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YOUR COMMUNITY NEWSPAPER

PETAWAWA POST

Volume 77, Number 15

Thursday, July 29, 2021

Free/Gratuit

Exemplary community contributions recognized with highest honour for volunteer service

By Patricia Leboeuf

Petawawa Post

With about 60 years of volunteer time between them, Kyle Taylor and Deborah Auchinleck were awarded the Sovereign's Medal for Volunteers (SMV) for their dedication to the Petawawa Goju Karate Club.

The SMV is a national award that recognizes the volunteer achievements of Canadians from across the country in a wide range of fields. It is the highest honour for volunteer service that an individual can receive within the Canadian Honours System.

Receiving this award touched them both deeply.

"It is nice because people can see behind the scenes and the volunteers that keep the place running," said retired Garrison Petawawa Deputy Commander Major Taylor. "Without volunteers, a lot of the programs in the area wouldn't be run. There are a lot of selfless people on the base."

This prestigious medal is usually presented at Rideau Hall in Ottawa but was given to them at Garrison Petawawa on July 26 by 4th Canadian Division Support Group (4 CDSG) Commander, Colonel (Col) John Vass accompanied by 4 CDSG Formation Sergeant Major

(FSM), Chief Warrant Officer (CWO) Jack Durnford.

"This is really a significant honour for both of us to present this on behalf of the government," said Col Vass. "We did some research on

what this award is and it is hugely significant."

The Karate Club has been a fixture with Petawawa Personnel Support Programs (PSP) for decades, mostly due to the tireless efforts of Taylor,

seventh-degree black belt, and Auchinleck, fifth-degree black belt. They made it their mission to foster their students' self-awareness and self-confidence through the martial art.

Their guidance has also

enabled a social opportunity and a sense of belonging for many disadvantaged children and adults who cannot take part in other sports for personal reasons.

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The Sovereign's Medal for Volunteers (SMV) is given to individuals who have made an incredible impact on their community. Kyle Taylor and Deborah Auchinleck (left and second from left) received this medal on July 26 for their decades of volunteer service with the Petawawa Goju Karate Club. 4th Canadian Division Support Group (4 CDSG) Commander, Colonel (Col) John Vass (second from right), accompanied by 4 CDSG Formation Sergeant Major (FSM), Chief Warrant Officer (CWO) Jack Durnford (right), presented the award to them. (Photo by Patricia Leboeuf, Petawawa Post)

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www.petawawapostlive.ca

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PMFRC ONLINE PROGRAMMING

August

PMFRC offices will be closed August 1st for the Civic Holiday.

FAMILIES, CHILDREN & YOUTH

Summer Fun: July 26-Aug 15
Let us help you keep the kids engaged this summer with weekly ideas and resources.

Activity Kits: We've put together a variety of kits with activities and resources related to:

- Creative Activities
- Story Telling
- Deployment Support for Kids

Children's Activity Series
Baby Buddies

Play Troop/EarlyON Programs:

- Family Chat Aug 25 / 7PM
- Interactive Series
- Weekly fun with Ms. Stephanie & Miss Brynna

ADULTS

New to Petawawa?
Book your one-on-one Information Session today!
Email information@petawawaMFRC.com

- View the Garrison's Relocation video
- Access the Welcome to Petawawa Guide
- Get PMFRC Clear-In instructions
- Receive your FREE Welcome gift!

Vacating Your PMQ: Learn what CFHA looks for during their inspection so you can ace it!

Prenatal Nutrition Facebook Group
An opportunity to meet other expectant parents virtually and share resources/information. Email psip4@pmfrc.org

EXCEPTIONAL FAMILIES

Exceptional Families Network
August 5 / 8:30 - 9:30 PM
Peer support for families with special needs. Surprise! This month we have a program in a box just for you!

Glow in the Dark Program In A Box for Exceptional Families- July 14
This month we head to our backyards or camp sites for an evening of family fun with sensory play, science, art, and physical activity outdoors!

Contact Amy for information: psip5@pmfrc.org

JOB SEEKERS

Both the Petawawa and Deep River locations are open for in person support once again!

We look forward to serving you in person as well as offering support and resources online.

In need of a resume refresh, information on current job openings or help planning your next career move? Book your in-person sessions with one of our Employment Coaches today!

Email es-program@pmfrc.org for information and to register.

HOME LEARNING

Language Network: Augsut 18 / 10:00
Practice new language skills and connect with others in our community.

Second Language Training: We offer a range of learning resources to help you and your family master a second language.

Language Learning Support Squad's Summer Learning Adventures! Activities that prevent summer learning loss for an easier transition back to school.

Contact psip1@pmfrc.org for details.

DEPLOYMENT SUPPORT

Deployment Service Catalogue:
Access exactly what you need, when you need it- before during and following a deployment. Register at CAFconnection.ca/petawawa.

Homecoming Boxes: The last weeks of a deployment can seem so long... why not use that time to fill a box with things to make homecoming extra special! This is an activity you can do as a couple or when your soldier is back home.

Morale Mail: You can still send care packages to your deployed member! For details, visit CAFconnection.ca or call 613-687-1641.

VETERANS & THEIR FAMILIES

Demystifying Your Family's Transition:
A series of videos designed to help a member's family understand and deal with their 3B release process.

Mental Health First Aid: Next sessions take place in October! Open to Veterans as well as their family, friends, colleagues and caretakers.

For information contact VFP Coordinator Louise Anderson at vfp_coord@pmfrc.org


MENTAL HEALTH SUPPORT

Mental Health Support & Resources:
Our Mental Health Team is here to support you and your family while respecting social distancing protocols.

We offer 1-1 counselling for all members of the family online, over the phone and - once again- in person.

Contact Annette at fac@pmfrc.org to register for a session.

General Inquiries: (613) 687-1641 ext 0 / information@petawawaMFRC.com
Visit CAFconnection.ca for information and to register for these programs and services.



Exemplary community contributions recognized with highest honour for volunteer service ... continued from front page

And even while Tylor was deployed to Bosnia and Afghanistan, he continued the club overseas.

"With the tours, we supported a lot of the families," said Auchinleck. "With the kids, this was their continuity."

On many occasions, they took on a parental role with their younger students. Many have stayed in contact with them even after they moved elsewhere or became adults.

"We wanted them to have some sense of belonging with this club," said Taylor.

Passion, dedication and commitment were all words to describe the couple's drive when it comes to running the Karate Club.

"That speaks to the type of people, you Deborah and you Kyle, are," said CWO Durnford.

Taylor has been volunteering in the military and civilian community through martial arts for close to 35 years in various positions.

He is best known for his role as President and Chief Instructor of the Karate Club.

Auchinleck has been volunteering in the military and civilian community through martial arts for 25 years in various positions with the Karate Club, first as an executive member and then also as an instructor upon attaining her Black Belt certification.

Both dedicate over 12 hours a week to the club.

"They are a self-contained unit that ensures a good quality karate program in our area and others," said Manager Community Recreation, Karen Donovan.

About the Sovereign's Medal for Volunteers: The Medal for Volunteers consists of a silver circular medal that is 36 mm in diameter with a suspension ring. The obverse depicts a contemporary effigy of the Sovereign, circumscribed with the inscription in capital letters of the Canadian Royal Title and the word "CANADA", separated by two maple leaves.

The reverse indicates the ideas of caring and generosity, represented by two interlaced hearts. The sunburst pattern of the rim symbolizes the time that volunteers are giving and their actions. The ribbon uses the viceregal colours of blue and gold. The five gold stripes evoke the fingers of a hand, present in the Caring Canadian Award emblem, while the deep red colour is associated with royalty.

The design of medal was created by the Canadian Heraldic Authority, based on a concept by Darcy DeMarisco of the Chancellery of Honours. The medal is manufactured by the Royal Canadian Mint at its Ottawa facility.





