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YOUR COMMUNITY NEWSPAPER

POST

PETAWAWA

Volume 76, Number 16

Thursday, July 9, 2020

Free/Gratuit

New Command Team for 4th Canadian Division Support Group

By Patricia Leboeuf

Petawawa Post

Colonel (Col) John Vass stepped into his role as 4th Canadian Division Support Group (4 CDSG) Commander, taking over from newly-promoted Brigadier-General (BGen) Louis Lapointe during a virtual Change of Command and Change of Appointment ceremony held at the Normandy Officers' Mess.

The ceremony also marked the handover from outgoing Formation Sergeant Major (FSM) Chief Warrant Officer (CWO) Tom Verner to incoming FSM CWO Jack Durnford.

Members of the Garrison Petawawa Defence Team, community leaders and the

public were offered the opportunity to view the ceremony on June 26 as a live-streamed event on the Garrison Petawawa Facebook page.

"It is my distinct pleasure to be able to stand before you today," said Col Vass in his first address as 4 CDSG Commander. "I've waited a long time to be given the opportunity to return home and continue to serve this great nation."

"I truly look forward to getting reacquainted with Garrison Petawawa and continue to deepen the superb relationships with the local community to ensure that Petawawa continues to be such a desirable and attractive place to call home," he added.

continued on page three



(Above) The outgoing 4th Canadian Division Support Group (4 CDSG) Commander Brigadier-General (BGen) Louis Lapointe (left) signs over authority of 4 CDSG to incoming 4 CDSG Commander Colonel John Vass, with 4th Canadian Division Commander BGen Conrad Mialkowski (centre) presiding over the first ever virtual Change of Command and Change of Appointment ceremony at Garrison Petawawa. The ceremony, which was held at the Normandy Officers' Mess on Friday, June 26, was attended by only a handful of guests to respect COVID-19 precautions and was live-streamed on the Garrison Petawawa Facebook page. (Left) BGen Lapointe addresses members of the 4 CDSG Defence Team. (Photos by Able Seaman Elizabeth Ross)



(Above photo) Outgoing 4 CDSG Commander BGen Louis Lapointe (right) uses physical distancing practices as part of COVID-19 precautions to pass the Drill Cane from outgoing Formation Sergeant Major (FSM) Chief Warrant Officer (CWO) Tom Verner (not pictured) to incoming 4 CDSG FSM CWO Jack Durnford (left) as part of the June 26 Change of Command and Change of Appointment ceremony. (Left photo) Garrison Petawawa's new Command Team, 4 CDSG Commander Col John Vass (right) and Formation Sergeant Major (FSM) CWO Jack Durnford (left).

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RECEIVE AWARDS,
RECOGNITION
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New Command Team for 4th Canadian Division Support Group ... continued from front page

In light of its online format, and to obey physical distancing regulations set out by the government, it was unlike traditional Change of Command ceremonies that have come before. There was no grandeur of a full parade and it was attended by only a handful of guests.

But the small and intimate event was of no less in importance in the history of 4 CDSG and was rich with symbolism and tradition.

It highlighted many changes to 4 CDSG under BGen Lapointe's time at the helm of Garrison Petawawa. Throughout his three-year tenure, he was accompanied by his Command Team partner CWO Verner, and together they achieved many things, from strengthening relationships between the military and the community to establishing a greener, more sustainable workplace, all while overseeing 4 CDSG's mission of providing Garrison-based institutional support to all Army Formations within Ontario, and support to all lodger units housed within its area of responsibility.

BGen Lapointe extended his heartfelt gratitude to all those who helped him achieve his goals.

"To all 4 CDSG past and present leadership teams, thank you for your patience in supporting my ideas," said BGen Lapointe, offering words of praise to his staff, peers and colleagues, particularly CWO Verner.

"It has been an amazing three years," he said. "I could not have asked for a better Fire Team partner."

As his last official act, he oversaw the Change of Appointment between CWO Verner and CWO Durnford.

"I wish that every officer would have the privilege of serving alongside NCOs of your calibre at least once in their career,"

BGen Lapointe said.

With full confidence in his successor, he graciously handed over his command through the signing of the scrolls, which was presided over by Commander 4th Canadian Division (4 Div) and Joint Task Force (Central) Brigadier-General Conrad Mialkowski and 4 Div Formation Sergeant-Major CWO Keith Olstad.

BGen Mialkowski viewed this day as a passing of a torch between two officers as well as two NCOs, all having displayed incredible commitment, dedication and leadership to get to this position.

He highlighted the work that CWO Verner accomplished, praising his leadership, and also shared his pride in the outgoing

Commander.

"Your leadership and what you brought from your various experiences around the world has done nothing but advance the cause of the support group here in Petawawa, in Toronto, in London and all across Ontario," said BGen Mialkowski.

He then welcomed the new 4 CDSG Commander

Col Vass back to the area.

"We are thrilled to have you here on the Petawawa team, not only as a son of the Ottawa Valley with all the great connections you have with the residents of the Upper Ottawa Valley, but equally the talents of your military professional experience," said BGen Mialkowski.

