



# GARRISON PETAWAWA INFORMATION GUIDE

2023 / 2024

Training Ground of the Warriors



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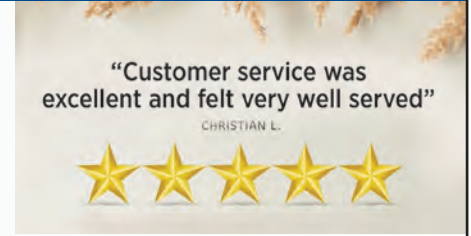
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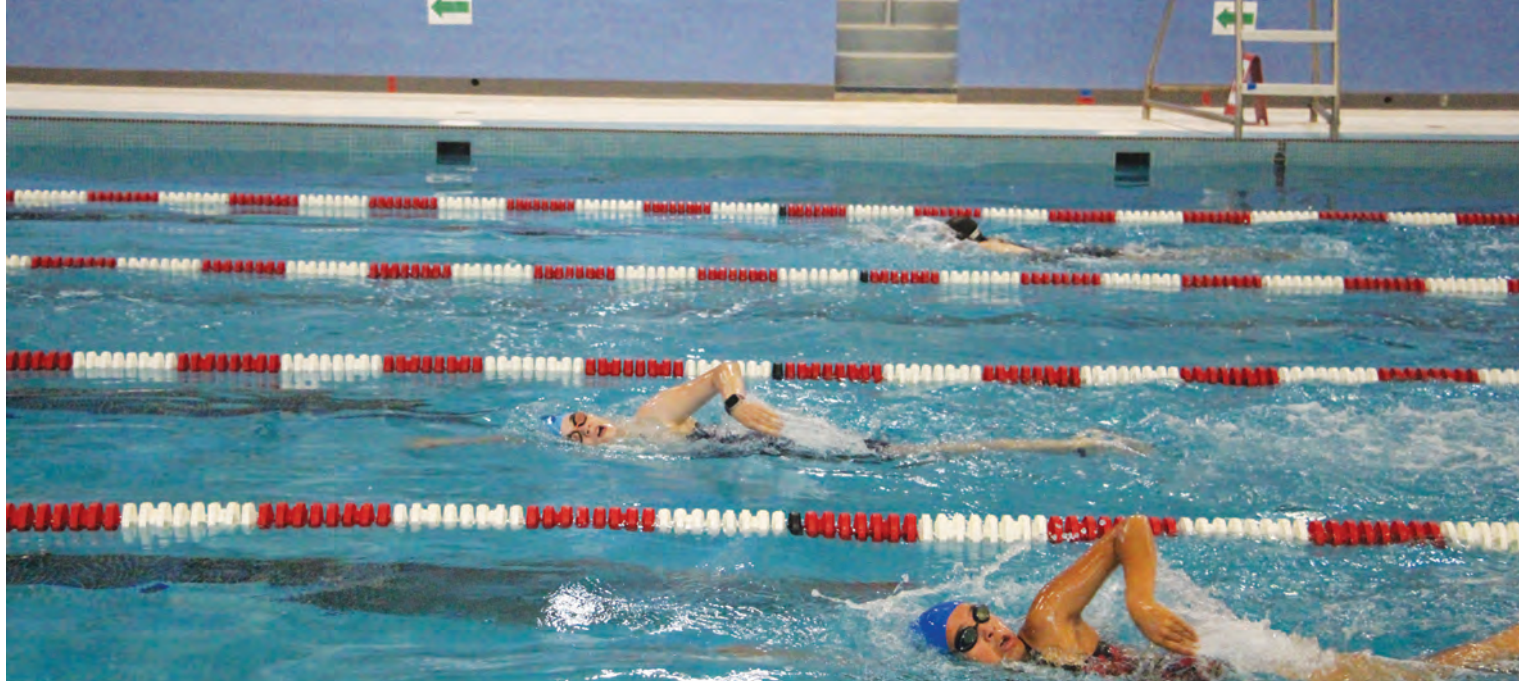


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# GARRISON CONTACTS

## GARRISON SWITCHBOARD 613-687-5511

### PSP

Senior Manager PSP .....	5225
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Resource and Marketing Coordinators .....	4008/5255
PSP Administrative Assistant .....	5225

### PSP - Military Sports & Fitness

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Sports Coordinator .....	7176
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Reconditioning Manager .....	6482
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Facilities Supervisor .....	3321
Sports Stores .....	7002
Silver Dart Arena Superintendent .....	6999
Jubilee Lodge Manager .....	5180
Black Bear Campground Manager .....	613-687-7268

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Recreation Coordinator .....	2819
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Facility Supervisor .....	2821
Recreation Complex Administrative Assistant .....	2821
South Side Administrative Assistant .....	613-687-2833
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### Other

SISIP Financial .....	613-687-0025
Petawawa Golf Club .....	613-687-8294
Garrison Chapels .....	5434
Duty Chaplain (On call 24/7) .....	5611
CANEX SuperMart .....	613-687-5595
PMFRC, The Family Centre .....	613-687-7587
PMFRC South .....	613-687-2104
PMFRC North .....	613-687-1641

### CF Member Assistance Program (CFMAP)

*The CFMAP offers confidential, voluntary, short-term counselling to assist with many of today's stresses at home or in the workplace.....* 1-800-268-7708

### Renfrew County Virtual Triage & Assessment Centre

*If you do not have a or cannot access your family physician or nurse practitioner or ..... 1-844-727-6404*

# WELCOME MESSAGE FROM

## THE 4 CDSG COMMANDER AND FORMATION SERGEANT MAJOR



Welcome to Garrison Petawawa – one of Canada’s oldest military training establishments – and to the vibrant Town of Petawawa. Whether you are new to the area, or have called this region home in the past, the Formation Sergeant Major and I are pleased to welcome you to the Training Ground of the Warriors.

