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PETAWAWA POST

Volume 77, Number 13


Thursday, July 1, 2021

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As part of Operation LASER, Canadian Armed Forces (CAF) personnel including members of 1st Battalion, The Royal Canadian Regiment (1 RCR), were deployed to Kashechewan First Nation in June to help the community during a COVID-19 outbreak. (Top photo) 1 RCR members unload supplies from a CH-147 Chinook helicopter on June 17; (right photo) Private Kwon from 1 RCR (left) and Canadian Ranger Irving Wesley from 3rd Canadian Ranger Patrol Group load a truck with clean water to deliver to residents; (far right photo) 1 RCR personnel deliver boxes of food. Op LASER is the Canadian Armed Forces' (CAF) response to a worldwide pandemic situation. (Photos by Corporal Justin Dreimanis, 4th Canadian Division Headquarters Public Affairs)



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Happy CANADA Day



A hair-razing experience: fundraiser brings in \$1,873 for Cdn Cancer Society

Corporal Allie Whalen raises almost \$2,000 in honour of her grandfather, who is currently battling cancer; husband joins in with his own close shave.

By Patricia Leboeuf

Petawawa Post

Corporal (Cpl) Allie Whalen loved her long hair but was willing to sacrifice it all to raise \$1,873 for the Canadian Cancer Society.

She announced her plan to shave her head for charity online and within minutes, money began pouring in from friends, families, community members and coworkers.

"I am very humbled by all the support," said Allie, pointing out the total amount far surpassed her original goal of raising \$250.

Her husband, Master Warrant Officer (MWO) Jason Whalen, even offered to shave his own head and beard if she reached \$500. It is a great sacrifice as he had waited 20 years to grow one, said Allie jokingly.

Within that day, however, the money climbed far above \$500, and his beard was on the chopping block.

"I don't mind, it is for a good cause," said Jason. "It's only hair. People who are going through chemo, they don't have the choice. But I do and mine will grow back. So it is a show of solidarity."

When the day came on June 11, after a little under two weeks of fundraising, Allie set up a makeshift salon in her front yard under a tree, both anxious and excited to proceed. A small crowd of people gathered at a safe distance to watch it happen, and those who couldn't make it in person watched online.

Before cutting her hair, she decided to

dye it bright pink in honour of her great-grandmother, who died of breast cancer.

Her great-grandmother isn't the only one in the family who has been affected by cancer. Her uncle died of testicular cancer, and her grandfather - who inspired her fundraiser - is currently battling a very aggressive type of small cell cancer.

"He lives seven hours away so I can't be there to support him," said Allie. "So this seems like a good thing I could do for him from afar. And he's pretty excited for me. He's been following this pretty closely."

She admits she's surprised so many people are so enthusiastic about her hair, or lack thereof, but whatever helps her raise money to fight against this deadly disease is good in her books.

"I feel like this is one of those fundraisers that hit close to home for everyone," said Allie. "Everybody either has known someone in their immediate family or friends who had it."

According to the Canadian Cancer Society, on average, 617 Canadians are diagnosed with cancer and 228 Canadians die as a result of the disease each day. Nearly one in two Canadians (45 per cent of men and 43 per cent of women) is expected to develop cancer during their lifetime.

But with advanced research and treatment many of these cancers have a good prognosis, with some seeing more than 90 percent five-year survivability rate.



(Left) Master Warrant Officer Jason Whalen and Corporal Allie Whalen pose for a before picture; (below) on June 11, in front of their home in Petawawa, the couple shaved their heads, and in MWO Whalen's case, his beard as well, to raise funds for the Canadian Cancer Society. The fundraiser, which had a goal of \$250, was much more successful than anticipated, raising \$1,873. (Photos by Patricia Leboeuf, Petawawa Post)



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PMFRC Petawawa Military Family Resource Centre

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MFSP MILITARY FAMILY SERVICES PROGRAM

PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

'Commanders' Wellness Challenge - Commit to get Fit' week three winners



Congratulations to Captain Josh Pike, 2 MP Det Reg (left photo on left) and Cpl Emily Albert, 1 Dent Unit (right photo on left). Capt Pike was randomly selected as the overall winner for week three of the Commanders' Wellness Challenge - Commit to get Fit, and won a \$100 gift card donated by CANEX. One of the habits Josh is building into his daily routine is reframing. Cpl Albert was randomly selected as the Active Transportation winner for week three, and won a \$50 gift card from PSP. Emily involved the whole family by walking to the park, the store and around the neighborhood. Presenting the winners with their prizes is Dana Lawson, Manager Health Promotion (right in both photos). There's still time to join the challenge. Visit Commanders' Wellness Challenge (cafconnection.ca) for details. (Submitted photos)

Dear CCMS: Talk the Talk

I don't feel comfortable talking with my colleagues. They are constantly criticizing leadership and bickering with each other. I think my workplace is toxic and I don't know what to do about it.

A high percentage of the conflicts and complaints we support at Conflict and Complaint Management Services (CCMS) have to do with communication; or lack thereof. It doesn't take much to create conflict between employees: a joke made in bad taste, a criticism or comment directed at a person or a group, or a simple misinterpretation of body language that sends the wrong message.