With sights set on his

new posting in Alaska, BGen Lapointe had one last message for 4 CDSG.

"I know this new leadership team will lead you well and continue the 4 CDSG mission," said BGen Lapointe. "I have no doubt that things will be different, but I know they will put their heart and soul in making our Garrison a great place to work and live."

Directive issued for mandatory mask use

By Patricia Leboeuf

Petawawa Post

Wearing a mask or face covering is now mandatory for members of the public when they enter buildings in Renfrew County.

Though the number of COVID-19 cases has remained low in Renfrew County, local municipalities including Petawawa must now follow this regulation or face fines up to \$800. Members of the public and business owners will be given about a week to acclimatize to the new regulation.

Fines are the last resort, however; as the health officials of Renfrew County, Ottawa and Eastern Ontario are aiming at educating residents and not penalizing them.

The regulation covers individuals who enter enclosed buildings such as businesses and municipal offices. Staff who work behind a sheet of plexiglass or do not deal with non-employees do not have to cover their faces. People do not have to wear a mask while outdoors.

This mask-wearing regulation has been put in place to protect the public as the virus can still be transmitted while people are asymptomatic or pre-symptomatic. Science has shown that areas with mandatory masking do better at preventing the spread of the disease.

"It is important to note that the pandemic is not over," said Doctor (Dr) Paul Roumeliotis, Medical Officer of Health, Eastern Ontario Health Unit. "There are hundreds of thousands of cases worldwide, particularly in the United States and mainly where examples of prematurely opening have occurred."

By wearing masks, health officials hope to reduce cases of COVID-19 and perhaps even prevent a second wave.

During the H1N1 crisis in 2009, Eastern Ontario saw some of the highest levels of death and comorbidity in the province.

Many businesses and individuals have reached out to health officials for this regulation.

"I wear a mask to protect the person next to me," said Doctor (Dr) Paula Stewart, Med-

ical Officer of Health, Leeds, Grenville and Lanark District Health Unit. "I want them to wear a mask so I'm protected. It's really about social responsibility."

Business owners will be asked to help enforce the regulation through signs and verbal reminders, but are in no way physically responsible for stopping shoppers from entering their store. That falls on the shoulders of bylaw officers, public health inspectors or police.

Wearing masks will allow the region to enter Phase 3 of reopening more safely.

"It is also important for us to ensure that as we move forward, we take all the necessary precautions to be able to add to the existing precautions," said Dr Roumeliotis.

Those who cannot afford a mask should reach out to the Renfrew County and District Health Unit or to local charitable organizations who will help them access a mask or face covering.

Though visors are not ideal, those who cannot wear a mask due to issues such as asthma, claustrophobia or are under the age of two should use this as an alternative as it is better than nothing.

For people who cannot wear a face covering at all, there will be exceptions. Health officials urge people not to police others and to remember to be kind.

"The more people who wear the mask, the better it is," said Dr Roumeliotis, adding though people may lie about their health status, it is better to take them at face value and trust in their fellow citizens.

When schools reopen, children will not have to wear a mask while in class. Though youngsters affected by the disease tend to have milder symptoms, they can still get sick. They can stay protected if the adults in their lives maintain social distancing, stay home when sick, practice good hygiene and cover their face.

Complaints about businesses not upholding the regulation can be made through the health unit. Complaints against an individual will not be accepted.

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The Canadian Military's Trusted News Source

Petawawa Military Family Resource Centre welcoming new arrivals virtually

By Patricia Leboeuf

Petawawa Post

To address the challenges that come with moving to a new community during a global pandemic, the Petawawa Military Family Resource Centre (PMFRC) continues to offer its resources remotely.

When people move to the area, their first point of contact at the PMFRC is typically Consuela Proulx, Information Services Coordinator.

"As members and their families are moving to the province or within Ontario, it is very important that they have access to information and that they have it at their fingertips," said Proulx.

She may no longer be able to give new families a hearty in-person welcome, but she is still there to help answer any questions by phone and online.

In addition to this, she and her team have created a welcome package; within it can be found maps of the area, including one of Garrison Petawawa, information on the PMFRC app, as well as contact numbers, local resources and detailed descriptions of the bilingual programs offered throughout the year.

While the welcome package is full of useful information, there is also the option to explore the area once a new family's feet are on the ground.

The "Discover Petawawa BINGO" game allows newcomers, and long time residents, to familiarize themselves with the area.

Participants must go on the CAF-connection webpage and download the bingo card. Then instead of the traditional number and letter combo, they use clues to score a BINGO. Once

at least one line is complete, the participants should take a photo of it and send it in for the chance to win fabulous prizes.

"It is a great way to get some fresh air while walking the dog or out with your kids but it is also something that you can do with an entire family or by yourself," said Angèle Scullion, South Side Community Centre Receptionist.

The game is just one example of the fun activities the PMFRC is still doing at this time.