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Members of 424 Transport and Rescue Squadron rescue a pilot following a plane crash north of Petawawa

TRENTON - The crews of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter and CC-130H Hercules aircraft from 424 Transport and Rescue Squadron rescued a pilot, following a plane crash near Petawawa July 25.

At approximately 11 a.m., the Joint Rescue Co-ordination Centre (JRCC) Trenton was notified of a

MAYDAY call and received a subsequent signal from an aircraft Emergency Location Transmitter (ELT), approximately 40 nautical miles (NM) north of Petawawa.

At this time, members of 424 Transport and Rescue Squadron based out of 8 Wing Trenton responded with a CH-146 Griffon Helicopter and CC-130H Hercules aircraft. They were joined by an

aircraft from the Civil Aviation Search and Rescue Association (CASARA) out of Ottawa and a Bell 412 Helicopter from the Sûreté du Québec.

The CASARA crew successfully located the crashed aircraft and directed the RCAF crews to its exact location, where they deployed Search and Rescue Technicians (SAR Techs) at approximately 2 p.m., to assess and

aid those onboard the crashed aircraft. Thankfully the sole person who was in the aircraft at the time of the crash is in stable condition and has been transported to the Pembroke Regional Hospital.

"By working with the JRCC and our CASARA partners, we were able to quickly and safely locate and rescue this individual," said Lieutenant-Colonel J.P Landry, Commanding Officer, 424 Transport and Rescue Squadron. "This is just one example of the many Search and Rescue missions that our personnel execute each year, helping our fellow Canadians in their time of need."

The RCAF is responsible for the aeronautical component of the search and rescue (SAR) mandate in Canada. Search and rescue incidents under the federal SAR mandate are defined as all incidents involving an aircraft

and all marine incidents on any Federal waterway. All other search and rescue cases are classified as humanitarian and are provincial/territorial responsibilities.

To ensure safety and effectiveness of searches located in the region, all the search and rescue assets in the operation are jointly coordinated by JRCC Trenton and/or MRSC Quebec. The central region is located from 100 nautical miles east of Québec City to the border between Alberta and British Columbia, then north to the

North Pole.

Within the JRCCs, Canadian Armed Forces (CAF) personnel conduct the coordination and control of aeronautical SAR operations and the Canadian Coast Guard (CCG) personnel conduct the coordination and control of maritime SAR operations.

424 Transport and Rescue Squadron operates the CH-146 Griffon and the CC-130H Hercules. The crews are launched in the event of air and maritime SAR distresses and also in support of humanitarian cases.

SAR cases like this one illustrate the effectiveness of ELTs, and how important it is that pilots ensure their transponders are in good working order prior to each flight.



The crews of a Royal Canadian Air Force (RCAF) CH-146 Griffon helicopter and CC-130H Hercules aircraft from 424 Transport and Rescue Squadron responded to a plane crash July 25 near Petawawa. The pilot, the sole occupant of the downed aircraft, is in stable condition and was transported to the Pembroke Regional Hospital. (Submitted photo)

Garrison Petawawa beaches temporarily prohibited for public use

GARRISON PETAWAWA - The public is advised that all shoreline beaches along the Ottawa River, including Wegner Point, Antler Point, Gust Point and Kiska Beach on the Operational side of Garrison Petawawa are currently prohibited for public use.

The recent discovery of a UXO along the shores of the river, low water levels and the flooding in 2019 has raised new concerns for public safety.

Garrison Petawawa will be looking at the feasibility of re-opening the beaches in the future to provide a safer environment while ensuring the appropriate security of Department of National Defence Infrastructure.

Drive-In Concert at Riverside Park Aug. 7

PEMBROKE - The City of Pembroke is pleased to announce a free drive-in concert August 7 from 1-4 p.m. at Riverside Park. The Ottawa Valley's own Rivertown Saints will be performing along with Lemon Cash as the opener.

Keep an eye on the City of Pembroke social media and website, as well as our media sponsors Pure Country 96.7, 104.9 myFM and Country 92.3 for more details and fun contests.

Tickets, more details, and a schedule of the day's festivities will be available closer to the concert date.



Nightly Entertainment at the Riverwalk Amphitheatre!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 1st ALYN	August 2nd Bernadette Kelly	August 3rd Movie Night in the Park: Solo: A Star Wars Story	August 4th Honky Tonk Drifters	August 5th Pembroke PRIDE	August 6th Pawn Shop Majors	August 7th Wesley & Calvin United Church
August 8th Sierra Levesque	August 9th Country Classics	August 10th Movie Night in the Park: Karate Kid (1984)	August 11th Ainsley Phillips and the Vagrant Kings	August 12th Marc & Bradley Audet	August 13th Aerik Watson	August 14th Country Classics

Live Music @ 7pm | Movie Nights begin @ 9pm (Tuesdays only)

To reserve tickets please visit Pembroke.ca or call 613-735-6821 ext. 1501

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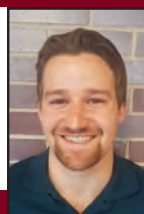
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Dr. Stuart Macpherson, D.C.

FOUR DAY FORECAST FOR PETAWAWA

TONIGHT	FRIDAY	SATURDAY	SUNDAY
JULY 29 12C PARTLY CLOUDY POP 55%	JULY 30 20C SUN & CLOUDS 11C @ NIGHT	JULY 31 19C LOW CLOUDS 14C @ NIGHT	AUGUST 1 19C SUN & CLOUDS 11C @ NIGHT

Forecast data updated as of Tuesday, July 27, 2021 from www.accuweather.com

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Circulation: 7,700
4 CDSB Garrison Petawawa, Ontario K8H 2X3
613-687-5511, Ext 5386/6265
Fax: 613-588-6966
Email: petawawapost@bellnet.ca
Publication Mail Agreement Number: 42716018
PUBLISHED BI-WEEKLY as of May 2020.
Delivered FREE to the Petawawa community.
SUBSCRIPTIONS/ ABONNEMENT: Please inquire for more details/Veuillez vous renseigner pour plus de détails.
Read the Petawawa Post on line at www.petawawapost.ca

This publication is issued under the authority of Col J Vass, Commander 4 CDSG/4 CDSB Garrison Petawawa with copies published every second Thursday (as of May 2020).
Cette publication est émise sous l'autorité du col J Vass, commandant de la 4 GSDC/4 BSDC Garrison Petawawa et est publiée chaque deuxième jeudi (à partir de mai 2020).

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Submission Deadline:
Thursday noon to the Editor for the following Thursday edition.
Bldg P-106, 613-687-5511. ext. 5386.
Email: petawawapost@bellnet.ca

Publicité:
L'auteur de l'annonce accepte que le Rédacteur en chef ne soit pas tenu responsable des dommages qui pourraient survenir suite à des erreurs dans la annonces en plus de montant payé pour l'espace occupé par cette portion de l'annonce au-delà du montant payé pour l'annonce.

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Le jeudi à 12h 00 au Rédacteur en chef
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Species at Risk: Send Us Your Sightings!

Submitted by Environment Services
The Department of National Defence, like all other federal agencies, has an obligation to abide by federal laws pertaining to the protection of species at risk and other wildlife. The Environment Services (Env Svcs) unit at Garrison Petawawa conducts wildlife surveys and species at risk assessments to ensure that protected species are protected, but they can only obtain so much information themselves. The truth is that everyone can help in the search for species at risk at Garrison Petawawa.

