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1 RCR receives Commander-in-Chief Unit Commendation

Colonel Omer Lavoie (left), who served as 1st Battalion The Royal Canadian Regiment (1 RCR) Battle Group Commander for Task Force Afghanistan 3-06, was in Petawawa to assist with the formal presentation of the Commander-in-Chief Unit Commendation to 1 RCR on February 24, 2011.

The Commendation was originally presented on December 4, 2010 in Afghanistan by the Governor General.

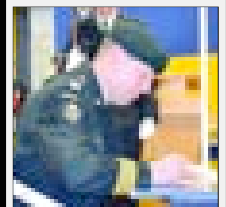
During August and September 2006, the 1 RCR Battle Group played a decisive role in one of the largest ground combat operations in the history of NATO. Deployed to an area of Afghanistan with fierce enemy resistance and extremely difficult terrain, the members of the battle group resolutely defeated a well coordinated insurgent force in the area surrounding Kandahar City.

Succeeding where larger forces had failed, they prevented the enemy from realizing their goals of capturing the city and weakening international resolve and cohesion.

For full story, see page 3.
 (Photo by CFB Petawawa Base Imaging)

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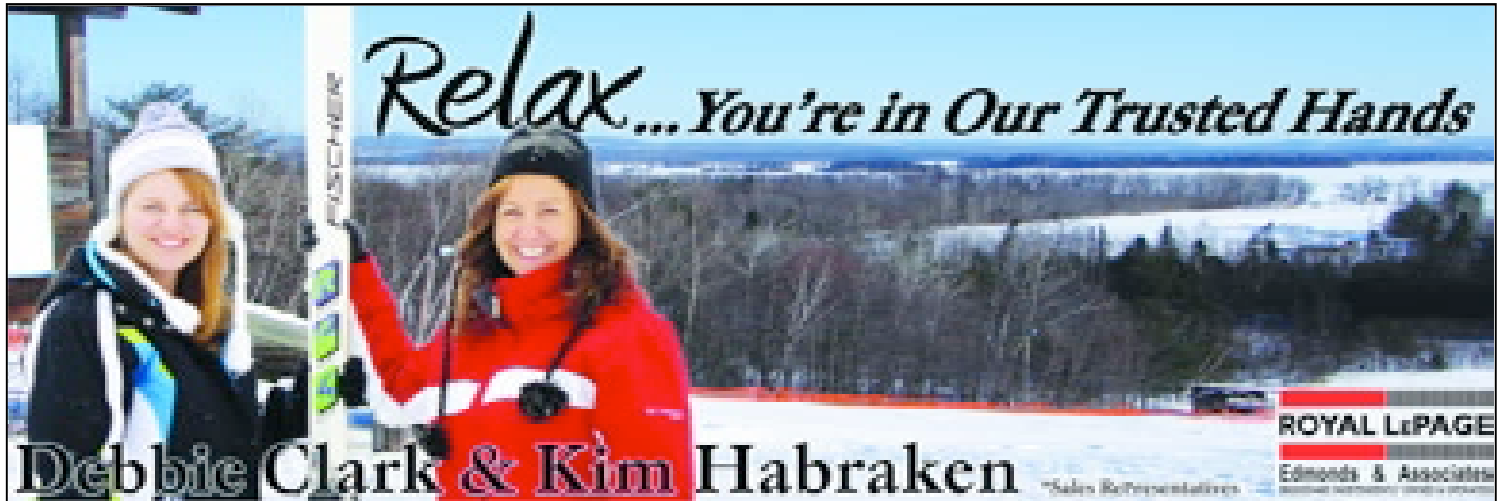
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Battle Group earns distinguished honour

1 RCR BG receives Commander-in-Chief Unit Commendation "for courageous and professional execution of duty in Afghanistan during August and September 2006 that prevented the capture of Kandahar City by insurgents."

by Lisa Brazeau

During August and September 2006, the 1st Battalion, The Royal Canadian Regiment (1 RCR) Battle Group played a decisive role in one of the largest ground combat operations NATO's history.

Recently returned from Afghanistan, 1 RCR assembled last week at Building Y-101 for a ceremony to present the Task Force 3-06 Battle Group with the Commander-in-Chief Unit Commendation for their role in Operation MEDUSA.

Created on July 3, 2002, the Commander-in-Chief Commendation, consisting of a scroll, insignia and pennant, recognizes outstanding service by units of the Canadian Forces in extremely hazardous circumstances in an active theatre of operations.

The scroll and pennant was initially presented to 1 RCR last December by the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada at Forward Operating Base Mas'um Ghar in Afghanistan. The framed gold-embossed scroll, which was on display at the drill hall last week, is inscribed with the name of the unit and a citation describing the reason for the recognition. The accompanying pennant is a permanent symbol of the award that may be flown or displayed as a public distinction.

At the February 24 parade, individual members of the Battle Group, and of 1 RCR, received the insignia, a gold bar bearing the Vice-Regal lion.

"The realization that something special and different had happened probably occurred to you almost right away in that hot August of 2006. As the fall unfolded, it was not long after that that same realization became apparent to our Army, the Canadian Forces and Canada as a whole," said Brigadier General Fred Lewis, Commander Land Force Central Area to the approximately 450 personnel on parade.

Operation MEDUSA was a Canadian-led offensive by major elements of the International Security Assistance Force and Afghan National Army that began on September 2, 2006 as part of the ongoing war in Afghanistan. A NATO victory, Op MEDUSA aimed to establish government control over the volatile Panjwahi and Zhari districts of Kandahar Province.

"Deployed to an area of Afghanistan with fierce enemy resistance and extremely difficult terrain, the members of the battle group resolutely defeated a well coordinated insurgent force in the area surrounding Kandahar City," said BGen Lewis, reading aloud the commendation citation. "Succeeding where larger forces had failed,

they prevented the enemy from realizing their goals of capturing the city and weakening international resolve and cohesion.

"That last sentence will probably be Canada's legacy in southern Afghanistan," BGen Lewis remarked. "Holding the line with a relatively small force when others couldn't or weren't willing."

For the LFCA Commander, Thursday's ceremony was like coming full-circle, he added, noting the last time he stood before the battalion was at a medals parade in the spring of 2007, a few months after the return of Task Force 3-06.

"It seemed like every General in the Army had come to welcome you back," BGen Lewis recalled. "They came to Petawawa to mark something that was at the time new to our Army; a unit had come back from fighting a real shooting war, and that unit had done great things and made Canada proud."

The last time Col Omer Lavoie stood before the Battle Group, it was as their commander in Afghanistan.

Honoured and humbled to be part of the ceremony, the now-Commander of 1 Canadian Mechanized Brigade Group in Edmonton said he was extremely pleased to hear that the Battle Group would be recognized as a whole, as well as individually, for their extraordinary team work, courage and dedication during Op MEDUSA.

"When it comes to honours and awards, for every meritorious service medal that's issued, for every commendation that's issued, for every medal of valour that's issued, there's probably another 10 that ought to be issued to soldiers who've been out there doing courageous acts, but go about doing it as quiet professionals," he said. "To me the real significance of this unit commendation is it's an award that will be worn by each and every member of the battle group."

He called MEDUSA unique in terms of the military campaign at that time in Afghanistan, and something that needed to be done to prevent the fall of Kandahar City into the hands of the Taliban.

Equally as important, Col Lavoie noted, the operation sent a "very strong signal to the Taliban, to the enemy, that Canada and indeed NATO had the resolve in combat operations to bring the fight to the enemy and in the end, beat the enemy."

But the victory was not without sacrifice.

Without a doubt, Col Lavoie said, when Battle Group members look down at the commendation insignia on their uniform they will remember their fallen comrades - "those names will forever be emblazoned on our memories and indeed into our souls."

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New CO, Col of Regiment for 1 RCR

by Lisa Brazeau

A ceremony Friday marked two significant changes for the 1st Battalion, The Royal Canadian Regiment - a new Commanding Officer and a new Colonel of the Regiment.

At a formal Change of Command Parade February 25, outgoing CO LCol Conrad Mialkowski handed over the reins to incoming CO LCol Peter Scott, while the Colonel of the Regiment appointment passed from Major General Walter Holmes to Col Joe Aitchison.

LCol Mialkowski took command of 1 RCR in 2008, and deployed the battalion to Afghanistan last year as part of Task Force 1-10 where he served as the 1 RCR Battle Group Commander. During that time, the Battle Group conducted counter-insurgency operations in Panjwaii District, south-west of Kandahar City, in close partnership with the Afghan national security forces.

That "superb team", said parade Reviewing Officer and 2 Canadian Mechanized Brigade Group Commander Col Wayne Eyre, is testament to the outstanding leadership provided by the outgoing CO and the unit's Regimental Sergeant Major CWO Stuart Hartnell.

"It was this type of adaptive leadership that gave the unit the smarts and the agility to do great things - and great things they did do," he said.



2 Canadian Mechanized Brigade Group Commander Col Wayne Eyre (left) inspects the parade accompanied by outgoing 1st Battalion The Royal Canadian Regiment Commanding Officer LCol Conrad Mialkowski (centre) and incoming CO LCol Peter Scott (right) during a Change of Command ceremony on Friday, February 25. (Photo by Lisa Brazeau, Petawawa Post)

"You were finally able to achieve a level of stability in our area of operations. You protected the population and when it came time to fight, you fought like lions."

In his final address as CO, LCol Mialkowski thanked the local community and families of serving personnel for their ongoing support, and commended his soldiers for earning a reputation they can be justifiably proud of.

"You have demonstrated to this brigade and to the people of Canada that you are a tenacious, determined

and professional battalion," he said. "I am proud that our Army can generate first class soldiers who take the fight to the enemy. That is nothing new, as we've been doing it for generations."

He also saluted the courage of those wounded in service, and the families of the fallen who exemplify the strong bonds of the Regimental family.

Returning to 1 RCR after serving in Ramallah, Palestine on Operation Proteus as part of the United States Security Coordinator's efforts to help

advance the Middle East Peace Process, LCol Scott last served with the unit as the Commanding Officer of the 1 RCR Rear Party while the Battle Group deployed to Afghanistan in 2006-2007.

Since joining the Canadian Forces and being posted to the battalion in 1994, he has held various positions in 1 RCR including rifle platoon commander, assistant adjutant, transport platoon commander and executive assistant to the Brigade Commander.

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OPERATION CLEANSWEEP

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SMILE - you're on Op CleanSweep Camera

By Daphny Gebhart-Turcotte, Assistant Base Public Affairs Officer

The Canadian Forces Housing Agency (CFHA) captured this prime example last week of what curb side recycling should look like.

CFB Petawawa Base Commander LCol Keith Rudderham says he is pleased by this display of placing recycling and garbage at the curb and says that he hopes this is a sign that the efforts of Operation CleanSweep are getting through to the

Residential Housing Unit residents (RHU). "CFB Petawawa is a beautiful Base and small efforts like making sure you're recycling and garbage is laid out neatly at the curb allows us all to feel proud about the look and feel of our neighbourhoods," said LCol Rudderham. While we don't know who the individuals are, I want to send out a warm thank you and congratulations for a job well done."

Operation CleanSweep launched in October 2010 as an effort by the Base and CFHA to educate RHU residents and others on the importance of doing your part for both cleanliness and the environment.

A weekly educational column was created in the Petawawa Post to assist in the delivery of communication to the residents.

The program also recently launched a campaign to attract volunteers to sit on the Neighbourhood Improvement Committee. There are still seats available and any RHU resident interested in volunteering some time to this effort can contact PSP Manager Nathan Lane at Nathan.lane@forces.gc.ca



Post-tour TB skin testing: a must for the prevention of Tuberculosis

Globally, tuberculosis continues to be a major health problem. The incidence of tuberculosis in Afghanistan (from 2006 CDC data) was 300 reported cases per 100,000 population. Therefore, with increased exposure to the local population while on tour, military members are at increased risk of contracting this infectious lung disease.

Tuberculosis (TB) is a bacterial infection that is transmitted via airborne droplets when an infected person coughs or sneezes. These droplets are not filtered out by simple gauze masks or stopped when the person covers their mouth and nose during coughing. If they are then breathed in by others, they settle in the lungs and may cause disease.

The major tool to screen for tuberculosis infection is the Mantoux Tuberculin Skin Test (TST). It is performed a minimum of 8-12 weeks post-return from tour. The TST is not a vaccine; it provides no protection against TB. This test involves inserting a small amount of fluid containing protein from the TB bacteria with a tuberculin syringe under the skin on the forearm. After administration, a 10 mm "wheal" or bump should form at the site. After 48-72 hours, the TST is read by a trained health care professional by looking at the area where the test was given.

If there is nothing but a bruise or a small mark where the test was given, the test is negative. A percentage of members may require a second test and this will be determined at this time.

If a person has been exposed to TB, a red, raised area will develop on the forearm where the test was given. The raised area or induration is measured with a ruler and if it is greater than 10 mm, it means the test is positive. This does not mean you have TB. A positive TST means that your body has come into contact with the TB bacteria at least once, and further testing will be done to make sure you don't have active TB.

continued on page 8



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New doctor at Petawawa health centre

By Cyndi Mills
 The Petawawa Centennial Family Health Centre has recruited a new doctor.
 Tom Mohns, president of the PCFHC board of directors and Deputy Mayor of Petawawa, made the announcement at a recent council meeting.
 "We have signed our first doctor to the centre. She is a local girl, Sarah Clouthier, and she will start working with the health centre a year from June."