When not socially restricted by a worldwide pandemic, the area also offers a wide variety of activities and fun programs for all ages. These are often held in conjunction with Garrison Petawawa Personnel Support Programs (PSP). When not limited by COVID-19 regulations, PSP offers countless activities, facilities and clubs for families to enjoy, which are often hosted at Dundonald Hall or the Recreation Complex, both located on Festubert Boulevard.

Newcomers are encouraged to get the PSP Plan, which was formally known as the Community Access Card membership, once the facilities are open to the public.

But moving to a new area isn't all fun and games. There is a lot of paperwork to complete, especially when moving from one province to another.

Service Ontario is the place to go for things like address changes, car registrations, and health card renewals. Their hours have been altered due to COVID-19, but they are still meeting people's needs.

They do not accept walk-ins in Petawawa; appointments must be made in advance by calling 613-687-7661. Many

of these services can also be completed online. There is a dedicated phone number for Military families to help with those specific issues: 1-888-333-8545.

It can be a little daunting to reach out when in a new area, but the PMFRC urges people to do so.

"We would rather have you call us and ask a question than you not get the support," said Julie Holliger, PMFRC Program Manager, adding their goal is to help people make the transition to the community as seamlessly as possible.

Finding childcare, however, remains one of the most challenging aspects of moving to a new area.

Though some childcare centres are now allowed to be open with many restrictions in place, the PMFRC isn't quite ready for full-time regular business.

There is a lot of administration to be done before they can reopen, and staff is hard at work training, sanitizing and putting everything in place to ensure that all children and staff are safe.

It is a process undertaken with care, and keeping everyone healthy is their number one priority.

"It is really worth the effort," said Holliger.

The situation is evolving every day, and the staff is anxiously awaiting the chance to welcome children back to the PMFRC.

More information on the childcare situation will be released on the PMFRC's Facebook page as soon as possible - more information can be found at www.cafconnection.ca/Petawawa/Contact-Us/Petawawa-Military-Family-Resource-Centre.aspx.



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Citizen Science: Project FrogWatch

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For one, they have to always keep their skin wet to maintain the breathability; if their skin dries out too much, they will die.

Another problem with their permeable skin is that they can easily absorb contaminants and toxins from the water directly into their bloodstream.

These, among other implications of their biology, leave amphibians very susceptible to changes in water quality and availability, and there has actually been a dramatic decline in amphibian numbers around the world since the 1980's.

Here in Ontario, most frog and salamander species have not yet been listed as species at risk, although

populations are noticeably declining in parts of the province.

Researchers need as much information as they can get to monitor existing populations and much of the information they have is actually obtained from citizen scientists, who are everyday people that simply report the sightings that they have made. There is a citizen science program in Ontario specifically for frogs called FrogWatch.

No prior skills or knowledge is required as anyone wishing to participate in the FrogWatch program can increase their knowledge of frogs and toads through the use free educational material provided on the project website.

Then, starting in late March, participants in the FrogWatch program will be out in full force all across Ontario, listening for frog and toad calls in their local wetlands. Each frog and toad species has its own distinct call, making it easy to recognize each of Ontario's

13 species.

Over time, trends in FrogWatch observations may detect measurable climatic change in Canada, and the data also contribute to understanding changes to frog distributions.

Do you currently have in interest in frogs or would you like to learn more about frogs? Visit <http://www.torontozoo.com/adoptapond/FrogwatchOntario.asp> for more information.



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Local online ceremonies, demonstrations mark National Indigenous Peoples Day June 21

By Patricia Leboeuf

Petawawa Post

Things were done differently for Canada's National Indigenous Peoples Day locally this year.

Instead of a day of hands-on teachings, activities and demonstrations traditionally held on June 21, it was streamed online on the Anishaanabe Cultural Circle Facebook page.

There was some apprehension at first as local organizers weren't sure how the day was going to look. Yet despite their initial misgivings, it was a success with hundreds of views per video.

Some of the videos were pre-filmed while others were live. Both the elders and the youth took part in making these segments.

"Our community is always very generous and very amazing with coming together to help," said co-ordinator Angela Duchene, who is also a child and youth worker with Family and Children Services Renfrew County (FCSRC).

She admits that she was initially worried but the response on Facebook was overwhelmingly positive with a high number of views.

"It was a lot more than I expected," said Duchene.

By going online, the



(Left) Cali Duchene in pink regalia does her shawl dance to a song by A Tribe Called Red. (Above) Drums are used in several aspects of the First Nations culture. (Photos courtesy of the Anishaanabe Cultural Circle Facebook page)

event also allowed people who wouldn't have been able to attend to join in. This further promoted the day's goal of celebrating the cultures and contributions of the First Nations, Inuit and Métis people of Canada.

Such events help strengthen community and fellowship while teaching people from all backgrounds about the history and customs of the country's original residents. Teaching youth has always been a

main focus.

"It's one of the reasons why we do what we do," said Duchene, "because that has been the culture and I think primarily most cultures are like that. Grandparents teach the grandchildren. Because if these teachings aren't taught, they just disappear."