Today Garrison Petawawa is home to

more than 6,000 military and defence team members. With their families, the Department of National Defence makes up over 13,000 people in the local area. The wellbeing and strength of our community lies in the proud relationship the community and the Garrison have shared over the years. We can see this by the level of openness, mutual awareness, and joint programs which coexist both within the community and the Garrison. Indigenous communities, cities, towns, villages, the businesses, employers, non-profit organizations, formations and units on the base are all a part of the extended Garrison Petawawa family. It is important that we continue to foster these great relationships at every opportunity so that our troops and their families feel supported in the communities that we share together.

The Garrison and the Town have a bright future with millions of dollars in planned infrastructure investments in the upcoming years. This will help our team members find affordable housing, enhanced recreational opportunities, family support programs and modernized work environments. You will see both the Garrison and Town grow during your tenure here!

Again, we welcome you and your families to the Garrison and look forward to meeting you!

**Jason Guiney, Colonel, Commander,  
4th Canadian Division Support Group**

**Todd Buchanan, Chief Warrant Officer,  
Formation Sergeant Major, 4th Canadian  
Division Support Group**

## THE SENIOR MANAGER PSP



Garrison Petawawa Personnel Support Programs (PSP) offers a large range of fun activities and programs for families and children of all ages. As the Senior Manager

PSP, I am directly responsible for providing the Morale and Welfare programs and services to all current CAF members (Reg & PRes), veterans and their families here at Garrison Petawawa. On behalf of the staff

of PSP, I welcome all new CAF members and families to Petawawa. Please take advantage of the wonderful facilities and I hope your stay is a memorable one.

The key to family fun is the PSP Plan membership, which provides you with access to our programs, services and facilities. Military members may access a variety of our facilities by using their Military ID Card. We have a terrific team of dedicated employees who work tirelessly to provide the services you enjoy. I trust that you will find these programs have much to offer your family - at a very reasonable price.

This Garrison Petawawa Information Guide is your roadmap to having fun in your community. It outlines the many programs and services which we offer to support every member of your family regardless of age. Our programs are designed to suit everyone’s interests and provide many fun activities to get the whole family out who simply enjoys doing stuff together. A good forum to get information about PSP is our website [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa). We are also on Instagram, Facebook, Twitter and Youtube.

**Nathan Lane, Senior Manager PSP,  
Garrison Petawawa**





## COMMUNITY RECREATION DEPARTMENT

The Community Recreation Department at Garrison Petawawa is committed to providing comprehensive and engaging recreational programs aimed at meeting the needs of military members, their families, and members of the community.

We offer programming options for all ages, not limited to Before and After

School Care, PA Day and Snow Day Programming, team and individual youth sports, Youth 1st Centre for ages 10+, introduction courses for youth and adults on how to create a fitness program, use the fitness facilities to their fullest potential, and much more.

Community Recreation also offers a variety of virtual content and programs such

as fitness classes, Fitkids obstacle courses, virtual Home Alone and Babysitter courses and Craft Corner ideas. You can find all PSP Virtual Recreation from the comfort of your home by visiting our website.

Visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) to find a list of all our programs. To register, visit the Recreation Complex, South Side Community

Centre, or our website.

Our recreational fitness classes are offered at a variety of timings during the week, and some are suitable for ages 10+. Our Yoga and AquaFit classes are recognized as Heart Wise Programs by the Ottawa Heart Institute.

For more information, and the most up to date schedule, visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).





## COMMUNITY RECREATION PROGRAMS

### FITNESS AND WELLNESS

#### Included with PSP Plan Membership

Our Recreation drop-in fitness class schedule provides a balanced fitness program for all levels of participants. Classes run six days a week at various times and take place at the Recreation Complex, South Side Community Centre and online via Zoom. These classes are free with your PSP Plan Membership.

These classes run all year with updated schedules coming out each month. An up-to-date schedule can be found at [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) under “Recreation Fitness”.

Children ages 10 years and older are welcome with a parent to attend our Yoga, Zumba and Aquafit classes. Children ages 16+ have full access to our Recreation Fitness program without any prerequisite orientations.

#### Specialty Workshops and Classes

Specialized fitness workshops run during the year to provide participants more confidence to access our facilities and programs. The PSP Plan gives you a reduced program cost for our in-house workshops. Do you have an idea of something that interests you? Let us know at [recplex@forces.gc.ca](mailto:recplex@forces.gc.ca)

Specialty fitness and wellness courses are four to eight weeks in length and allow participants to experience new and innovative workouts and wellness tools to add to their existing workout program. These programs are progressive and specialized, have a registration fee, and are offered in addition to the drop-in class schedule. PSP Plan members have reduced rates and priority for these courses. What makes the listing as specialties? Essentrics, Rowing

Boot Camp, Commit 2 Fit, Teen Weight Room Safety Training, and Sport Coaching are just a few! Check out our website for what is new!

#### Want to make sure you always attend a fitness class? Become an instructor!!

If you would like to become a Group Fitness Instructor or Weight Training Instructor, we offer a Fitness Leadership Certification Program! This program runs a minimum of once a year.