Dr. Clouthier, the daughter of Pierre and Jeannette Clouthier, grew up in Petawawa and graduated from McMaster University Medical School. She is currently in year one of the two-year residency program at the University of Ottawa. In January she spent part of her residency placement in Petawawa.
 "Doctor Sarah Clouthier recently completed a four-week placement at the PCFHC where she clearly demonstrated her high level of competency and professionalism," said executive director Susan Foran.
 The new doctor is expected to carry a patient load of at least 1,300 people from the health centre's

catchment area when she begins working for the centre in June 2012. At this time there are 3,100 people in the Petawawa area registered on the Upper Ottawa Valley Medical Recruitment Committee's orphaned patient list.
 Mayor Bob Sweet congratulated Mohns and the PCFHC board of directors.
 "Congratulations to you and your team for staying the course," said Sweet.
 The centre recruited Dr. Clouthier without assistance from the Upper Ottawa Valley Medical Recruitment Committee, which the town is

are excited about the signing of Dr. Clouthier, citing that she will be an excellent addition to the team."
 The PCFHC has two-full time doctors and one part-time doctor on staff, along with three nurse practitioners, two practical nurses, a social worker, nutritionist and part-time pharmacist.

Beginning this Saturday the walk-in clinic will be open every second Saturday with patient registration beginning at 8:30 a.m. Dr. Crisci, a medical doctor for the military, will be expanding her hours, as she is currently at the walk-in clinic on Monday and Thursday evenings with registration beginning at 4 p.m.



Staff, management and health care providers at the PCFHC recently welcomed Dr Sarah Clouthier to the team. (Back left to right) Dr. Rosemary Christinck, Sharon Rowan, Glenna Prins, Pat Durston, (front left to right) Carolyn Patterson, Dr. Sarah Clouthier, Heidi Krebsz, Sharon Dainty, and Susan Foran.



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Community alliance formed

by Cyndi Mills
 The newly formed Community Alliance to Save the Petawawa (CASP) is looking for a council and military liaison to keep local stakeholders informed about Xeneca's "Big Eddy" project.
 The alliance was created due to the number of public organizations with the common interest of stopping the installation of the proposed hydroelectric project unless it could be shown to be in the interest of the community as a whole said Al Hepburn, who is taking the lead for the group.
 "We all got together ... and decided to form an alliance of interest groups, which was subsequently named the Community Alliance to Save the Petawawa," said Hepburn.
 Hepburn has been vocal about how the current proposed hydroelectric project would

negatively impact the Petawawa River. The group currently has 493 contact numbers.
 Recently the group invited a member of council to be part of the alliance. However, at a recent meeting, council declined the offer.
 "I appreciate the offer from the group," said Mayor Bob Sweet. "We will represent the community as a whole."
 Council will be sticking with their plans to hire a professional planner to represent the town during the Environmental Assessment.
 "I think council indicated they are not in favour of this project because of the lack of information and lack of clarity," said Sweet.
 The alliance is asking residents to become actively involved by posting a sign on their lawn, joining the group's Facebook page and sending their concerns to relevant officials and agencies.

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Extreme Weather at the Petawawa Library!

Monday March 14th, check out some of nature's most incredible weather then build your very own tornado in a bottle and make delicious ice cream in a bag! Ages 7-12 at 1 pm. Registration starts Feb. 14th and space is limited! For more information call Alison at 687-2227 ext. 29.

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Extreme Stories Storytime!

Wednesday March 16th is a drop in storytime at the Petawawa library for all ages. Hear some crazy stories, sing silly songs and do a fun craft. All Ages, 1pm, no registration is required. For more information call Alison at 687-2227 ext. 29.

Movie Day with Popcorn!

Drop into the Petawawa library Friday March 18th at 1 pm to catch a new release and enjoy some popcorn. All Ages. No registration required, for more information call Alison at 687-2227 ext. 29.

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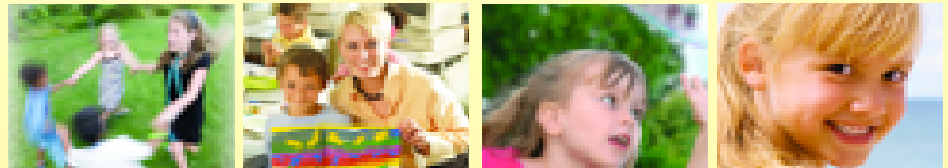
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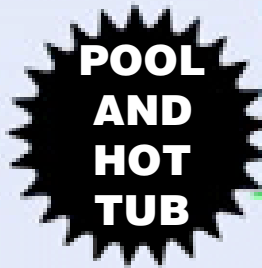


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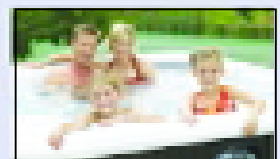


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New CO, Col of Regiment for 1 RCR ... continued from page four

LCol Scott served on missions to Croatia and Bosnia, and in November 2004, was appointed as the Officer Commanding of The Duke of Edinburgh's Company, deploying with the company the following

year as part of the ISAF mission in Kabul, Afghanistan.

Having the opportunity to lead "the world's best and finest soldiers," he said, is both humbling and a rare honour.

"The pride I feel just watching you march on parade is immeasurable," LCol Scott said. "You are stellar soldiers who are intelligent, hard working, determined, professional, courageous eager, competent and really just one outstanding team. It feels good to be here."

He pledged to work hard for the soldiers and officers of the battalion, and acknowledged that his predecessor's shoes would be large ones to fill.

"You have always been an exceptional leader and I am truly grateful that I get to follow in your footsteps," LCol Scott said of outgoing CO LCol Mialkowski. "You have left the battalion in outstanding shape and I thank you from the bottom of my heart."

Following the Change of Command proceedings, Chairman of the Regimental Executive Committee Colonel Jim Simms presided over the change of appointment of the Colonel of the Regiment.

Before retiring from the Canadian Forces in 1996 after 38 years of service, Col Aitchison served with all three regular force battalions of The Regiment and completed two NATO and three UN Peacekeeping tours. He formerly held the position of Regimental Colonel of The RCR from 1987 to 1991

when he concurrently served as Home Station Commander in London.

Col Aitchison established a consulting business after retirement and is a member of the board of directors of several volunteer organizations.

He received the 2008 J.J. Kelso Award from the Hastings Children's Aid Society for his work with the Ontario Association of Children's Aid Societies.

Decorated for service by Canada, Great Britain, the United States, Luxembourg and the United Nations, Major General (Ret'd) Holmes began his military

career in 1960 and was commissioned into the Royal Canadian Regiment and posted to the 1st Battalion in 1967.

He subsequently commanded the 1st Battalion, The Royal Canadian Regiment, the Canadian Airborne Regiment, CFB Petawawa, 2 Canadian Mechanized Brigade Group and Land Force Central Area in Toronto before heading NATO's Allied Command Europe Mobile Force (Land) based in Heidelberg Germany.

Foreign service includes tours in Germany, the United States, England, Libya, and United Nations tours in Cyprus and Egypt.

MARCH 8, 2011



The 1 RCR Change of Command parade on Friday also marked the change of appointment of the Colonel of the Regiment - from Major General Walter Holmes to Colonel Joe Aitchison (left). Before retiring from the Canadian Forces in 1996 after 38 years of service, Col Aitchison served with all three regular force battalions of The Regiment and completed two NATO and three UN Peacekeeping tours. (Photo by Lisa Brazeau, Petawawa Post)

Post-tour TB skin testing: a must for ... continued from page 5

It is very important to be present for all portions of the TST, the giving of the test as well as the reading 48-72 hours later, as the test is not valid if a step is missed and must be repeated.

The schedule for the TST administration for TF 1-10 will be passed down via unit

Chain of Command. Please bring your immunization book as well as reintegration checklist with you to your unit's timings. For any questions or concerns, you may contact the Base Immunization Clinic at local 6713 or the Preventive Medicine Dept at local 5255.

TF 1-10 - Your Tuberculosis Skin Test Is Due

Following an operational tour in Afghanistan, there is a mandatory requirement for CF members to complete a Tuberculosis Skin Test (TST) no earlier than 8 weeks following return. The process for the TST is, for the vast majority, a two part process (day 1 - receive skin test, 2 days later return to have the TST read). Please ensure that you bring your immunization book and post-deployment checklist. For further info, contact Preventive Medicine Technician at ext 5255 or the Immunization Clinic at ext 6713. For Petawawa-based TF 1-10 personnel, this medical procedure will be conducted as follows:

March 7 - 9th from 0900 - 1530 hrs

- Mbr to report to Y-101 drill hall (1 RCR) as per schedule provided to Unit Adjts with immunization book in hand;

March 9 - 11th, 0900 - 1530 hrs

- 2 days after initial TST, return to Y-101 drill hall (1 RCR) as per schedule provided to Unit Adjts to have TST read and data entered into immunization book.

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PMFRC hires Executive Director

CFB Petawawa - The Board of Directors of the Petawawa Military Family Resource Centre is pleased to announce that Ms. Kim Hetherington has been selected to permanently fill the position of the Centre's Executive Director.

Kim Hetherington brings with her a strong background within the Military Family Services Program. With over 14 years of practical experience, supported by a relevant and recognized educational framework, she has passionately focused on family support throughout her career.

The majority of her experience has been directly related to military families; however, her most recent work has been with a national association for family resource programs.

Kim's strong project management skills have brought new, innovative programs to the Military Family Services Program including the Parent and Child Early Literacy and Deployment initiative, for which she was awarded the Lieutenant Governor of Manitoba's Medal for Literacy.

Kim was also instrumental in the process of increasing the number of licensed spaces for the Private Home Daycare Program through the Petawawa MFRC, which provides parents the ability to access subsidized childcare through an in home care giver.

Kim's extensive background in program development will assist in the continued focus of the organization to respond to emerging needs of the community. Her team approach to man-



Kim Hetherington (submitted photo)

agement will help to foster relationships between the various areas within the PMFRC, our partners within the community, and community members themselves.

Kim's experience and knowledge make her a skillful and competent team leader. A strategic thinker, she is capable of implementing complex, detailed plans in an informal, approachable and accommodating leadership style.

Tracy Gorman, Chairperson for the Board of Directors, is pleased that the agency was able to fill the position of Executive Director with such a competent and passionate person.

"Finding the right person to fill the role of Executive Director at the PMFRC is instrumental to the success of the agency as we continue to move forward after the organizational review that was conducted in 2010," she said. "I am confident that we have found the right person to continue to move the organization forward."

The Petawawa Military Family Resource Centre is an incorporated, not for profit organization that is committed to enriching the lives of individuals and families of the military community through positive action, education, and support.


Battle Group earns distinguished ... continued from page three

The Commander-in-Chief Unit Commendation may be awarded to any unit or sub-unit of the Canadian Forces, or to any similar organization of a foreign armed force working with or in conjunction with the Canadian Forces, that has performed an extraordinary deed or activity of a rare high standard in extremely hazardous circumstances. Commander-in-Chief Unit Commendations are restricted to war or war-like conditions in an active theatre of operations.


Other units presented in February with the recognition include the 1st Battalion, Princess Patricia's Canadian Light Infantry Battle Group

"for exceptional determination and courage during relentless combat in Afghanistan, from January to August 2006" and the 3rd Battalion Royal 22e Régiment Battle Group "for outstanding courage and resolve while battling insurgents in Afghanistan, from July 2007 to February 2008."

The Commander-in-Chief Unit Commendation has previously been awarded to the 1st Battalion of the Royal 22nd Regiment Battle Group for opening an airport in Sarajevo in 1992, the 2nd Battalion, PPCLI for service in the former Yugoslavia in 1993 and to the 3rd Battalion, PPCLI for service in Afghanistan in 2002.



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Check out the web site at www.pspptawawa.com

KIDZ 1ST! COMMUNITY RECREATION PROGRAMMING!

Counsellors in Training – 14-18 March. This program is designed specifically for those

TEEN SCENE: PETAWAWA YOUTH CENTRE

613-687-2104 ext 235

Regular hours:

Monday – Thursday 6 – 9pm

Friday & Saturday 6 – 11pm

Petawawa Youth Centre is open to preteens 10+ yrs

Youth Lock In - 14 March, 9 pm-8 am. Come out for some sports, movies and fun! Pre-registration required before Mar 7.

EMPLOYEE READINESS WORKSHOP - Learn cover letter & resume techniques. 14 & 15 March 9 am-2 pm. Pre-registration required

IMAX Theatre Ottawa - Wednesday, 16 March. Pre-registration required

Cross Country Skiing @ Jubilee Lodge - Thursday, 17 March 1:00-4:00 pm

PIZZA & MOVIE NIGHT - Friday, 18 March. Includes 2 slices of pizza and a pop

Home Alone Course - 26 March. 9am – 3pm @ the SSSC

Babysitter's Training Course - 16 April. 9am-5pm @ the SSSC

Wednesday Night Jam Session - 6 – 9pm

For programming information please call 613-687-2932 or visit www.pspptawawa.com

who want experience in the field of recreation and begin the process of becoming a Camp Counsellor. The CIT program will offer valuable job-specific training that will entitle them to an interview as a potential candidate for employment once they reach the age of 16. Our Program is for ages 14-16 years. Pre-registration is required.

MARCH BREAK!!

Register now for our March Break program which will be running 14-18 March at the Recreation Complex. Activities include swimming, skating, Harry Potter day, St. Patrick's Day games and a trip to Cosmic Adventures (3-6yrs) and Fun Junction (7-12yrs). March Break Mania camp for kids aged 3-12 yrs, Pretty-n-Pink for girls aged 10-12 yrs and Junior Athletic Camp for kids aged 10-12 yrs. Extended care available.

EASTER HOPABALOO!!

