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Thursday, March 7, 2019

Free/Gratuit





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Stags win gold at Ontario Region Basketball Championships

The Garrison Petawawa Stags took home the gold at the 2019 Ontario Region Basketball Championships held from February 22 to 25 at 8 Wing Trenton. The team will go on to play at the National Championships in Gagetown from April 8 to 12, 2019. (Right and below photo by Corporal Zebulon Salmaniw, 8 Wing Imaging)





(Above) Canadian Forces Base Borden competes with Garrison Petawawa in an effort to place first at the Ontario Region Basketball Championships on February 23 at 8 Wing Trenton. (Photo by Able Seaman Paul Green, 8 Wing Imaging)



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MILITARY FAMILY SKI DAY AT CALABOGIE PEAKS DETAILS PAGE 2

COLDEST NIGHT OF THE YEAR RAISES \$35K PAGE 4-5



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Dear CCMS: Raising the issue

Q: I'm constantly being interrupted by the same person at our meetings. I'm not sure what my colleague has against me, but it's causing me to feel like I'm not contributing anything of value. What can I do?

A: Alternative Dispute Resolution (ADR) doesn't only happen within the Conflict and Complaint Management Service (CCMS) office. There is a great opportunity for anyone to participate in ADR through one-on-one conversations. This approach is early, local and informal (ELI) and helps nip conflict in the bud. Should you choose to address this situation directly with your colleague, here is a threestep approach for raising the issue and setting a time to have the conversation.

Step 1. State the situation as you see it, focusing on the

problem (not the person), using a neutral non-accusatory tone and words.

Example: I've noticed we've had trouble communicating during meetings and there isn't always an opportunity to finish sharing our thoughts.

Step 2. Explain why it is important for you to have this discussion.

Example: It's important for us to talk about this so that we are able to fully express ourselves in meetings, which can lead to a stronger team.

Step 3. Seek agreement on the issues and invite the other person to work with you to resolve them.

Example: Do you agree that there is a benefit to talking about this? We can take some time this afternoon if you are available.

For more information, contact CCMS 613-588-4700.





CADETS CADETS CANADA







NTERNATIONAL WOMEN'S DAY- MARCH 8

Each year, March 8 is an opportunity to celebrate the contributions of women and renew our efforts in achieving gender equality – in Canada and around the world.

The beginnings of International Women's Day (IWD) trace back to the early twentieth century, emerging from the activities of labour movements in North America and Europe and reflecting a growing movement for women to participate equally in society.

The first International Women's Day was observed on March 19, 1911 in Austria, Denmark, Germany and Switzerland. That day, more than one million women and men showed their support by

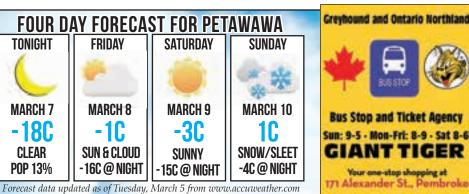
participating in public events. In the years that followed, other countries began to observe and celebrate this day.

The United Nations recognized 1975 as International Women's Year and began celebrating IWD on March 8, later adopting a resolution designating March 8 as International Women's Day.

Today, International Women's Day is celebrated around the world – in many countries, it is a national holiday. It has grown to become a global day of recognition of women's achievements and a call to action to support women's rights and advance gender equality.

THIS YEAR'S THEME – #INNOVATEFORCHANGE







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2019 Coldest Night of the Year raises \$35K to help combat homelessness in Renfrew County



Before people took to the streets, the initial amount of \$35,000 raised from the Coldest Night of the Year (CNOY) walk was unveiled. Holding the big cheque on Feb. 23 was, from left, David Studham, Chairman for the CNOY Pembroke Steering Committee, MP for Renfrew-Nipissing-Pembroke Cheryl Gallant, Family and Children's Services Renfrew County - Safe Shelter for Youth Executive Director Arijana Haramincic, and Jerry Novack, Executive Director of The Grind. (Photo by Patricia Leboéuf, Petawawa Post)

By Patricia Leboeuf

Petawawa Post

Homelessness in Renfrew County isn't as obvious or visible as it often is in larger urban centres - it's not necessarily people living and sleeping on the streets.

