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Volume 76, Number 4

Thursday, January 30, 2020

Free/Gratuit

Major General (Ret'd) Mungo Melvin mentors 2 CMBG staff during Exercise UNIFIED RESOLVE II

By **MCpl Alexander Frid**
Unit Public Affairs Representative,
2nd Canadian Mechanized
Brigade Group
The former Chief Army

Instructor at the Royal College of Defence Studies in the United Kingdom, and author of "Manstein: Hitler's Greatest General" was at

Garrison Petawawa recently to mentor 2nd Canadian Mechanized Brigade Group (2 CMBG) staff during Exercise UNIFIED RESOLVE II.

Major General (MGen) Retired (Ret'd) Mungo Melvin, CB, OBE, guided staff through a number of topics including operating in dynamic environments.

"The brigade itself has to be self-reliant to work

as a combined arms team without relying on a lot of extra support, and that's both positive and negative," said MGen (Ret'd) Melvin. "The positive is cohesion, the negative is often times the brigade will not

necessarily understand that with any British or American Brigade [or] Division construct, there's a lot of extra support that it can draw on - a very big positive. It's just one of three brigades that can deploy, it will obviously strive for a level of excellence so it can fit in well into US or UK divisions and I think that's a very strong incentive to do well."

continued on page 2



Award-winning military historian Major General (Ret'd) Mungo Melvin, CB, OBE, (above left) was at Garrison Petawawa recently to mentor 2nd Canadian Mechanized Brigade Group (2 CMBG) staff on a variety of topics including strategy and leadership during Exercise UNIFIED RESOLVE II. He was thanked for his visit by 2 CMBG Commander Colonel Jason Adair at the conclusion of his presentation. (Photos by Private Robert Kingerski)

INSIDE www.petawawapostlive.ca	HYDRO ONE INCENTIVES FOR LIGHTING RETROFITS PAGE 3	NEW YEAR, NEW YOU SPECIAL SECTION PAGES 5-7
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Major General (Ret'd) Mungo Melvin mentors ... continued from front page

MGen (Ret'd) Melvin spoke with command teams to mentor on operational and strategic maneuvers and provided valuable insight during a lecture on Russian strategic goals throughout history and its relevancy today.

He later provided another lecture on the "Decision in Battle."

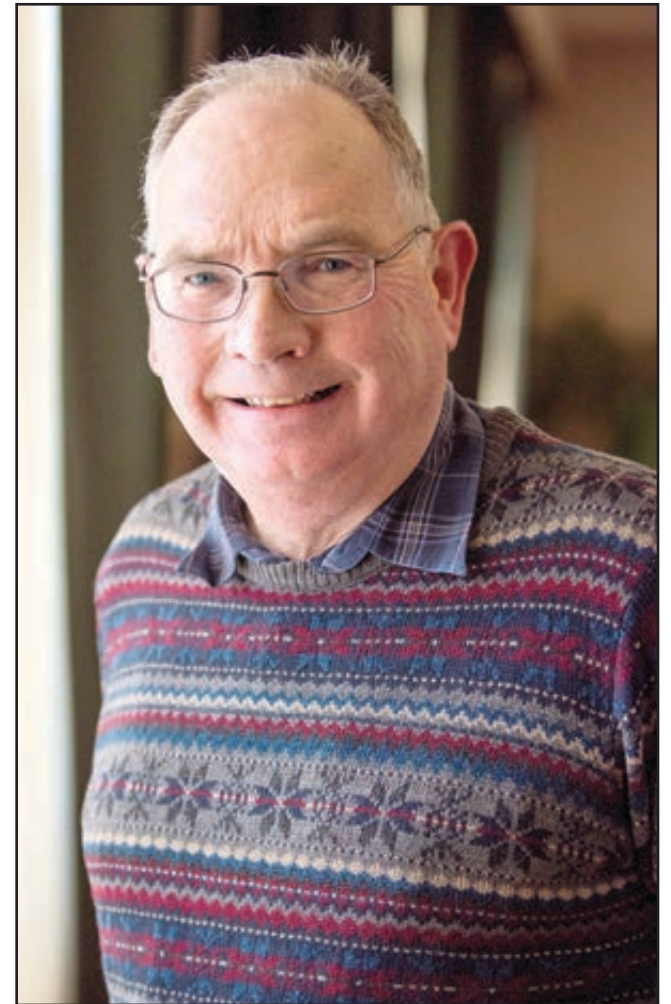
A noted historian, he also spoke to the enduring qualities of leadership.

"Command also has a more enduring aspect," said MGen (Ret'd) Melvin. "You look for examples of leadership in combat back to ancient times and still get useful lessons, whereas we don't go back to Greek and Roman and Carthaginian warfare to learn how to do tactics."

MGen (Ret'd) Melvin is currently working on his next book with his daughter titled "The Cannae Paradox" but it is not expected to be released for a few more years.

You can follow MGen (Ret'd) Mungo Melvin on Twitter @MungoMelvin.

(Right) Major General (Ret'd) Mungo Melvin, CB, OBE. (Photo by Private Robert Kingerski)



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Our Veteran Family Meet and Greet will be an opportunity for medically releasing CAF members, medically released Veterans and their families to meet service providers, ask questions and learn more about programs and services available to help ease the transition.

Veteran Family Meet & Greet

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EPC lighting upgrades receive over \$200K in Hydro One incentives

By Patricia Leboeuf

Petawawa Post

Garrison Petawawa has received \$202,094.47 in incentives from Hydro One for lighting retrofits, with another \$150,000 coming at a later time.

Retrofitting the lighting in buildings across the Garrison is just one of many parts of the ongoing Energy Performance Contract (EPC) project.

The project was established in 2018 to reduce energy consumption and increase energy efficiency at the garrison. Many initiatives are completed while others are still ongoing. They include new LED lighting retrofits, new Heating Ventilation Air Conditioning (HVAC) controls, adding Variable Frequency Drives (VFD) to pumps and vent fans as well as better insulation, control optimization and minor repairs, and modulating energy demand at peak times.

This project is beneficial in a number of ways, the most obvious being that the Garrison will be saving a considerable amount of money on utility bills - an anticipated \$1.6 million per year within the first year of the project's completion.

"It gets injected right back into our Garrison's projects, either in maintenance or new projects, so it is great to have this money that we didn't have before and that we can put into newer priorities," said 4th Canadian Division Support Group (4 CDSG) Commander Colonel (Col) Louis Lapointe.

The EPC is also going to help achieve the base's goal of going green, as well as vastly cutting down its energy consumption.

"We are going to save almost 5,500 tons of CO2 per year," said Sobhan Chowdhury, Project Manager.

The Government of Canada has made a commitment to reduce Green House Gas

(GHG) emissions 30 per cent below 2005 levels by 2030 and hopes to achieve net-zero emissions by 2050.