When you consider we spend an average of 90,000 hours at work in our lifetime, it is important that our workplace supports our physical, mental, and psychosocial

well-being and is a place where we can cultivate professional relationships and communicate effectively and respectfully with each other.

If you are having difficulty interacting with your colleagues for whatever reason, contact one of our CCMS Agents. A CCMS Agent can provide relevant information that is aimed to assist you with deciding how to address the situation. They can also be a referral agent to your chosen support resource. One such resource may be one of our Conflict Management Practitioners.

Another option you might consider is to participate in one or more of the communication skills courses or workshops we offer, including Resolving Conflict Effectively, Conflict Management for Leaders, or

Civility at Work. These valuable courses and workshops provide participants with an assortment of practical skill-sets that can be used to help effectively communicate with your colleagues.

CONTACT

- Intranet: <http://intranet.mil.ca/en/organizations/vcds/iccm.page>

- <http://intranet.mil.ca/fr/organisations/vcemd/gicp.page>
- Internet: Canada.ca/integrated-conflict-complaint-management
- Canada.ca/gestion-integree-plaintes-conflits

Naber, A. (2017, Spring). One third of your life is spent at work. Gettysburg Our College Magazine, 108(2). Retrieved from <https://www.gettysburg.edu/>

ROAD CLOSURES ON FESTUBERT BLVD BETWEEN 21 JUNE AND 26 NOV 2021 DETOURS WILL BE IN EFFECT AS REQUIRED

GARRISON PETAWAWA - Sections of Festubert Boulevard will be closed between the end of June until the end of November, 2021 in order to upgrade utilities and reconstruct the road.

The construction will be done in phases beginning towards the Petawawa Golf Club and making its way towards the main intersection at Petawawa Boulevard.

Once construction occurs on Festubert Blvd towards the main intersection, all commuters will need to enter through the main gate. Through traffic will be redirected via the main gate onto Somme Road. Traffic will then be redirected onto Peacekeeper Way and then merge back onto Festubert Boulevard on the other side of road closure. Local traffic to the residential housing units (RHUs) will be directed onto accompanying side streets as required to avoid construction.

All commuters accessing Dundonald Hall (DDH), the Silver Dart Arena, Troyes Cinema, the Canex Plaza, the Petawawa Golf Club/Twin Rivers, the Army Fitness Centre, Tim Horton's, the RecPlex, Black Bear Beach & Campground, Jubilee Lodge & Marina and St. Francis of Assisi Church will not be denied, only rerouted via the detour and are encouraged to avoid residential areas.

Festubert Boulevard is scheduled to re-open 26 November, 2021.

OPI: Capt Patrick Duffin, RO, RP Ops det Petawawa. Contact info is patrick.duffin@forces.gc.ca or extension 5582.

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Capacity Building at the Logistics Commission, Ramallah



By Major Len Matiwsky
Training Management Systems
Advisor, Op PROTEUS
As the only permanent Training Development Officer (TDO) within the United States Security Coordinator (USSC), I have been assigned the unique responsibility of assisting the Palestinian Authority Security Forces (PASF) in the development/

expansion of their training system. The USSC approach to supporting PASF training has evolved from providing tactical-level training to focusing more on capacity building and sustainability such that the PASF could eventually develop training programs independently that are pedagogically sound and built upon a clearly defined training requirement. Such is the work currently underway at the Logistics Commission (LC) in Ramallah.
The LC is an organization charged with providing logistical support and leadership on logistics issues across the PASF. As the Centre of Excellence (COE) for Logistics services and training, the LC up until recently was more a consumer of training, not a producer, but this is chang-

ing. By partnering with our international colleagues, doctrinal elements of a training system were socialized within the LC that will be applied locally but are consistent with doctrinal direction that the PASF is being encouraged to adopt. This system includes training development activities fashioned after the ADDIE industry standard quality control model. ADDIE being the acronym for: Analysis, Design, Development, Implementation, and Evaluation.
In coordination with the LC, a requirement for Safe Food Handling training was identified. However, with the USSC's movement away from tactical-level support to capacity building and sustainability, developing a Food Safety training program

without integrating the training development skills into the LC would be inconsistent with the USSC approach.
Rather, food safety was used as a vehicle by which to integrate broad-reaching capability including providing key members of the LC with skills in task analysis and training design that would give them the ability to participate in qualification standard and training plan writing boards leading to the production of training control documents that the Training Development Officer Branch is familiar. Graduates from this course were now in the position to support the development of training for the Food Safety course spoken of earlier.

continued on next page

A Message from the Fire Prevention Branch: Barbecue grills

1. Propane, charcoal, and wood pellet barbecue grills must only be used outdoors. Indoor use can kill occupants by causing a fire or carbon monoxide poisoning.
2. Place the grill well away from siding and deck railings and out from under eaves and overhanging branches according to the manufacturer's instructions. Do not store or use a grill on a porch or balcony, including any porch or balcony on an upper level of the building.
3. Place the grill a safe distance from lawn games, play areas, and foot traffic.
4. Keep children and pets away from the grill area. Have a three-foot (one metre) "kid-free zone" around the grill.
5. Use long-handled grilling tools for plenty of clearance from heat and flames when cooking.
6. Periodically remove grease or fat buildup in the tray(s) below the grill so it cannot be ignited by a hot grill.
7. Safe use of barbecue and storage of propane cylinder. (ensure three m clearance from home and combustibles).