**Step 1:** Participants start with a Fitness Theory course that consists of four to six in-person classes. This component course gives participants the basic understanding of human movement and theory of fitness.

**Step 2:** Once completed, Fitness Theory participants can continue learning with the Group Fitness and/or Weight Training Instructor courses,

which are four to eight weeks of in-class sessions with mandatory practical hands-on instruction to follow. Fitness Theory must be completed prior to starting the instructor modules. Instructor modules require 32 hours of classroom instruction and 20 hours of practical training and practice.

**Step 3:** Candidates can certify and register through Canadian Fitness Education Services (CFES) or the Ontario Fitness Council (OFC) once they have successfully completed the training. Once certified, candidates can teach group fitness classes, provide workshops, or focus on weight room programming. This certification will be recognized at bases and wings across the country.

For more information on Recreation Fitness Programming, contact the Rec Plex at 613-687-2932.



## COMMUNITY RECREATION PROGRAMS

### PETAWAWA GYMNASTICS CLUB

#### RECREATIONAL PROGRAMS

##### **Kiddie Crawlers** (ages 6 - 12mo)

A 30-minute program to introduce you and your toddler to all the fun that gymnastics has to offer. A coach will guide you through some general movement-based activities through the use of songs and games while allowing you both to become fully immersed in this explorative experience.

##### **Parent & Tot** (ages one - 2.5 years)

A 30-minute parented program once a week to introduce you and your child to the sport of gymnastics. A coach will guide you and your child through some basic fundamental movement patterns using games, songs, and equipment circuit.

##### **Mini Masters** (ages two - three years)

A fun-filled 30-minute program is an amazing opportunity to explore the big gym un-parented. Children will be introduced to the fundamentals of gymnastics,

develop listening skills, and build independence. This is a structure program that will include basic development on all our major apparatuses.

##### **Teeny Tumblers** (ages three - four)

This beginner, 30-minute program involves games, songs, circuits, and skill development. This program encourages the development of flexibility, coordination, strength, and balance through the use of gymnastics equipment and fun.

##### **Junior Gymnast** (ages five - six)

This 30-minute class is a fun and engaging way to learn gymnastic fundamentals. With a focus on coordination, balance, flexibility, strength, special awareness, and participation, this program provides participants with the opportunity to learn the basics of the sport of artistic gymnastics through the use of all major apparatuses.

##### **CANGYM Badge Program** (ages seven+)

This recreational set of classes allows participants to explore the sport of gymnastics

at their own pace. Children can progress their gymnastics skills and ability throughout this one-hour program from week to week. This program supports the development of strength, endurance, confidence, fun, and of course artistic gymnastics.

##### **Teeny Trampoline** (ages three - four)

If your child likes to jump and bounce then this 30 minute program is for them. Involving games, songs, skill development on our trampoline, tumble trak, and mini trampoline, your child will bounce, bounce, bounce their time away.

##### **Junior Gymnast** (ages five - six)

This fun 30-minute program will have your child jump, jump, jumping the whole time. Each class involves games, songs, and skill development on our trampoline, tumble trak and mini trampoline.

##### **Bounce Big** (ages seven+)

If your child likes to jump and bounce then this 60-minute program

is for them. Bounce Big involves skill development, endurance, strength, and arial coordination on our trampoline, tumble trak, and mini trampoline.

##### **Sky Flyers** (ages seven+)

If your child loves the trampoline and would like to further develop their skills, this 60-minute program is for them. The program involves skill development, endurance, strength, flexibility, flight time, and arial coordination on our trampoline, tumble trak, and mini trampoline.

*\*Coach recommendation required for registration.*

##### **Adult Gymnastics** (Ages 16+yrs all levels of experience welcome)

If you are looking for a new type of workout or simply something new, give our Adult Gymnastics Program a try. This is a work at your own pace program which allows you to develop skills and abilities of your choosing. A qualified coach will be on site to assist you with any skill development advice and guidance you may require.

## Open Gym

(All ages welcome, children under the age of 12 must be accompanied by an adult)

Are you looking for more gymnastics gym time? Do you want to maintain the gymnastics skills you have already gained but can't commit to a weekly class? Or do you simply enjoy being in a gymnastics setting to work out and stay active? If you have answered yes to any one of these questions then our Open Gym drop in program is for you. This two-hour program allows gymnasts and enthusiasts to practice gymnastic skills and abilities on their own time. A coach will be on site to answer questions and provide assistance or recommendations.

## COMPETITIVE PROGRAMS

### Petite Elite Program (ages three - nine)

This advanced program is designed for participants who are interested in entering the pre-competitive and competitive streams of gymnastics training. Participants will learn advanced skills development on all major artistic apparatuses as well as flexibility, strength, confidence, and endurance.

*\*Coach recommendation required for registration.*

### Pre-Competitive

This developmental program

is designed for participants who are interested in entering the competitive stream of gymnastics training and competitions. Participants will learn advanced skills development and performance on all major artistic apparatuses as well as flexibility, strength, confidence, spatial awareness, and endurance. This is a school year long program, running from the end of August to the end of June.

*\*Coach recommendation required for registration.*

### Competitive

This talented group of gymnasts represents the Petawawa Gymnastics Club throughout our region at various competitions. Experienced, certified coaches ensure that progression training allows all gymnasts to excel through their participation. This is a school year long program, running from the end of August to the end of June.

*\*Coach recommendation required for registration.*

### NOTE

Ontario Gymnastics Fees and HST will be added to the cost of classes. For class fees, dates, times, and to register visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).