"To meet that goal, we need this and projects (like this) to meet that," said Chowdhury, adding the EPC is helping the Garrison reduce its GHG emissions by 16 per cent.

With incentives as well as energy savings, the project is paying for itself without compromising the comfort of the soldiers who work and live in these buildings, he said.

He noted there does need to be more awareness of the project's benefits and the importance of going green as a whole, especially on military installments.

"If people don't buy into it, there won't be any success," said Chowdhury.

The EPC is being undertaken by Defence Construction Canada (DCC). They plan on looking for additional incentives to save even more while undergoing these garrison-wide retrofits.

"We are getting back a lot and this is not the end of it," said Melanie Cyr, Contract Coordinator for DCC.

Retrofitting lights is just one part of the project; other initiatives will also save substantial funds and energy, confirmed Mike Goulard, Energy Manager for DCC.

Hydro One presented the project manager and those involved with the retrofit at Dundonald Hall with the cheque on Jan. 23.

"It is great to see so many partners in helping the base achieve our goals," said Joe Zerdin, Manager of Large Customer Accounts Distribution at Hydro One.

"In terms of the province as a whole, these initiatives will defer assets, defer costs and make ourselves more efficient and more attractive to businesses to come to our province," he remarked about finding better ways of using lighting.



On Jan. 23, Hydro One presented those involved in the retrofit of lights at Garrison Petawawa with an incentive cheque worth \$202,094.47. Dundonald Hall, where the photo is taken, is one of the buildings benefitting from new LED lighting. From left are Melanie Cyr, Contract Coordinator for DCC; Mike Goulard, DCC Energy Manager; 4th Canadian Division Support Group Commander Colonel Louis Lapointe; Sobhan Chowdhury, Project Manager; Harry Schuster, Construction Coordinator; Joe Zerdin, Manager of Large Distribution Accounts at Hydro One; Michele Finney, Account Executive for the East at Hydro One; Caleb Wagner, Site Manager of Johnson Controls; Captain Jason Martin, Acting Real Property Operations Detachment Petawawa Officer Commanding; Cassia Correau, Energy Solution Performance Specialist and Joan Behnke, Reality Asset Manager. (Photo by Patricia Leboeuf, Petawawa Post)

<p>SATURDAY FEBRUARY 1ST</p>	<p>FESTIVAL HALL Centre for the Performing Arts 613-735-2182 401 Isabella St. www.FestHall.ca</p>	<p>WEDNESDAY FEBRUARY 12TH</p> <p>Oscar Nominated Film Judy</p>
<p>SATURDAY MARCH 7TH</p> <p>Solitary Man - A Tribute to Neil Diamond</p>	<p>SATURDAY FEBRUARY 8TH</p> <p>SERIOUS MOONLIGHT A Tribute to David Bowie</p>	<p>SATURDAY FEBRUARY 29TH</p> <p><i>Hollywood Scores</i> Saturday, February 29, 2020. 7 pm PEMBROKE SYMPHONY ORCHESTRA Music Director/Conductor Mehdi Javanfar Hollywood Scores</p>
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The Canadian Military's Trusted News Source

February is Black History Month

"Canadians of African Descent: Going forward, guided by the past."

ABOUT BLACK HISTORY MONTH

During Black History Month, Canadians celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.

Black history in Canada: People of African descent have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

The role of Blacks in Canada has not always been viewed as a key feature in Canada's historic landscape. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were Blacks, or of the many sacrifices made in wartime by Black Canadian soldiers as far back as the War of 1812.

Few Canadians are aware of the fact that African people were once enslaved in the territory that is now Canada, or of how those who fought enslavement helped to lay the foundation of Canada's diverse and inclusive society.

Black History Month is a time to learn more about these Canadian stories and the many other important contributions of Black Canadians

to the settlement, growth and development of Canada, and about the diversity of Black communities in Canada and their importance to the history of this country.

RECOGNIZING BLACK HISTORY MONTH

The commemoration of Black History Month dates back to 1926, when Harvard-educated African American historian Carter G. Woodson proposed setting aside a time devoted to honour the accomplishments of African Americans and to heighten awareness of Black history in the United States. This led to the establishment of Negro History Week in 1926. Celebrations of Black history began in Canada also shortly thereafter. During the early 1970s, the week became known as Black History Week. It was expanded into Black History Month in 1976.

In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by the first Black Canadian woman elected to Parliament, the Honourable Jean Augustine. The motion was carried unanimously by the House of Commons.

In February 2008, Senator Donald Oliver, the first Black man appointed to the Sen-

ate, introduced the Motion to Recognize Contributions of Black Canadians and February as Black History Month. It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month.

Source: <https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/historic-black-communities.html>

For more information, please contact:

- Defence Visible Minorities Group Civilian Co-Chair Elsa Lucas, elsa.lucas@forces.gc.ca
- Defence Visible Minorities Group Military Co-Chair Captain Racquel Pierre, racquel.pierre@forces.gc.ca

BLACK HISTORY MONTH 2020

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canada.ca/black-history-month

canada.ca/mois-histoire-des-noirs

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RESOLVE TO PUT DOWN DEVICES AND REDUCE SCREEN TIME

Electronic devices have infiltrated nearly every aspect of daily life. And thanks to the portability of today's smartphones and tablets, many people are rarely without access to the internet or other digital applications.

A 2016 Nielsen Company audience report found that adults in the United States devoted about 10 hours and 39 minutes each day to consuming media. The analytics firm Flurry says users are spending nearly half of that time on mobile devices, particularly using mobile apps. Active Healthy Kids Canada reported in 2014 that children between the ages of three and five spent an average of two hours per day in front of screens, while the statistics group eMarketer estimates that adults in Canada spent an average of nine hours and 41 minutes a day using media in 2016.

The Canadian Paediatric

Society states that exposure to digital media is a concern and can affect children and families. Exposure to screens can be habit-forming, and early overexposure increases the likelihood of overuse later in life. Reducing screen time has become a mantra in many households across North America and may also be something adults hope to do in the future. The following are some ways to cut down on screen time.

- Keep a journal. A journal can help men and women log their screen time over the course of a few weeks. Jot down time spent watching TV, using a computer, using mobile devices, or playing video games. Some people may be surprised to learn just how much time they're spending staring at screens, and that realization may be just what they need to make changes.

- Use a standard alarm

clock. By not using their smartphones as alarm clocks, people can avoid the temptation to begin looking at social media or emails even before they've wiped the sleep from their eyes.

- Make a list of goals. Rather than reaching for a phone, Digital Detox experts suggest keeping a list of goals and experiences in one's pocket that they can refer to when they're tempted to look at their screens. Then they can engage in a real-world experience instead of simply looking at their phones.

- Schedule media hours. Set aside blocks of time when media use is allowed, and resist the urge to activate devices throughout the rest of the day.