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Capacity Building at the Logistics Commission, Ramallah ... continued from previous page

The training development course represented, however, but a first step in a much larger effort related to food safety across the PASF. Through partnership with the Palestinian Authority's Consumer Protection Association (CPA), our project team, which consisted of Palestinian, PASF, Canadian Logistics personnel, and me as project manager, produced and implemented a needs assessment of PASF food safety that included a focus on kitchen infrastructure, equipment cataloguing, equipment life cycle management, food handling procedures, as well as policy and doctrine related to both training development and logistics. This intersection of training and logistics systems necessarily had to be addressed if the conceptual food safety system was going to be successful. This study identified and documented the areas to be targeted for PASF and international support. It represented a strategic-focused activity that members of the LC could continue to pursue under USSC mentorship for years to come.

So, what is the lesson here? As TDOs, by virtue of the jobs we do, simply relying on our technical expertise in training is insufficient. Organizational success is not reliant on the success of any one system but on the harmonization and intersection of a variety of systems across

organizational and disciplinary boundaries. It is impossible to imagine implementing a training system at the LC without the assurance (and growth and development, where necessary) of dependent systems. Continuing with the LC example, for food safety training to be successful, its development is dependent upon food safety policy and procedures. PASF food safety policy and procedures are necessarily dependent upon and informed by validated food safety policies and procedures of the Palestine Authority (PA). It is equally impossible to assure a food safety system if the state of equipment and infrastructure cannot support it. The procurement, replacement, and life cycle management of kitchen equipment and infrastructure is dependent (at least for the moment) upon international support. Most importantly, empowering the LC as COE to provide oversight is critical in ensuring that a decentralized program is coordinated and managed by a centralized authority. I am sure you can appreciate that this is no longer a simple training development activity but a major, multidisciplinary project. As TDOs, our knowledge of systems within systems was critical to fully appreciating what at first glance might look like a simple training problem.

There are a few additional lessons here for TDOs

who deploy to support the development of training or training systems. We are particularly good at what we do and often we see issues that few else can. If you wish to add value to your team and the host country that you have the privilege of serving, it is imperative that you seek out the problems where they are and truly understand them. If you think an opening exists (choose your battles wisely), act on it. Do not wait to be told to fix them. Seize the opportunity!

A few final words of wisdom. Be sure to include leadership in the decision-making process. Help them understand the vision and keep them informed of your progress. They are an integral part of the solution and will help you open doors that may otherwise remain closed. TFJ

R21 was fortunate to have inspirational leadership which made this important work all the more possible.

Lastly, recognize those in the host country, and any internationals supporting your cause, for the work they do. Change takes time but a few moments of recognition go a

long way to making change successful and permanent.

As my time draws to a close here in Jerusalem and moving on to the RCAF, I am saddened that I cannot finish what has been started. The enthusiasm that the LC team feels for this project motivates and reassures me and I take comfort knowing that members of the next roto will carry on where we left off. I reflect on the many lessons I

have learned here, the most important being leadership, inspiration, having a vision, remaining flexible, and maintaining a positive attitude. Change happens according to the timetable of those you serve. Inspire them and they will surprise you.

Maj Len Matiwosky
Training Management
Systems Advisor
Op PROTEUS

(Below) From left to right: Colonel Kamel Tuffaha, LC Plans O, Major Keith McCharles, USSC Supply Program Mgr, Major Ali Asy, LC Trg Dept Lead, Major Len Matiwosky, TFJ TDO, Brigadier-General Aref Abu Atwan, Lt Alaa Shehadeh, LC Nutritionist, Major-General Nasser, Comd LC, Colonel Hugo Delisle, USSC Director of Support, BGen Wishah, DComd LC. (Right) Students presenting training development elements to their Commanding Officer. (Submitted photos)



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SPCA centre manager completes 236.5 km triathlon for 'Sweat for Pets'

By Patricia Leboeuf

Petawawa Post



Marianne Carlyle, Manager of the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Leeds and Grenville Animal Centre in Brockville, completed a 236.5 km triathlon on June 24.

She didn't do this solely to push herself physically; it was also to raise money for the Ontario SPCA's Sweat for Pets annual fundraiser. She collected over \$3,300 by the time she arrived in Pembroke.

"I have surpassed my goal," said Carlyle. "Now I'm aiming for a little more. I put the challenge out for \$5,000 for the end of the campaign."

Ontario-wide, the goal of Sweat for Pets is to raise \$125,000.

Carlyle is no stranger to fitness, and every Thursday during the fundraising campaign, she participated in a different fundraising exercise event. Over the past four weeks, she has cycled almost 400 kilometres, riding between animal centres in Brockville, Napanee and Cornwall, and she also com-

pleted a 30 kilometre-run and nine-kilometre swim.

The triathlon was the most gruelling, however, combining all three sports. Starting at Riverside Park in Pembroke at 7 a.m., she swam 1.5 km. She then ran the five km to the Ontario SPCA Renfrew County Animal Centre with the centre's interim manager Kate Graham. Carlyle then cycled the rest of the way home.