## COMMUNITY RECREATION PROGRAMS

## KIDZ 1ST PROGRAMMING

Community Recreation is an established recreation service provider in Renfrew County for all ages and actively practices integration and inclusion. With a wide variety of programs, there is something for everyone to enjoy! For integration support, please contact the Program Supervisor at 613-687-5511 ext 2822 to discuss options to ensure your child can attend the recreation program of their choice.

### Before and After School Club (BAS) (ages four - 12 years)

The BAS Club is an inclusive recreation program that offers an endless variety of programmed activities with a focus on HIGH FIVE® Principles and Guidelines of healthy child development and FUN! Our affiliated schools include St. Francis of Assisi, Our Lady of Sorrows, L'Equinoxe, Jeanne Lajoie and Valour JK-12 School.

### PA Day Adventures (ages four - 12 years)

Our PA Day Adventures offer an exciting, busy, fun-filled day including crafts and activities.

We offer our services to both English and Francophone schools with Extended Care available. Program registration is not limited to the school board affiliated with your child's school.

### Snow Day Program (ages four - 12 years)

Bus cancellations happen every year, so don't wait until the last minute when the snow and ice hit, register for the Snow Day program in advance! Participants will be kept busy and entertained with a variety of games, crafts and activities! Available during the winter months at the Recreation Complex.

### **Kidz 1st Camps (ages four - 12 years)**

Did you know that our camps are the biggest in Renfrew County? We offer March Break Camps and Summer Camps. With creative and fun-filled themes, special activities, trip days and our HIGH FIVE® trained staff, our camp experience is hard to beat! Campers will play and make long lasting friendships in a safe environment that fosters healthy growth and development. General Kidz and Youth 1st Camps, Youth

Sports Camps and Gymnastics Camps are available and run out of the Recreation Complex, South Side Community Centre and Army Fitness Centre.

### **Play My Way (ages four - 12 years)**

This recreation-based program is designed for children with unique physical, emotional, behavioural and/or medical needs. We welcome you and your child to connect with other families facing similar circumstances. Your child will have the opportunity

to engage with other children while participating in recreation activities such as sports, crafts, games and more. Our goal is to provide adaptive programming in a safe place where your child can practice their skills such as sharing and taking turns, as well as learning new skills!

### **Party with PSP (ages four - 15 years)**

Party with PSP is here to

Register for the above programs online at [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa)

fulfill all of your partying needs. Our Birthday Party Package is a great way to throw a special birthday party without all of the planning, set-up and clean up! Let us take care of decorating, themed games, birthday cake, loot bags and a slice of pizza and beverage for each partygoer.

For more information about Party with PSP, please visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).



**GARRISON PETAWAWA COMMUNITY RECREATION IS AN ACCREDITED ORGANIZATION WITH HIGH FIVE®**

## **HIGH FIVE® ACCREDITED**

Garrison Petawawa Community Recreation is an Accredited Organization with HIGH FIVE®, Canada's only quality assurance standard for children's programs. Community Recreation has committed to provide the highest quality recreation and sport programs to children aged 6 to 12. Through training and development, program assessments, and policy

and procedure evaluations, Community Recreation is committed to assisting children along the path of healthy child development. Awareness is key, parents should look for HIGH FIVE® logos when registering for programs. HIGH FIVE® is the best way to play! For more information on HIGH FIVE® visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).

**FOR MORE INFORMATION  
ON HIGH FIVE® AND  
WHY IT MAKES A  
DIFFERENCE, VISIT  
[WWW.HIGHFIVE.ORG](http://WWW.HIGHFIVE.ORG)**





## COMMUNITY RECREATION PROGRAMS

### YOUTH 1ST CENTRE (AGES 10+)

Our Youth 1st Centre provides a safe environment free of discrimination for all youth in the community. We want everyone to feel welcome and comfortable enough at the Centre to try new things and make new friends. As an accredited organization with HIGH FIVE®, Canada's only quality assurance standard for children's programs, we are committed to providing the highest quality programs for our local youth. We strive to partner with our youth and maximize their engagement by asking for their views and opinions to better understand the direction they want to see our programs go. Our Youth 1st Centre includes free Wi-Fi, a pool table, access to the gymnasium and sporting equipment, a big screen television, gaming stations, board games, and more! For more information call the Youth Program Supervisor at 613-687-2104 ext 244.

### YOUTH PROGRAMS

#### Youth Nights (ages 10+)

Youth Nights provide participants with an opportunity to engage in a variety of activities to chill and catch up with friends. Youth Nights run Friday

and Saturday evenings from 6 - 9pm at the South Side Community Centre. On certain nights, we host extra special Youth Nights with themes like Nerf Wars, Tye Dye Parties and Paint Nights. Keep an eye out for our June is Rec Month and March Break Youth Night events. Registration is required for general and themed Youth Nights. Please visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) for more details.

#### Red Cross Babysitter Training Course (ages 11+)

Become a qualified babysitter or learn how to help out at home with younger siblings. This course includes safety procedures, caring for and feeding infants, toddlers, and school aged children. Youth will also learn first aid basics.

This program runs from the South Side Community Centre. Please visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) for details.

#### Home Alone Course (ages 10+)

This course is designed to help youth become comfortable being home alone and gain the confidence and skills to deal with situations that arise in the absence of adult supervision. This program runs from the

South Side Community Centre. Please visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) for more details.