- Put away the phone or tablet. Simply moving a device out of sight may reduce the temptation to send

a text or hop onto an app.

- Remove superfluous apps. Delete apps that take up too much of your time. Having to go the extra step

to view Facebook on a web browser, for example, may reduce the likelihood that you will do so.

- Go screen-free. Resolve to leave home without a phone for a few hours to enjoy unencumbered screen-

free time.

Electronic devices can be addictive. But over time and with some concerted effort, men, women and children can cut back on screen time.

WHAT IS TRAILHEAD?

Trailhead Baptist Church (TBC) is a church family for families! While Petawawa is home to a vast trail system that extends throughout the area, the name 'Trailhead' was not adopted by our church family as a geographical reference alone. The term 'trailhead' depicts the point at which a trail begins... and in a fashion, we are starting a new journey ourselves with the development of this exciting, new church work. We hope that TBC will become a departing point from which local Christ followers can take what they regularly learn through sound biblical teaching, in the midst of an encouraging and supportive community

of believers, to personally go out into the world, living a life of courageous faith in their homes, neighbourhoods, workplaces and anywhere else their own personal 'journey' leads them. The Trailhead family meet weekly at Valour School (19 Leeder Lane, Petawawa) each Sunday

morning at 10:30am, and all are welcome to join us as we gather for contemporary worship, children's lessons, and scriptural teaching by Pastor Tim Roddick. Please feel free to visit our website, or text 613-401-8841 should you have any questions at all about our ministry.

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RESOLVE TO READ MORE AND REAP THE BENEFITS

It may be tempting to curl up on the couch and turn on the television to unwind, but research indicates that reading is one of the best workouts for the brain. The World Health Organization says that doctors diagnose nearly 10 million new cases of dementia each year. With so many people understandably concerned about any and all cognitive issues related to aging, the search is continually on to find ways to strengthen the mind's muscle. It may be as simple as picking

up a book.

People make New Year's resolutions to improve their lives, and reading more can be a great way to do just that. According to the online health and wellness resource The Healthy (www.thehealthy.com), reading has been associated with language reception in the left temporal cortex of the brain. When this part of the brain processes written material, neurons

begin working hard to transmit information. Research conducted by Stanford University indicated that MRI scans of people who are deep into a Jane Austen novel showed an increase in blood flowing to areas of the brain that control both cognitive and executive function.

When the brain is working efficiently, it may be less prone to some of the issues that can cause

a decline in memory and brain function. Research published in the journal Neurology found frequent brain exercise through reading lowered mental decline by 32 percent.

Of course, the benefits of reading extend beyond the physical. Literary fiction can help people be more empathetic. Getting lost in a book and the characters' stories makes others more relatable. Reading has the potential to help a person understand what people are thinking, offers research published in the journal Science.

Picking up a good book also can help a person gain knowledge of new cultures, ideas and history and even improve vocabulary.

Picking up a newspaper or magazine, joining a book club or reading with children are just a few of the many ways to improve the mind through reading.



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HIDDEN WAYS YOU CAN BENEFIT FROM HAVING HOBBIES

Finding time for hobbies can be difficult. Commitments to work and family take up the bulk of many people's free time, making it hard to squeeze in a favourite hobby. But hobbies can benefit people in some interesting ways. Understanding those hidden benefits may compel some people to make more time for their favorite downtime activities.

- Hobbies can improve

your efficiency. Penciling more activities into your day planner may not seem like something that will help you create more time for hobbies, but it just might. For example, if you know you have a softball game or choir practice at night, then you might waste less time surfing the internet or talking around the water cooler during the workday. In a 2017 study conducted for the staffing firm OfficeTeam, researchers found that the average office employee spends about five hours per week on his or her mobile phone doing things that have nothing to do with the job. That's five hours you could be working, opening up more time for hobbies before or after work.

- Hobbies can foster social connections. In his 2000 book, "Bowling Alone," political scientist Robert Putnam described a reduction in in-person social intercourse that once enriched Americans' social lives. By making more time for hobbies, particularly those that promote interaction with other adults, men and women can foster social connections that otherwise might never blossom.

- Hobbies can provide health benefits. The American Institute of Stress

notes that some hobbies can help people reduce their stress. The AIS notes that some 56 million women in the United States now knit or crochet. That marks a 51 percent increase over the last decade. That revival is attributed to the stress-reducing properties of knitting and crocheting. Men and women coping with stress need not learn how to wield a sewing needle to alleviate their stress. Activities that promote slowing down and induce a relaxation response similar to knitting and crocheting can be equally beneficial.

- Hobbies can increase quality time with your children. Parents with hobbies can double dip, using the time they would ordinarily spend with their children to teach them some of their favorite hobbies. Take kids along when you go fishing or teach them how to plant flowers and tend to a garden. This is a great way to increase quality time with your children while also affording you a chance to continue engaging in your favourite hobbies.

Hobbies can benefit people in ways they never imagined, making them worthwhile pursuits no matter how much or how little time you may have.

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Petawawa Hall of Fame announces Class of 2020

PETAWAWA – The Petawawa Sports and Entertainment Hall of Fame (PSEHOF) is proud to announce the five members who will be inducted into the Class of 2020 on Saturday, June 20.

The PSEHOF announced the incoming class of recipients on Friday Night at Cabin Fever Trivia Night. The PSEHOF recognizes entertainers, athletes and teams who have made significant achievements, achieved outstanding and extraordinary success in Canada or abroad or who have made an outstanding and extraordinary contribution to sports or entertainment in Petawawa as a builder. This past fall, a nomination committee considered several extraordinary candidates whose names had been submitted from the community. Based on those deliberations, the committee submitted to the PSEHOF Board of Directors six successful recipients who will make up the very first class to be inducted into the Hall.

Among the Class of 2020, the PSEHOF is proud to announce the induction of Tracy Annand into the sports wing, Hector Clouthier Sr., Ed Chow and Brian Mohns into the builders wing, and Joshua Bartholomew into the entertainment wing.

"We are proud to induct this incredible group of ath-

letes, entertainers and builders into the Hall of Fame recognizing their exceptional bodies of work and contributions to the community," said PSEHOF president Gary Serviss. "We want to thank the Town of Petawawa for their continued support of the hall and to those members of the community who took the time to submit some very well-thought out nominations."

Tracy Annand began her ski career at Petawawa's Mount Molson. She won many regional and provincial ski championships eventually being named to Canada's National Ski Team in 1976, skiing with the Crazy Canucks. She was also a national level windsurfing and waterski competitor, as well as a national level coach of alpine skiing and waterskiing.

Hector Clouthier Sr. started a horse breeding and horse racing stable 1952 that eventually grew to over 150 standardbred race horses which raced all over Canada and the United States winning numerous races. In 2018 he was elected to the Canadian Horse Racing Hall of Fame as a legend.