A 150 km run over five weeks was Graham's personal challenge, which she fulfilled on Thursday.

"It felt really great to fin-

ish with another centre manager," said Graham. "I've been pretty much doing the whole thing by myself so it is nice camaraderie and linking our two centres together."

Heather Jobe, Community Development Coordinator, has been incredibly impressed by people volunteering their time to raise funds, notably Carlyle's own weekly challenges.

"They've all been pretty impressive and pretty exceptional," said Jobe. "So she is really pushing the limits."

"And she's prepared to do this because these ani-

mals need our help," she added, noting Carlyle is an inspiration to all.

Jobe is also pleased to see the generosity and support of the local community. Because even if the centre is open by appointment only, the staff and volunteers are still hard at work.

Sweat for Pets' five-week campaign may have finished officially on June 25, but it's never too late to donate to help animals in your community, said Jobe.

"We need that support and with that support, we can help more animals," she said.



(Top left photo) Minutes after arriving at the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Renfrew County Animal Centre in Pembroke, Marianne Carlyle, the Ontario SPCA Leeds and Grenville Animal Centre Manager, took off on her bicycle to finish her 236.5 km journey. By the time she reached the centre, she had raised over \$3,300. (Above) The Ontario SPCA Renfrew County Animal Centre's interim Manager Kate Graham (right) ran five km along with Carlyle; on June 24, Carlyle completed a 236.5 km triathlon to raise money for the Ontario SPCA's Sweat for Pets fundraiser. (Photos by Patricia Leboeuf, Petawawa Post)

Doggy Paddle fundraising event August 21

PETAWAWA - A new "hyper-local" paddling event, the Doggy Paddle, is taking place in Petawawa at Petawawa Point Beach on August 21. The event is a fundraiser in support of the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Renfrew County Animal Centre.

Participants can canoe with their canine, kayak with their kitten, or SUP with their pup. Paddling with fellow two-legged friends is also permitted.

Interested paddlers will be able to navigate a group guided five or 10 km route departing from, and returning to, Petawawa Point.

This event has been organized by the

representatives of the Upper Ottawa River Race and Paddle Festival (UORRPF). While the UORRPF had to be cancelled in 2020 and 2021 due to travel and gathering restrictions, the organizers did want to provide some form of paddle opportunity. The Town of Petawawa, City of Pembroke and new partner, Township of Laurentian Valley, all benefit from the services and care offered by the local Ontario SPCA. Teaming up in support of our furry besties seemed a natural fit.

For more information about the event or links to register and how to fundraise in support of the OSPCA visit <https://www.petawawa.ca/things-to-do/doggy-paddle/>.

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Orange ribbons on Petawawa River Bridge honour residential school children

By Lisa Brazeau

Petawawa Post

Sisters Carole Kohoko and Dale Benoit-Zohr have added the Petawawa River Bridge to a growing list of landmarks they have adorned with orange ribbons to honour residential school children - the survivors and those who did not come home.

Started by Kohoko with the bridge at the Algonquins of Pikwakanagan First Nation, the effort has been gaining traction ever since.

"I really never thought it would catch on like it has," said Kohoko.

In the wake of recent news of hundreds of unmarked children's graves at residential schools in Kamloops, BC and Saskatchewan, AB, bridges in Arnprior, Renfrew, and Eganville were also lined with the symbolic coloured ribbons, and the two expect more requests in the future.

"We wanted to put these where people are going to ask, 'What does this mean?' and we can tell our story," explained Benoit-Zohr. "We need to bring awareness to this, and I think the orange will speak for itself."

The orange ribbons highlight Phyllis (Jack) Webstad's story; she was just six when she was given a new orange top by her grandmother to wear for her first day at St. Joseph's Mission residential school in BC. When Phyllis got to school, they took away her clothes, and the orange shirt was never returned.

Webstad is now the Executive Director of the Orange Shirt Society, and tours the country telling her story and raising awareness about the impacts of the residential school system.

According to www.orangeshirtday.org, the colour orange has always reminded her of her time at residential school, and the harm it did to her sense of self-esteem and well being.

"We just ask for people to sit and think about this. What if that was your child, what if your child didn't come home, and you didn't know where they were? Put yourself in that situation," said Benoit-Zohr. "Our kids are our future, and every time they find another grave site, we re-live these tragedies. It's going to be a long healing process."

The painful legacy of residential schools is a multi-generational reality for many at Pikwakanagan First Nation. There are those who survived residential school or had loved ones who went, and one family that sadly lost a son, noted Benoit-Zohr.

Thirteen-year-old Joey Commanda ran away from a residential school in Brantford in 1968 and died trying to make it back to his family in Golden Lake. A memorial walk has been organized in his honour this year from August 27-29.

"It's one of the reasons we took this (ribbon project) on personally, because we know that family, we grew up with that family," Kohoko said.

Benoit-Zohr hopes the ribbons will remain on the bridges until the end of September.

September 30 is the newly established National Day for Truth and Reconciliation to commemorate the history and legacy of residential schools. It also marks Orange Shirt Day which pays tribute to Indigenous children who attended residential school, and is a way to show that "Every Child Matters."