To respect the sanctity of the teachings, some of the day's activities such as lighting the sacred fire were not recorded. They still occurred and were

mentioned but not shown.

"We try to celebrate every year in whatever manner we can," said Duchene.

National Indigenous Peoples Day was first celebrated in 1996. The last residential school was closed in 1996.

Locally, the celebrations are hosted by FCSRC, the Renfrew County and District Aboriginal Friendship Centre, the Anishaanabe Cultural Circle, Métis of Ontario and other supporters.

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Petawawa's Valour JK-12 School celebrates Class of 2020

By Patricia Leboeuf

Petawawa Post

High School graduations mark the end of an era for students and a global pandemic wasn't going to stop the Valour JK-12 School's class from having their moment - though considerably different than the normal pomp and ceremony.

From the safety of their own homes, students and their loved ones watched the ceremony take place online. Though they could not walk the stage on June 25, their hard work and dedication did not go uncelebrated.

Each student was given their moment to shine when their name and accomplishments were splashed across the screen. It mimicked how they would have typically received their diplomas.

"Your high school journey has come to a close," said Principal Bryan Baird to the students, "and we are here to celebrate your success.

"Each of you has the ability to do anything you want, to become anything you want," he added.

It was a bittersweet moment for many.

They are the first graduating class in recent history to have seen so much of their school year turned on its head due to COVID-19. But despite the challenges, they persevered.

While some will move on to the workforce and some to post secondary education, they all received their high school diplomas together.

"Each of us sitting here is going through a monumental event in our lives," said Valedictorian Sam Abbott to his peers.

"I know this is not how any of you imagined our graduation day going or our final year of high school going," he added, noting the beginning of the year was marked with teacher strikes while COVID-19 consumed the latter part.

Yet despite this, he was positive, encouraging students to remember the friendships built over the years and the good times they shared.

"When you look back to your memories of high school, the question shouldn't be what you see but rather who you see," said Abbott. "During your time of achievement who was with you? Perhaps more importantly, during the times when things got tough who was with you?"

These bonds have enriched their lives, even through the difficulties, and have helped prepare them for the future.

Once in the adult world, these students will encounter hurdles and delights beyond their current experience that will help shape them into the men and women they were meant to be.

"While the circumstances surrounding this special day are unique to you and your friends, I want you to know that regardless of the way in which we all gathered to celebrate your accomplishments, it does not diminish, in any way, the importance and the significance this means to you, your friends, your parents and all the other members of your family," said Bryon Morris, Renfrew County District School Board trustee.

By going virtual, the school was able to receive a special message from Prime Minister Justin Trudeau. In his speech, he acknowledged this might not be the way these grads wanted the day to go.

"But even though this day is different than the way you planned, I want you to know that this moment is still very special," said Trudeau. "Nothing can take away the hard work it took to get here."

He credited this generation of young people for their ability to stand up for what is right, to fight against oppression and to take to the streets to move forward in equality.

"Your generation will continue the

fight for a more just and equal world," said Trudeau. "Your passion and your dreams will shape what our future can and will look like."

Another benefit of having the ceremony online was that it allowed singer Jason Blaine to offer his own words of congratulations and advice before performing a song.

Traditional guest speakers were also part of the ceremony - Mayor Bob Sweet brought greetings from the town, offering his praises to the 2020 grads and urging them to "take on the world; it is yours to conquer."

Similar sentiments were shared by then-Commander of 4th Canadian Division Support Group (4 CDSG) Brigadier-General (BGen) Louis Lapointe.

"I know it's hard now but trust me when I say it's going to make you stronger," he said. "You are about to move into the world with your eyes wide open. You'll bring positive change to the world."

This generation is very cognizant of social injustices, are more aware of what is needed to change them, and are willing to put in the work.

"I know you'll become the new leaders our world needs," he added.

As per tradition, the major awards were also announced to conclude the ceremony.

They included the University of Toronto National Book Award, presented to Valedictorian Sam Abbott. He was also the recipient of the Governor General's Academic Medal.

The Schulich Leaders Plaque was received by Cade Lembke, and he was also awarded the Ontario Principal's Council - Principal's Award for Student Leadership.

Rowan Watts received the Lieutenant Governor's Community Volunteer Award.

The Renfrew County District School Board Technical Studies Medallion was given to Gavin Bartlett.



Sam Abbott is the 2020 Valedictorian for Valour JK-12 School. He spoke eloquently in his heartfelt Valedictory address about his high school years to his peers. His photographer father Dustin Abbott provided the above image. (Below left) Cade Lembke distinguished himself and was given the Schulich Leaders Plaque and the Ontario Principal's Council - Principal's Award for Student Leadership. (Below centre) For her efforts helping the community, Rowan Watts received the Lieutenant Governor's Community Volunteer Award. (Below right) The Renfrew County District School Board Technical Studies Medallion was awarded Gavin Bartlett for his effort throughout the year. (Submitted photos)



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Local author Luke Murphy set to release fifth novel ‘Red Zone’ this month

By Patricia Leboeuf

Petawawa Post

Shawville author Luke Murphy is getting ready to release his fifth novel. He discovered a new purpose in writing, becoming an International Bestseller after a career in hockey. Though he was always an avid reader, it never occurred to the former minor league hockey professional that he could join the ranks of his favourite authors until he sustained a season-ending eye injury. While he recovered, he took to the keyboard like he once took to the ice and renewed his passion for the written word.