Ed Chow has spent his entire life dedicating his time to making Petawawa a better place. The former mayor and councillor has devoted his time and energy to several



organizations including the Figure Skating Club, Petawawa Public Library, Winter Carnival, Rotary Club, Canadian Cancer Society, Senior's Affordable Housing Corporation, Civic Centre Board, and the Petawawa Fundraising Committee.

Brian Mohns has been a volunteer extraordinaire. He helped fundraise to build the Petawawa Civic Centre and was a long-time chair of Civic Centre Days, chairman of the fundraising committee, president of minor hockey and the Civitan Club, hockey player, hockey coach and still plays hockey today.

Joshua Bartholomew was born in Petawawa in

1984 and lived his first six years here. He is a songwriter, music producer and performer with 3 albums of his own. Wrote hit songs for other performers like Emerson Drive. He wrote and performed the theme song, "What is That," for the television show The Masked Singer and was nominated for an OSCAR at the 2015 Academy Awards for the song "Everything is Awesome" from the LEGO Movie.

This is the second class to join the Hall of Fame. In 2018, the inaugural class saw the induction of former NHL forward Ray Sheppard, former Detroit Red Wings centreman Roy Giesebrecht, Canadian country music artist Jason Blaine, opera singer Joshua Hopkins, Petawawa Ski Hill founder Fred Molson and sports and community leader Willard Mohns.

The 2020 Petawawa Sports and Entertainment Hall of Fame Induction Ceremony will be held on Saturday, June 20 during Civic Centre Days. Tickets are \$5 and can be purchased at the Recreation Department in the Civic Centre. Join us for a fabulous night of celebration, food, drink and live entertainment as we honour some of Petawawa's finest.

Poutine Feast: World's Largest Touring Poutine Festival is coming to Petawawa

Poutine Feast, the world's largest food festival celebrating the greatest food ever invented in Canada, is coming to Petawawa along with entertainment, a midway, games for the kids and a hospitality tent at the Petawawa Civic Centre from April 30 - May 3.

Featuring some of Canada's top award-winning "Poutiners," these culinary professionals have taken the classic recipe of French fries, cheese curds and gravy to a whole new level by adding their own unique variations. These are gourmet poutines with generous servings that make anyone who tastes it feel truly Canadian.

Poutine Feast offers over 50 different versions and caters to everyone from vegans to meat lovers with their unique creations including fresh vegetables, slow roasted pork and even lobster just to name a few. There are even a number of vegetarian, vegan and gluten-free options available.

Admission is always free!
 For more information about Poutine Feast visit the website at www.poutinefeast.com and on Facebook at @PoutineFeast. You can also on Twitter at @PoutineFeastOnt and Instagram at @poutinefeast.

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.

SATURDAY FEBRUARY 1ST, 2020

SATURDAY NIGHT DANCE at the Pembroke Legion Lounge, featuring John Priebe from 7 - 11 p.m.

INDOOR WINTER MARKET at Lions Hall in Killaloe. It's never too early to rent a space. For more information, visit Killaloe Farmers Market on Facebook.

SATURDAY FEBRUARY 8TH, 2020

SATURDAY NIGHT DANCE at the Pembroke Legion Lounge, featuring Country Reflections from 7 - 11 p.m.

DADDY DAUGHTER BALL hosted by the Kinder Connection Nursery School from 4:30 - 8:30 p.m. at the Petawawa Golf Club. For tickets, email pardy@nrtco.net or call Kathy Pardy 613-687-5814.

THURSDAY FEBRUARY 13TH, 2020

VALENTINE'S BLACK TIE GALA presented by the Pembroke Symphony Orchestra at the Normandy Officers' Mess, 44 Lens Rd. Petawawa Grn Petawawa at 6 p.m. Gourmet Dinner catered by Ullrich's, Champagne, hors-d'oeuvres, wine, beer, and an evening of live music. For reservations and ticket info call Kirsten at 613-687-1484.

SATURDAY FEBRUARY 15TH, 2020

SATURDAY NIGHT DANCE at the Pembroke Legion Lounge, featuring Lonesome Dreamers from 7 - 11 p.m.

SUNDAY FEBRUARY 16TH, 2020

WINTER 50 YARD INDOOR 3D TOURNAMENT presented by the Petawawa Archery Club at Dundonald Hall. Registration is at 8 a.m., Tournament begins at 9:30 a.m.

SATURDAY FEBRUARY 22ND, 2020

SATURDAY NIGHT DANCE at the Pembroke Legion Lounge, featuring The Treble Makers from 7 - 11 p.m.

COLDEST NIGHT OF THE YEAR fundraising walk begins at Wesley United Church in Pembroke. Funds raised will benefit The Grind Shelter and The Community Kitchen. Register your team or as an individual at cnoy.org/pembroke or call 613-732-9423 for more information.

SATURDAY FEBRUARY 29TH, 2020

SATURDAY NIGHT DANCE at the Pembroke Legion Lounge, featuring The Heartbreakers from 7 - 11 p.m.

SUNDAY MARCH 1ST, 2020

ANNUAL POLAR BEAR PLUNGE in support of the Renfrew County Animal Centre. 12 p.m. Petawawa Centennial Park - Catwalk Pond, 18 Park Dr. Petawawa. (Postponed from January 19th).

UPCOMING EVENTS

KNIGHTS OF COLUMBUS is looking for practicing Catholic gentlemen to join our council. We are situated in the basement of the Parish Hall of Our Lady of Sorrows Church at 10 Mohns Ave. We meet every second Wednesday at 1900hrs. Visit kofc.org/en/index.html for more information.

KILLALOE SENIORS AND FRIENDSHIP CLUB DROP-IN-MONDAYS every week from 10 a.m. - 3 p.m. Keep checking here for updates on our Sno fun and Valentines activities. For more info contact www.facebook.com/KillaloeSeniorsandFriendshipClub.

SENIORS QUESTIONNAIRE ASKING FOR LOCAL FEEDBACK. In order to understand better the needs of the local senior population, the City of Pembroke is asking for feedback through a community survey. Available in English and French. Hard copies available at Pembroke City Hall, 1 Pembroke St. E., the Pembroke Memorial Centre, 393 Pembroke St. W. and the Kinsmen Pool, 426 Herbert St. Also available online at www.pembroke.ca/residents/seniors-questionnaire/. Survey closes February 7th.

PEMBROKE AND AREA TOASTMASTERS CLUB meets every Tuesday at 7 p.m. at Riverview Heights Retirement Residence, 400 Bell St. Learn to speak more confidently, be more engaging, spice up your stories. Visitors welcome. Visit pembroke.toastmastersclubs.org or call 613-649-2950 for more information.

PETAWAWA PREDATORS FUNDAMENTALS AND NOVICE GROUPS offer the opportunity to learn to swim competitively in a fun and inclusive environment. Provincially-qualified coaches develop young athletes and promote physical health. Contact predatorspetawawa@gmail.com for more information or to schedule a no-obligation tryout at DDH.