Sisters Dale Benoit-Zohr and Carole Kohoko, both of the Algonquins of Pikwakanagan First Nation, were joined by Town of Petawawa councillor James Carmody on Friday, June 25 while they tied dozens of orange ribbons to the Petawawa River Bridge to honour residential school children. The project was started by Kohoko at Pikwakanagan, and they have now adorned numerous Renfrew County bridges including the Swinging Bridge in Renfrew and an overpass near Arnprior. (Photo by Heather Jobe)

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New Library CEO looking forward to return of in-person visits

By Patricia Leboeuf

Petawawa Post

The new CEO of the Petawawa Public Library, Lisa Worobec, is excited for the day people can walk through the library doors again.

This will happen at 10 am. on Monday, July 5, just days after Ontario announced Step Two of its reopening plan. Staff is currently working hard to ensure visitors feel welcome and safe.

Though the doors have been closed to the general public for most of the year, no one has been idle. They've provided curbside pickup for material, used social media extensively for virtual programming and provided

at-home kits for patrons - all to continue the library's goal of providing a warm, welcoming place for all.

"It's really about community," said Worobec. "We are here to be an active place for people."

In her new position, she plans to continue to push this ideal, because a library is more than just books. They offer interactive programs for children, teens, adults and seniors, CDs, DVDs, classes, video games, park and museum passes, snowshoes, contests and much more.

"One thing that attracted me here is that the library is doing some neat and innovative programming," said

Worobec. "I would love to move the library even further into an inclusive, accessible library for everyone."

She has been in her current position for a few weeks now, and prior to the job in Petawawa, she was working at research libraries in Geneva, Switzerland.

But her true love has always been public libraries, born from her time working at a library's front desk when she was younger. To pursue this goal, she achieved a Masters in Library and Information Studies at the University of Alberta.

And despite her international experience, she never lost that first love. She was thrilled when she had the

opportunity to return to Canada and work in Petawawa.

"I really love to work with the whole spectrum of the community," said Worobec. "I just love getting the chance to meet folk and be creative in what we can do to offer services to people."

Research libraries are incredible places, but they don't have the same energy as public ones, she noted.

Worobec relocated to the town in the Fall. She has greatly enjoyed the area as it gives her a chance to embrace the outdoors in a place that feels like home.

Her staff and the people she has met have also been delightful.

"It has been a good area and a good experience so far," said Worobec. "People have been really friendly and welcoming."


However what she is most excited about in her new role is the opportunity to serve patrons face to face.

When not working, reading or hitting the water, Worobec loves spending time with her husband and two children.



Lisa Worobec is the new CEO of the Petawawa Public Library and hopes to soon see it open to the public. For reopening plans, visit <http://petawawapubliclibrary.ca>.




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Resolution 11 upheld, Pride Flag won't be raised at Petawawa municipal offices

By Patricia Leboeuf

Petawawa Post

The Town of Petawawa will not fly the Pride Flag this year despite the majority of council voting to change a 23-year old policy. Four of seven council members voted to discuss changing the resolution governing proclamations and flag-raising during their June 21 meeting, but the motion to review if it should be amended was denied. It must be supported by a two-thirds majority vote of the council members.

A vote to revisit can not be considered more than once in any twelve months, so any chance of changing this resolution will have to wait as per protocol.

The original issue arose after members of the community approached the council on June 7 with the request to fly the flag during Pride Month. They came prepared with a petition of over 640 signatures.

"It's very disheartening that tonight's vote was in favour of amending this outdated bylaw, but because a two-thirds majority was not obtained that this issue can't be revisited for another year," said Jennifer Neville, who had originally approached the council about raising the Pride Flag. "Rest assured that I will be approaching the council again in a year's time to present our LGBTQ+ youth and community members."

Deputy Mayor Gary Serviss had moved forward with the Notice of Motion that council reconsider Resolution #11, adopted by Council on February 3, 1998. The resolution states council "declines to declare any public proc-

lamations save those which pertain to matters which are solely and completely within the immediate mandate of council."

"It's now 2021, and our values and our community's values have changed immensely," said Serviss. "I think it's time we revisited this policy and amended it to give council more flexibility for exceptions to be made."

He noted Petawawa is a progressive, welcoming, caring and inclusive community but there is always room for change and improvement.

"Sometimes a small gesture like a proclamation or flag raising goes a long way in demonstrating a commitment to equity and inclusion," said Serviss.

This sentiment was echoed by Councillor James Carmody, who seconded the motion.

"This no proclamation policy is out of step with the times," he said. "And people in society, especially marginalized segments of society or people who have been discriminated against in the past, these people have the right to have their government support them."

"A proclamation says, very loudly and very clearly, we believe, we support, we want, so I think we can look at this policy again," added Councillor Theresa Sabourin.

Councillor Matthew McLean shared the opinion that society is changing and that the town must adapt.

The motion was voted against by Councillor Tom Mohns, who felt that the policy is fine as-is. He felt that it is enough that the town flies the Canadian Flag, the Flag of Ontario and the Flag of Petawawa as these represent all people.