Now that summer has arrived and we are all spending more time outdoors, we are more likely to encounter wildlife and maybe even see something special that it is not seen very often. If you or someone you know has spotted something that you think might be a species at risk, please don't hesitate to let Env Svcs know about it. Any information at all is useful, but the more information you can provide, the better. Information such as species, location, and date are most important to us, but it would be great to also document things like the time, what the animal was

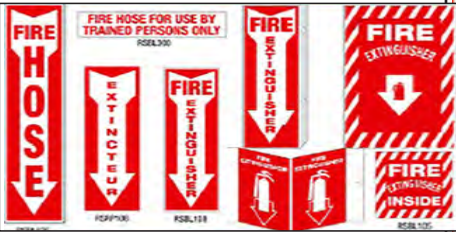
doing, and even the weather conditions. One of the best pieces of information is actually a photo; take one if you can! GPS coordinates would be great, but not necessary, as a description of the general area is really all we need.
If you do encounter a

species at risk, please ensure that you give it space. Observe and admire it from a distance, try and snap a photo or two, but please do not actually touch or disturb the animal in any way. Species at risk sighting information can be emailed to Harry. Aime@forces.gc.ca or you can call 687-5511 ext 5960.



A message from the Garrison Fire Prevention Branch FIRE WARDEN NEEDED

Garrison Petawawa Fire Department is looking for keen individuals to be Fire Warden.
IAW Fire Marshall Directive 1013 Emergency Planning, every building shall have a Fire Warden.
All you need to have is have eye and access to DLAN to send a Monthly Fire Warden Report.
We have one hour course that will tell you what to do and how to do it.
The course is open to any military members, DND civilians and PSP employees. Just ask your chain of command to book you on this course.
We usually have the course on the last Thursday of the month at 1300 at the Base Fire hall.
Fire Inspector Phil Smith is the Garrison Co-ordinator and can be reached at local 6024.



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Walk For The Wounded 2.0 looking for sponsors, participants

By Patricia Leboeuf

Petawawa Post

The Walk For The Wounded 2.0 presented by Arrowhead Coffee Company is looking to unify people in the same goal: helping veterans and First Responders.

On Sept 4 and 5, up to 12 teams of four EMS, police and military members will walk from the gates of Garrison Petawawa to Ottawa. They will traverse a distance of 170 km, broken down into 4x42 km legs completed relay format. They will stop every hour to do 22 push-ups. Each of these push-ups represents a U.S. soldier who has taken their own life, according to a 2012 study by the American Department of Veterans Affairs.

Though that is an American statistic, there are many Canadian Armed Forces (CAF) veterans and serving soldiers suffering from mental health issues.

According to Statistics Canada, 44 per cent of CAF members surveyed experienced symptoms consistent with depression or anxiety at some point between 2002 and 2018. More than 36 per cent of veterans reported that they had a difficult transition to civilian life in another study. That number climbed to six out of ten for veterans who had a mental illness.

"You have no idea what its going to be like until you are out," Dylan Pace, Founder and Co-Director who is now one year out of the military. "No one understands except for other veterans."

Knowing that many are suffering, Walk for the Wounded is looking to address those issues. The fundraiser will collect donations for Wounded Warrior Canada with a goal of \$50,000.

Though Wounded Warriors does primarily help those affiliated with the military, the organization also offers its services to First Responders, who suffer from many of the same challenges.

The organizers for this fundraising walk are either current or former military members and have known the hardships

that come with multiple deployments, training and being away from loved ones for months on end. Every single one of them has lost someone either overseas or at home. And they have seen their brothers and sisters in uniform struggle with mental health challenges, especially after releasing from the CAF.

They wanted to find a direct way to help, creating this fundraiser and its earmarked charitable organization as a solution.

"We see a lot of holes in the system in place," said Pace, pointing out they truly have faith that Wounded Warriors Canada is a good group to bridge those gaps.

He chose to create partnerships as he is a firm believer in the adage that "Many hands make light work."

Mental health has been its own pandemic and one that is often hidden in the shadows.

Doing this long walk helps bring the conversation out in public, and it also humanizes the uniform as most Canadians have little idea what it is like to wear one.

"Everybody looks at the news in the states and assumes it must be like that here," said Pace.

The walk is the main fundraiser, but Pace and his team hope to grow their charitable organization into something bigger, allowing all veterans who are struggling to connect to people who understand and relate.

"We want to help people," said Pace. And the point would be to help people, not just those with Post Traumatic Stress Disorder (PTSD), but those who are struggling with loneliness, grief and lack of purpose.

"There are lots of gaps that can be filled and people want to do that," said Pace.

There will be a fun afterparty at the end of the walk, if restrictions allow, complete with activities and food for all.

To donate, become a corporate sponsor, or join the event, please visit the Walk for the Wounded Facebook page or www.walkforthewounded.ca. The hashtag used for the event will be #walkforthewounded or @walkforthewounded.

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 Blvd is scheduled to re-open 26 Nov. 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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Commemorating Emancipation Day



Emancipation Day - August 1

On March 24, 2021, the House of Commons voted unanimously to officially designate August 1 Emancipation Day. It marks the actual day in 1834 that the Slavery Abolition Act came into effect across the British Empire.

Canadians are not always aware that Black and Indigenous Peoples were once enslaved on the land that is now Canada. Those who fought enslavement were pivotal in shaping our society to be as diverse as it is today.

Therefore, each August 1, Canadians are invited to reflect, educate and engage in the ongoing fight against anti-Black racism and dis-

crimination.

Emancipation Day celebrates the strength and perseverance of Black communities in Canada.

Slavery in Canada

The transatlantic slave trade caused the deaths of millions of African people and their descendants. Many lost their lives as resistance fighters, during long treks to slave ships, or from mistreatment and malnourishment during the journey across the Atlantic. It is estimated that over 2 million African people died during that journey. In the end, most of the 12.5 million African captives were transported to Latin America and the Caribbean,

while 6% were brought to North America.

Once landed in North America, enslaved Africans and their descendants were forced to work in fields, do manual labour and do domestic work in homes. They were forced to change their names, abandon their faiths, reject their cultures, and stop speaking their native tongues. The enslaved Africans were exposed to the most brutal forms of torture and abuse, all enforced by law.

In his book *Canada's Forgotten Slaves: Two Hundred Years of Bondage*, the Quebec historian Marcel Trudel estimated that there were approximately 4,200 en-

slaved people in the area of Canada known as Nouvelle France, and later in Upper and Lower Canada, between 1671 and 1831. Initially, approximately two-thirds of these enslaved people were Indigenous and one-third were of African descent.

After British colonial settlers established Upper Canada, the number of enslaved Africans and their descendants increased significantly. It is estimated that 3,000 enslaved men, women and children of African descent were brought into British North America and eventually outnumbered enslaved Indigenous Peoples. Many enslaved Black people resist-

ed slavery by fleeing Upper Canada to a territory known as the Northwest Territory, which included Michigan and Ohio, as well as to Vermont and New York, which had banned slavery in the late 18th century.

The Black Loyalists and the Maroons

Over 3,000 Black people arrived in Nova Scotia between 1783 and 1785, as a result of the American Revolution and Loyalists migration. They had pledged allegiance to the British Crown and decided to flee revolutionary America. They were the largest group of people of African birth and descent to come to Nova Scotia at any one time. Despite the promises of prosperity, many were denied access to land they could cultivate. They also faced racism, shortages of food and clothing, and other harsh conditions like starvation and exploitation. Several hundred free and enslaved Black loyalists also settled in Upper Canada and enslaved people of African descent were also brought to Lower Canada.

In 1796, nearly 600 people, known as the Maroons, were deported from Jamaica

to Nova Scotia, following their rebellion against the colonial government. Many worked on the third fortification at the Citadel in Halifax and on Government House. Others were formed into a local militia company to help protect Nova Scotia from a feared French invasion. After petitioning the colonial authorities to leave the territory, 551 Maroons sailed from Halifax to Freetown, Sierra Leone, in Western Africa, where they remained.