Check out our Easter Hopabaloo for kids ages 6-12 years. Come out for some fun Easter themed activities and meet some new friends! Pre-registration is required.

NEXT PA DAY IS APRIL 8 FOR THE ENGLISH SCHOOLS. Don't forget to register the kids for the Egg-tastic Easter Event!

ONGOING PROGRAMS AT THE PLEX

Party at the Plex where we do all the work and make it stress free for you! 10 Party themes to choose from!

Parent & Tot Rec Rollers Drop In. Mon/Wed at the South Side Community Center 9:30-10:30 and Tuesday/Thursday at the Rec Plex 9:30-11:30. Registration forms and more information can also be found on our website at psp-petawawa.com

For more info and availability contact 613-687-2932.

AQUATICS

Introduction to Water Polo - 14 March 11, 6:15-7:00pm

Introduction to Synchro-nized Swimming - 16 March 11, 6:15-7:00pm.

Registration for the Spring Session will be taking place at the Recreation Complex starting at 9am on Tuesday, March 1. Lesson schedule is now available on our website www.psp-petawawa.com or at the Recreation Complex.

The Aquatics department is looking for a new logo! Grab your crayons, markers, or scissors and drop off your design at the Rec Plex or at Dundonald Hall. You could have the chance to win a free 8 week swim session or 10 paid Aquafit classes. Deadline for entries is 31 March 11.

For other Aquatics related questions please contact Cheryl Bedard, Coordinator of Aquatic

Greater Petawawa Civitan Club

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Petawawa Civic Centre
Sunday Nights at 6:30 p.m.

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- * \$1,000 Jackpot to Go
- * 1 Set of 8 Flash Games starting at 6:30 p.m.
- * Lowest Canteen prices in area
- * Doors Open at 5:30 p.m.



License # M557879

Recreational Programming

613-687-5511 x 5305

FITNESS PROGRAMS!

Winter 2011 fitness schedule is now available.

Drop by the Recreation Complex and pick up a schedule.

Are you looking for great aerobics programs but nobody to watch your kids?? Come to the Rec Plex and register for our supervised play sessions. Supervised play takes place Monday to Friday 9:45-10:45 during the morning fitness classes. Spaces are limited so register early.

Introduction to X-Fit: 27 March – 17 April, 6:30-8:00pm.

Army Fitness Centre. Pre-registration required

Teen Weight Training – for teens aged 13-17. 3 April 11 (pre-registration is required), 6-9 pm at Dundonald Hall.

Register at the Recreation Complex

Women For Weights (W4W):

Learn the proper techniques for using the weight room at DDH in a group format. Pre-registration required

Rec Plex Hours: Mon-Thurs 8AM-9PM, Fri 8AM-7PM, Sat 9AM-5PM

Phone 613-687-2932/613-687-1571 Fax 613-687-8103

SSCC Hours: Mon-Thurs: 8:15AM-9 PM, Fri 8:15AM - 6PM,

Phone 613-687-2104 Fax 613-687-1045

Check out the web site at www.pspptawawa.com

NCCP – Competition

Introduction Part B

March 5 & 6

9am – 5pm, SSSC

Pre-registration required

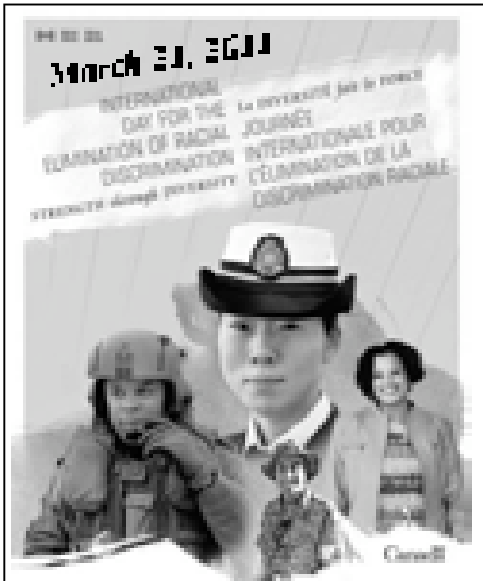
Pembroke Lumber Kings playoffs are just around the corner

Fantastic February continued for the Pembroke Lumber Kings after they vaulted over the Cornwall Colts in the overall standings to first place in the Canadian Central Tier One Junior Hockey League. In February (as of Feb. 20) the Kings recorded 6 wins and 2 losses and won 4 in a row while outscoring opponents 49 -19 during the month.

Pembroke's offence has been high flying in February to say the least with Tyler Tosunian producing points at his usual rapid pace. The Californian native is second in league scoring with 111 points in 56 games, almost 2 points per game. Some of the King's fresh faces have also been producing above a point per game clip as well to help with the teams' recent success namely Stefan Salituro with 32 points in 19 games

and Kyle Just with 31 points in only 17 games since his return to the Kings' lineup. Salituro was named CCHL's player of the week last week amassing 11 points in 3 games with 3 goals and 8 assists.

All 4 lines have been contributing timely offence. Super sophomore Matthew Peca continues to play well and put points up on a consistent basis. Pembroke's Brandon Gagne and Chris Bodo have also been hot lately and power forward Jonathon Milley has been quite effective since returning from an injury. Both Mitch Gallant and Matthew Zay have also been chipping in at key times, but everybody on the squad has been solid. The Kings players seem to be peaking at the right time as the playoffs are just around the corner.



CFB Petawawa teams earn gold, silver at hockey Regionals

FITNESS, HEALTH & RECREATION



Congratulations to the CFB Petawawa Women's Base Hockey Team (far left photo) who dominated their final game against CFB Borden with the final score of 7 - 1. They will be heading to Nationals being held in CFB Borden 12-18 March 2011.

(At left) Accepting the Regional pennant on behalf of the team from CFB/ASU Petawawa Commander LCol Keith Rudderham (second from left) are

Team captain Tpr Rebecca Klimo (left), PO2 Helene Hahn (second from right) and Lt Carley Montpellier (right). Missing is coach MCpl Darren Stiles, who was playing in the men's final. Congratulations also go out to the CFB Petawawa Base Men's team for a game well played in the final - it was a 1-1 up to 30 seconds left on the clock. 8 Wing Trenton (below left) then pulled ahead by one, fighting until the end. The Petawawa team unfortunately was unable to even the score and with seven seconds left on the clock Trenton cemented the win with the last goal ending the game for the Petawawa men's team with a disappointing 1-3 loss. Thank yous are extended to the Personnel Support Program arena staff for all their hard work; Kelsey's, GearHeads, Punch Nutrition, and Camper Restaurant for donations to welcome packages and/or door prizes; and to the officiating staff, score keepers, jury of appeal and Medical Services. (Photos by Lisa Brazeau, Petawawa Post)



County of Renfrew Expo 150 welcomes volunteers

One of the things for which Renfrew County is famous is the volunteerism within the community. If you look at the number of volunteer organizations that are supported in this area, there is a group of people who are donating their time that make it possible for those groups to exist. While many of these organizations are participating at Expo 150, either in a volunteer capacity, as part of the exhibitions or to showcase their organization, Expo 150 itself is now heavily recruiting volunteers to assist with the event.

There are approximately 500-600 people currently involved in a volunteer capacity with Expo 150, and it is estimated that another 400-500 will be required to have a safe and operational event. There

are opportunities in security, infrastructure and set-up, customer service, Airport services and more. What is unique about this event is that opportunities to volunteer are open to all ages, allowing for community service hours to be achieved for high school students, and resume-relevant experience to be gained from recent graduates.



It's Journey Through Time.

Hours for the event are 11 am to 8 pm on Thursday-Saturday, and 11 a.m. to 4 p.m. on Sunday. Shifts are 4.5 hours each, allowing the volunteer to enjoy Expo 150 as well as assisting with its operation.

For more information on volunteering at Expo 150, individuals may contact Amy Gauthier. She can be reached by phone at: 613-735-7288 ext.150 or by email at: agauthier@countyofrenfrew.on. Details are also available at www.expo150.com

We are all players. We are all fans.

Hockey brings families together. Which is why, The Ontario Hockey Federation is proud to support over 40 Boys and Girls who play Tumbler Hockey in Petawawa.



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Select recipes with care

by Kevin Strachan, Health Promotion Manager, CFB Petawawa

March is Nutrition month and this year's campaign focuses on a celebration of food – right from where it's grown and harvested all the way to appetizing and healthy food on

our tables. The campaign also emphasizes choosing healthy ingredients for every recipe you make.

One reliable way to eat healthier is to cook at home more often. Cooking food in your own kitchen allows you to have more control over the quality of ingredients you use, and how much you spend.

While many cookbooks are focused on healthy eating and healthy cooking, some of your favourite cookbooks may not do the same. When choosing healthy recipes, choose recipes with ingredients that have lots of nutrients, such as fruits, vegetables, whole grains, lean meats, legumes, lower fat milk products and healthy oils like canola, olive, sunflower, or corn, etc. If most of the ingredients are less healthy choices, find another recipe!

Here are some helpful hints of what to look for in a healthy recipe:

APPETIZERS AND SOUPS

- Look for dips made with yogurt or lower fat sour cream or mayonnaise instead of regular fat options.
- Look for soups that are clear or broth based, using homemade meat or vegetable stock, lower sodium broth or water as the base. For cream soups, look for those that use lower fat milk or pureed legumes or rice to achieve creaminess
- Try chilled soups that feature fruits or vegetables as the star ingredient.

PASTA AND PIZZA

- Canned tomato products can contain lots of sodium; purchase lower sodium products for your recipes.
- Choose cheese in moderation. While cheese contains ample amounts of protein, calcium and other nutrients, most also come with a lot of fat. Smaller amounts of stronger tasting cheese like Asiago, old Cheddar or Parmesan will give you more flavour than milder cheeses like mozzarella.

MEAT AND ALTERNATIVE ENTREES

- Season it up! Several world cuisines season food with lots of herbs and spices instead of oils, butter or salt. Lucky for us, we have many of these seasonings readily available. For example, Thai dishes use hot chillies, lime juice, garlic, and ginger. But watch out for the high salt condiments like fish sauce. Mediterranean cuisines rely on garlic, lemon, tomatoes, basil and oregano for seasoning; be mindful of added oil, olives and anchovies. Asian cuisine features plenty of vegetables in stir-fries; make sure you choose sodium-reduced soy sauce and use small amounts of salty sauces or condiments.
- Look for Lean! Choose recipes that use lean cuts of beef and pork like round, sirloin, or tenderloin. Choose lean or extra lean ground beef, pork, lamb, chicken or turkey.
- Focus on fat friendly cooking! Choose recipes

FITNESS, HEALTH & RECREATION

that feature baking, roasting, broiling, grilling, stewing, braising, poaching or steaming and forego those that are deep fried. Drain cooked ground meats of fat before adding into recipes.

- Vegetarian is no exception to the rules! Just because it's a vegetarian dish, doesn't mean it's necessarily lower in fat or sodium. The same suggestions from above apply to vegetarian cooking.

BAKED PRODUCTS

- Choose recipes with whole grain flours like wheat, buckwheat, Kamut, spelt or rye, or other whole grains such as oatmeal or corn meal.
- Salt, baking soda and baking powder all contain sodium; Per teaspoon, salt provides 2300 mg of sodium, while baking soda provides 1300 mg and double acting baking powder provides 400 mg. Keep this in mind as you choose your recipes for baked goods.
- Choose muffins and quick breads with no more than

1/3 cup (75mL) added fat (butter, non-hydrogenated margarine or oil) for 12 portions. Choose those with limited amounts of higher fat ingredients such as chocolate chips. Use nuts (almonds, walnuts, peanuts, etc) and seeds (sunflower and sesame) in moderation; they are higher fat choices, but contain healthy types of fat. Seek out muffins and quick breads with lower fat buttermilk; it adds moisture and richness to items along with nutrients like protein and calcium.

- If you're craving your favourite cake, pie or scone and you know it's not the healthiest option, enjoy a small piece guilt free. Moderation remains king! For more information on Nutrition Month, contact the Health Promotion office at local 4685, or visit www.dietitians.ca.

Reprinted with permission from the Dietitians of Canada © 2010.

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Petawawa KIA Gymnastics Club welcome home Task Force 1-10: The Petawawa KIA Gymnastics Club put on a demonstration for Task Force 1-10 homecoming show. Pictured: Brittany O'Conner, Pamela Pyke, Allison Neville, Madeline Denny, Andreeanne Menard, Kenzie Mess, Jamey Illingworth, Charley Illingworth. (submitted photo)



ATHLETE OF THE WEEK


Renfrew County and District Health Unit

Invitation to Child Health Clinics

- For families with children newborn to six years of age.
- Health professionals offering information, consultation and screening related to growth & development, dental health & childhood immunization.

NOTE: No appointments necessary except for immunization and Dental Screening

MARCH
Healthy Eating



PETAWAWA Military Family Resource Centre
 South Side Community Centre
 1578 Wolfe Ave., 2:00 – 3:30 p.m.
Wednesday, MARCH 9, 2011

*For more information call:
 Health Info Line at 613-735-8666*

Platinum Edge heads to National Championships



The Platinum Edge Intermediate Synchronized skating team from Petawawa recently competed at the Ontario Regional Championships in North Bay performing two strong programs qualifying them to compete at the Canadian National Synchronized Championship held in Brampton Ontario Feb 25 & 26th. The team trains in Petawawa and is comprised of advanced level skaters from the Ottawa Valley. They have been working hard on and off the ice for many months focusing on their goal of competing at the National Championships. In the end, the hard work paid off. Congratulations go to (back row), Aaron Wallace, Simone Donders, Chris Shephard, Spencer Yacaback, Erica Glen, Kelly Pecoskie, Kristie Villeneuve, Samantha Martin, Mairead Rodgers, (front row) Natalie Turgeon, Hannah Wiles, Jessica Desjardins, Mikaela Lebel, Cynthia Lamoreaux, Hunter Weeks, Sabrina Gill, Natasha Noonan. (Submitted by Stephanie Wallace, Platinum Edge/Petawawa Skating Club Head Coach)

Sitting volleyball hits the courts at CFB Petawawa

by Cyndi Mills

Team Canada Sitting Volleyball held their selection and try-out camp at Dundonald Hall last weekend.