#### Inspiring Youth 1st (ages 10+)

The Inspiring Youth 1st events are designed to empower youth to build confidence and be all that they can be in a fun and safe environment! We believe that they can do anything and we want to help them reach their full potential!

These events will include a variety of activities that focus on such topics as team building, wellness, and healthy active living. Participants can look forward to fitness classes, community projects and other guest visits.

#### Food Prep 101 (ages 10+)

This program is broken down into two sessions for youth who are interested in learning more about food preparation and kitchen safety.

In the first session, youth will learn about basic nutrition, the importance of healthy snack options, and food safety. In the second session, participants will have the opportunity to prepare their own balanced meals for their school lunch boxes and engage in activities

that emphasize active living. Please visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) for details.

#### Leaders in Training Program (ages 14+):

Leaders in Training (LIT) is a completely free, tailored program designed to teach youth valuable leadership skills as well as allow them to gain volunteer experience with PSP Community Recreation programming. Youth will receive training that covers a variety of topics such as how to be a leader, general health and safety as well as become HIGH FIVE® certified. The LIT program offers valuable education and experience that will give youth an edge in applying for future employment with Community Recreation once they reach 16 years of age. To apply, visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).

#### Steve Nash Youth Basketball

The main objective of this grassroots program is to provide youth between the ages of seven and 14 with the knowledge and skills to learn and play basketball. Two sessions are offered yearly, in the fall and early spring. Participants receive a free basketball, jersey, and



a Steve Nash Certificate of Achievement. This program runs out of Dundonald Hall.

### **Jr. NBA (ages five & six, seven - 10 & 11 - 14 years)**

Jr. NBA Youth Basketball is a 10-week program designed to develop and enhance basketball skills. All staff are HIGH FIVE® trained in the principles of childhood development. The program combines the use of drills, progressions and game play to enhance skills and tactics.

The provision of quality programs and activities support healthy child development. Community Recreation is committed to the HIGH FIVE® philosophy of children in recreation and sport. We have a responsibility to provide activities and environments where children feel safe, welcome, competent, connected, empowered, and special.

### **Sports Fit**

Sports Fit is a training cycle that uses periodization training to enhance any athlete between nine and 15 years old for any sport. The training cycle includes three separate sessions:

1. September and October  
- Conditioning & Speed
2. November and December  
- Strength & Agility
3. January and February  
- Circuit Training

This concept of training is for the athlete who wants to be engaged in a program that will show improvement continuously throughout the year when it counts. You can pick one of the sessions individually or all three for a discount.

The class meets once a week for training and guidance by an instructor. For more information, call the Youth Sports Department at 613-687-2833.

Sports Fit Academy is for young athletes and primarily

focuses on the fundamentals of general conditioning techniques and introduces exercises to youth. We offer a series of three, six-week sessions throughout the year.

### **Lacrosse Clinic**

If you're looking to improve your individual lacrosse skills, have fun and meet new friends, then the best thing you can do is attend our lacrosse clinics. Our lacrosse clinics are geared to players of all ability levels and provide lacrosse players with training from our expert coaches – while also stressing the importance of developing leadership skills and being a good sport.

This introductory clinic applies the concepts of Lacrosse FITS - Fundamental Interactive Training System.

### **Baseball Clinic**

The baseball co-ed clinic is an instructional clinic where our instructors will focus on teaching young players of all abilities the fundamental skills of baseball in a fun and structured atmosphere. During the clinic, athletes will complete drills that deal with skills such as hitting, throwing, fielding, pitching and base running.

This Spring Clinic takes place at Dundonald Hall in April.

### **Volleyball Clinic**

For youth aged 10 - 15 years of age, this program focuses on basic volleyball skills in a fun environment! An ideal introduction to the sport of volleyball. Participants will learn skills such as bumping, volleying, serving and passing. All skill levels are welcome to join! This program runs from April to June.

### **Youth 1st Camps**

Community Recreation offers Youth Summer Camps! Youth 1st Camps are designed with youth-friendly themes that are trendy, relevant and packed with fun outings, games and activities. Camps run out of various locations to best accommodate planned activities. We are dedicated to ensuring youth have fun, gain confidence and try new things so that they have the best camp experience possible!

### **Youth Sports and Survival Summer Camps**

Youth Sports offers camps for youth aged eight - 13. Our focus is on fun, fitness and the fundamentals of sport. This summer's themed weeks will offer you a choice of Extreme Sports, Outdoor & Beach Sports, Racquet and Field Sports, Athletic Conditioning and our brand new Tri Sport Camp.

Our Survival Camp is geared for youth ages nine - 13 who enjoy taking in the elements of nature, who are curious about their surroundings and who enjoy being active outdoors!

### **Floor Hockey**

Floor Hockey will be available to enjoy Sunday afternoons at Dundonald Hall. We provide a fun, safe indoor environment where boys and girls can play ball hockey with other youth their age. No rain-outs, no soggy fields, or snowstorms, our games are never affected by the weather so we never have to re-schedule.

If you can run, you can play!

This program will feature skills, drills, three-on-three games, five-on-five games, round robin tournaments and much more!

To register for any of the youth programs mentioned above, visit us online at [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa), or in person at the Recreation Complex or South Side Community Centre. For further information call the Recreation Complex at 613-687-2932.