LOG CABIN QUILT GUILD. The guild meets the 3rd Tuesday of each month (Sept - June). Please note our new meeting location : The Silver Threads Centre, 1163 Victoria St, Petawawa. Everyone is welcome. Come out and see what

we're about. Meeting starts at 7 p.m. - 9 p.m. (come early and socialize, doors open at 6 p.m.)

SATURDAY NIGHT DANCES at the Pembroke Legion from 7 p.m. - 11 p.m. October 12 is Casey and Company. October 19 is Tailgate Country. October 26 is The Heartbreakers.

FISH AND CHIPS at the Petawawa Legion every Friday from 4:30 - 6 p.m. Everyone welcome.

638 ALGONQUIN ROYAL CANADIAN AIR CADETS IS RECRUITING. Youth between the ages of 12 & 18 can register Wednesday after 7pm at the Pembroke Armoury. Please bring your birth certificate, health card and a parent/legal guardian. contact@638aircadets.ca for more information.

MUSICIANS WANTED! 2 CMBG Pipes & Drums Band is currently seeking Pipers & Drummers. Open to Military and Civilians. Practice held Tuesday evenings, 9000 hrs - 2100 hrs in Building H-1. Contact Pipe Major Alan Buchanan Ext - 7106 Alan.Buchanan@forces.gc.ca for more information.

REAL PEOPLE. REAL WEIGHT LOSS. TOPS CLUB INC. Struggling with your weight? Need friendly support? Join us for a free information meeting Wednesday nights @ 17:30hrs at the Civic Centre (upstairs room). For more info visit TOPS.org or e-mail gv.malo@gmail.com

DROP-IN GROUP FOR WOMEN SURVIVORS OF SEXUAL ABUSE, learn coping skills, connect with other survivors & participate in healing activities. Body image, boundaries, effects of sexual trauma, drumming, hiking and more. Call The Women's Sexual Assault Centre at 613-735-5551 for more information. Space is limited, groups begin in September.

FREE DANCES at the Pembroke Legion in the Lounge every Saturday night from 7 p.m. - 11 p.m. August 17th is BBC & Co, August 24th is The Blast and August 31st is The Heartbreakers.

PETAWAWA LEGION COMMUNITY BAND is looking for new members! We are mainly a concert band with occasional marching. Members are of all ages and ability. Our Band School can also teach you to play, with instruments to rent. Wednesday evenings. Contact Verlie at 613-687-2890 or whitlock@nrtco.net, or visit www.PetawawaLegion.ca/band.



If you have not come out this year for either our Friday fish and chips from 4:30-6 p.m. or our Wednesday soup and sandwich from 11:30 a.m.-1 p.m. you really should check us out. Everyone is welcome so bring the family. Don't like fish? Well we do wings and chicken strips, too. Having trouble with

your Veterans Affairs pension or have questions that you need answers for? Then we have the man for you. Our Veterans Service Officer Paul Paris is available to sit with you and help you out. Confidentiality is guaranteed. Give Paul a call at 613-639-3236. Looking ahead to February events, we will be having

Eddy and the Stingrays playing in the main hall on Saturday, February 29. Tickets will be going on sale at the beginning of the month. Also, near the end of the month, we will be holding a roast beef or chicken dinner on Sunday, February 23. Full dinner including salad, meal and dessert. Everyone welcome, so make it a family event.

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



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Parents Anonymous® is celebrating National Parent Leadership Month

Family and Children's Services of Renfrew County's Parents Anonymous program is proud to celebrate National Parent Leadership Month in February.

This is a month dedicated to generating awareness of the important roles parents play in shaping the lives of children and families and recognizing individual parent leaders whose contributions make a positive difference to their families and communities.

Both free and fundraising events will be hosted in venues across Renfrew County:

February 1 - How well do you know your movie trivia? Come test your knowledge at our Movie Trivia night hosted by the City of Pembroke as part of the city's Sno-Spree Festival (location/time: Pembroke Memorial Centre from 7 to 10 p.m.). Proceeds will be used to support Parents Anonymous® programming expenses.

February 2 - Join us for a Free Family Swim at the Nick Smith Centre in Arnprior from 2 - 3 p.m. Parents Anonymous staff will be there answering questions and sharing information about the program.

February 6 - Renfrew Sign Night from 6 to 9 p.m. hosted by Coco Jarry's in Renfrew. Contact Stephanie at 613-735-6866 ext. 2004, ParentAnonymous@fcsrenfrew.on.ca or through Eventbrite to register.

February 11 - Pembroke Sign Night from 6 to 9 p.m. hosted by Dineamics in Pembroke. Contact Stephanie at 613-735-6866 ext. 2004, ParentAnonymous@fcsrenfrew.on.ca or through Eventbrite to register.

February 16 - Bring your family out for a free game of bowling at Opeongo Bowldrome in Renfrew from 1 - 3 p.m. Parents Anonymous® staff will be there answering questions and sharing information about the program.

February 20 - A Renfrew Parents Anonymous® Information Drop-In will take place at The Renfrew Public Library from 2 - 4 p.m. and 6 - 8 p.m. Learn more about the Parents Anonymous® program and enjoy some refreshments and a chance to win a door prize.

February 23rd - Join us for a free family skate in Eganville from 3 - 4:15 p.m. Parents Anonymous® staff will be there answering questions and sharing information about the program.

February 29th - Come check out our Free Swim event at the Kinsmen Pool in Pembroke from 2 - 3 p.m. Parents Anonymous® staff will be there answering questions and sharing information about the program.

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IN MEMORIAM



In loving memory of Judy Duplisea who passed away February 2nd, 2016.

Remember

Fill not your hearts with pain and sorrow, but remember me in every tomorrow.

Remember the joy, the laughter, the smiles, I've only gone to rest a little while. Although my leaving causes pain and grief, my going has eased my hurt and given me relief.

So dry your eyes and remember me, not as I am now, but as I used to be.

Because, I will remember you all and look on with a smile. Understand, in your hearts, I've only gone to rest a little while. As long as I have the love of each of you, I can live my life in the hearts of all of you.

Greatly missed and always loved by Stan, Stanley, Charmaine, her grandchildren and great-grandchildren.

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REGISTRATION

JUNIOR KINDERGARTEN AND KINDERGARTEN REGISTRATION FOR SEPTEMBER 1, 2020

January 20 – January 31, 2020 inclusive
9:00 a.m. – 3:00 p.m.

Complete the online registration form at <https://rccdsb.edu.on.ca> then visit your designated school during the registration period. If you do not know your child's designated school, please call your local Catholic school, or visit www.onthebus.ca, and follow "Which School Do I Attend" and "Bus Planner Application" headings. If you are unable to register on these dates, please contact the school principal to arrange a mutually convenient time to register.