Training once a month and in different parts of the country, the team is looking to expand their roster by recruiting athletes who have a disability.

"We are always trying to build up our team pool of athletes," said Phil Allen, coordinator, disabled development for Volleyball Canada.

At their Petawawa camp the organization hosted four military members.

Warrant Officer Karen McCoy, a member of the national sitting volleyball team, has been playing sitting volleyball since 2007. WO McCoy began her sitting volleyball journey training with the men's team, as there weren't enough female players to create a women's team when she started playing the sport.

"There was another girl who was on and off, but it was mostly me coming out with the team," said McCoy. "They (coaching staff) just kept encouraging me more and they kept soliciting other girls to come in and we eventually formed our own team."

WO McCoy has been an athlete her whole life. In her senior year of high school she received the athlete of the year award. So when she had her leg amputated due to bone cancer, McCoy knew she wanted to get back into sports.

"I have always been athletic," said McCoy. "I needed to get on to a team to get back into my spirit of sports. This is the power of sports. It brings the spirit alive."

She has been training with the women's team for the last three years and loves traveling and meeting new people. This month she will be traveling, along with her teammates on the women's team and the men's team, to

England to play against the English, Dutch and German teams. Both the Canadian women's and men's teams are aiming to compete in the Para Olympic Games in England in 2012.

"This is a fantastic opportunity for many of our members to embrace a new sport and meet some incredible people. There is an obvious connection between soldiers and athletes, which involves a great deal of training, determination and dedication. We are excited to bring together some of our soldiers who have been injured and give them an opportunity to increase their independence and develop new skill," said CFB Petawawa Base Commander Lieutenant Colonel Keith Rudderham.

Corporal Andy Social traveled from CFB Petawawa to train with the men's team and found the game similar to regular volleyball, but a little bit harder.

"The discipline and the structure are pretty much the same as far as working the discipline of your skill set," said Social. "The athletes with or without limbs work just as hard if not harder."

Social was injured twice while serving overseas. He was shot in the chest in the first incident and he was involved in a vehicle rollover accident, where he sustained a spinal injury. Social found the camaraderie among the athletes fantastic.

"We came here as strangers and we are leaving here family," said Social.

Volleyball Canada established ties with the Soldier On program in 2007 and has since been working with them, more specifically over the last six months. Together they have run camps at CFB Valcartier, CFB Edmonton and CFB Petawawa.

This fall both teams will be traveling to foreign countries to compete to qualify in the Para Olympic Games.

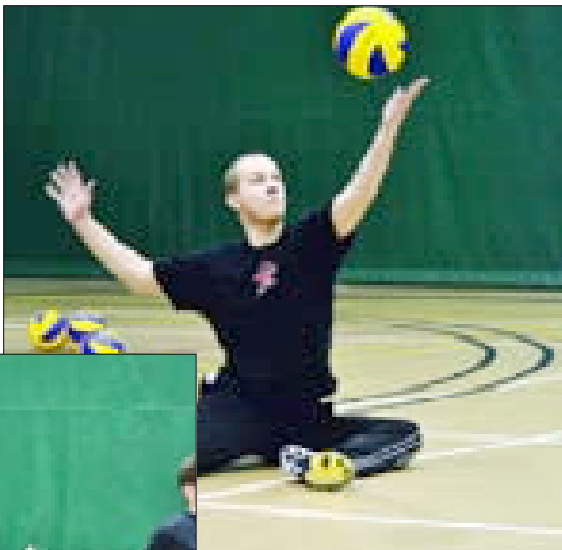
FITNESS, HEALTH & RECREATION

The women's team will be traveling to Brazil to compete in the Pan Am Zone Championships and in November the men's team will travel to Mexico to compete in the Parapan American Games.



Warrant Officer Karen McCoy reaches for the ball as it comes across the net at the National Sitting Volleyball camp. Her leg was amputated due to bone cancer. WO McCoy has been a member of the Women's National Sitting Volleyball team since 2007.

(Right) Corporal Brad Quast reaches to serve the ball. He was being assessed last weekend to see if he qualifies to play on the National Sitting Volleyball Team. Cpl Quast attended the selection camp at CFB Edmonton last December.



(Left) Corporal Andy Social waits for the ball as it comes across the net. He travelled from CFB Edmonton to participate in the National Sitting Volleyball tryout and training session. Cpl Social was injured twice while deployed to Afghanistan. He was shot in the chest and he was involved in a vehicle rollover IED incident. He sustained spinal injuries. (Photos by Cyndi Mills)

MARCH BREAK FAMILY SKATE

March 14th, 16th & 18th
1:00 - 2:30 PM



FREE EVENT FOR ALL FAMILIES



FINANCIAL PLAN

Income Tax Preparation & Planning, Investments, Retirement Plannin

Before You Fill Out Your Tax Return You May W

By Pierre Goulet, CFP, FMA, FCSI
Practice Manager – Financial Planning and Insurance
Services – SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2010 income tax return; April 30th 2011. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2010 fiscal year:

First-time home buyers' tax credit:

- A temporary tax credit, for certain homebuyers who acquire a qualifying home after January 27, 2009.
- Calculated by multiplying the lowest personal income tax rate for the year (15% in 2010) by \$5,000, for 2010 the credit is \$750.

- You will qualify for the HBTC if:
 - you or your spouse or common-law partner acquired a qualifying home in 2010 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years;
 - or
 - if you are a person with a disability or are buying a home in 2010 for a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit:

- Some pension income may qualify for a federal and provincial/territorial pension income tax credit.
- Can be transferred to a spouse or common-law

- partner if it is not fully used by the taxpayer.
 - If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.
 - Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount:

- If your spouse or common-law partner earned less than \$10,382, follow the calculation on line 303 of your return to see what amount you can claim.
- If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,382 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit:

- To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.
- Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.
- The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit:

- Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.
- Calculated using the lowest tax rate (15% for 2010) – maximum tax credit per child for 2010 is \$75.
- For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.



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FINANCING GUIDE 2011

Part 2



Personal Business & Finances, Credit Building, Mortgages, Savings

Don't To Consider The Following...

Education and Education Amounts:

- Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.
- A portion of the education amounts can also be claimed for spouses and children; complete the information on the back of your T2202A or schedule in your income tax forms to find out what amount is eligible.

Medical Expenses:

- Transferable between spouses.
- Medical expenses can include amounts paid outside of Canada.
- They must be more than 3% of your net income for 2010, whichever is less.
- The spouse with the lowest income should claim the expenses.

- Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more than the lesser of \$2,024 or 3% of the dependent's net income for the year up to a maximum of \$10,000.
- Claim medical expenses paid in any 12-month period ending in 2010 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2010. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

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Relay for Life launched for 2011

By Cyndi Mills

The Dundonald Track will again host the largest fundraiser for the Renfrew County unit of the Canadian Cancer Society.

This June, cancer survivors, volunteers and participants will join together in a celebration of survival, a tribute to the lives of loved ones and a night of fun, friendship and fundraising to beat cancer.

"Relay for Life is both a meaningful event and a whole lot of fun. It's about survival and it's for anyone who has been or will be touched by cancer, as any past participant will tell you," said Dave Henderson, fundraising coordinator for the society in Renfrew County. "It's so important for people to understand that just 12 hours of their time can add years to the lives of others."

The Relay for Life kick

off keynote speaker was Thora Pugh, who lost one daughter to cancer and has had another daughter battle the disease.

She spoke to the crowd who attended the kick-off event Saturday night about her time sitting on the research panel for the Canadian Cancer Society, where over \$27 million dollars has been given to researchers to find a cure.

"Research is invisible," said Pugh. "We have faith they are trying to find a cure."

To date the Petawawa Relay for Life has raised over \$2.9 million and this year organizers are hoping to cross the \$3-million mark.

"We are so close to the \$3 million we can taste it," said Henderson.

The organization is aiming to raise \$275,000 this year, "but we will be happy with whatever amount comes in," said Henderson.

"The dedication, excitement and enthusiasm of this event has remained strong since it first started at Dundonald Track in 2000. I am certain that same enthusiasm, dedication and excitement will be present this year and I encourage all who can, to participate or support this worthy cause in any way you can," said CFB/ASU Petawawa Commander LCol Keith Rudderham.

Along with teams raising money through pledges, the society is also offering a variety of ways that people who aren't able to participate in the event can help raise money for the cause.

As in past years, the society will be hosting the Luminary Candle ceremony at 10 p.m.

"People can purchase a luminary candle for \$5 to honour cancer survivors or remember loved ones who



Chair for this year's Relay for Life event Roger Martin, Lumi the Luminary Candle mascot and Kristin McCulloch, who is responsible for the luminaries campaign attended the the kick-off event for the Renfrew Cancer Unit's Relay for Life. Martin is holding a Dime to Fight Back bottle, the unit's new fundraising activity.

lost their fight with cancer," said Henderson. "The candles can be purchased from any relay participant, at the Society's unit office, 1217 Pembroke St. East Pembroke, or online at

www.relayforlife.ca."

New to their fundraising endeavours is the Dime to Fight Back campaign. The campaign is a fundraising initiative that came from another Relay for Life event in Ontario. The society is asking people and businesses to fill up a 500ml water bottle with dimes, and only dimes. A filled bottle holds approximately \$96, and can be given to a participating team. Water bottle labels can be downloaded at dimestofightback.ca

And during the relay, people will have the opportunity to purchase unique items at the Cancer Smart Shop. Karin Aurini, chairperson for the shop, is currently looking for donations to auction off at the event. She suggests people and businesses can donate an item in memory or honour of someone who has been diagnosed with cancer. Some past donations include quilts, jewelry boxes, prints, and gift cards for a dinner out or a day at the spa.

"People can drop off their donations at the Cancer Society office in Pembroke or call me at 613-687-8385 and I will pick them up," said Aurini.

Last year the Petawawa 2010 Relay for Life raised \$282,000, which contributed to the \$18 million that was raised across Ontario.

Regarding the base hosting the event LCol Keith Rudderham said "CFB Petawawa has been a proud

supporter of the Petawawa Relay for Life for over a decade and once again is honoured this year to be the 2011 host location. The bond that has been created between the Base and the Relay for Life over the years is based on a common goal to eradicate a disease that we all can identify with."

This year another 3,300 Canadians are expected to be diagnosed with cancer. Through events like the Relay for Life, the Canadian Cancer Society is able to fund research programs to find a cure. However, every year, approximately 80 per cent of research applications go unfunded because there aren't enough donations.

Money raised at the Relay for Life will also pay for reliable information in print, online and over the telephone, programs such as transportation to cancer related treatment, support from those who have shared a similar cancer experience, support for clinics and lodges and advocacy for public policies to help prevent cancer and help people living with cancer.

The society is looking for teams of eight to 12 people from across Renfrew County to take part in the 12-hour non-competitive walk. Teams can register online at www.relayforlife.ca.

The relay takes place at Dundonald Track on June 3, 2011 from 7pm to 7am.

Dukes Company on Exercise Royal Yeti in Moosonee

by Lt Marc VanTol

From 14 to 28 January, the Dukes Company, 1 RCR, deployed on an exercise to Moosonee Ontario. There were three distinct acts to this exercise; wilderness/survival training with the 3rd Canadian Ranger Patrol Group (3CRPG), a community day with the town of Moosonee and a tactical exercise approximately 15km southeast of Moose River as a confirmation of the skills that were learned.

Moosonee is cold during the winter months. The town is located on the southern end of James Bay. The climate is sub arctic and thus ideal to hone winter survival skills.

The training that the company received from the rangers was excellent. It would have troops learn to ice fish, trap, and snare, recover oneself after falling through ice, and build an improvised snow shelter. The training was conducted in a manner that let each platoon have a full day to cycle through each of the three stands that the Rangers set up on the outskirts of the town. This portion was the main effort of the company for the exercise and it was a huge success. "The troops are



The Dukes Company hockey team and Rangers pose for a team picture after a game. (Digital Photos by Kim Cheena)

excited about it," said Major Dave Fearon, the Officer Commanding Dukes Company. "It's great to come here and learn these skills in this environment."

The community day included displays from the military and also from the local population, culminating in a hockey game between the Moosonee men's rec team and a cobbled together team from

the Dukes Company. "It's a great opportunity for the military to expose themselves to northern communities, and connect with Canadians", says Lt Jeff Williston, "The whole town is buzzing about the hockey game."

The next week the company slogged 15 km over ice and snow, dragging toboggans to what would be their home during the tactical portion of the

exercise. Once situated, tents were erected and the company began to patrol the area. Two days later a company sized attack was conducted on the enemy force. When asked what he thought about the tactical portion of the exercise, Sgt Ken Bartlett said that, "this is a good experience for newer troops who have not yet learned to fight in extreme cold conditions".



Celebrate St. Paddy's Day 17 March

A fun table decoration that can be used to hold chips. We found our green tortilla chips at our local grocery store. You can use regular tortilla chips and then tint your dip with green food color. Whatever you do, have fun!