Homelessness in the area is much more insidious, quiet

and pervasive. It is a teenager running from an abusive home, an adult working two jobs but still unable to pay rent who lives in their car, or an injured veteran jumping from one friend's couch to another.

Regardless of what shape it takes, it is a problem in the

To help those facing home-

lessness and shine a spotlight on the issue, about 170 people came out on Feb. 23 and participated in the Coldest Night of the Year (CNOY) Pembroke fundraising walk. Hosting this annual event was made possible through countless business supporters and individual donors as well as more than 70 volunteers.

Seeing so many people willing to help those in need filled organizers with gratitude.

"I think this is a testament to the issue that we are trying to raise money for, which is homelessness," said David Studham, Chairman for the CNOY Pembroke Steering Committee.

continued on next page





HOW DO I WRITE A CONDOLENCE LETTER?

Condolence letters can provide great comfort to those who have experienced the death of a loved one. At the very least, they affirm that you have acknowledged their loss and know that it was significant. More often, they are written to let the bereaved know that you care about them. We have heard many times how important these cards are to grieving people, and they are often reread over time becoming a part of one's grief experience.

Here are seven components you may want to consider when preparing your letter:

- -Acknowledge the loss and refer to their loved one by name. -Express your sympathy.
- -Note any special qualities of their loved one that come to mind. Include your favorite memory.

-Remind the bereaved of their personal strengths or special qualities. Offer help, but make sure it is a specific offer. Instead of "Let me know if I can help with anything at all," perhaps include a thought such as "I know that Phil took you to church every Sunday. I'd be glad to do that for you.

-End the letter with a thoughtful word, a hope, a wish, or expression of sympathy e.g. "You are in my thoughts" or "Wishing you God's peace." Closings such as "Sincerely," "Love," or "Fondly," are not quite

On a final note, remember as long as your sentiment is heartfelt and consoling it will be warmly received. Letting the bereaved know that you are there to support them in any way they require will give them comfort and help them through their difficult time.

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2019 Coldest Night of the Year raises \$35,000 to help combat homelessness in Renfrew County ... continued from previous page

Choosing between two, five or 10 kms, these kind souls started their trek at the Pembroke Armoury and experienced a small taste of what it is like to have to deal with the cold when there is no shelter.

As well as a chance to

raise awareness on the subject, the event also acted as a fundraiser.

The initial numbers were \$35,000; the hope was that the event would raise \$50,000, but that goal was not achieved on the evening of the walk.

Members of the CNOY Steering Committee are confident, however, that as more money trickles in, they will reach their target. By the time the walk began, not every participant had brought in their promised pledges and many of the corporate sponsorships were still coming in slowly.

Once all is tallied, the funds should climb much higher, said Studham.

"Our goal was \$50,000 and while we may not make it,... I think this is a very generous turnout both in terms of participation with the walkers and volunteers and also with a very generous community. We have over 500 donors," he said.

The raised funds will be donated to The Grind Pembroke and Renfrew County Safe Shelter for Youth, sponsored by Family and Children's Services of Renfrew County (FCSRC).

"This event is so important to us downtown for the

work that we are doing," said Jerry Novack, Executive Director of The Grind. "It is just so encouraging to see so many people come out again this year."

Both organizations are crucial to helping people find stability when they

need a hand up.

During 2017-2018, FC-SRC housed 40 homeless youth and helped many more who were at risk of becoming homeless.

During the same period of time, The Grind housed 157 adults.





Participants in the annual CNOY march on the streets of Pembroke, starting at the Armoury on Feb. 23. They had the option to walk two, five or 10 kms. (Photo by Patricia Leboeuf, Petawawa Post)



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SAFETY, ENVIRONMENT & CONSTRUCTION NEWS

GARRISON PETAWAWA - TRAINING GROUND OF THE WARRIORS

Forget Plastic Bottled Water - Think Reusable

Submitted by Garrison Environmental Services

There are many benefits to choosing a reusable bottle over plastic bottled water. Many people do not realize that bottled water is not any healthier or cleaner than tap water.