Documents required to register your child

- Proof of Residence (One of the following current documents: Utility bill, property tax bill; phone bill; purchase of property sale; other documentation to confirm a student's residency status – note an Ontario driver's license is not an acceptable form of documentation).
- Proof of Age, Certificate of Immunization (Health Unit) Child's Individual Health Card, Baptismal Certificate and Birth Certificate.
- Your 911 address will also be required (PO Box is not acceptable).
- Senior Kindergarten registrants must be five years old by December 31, 2020.
- Junior Kindergarten registrants must be four years old by December 31, 2020.
- Pupils who are presently attending Junior Kindergarten do not have to register for Senior Kindergarten.

ARNPRIOR/RENFREW FAMILY OF CATHOLIC SCHOOLS

SCHOOL	EXTENDED FEATURES	REGION	PRINCIPAL	PHONE NUMBER
St. John XXII	Before & After Care	Arnprior	Christina Brown-McGrath cbrown@rccdsb.edu.on.ca	613-623-2828
St. Joseph's	Extended FSL Before & After Care	Arnprior	Julie Huckabone jhuckabone@rccdsb.edu.on.ca	613-623-2347
St. Joseph's		Calabogie	Heidi Fraser hfraser@rccdsb.edu.on.ca	613-752-2808
St. Michael's		Douglas	Clint Young cyoung@rccdsb.edu.on.ca	613-649-2254
Our Lady of Fatima	Extended FSL Before & After Care	Renfrew	Karen Keels kkeels@rccdsb.edu.on.ca	613-432-4351
St. Thomas the Apostle	Before & After Care	Renfrew	Rory Donohue rdonohue@rccdsb.edu.on.ca	613-432-3137

MADAWASKA FAMILY OF CATHOLIC SCHOOLS

SCHOOL	EXTENDED FEATURES	REGION	PRINCIPAL	PHONE NUMBER
St. John Bosco	Before & After Care	Barry's Bay	Julia Graydon jgraydon@rccdsb.edu.on.ca	613-756-2616
George Vanier		Combermere	Anne Marie Landon alandon@rccdsb.edu.on.ca	613-756-3708
St. James		Eganville	Maureen McHale-Enright menright@rccdsb.edu.on.ca	613-628-2927
St. Andrew's	Before & After Care	Killaloe	T.J. O'Grady togrady@rccdsb.edu.on.ca	613-757-3113

PEMBROKE/PETAWAWA FAMILY OF CATHOLIC SCHOOLS

SCHOOL	EXTENDED FEATURES	REGION	PRINCIPAL	PHONE NUMBER
St. Anthony's		Chalk River	Dave Noble dnoble@rccdsb.edu.on.ca	613-589-2775
St. Mary's OLG	Before & After Care	Deep River	Ryan Kranz rkranz@rccdsb.edu.on.ca	613-584-3567
Cathedral	Before & After Care	Pembroke	Natalie Marchment nmarchment@rccdsb.edu.on.ca	613-732-8054
Holy Name	Extended FSL Before & After Care	Pembroke	Melissa Carroll-Dubeau mdubeau@rccdsb.edu.on.ca	613-732-2248
Our Lady of Lourdes	Extended FSL Before & After Care	Pembroke	Amy Sicoli amysicoli@rccdsb.edu.on.ca	613-732-4633
Our Lady of Sorrows	Extended FSL Before & After Care	Petawawa	Tony Jacyno tjacyno@rccdsb.edu.on.ca	613-687-5918
St. Francis of Assisi	Extended FSL Before & After Care	Petawawa	Scott Nichol snichol@rccdsb.edu.on.ca	613-687-4167
Our Lady of Grace		Westmeath	Julie Dumouchel jdumouchel@rccdsb.edu.on.ca	613-587-4837

David Howard
Chairperson



Jaimie Perry
Director of Education

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Employment Class: Class A

Rank Requirements: MCpl
Language: English essential
MOSID: 00339-01 - CBT ENGR SQUADRON
Status: Open
Start Date: 06-Jan-2020
Employment Class: Class B Temporary

0-43689 - FLT ENG - 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: MCpl
Language: English essential
MOSID: 00021-01 - FLT ENGR
Status: Open
Start Date: 06-Jan-2020
Employment Class: Class A

0-43853 - SUP TECH 427 SOAS
Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Pte / Cpl
Language: English essential
MOSID: 00168-01 - SUP TECH or 00003-01 - NCM
Status: Open
Start Date: 20-Jan-2020
Employment Class: Class A

0-41553 - AVN TECH 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: MCpl
Language: English essential
MOSID: 00135-01 - AVN TECH
Status: Open
Start Date: 27-Jan-2020
Employment Class: Class A

0-43850 - TFC TECH- 427 SOAS
Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Cpl
Language: English essential
MOSID: 00003-01 - NCM
Status: Open
Start Date: 02-Mar-2020
Employment Class: Class A

0-44974 - IMAGE TECH 427 SOAS

Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: MCpl
Language: English essential
MOSID: 00137-01 - IMAGE TECH
Status: Open
Start Date: 31-Jan-2020
Employment Class: Class A

0-43743 - 1 RCR - COY CLK HRA - REG F BACKFILL
Employer: 1ST BATTALION THE ROYAL CANADIAN REGIMENT
Rank Requirements: MCpl
Language: English essential
MOSID: 00375-01 - HRA or 00376-01 - FSA
Status: Open
Start Date: 13-Feb-2020
Employment Class: Class B Temporary

0-44761 - SECT 2IC

Employer: 2 COMBAT ENGINEER REGIMENT
Rank Requirements: MCpl
Language: English essential
MOSID: 00306-01 - CONST TECH
Status: Open
Start Date: 20-Feb-2020
Employment Class: Class B Temporary

0-45242 - FLIGHT OPS WO - 427 SOAS
Employer: 427 SPECIAL OPERATIONS AVIATION SQUADRON
Rank Requirements: Sgt / Sgt
Language: English essential
MOSID: 00003-01 - NCM
Status: Open
Start Date: 10-Feb-2020
Employment Class: Class A

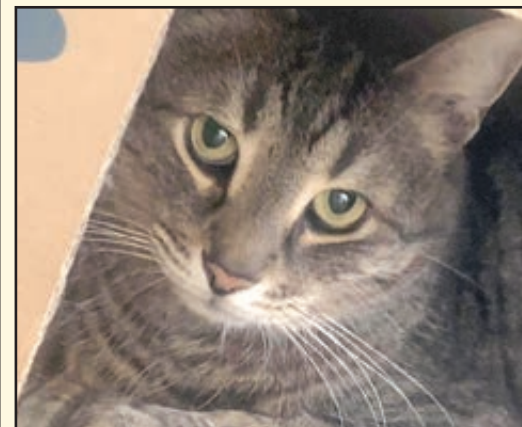
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An additional 8 current REOs are available at <http://cadtc.kingston.mil.ca/REO-OER/en/index.aspx>

TAKE ME HOME

ONTARIO SPCA RENFREW COUNTY ANIMAL CENTRE
PET OF THE WEEK!