"I see no reason to change," said Councillor Murray Rutz. "It's not about a single issue, but about the process the corporation has in place and that remains in place."

The resolution was last reviewed in 2013. The two-line resolution was seen as simple but fair and remained unchanged.

Regardless of the reason, no matter how noble, any request to fly a flag or make a proclamation has been turned down, said Mayor Bob Sweet, who grappled with the issue over the past weeks.

In a phone interview, he firmly stated turning down this request had nothing to do with the LGBTQ+ community, but rather

the desire to stay neutral and adhere to long-standing regulations.

Over the years, he has been involved in anti-bullying campaigns and wants the town to be seen as an inclusive place for all. It hurts him to think people will feel the town is unwelcoming due to the no-proclamation policy as he views it as fair to everyone since it ensures that no group, organization or cause is seen above the rest.

"We have been consistent with this when it was introduced in 1998," said Sweet.

"It may disappoint many people out there, and I understand that," he added. "We cannot be everything to everybody."

OVTA launches 'A Valley Day' short documentary project

PEMBROKE – The Ottawa Valley Tourist Association (OVTA), in collaboration with Lotus City Media, is creating a short documentary film called A Valley Day and they want residents, visitors and local businesses to be part of it.

The OVTA is looking for video submissions showing how residents and visitors spend a summer day in the Valley. Local businesses can also get involved by submitting videos of behind the scenes footage of day-to-day operations or daily business rituals.

To be considered for inclusion, videos must be captured between June 21 and July 18, 2021 and filmed within the geographic boundaries of Renfrew County, the City of Pembroke or South Algonquin Township.

Each video submission must be no more than 3 minutes in length and be raw and un-edited with natural audio. Multiple submissions are accepted. Videos must not contain any illegal or dangerous activities, acts of violence, racism, discrimination or harassment and must

follow appropriate local COVID-19 health and safety protocols when required.

Video submissions are being accepted now by email to AValleyDay@gmail.com and must be received before 11:59pm on July 18, 2021 to be considered.

A Valley Day short documentary film will be released at the end of July and will become part of the OVTA's summer marketing campaign.

For more information, including submission guidelines, visit www.AValleyDay.ca



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PRH Foundation's Spring Lotto for Healthcare draw winner



Pembroke Regional Hospital Foundation (PRHF) announced the winner of its first Spring Lotto for Healthcare. Leo Dunphy was chosen June 23 on Facebook Live to take home a top-of-the-line Pontoon Boat. Not only did the winner's boat come with all the bells and whistles - literally in the latter case - but it also included extras like a boat licence, a safety kit and the trailer's plate. Early bird prizes that have already been distributed included a family bicycling package won by Emily Mallette, and a Youth Can-AM ATV won by Paul Lair. The Spring Lotto raised more than \$223,400, funds that will go to the hospital's Cancer Care campaign, the goal of which is to raise \$1.65 million for upgrades. The plan is to spend \$760,000 on the chemotherapy and sterile room, \$652,550 for the medical daycare units and costs and \$237,450 for new furnishing and equipment. In 2019, over 168 people across the Ottawa Valley relied on the hospital to receive their needed treatments. It is considered a satellite unit of the Ottawa Hospital's cancer program. All prizes were sponsored locally. Some of these sponsors are, from left, Financial Advisor with CI Assante Wealth Management Carolynne Wheaton; owner of Dunbar Home Inspections Ron Dunbar; Insurance Advisor at The Co-operators Bernadette Demong; Petawawa Toyota Appointment Coordinator Amanda Gunter; Sherry Mulvihill from Mulvihill Drug Mart; Service Manager Matt Boisclair, Front Counter Brianna Boisclair, and General Manager Terry Lance from R.G. Dick Plummer Marine; The Mortgage Advisors Agent Lindsey Cupelli; and MyFM General Manager Melissa Siegel. On the boat are, from left, PRHF Executive Director Roger Martin, PRHF Community Fundraising Specialist Leigh Costello, and Kyle Robinson from MyFM. (Photo by Patricia Leboeuf, Petawawa Post)

How to Support

A SURVIVOR OF SEXUAL VIOLENCE

Believe

Believe your friend, colleague, or family member - they have no reason to lie. You may be the first person they have told about their assault so your response is important.

LISTEN

Listening is an important skill - be there in the moment. Try these ideas to be a better listener:

- Focus fully on what is being said.
- Avoid interrupting - let the survivor talk at their pace.
- Avoid judgment - don't blame the survivor.
- Believe your friend, colleague, or family member

Ask How You Can Be Helpful

Some survivors may reach out to you for ideas or information such as:
The number of the **Sexual Assault Centre (1-800-663-3060)**, or Online Supports wsac.ca, OCRCC.ca or Draw-the-line.ca

Helpful Phrases

Some things you can say to be supportive:

- "I believe you."
- "You are not alone."
- "It's not your fault."
- "I'm sorry this happened."