In Canada, tap water is regulated by Health Canada, which has guidelines for the maximum levels of harmful substances that are allowed.

Municipalities have organizations that are continu-

ally checking the quality of the water distributed to their residences.

Bottled water is not subject to the same guidelines because it is considered a food; therefore, falls under the Food and Drugs Act.

Due to the different guidelines, bottled water is not subjected to the same number of checks that tap water is. Some bottled water is actually tap water that may or may not have been run

through a filtration system.

There is a monetary cost as well as an environmental cost to bottled water.

Bottled water can cost from one dollar to upwards of four dollars. When you compare this to mere tenths of a cent per litre for tap water, it makes sense to minimize your bottled water consumption.

People are typically paying 200-3,000 times more to purchase bottled water when compared to what they spend on tap water [The Council of Canadians, 2014].

One of the environmental impacts of bottled water is the massive amounts of fossil fuels that are required to manufacture and transport the product.

Another impact is the space that they take up in landfills, as many bottles do not make it to recycling facilities. One plastic bottle can take hundreds of years to decompose adding further to

the landfill problems.

In an effort to help decrease the consumption of disposable plastic bottles Garrison Petawawa has begun to install the Elkay ezH20 bottle filling stations (shown in photo).

The station is very efficient and fills a sixteen ounce bottle in approximately five seconds.

It works with a sensor that automatically turns on when a bottle is set under the spigot.

It is equipped with an automatic sensor that will shut off the stream after twenty seconds if someone fails to remove a bottle.

There is a filter is capable of removing particulate, chlorine, odour and lead and also has a graphic display that shows how many plastic water bottles have been saved.

Currently in March of 2019, over 250,000 bottles have been saved in Garrison Petawawa through the use of these filling stations.









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ANTICIPATING A SOGGY SPRING

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

WHAT CAN YOU DO TO MITIGATE THE

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

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

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

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

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

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

In the case an RHU resident requires assistance, call:

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

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

By taking steps to keep melting snow and ice

away from your foundation it is less likely a rapid spring melt will affect your home.

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

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









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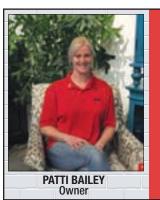


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Patti Bailey is locally born and raised, her father was in the military. She's been with The Brick since 2007. She's married to Matthew Bailey, they have a 13 year old daughter and 10 year old twins.

She enjoys being the owner of The Brick because she enjoys helping people.

The grand opening of their new location will be April 14, 2019. Come out and enjoy the festivities.





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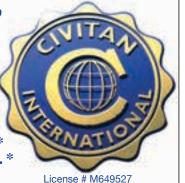
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SPORTS, HEALTH & RECREATION

Hockey teams supported by Sunsign Graphics



Renfrew County is a very giving community and some of its residents are exceedingly generous. Sunsign Graphics owner Robin Sjaarda has sponsored a men's and a women's hockey team, allowing them to have as much time as possible on the ice. He had been approached for support and without hesitation was happy to do so, paying for new jerseys and subsidizing the cost for ice time as well as cheering them on. Though the men and women's teams tend to play at different times than each other, the Sunsign Team and the Sizzlers got together on Feb. 23 to play against one another. (Photo by Patricia Leboeuf, Petawawa Post)

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2nd Ethan Allard Memorial Tourney raises \$24,000

By Patricia Leboeuf

Petawawa Pos

Generosity and kindness are what marked Ethan Allard's life - that and hockey.

His philosophy, "You never get poor by giving" was evident in every aspect of his life, and the love he felt for all those around him was rivalled only by his love of hockey and helping others, particularly children.

He was a man who spread joy to others and will be remembered for that, despite his life having been cut tragically short.