He honed his craft and once he retired from the game, he decided to try his luck in the publishing world. His first full novel, *Dead Man's Hand*, was a success when it came out in 2012, launching him to international bestselling author status. He followed that with *Kiss and Tell*, *Wild Card*, *Rock-A-Bye Baby* and his newest novel *Red Zone*, slated to be released in ebook form on July 15 and in paperback just a few days later.

"To be honest it, it feels amazing," said Murphy. "Every time, I complete a book, it feels great. Whether it is the first one or the fifth one."

Red Zone combines the protagonists from his two series, Calvin Watters and Charlene Taylor, into one tantalizing thriller.

He credits his fans for inspiring his upcoming novel. "They've been asking for this for years, and I really didn't think much about it until I came up with this idea," said Murphy. "(The fans) basically pushed me towards having my two protagonists in the same story at the same time. That's what's really exciting about this new book."

He tried to make it as much of a 50/50 split between both characters so neither take centre stage, but instead bring in their own personality and influence to the action-packed mystery.

The novel's title is a football term, which works well with its premise involving a football cheerleader who is found murdered. It's up to Calvin and Charlene to solve the case.

"They are both really knee-deep in the case," said Murphy.

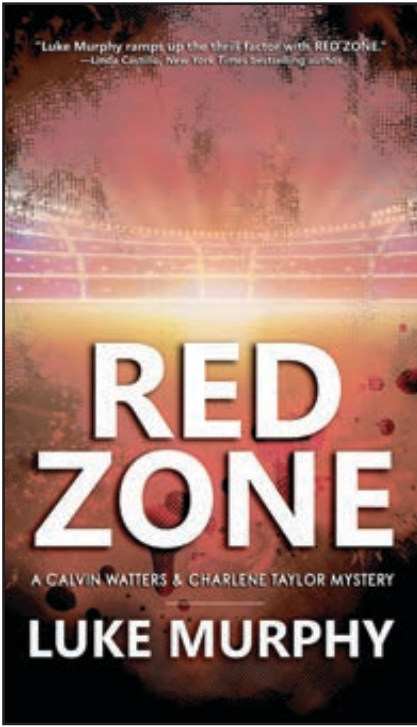
He created these series of mystery, murder and intrigue to amuse and delight his readers, just as other novels did to him.

"You are following a character on all the adventures that they are going on," said Murphy. "It is escapism for sure."

"I write to entertain people," he added. "That's all that I do. I want to entertain people and give them an escape from reality so they can go to another place and time. Forget about all their troubles for that moment they are



(Above) International Bestselling Author Luke Murphy will release his fifth novel *Red Zone* this month in several different formats. His ebook will be released on July 15, followed by a paperback copy a few days after. Murphy, a high school teacher and resident of Shawville QC, released his first book in 2012. *Red Zone* (inset) can be purchased in a variety of locations in mid-July including on Amazon. (Submitted photos)



in my book."

Murphy writes when he can. But as a high school teacher in Shawville, QC, and father of three, he can't always dedicate large blocks of time to his craft. But that doesn't stop him from indulging as much as possible.

He has created a system that allows him to complete his books. He writes his first draft in the summer when he isn't in the classroom then does most of his editing and fine-tuning in the quieter months. Mostly in the evenings after his daughters have been put to bed, though whenever he can spare the time is fair game.

Having a plan and schedule in place has helped him with his writing.

"I, very much, like to know what I'm doing one day to the next and in the order I do it," he admitted.

An exception was made for *Red Zone*, however. He started writing the novel and his characters just took him for a ride, which he eagerly followed.

He does hope to write more in the future.

"Five books in eight years doesn't seem like that much," he admits. "But considering this is just a part-time job, I'm pretty proud of what I've accomplished."

Writing is one of his biggest loves, though hockey was a close second.

Ever since he was a young boy, Murphy was an avid hockey player,

starting with the Pembroke Lumber Kings and finding acclaim in the junior league, using his talent on the ice to net himself a scholarship to Rochester Institute of Technology. There he received a Bachelor of Science Degree in marketing with a minor in Sociology. He then landed a contract with the Florida Panthers, where he played six years in the minors.

After retiring, he returned to his hometown where he took on a teaching position at the local high school and wrote a hockey column for The Equity newspaper. There, he and his wife raise their kids and a rambunctious pug.

More information on Murphy as well as links to purchase his novels or audiobooks, visit authorlukemurphy.com.