The Underground Railroad

In 1793, the Upper Canada legislature passed an act that granted the gradual abolition of slavery and any enslaved person arriving in the province was automatically declared free. As a result, over 30,000 enslaved African Americans came to Canada via the Underground Railroad until the end of the American Civil War in 1865. They settled mostly in southern Ontario, but some also settled in Quebec and Nova Scotia. Other migrations of Black people from the United States occurred during the War of 1812, when over 2,000 African American refugees came to Nova Scotia and New Brunswick.

continued on next page

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Pembroke's Madeleine Kelly competing in Olympic Games in Tokyo

By Patricia Leboeuf

Petawawa Post

Coueurs de Bois alumna Madeleine Kelly is competing in the 2021 Olympics and will hit the Tokyo Olympic Stadium track on July 29 for round one.

The first-time Olympian hopes to bring home the gold in the 800 m dash, competing against the best of the best, which includes some of her personal heroes.

Before departing for Japan, the 25-year-old Pembroke native, now living in Hamilton, admitted that it all still felt a bit surreal to be chosen for Team Canada. If anything, it was a relief to have that certainty that she was going to the Olympics after all her hard work.

"I've been working for a very specific goal for a very long time," said Kelly. "I'm really proud of my accomplishment but there is a part of me that is very glad that I have this year behind me."

For most people, the past year was challenging. Add on training difficulties due to COVID-19 restrictions, the possible cancellation of the Olympics, and personal responsibilities, it was difficult to keep on track. But she managed to keep her head in the sport and her feet on the ground no matter what.

And it paid off.

Like many Olympians, she sacrificed much to earn a spot on Team Canada, particularly over the past six months. In addition to maintaining a disciplined lifestyle, training schedule, and diet, she also had to leave her beloved job as a Canadian Running magazine staff writer - though she does still freelance.

Despite being a Gold-medal hopeful, Kelly does try to ensure that she still has a life outside of running.

"I never want to feel like I'm resentful of what I'm doing," said Kelly. "It is very important that I wake up in the morning and want to train hard. That's how you train better."

In a non-pandemic year, she would have said that getting to see Japan was the best part of going to the Olympics, but she and her fellow Olympians are sequestered due to severe restrictions. So all of her energy and focus is going towards that 800 m run.

She cannot wait to prove to herself that she can make it. Though she's aiming to medal, she also hopes she can beat her personal best of 2:01.

An added difficulty is that Team Canada is spread out across the nation, so they

haven't gathered to train en masse before going to Tokyo. Kelly has been lucky to have a training partner, Kate Van Buskirk (women's 5,000 m), to train with, and she has been glad to have the support and companionship.

Going to the Olympics was initially just a dream for Kelly, until two years ago when she won first place in the 2019 Canadian National Championships in Montreal, beating out such legends as Lindsey Butterworth and Melissa Bishop-Nriagu.

"That really changed things for me," said Kelly.

Her love of running tentatively began in elementary school. She just started running for the sheer joy of going fast and feeling wind against her face. As her skills developed, she joined the Coueurs de Bois, a developmental running club based in the Ottawa Valley, where she built her fundamentals. She continued running while she pursued a degree in English at the University of Toronto.

Yet, she believes that there was no real indication that she would ever make it to this level of competition.

"Running was something that I liked doing, but even more, I like the social aspect of it," she admitted. "I really liked the people I trained with in high school

and I loved my university team. They became some of my closest friends."

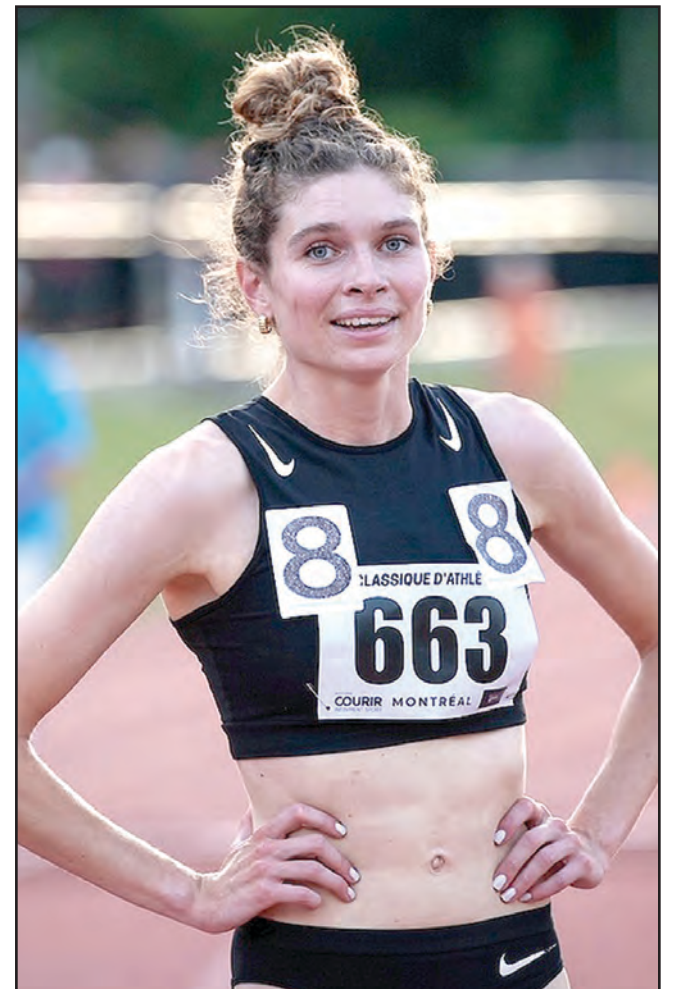
Falling in love with running involved falling in love with the people who run. She has been supported by former and current coaches, teammates, friends, family members, and her boyfriend. Van Buskirk and her coach Terry Radchenko have been by her side for the past nine years, and her parents, Chris and Caroline Kelly, have been cheering her on since the start.

"I'm out there running but there are hundreds of people who got me here to the starting line," said Kelly.

She was also thankful for her Coueurs de Bois Coach Rick Schroeder of Petawawa's Valour JK-12 school, who helped shape her skills.

When not running, she loves to cook, write and be outside.

Pembroke native and Coueurs de Bois alumna Madeleine Kelly is competing in the Olympic Games Tokyo 2020 and will hit the Tokyo Olympic Stadium track today, July 29 for round one. (Submitted photo)



Commemorating Emancipation Day ... continued from previous page

Indigenous Peoples Slavery

The enslavement of Indigenous Peoples is a dark chapter in Canada's history. European explorers in the 1400s and 1500s were notorious for kidnapping Indigenous Peoples and taking them back to Europe to be enslaved or exhibited. Between the mid-17th century and 1834, it was recorded that there were 4,185 enslaved people. Of that number, 2,683 were enslaved Indigenous Peoples. It was not until after 1750 that the number of Indigenous Peoples transported into French Canada started to decline.

Indigenous Peoples were not granted basic human rights, and were treated as property, as they were continuously bought and sold for the primary purpose of manual and domestic labor. The majority of those enslaved were young women, with the average age being as young as 14 years old. It is reported that 57% of enslaved Indigenous peoples were girls or young women.

Emancipation in Canada

The Slavery Abolition Act of 1833 ended slavery in the British Empire on 1 August, 1834, freeing over 800,000 enslaved Africans and their descendants in parts of the Caribbean, Africa, South America as well as Canada.


For most enslaved people in British North America, the Act resulted only in partial liberation. It only freed children under

the age of six. Others were to continue serving their former owners for four to six years as apprentices. The Act did however confirm Canada as a free territory for enslaved African Americans. Thousands of African Americans subsequently arrived on Canadian soil between 1834 and the early 1860s.