Ethan died in 2017, a 24-year-old victim of a work-place accident at a construction site in Toronto's Beaches neighbourhood. He left behind 12 siblings, parents, nieces and nephews, his teammates and countless friends.

continued on next page



A small collection of photographs of Ethan Allard and his achievements were collected and put on display. (Photos by Patricia Leboeuf, Petawawa Post)



It's Chiz N the Boys versus Black Bay in the Rec B Final game on Feb. 17. The former won out over the latter.

SPORTS, HEALTH & RECREATION

2nd Ethan Allard Memorial Tourney ... continued from previous page

Yet from this pain, his memory continues to be honoured. His spirit was clearly present during the 2nd Annual Ethan Allard Memorial Hockey Tournament, a threeday event that collects funds for Canadian Tire's Jumpstart.

The tournament was created to merge two of Ethan's greatest passions: hockey and helping children. It does so successfully and has raised a total of \$24,000 this year to help the program, double what was made last year.

"It is amazing," said Ethan's father Shane Allard. "It isn't our money, it is the community's money and without them, this wouldn't happen. The support that we got is incredible."

Jumpstart helps children in need in Renfrew County play the sports they love but would otherwise be unable to participate in.

The support the family has received has been tremendous. People from far and wide, some not even connected to Ethan or the Allard family, have been digging deep to help out.

"It's going to be helping a lot of kids," said Ethan's brother Tyson Allard. "Just the cost alone for sports, any sports, in this day and age is so expensive so we've got to give back and help out."

Petawawa Minor Hockey also waived the registration fee for one player inspired by Ethan's legacy of generosity.

"They've done that personally without Jumpstart getting involved," said Cole Allard, one of Ethan's other brothers. "It's going to a good cause helping a kid be able to play the game."

Sixteen teams registered, which included four newly added women's teams.

Though there was a competitive aspect to the tournament, it was mostly for fun, something the family knows Ethan appreciated while he watched over them from above.

"He definitely had a few laughs this weekend," said Tyson. "This year had something different about it. I had more smiles than anything."

The winner of the Women's Division was Pik Fuels while the Petewawa Redskins won the Open Division. The Rec A Division Champions were Team USA and the Rec B Division winners were the Chiz N the Boys team.



The last game of the tournament was between Team US and the Blues.



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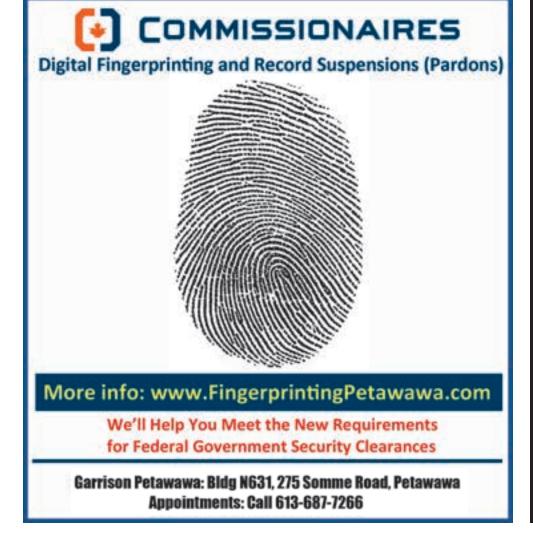
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MONDAY MARCH 11TH, 2019

MARCH BREAK AT THE CHAMPLAIN TRAIL MUSEUM. Shoebox Archaeology on March 11th. Ages 5-7 9 a.m. - 10:30 a.m., ages 8-12 1 p.m. - 3 p.m. Fun with Prehistoric Pottery on March 13th. Ages 5-7 9 a.m. - 10:30 a.m., ages 8-12 1 p.m. - 3 p.m. Limited space available. Call 613-735-0517 or email curator@champlaintrailmuseum.com to reserve your child's spot.

STAR WARRIOR - JEDI ACADEMY from 11 a.m. - 12 p.m. & 1 p.m. - 6 p.m. in the Rotary Room at the Petawawa Public Library. A professional Jedi Knight will prep you for all you need to fight the dark forces or defend them! **Note: Both sessions entail the same activities. Registration required. Please go to www.petawawapubliclibrary.ca or call 613-687-2227 ext 2203 to register for programs.