Seven-year-old FITZ arrived at our centre when his owner sadly passed away just before Christmas. Although initially a shy fella, his sweetness is not to be overlooked! After such a huge life change, don't you agree FITZ deserves a second chance at a happy ending? Come on in to meet FITZ!

115 WOODCREST DR, PEMBROKE, ON
OPEN MONDAY-FRIDAY 10:30AM-5PM &
SATURDAY-SUNDAY 10:30AM-4PM.

Area Community Churches

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.3bell.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, Rev. (Padre, retired) Wayne Sollows, CD, Pastor; Sunday Worship & Sunday School 10:30 a.m., www.fbcp.ca.

FIRST EVANGELICAL MISSIONARY CHURCH - 39 Shalom St. Pembroke, ON. K8A 6W8. Sunday worship celebration 10:30 a.m. 613-735-5391.

FIRST PRESBYTERIAN CHURCH - 257 Pembroke St. West, 613-732-8214. Rev. John Vaudry, Sunday School. All are welcome! Elevator access.

GREENWOOD UNITED CHURCH - 1655 Greenwood Road, RR#2 Pembroke.

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, Rev. Ana Beck. Sun. worship 10:30 a.m. 613-638-7476.

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

ST BARNABAS ANGLICAN CHURCH - 80 Glendale Ave, Deep River, 613-584-4131. Rev. Francois Trotter, Sunday services are at 8 a.m. and 10 a.m. with Sunday School during the 10 a.m. service.

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH (LCMS) - 357 Miller Street, Pembroke. 613-735-6332, www.StJohnsPembroke.ca. Rev. Stephen Alles. Sunday School at 8:45 a.m. Divine Worship - 10 a.m.

ST JOHN'S LUTHERAN CHURCH - 605 Black Bay Rd. Petawawa, Rev. Albert Romkema, 613-687-6187, Sunday Worship 10 a.m. Sunday School 10 a.m. Social Hour 11 a.m. Email: pazsjohns@cogeco.net See us on Facebook, we warmly welcome all visitors.

ST LUKE'S ANGLICAN CHURCH (ANIC) - Rev. Tim Parent, 613-735-4210; Sunday 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 and Sunday School at 9:30 a.m. Email: office@st-timothys-lutheran-pembroke.org. A warm welcome awaits you.

THE SALVATION ARMY - 484 Pembroke St. W. 613-735-5601. Sunday Worship 10:30 a.m.

TRAILHEAD BAPTIST CHURCH - Pastor Tim Roddick, weekly worship services and children's programs, Sunday mornings 10:30 am at Valour School (19 Leeder Lane, Petawawa). A growing church for growing families. www.trailheadbaptist.com

WESLEY COMMUNITY CHURCH - 210 Renfrew St. Pembroke. Rev. Kevin Wilson. 613-732-2488. Morning worship and children's church at 10:30 a.m. with nursery provided. Pre-service coffee time at 9:30 a.m. For more information call or email wcc@bellnet.ca.

WESLEY UNITED CHURCH - 275 Pembroke St. E., 613-735-6132, 10 a.m. morning worship service. Sunday School for children during the church service.

ZION EVANGELICAL LUTHERAN CHURCH (ELCIC) - 454 Miller St., Pembroke, 613-732-8792, www.zionlutheran.ca. Pastor Stephen Scheidt. Sunday Worship at 10:00 am with Sunday school for the children followed by coffee and fellowship. Look for us on Facebook.

ZION EVANGELICAL UNITED CHURCH - 368 Miller St., Pembroke, 613-732-9493, zionunitedpembroke@gmail.com Sunday Worship 10:30 a.m., with Sunday School for children. Coffee Hour and fellowship following. Bible Study on Tuesdays at 10 a.m. Pastor: Rev. Dr. Daniel A. Hansen. Website: www.zionunitedpembroke.org. All welcome!

NEWS FROM THE GREATER PETAWAWA CIVITAN CLUB

By Marie FE Arnold, PRO

Now here is a bit of news from the Greater Petawawa Civitan Club. Our Bingo is going well and we are happy to say we have some new people coming out.

Thank you to everyone who is supporting our 50/50 draw every Sunday night - as you know, all the money from this draw goes towards our wheelchair swing. We now have a little over \$12,000, but we still need to raise another \$8,000 before the spring so we can have it set up for this summer. We are hoping to have some donation bottles out in different places in the upcoming months. All donations are most appreciated and thank you to everyone, once again, for all your support.

I had a lady tell me she had a wedding last fall and she used our fruit cake. She asked for more cake and I was happy to get it for her, another wedding coming up.

For those who want more fruit cake, I still have some. The cost is \$12 a box of three or \$5 each.

Did you miss the bingo on Sunday, January 26? We are happy to say we had a very lucky winner on the 52 Special.

At this time I would like to thank the ladies who have donated the baby blankets and Afghans for our fundraisers over the

past months. They are seniors who wanted to help raise the money for the wheelchair swing. THANK YOU ONCE AGAIN!

If you are new to Petawawa or area and would like to find out more about what the Greater Petawawa Civitan Club is doing for our community, come to one of our meetings held on the second Wednesday night of the month at the Petawawa Civic Centre. We are upstairs and the time is 7 p.m. You may call John VandenBaar, our President, at 613-717-5674, Marie Arnold at 613-687-8463, Brian Miner at 613-687-4503, or Darlene Lambert at 613-735-6069 if you would like to let us know that you would like to come to our meeting. That is the best way to find out about Civitan.

Well I hope to see you all once again at our Sunday night Bingo. Remember: when you support the Greater Petawawa Civitan Bingo you are helping us to help those who need it.

As I have said before, I would like about six feet of snow - well I may get it! So please drive carefully.

That is all I have for you this week, God Bless.

Thought for the week: Please and thank you will get you mostly everything.