Resources

<https://www.canada.ca/en/canadian-heritage/campaigns/emancipation-day.html>

- Black Enslavement in Canada
- Enslavement of Indigenous People in Canada
- Black Loyalists in British North America
- Jamaican Maroons in Nova Scotia
- The story of slavery in Canadian history
- Slavery | Virtual Museum of New France
- A Short History of Slavery in Canada
- Slavery in Canada
- Enslaved Africans in Upper Canada
- To "Canada" and Back Again: Immigration from the United States on the Underground Railroad (1840-1860)
- Slavery and its Gradual Abolition in Upper Canada
- The abolition of the slave trade and slavery in the British Empire
- Slavery in Canada (PDF format)
- Anti-Slavery Movement in Canada
- Black History in Canada - Historical Canada Education Portal (PDF format)



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Financial support for this program is provided by the Sexual Misconduct Response Centre





Petawawa: the place to explore

By Patricia Leboeuf

Petawawa Post

Barring a few very specific things, everything

one could ever need can be found in Petawawa, said Christine Mitchell, the Town of Petawawa's

Economic Development Officer.

More importantly, in the wake of COVID-19 restrictions, people should look to their local business community to buy what they need and want. Shopping local is good for everyone, not just for businesses, as money spent is often reinvested into the community to help the area thrive.

Benefits from shopping local also include reducing your carbon footprint, investing in your



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As the closest mechanics to Garrison Petawawa, Deni's Automotive knows the importance of keeping a soldier's vehicle in top shape before they deploy. Under new ownership, the business always provides the best service and the best price possible, making sure that no one has to worry about their car when overseas. (Photo by Patricia Leboeuf)

community, creating demand for local jobs, having that human connection, and finding unique, fun products - and even very esoteric and specific products can often be sourced or created if the need arises.

"You can always find an artisan for that," said Mitchell. "There is a lot of talent between our artis-

tic community, our Mil-Spouses and just everybody."

And now that pandemic restrictions are easing, local business owners are happy to welcome people back into their stores.

But even when their doors were closed, the creativity shown by the business community over the past few difficult months

and before has been astounding, said Mitchell.

Local businesses have stepped up their game by offering new and innovative services and products or adapting their business with websites, local delivery, and curb-side pickup. No matter what the challenges were, people rose to meet them, grabbing hold of the opportunities



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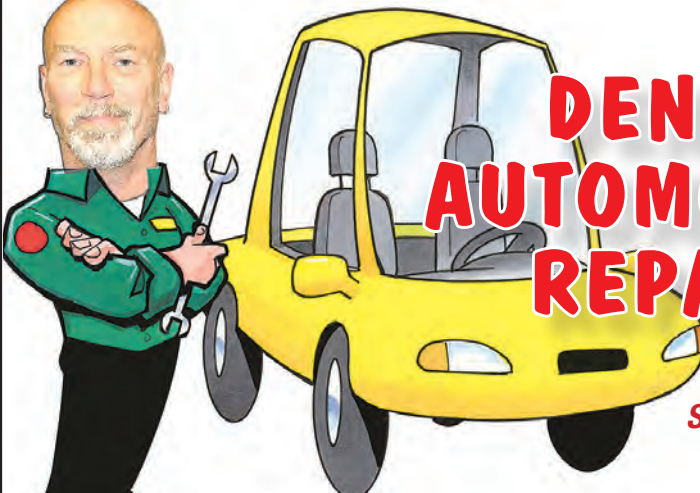
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Petawawa: the place to explore cont'd

that presented themselves.

Several new businesses have opened in the past few months while established shops found ways to improve.

"And that's fantastic," said Mitchell.

Notably, essential businesses continued to offer their products and services without interruption, but often with a twist.

Sunny Side Up Breakfast Buffet, which opened right before the pandemic hit, continued to succeed, serving up delicious breakfast and lunch specials as they were one of the first to plunge into third-party food delivery. This allowed them to offer their menu regardless of any restrictions, and now that the patio is open, people can dine-in

and enjoy their fabulous meals on location.

Deni's Automotive Repair, now under Dave Cardwell's ownership, also stayed open throughout the pandemic, offering their exceptional workmanship and customer service.

"We do all general repairs," said Cardwell, adding not only does he have the most competitive prices, but he also prides himself on his honesty and transparency.

"I tell the soldiers to tell their partners not to worry about the car because I'll look after whatever they need," noted Cardwell.

And his reviews reflect these positive interactions.

"It is important to know what you are doing (with the car) but those

personal interactions are even more important," he said.

Having a good personal encounter is one of the many added benefits of shopping locally. Businesses in Petawawa have become well-known for their personal touches - even when it comes to things like mortgages.

The Mortgage Advisors in Petawawa focuses on offering a unique level of service that makes shopping for a mortgage easy. Their team of mortgage agents and brokers make it their business to find the mortgage a client deserves and needs. All you need is one simple application, and you are on your way to homeownership.

Not far from The Mortgage Advisors is another local favourite for foodies, Valley Smoke-



There are few things as complicated and stressful as buying a new home. The Mortgage Advisors take that stress out of securing a mortgage by making the process as smooth and pleasant as possible. (Photo by Patricia Leboeuf)



Hyundai Pembroke on Petawawa Boulevard is one of the few family-owned dealerships in Canada and that is a point of pride. This allows them to have that personal connection with every client who walks through their doors. (Submitted photo)

house. While one of their menu highlights is pulled pork, their offerings also include donairs, mac and cheese bites, poutine, wraps and sandwiches. They are located inside the Ultramar gas station.

Pairing up in a retail space isn't uncommon for

Petawawa businesses.

Mitchell has been working with property owners to create additional spaces for development, however the shortage of traditional space has created an opportunity to think creatively for business owners.

Some have transformed their homes into workshops where they make and sell their products.

Katie Clark of Rose and Ash, is one such business owner.

Continued on next page...

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Petawawa: the place to explore cont'd...

She makes beautiful jewellery out of polymer clay. Her intricate and delicately beautiful pieces are sold online and at vendors' markets. Her pressed floral earrings are unique and unlike anything else around. And with the town's newly launched Pop Up

Container Market, artisans like Clark have been able to showcase their goods right at home. This market is in its first year and is located near the Kin Hut area of the Civic Centre. There are currently five 10 foot shipping containers that have been altered into cute boutique spaces. The retail selection is ever-changing to give

small, home-based businesses a chance to show visitors what they offer. "The excitement is certainly there in terms of the concept and how it can roll out," said Mitchell, adding with time, the market will grow. "It is ultimately a chance to re-engage with customers and give them a chance to see them here," she said. Reset Yoga and Massage is another business that offers services from home. Since 2020, Christina Zealey has been providing massages, yoga classes and wellness services at her home and at various locations around the Ottawa Valley. There is a sense of community among business owners within Petawawa. They often work together and build each other up, using their skills to collaborate behind the scenes so that the client ultimately benefits. "The Petawawa business community really rallies to support each other," said Mitchell. "They really work together well, especially the women and military-owned enterprises. They work together and they champion each other, which is so important."

Many of the local businesses are also veteran or military-owned. Marc Lebel and Chantal Cormier-Lebel own Weapons Of Bass Destruction. The word play comes from the fact that they are a military family selling handmade fishing jigs, weights, and apparel. "I would go fishing in Corry Lake up in the Petawawa Research Forest, and I would lose jigs all the time," explained Lebel. "So I started making my own."

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Petawawa: the place to explore cont'd...

that satisfied his high standards, he started selling them to coworkers and friends. Demand grew, and his products can now be purchased in nearby stores and on his website.

Dog House Brewing Company is another veteran-owned, father/son business making and selling beer right in the heart of Petawawa.

Richard and Brady McNish carefully brew every batch to meet their rigorous quality standards, and their beer cans pay homage to the local area. A story about the name and how it relates to the local military history is attached to each brew, with more details on their website.