JENNIFER LAYMAN, publisher of Health Matters magazine and spokesperson for the Pembroke and Area Airport will update the Petawawa Horticultural Society on what goes on at the airport and on Project Runway at 7:00 p.m. This presentation is in the upstairs Board Room of the Petawawa Civic Centre. Everyone is welcome to attend.

WEDNESDAY MARCH 13TH, 2019

TOY HACKING at the Petawawa Public Library in the Program Room from 10:30 - 12 p.m. & 1 - 2:30 p.m. Create unique toys by giving life to old ones! Think 'Toy Story' and the mutant toys! Toys will be provided but feel free to bring your own! Ages 8 and under must be accompanied by an adult. Registration required. Please go to www.petawawapubliclibrary.ca or call 613-687-2227 ext 2203 to register.

THURSDAY MARCH 14TH, 2019

JUNKYARD SYMPHONY at the Petawawa Public Library

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

THURSDAY MARCH 21ST, 2019

2019 NHL ALUMNI BENEFIT TOUR celebrating the 50th anniversary of the Special Olympics. Your favourite former NHL legends face off against the law enforcement all-stars at the Pembroke Memorial Centre. Doors open at 6 p.m. game starts at 7 p.m. For ticket information visit www.benefithockey.com or call 1-844-363-0500.

THURSDAY MARCH 28TH, 2019

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.

SUNDAY APRIL 14TH, 2019
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.

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

CATCH THE ACE WEEKLY LOTTERY held by the Deep River Hospital Foundation with draws every Thursday night at 8:00 p.m. the Deep River Curling and Squash Club. You don't have to be present to win. Tickets can be purchased at the Deep River and District Hospital, Raby's Ultramar in Chalk River, Cahoon's Pharmacy in Deep River, and the Rolphton Esso Station.

MISSION BUTTERFLY is a not-for-profit organization dedicated to improving the quality of life and enhance the well being of veterans, active military, first responders and their families through the delivery of effective programs that reduce the effects of PTSD and related conditions. For more information visit www missionbutterfly ca

THE DEEP RIVER SYMPHONY ORCHESTRA is looking for musicians to fill help fill out several sections, including violin, viola, cello, trumpet, oboe or French horn. The orchestra rehearses every Tuesday evening in Deep River and performs 5 concerts a year. If you are interested or would like more information email drsoemail@gmail.com.

PARKINSON'S SUPPORT GROUP every third Monday of the month from 10 a.m. - 12 p.m. at Marianhill Inc. 600 Cecelia St. Pembroke. For more information, contact Krista Girard at 613-735-6839 ext. 205.

INDOOR ROCK CLIMBING CLUB drop-in night is every Wednesdays from 6 - 9 p.m. at the Rec Plex.

RECRUITS WANTED! The Base Petawawa Pipes & Drums Band is currently seeking Pipers & Drummers. Open to Military and Civilians. Practice held Tuesday evenings, 900 hrs - 2100 hrs in Building H-1. Contact Pipe Major Seann Alderman Ext - 7106 Seann. Alderman@forces. gc.ca or Sgt Eric Hunter Eric.hunter@forces.gc.ca for more information.

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Wednesday 8:00 A.M. - 10:00 A.M.
& 2:00 P.M. - 4:00 P.M.
Thursday 2:00 P.M. - 5:00 P.M.
Friday 10:00 A.M. - 1:00 P.M.

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John & Linda Arsenault

Tel: 613-687-4986



CLASSIFIEDS

To advertise, call 613-687-5511 x 5386 or visit www.PetawawaPostLive.ca

OBITUARY

NOLAN, Julia Mary

Julia Mary Nolan passed into the presence of her Lord and Saviour, peacefully at Marianhill, Pembroke on Friday, February 15, 2019, in her 99th year. Jule Nolan (nee Perkins) wife of the late Keith Nolan. Dearly loved mother of Linda Clark (Lorne) and a devoted grandmother to Brian Clark (Carey), Shannon Szusz (Randy) and their families. A Memorial Service will be announced in the spring.