DO NOT SHAME THEM

Your friend, colleague, or family member need support - not judgment - do not promote the myths. Never tell them you don't believe them or that they somehow asked for it. **NO one asks to be sexually assaulted.**

For more information call
The Women's Sexual Assault Centre of Renfrew County
1-800-663-3060 24/7
Email publiceducation@wsac.ca
or contact us on our website:
www.wsac.ca


Canada
Funding for this ad was provided by The Sexual Misconduct Resource Centre Contribution Program

NEWS FROM THE GREATER PETAWAWA CIVITAN CLUB

By Marie FE Arnold, PRO

Well here I am once again with just a bit of news from the Greater Petawawa Civitan Club.

The other day I was asked 'when did I start to be a volunteer and why?' I had to say I could not remember just when I started. Then I thought, what is a volunteer? Some may say they became a volunteer when they joined a church club or one of the service clubs that raise money to help out other people, hospitals, food banks, or something else in the community. But there are other volunteers out there as well, the person who will say they will look after your children when you are sick or have to go to the store, will cut your grass or help clean your house or car or take you shopping at no cost to you. A boy or girl that will help you across the street, give you a hand with your parcels and say have a good day. Yes there are so many different volunteers out there, so I guess I have been a volunteer most of my life.

I am happy to say that I now am a volunteer with the Greater Petawawa Civitan Club and I do not have to pay to be with this club. I am a willing volunteer member at no cost to me other than a few hours a week. By the way, no one gets paid in our club - we are volunteers. Now would you like to come a join us at the Greater Petawawa Civitan Club? We would love to have you!

We are still on lock down as I write this letter. Sorry to say that we still are unable to hold our Sunday night Bingos due to COVID-19. This has been well over a year for us and there are just very few ways we are able to raise funds. Thanks to RONA Petawawa for allowing us to have a bottle set up to help raise the money we need for the wheelchair swing. The Civitan members really appreciate you support in this endeavour.

As I stated in my last newsletter we are planning a Fishing Tournament in August and a dance in September. These are the two biggest events we are able to hold at this time, and we are also hoping to hold a yard sale.

Now just a reminder to all you fisher men and women, get your friend or partner and sign up for a fun day of fishing. The Battle of the Bass will take place at the Pembroke Marina on August 14, 2021. If you would like more information, please call Civitan John VandenBarr at 613-717-5674 or Civitan Allen Stewart at 613-735-3791. They will be very happy to give you all the information you need. The most important thing will be you must wear your mask.

That's all for now, take care and God bless you and hope to see you all again soon.

Thought: Keep smiling and say I can get through this with God's help.

CLASSIFIEDS

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

JOB OPPORTUNITIES



RENFREW COUNTY CATHOLIC DISTRICT SCHOOL BOARD

The Renfrew County Catholic District School Board currently has a vacancy for the following position:

FINANCE OFFICER

- Required Immediately -

Interested applicants with professional accounting designation may refer to the Board's website www.rccdsb.edu.on.ca under RCCDSB Careers – Management & Professionals for further details.

We thank all applicants for their interest. However, only those candidates whose skills most closely match the position will be contacted.

Bob Schreader
Chairperson

Mark Searson
Director of Education

We're Hiring!

The Petawawa Military Family Resource Centre has an opening for the following position:

Early Childhood Educator

For more information visit our website at www.CAFconnection.ca/Petawawa
Deadline for applications is **July 9, 2021**



JOB OPPORTUNITIES



Petawawa Dental Centre

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petawawadentalcentre@hotmail.com

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.

JUNE 21 - AUGUST 26, 2021

TD SUMMER READING CLUB - Petawawa Public Library: Join the Petawawa Public Library in the TD Summer Reading Program! Read books for a chance to win some cool prizes. Participants explore recommended reads; track their own reading; connect and share with others across the country; read books online; join in activities; collect reading incentives; write jokes, stories and book reviews, and more. More information on our website www.petawawapubliclibrary.ca.

AUGUST 21, 2021

DOGGY PADDLE at Petawawa Point Beach, a fundraiser in support of the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Renfrew County Animal Centre. Interested paddlers will be able to navigate a group guided five or 10 km route. For more information about the event or links to register and how to fundraise, visit <https://www.petawawa.ca/things-to-do/doggy-paddle/>.

NOTICES

Hugli's Blueberry Ranch in Pembroke invites you to visit their expanded Country Market and Play Park. Enjoy a Kawartha Dairy ice cream cone on their spacious, scenic patio or say hello to the llamas and baby goats. Blueberry products, Uncle Jim's sausages, Wilkie's Bread, fresh fudge & baking, cool summer dresses & more. www.blueberryranch.ca, Tel: 613-638-1288.

Mosquito Barrier is available at Hugli's Blueberry Ranch in Pembroke. Repels mosquitoes and ticks. All natural and safe for use on animals too. www.blueberryranch.ca, Tel: 613-638-1288.



NOTICE FINANCIAL STATEMENTS

In accordance with Section 295(1) of the *Municipal Act, 2001*, the 2020 audited Financial Statements for the Town of Petawawa are now available. Copies are available on the Town's website at www.petawawa.ca or at the Town Office free of charge. For further information, please contact Annette Mantifel, Treasurer, at amantifel@petawawa.ca or (613) 687-5536 ext. 2004.