Re/Max Broker heads volunteer team providing free grocery delivery to local seniors

By Patricia Leboeuf

Petawawa Post

During the early days of COVID-19 as primal behaviours and fears rose to the surface, Fred Rogers famous quote, "Look for the helpers. You will always find people who are helping," still rang true.

People continued to put others before themselves, going out of their way to help those who needed it. In Petawawa, some distinguished themselves as helpers.

Jennifer Turcotte is one of them.

After heeding the call at Hyska's Your Independent Grocer (YIG), the Re/Max Pembroke Realty Ltd. Broker assembled a team of colleagues to deliver food to local seniors and ill residents for free.

"Why wouldn't I do it?" said Turcotte. "People need a service and how can you say no to somebody who needed that service."

By taking time out of their day and delivering groceries and goods, this group of real estate workers allowed vulnerable members of the community to eat without fear of contracting

the virus.

It wasn't a difficult task, Turcotte noted; it was fulfilling on a personal level to connect with these people, and she established wonderful relationships with some of them.

"They were so appreciative of what we were doing, and it was calming for them," she said.

Most of the seniors the team served were house bound, unable to meet friends and families outside their residences. So the volunteers acted as a bridge between them and what was going on in the outside world, a lifeline for many.

This isn't the first time that Turcotte has done her part to make the community better. Born in Petawawa, she has been involved in multiple local committees and groups over the years.

"If we don't (volunteer), then what type of community do we have?" said Turcotte. "Petawawa is built on the spirit of volunteers, and it's so true."

Yet even with all her experience as a volunteer, she wasn't expecting just how rewarding this was going to be.



Re/Max Broker Jennifer Turcotte assembled a team of real estate workers to volunteer their time and deliver food to the local seniors. (Submitted photo)

"It took away their worry about how they were going to get that basic need, how they were going to get that food," said Turcotte.

The worry was real.

At the start of the pandemic in mid-March, things were chaotic. Toilet paper and sanitation products were impossible to find. Shelves were bare. Everyday household necessities were scarce and in demand.

Fears of food scarcity swirled amid that of catching a potentially lethal virus.

Turcotte and her team put many a mind to rest.

"It made me re-realize that I should take a moment because we are all human and we all have our basic needs, and one kind word can go a long way," said Turcotte, adding kindness never goes out of fashion.

That kindness translated to her fellow real estate agents and brokers. The natural competitiveness between Realtors faded away, and they connected, building deeper relationships with each other during this project.

"In business, you are very competitive but when you stop, you just see them in a different light," said Turcotte, noting they were all committed every week to help.

Putting the seniors first was paramount, and Turcotte credits Hyska's YIG owner Val Hyska for her efforts in keeping the community safe by creating this volunteer-driven delivery service.

Even though the team's services are no longer required, part of her still longs to return.

"I would do this again in a heartbeat, an absolute heartbeat," said Turcotte.

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SPORTS, HEALTH & RECREATION

Athletes' achievements celebrated at annual Petawawa Predators Swim Club Awards and Recognition Ceremony

By Jamie MacDonald
President/Marketing Rep,
Petawawa Predators Swim Club

On June 24, 2020, the Petawawa Predators Swim Club held their annual Awards and Recognition Ceremony by virtual 'Zoom' conference.

More than twenty member families tuned in through the virtual airwaves, to watch as Coach Chéla Breckon and Coach Jan Breckon guided the group through a recap of the highlights and success of the 2019/20 season. Being able to see each other for the first time in several months, the 'Zoom' conference was a much needed chance for the team to catch up, hang out and celebrate.

The ceremony highlighted the achievements of all of our swimmers and the coaching team, from the FUNdamentals group of kids starting their swim journeys, through the Novice group of kids learning to train, to the Junior and Senior Competitive groups who continuously challenge themselves and learn to compete and all of our excellent coaches who help the team achieve their goals every day in the water.

Despite the season having been shortened by the COVID-19 pandemic, the highlights were still just as impressive, and many wonderful accomplishments and memories that were shared by our competitive swimming community.

Every one of our athletes experienced growth and success this year, and all deserve recognition for the work that they put in, as well as their contribution to our team spirit. Eleven of our athletes were recognized with individual awards for their achievements this past season.

The 'Rookie of the Year' award was presented to Olivia White, who has a great future ahead of her in the pool and beyond, after having joined the team this year as a true 'rookie'. Swimming appears to be this young athlete's thing!

In the 'Most Improved' categories, Geneviève MacDonald was recognized for the Junior squad, while Yara Kheirallah earned the nod for the Senior group. Both swimmers made amazing progress this year and were well-deserving winners in an entire pool of candidates! Keep up the good work!

The Coaches Award for Sportsmanship and Team Spirit was awarded to Kira Simpson from the Junior squad, whose energy, kindness and bright, infectious smile

always puts everyone in a great mood on deck, during training or at meets. Nobody cheered louder while swimming so fast!

The Tyler Daniel Memorial Award was presented to Wyatt Knockleby, who joined the team this year and has demonstrated excellent commitment to the sport, and a desire to improve every week. Watch for this young athlete – he is part of the bright future of the club for certain!