"People have been nothing but supportive from the start," said Rich-

ard. "We have the most loyal customer base."

But it isn't just unique, home-based businesses that are locally owned and operated. Most of the franchised stores and restaurants in the area are also owned and operated by town residents.

Hyska's Your Independent Grocer, for one, is owned by Valerie and Steve Hyska. This full-service grocery store offers everything from your every-day basics to exotic treats. After its most recent renovations, the store has an even better selection of products - many local to the Ottawa Valley. And for those who prefer the convenience of self-serve checkout, they now have that as well. More importantly, as they live here, they love to help

out the community and have fund raised and contributed thousands of dollars for organizations such as the Ontario Society for the Prevention of Cruelty to Animals (Ontario SPCA) Renfrew County Animal Centre, and the Petawawa Pantry Food Bank.

Hyundai Pembroke is another locally owned and operated business.

"We pride ourselves on giving the customer the best experience, we are truly invested, and we stand behind our product and our team," said Shannon Slaughter, General Manager. "We are really about a fresh approach to an old industry. We are progressive and innovative. We want everyone to have a great car buying or servicing experience. We are true supporters of shopping local."

With community support, they've been able to give back. They sponsor little league teams, fun fairs, soccer teams, hockey teams, non-profit organizations, and so much more.

"We believe it comes full circle, you help the community, and the community will support you and your business," said Slaughter. "We are incred-



Hyska's Your Independent Grocer has everything a person could ever need or want when it comes to grocery shopping. The newly renovated store has added products, both local and exotic, to tantalize the senses and to ensure that supper is delicious. (Photo by Patricia Leboeuf)

ibly proud of our team."

As for the restaurant chains? Milanos has one of the best-tasting pizzas in the area. Though the store temporarily closed, it reopened with new owner Jenny Hodgson at its helm. Now they can offer customers their favourite pizza with a Petawawa flair.

Hodgson's own favourite menu item is the twisted nachos, which is a personal recipe.

But what she appreciates above all are the customers.

"If I am the order taker that day on the phones, I

truly hope people can feel my smile through the call," said Hodgson. "Also what I'm learning about is truly being your own boss and the new appreciation I have for all my previous bosses."

With so many businesses right in town, there is no need to go far to find what you need, whether it's food, accessories, or a new car. Because when you shop locally, you help your community.



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Phoenix Centre project enhanced by funds from United Way East Ontario

United Way responds to ongoing social needs amplified by pandemic - investment in 39 local programs will support the people still struggling as the province reopens.

By Patricia Leboeuf

Petawawa Post

As mental health concerns and financial inequality become more amplified by the ongoing pandemic,

the Phoenix Centre for Children and Families, host of the Champlain Region Virtual Care Project, has come up with a solution to ensure no-one falls through the cracks.

Providing services virtually

was a given, but providing adequate care became much more complicated as it quickly became apparent that not everyone can afford the internet or the necessary devices to connect with mental health providers.

Access was improved by subsidizing telecom bills and providing the devices, but with hundreds of people in need of services, it became expensive for the non-profit and its partner agencies.

In response to the need, United Way East Ontario contributed \$85,000 last year and designated \$65,000 for 2021. The County of Renfrew also donated \$20,000 for this project, so total funding was equalized.

With this support, the centre was able to fund about 600 people in the Champlain Region, ensuring that no one went without mental health care due to distance or pandemic restrictions.

The project is ongoing.

As they were already providing partial virtual care, the centre was chosen as the lead for over 50 other organizations in Ottawa, Prescott-Russell, Lanark County and Renfrew County.

"We decided that instead of each of us struggling and find ways of solving this, let's work together," said Greg Lubimiv, Executive Director of the Phoenix Centre. "We became the one door approach so that if an organization had somebody struggling with access, they would just call our coordinator."

Due to the number of agencies working together, the centre was able to strike deals with the top three telecom companies in Canada.

"More than 600 people have already reached out for help through this service, and United Way's investment empowers us to continue reaching those who need us, without barriers," said Lubimiv.

He estimates that between 800 and 1,000 individuals will access this project in the upcoming year.

When residents were told to avoid leaving their homes except for essential reasons, the centre - and other agencies - made their services entirely virtual. Though many people benefited from this model, many others encountered new barriers.

They either lived in an area too rural for good connectivity or couldn't afford the necessary equipment to chat online or over the phone.

"Our journey through COVID-19 has made the inequities that many children, youth, adults and families face every day even more clear," said Lubimiv.

As time went on, the centre connected with some of these clients in the office. However, it quickly became clear that there were two types of people: those who could use the virtual model with ease and those who could not as the pandemic highlighted community and mental health issues that were once hidden away, said the Executive Director.

"It was like putting a magnifying glass on mental health," said Lubimiv. "We have huge numbers of anxiety and depression. We have huge numbers of eating disorders and suicidal ideation."

Not just children and teens have suffered through the nearly two years isolated from their peers and extended families. Adults are facing just as many issues.

All can receive help from the centre, and as restrictions ease, people can also choose to visit the organization in person.

Most mental health agencies worldwide are moving forward with a blended model, and the centre is no exception. Bridging those gaps between the "haves and have-nots" is integral to ensuring that everyone can connect, whether in-person, over the phone, over video conference and, one day, over text chat.

Without the United Way funding, they wouldn't have been able

to extend their reach as they have.

"There would have been hundreds of clients who wouldn't have been able to access services at a critical time in their life and agencies would have spent tremendous more energy solving this," said Lubimiv. "Perhaps putting clients at risk."

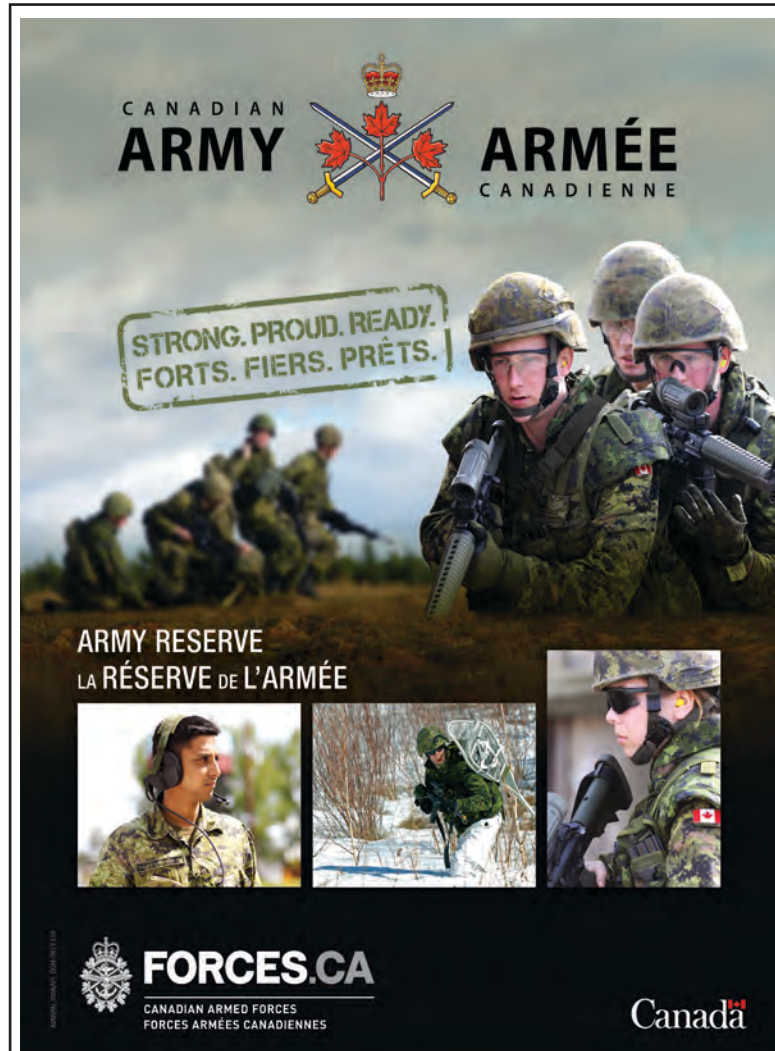
The Phoenix Centre isn't the only organization that received funds from the United Way East Ontario; \$2 million was invested in 39 programs across Ottawa, Prescott-Russell, Lanark County, and Renfrew County to respond to the ongoing need in local communities.