What you'll need:

- 1/2 gallon round ice cream container, clean and dry (you do not need the lid)
- 2 or 3 sheets of Green construction paper
- 1 sheet of Yellow or Gray construction paper + 1 sheet of Black construction paper
- Scissors
- Ruler, Pen
- Double stick tape

Large circular object (as wide as the construction paper)

How to make it:

Trace around the large circular object on the green construction paper with the pen. Cut out the circle. Use the double stick tape to adhere the circle to the bottom of the ice cream container.

Cut a piece of green construction paper to fit around the container. You may need 2 pieces of construction paper or be able to piece them together and use the double stick tape to adhere the construction paper around the container.

Cut a strip about 2" wide

out of the black construction paper. Cut a 4" square out of the gray or yellow construction paper.

Cut a rectangle in the middle of the gray construction paper about 1 1/4" x 2". Discard the little piece of construction paper. Hint: Fold the square into quarters and cut a square out of the middle of the folded area. Open up the square. Check positioning of the black band by laying it around the hat about an inch above

the brim. Cut off any excess construction paper where it meets in the back.

Lay the gray or yellow (buckle) over the black band as shown in the photo. Once the layout is satisfactory, tape in place. Add green tortilla chips, if available, and get ready for your feast.



Canadiana Crossword

FURBEARANCE?

By Bernice Rosella and James Kilner

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20			
			21			22				
23	24	25			26			27	28	29
30				31				32		
33			34	35			36	37		
			38			39				
40	41	42			43			44	45	46
47					48			49		
50					51			52		
53					54			55		

ACROSS

- 1 Arab oil org.
- 5 Ref
- 8 Mouths
- 12 Do over
- 13 Refusals
- 14 Healing herb
- 15 Grizzled
- 16 Smock
- 18 Saunters
- 20 Rigid
- 21 Foot part
- 22 Mil. rank
- 23 Early auto
- 26 Foot part
- 30 Toilet in Tottenham
- 31 Sly one
- 32 Sign of success
- 33 Fifties fur
- 36 Norwegian novelist
- 38 Atom
- 39 Dawn _____ Jones
- 40 Bellows
- 43 Ghoulish
- 47 Arcane
- 49 Swerve
- 50 French verb to be
- 51 Collection of tales
- 52 Postings at CVYR and CYMX
- 53 Wharf
- 54 Boxing ref's decision
- 55 Scarce

- 2 Saucy
- 3 German river
- 4 Wylie, for one
- 5 Family member
- 6 Cow sounds
- 7 Letters on license plates
- 8 Musteline mammal
- 9 Jai _____
- 10 Timber trailer?
- 11 Ego
- 17 "This" to Sergio
- 19 Bagel companion
- 22 Pestilence
- 23 Shade tree
- 24 French coin
- 25 Mariners' sig.
- 26 Child
- 27 Donkey
- 28 Wrath
- 29 Chaney, for one
- 31 Enthusiast
- 34 Good condition
- 35 Got up
- 36 World games org.
- 37 Canadian dam builder?
- 39 Creme de _____
- 40 Warning signal
- 41 Italian wine growing region
- 42 Had on
- 43 Coat to die for?
- 44 Second Greek letter
- 45 Butt
- 46 Ancient Irish tongue
- 48 Tell, in a way

My Sudoku

Rated: Master

4					1	6	8	
5			4					
3	2					5		
			2	4		9		
2			3		9			8
		9		8	7			
		2					9	6
					2			1
	1	6	8					7

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :

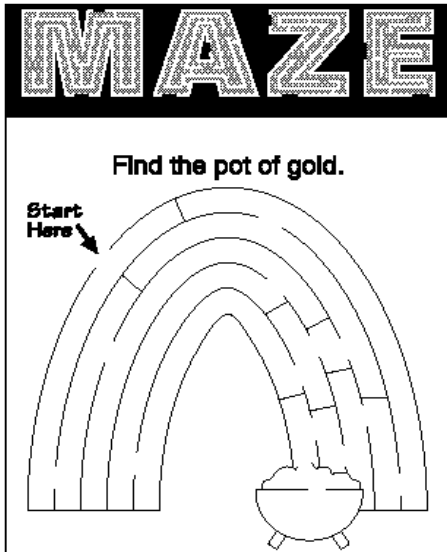
- Beginner
- Advanced
- Master

© My Sudoku #201 vol 4
Solution on following page

DOWN

1 PTAs e.g.

Solution on following page



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(press) 2264 (French)

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For Notices Of Club Meetings, Bazaars, Fun Fairs, Concerts, School Events, And Other Non-Profit Events Happening In The Community. Please Submit Your Notice To: The Petawawa Post, Bldg. P-106, CFB Petawawa, Ontario K8H 2X3. Fax To 613-588-6966 or email: petawawapost@bellnet.ca

THURSDAY MARCH 3, 2011
 COMEDY SHOW: It's time to plan a little laughter to chase away those winter blahs. Tickets are now available for the Deep River Players production of "Leading Ladies" by Ken Ludwig, to be presented March 3-5 in Childs Auditorium, Deep River. "Leading Ladies" will be sure to have you in stitches. Visit www.DeepRiverPlayers.ca or call Marion at 613-584-3003 for more information.

SATURDAY MARCH 5, 2011
 KARNEVAL/MARDI GRAS: Germania Hall, 15 Bennett St. Pembroke. Dancing begins at 8. Prizes - refreshments. Tickets available at the door.

TUESDAY MARCH 8, 2011
 SHROVE TUESDAY: St. George's Chapel CFB Petawawa. Pancake supper 5 p.m. to 7 p.m. Menu includes pancakes, sausages, hashbrowns, coffee, tea and juice. All are welcome.

UPCOMING EVENTS
 ST. PADDY'S DAY PUB NIGHT: Chalk River Legion on March 17th starting at 6 p.m. For more information call Jim Lamure at 613-687-2973.

FRIDAY MARCH 4, 2011
 PETAWAWA CHIEFS: Petawawa Chiefs Oldtimers Hockey Club will be hosting their 29th Annual Oldtimers Hockey Tournament starting at 6 p.m. and runs till Sunday Mar. 6th. Admission to all games is free so come out and enjoy the fun.

SUNDAY MARCH 6, 2011
 VALLEY HARMONIZERS: Performance at Mount Zion United Church (corner of Petawawa Blvd & B-Line) at 2 p.m. Tickets available at the door.

SHROVE TUESDAY: A Pancake Luncheon will be held at Holy Trinity Anglican Church (68 Renfrew St., Pembroke) from 11 am - 1:30 pm. Everyone is most welcome!

MICROCHIP CLINIC: Mar. 19th 9 a.m. to 2 p.m. at the Renfrew County SPCA SHELTER 387 Paquette Rd. To book your appointment, call 613-588-4508.

BACON & EGG BREAKFAST: (pancakes too) at the Petawawa Legion from 9:30 am - 1 pm.

WEDNESDAY MARCH 9, 2011
 CASTING CALL: The Women's Sexual Assault Centre is hosting a casting call for the 2011 Vagina Monologues in Beachburg! 6:15 p.m. at the Beachburg Medical Centre, 20 Robertson Rd. VDay is a global effort to stop violence against women and girls. For more info call WSAC 613-735-5551.

WEIGHT NO MORE - SUPPORT GROUP: Topic: Mindless Eating - Speaker- Judy LeClair, Social Worker. Wed., March 30, 5:30 - 6:30 pm at the Petawawa Centennial Health Centre, West Wing Program Room. (Main Entrance, left door) 154 Civic Centre Rd. Call 613-687-7641 to register at no cost.

SATURDAY MARCH 5, 2011
 ST. PATRICK'S DAY CRAFT: Petawawa Library will hold this event between 12-2. Drop in only, all ages. Call Alison for details 613 687 2227 ext 29.

MONDAY MARCH 7, 2011
 LUNAFEST: 2nd annual Lunafest. Come out and share in the celebration of 100 years of International Women's Day. 5:30 p.m. at the Petawawa Library and on Mar. 8, in Pembroke at Algonquin College, the Landing, 7 p.m. Free. Info 735-5551 or check our website <http://users.webhat.net/womcen/>

EVERY WEEKEND IN MARCH
 HISTORICAL BLACKSMITHING: Each weekend in March, Joshua Van Noy, a certified historical blacksmith, will be offering an Introduction to Blacksmithing course in the Champlain Trail Museum's blacksmith shop. The public is also invited to come out and observe the blacksmith course in action! For info call 613-735-0517, or visit our website at www.champlaintrailmuseum.com.

ALCOHOLICS ANONYMOUS: Do you or someone you know have a problem with alcohol? See www.pembrokeaa.org for meeting list or contact AA help line 613-735-9928. We can help.

TRIVIA NIGHT: Petawawa Legion. Register at 6:30 for 7 pm start. Teams up to 6 players. All welcome. KARAOKE starts at 9:30 pm. Open to public.

TUESDAY MARCH 8, 2011
 SHROVE TUESDAY: Pancake Luncheon at St. John's Lutheran Church, 605 Black Bay Road, Petawawa from 11 a.m. to 1:30 p.m. For info call Jack 613-687-5936 or Gloria 613-687-1687.

UPCOMING EVENTS
 OSPCA PENNY DRIVE: Save a penny - Save a Pet runs from February to December 2011. Help us reach our goal of 1 million pennies. Drop off your pennies to Critters Crunch & Munch, Petawawa, or the OSPCA location on Paquette Rd in Petawawa. For more info call the OSPCA at 613-588-4508.

BUS TRIP TO QUILT SHOW: Local Quilters are planning a bus trip to Ottawa on Saturday May 7th, 2011 to attend the Ottawa Valley Quilters Guild Quilt Show. Pick up is at Irving Big Stop at 7:30 am returning at approx 7:40 pm. To register please contact Linda Spagnolo at 613-687-2947 or email l.spagnolo@sympatico.ca by March 31st.

MARCH BREAK 2011
PETAWAWA LIBRARY:
 Extreme Weather- Mon. Mar. 14th, check out some of nature's most incredible weather then build your very own tornado in a bottle!
 Extremely Gross Tues. Mar. 15th let yourself get creeped out by some of Ripley's grossest stories then make your own disgusting creation to take home! Ages 7-12 at 1 pm.
 Extreme Stories Storytime! Wed. Mar. 16th at the Petawawa library for all ages. Stories, sing silly songs and do a fun craft. All ages, 1 p.m. - no registration is required.
 Extreme Design: Thurs. Mar. 17th, discover some of

the world's most stunning designs in buildings, cars and more. Use your own creative skills to build a beautiful building with recyclables. Petawawa Public Library Ages 7-12 at 1 pm. Space is limited! Movie Day with Popcom! Drop into the Petawawa Library Fri. Mar. 18th at 1 p.m. All Ages. Call Alison at 613 687 2227 ext. 29 for details.
CHAMPLAIN TRAIL MUSEUM:
 CPR Model Train Exhibit:
 March 13th to March 19th the Valley Lines Model Train Club will be presenting a CPR Model Train Exhibit at the Champlain Trail Museum. 9:30 a.m. to 3:30 p.m. each day. Admission for children under 10 years of age is free.

HEALTH PROMOTION "STRENGTHENING THE FORCES" WINTER COURSES: Top Fuel for Top Performance: 9 & 10 Mar. Managing Angry Moments: 29 Mar. to 3 May, every Tues. To register call 613-687-5511 ext. 4685, or online at www.psp-petawawa.com/healthpromotion. Open to Military Personnel, their families and the Defence Team.


DROP-IN FOR STROKE SURVIVORS: Caregivers welcome. First Thursday of the month from 10 a.m. to noon at the Champlain CCAC office, Pembroke Mall. For info call the District Stroke Centre at (613) 732-3675, ext. 7310.

FREE ADULT NIGHT CLASSES: Renfrew County District School Board offers Basic Computer/Job Readiness Skills or upgrade Math & English. We d. & Thurs. 6 - 9 p.m. @ Petawawa Continuing Education Centre. Call Melissa Friske, (613)-732-8740 or (613)-432-3156.

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 Monday 7:00 - 10:00 A.M.
 Tuesday 2:00 - 5:00 P.M.
 Wednesday 7:00 - 10:00 A.M.
 Thursday 2:00 - 5:00 P.M.
 Friday Closed

613-687-4673

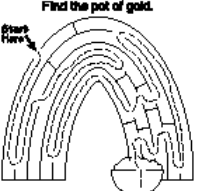


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SOLUTION - SUDOKU 201

6	2	3	5	7	1	8	4	9
5	9	8	4	9	7	1	2	3
3	5	1	8	7	8	5	4	6
7	8	5	2	4	9	7	3	6
2	7	4	3	5	8	1	6	9
8	6	9	1	7	3	2	5	4
4	5	7	1	1	4	6	9	8
7	4	5	9	6	2	8	3	1
6	1	8	3	4	2	5	7	9

SOLUTION - FURBEARANCE

O	P	E	C	U	M	P	M	A	W	S
R	E	D	O	N	O	S	A	L	O	E
G	R	E	Y	C	O	V	E	R	A	L
S	T	R	O	L	L	S	T	I	F	F
	T	O	E	P	T	E				
E	S	S	E	X	T	O	E	N	A	I
L	O	O		F	O	X		S	R	O
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E	T	R	E	A	N	A	E	T	A	S
P	I	E	R	T	K	O	R	A	R	E

AREA COMMUNITY CHURCHES

1ST BAPTIST CHURCH - 210 Mary St. Pembroke, 613-735-0866, Pastor Andrew Bellous. Sunday Worship & Sunday School 10:30 a.m.

ALL SAINTS ANGLICAN CHURCH - 1173 Victoria Street, 613-735-4044; Reverend Cathy Davis. Sunday Service 11:15 & Sunday School 11:00 a.m.