## COMMUNITY RECREATION PROGRAMS

### AQUATICS

Our beautiful aquatic facility has a 25-metre pool as well as a walk-in wading pool with accessibility equipment (chair lift). We offer programming for all ages including swimming lessons, advanced leadership programs, first aid programs, and more! All of our swim instructors are certified by the Lifesaving Society. Community Recreation Aquatics is committed to the HIGH FIVE® philosophy in recreation and sport.

Check out [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) today for all our

programming information. The Pool Hotline 613-687- 5511 ext. SWIM (7946). Get Wet, Get Active & Make a Splash Today! Follow us on Facebook at Rec Aquatics Petawawa for updates. *\*Programs are subject to change.*

#### Swimming Lessons

Professional, experienced swim instructors will teach you or your child how to swim. We offer five swim sessions between September and July to suit your needs. Check online for the schedule and cost.

#### Open Swim

There are a variety of Open Swim times to choose from. These swims have the main pool and the wading pool open including a hot tub, and sauna. Extra features like the Water Walkway and Tarzan Rope are offered based on participant numbers and staffing. These swims are scheduled in the evenings and on the weekends.

#### Aquatic Fitness Classes

Aquatic Fitness Classes offer a fun and challenging way for cardiovascular and

aerobic fitness. You use the resistance of the water for a low impact workout. Check out our schedule for more details!

#### Family Swim

Family Swim is a swim for children under eight and their parents or guardians and is free for those who are PSP Plan members. Family Swims are scheduled in the wading pool only and take place on weekends.

#### Parent & Tot Swim

Parent & Tot swim is for infants/toddlers (three years old and under) and their parents/guardians in the wading pool. It is a great opportunity to meet new friends!

#### Lane Swim

Lane Swim is a great opportunity to brush up on your strokes or prepare for a physical competition. They are scheduled throughout the week and weekend.

#### Leisure Swim

For those who swim at a relaxed pace. If you want to swim in wide double lanes or Aqua Jog or do exercises then this swim is for you.

### SUMMER PROGRAMMING

We boast a fantastic summer program which includes access to two outdoor facilities; Black Bear Beach and the North Side Splash Pad.



#### Black Bear Beach 154 Lievin Road

Black Bear beach faces out on the beautiful Ottawa River. Offers a lifeguarded environment Monday to Sunday (12 - 4:55pm). Kayak and SUP rentals are also available at this location Monday to Sunday 11am - 7:00pm)



#### North Side Splash Pad 50 Regalbuto Avenue

The North Side Splash Pad is a fun and exciting facility that has a mushroom sprinkler, a bucket dumping station and fully loaded water guns! It is open Monday to Sunday (10am - 7pm).

## RECREATION AQUATICS SCHEDULE \*Schedule subject to change without notice. Effective April 11, 2023.

### NON-PSP PLAN

ADULT - 14 YRS OLD & UP	<b>\$10</b>	FAMILY	<b>\$25 (CASH ONLY)</b>
CHILD - 4-13 YEARS	<b>\$6</b>	AQUAFIT	<b>\$15 (CASH ONLY)</b>
CHILD - 3 & UNDER	<b>FREE</b>		

### PSP PLAN

ADULT - 14 YRS OLD & UP	<b>FREE</b>
AQUAFIT	<b>FREE</b>



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN SWIM</b> All Ages (Hot Tub/Sauna)	7:00 - 7:55pm		7:00 - 7:55pm		7:00 - 7:55pm	2:00 - 2:55pm 3:00 - 3:55pm	2:00 - 2:55pm 3:00 - 3:55pm
<b>FAMILY SWIM</b> Ages 8 & under (Wading Pool Only, Hot Tub/Sauna)		7:00 - 7:55pm		7:00 - 7:55pm		4:00 - 4:55pm	4:00 - 4:55pm
<b>LANE SWIM</b> Ages 14 & older (Hot Tub/Sauna)	10:00-10:55am 9:00 - 9:55pm	10:00-10:55am 9:00 - 9:55pm	10:00-10:55am 9:00 - 9:55pm	10:00-10:55am 9:00 - 9:55pm	9:00 - 9:55pm	4:00 - 4:55pm	
<b>LEISURE SWIM</b> Ages 14 & older (Hot Tub/Sauna)	9:00 - 9:55am 8:00 - 8:55pm	9:00 - 9:55am 8:00 - 8:55pm	9:00 - 9:55am 8:00 - 8:55pm	9:00 - 9:55am	8:00 - 8:55pm		4:00 - 4:55pm
<b>AQUAFIT</b> Ages 14 & older (Hot Tub/Sauna)				8:00 - 8:45pm			

Please note that all swims are first come, first serve. Military ID does not qualify as a PSP Plan Membership.  
Sauna may also be used during lessons (Mon - Fri: 4 - 7pm, Sat - Sun: 9am - 2pm). Pool safety and supervisory standards apply.

## MILITARY POOL SCHEDULE \*Schedule subject to change without notice. Effective April 11, 2023.

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILITARY</b>	0600-0700	0600-0700	0600-0700	0600-0700	
<b>LANE SWIM</b>	1200-1300	1200-1300	1200-1300	1200-1300	0600-0700
	0700-0800		0700-0800		
<b>MILITARY UNIT</b>	0800-0900	0800-0900	0800-0900	0800-0900	
<b>BOOKINGS/LESSONS</b>	1100-1200	1100-1200	1100-1200	1100-1200	
	1300-1600	1300-1600	1300-1600	1300-1600	
<b>RECONDITIONING</b>		0700-0800		0700-0800	
<b>PRE/POST-NATAL</b>					1100-1200

\*\* Any units requiring swim test or group PT, please request it through your Ops & Trg who will contact the Military Fitness Coordinator.