NOTICE TO CREDITORS AND OTHERS

All Claims against the estate of **Stephen McGuire**, late of the town of Petawawa in the Province of Ontario, who died on or about the 1st day of April, 2020, must be filed with the undersigned Estate Trustee on or before the **8th day of July, 2021**; thereafter, the undersigned will distribute the assets of the said estate having regard only to the claims then filed.

DATED at Pembroke this 9th day of June, 2021.

David McGuire, Estate Trustee, by his Solicitor, DWIGHT MONTGOMERY LAWYER, Unit 2A-220 Pembroke Street East, Pembroke Ontario, K8A 3J7. 613-629-0220.

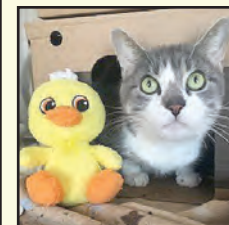
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Sunday English Mass 11:00 A.M.
Summer hours starting 01 July until September 30th: 10:30 A.M. (Bilingual Mass)
All sacraments are offered to military members, military status civilians and government employees under military contract.
CONFESSION -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

St. George's Chapel (P)

4 CDSG Garrison Petawawa, ON K8H 2X3
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The Marriage Preparation Courses required for weddings in a CAF Chapel are provided twice a year.

Faith Community Coordinator: Padre David Egers X5433

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

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(Q-104) 613 - 687-5511 ext. 5434 FAX: 613-588-7524

che de baptêmes
MARRIAGE - Six months (6) notice is required.
A Marriage Preparation Course is mandatory.
MARIAGE - Nous demandons six (6) mois d'avis. Un cours de préparation 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
PRÉPARATION AUX SACRAMENTS - St. François d'Assise offrent la préparation aux sacraments, si vous voulez vous inscrire veuillez contacter le bureau administratif des aumôniers ext. 5434

Faith Community Coordinator Capt
Anthony Ezeonwueme X6402



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

CHAPLAINS (PROTESTANT)

Padre Mike Allen
(4 CDSG Snr Chaplain) 6105
Padre Judson Bridgewater 4494
Padre Michelet Dormeus 5750
Padre David Egers 8455
Padre David Gallas 7761
Padre Troy Irwin
(2 CMBG Snr Chaplain) 7078
Padre Earl Klotz 5208
Padre Matthew Lucas
Padre Humberto Lopes
(Faith Community Coordinator Padre) 5433
Padre Robert Schwyer 6485
Padre Matthew Squires 6498
Padre Luke Vanderkamp 7396
Padre Chris Donnelly 7670
Padre Ken Matende 5748
Padre Carl Strutt 3310
Padre Michael Hackbush 5536
Padre Robert Legair 6412

CHAPLAINS (ROMAN CATHOLIC)

Padre Francis Krusinsky 5536
Padre Anthony Ezeonwueme
(Faith Community Coordinator Padre) 6402
Padre Wendy Duguid 6362

Emergency Chaplain 5611

COMMUNITY CHURCHES - SERVICES & TIMES MAY DIFFER DUE TO COVID-19

ALL SAINTS ANGLICAN CHURCH - 1173 Victoria Street, 613-687-2218. The Reverend Gillian Hoyer. Sunday Service 11:15 & Sunday School 11 a.m.
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.calvinunitedchurch.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.fbcp.ca.
FIRST EVANGELICAL MISSIONARY CHURCH - 39 Shalom St. Pembroke. 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. 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 a.m., Sunday at 8 a.m. and 10 a.m. Sunday School 10 a.m. Sunday. 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 or Sunday Bulletin for on-going programs for all ages.
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. 613-589-2312.
ST BARNABAS ANGLICAN CHURCH - 80 Glendale Ave, Deep River, 613-584-4131. Rev. Patrick Stephens, 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: pazjohns@cogeco.net See us on Facebook, we warmly welcome all visitors.
ST LUKE'S ANGLICAN CHURCH (ANIC) - Rev. Tim Parent, 613-735-4210; Sunday Worship 8 & 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 at 9:30 a.m. Email: office@sttlc.ca. 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. Reverend Scott Schellenberger. 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!

Petawawa Horticultural Society's annual Plant Sale a success

Plans to host second sale this fall; nominations open for annual Trillium Awards.



The Petawawa Horticultural Society hosted its annual Spring Plant Sale on June 12. Its bountiful booth of greenery was set up in front of Looking Glass Toys and Games, an ideal location for attracting plant-lovers and pedestrian traffic alike. The event was postponed twice as COVID-19 social distancing regulations were in force, preventing the society from holding its May tradition. However, the June event was a great success. Members of the society donated the plants, and the price was pay-as-you-want. Another plant sale will be held in the fall. But plant sales aren't the only thing that the Horticultural Society will do this year. Regardless of any possible restrictions, the organization will still host its annual Trillium Awards. This award is given to Petawawa residents who have made their front yard a source of pride and beautification for their neighbourhood. Nomination forms are available this year on their Facebook page. From left are Treasurer Claire Hawke, Board Member Michelle Baxter, President Peggy Hinch, Board Member/Garden Chair Jack van Gemen, Board Member/School Programs/Membership Lois O'Brien and 2nd Vice President Dale Morris. Missing from the photo, but hard at work is Secretary Justine Mumford. (Photo by Patricia Leboeuf, Petawawa Post)



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