CALVARY BAPTIST CHURCH - 567 Melton Ave., Pembroke. Phone 613-735-5293. Pastor Ernie Brubacher. Affiliated with FEBC.

CALVIN UNITED CHURCH - 276 Church St., Pembroke; Accessible to all; 613-732-8763, Rev. Richard Hall, Sunday Worship & School 10 am <http://www.nrtco.net/~calvin>

CHRIST LUTHERAN CHURCH - 516 Airport Rd at Doran, Petawawa, Rev. Michael S. Meleg, 613-687-6971; Sunday Service 9:30 a.m. (all year) <http://www.nrtco.net/~celce>

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS - Civic Centre Road & Laurentian Drive, 613-687-2237

DEEP RIVER COMMUNITY CHURCH - Deep River Road, Sunday service 10:15 a.m. (Kids Church) [email: drcoc@magnum.ca](mailto:drcoc@magnum.ca)

FAITH BAPTIST CHURCH - Pastor Carl Morgan, 182 MacKay St., Pembroke, 613-735-1584 (corner of Pembroke St. W. & MacKay St. beside cenotaph; parking behind town hall) Sun 10 a.m., 11 a.m. & 6 p.m., Wed. 7 p.m.

FAITH LUTHERAN CHURCH - Avon Road, Deep River, 613-584-4090; Sunday Service 10 am, Pastor David Metzger

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

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

GREENWOOD UNITED CHURCH - 1655 Greenwood Road, RR#2 Pembroke. For information, please visit www.WestmeathPastoralCharge.com, Phone 613-587-4747.

HOLY TRINITY ANGLICAN CHURCH - 68 Renfrew St. Pembroke 613-732-4658; The Venerable Rob Davis. The Holy Eucharist: Wed. at 10 a.m., Sunday 8 a.m. & 10 a.m. Nursery 10 a.m. Sun. Warm welcome to all. Website: www.ottawavalleyevangelicals.ca

MOUNT ZION UNITED CHURCH - Corner Old Hwy 17 & B-Line Rd., Everyone Welcome - Worship & Sunday School 9:30 a.m., Toddler Prg available; Rev Dr. Daniel Hansen, Church Office 613-732-9493.

NEW LIFE COMMUNITY CHURCH - 2777 Petawawa Blvd, Rev. Eric Stachan, 613-687-6219; Sunday Worship Service 10 a.m. Nursery, ministries for all the family!

OUR LADY OF SORROWS - 11 Mohs Ave, 613-687-4764. Weekend Masses: Sat. 5 p.m., Sun. 9 a.m. & 11 a.m. Check our website - www.sorrowspetawawa.com for on-going programs for all ages.

PETAWAWA PRESBYTERIAN CHURCH - Rev Seung-Rhyon Kim 24 Ethel St. 613-687-4052 (Church) Sunday Service 11 a.m. Sunday School available.

PINE RIDGE FAMILY CHURCH - Christian & Missionary Alliance, 27 Brumm Road, Pembroke, 613-735-1241. Service 10:30 a.m.

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

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

ST. BARNABAS ANGLICAN CHURCH - 80 Glendale Ave, Deep River, 613-584-4131 Rev. François Trotter, Sunday services are at 9:00 a.m. and 10:00 a.m.

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

ST. JOHN'S LUTHERAN CHURCH - 605 Black Bay Rd, Petawawa, Rev. Dr. Beverley A. Nitschke, Office: 613-687-6187, Sunday Service - 10 a.m. Sunday School 9 - 9:45 a.m. Social Hour 11 a.m.

ST. LUKE'S ANGLICAN CHURCH (ANIC) - Rev. Tim Parent 613-735-4210; Sunday Worship 9 & 10am (Children's Church & Nursery), Informal Prayer & Praise 9:15am - All Welcome. Meeting at 307 Julien St., Pembroke, 613-735-5000

ST. TIMOTHY'S EVANGELICAL LUTHERAN CHURCH (ELCIC) - 503 Alfred St., Pembroke, 613-732-2992, Rev. Randy Laidlaw, Sunday Service 9 and 11 a.m. Sunday School 9 a.m. Email: office@st-timothy-lutheran-pembroke.org Website: st-timothy-lutheran-pembroke.org

THE RIVER'S EDGE - 1121 Victoria St., 613-687-0969, Sunday Church Services 10 a.m. Midweek Program. (Affiliated with the PAOC)

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

WESLEY COMMUNITY CHURCH - 210 Renfrew St. Pembroke, Rev. Herb Van Essen 613-732-2488; Family Sunday School 9:45 a.m. Morning Worship & Children's Church 11:00 a.m. Evening Rally 6:30 p.m.

WESLEY UNITED CHURCH - 275 Pembroke St. E (at William) 613-735-6132, Rev. Suzanne Naden & Rev Rick Metcalfe 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: Martin Malina & Svante Olson, Saturday 4:30 p.m. - Worship Service with Holy Communion, Sunday 10 a.m. - Worship Service with Holy Communion and Sunday School. We extend a warm welcome to all who join us in worship. Mid-Week Morning Worship Service - 3rd Thursday of the month at 10 a.m. Broadcast service 4th Sunday of the month.

CFB PETAWAWA CHAPELS



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

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

CFB/BFC Petawawa, ON K8H 2X3
(Q-104) 613 - 687-5511 ext. 5434
FAX: 613-588-7524



MASS/MESSE
09:30 Messe dominicale
11:00 Sunday English 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
BAPTÊME - célébrer le dernier Dimanche de chaque mois
WEDDING - Six months (6) notice is required. A Marriage Preparation Course is mandatory.
MARIAGE - Nous demandons six (6) mois d'avis.

Un cours de préparation au mariage est obligatoire.
CATECHISM PROGRAM - Catholic schools offer students sacramental preparation. St. Francis of Assisi Chapel offers sacramental preparation for public school students. To register for the Home Program, please contact the Administrative Office. Welcome to our community! Bienvenue dans notre communauté!

St. George's Chapel (P)

CFB Petawawa, ON K8H 2X3
(Q-101) 613 - 687-5511 ext. 5434
FAX 613-588-7524



WORSHIP SERVICES

10:30 a.m. - Sunday Divine Service
• Coffee & Fellowship following service
• Sunday School (children 3 - 12 years old) held concurrently with the Worship Service.
• Nursery for toddlers under 3 years old.
• Quiet Room & Wheel Chair accessible
4th Sunday of each month - Holy Communion at 10:30 a.m. scv.
• Baptism will be celebrated as per agreement

If you are planning for a wedding, baptism, child dedication or other Christian celebration, please contact us at least 3 mths prior to the event, so we may best facilitate your needs!

St. George's and St. Francis of Assisi chapels are open Mon - Fri 8 a.m. to 12 (noon) and 1 - 4 p.m. The Chaplains' Administrative office is located in Building Q-104 (RC Chapel).

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

News from the Silver Threads Seniors in Petawawa

The boys and girls are back in town and we thank them for their brave and difficult job while serving in Afghanistan.

The heat appears to be a bone of contention at the club during the winter months. I bring a sweater or vest in case it gets chilly.

by Barbara E. Bailey, Public Relations Officer

During the Aerobics class we like it cool, and it's in our best interest as seniors to exercise in a cool atmosphere.

We are having a Casino Run in March. Wednesday, March 30 the bus departs the Lions Club Hall at 12:30

p.m. and leaves the Casino in Hull at the end of the day at 7 p.m. There will be no meal stops en route. A minimum of 40 people is required for this trip at our special rate. A maximum of 4 tickets may be purchased by each club member. This trip is for members only.

We have a St. Patrick's Day Dinner/Dance on Wednesday, March 16. Doors open at 5 p.m. and dinner is served at 6 p.m. The tickets are on available at the office now. It's a night for the wearing of the Green.

Here's a little bit of information from the CARP web-

site. Did you know that stats released in 2009 regarding social media reported there are more grandparents than high school students on Facebook?

The Lions Club rents the upstairs and downstairs of the building. There are kitchens in both levels and the Lions Club has Bingo every Thursday evening at 7 p.m. Think about coming out and supporting this worthy service club, they need your help. Check us out on the web at silverthreads@bellnet.ca.

Until next time, Support Our Seniors Club and Support Our Town.

Beware: High pressure sales tactics

The Ontario Provincial Police would like to remind home owners and residents to use caution whenever contacted by people in regards to unsolicited services or home repairs.

If something seems too good to be true, it probably is. The OPP suggest using care before letting unknown people into your home or agreeing to any service.

The public should ensure that unsolicited services; such as water testing or water tanks are verified before entering into any type of contract. This can be done by contacting the Better Business Bureau.

Do not give into high pressure sales tactics.

For further information concerning the safety of your water please contact your local municipality.



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613-735-5711



Friday night March 4th we have our fish and chips. From 4:30-6:30 you can enjoy 1 or 2 pieces of fish or if fish isn't your thing we also do chicken strips.

Saturday March 5th there is karaoke and trivia at the branch. Both will be held in the downstairs lounge due to the Ladies Auxiliary holding their 60th Anniversary celebrations upstairs. Register for trivia at 6:30 for a 7pm start, Gather your friends and challenge your brain. Karaoke will follow trivia.

Sunday March 6th is the regular monthly breakfast from 9:30 am - 1 pm. We serve bacon or sausage with eggs to order, homefries, beans, toast, and tea/coffee. We are also doing pancakes. Join us for some great food that is also easy on your pocketbook. Mark March 17th on your calendar for St Paddy's Day. Hearty Irish stew will be served and Landry and Madill will get the place hopping. Come check it out.

Euchre winners 1st Nancy Leach 79-2, 2nd Merv Shannon 76-1 and 3rd Bob Scott 75-1. Low scorer was Helen Radbourne 36-1.

www.petawawalegion.ca or visit us on facebook



PMFRC (North Side)
CRFMP (Côté nord)
 10 - 9 Regalbuto Ave.
 Petawawa, ON K8J1 1L3
 Tel: (813) 887-1641
 Fax: (813) 887-1838

PMFRC (Annex)
CRFMP (Annexe)
 18 Regalbuto Ave.
 Petawawa, ON K8J1 1L3
 Tel: (813) 887-1641
 Fax: (813) 887-2310

The Family Centre
Le Centre de la famille
 12 Reinwald Cres.
 Petawawa, ON K8J1 1J4
 Tel: (813) 887-7567
 Fax: (813) 807-9960

South Side Community Centre
Centre communautaire du côté sud
 1578 White Ave.
 Petawawa, ON K8J1 2S0
 Tel: (813) 887-2104
 Fax: (813) 887-1045

Visit our website at: www.familyforce.ca

Vérifiez notre site web: www.familyforce.ca

**NEW! Parent/Child Drop-In:
 Baby Goose Nursery Rhymes**

Tuesday March 8, 2011
 South Side Community Centre, 1578 White Ave., Petawawa
 10:00 - 11:00 AM
 Free, no cost
 Register by Saturday March 5, 2011

Come and learn songs, rhymes and stories to enjoy with your young child (newborn to 2 years old). For more information or to register please contact psdropln@gmail.com or 613-887-2104 ext 230.

**Parent/Child Drop-In:
 NEW! Family Cooking**

Tuesday March 8, 2011
 South Side Community Centre, 1578 White Avenue
 4:30 - 6:00 PM
 Cost: \$4.00
 Register by March 5, 2011.

Join us for some fun cooking and let's have supper all together! For more information or to register please contact psdropln@gmail.com or 613-887-2104 ext 230.

Cuisine en famille

Mardi 8 mars 2011
 Centre communautaire du côté sud, au 1578, avenue White, Petawawa
 16 h 30 - 18 h 00
 Coût \$4.00
 S'inscrire avant le 11 mars

Venez vous amuser à cuisiner avec nous et soupons tous ensemble! Pour plus d'information ou pour vous inscrire, veuillez contacter psdropln@gmail.com ou 613-887-2104 ext 230.

Réseau Francophone


La prochaine rencontre du Réseau Francophone aura lieu au Centre Sportif Dundonald Hall, le 7 mars de 18 h 30 à 20 h 30 pour suivre un cours de Spin offert par le Centre récréatif sans frais.

Veuillez réserver votre place avant 16 h 00 le 5 mars aux services à l'information 613-887-2104 poste 241 ou bien par courriel lsa.prmv.cs@prmv.org.

Employment Service: Labour Market Seminar

Friday March 11, 2011
 PMFRC Annex, 18 Regalbuto Ave., Petawawa
 9:00 AM - 12:00 PM
 No Cost

This workshop is designed to introduce you to the Labour Market in Renfrew County, your employment prospects and to help you with your job search. To register call Employment Service at 613-887-1717 before March 11, 2011.



**Check out our online calendar at
www.familyforce.ca/sites/Petawawa
 for more programs happening in March!**

Prenatal Nutrition Program

Wednesdays at the Roman Catholic Church, next to Canex and Fridays at the South Side Community Centre, 1578 White Ave., Petawawa
 11:30 AM - 1:30 PM

Come out and participate in cooking a nutritious lunch that will be shared by all, listen to guest speakers on interesting prenatal topics, and build a support network with other women.

The prenatal nutrition program is open to all women in the Petawawa area who are pregnant. No registration required, just come to this group on the day that is best for you. For more information please contact Kyla at 613-887-1641 ext. 2223.

Child Health Clinic

Wednesday March 9, 2011
 South Side Community Centre, 1578 White Avenue
 2:00 - 3:30 PM

Clinic covers dental, development, immunization by appointment, speech, vision, growth, and general child health. Enjoy the Parent & tot support group with your child, and stop in at the Child Health Clinic for a check-up. For more information please contact Kyla at 613-887-1641 ext. 2223.