Top Scorer awards for the competitive season were handed out on the boys side to Christopher Lavoie and Malachi Kenny, who blazed their way through the water all season, pushing each other and achieving stellar results at all levels, ending up in a virtual tie when the season was abruptly terminated.

For the girls, Gabriella Morris achieved the most overall points over her six meets during the season to earn Top Scorer, while posting ten personal best times during the season! All three of our top scorers showed amazing resolve and a dedication to competition all year. Congratulations!

The Four A's Award is given out each season to the swimmer who embraces Attitude, Attendance, Ability and Achievement, exemplifying what it is to be a Petawawa Predator.

This season, Alice Chubak was selected as the deserving winner of this prestigious award. Alice never stops working, while all the while



(Above) Skye Crouzat, the 2019/20 Petawawa Predators Swimmer of the Year; (above centre) 'Rookie of the Year' award winner Olivia White; and (above right) the Coaches Award for Sportsmanship and Team Spirit winner Kira Simpson. (Submitted photos)

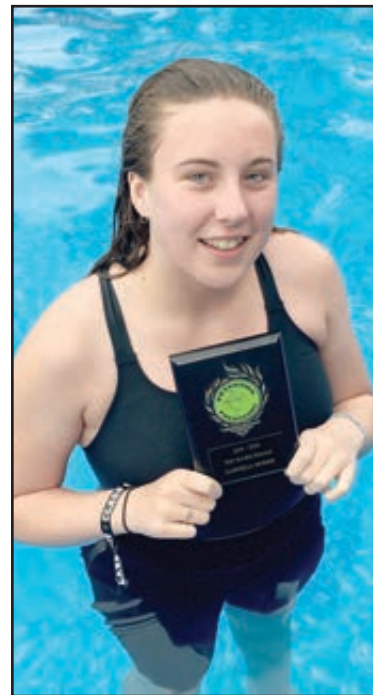
having an amazing attitude towards the process that can at times be truly challenging. Her dedication and ever-improving abilities made it easy to recognize her with this unique honour.

One of our most cherished club awards is the Alyson Ackman Award for Resilience in Sport. This award is not given out every year – it takes a very special teammate to



be selected for this honour. Alyson Ackman is an Olympic-level swimmer who has roots in the Predators program, and this award honour her resilience in achieving her personal best over all these years.

This year, this award was given to Claire Williams of our Senior Competitive team, who overcame any and all challenges throughout the season to continuously achieve



ever-loftier goals.

Claire absolutely excelled in the pool this season and was the embodiment of resilience. She pushed herself to start swimming longer distance events while improving her stamina and technique all year. Our coaches and the entire team could not be prouder of this amazing young athlete.

Last but certainly not least, the 2019/20 Petawawa Predators Swimmer of the Year award was presented to Skye Crouzat.

Skye has been swimming at a highly competitive level with the club for several years, and has tirelessly worked hard towards her personal goals not only in the pool, as well as in other sports. She has leveraged her experiences as a multi-sport athlete to help improve her performance in all of her pursuits, and this year showed that the sky is truly her limit in what she can accomplish!

Through her determination and effort, Skye capped off a stellar season by competing in three disciplines at the 2020 Ontario Winter Championship meet in Etobicoke, ON. Skye competed against some of Canada's elite swimmers, including Olympic medalists such as Taylor Ruck and Penny Oleksiak. The future is extremely bright for this young athlete, and we could not be prouder to stand beside her as a team.

continued on next page

(Above left to right) Top Scorer awards for the competitive season - boys - Christopher Lavoie and Malachi Kenny; for the girls, Gabriella Morris. (Submitted photos)

SPORTS, HEALTH & RECREATION

Athletes' achievements celebrated ... continued from previous page



The Club now turns its attention to being ready to kick off the 2020/21 season, hopefully in September 2020.

If your family is interested in our inclusive club, and the competitive swimming programs and personal growth opportunities that we offer at the Dundonald Hall Aquatic Centre, drop us a message at predatorspetawawa@gmail.com today!

(Top left) Claire Williams, winner of the Alyson Ackman Award for Resilience in Sport; (below left) winner of The Tyler Daniel Memorial Award Wyatt Knockleby; (below right) Alice Chubak, winner of the Four A's Award; (bottom photos left to right) 'Most Improved' Junior squad - Genevieve MacDonald and 'Most Improved' Senior group - Yara Kheiralah. (Submitted photos)