The money will be used to provide basic needs like food and PPE, support isolated seniors and their caregivers, strengthen mental health supports, address learning loss among vulnerable children and youth, empower community services to continue their frontline work and build a more equitable recovery from the pandemic.

Throughout the pandemic, United Way East Ontario has chaired the COVID-19 Community Response Table, a group of more than 100 partner organizations and subject matter experts who deployed more than 60 rapid response solutions to respond to the challenges of the pandemic in its first year.

With support from the Community Response Table, United Way has helped more than 130,000 people stay alive, healthy, and safe with data-driven investments and collaborative advocacy since March 2020.

"It will take courage, commitment, and innovation to continue tackling systemic challenges while many people return to a pre-pandemic feeling of normalcy," said Michael Allen, President and CEO of United Way East Ontario. "We will continue tackling the most complex challenges our communities face, and we will take the lessons of the pandemic with us to build a more equitable future - that is the power of United Way."



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Upper Ottawa Valley OPP welcomes three new recruits

PEMBROKE - Three new Provincial Constables (PC) have recently joined ranks at the Upper Ottawa Valley (UOV) Detachment of the Ontario Provincial Police (OPP).

The newest members of the UOV OPP Detachment are PC Michelle Alderson, PC Justin Collin and PC Ashley MacDonald. The three

new officers have each been assigned a coach officer and commenced their one year probationary period in early June.

PC Alderson served 18 years with the Canadian Armed Forces (CAF), including 10 years as a Military Police Officer, before becoming a member of the OPP. Originally from Manitoba, she was posted to Petawawa with the CAF and fell in love with the beauty of the Ottawa Valley which she now calls home.

PC Collin was born and raised in Renfrew County. A Criminology graduate of the University of Ottawa, he most recently worked as an Emergency Medical Services (EMS)

dispatcher in Renfrew for five years. Prior to his role as an EMS dispatcher, he was an armoured truck guard. He looks forward to living and policing in the Ottawa Valley for years to come.

PC MacDonald is originally from the Greater Napanee area and graduated from both the Police Foundations

Program and Community and Justice Services Program at Loyalist College in Belleville. She has four years experience as an Ontario Park Warden at Sandbanks, Oastler Lake, and Algonquin Provincial Parks. With family ties to the Valley, she is looking forward to her new career in policing with the UOV OPP.

The OPP actively recruits and interviews potential candidates throughout the year.

Upon successful completion of the recruitment process, each provincial constable recruit must successfully complete the required training programs at both the Provincial Police Academy and the Ontario Police College. For more information on the OPP hiring process, visit www.opp.ca/careers.



The newest members of the UOV OPP Detachment are (above left to right) PC Michelle Alderson, PC Justin Collin and PC Ashley MacDonald. (Submitted photos)

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OBITUARY



WAYNE KUEHL

Suddenly at home on Wednesday July 21, 2021 at the age of 83 years. Wayne Kuehl of Petawawa, beloved husband of Susan Buckingham-Kuehl.

Loved father to Lesley Buckingham of Petawawa and Lisa Brazeau (Joe) of Laurentian Valley.

Loving grandfather to Chris Williams (Carolanne), Connor Williams, Aidan Williams and great grandfather to Harper and Émilie.

Brother of Lorraine Boisvenue and Kevin Kuehl, and predeceased by Darlene McElwain, Donna Gorr, Shirley Griesse, Murray Kuehl, Karl Kuehl, Howard Kuehl, and Sharon Cochrane. Son of the late Alexander and Violet (nee Zummach) Kuehl.

Wayne was a devoted family man, a dedicated and supportive husband and father. He cherished being a grandpa to three of his greatest sources of pride, his grandsons, and then to two beautiful great-granddaughters.

He was a lifelong outdoorsman who enjoyed nothing more than spending time at his beloved Black Velvet Hunt Club, a love he shared with family and friends who have many happy memories of visits to the hunt camp.

Respecting Wayne's wishes, cremation has taken place. Interment at a later date.

In memory of Wayne, donations to the Ottawa Heart Institute would be appreciated.

Arrangements entrusted to the MURPHY FUNERAL HOME, Pembroke.

CLASSIFIEDS

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

JOB OPPORTUNITIES

NOW HIRING

MEAT CUTTER - PET-21-042

CANEX - Serving those who Serve

The Role: The Meat Cutter cuts, trims and prepares standard cuts of meat for sale to customers using hand tools and power equipment such as grinder, cubing machine and power saw. They shape laces and tie meat cuts by hand, using boning knife, skewer and twine, as needed. They trim and arrange the meat economically and attractively, and display the meat in display cases.

Location: CANEX Supermart Garrison Petawawa

Status: Permanent Part-Time

Salary: \$15.45- \$16.34/hr

Apply Online: www.cafconnection.ca/national/Careers/Current-Openings.aspx

PAWS TO SUPPORT Local

EVERY LITTER BIT HELPS LITTER DRIVE!

With 45 cats and kittens in our care at the Ontario SPCA Renfrew Country Animal Centre, and in our volunteer foster homes, we are VERY LOW ON KITTY LITTER.

How can you help?

We have teamed up with Pet Valu Petawawa and Pet Valu Pembroke!

Call Pet Valu Pembroke
613-735-7508 OR
Pat Valu Petawawa
613-687-9000
to purchase a 40lb bag
of litter for \$12.99
that Pet Valu will donate
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\$100
ENTRY
(per team)

\$20
ENTRY
(per team)
for the BIG FISH

AUGUST 14TH, 2021 @ THE PEMBROKE MARINA

\$2,000 GRAND PRIZE
GUARANTEED!

For more info, including entry forms, visit
www.petawawacivitanclub.weebly.com
or visit Allan's Bait and Tackle (Pembroke)

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Adults & Children with Disabilities, and much more.

CLASSIFIEDS

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

JOB OPPORTUNITIES

We're Hiring!

The Petawawa Military Family Resource Centre has openings for the following positions:
Admin Assistant/Accounts Receivable Clerk
Admin Assistant to the Executive Director

For more information visit our website at

www.CAFconnection.ca/Petawawa

Deadline for applications is **August 4, 2021**



JOB OPPORTUNITIES

Deliver food for local restaurants. Extra income, flexible hours, and weekly payouts. Must have a smartphone and vehicle. Apply at www.valleyeats.ca/driver

WHAT'S HAPPENING

JUNE 21 - AUG 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.petawawa-publiclibrary.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/>.

Questions Comments? Feedback?

petawawapost@bellnet.ca
Please write 'Feedback' in the Subject line.

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HELP WANTED CLAM TRUCK DRIVER

- Minimum 3 years driving and operating a clam truck
 - Clean criminal record check
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- Positive attitude and willingness to work independently and as part of a team

Full-time hours (Monday – Friday) and sometimes Saturday. Wage is based on experience.
To apply, call 613-203-0355

FOR SALE



The **Renfrew County Catholic District School Board** currently has **5 Classroom Portables (32'x24')** for sale located at the following schools:

- 1 at St. Anthony's School, Chalk River
- 1 at Our Lady of Grace School, Westmeath
- 3 at St. Joseph's High School, Renfrew

Sold As Is/Where Is/No warranties/Contents not included.