HELP WANTED

We're Hiring!

The Petawawa Military Family Resource Centre has an opening for a

Bilingual Early Childhood Specialist

For more information visit our website at www.CAFconnection.ca/Petawawa Deadline for applications is **March 15, 2019**

PMFRC (2) CREMP



SERVICES

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Quality basic framing with wood or
metal frames. Photos, certificates,
childhood keepsakes, needlework,
etc. No obligation estimates.
Flexible hours. Call Beverley at
613-687-2753.

MOVIES



MARVEL (PG-13)

Friday March 8th at 7:30 PM

*Movies subject to change without notice 51 FESTUBERT BLVD.

613-687-5826 www.troyescinema.com

HELP WANTED

RESERVE EMPLOYMENT OPPORTUNITIES

0-40448 - DCO 4 CDSB TECH SVCS

ETH SVCS
EMPLOYER 4TH CANADIAN
DIVISION
SUPPORT BASE PETAWAWA
Rank Requirements: Maj
Language: English essential
MOSID: 00328-05 - LOG LAND
Status: Open

Status: Open Start Date: 01-Apr-2019 Employment Class: Class B Temporary

0-40223 - ADJT 4 CDSB PERS SVCSEmployer: 4TH CANADIAN

DIVISION SUPPORT BASE PETAWAWA Rank Requirements: Capt Language: Bilingual MOSID: 00002-01 - Officer Status: Open Start Date: 01-Apr-2019 Employment Class: Class B Permanent

0-39939 - 4 CDSB PERS SVCS DET TO - MIL HR 0 - POSN # 349748

349748
Employer: 4TH CANADIAN
DIVISION SUPPORT BASE
PETAWAWA DETACHMENT
TORONTO
Rank Requirements: 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 Language: English essential MOSID: 00375-01 - HRA Status: Open Start Date: 01-Apr-2019

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
Language: English essential
MOSID: 00171-06 - MSE OP
or 00003-01 - NCM
Status: Open
Start Date: 18-Mar-2019
Employment Class: Class B
Temporary

0-36679 - PILOT - 427 SOAS

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

0-40258 - OFA BACKFILL-ADJT/PAY 0

Employer: 450 TACTICAL HELICOPTER SQUADRON Rank Requirements: Capt Language: English essential MOSID: 00328-01 - LOG Status: Open Start Date: 04-Mar-2019 Employment Class: Class B Temporary

0-40257 - OFA BACKFILL FSA PTE/CPL

Employer: 450 TACTICAL HELICOPTER SQUADRON Rank Requirements: Pte / Cpl Language: English essential MOSID: 00376-01 - FSA Status: Open Start Date: 04-Mar-2019 Employment Class: Class B Temporary

0-40072 - OFA BACKFILL - HRA

Employer: 450 TACTICAL HELICOPTER SQUADRON Rank Requirements: Pte / Cpl Language: English essential MOSID: 00375-01 - HRA Status: Open Start Date: 04-Mar-2019 Employment Class: Class B Temporary

0-40248 - AVN TECH (PTE-CPL)

Employer: 450 TACTICAL
HELICOPTER SQUADRON
Rank Requirements: Cpl
Language: English essential
MOSID: 00135-01 - AVN TECH
Status: Open
Start Date: 03-Mar-2019
Employment Class: Class A

An additional 10 current REOs are available at http:// cadtc.kingston.mil.ca/REO-OER/en/index.aspx

MISSING

MISSING Trinity Poil











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

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



613-687-5511 EXT. 5386 OR petpost2@bellnet.ca

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@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

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.fbp.ca.
FIRST EVANGELICAL MISSIONARY CHURCH - 39 Shalom St. Pembroke, ON. K8A 6W8. Sun-

day 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 Lilly 4 through Labour Day weekend. Sunday service and Sunday School 10 am Sunday. From July 1 through Labour Day weekend, Sunday service and Sunday School

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 40 are All Engineering.

vice 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

PEMBROKE BIBLE CHAPEL: 11356 Round Lake Road near be-Line. Family blue nous a surious 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@pptchurch.com Website: www.pptchurch.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. wor-

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

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

ST BARNABAS ANGLICAN CHURCH - 80 Glendale Ave, Deep River, 613-584-4131 Rev. Francois

Trottier, Sunday services are at 8 a.m. and 10 a.m. with Sunday School during the 10 a.m. service. ST. JOHN'S EVANGELICAL LUTHERAN CHURCH (LCMS) - 357 Miller Street Pembroke (cor-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@ 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, 613-732-3992, Rev. Bruce W. Thangson, worship service and Sunday School at 9:30 a.m.