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Area Community Churches

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CALVARY BAPTIST CHURCH - 567 Melton Street, Pembroke. Pastors Richard Agnew & Paul DeGraaf. Worship Service and Sunday School @ 9 and 11 a.m., 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 a.m. www.calvinunited-church.ca.
CHRIST LUTHERAN CHURCH - 516 Airport Rd at Doran, Petawawa. 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). drcc@magma.ca.
FAITH BAPTIST CHURCH - Pastor Carl Morgan, 182 MacKay St., Pembroke, parking behind town hall. 613-735-1584. Sun. 10 a.m., 11 a.m. & 6 p.m., Wed. 7 p.m.
FIRST BAPTIST CHURCH - 210 Mary St. Pembroke, 613-735-0866, Sunday Worship & Sunday School 10:30 a.m., www.fbcpc.ca.
FIRST EVANGELICAL MISSIONARY CHURCH - 39 Shalom St. Pembroke, ON. K8A 6W8. Sunday worship celebration 10:30 a.m. 613-735-5391.
FIRST PRESBYTERIAN CHURCH - 257 Pembroke St. West, 613-732-8214. Rev. John Vaudry. Sunday School. All are welcome! Elevator access.
GREENWOOD UNITED CHURCH - 1655 Greenwood Road, RR#2 Pembroke.
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PEMBROKE BIBLE CHAPEL: 11558 Round Lake Road. Family Bible Hour & Sunday School 11 a.m. www.pembrokebiblechapel.com.
PEMBROKE PENTECOSTAL TABERNACLE - 34 Jordan Ave. Pembroke. Sunday Worship 10:30 a.m. (kids church & nursery). Programs for all ages. 613-732-9721, email info@pntchurch.com. Website: www.pntchurch.com, Facebook: PPT (Pembroke Pentecostal Tabernacle).
PEMBROKE SEVENTH-DAY ADVENTIST CHURCH - Pastor Jonatan Sekulic. 157 Drive-In Rd, Pembroke, 613-735-1623. Sabbath School, Saturdays 10 a.m., Service at 11 a.m. Wheelchair accessible, a warm welcome awaits you.
PETAWAWA PRESBYTERIAN CHURCH - Rev James Kim. 24 Ethel St. 613-687-4052. 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. 613-735-6921, E-mail: ResLuth@hotmail.com, Website: www.ResLuth.ca, Sunday Service- 10:30am, Pastor John Lofstedt
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. 613-735-6332, www.StJohnsPembroke.ca. Rev. Stephen Alles. 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, 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 Worshp 8 & 10 a.m. (Children's Church & Nursery), Informal Prayer & Praise 9:15 a.m. - 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., 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 Stephen Scheidt. Sunday Worship at 10:00 am with Sunday school for the children followed by coffee and fellowship. Look for us on Facebook.
ZION EVANGELICAL UNITED CHURCH - 368 Miller St., Pembroke, 613-732-9493, zionunitedpembroke@gmail.com Sunday Worship 10:30 a.m., with Sunday School for children. Coffee Hour and fellowship following. Bible Study on Tuesdays at 10 a.m. Pastor: Rev. Dr. Daniel A. Hansen. Website: www.zionunitedpembroke.org. All welcome!



VALOUR
JK-12 School



RCDSB
Renfrew County
District School Board

INSPIRE. EMPOWER. ACHIEVE.

Valour JK - 12 School
Grade 12 Graduates - Class of 2020

Congratulations to the graduating class of 2020! Your perseverance and patience paid off. We miss you but are comforted knowing that you will go on to do great things in your community, the country and world!

Sam Abbott
Jaiden Armstrong
Jacob Arsenault
Gavin Bartlett
Chaise Beauchamp
Olivia Belton
Sydney Bennett
Cody Bilodeau
Mitchell Black
Monique Bouch
Logan Brazeau
Sydney Buckham
Georgia Bugden
Abbi Burton
Jesse Buschold
Taylor-Rae Butler
William Byers
Riley Cameron
Tommy Campbell
Alyssa Caron
Abbie Chunick
Chloe Crouzat
Andrew Dawe
Hali de Ruiter

Keigan Dewland
Caiden Doyle
Sam Felhaber
Sydney Fletcher
Kailey Forbes
Kayla Fournier
Cole Gauthier
Jason Herdman
Allison Hill
Kadrienne Hoelke
Nicolas Holt
Mason Hunter
Phiabe Ikerenge
Sydney Illingworth
Austin Ingram
Lauren Irwin
Isabella Jackson
Liam Johnson
Stacey Jordan
Tay Kirkland
Hailley Koumayan
Quincey Lane
Ireland Lavallee
Kian Legault

Cade Lembke
Braden McDevitt
Codi Meere
Delia Mena-Bejarano
Emily Mercer
Rebecca Murphy
Craig Murrin
Jessica Ni
Rachel Nolan
Emily Norman
Holly Ollmann
Abby Phinney
Caleb Poirier
Haley Priebe
Emilly Reiche
Dawson Richardson
Jack Robinson
Luke Samms
Nicholas Sargent
Macie Schroeder
Shiloh Schroeder
Joe Schweyer
Liam Serviss
Taylor Sheppard

Justyn Sicord
Dylan Stencill
Jin Suppa Labrecque
Emily Taylor
Austin Warren
Rowan Watts
Clayre White
Lee Whorley
Sarah Winters

**RCDSB Continuing
Education Petawawa:**
Kendra Ainsworth
Carson Beauchamp Lebrun
Richard Garcia
Tesa Hadley
Simon Lee