## SAFETY AND SUPERVISORY STANDARDS High-risk people must be in a 1:1 ratio.

AGE	REQUIREMENTS	GUARDIAN:CHILD RATIO	WRIST BAND
<b>5 YEARS &amp; UNDER</b>	Accompanied by a parent/guardian 16 years or older who must be in proper bathing attire, in the water, actively participating within arm's reach at all times. Restricted to the wading pool and shallow end of the main pool.	1:2	RED
<b>6 - 7 YEARS</b>	Accompanied by a parent/guardian 16 years or older who must be in proper bathing attire, in the water, actively participating within arm's reach at all times. Restricted to the wading pool and shallow end of the main pool.	1:4   1:6 (if all are wearing life jackets or PFDs)	RED
<b>8 - 13 YEARS</b> <i>Who do not pass the swim test*</i>	Accompanied by a parent/guardian 16 years or older who must be in proper bathing attire, in the water, actively participating within arm's reach at all times. Restricted to the wading pool and shallow end of the main pool.	1:4   1:6 (if all are wearing life jackets or PFDs)	YELLOW
<b>8 - 13 YEARS</b> <i>Who pass the swim test*</i>	Accompanied by a parent/guardian 16 years or older who must be in the pool area at all times.	N/A	GREEN

### Serious Medical Conditions:

Patrons of our facilities must ensure they are fit to participate in physical activities. Those with a condition affecting their ability to participate must take appropriate safety precautions for their own safety. Any person with a serious medical condition should be accompanied by an adult knowledgeable of their condition and

responsible for their direct supervision

### \* Swim Test:

Swim two widths of the main pool in the shallow end and must:

- Continuously swim on their front
- Have face in the water without wearing goggles and
- Not stop/touch the bottom.



Petawawa Archery Club

**JOIN A CLUB TO MEET NEW PEOPLE AND CONNECT TO YOUR COMMUNITY**

## PETAWAWA CLUBS AND ORGANIZATIONS

### **Petawawa Archery Club**

The Petawawa Archery Club welcomes all skill levels and offers lessons to beginners. Lessons are offered for new shooters in September and January. We cater to both the family and single shooters. It's a popular activity for the whole family! For those that would like to try archery, but don't have any equipment, we have bows and arrows that you can use for a small rental fee.

Our facilities offer year-round shooting that includes a 30-yard indoor range at the South Side Community Centre, three outdoor ranges, a 3D range that includes 14 3D targets, FITA range for target shooters and a practice range with eight butts (10 to 60 yards). Along with the indoor and outdoor shooting that is available year-round, the club holds 3D tournaments throughout the year. These consist of two rounds of 20 3D targets and are open to shooters of all abilities. Those interested in hunting with their bows will find these tournaments (and the outdoor range) excellent practice.

Outdoor Season is May to October Monday- Friday 16h00 till dark and Sat/Sun all day

*\*no broad heads permitted*

Indoor Range is located at the South Side Community Centre, Tuesday and Thursday 6pm - 9pm.

For more information on memberships or to become a volunteer, contact 613-687-4039, or visit [www.cfmws.ca/petawawa/archery-club](http://www.cfmws.ca/petawawa/archery-club).

### **Karate Club**

The Petawawa Goju Karate Club offers its members an excellent forum for fitness, training and advancement in the art. Qualified black belt instructors provide safe training for adults and children aged six and up. We offer classes two times a week at the Recreation Complex for all ages:

- 18h00-19h00 hrs –Beginner White Belts (ages six-15yrs)
- 19h00-20h00 hrs – Coloured Belts (ages six-15yrs)
- 20h00-21h00 hrs – All Adults (Ages 16+yrs)

We accept new members each September. For more information call 613-687-0753, or visit [www.cfmws.ca/petawawa/goju-karate-club](http://www.cfmws.ca/petawawa/goju-karate-club).

### **Indoor Rock Climbing Club**

The Indoor Rock Climbing Club (IRCC) operates two walls at Garrison Petawawa, offering 17 climbing lanes in a

range of techniques and styles to challenge climbers of every level! The season typically runs from October to May of the following year, and activities include regular climbing hours two nights a week, as well as groups and events on occasion.

All participants must complete a Welcome Brief and Top Rope Belay Test during Open Gym hours at the Recreation Complex. Never climbed before or don't know/remember how to belay? No problem! Intro lessons are available throughout the year.

Contact [irccpetawawa@gmail.com](mailto:irccpetawawa@gmail.com) or visit [www.cfmws.ca/petawawa/indoor-rock/climbing-club](http://www.cfmws.ca/petawawa/indoor-rock/climbing-club) for more information.

### **Petawawa Triathlon Club**

The Petawawa Triathlon Club provides training and coaching opportunities to help you train safely and effectively. Develop your swimming, running and cycling skills with year round training with highly qualified coaches and trainers. The club is open to all fitness levels of military and civilian personnel aged 15 and over. Training is conducted at Dundonald Hall, 57 Festubert Blvd.

For more information or to

register, please call 613-687-2932, or visit [www.cfmws.ca/petawawa/garrison-petawawa-triathlon-club](http://www.cfmws.ca/petawawa/garrison-petawawa-triathlon-club).