**ATTENTION PARENTS WITH A
 CANADIAN FORCES PARTNER**

You and your child are invited to take part in a study being conducted by the University of Ottawa & the Université du Québec à Trois-Rivières.

"The Development of Early Childhood Social Relationships within a Military Context"

Military families experience a lifestyle that is impacted by unique factors not typical to the non-military population, including frequent moves, deployment, and lack of social support due to moving, just to name a few.

This study will examine the impact that these factors have on the early social development between military children and their primary caregivers.

If you are interested in participating, please contact Maureen Fitz Gerald, Children's Services Coordinator at (813) 887-1641 ext. 2231 or Rachel Tupper at the University of Ottawa, (613) 562-5800, ext. 1540.

Thank you for taking the time to consider this research study.

Unemployed? Let the Employment Assistance Service at the PMFRC support you through the steps to employment.

Free and Confidential
 service to all residents between Petawawa and Deux Rivières

PMFRC Annex, 18 Regalbuto Ave., Petawawa
613-687-1717 or eamprf@bellnet.ca



**EMPLOYMENT Assistance Service
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Vous êtes sans emploi? Laissez le Service d'aide à l'emploi du CRFMP vous aider à décrocher un emploi.

Gratuit et Confidentiel
 service offert aux résidents de Petawawa à Deux Rivières



Health & Fitness for Life
March is Nutrition Month

BUTT OUT Drop in times - Mondays 1500-1600 & Fridays 0830-0930 in the DDH Classroom.
 TOP FUEL FOR TOP PERFORMANCE - 9 & 10 March DDH Classroom 0800-1600, both days
 MANAGING ANGRY MOMENTS - 29 March to 3 May every Tuesday. DDH Classroom from 0900-1200
 MENTAL FITNESS & SUICIDE AWARENESS SUPERVISORS TRAINING - 30 March DDH Classroom 0800-1600

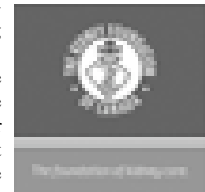
To register for courses call 613-687-5511 x 4685, or online at www.pspetawawa.com

Volunteers needed to help knock out kidney disease

ONTARIO - Every March, The Kidney Foundation of Canada goes door to door, raising funds for research, education, organ donation awareness and programs to assist those living with kidney disease.

We need your help to make a difference. Right now, we are recruiting 16,000 volunteer canvassers who will visit neighbourhoods across the province to raise awareness about kidney health and organ donation and collect funds.

If left undiagnosed or untreated, kidney disease can have devastating effects on individuals and their families. It may lead to a lifetime of dialysis treatments or the agonizing wait for a life-saving transplant. In Ontario right now, nearly 1,200 people are waiting for a life-saving kidney transplant. More than 10,000 people are undergoing dialysis treatments.



You can help us, right in your own neighbourhood. Please give your time by visiting www.marchdrive.ca or calling 1-800-387-4474, ext. 3667 today. Help us make a difference, one door at a time.

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PET WEEK
 AT THE OSPCA RENFREW COUNTY BRANCH
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MOHNS AVENUE VETERINARY SERVICES

58 Mohn's Avenue, Petawawa
 Phone: (613) 687-6901
 Hours: 10 a.m. - 5 p.m. Monday to Friday

SATELLITE OFFICE OF:
Pembroke Animal Hospital
 905 Pembroke St. E., Pembroke
 Phone (613) 732-3641 www.pemah.com
 Emergency On-call 613-732-3641



This unique looking girl is absolutely nice to handle - quiet indoors, yet outgoing on walks. The hound breeds have extremely strong scent drive - for the safety of "Betsy" it is best that she be in a fenced in yard or secured area when let outside. Come on in and see for yourself how sweet this girl really is.

The OSPCA Renfrew County Branch cares for companion animals looking for new 'fur'ever homes. The shelter is open 7 days a week 10 a.m. to 5 p.m. Monday to Friday and 10 a.m. to 4 p.m. Saturday and Sunday. Please call 613-588-4508.

AUTO REPORT
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Winter is here ... don't get caught unprepared!

WINTER EMERGENCY KIT.
 Add a winter emergency kit to your trunk. A bag packed with a blanket, hand warmers, a small shovel, extra washer fluid, a scraper/snow-brush, snacks and extra water can help make a breakdown, or delays from a sudden storm that much easier to deal with. Include an extra pair of gloves, boots and a winter hat as keeping warm and dry is a big part of fighting off the dangers of the winter cold.

SELL IT FAST IN THE CLASSIFIEDS!

The Petawawa Post Classified Hotline: 613-687-5511 ext 5386

FOR SALE

WALL UNIT: Solid wood 'Shrank' from Germany. Comes in four sections and at least 10' long. Must be seen to be appreciated. Call for more info. 613-687-5476. Ask for Pat.

UN

AQUARIA

WOW! Ten Gallon Glass Aquariums on sale for \$14.99 at Rick's Superstore, 848 Pembroke St. E. 613-735-3167.

UFN

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POSTED TO OTTAWA? Check out www.militarymove.ca for all your Relocation Needs.

D22

ENTERTAINMENT

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FOR RENT

APARTMENT & TOWNHOUSE Rentals situated in Pembroke & Petawawa, www.hiddenoaks.info or contact Lisa: 613-687-4165 or 613-633-7974.

2 bdrm duplex. 1 yr. old. Available July 1st. First and last required. 1125/mth plus utilities. Call Brent. Daytime 613-732-5820. Evening 613-687-6991.

FOR RENT

2 bedroom, 2 bathroom located on the Ottawa River. Fridge, stove, washer, dryer included. 5 minutes from Petawawa. \$1,200 per month plus utilities. Great location for outdoorsman!! Call 613-735-0634 and ask for Danielle.

UFN

HOUSE FOR SALE

3 bedroom, semi, 1100 sq. ft. Paved driveway, central air, gas heat, detached garage, fenced backyard, newer windows, new roof. Great central location. \$145,000. Appliances included. Deep River. Please call 613-584-2881.

UFN

HOUSE FOR SALE

Affordable living. Energy efficient. 800 sq. ft. modular home in quiet, tidy land lease community Chalk River - Like new, move in \$79,900.00. Southshore Homes 613-264-0604.

M24

SERVICES

PETAWAWA U STORE - IT: U Store It, You Keep Key. 2645 Petawawa Blvd. Blue Bldgs. Call 613-735-0634.

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TRENDS BY TAMMY 613-582-7462 or 613-687-2617. Hair Stylist and Nail Technician. Salon & in-home service by Tammy Mansveld-Dickson.

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CALL 613-584-2735

Classified continued on following page

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Do You Remember the early years of Camp Petawawa?



Since moving to the area in 2001, I have enjoyed hearing some of these stories. I would love to hear more of your stories as I propose writing these stories up initially in blog form to tell them as quickly as possible then to create a book for the 150th anniversary of the life of the community which supported the soldiers in the early day.

If anyone is interested in contributing to this ongoing project please call Hilda Young at 613-687-1476 or email at young7@cogeco.ca

CAREERS



Business Development Executive: Defence and Aerospace Sector

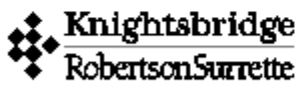
Nova Scotia Business Inc. was created in 2001 as Nova Scotia's business development agency led by a private sector board of directors. NSBI works directly with companies to deliver results for the province. In all of their activities, NSBI's employees work with one mission in mind: to deliver client-focused business solutions that result in strong, sustainable economic growth and prosperity for the Province of Nova Scotia.

NSBI is looking for a talented individual to contribute as a Business Development Executive: Defence and Aerospace Sector.

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The ideal candidate for this position will be someone with a broad business background, solid business acumen, and the demonstrated ability to deal with people at all levels within an organization. They will build effective working relationships required to uncover opportunities and develop these into sustainable business. s/he is someone who has demonstrated the ability to provide creative solutions to problems and issues. The ability to assess situations quickly, show leadership and bring a sense of confidence to clients would be essential. With an undergraduate or graduate degree, the ideal candidate will bring senior sales experience and a track record in complex business development. Sector knowledge and expertise in Defence and Aerospace is critical to this role.

If you are passionate about Nova Scotia and want to help contribute to its sustainable economic growth, this may be the opportunity for you. Please contact Keith Macdonald or Dan Merrill at 902-424-1300. Applications may be submitted online by visiting <http://jobs.nsbis.ca/positions/9999/>



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IN THE CLASSIFIEDS!**
Classified continued from previous page....

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Commercial space for rent in Pembroke with option to buy. Rent this 1,600 sq. ft. store for only \$1,000 inclusive. Building also has 3 apartments all rented. Price just reduced by \$20,000 to \$229,000. Over \$30,000 in recent upgrades. Open your own business and let the 3 renters pay the mortgage. Present income without store is \$1,924 a month. (905)452-2732.

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Located in the Petawawa area.
For more information call 613-687-5933.

**Do You Know
An Exceptional
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Submit their photo and a short description of their accomplishment for the **Petawawa Post ATHLETE OF THE WEEK** feature to...
petawawapost@bellnet.ca



NOTICE



WALK-IN CLINIC
at 154 Civic Centre Rd., Petawawa

Open Mondays & Thursdays
Registration starts at 4:00 pm
And every second Saturday beginning Sat., March 5, 2011
Registration starts at 8:30 am

Patients must register in-person and have a valid OHIP card. Patients will be seen in order of arrival until which time the attending physician determines the clinic has reached full capacity for the day.
Area physicians who work full-time elsewhere, are working the walk-in clinic in order to lend a hand to the overcrowding and non-emergency use of local ER departments. Therefore, a limit must be placed on the clinic's capacity. We appreciate your understanding.

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HELP WANTED



CORPORATION OF THE TOWN OF PETAWAWA
INVITES APPLICATIONS FOR THE POSITION OF
BUILDING INSPECTOR

Applications outlining qualifications and experience will be received by the undersigned until Friday March 11, 2011 for the position of Building Inspector. This is a contract position for up to two years.

The Building Inspector will process applications for building permits including the review of drawings and field inspection to ensure compliance with the Ontario Building Code, municipal by-laws and other applicable law. In addition the Building Inspector will enforce property standards and building by-laws. A detailed job description is available at the Town Office or the Town website www.petawawa.ca.

Applicants should be a certified building code official and be provincially qualified and registered to inspect at a minimum the following classes: General Legal Course; House.

The following qualifications are considered an asset: Small Buildings; Plumbing - all buildings; HVAC-House; On-Site Sewage Disposal Systems; Large Buildings and Complex Buildings.

Consideration will also be given to candidates that have related knowledge, training or experience in the building industry that are willing to commit to the necessary training courses to become successful as a qualified Building Inspector under the Ontario Building Code and to commit to a period of employment with the Town.

A valid driver's license and the use of a personal vehicle is required (mileage paid on per kilometer rate).


Compensation is based on qualifications and experience. The salary range is \$24.31 to \$28.61 per hour for a 35 hour week for a qualified building inspector. Compensation for candidates that require training will be less than this range and will be based on qualifications, training and experience.

Mitchell W. Stillman, B.Sc.(Hons), C.M.O.
Chief Administrative Officer/Clerk
1111 Victoria Street
Petawawa, ON K8H 2E6

UPDATE ON Expo 150 will have a dedicated Kids Zone running all four days. One of the special events to be held for the younger crowd is the Big Time Stunt Show, a BMX bike show. A huge 22-foot ramp trailer provides the foundation for a fast-paced show with a plethora of maneuvers, and with a 1/4 pipe at each end of the course, continuous non-stop action is guaranteed! There will be two shows on Friday, June 10th and three shows on Saturday, June 11th.



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HOMES!

YOUR GUIDE TO BUYING, SELLING OR RENOVATING YOUR HOME!

Hardwood flooring innovations

Nowadays, homeowners renovating their homes often look to wood flooring to replace existing floors. Hardwood is coveted by buyers, and its clean, inviting look makes it a neutral design element that goes with many different types of decor.

Today's hardwood flooring is not the hardwood of the past. There are many options from which to choose, including varied colors, types of wood, patterns, and inlays. In addition, innovations in sealants enable hardwood to be

recycled and then refinished into new items. Lumber may be reclaimed from old buildings, railroads, barns, homes, and even river bottoms. The varied history of the wood adds to its aesthetic appeal.

It's important for homeowners to know that the price point for hardwood will vary depending on species and finish. However, the way the boards are cut will also be a consideration for homeowners. Plainsawn or flatsawn boards have growth rings that run at anywhere from 0 to 45-degree angles to the wide surfaces of the board, with lots of loops and swirls. Quartersawn boards have growth rings that run from 45- to 90-angles and are not as lively in pattern. Quartersawn boards will expand in thickness depending on moisture and temperature. Plainsawn will shrink

and swell widthwise. Quartersawn tend to take wear better and more evenly, contributing to their typically more expensive price tag. Homeowners can also choose among engineered wood products, which are essentially several layers of wood veneer adhered to a solid backing of plywood and sealed. This layered construction can make engineered flooring more stable and durable than traditional hardwood flooring. That means it can be used in rooms where hardwood was long frowned upon, like basements and bathrooms.

Wood flooring will continue to garner mass appeal and be the preference of many homeowners. With new innovations and availability, there are more options than ever for discerning homeowners.

durable and hold up better against the daily grind. About 25 years ago, a homeowner basically had to settle for wood flooring that was solid oak strips at 2.25 inches wide. The strips were nailed in place by a carpenter and finished on site. Now, more than half of hardwood is fabricated and pre-finished at a factory and is much easier to install -- even by the homeowner himself.