GARRISON PETAWAWA CHAPELS

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

St. Francis of Assisi Chapel (RC)
Chapelle St. François d'Assise (CR)
 4 CDSG Garrison Petawawa, ON K8H 2X3
 (Q-104) 613-687-5511 ext. 5434
 FAX: 613-588-7524

MASS/MESSE

Messe dominicale 09:30 A.M.
 Sunday English Mass 11:00 A.M.
 Summer hours starting 01 July until
 September 30th: 10:00 A.M. (Bilingual Mass)
 All sacraments are offered to military members, military status civilians and government employees under military contract.
 CONFESSION - before Mass or by appointment
 CONFESSION - avant la messe ou par rendez-vous
 BAPTISM - the last Sunday of each month
 Baptismal Preparation - Thursday prior
 Baptism Sunday
 BAPTEME - Célébrer le dernier Dimanche de chaque mois
 Cours de baptême - jeudi precedent le diman-

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 preparation au mariage est obligatoire.
 SACRAMENTAL PREPARATION - St. Francis of Assisi Chapel offers sacramental preparation. To register for the program, contact the Administrative Office ext. 5434
 PREPARATION AUX SACRAMENTS - St. Francois d'Assise offrent la preparation aux sacrements, si vous voulez vous inscrire veuillez contacter le bureau administratif des aumoniers ext. 5434
Faith Community Coordinator Padre Maria Codena X6402

St. George's Chapel (P)

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



WORSHIP SERVICES

Sunday Worship - 10:30 a.m.
 Sunday School Classes (Children 4-12 years old)
 Nursery for toddlers 3 and under
 Quiet (Nursing) Room with sound blend of contemporary and traditional worship.
 WEDDINGS, BAPTISMS AND DEDICATIONS
 At least three months notice to your unit chaplain is required for all services.
 The Marriage Preparation Courses required for weddings in a CAF Chapel are provided twice a year.
Faith Community Coordinator: Padre David Egers X5433



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 Gallas 7761
 Padre Troy Irwin
 (2 CMGB Snr Chaplain) 7078
 Padre Earl Klotz 5208
 Padre Matthew Lucas
 Padre Humberto Lopes 8455
 Padre Moley Mangana 5748
 Padre Robert Schweyer 6485
 Padre Matthew Squires 6498
 Padre Robert Parker 3310
 Padre Luke Vanderkamp 7396

CHAPLAINS (ROMAN CATHOLIC)

Padre Maria Codina 6402
 Padre Francis Krusinsky 5536
 Emergency Chaplain 5611

St. George's and St. Francis of Assisi chapels are open Mon - Fri 7 a.m. to 11:30 and 12:30 - 3:30 p.m. The Chaplains' Administrative office is located in Building Q-104 (RC Chapel).

For after hours assistance, dial the Duty Centre 687-5511/5611 and they will reach the Duty Chaplain.



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613-735-5711

Petawawa's Operation Red Nose raises \$5,410 for Library, keeps 55 drivers safe

By Patricia Leboeuf

Petawawa Post

Operation Red Nose has contributed \$5,410 to the Pet-

awawa Public Library in its inaugural year.

The Rotary Club of Petawawa introduced this safe-ride program to the

area in 2019 and over the holidays, ferried 55 drivers home safely.

Both the amount raised and the number of clients

surpassed Operation Red Nose Co-Chair Rotarian Val Hyska's expectations.

"The results were just great," she said. "We had amazing community support and the financial support we received from our sponsors really helped us bring that total in."

Nation-wide, Operation Red Nose is in its 36th year but it is new to the Petawawa area. The concept is simple but relies heavily on teams of volunteers willing to spend their weekends driving people and their vehicles safely home for a donation.

Despite it being in its infancy locally, it has proven to be very successful.

"We were definitely jumping into the unknown but with the help and support of a many volunteers and community partners, it

has been a great success," said Hyska.

She estimates that the 32 non-Rotarian volunteers gave a total of 588 hours of their time during the holiday season.

Though the program was widely viewed as a success, there will probably be some changes next year.

As most of the calls came from parties and events at Garrison Petawawa, organizers are thinking of changing the dates to accommodate units.

"We are really thinking of honing in on that time because it seems to be that niche group that really was using the service," said Hyska. "But, of course, we'll still be here on our regular Friday and Saturday nights."

The rides are confidential and anonymous, but Hyska confirmed that there were no

negative incidents.

"Everybody was great, nice people to meet and really enjoyed using the service and made it fun for us as well," she said.

She is also pleased to see the collected money to go towards such a good community cause. The funds will be used to hire an extra summer student at the library to help provide more children's programs.

"This is more than we expected," said Library CEO Amanda Foster of the generous donation. "We will definitely be able to hire an extra summer student."

With this donation in the budget, children's programs for both young and older children in the summer will be held at the same time, making it easier for families with kids of different ages to enjoy the library's services.



After the holiday season, Operation Red Nose, the Rotary Club of Petawawa newest initiative, took 55 impaired drivers home, all while collecting \$5,410 for the Petawawa Public Library. The total was made official on Jan. 14, and the cheque was presented to library CEO Amanda Foster. From left are Rotarian Val Hyska, Foster, Rotarian Ed Chow and Mascot Rudy. (Photo by Patricia Leboeuf, Petawawa Post)



Winter Survivors – Ruffed Grouse

Submitted by Environment Services

As we humans continue to deal with slippery roads, winter field conditions for training, and ever growing piles of snow at the ends of our driveways, our local wildlife proceed with their daily winter struggles as well – often completely unnoticed by their human neighbours.

One of the best winter-equipped and well-adapted of our local birds is the Ruffed Grouse. Often called "Partridge", the Ruffed Grouse undergoes a number of physical changes in its bag of tricks for winter survival. In the fall its diet changes from ground vegetation (which will be covered with snow in winter) to the buds and catkins of deciduous trees like birch and poplar and shrubs like alder and willow. Generally, these food sources are above snow level, and also provide a chance to soak up the sun on clear days.

In addition to changing food sources, the Ruffed Grouse grows additional body feathers following the summer moult, which improves its insulation from the cold temperatures to come (the equivalent of putting on long underwear). It will also grow feathers around and over its nostrils to trap the air and warm it before breathing – not unlike wearing a scarf over your nose and mouth on a cold day. They even grow additional feathers down the normally bare portion of their legs, thus limiting exposure to the elements. On their feet they grow scale-like projections that increase the surface area of the foot making ground travel over the snow substantially easier.

The best winter adaptation that the Ruffed Grouse has however, is that on cold nights when fluffy snow is abundant, it will

dive into the snowbank where it will use its feet and wings to create a cavern or tunnel. Here, it can sleep in snow insulated comfort conserving the energy from its daytime dining. In the morning, it will burst from its snow roost to begin feeding once again. If you are snowshoeing or cross country skiing near a snow roost, an exiting Grouse can deliver quite the surprise.

Ruffed Grouse can be seen foraging on buds near dawn and dusk in local woodlands and often even in treed areas of the Garrison. Watch for them the next time you are headed out for a morning coffee!



The Ruffed Grouse. (Photo by Tammy McCadden)

SCOTT'S SHOE STORE

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WOMEN'S SHOES AND SNOWBOOTS ARE NOW ALL 30% OFF
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HURRY DOWN AND GET YOUR STYLE & SIZE WHILE AVAILABLE.

SALE RUNS THROUGH THE MONTH OF JANUARY
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143 PEMBROKE ST W, (MEWS MALL) PEMBROKE, ONT.