonus*
On select in-stock vehicles.
Spring Bonus ends April 1!

Get more of the features you want.

5 Year⁺⁺
Warranty



Ultimate model shown ♦

5 Year⁺⁺
Warranty



2019 North American
Utility Vehicle of the Year™



Ultimate model shown ♦

2019 ELANTRA

Lease the Essential manual for only

\$40
Weekly

At

1.49%

For

60
months with
\$1,595 down*

Includes:

- ✓ Heated front seats
- ✓ 5.0" touch-screen and rearview camera
- ✓ Air conditioning

 **OR STEP UP TO THE
PREFERRED MANUAL
FOR ONLY**

\$5 more weekly
and get^o

	2019 Elantra Preferred M/T	2019 Honda Civic LX M/T	2019 Toyota Corolla SE M/T
Rear Cross-Traffic Collision Warning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heated Steering Wheel	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blind-Spot Collision Warning	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5-Year Comprehensive Limited Warranty ^{††}	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2019 KONA

Lease the 2.0L Essential FWD for only

\$55
Weekly

At

2.49%

For

60
months with
\$1,995 down*

Includes:

- ✓ Heated front seats
- ✓ 7.0" touch-screen with rearview camera
- ✓ Android Auto™ & Apple CarPlay™^{††}

 **OR STEP UP TO THE
2.0L PREFERRED FWD
FOR ONLY**

\$5 more weekly
and get^o

	2019 Kona 2.0L Preferred FWD	2019 Nissan Qashqai S FWD (CVT)	2019 Honda HR-V LX FWD (CVT)
Heated Leather Steering Wheel	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blind-Spot Detection	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Keyless Entry with Push-Button Start	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5-Year Comprehensive Limited Warranty ^{††}	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Data based on AutoPlanner™ comparison software, as of February 2019.

That's the H-Factor.™
hyundaicanada.com

**HYUNDAI
BUYRIGHT**
BUYING MADE BETTER

Dealers may charge additional fees for administration of up to \$499. Charges may vary by dealer.

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