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. 613-7322488. 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 contines Sunday School for epidleng during the physical positions.

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 Roellchen-Pfohl. Worship Times – Saturday 4 p.m.; Sunday – 10 a.m. with Sunday school for the children followed by coffee and fellowship. We extend a warm welcome to all who ioin us in worship.

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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GARRISON PETAWAWA CHAPELS



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.

St. Francis of Assisi Chapel (RC) Chapelle St. François d'Assise (CR)

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

MASS/MESSE

Messe dominicale 09:30 A.M Sunday English Mass 11:00 A.M Summer hours starting 01 July until September 30th: 10:00 A.M. (Bilingual Mass) All sacraments are offered to military members, military status civilians and government employees under military contract. CONFESSION - before Mass or by appointment CONFESSION - avant la messe ou par

rendez-vous BAPTISM - the last Sunday of each month Baptismal Preparation - Thursday prior Baptism Sunday BAPTEME - Célébrer le dernier Dimanche de

chaque mois Cours de baptême - jeudi precedent le dimanche 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 marriage

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 voulex 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)

adre Mike Aller (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 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 requried 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.

NEWS FROM THE SILVER THREADS SENIORS CLUB

By Barbara E Bailey, President

The club is active these days with everyone trying to beat the winter blues and keeping a stiff upper lip with all of the snow that we got last week. The Friendship Dinner on Thursday evening was well attended by both young and old, the next dinner will take place on March 28 from 5 p.m. to 7 p.m. This is a free meal and it is home cooked by the seniors in the

community.

Tickets are on sale for the St. Patrick's Dinner/Dance that will be held on Thursday, March 21. The meal is catered by Schmidt's and the music is by Bob Landry and Bob Madill. The cost is \$25 for members and \$30 for non-members. Doors open at 5 p.m., with supper being served at 6 p.m. We have a door prize, 50/50 draw, and

a raffle basket. Wear vour green and put on your dancing shoes for a fun night.

We are going to North Bay for a shopping day on March 14, so come in and put your name on the list or phone the office. The bus will leave the Seniors Club at 9 a.m. and return approximately at 6 p.m.

We are selling daffodils in the office for the Cancer Society. The cost is \$5 for a daffodil in a pot. The plants will be delivered in April and you must sign the pledge form and pay your money before March 20. This is for a good cause and is a new campaign this year for the Cancer Society.

A reminder that we have Yoga on Monday evenings at 7 p.m. in the upstairs hall, and on Thursday mornings at 9:15 a.m. with Linda Howe.

Starting on March 19, Jenna Walsh will be starting Zumba classes from 6 p.m. to 7 p.m. in the downstairs hall. This activity is a lot of fun and the music is fantastic. Come out and try something new and put a little zip in your life.

Memberships are on sale in the office. The cost is \$25 for the fiscal year, from April 1 to March 31. We love to welcome new members. Its a great chance to meet new people and some people who have lived in the community for many years.

The month of March is Nutrition Month. Eat your fresh veggies and fruit and whole grains. Stay active and keep fit.

Remember to get your Independent receipts stamped and drop them off in the boxes provided. This assists us in buying small items for the kitchen.

Support the community 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.



3583 PETAWAWA BLVD. • 613-687-2504

With St Paddy's Day coming up soon we hope you are making plans to spend the day with us. Starting at 1 p.m. in the main hall, Lonesome Dreamers will be playing for your entertainment until 6 p.m. Everyone is welcome to attend. Age of majority.

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

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

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

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