Purchaser is responsible for removal prior to August 12th, 2021 and must arrange with the School Board.

For questions:

Contact Plant Services at 613-639-9200

Sealed Bids accepted until July 31, 2021

TARGETED ADVERTISING THAT WORKS FOR YOUR BUSINESS!

CONTACT THE PETAWAWA POST TODAY!



NOTICE OF APPLICATION AND PUBLIC MEETING

In the matter of Sections 17, 21 and 22 of the Planning Act, the County of Renfrew hereby gives notice of:

- An application to amend the County of Renfrew Official Plan; and
- A public meeting regarding the amendment to the County of Renfrew Official Plan being Official Plan Amendment No. 31 (OPA 31).

Subject Lands This amendment applies to all lands within the County of Renfrew therefore, no key map has been provided.

Public Meeting A public meeting to inform the public of an application for a proposed Official Plan Amendment will be held on **Thursday, August 19, 2021 at 6:30 p.m.**

The meeting will be held virtually due to Provincial Covid-19 restrictions.

The public meeting will be live streamed on YouTube and can be viewed at the following link: <https://youtu.be/yOKhStyXvWA>

Any person may participate in the public meeting and/or make written or verbal comments either in support or in opposition to the proposed amendment. You are strongly encouraged to contact the County if you have any questions. You can provide written comments to County Staff prior to the public meeting by sending an email to officialplan@countyofrenfrew.on.ca or by mailing a letter to Bruce Howarth at the address below. You are strongly encouraged to submit written comments prior to the public meeting even if you intend to provide verbal comments at the electronic public meeting.

Those who wish to speak or provide verbal comments at the public meeting **MUST pre-register** by contacting Bruce Howarth at 613-735-3204 Ext. 467 or at officialplan@countyofrenfrew.on.ca.

Purpose and Effect of Official Plan Amendment No. 31 (OPA 31)

County Council adopted Official Plan Amendment (OPA) 25 which was a 5-year update to the County of Renfrew Official Plan. The amendment was approved with modifications by the Ministry of Municipal Affairs and Housing (MMAH) in 2019. This amendment proposes changes of many of the modifications made by MMAH back to the intention of the policies adopted by County Council in OPA 25. The amendment includes changes to policies and map schedules related to:

- Removal of population allocations
- Water setback
- Natural Hazards
- Secondary Dwellings
- Rural subdivisions
- Agriculture
- Cultural Heritage and Archaeological
- Natural Heritage
- Servicing Policies
- Cannabis Production Facility
- Mineral Aggregate
- Changing the scope and structure of the plan as it applies to Municipalities with their own official plan

Additional Information

Additional information regarding Official Plan Amendment No. 31 (OPA 31) may be obtained from the County of Renfrew website (www.countyofrenfrew.on.ca/en/business-and-development/official-plan.aspx) or by contacting 613-735-3204, or officialplan@countyofrenfrew.on.ca during regular business hours. The County Administrative Offices are currently closed to the public in response to COVID-19; staff remain available via email and telephone.

Notification

If you wish to be notified of the decision of County of Renfrew on the proposed Official Plan amendment you must make a written request to:

Bruce Howarth, Manager of Planning Services, County of Renfrew, 9 International Drive, Pembroke, ON K8A 6W5

Appeals

If a person or public body would otherwise have an ability to appeal the decision of the County of Renfrew to the Ontario Land Tribunal (OLT) but the person or public body does not make oral submissions at a public meeting or make written submissions to the County of Renfrew before the proposed official plan amendment is adopted, the person or public body is not entitled to appeal the decision.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the County of Renfrew before the proposed official plan amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Land Tribunal (OLT) unless, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

NOTE

One of the purposes of the Planning Act is to provide for planning processes that are open, accessible, timely and efficient. Accordingly, all written submissions, documents, correspondence, e-mails or other communications (including your name and address) form part of the public record and will be disclosed/made available by the County to such persons as the County sees fit, including anyone requesting such information. Accordingly, in providing such information, you shall be deemed to have consented to its use and disclosure as part of the planning process.

Dated at the County of Renfrew this 19th day of July, 2021.

Original Signed By

Paul Moreau, CAO/Clerk
County of Renfrew
9 International Drive
PEMBROKE, ON K8A 6W5



MASS/MESSE

Messe dominicale 09:30 A.M.
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
(Q-104) 613 - 687-5511 ext. 5434 FAX: 613-588-7524

WORSHIP SERVICES

Sunday Worship - 10:30 a.m.
Sunday School Classes (Children 4-12 years old)
Nursery for toddlers 3 and under
Quiet (Nursing) Room with sound blend of contemporary and traditional worship.
WEDDINGS, BAPTISMS AND DEDICATIONS
At least three months notice to your unit chaplain is required for all services.
The Marriage Preparation Courses required for weddings in a CAF Chapel are provided twice a year.

Faith Community Coordinator: Padre David Egers X5433

GARRISON PETAWAWA CHAPELS

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

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

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

che de baptêmes
MARRIAGE - Six months (6) notice is required.
A Marriage Preparation Course is mandatory.
MARRIAGE - Nous demandons six (6) mois d'avis. Un cours de preparation au mariage est obligatoire.
SACRAMENTAL PREPARATION - St. Francis of Assisi Chapel offers sacramental preparation. To register for the program, contact the Administrative Office ext. 5434
PREPARATION AUX SACRAMENTS - St. Francois d'Assise offrent la preparation aux sacrements, si vous voulez vous inscrire veuillez contacter le bureau administratif des aumoniers ext. 5434

**Faith Community Coordinator 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 Schweyter 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 Mohs 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@pptchurch.com, Website: www.pptchurch.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: pazsjohns@cogeco.net See us on Facebook, we warmly welcome all visitors.
ST LUKE'S ANGLICAN CHURCH (ANIC) - Rev. Tim Parent, 613-735-4210, Sunday Worship 8 & 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!

NEWS FROM THE GREATER PETAWAWA CIVITAN CLUB By Marie FE Arnold, PRO

Oh my, here we are at the end of July already. I am here once again with just a bit of News from the Greater Petawawa Civitan Club. Yes I am still a volunteer member and I would love to have you come and join me and the other members of our GREAT Club. Why not give me a call at 613-687-8463 or call John at 613-717-5674? Or if you know one of our Greater Petawawa Civitan Club members just talk to them, they will be happy to get all the information about our club for you.

We hope that we will soon be able open up our Bingo if all goes well. This has been well over a year for us and there are few ways we are able to raise funds. Thanks to RONA Petawawa for allowing us to have a bottle setup to help raise the money we need for the wheelchair swing. The Civitan members really appreciate your support in this endeavour.

As I stated in my last newsletter we are planning a Fishing Tournament in August and we are happy to say that this event will take place. So here I am with 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 the Bass tournament will take place at the Pembroke Marina on August 14. If you would like more informa-

tion, please call Civitan John VandenBarr at 613-717-5674 or Civitan Allen Stewart at 613-735-3791. They will be very happy to help you and give you all the information that you need. We have also put posters up around Petawawa, Pembroke and area. The grand prize is \$2,000 and there will be other prizes as well.

We are sorry to say that due to unforeseen circumstances, the dance that we had hoped to hold has been cancelled at this time, but we hope that we will be able to hold it at a later time.

I know that it is a bit early but I would like to inform you that we will have our Christmas cakes for sale once again. I will let you know just where you will be able to get them in the next few months.

Please everybody get your shots and be safe. We got ours and it was not so bad and I hate needles. But I have a lot of grand kids and I want to be able to see them and not make them sick or get sick.

I hope to see you all at the Battle the Bass tournament August 14.

That's all for now. Take care and God bless you all and hope to see you all again in August.

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



Murphy

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