The range of styles and colors is also very extensive. Planks can be chosen in thin strips or wider options. Native hardwoods are available, as are offshore woods from different countries. Finishes can also be customized with higher gloss or matte choices.

For homeowners interested in going green, hardwood flooring also presents many options. A growing trend is using reclaimed wood that is

recycled and then refinished into new items. Lumber may be reclaimed from old buildings, railroads, barns, homes, and even river bottoms. The varied history of the wood adds to its aesthetic appeal.

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Today's wood flooring is not your parents' hardwood.

SPOTLIGHT ON HOMES!

YOUR GUIDE TO BUYING, SELLING OR RENOVATING YOUR HOME!

Stage is set for stronger than expected housing market

(NC) - According to a survey conducted by Royal LePage Real Estate Services and released in January, Canadians could see the average price of homes rise over the coming year. A strengthening economic recovery and low interest rates are behind the company's forecast. At the same time, the prospect of rising mortgage rates may prompt heightened buyer activity early in the year.

Trends in the housing

market continue to be driven by the lingering after-effects of the recession," said Phil Soper, president and chief executive of Royal LePage Real Estate Services.

"Canadians realize that interest rates are unsustainably low and that homes will become effectively more expensive when mortgage rates return to normal levels. We will likely see more price appreciation early in 2011 as some buyers complete transactions in advance

of anticipated higher borrowing costs."

Soper added, "2011 is expected to unfold much like 2010, when close to 60 per cent of sales volume occurred in the first half of the year in anticipation of interest rate increases that never materialized.

However, housing market activity in the first half of 2011 will be modestly closer to the norm, as last year's phenomenon was exacerbated by mid-year

tightening of mortgage accessibility and the introduction of HST in Ontario and British Columbia."

Regionally, the strongest price appreciation of the cities studied is expected in mid-sized urban centres where affordability is better than the national average. For example, in Winnipeg, St. John's and Fredericton, two-storey homes below \$300,000 are still widely available. Demand in these cities is expected to be



strong, putting upward pressure on home values.

Across Canada, the average price of a home is forecast to rise 3 per cent over the coming year to \$348,600 while the number of transac-

tions is expected to drop 2 per cent.

Full results from the Royal LePage House Price Survey and Market Forecast can be found at www.royalpage.ca.

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<p style="text-align: center; font-weight: bold;">NEW LISTING</p> <p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px;">\$279,900</p> <p>25 Concord St. 3 bedrooms, 2 baths. Hardwood and ceramic floors, finished basement. Large deck, lovely fenced yard with patio.</p> <p>MIKE NEVILLE MLS 783115</p>	<p style="text-align: center; font-weight: bold;">NEW LISTING</p> <p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px;">\$499,900</p> <p>2847 Petawawa Blvd. Renovated 3 bdrm, 2 bath home. Main fir laundry, hardwood floors on main level living rm and bdrms. Oak kitchen cabinets & breakfast bar. Full, wide-open basement. Spacious deck with hot-tub, treed, private backyard, and a dble detached garage. A must see! www.2847petawawa.com</p> <p>DARI WEBER 602-0221 & MIKE RODGERS 401-9875</p>	<p style="text-align: center; font-weight: bold;">NEW LISTING</p> <p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px;">\$317,500</p> <p>95 Biesenthal Rd. New construction. 4 bedrooms, 3 baths, inc. ensuite. Finished basement, large lot.</p> <p>BART NEVILLE MLS 783098</p>	<p style="text-align: center; font-weight: bold;">NEW LISTING</p> <p style="text-align: right; font-weight: bold; background-color: black; color: white; padding: 2px;">\$359,900</p> <p>243 Oriole St. 3+1 bedrooms, 3 baths. Ensuite with whirlpool tub and walk-in closet off master. Large lot, quiet subdivision.</p> <p>BART NEVILLE MLS 783077</p>
<p style="text-align: center; font-weight: bold;">\$324,900</p> <p>Open concept with 4 bedrooms, 3 bathrooms. Large master bedroom has 3 pc ensuite. Basement has gym, office or workshop potential. www.524-nuthatch.com</p> <p>CARL MCLELLAN 732-5274</p>	<p style="text-align: center; font-weight: bold;">\$499,900</p> <p>349 Shamesh Rd. 3 bedrooms, 3 baths. Master BR with ensuite and fireplace. Sliding doors overlooking the beautiful bay!</p> <p>ARNIE JANTZ 633-7746 MLS 773488</p>	<p style="text-align: center; font-weight: bold;">\$229,500</p> <p>22 Main St., Chalk River. Custom pine kitchen with built-in appliances. Master bedroom with ensuite bath. Double garage, deck, pool.</p> <p>PAT CLEATOR 639-6352 MLS 769131</p>	<p style="text-align: center; font-weight: bold;">\$325,900</p> <p>23 Ravenwood Crescent. 4 bedroom, 3 bathroom home. Many extras - must see! www.homecomingteam.ca</p> <p>CARL MCLELLAN & NADIA PARDY 687-5623 MLS 774334</p>

Agents featured this week:

<small>Bart Neville** 639-8989</small>	<small>Mike Neville** 401-8080</small>	<small>Mike Rodgers* 401-9875</small>	<small>Dari Weber* 602-0221</small>	<small>Carl McLellan* 732-5274</small>	<small>Nadia Pardy* 401-2308</small>	<small>Arnie Jantz** 639-7746</small>	<small>Pat Cleator** 639-6352</small>

SPOTLIGHT ON HOMES

YOUR GUIDE TO BUYING, SELLING OR RENOVATING YOUR HOME!

Six easy decorating tips

by Jackie Morra
(NC)—Getting started on a new renovation or decorating project is not as difficult as it seems if you follow the process I used for my own bedroom renovation.

How do I decide on flooring? The floor area sets the tone and feel, and is the second largest space next to the walls. Research the right product for your lifestyle. The key to longevity is to take into consideration quality, the look you want and installation. The flooring used in my bedroom renovation, for instance, is Torlys cork plank, vintage block chai. It was actually the inspiration for this space because I fell in love with the comfort, warmth and the many environmental bene-

fits of the floor. More information is available online at www.torlys.com.

How do I coordinate fabrics? Fabrics need to complement each other and not compete in terms of colour, pattern and scale in order to balance furnishings and style without being visually distracting. Try to choose all fabrics within a space at the same time.

How do I choose and display accessories? If you don't love it, live without it. Accessories should be a reflection of your personality or style. Group accessories in odd numbers, preferably in threes, while varying the height of objects. Pillows, artwork, lighting and treasured pieces add a finishing touch and



Jackie Morra, Owner, Home Décor Solutions, provides advice on getting started on decorating projects.

can be easily updated. What is the right placement and size for artwork? Hang artwork 60 inches from the floor to the centre of the art.

For hallways and stairs use 65 inches. Artwork over a bed or piece of furniture should be 2/3 of the overall width and not higher than 8 inches from the furniture.

Where do I hang drapery hardware? Drapery hardware should be mounted at least 2 inches above the window frame. Drapery panels should extend 12 to 18 inches on either side of the window to maximize the light and viewing area.

How many light sources do I need in a room? Ideally there should be three lights in a room. This can include overhead, functional/task, and mood lighting. In a dining room, the fixture should hang 30 inches above the table and be at least 1/3 of the table's width.

Jackie Morra is a certified interior decorator and owner of Home Décor Solutions, Toronto.

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Spotlight On HOMES!

YOUR GUIDE TO BUYING, SELLING OR RENOVATING YOUR HOME!

Take advantage of incentives when buying a home

OREA – February, 2011 – For most people, the hardest part about buying a new home is saving the downpayment. Fortunately, there are government programs available to help you save or borrow the funds for your home purchase as well as ease some of the financial burden of closing costs. Be sure to talk to a Realtor for help and advice about how these programs work.

For example, the Government of Canada's Home Buyers' Plan allows qualified buyers to withdraw a maximum of \$25,000 tax free from their RRSPs to purchase or build a house. If your spouse is also eligible, you can each withdraw up to \$25,000 towards the down payment, for a total of \$50,000. No income tax is deducted from these funds, as long as they are repaid to the RRSP according to the government's repayment schedule. You may participate in the plan if you (or your spouse) have not owned a home which you occupied as your principal residence in the last five years. The money you withdraw from your RRSP must be repaid over a period of no more than 15 years to retain its tax deferred status.

The Government of Canada also offers a non-refundable tax credit to help first-time home buyers with some of their closing costs. This Home Buyer Tax Credit (HBTC) will provide up to \$750 in tax relief on the purchase of a first home. The HBTC is calculated by multiplying the lowest personal income tax rate for the year (15 per cent in 2009) by \$5,000. To qualify for the HBTC, an individual must purchase a qualifying home and neither the homebuyer or the homebuyer's spouse or common-law partner can have owned and lived in another home in the year of purchase or any of the four preceding years.

The Canada Mortgage and Housing Corporation (CMHC) has several incentive programs including CMHC Purchase which allows home buyers to borrow the down payment from any source that is arm's length to and not tied to the property purchase or sale transaction. These sources may include: lender cash back incentives; loans from your bank or finance company; lines of credit or credit cards; gifts or grants; and sweat equity (intended for new constructions). CMHC Purchase is open to both new and repeat home buyers who buy a one or two-unit home in Canada and occupy it as a principal residence.

CMHC Newcomer is designed for permanent residents, where there is limited Canadian credit history and where foreign credit bureaus are not available, CMHC considers alternative sources of payment history for Loan-to-Value ratios between 80.01 per cent and 95 per cent. Newcomers with non-permanent resident status have access to CMHC insured financing of up to 90 per cent loan-to-value ratio for the purchase of a one unit owner-occupied residential property.

To make home financing easier for self-employed borrowers CMHC offers two options. Those with documentation to support their income have access to all existing one to four unit CMHC Mortgage Loan Insurance incentives subject to the same product criteria and insurance premiums as salaried borrowers. Borrowers without traditional forms of income validation can access CMHC insured financing for purchase of up to 95 per cent loan-to-value ratio for a one or two unit owner-occupied property.

With its Lower Monthly Payments program, CMHC provides mortgage insurance that allows borrowers with a proven history of managing their credit responsibly the

option of making interest-only mortgage payments for up to the first 10 years when they purchase or refinance their home. This option, available on mortgage loans of up to 80 per cent and amortization periods of up to 25 years, will give borrowers greater flexibility in managing their cash flow.

Another incentive that helps with the closing costs for home buyers in Ontario is the Land Transfer Tax (LTT) Rebate. First-time buyers of newly constructed homes and resale homes may receive a refund of land transfer tax up to a maximum of \$2,000. Only individuals who are at least 18 years of age, have not owned an interest in a home anywhere in the world and whose spouse has not owned an interest in a home anywhere in the world while he or she was a spouse of the individual, qualify as first time buyers.

For more information about how you can take advantage of all the home ownership incentives available to help you contact your local Realtor.

This article is provided by local REALTORS® and the Ontario Real Estate Association for the benefit of consumers in the real estate market.



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Stunning upgrades in this 5 bed, 2 bath side split. Hardwood thru main level, corner fireplace in rec room... Absolutely pristine! MLS 782720

NEW LISTING!



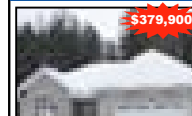
Popular young family location, 4 bed, 2 bath, new kitchen, new carpet in bedrooms, gas fireplace, fenced yard. MLS 782713

NEW LISTING!



3 bed, 3 bath Town home close to Emerald Trail. Generous sized bedrooms, deck off dining area and fenced yard. MLS 782838

NEW LISTING!



Exquisite Bungalow on 88 x 167 treed lot, master w/ensuite, great room w/coffered ceiling & fireplace, main flr laundry. MLS

NEW LISTING!



2130 sq. ft. with 9' ceilings, hardwood, dble sided fireplace between den/familyroom, large mud room to dble garage, main flr laundry. MLS 782008

NEW LISTING!



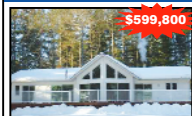
Beautiful features including 9' ceilings, generous bedrooms, full ensuite and walk-in closet in master, covered porch. MLS 782006

NEW LISTING!



Fully finished family home boasts hardwood, ceramic, 9' ceilings, gas fireplace, master with walk-in closet and ensuite, covered porch. MLS 782007

NEW LISTING!



Gorgeous river view of Petawawa Point, open concept, 4 beds, ensuite, hardwood, cathedral ceilings, huge lot. Heated garage..so much more! MLS 782083

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16 Winfield St.



Lovely 2+1/2 bedrm, 2 bathrm home. Hardwood in living/diningrm/hallway, kitchen w/gorgeous cabinets, island & door leading to huge deck, above ground pool & fully fenced yard. Gas fireplace in family room. Tastefully decorated throughout! FAG, C/A. MLS 781186 Call Paul McGuire or Team

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98 Pinehurst Estates



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47 Brumm Rd.



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312 Carla St., Petawawa



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1046 Long Lake Rd.



5 bedrooms, 3 baths, open concept design, maple kitchen, hardwood thru main, ensuite berber carpet in bsmt, rec room w/woodstove. MLS 767651 Call Deborah Burton or Team

27 Sunset Cres., Petawawa



2+2 bedroom bungalow nestled on a large ravine lot. Hardwood floors in L/R, hall & bedrooms. Huge family room w/gas fireplace & large dbl patio doors to deck & yard. Spacious L/R with lots of natural light. Wood burning fireplace. Some windows replaced Oct. '10. MLS 781295 Call Paul McGuire or Team

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