- *Monday*  
Bike ride or Zwift session (weather dependent)
- *Tuesday* - 1830-2000  
Swim at DDH pool
- *Wednesday*  
Run practice
- *Thursday* - 1830-2000  
Swim at DDH pool
- *Friday*  
Occasional Run Practice
- *Saturday*  
Meet up rides or runs
- *Sunday* - 1100-1230  
Swim at DDH pool

### **Petawawa Civitan Tennis and Pickleball Club**

The Club offers a full range of tennis and pickleball activities, from May 1st to October 31st, for players of all skill levels, ranging from beginners to more advanced players. Our emphasis is on recreation with a social dimension. Healthy competition is also always welcome.

Members enjoy a variety of options, they can choose to participate at their own level of play or challenge more skilled players. Younger players can participate in our youth program and you will find active seniors

on the courts every morning.

Our friendly advanced members are also open to offering tips on improving the game of other members when they ask. Through our scheduled weekly events we try to provide something for everyone.

For more up-to-date information please check our website [www.tennisclubpetawawa.wixsite.com/tennis](http://www.tennisclubpetawawa.wixsite.com/tennis) or you can check out the information board located at the tennis/pickleball court, located behind the Petawawa Civic Centre adjacent to the South Side RHUs. Our email is: secretary.tenispickpetawawa@gmail.com.

Our sign up and opening day is May 6 from 1000hrs to 1400hrs, at the Tennis and Pickleball courts. In case of rain we will move inside the Civic Centre.

### Evolution Brazilian Jiu-Jitsu



Established at Garrison Petawawa in 2012, PSP Petawawa

Brazilian Jiu-Jitsu is certified with the International Brazilian Jiu-Jitsu Federation (IBJJF) and Muaythai Ontario/Muaythai Canada.

For beginner to advanced students, we teach the techniques, tactics and strategies of Brazilian Jiu-Jitsu (BJJ), a ground-based martial art that utilizes leverage and angles to defeat larger, stronger opponents through the application of superior positioning and submission holds, and Muay Thai (MT), sometimes referred to as the 'art of eight limbs,' that uses stand-up striking (fists, elbows, knees and shins) along with various clinching techniques.

Under the guidance and tutelage of Chief Instructors, Professor Steve Burgess and Kru Ricky Godoy, students will receive the highest level of professional instruction

available anywhere in Canada. Whether you want to learn effective self-defence, improve your overall physical fitness level, develop long-lasting friendships with fellow students during your martial journey or compete in sport competitions at the highest levels, this sport is for you.

- Adult Brazilian Jiu-Jitsu
  - Beginner (White Belt)
  - Advanced (Blue Belt & up)
- Adult Muay Thai Fit
  - Beginner & Advanced
  - Women's Only
- Adult Muay Thai (MT) - Beginner and Advanced
- Youth Brazilian Jiu-Jitsu & Muay Thai
  - Beginner (ages seven-15)
  - Young Warriors BJJ
  - Advanced (ages seven-15)

We meet at the Army Fitness Centre, 3 Festubert Blvd, Garrison Petawawa. For information on specific classes please email [evolutionbjjpetawawa@hotmail.com](mailto:evolutionbjjpetawawa@hotmail.com), or visit [www.cfmws.ca/petawawa/evolution-jiu-jitsu-club](http://www.cfmws.ca/petawawa/evolution-jiu-jitsu-club).

### Garrison Petawawa Gun Club

We welcome both military and civilians to our club. We use military ranges and trained Range Safety Officers to provide both a safe and fun environment.

- Ranges used by the Club
- *Quebec Range* - 50 metre outdoor rim fire/pistol/shotgun range
  - *Echo Range* - 100 metre pistol/shotgun/rifle range with 15 lanes
  - *Bravo Range* - 600 metre with 12 lanes
  - *Charlie and Delta Ranges* - 500 metre with 12 lanes

All ranges come with free Figure 11 and Figure 12 targets for the members to use. The club also has steel targetry including gongs, falling plates, poppers and a Texas star. Members also have access to spotting scopes, shot timers and a chronograph. The club runs three-gun matches

and other events throughout the year and sends members to three-gun PRS, IPSC, IDPA and other shooting competitions throughout Eastern Ontario.

Unlike other clubs, we do not have a membership quota and your restricted Authorization to Transport (ATT) is done, free of charge, for all members owning restricted weapons. To bring restricted firearms onto Garrison Petawawa, you must have an ATT issued through the club. ATT registration is done by contacting the Club President, Morgan Marshall.

For more information on how to register, call 613-687-2932, email [cfbpgc@gmail.com](mailto:cfbpgc@gmail.com), visit our Facebook page 'Petawawa Gun Club', or our website [www.cfmws.ca/petawawa/the-garrison-petawawa-gun-club](http://www.cfmws.ca/petawawa/the-garrison-petawawa-gun-club). A PSP Plan Membership is required. Non PSP Plan members must add an additional Single Club membership fee.

### Garrison Petawawa Badminton Club

Are you looking for an activity where you can learn and improve your badminton? Or where you can share your love of the sport with other enthusiasts? This sport is the perfect fit for you then! We offer singles, doubles and mixed play! We operate a structured system to allow players of all skill levels the opportunity to compete at their own level. The Garrison Petawawa Badminton Club operates out of Dundonald Hall Sports Complex and is a member of the Ottawa & District Badminton Association. Whether you play competitively or just for leisure, we have something to offer. For more information or to register, call 613-687-2932, or visit [www.cfmws.ca/petawawa/badminton-club](http://www.cfmws.ca/petawawa/badminton-club).

### Garrison Petawawa Fencing Club

Our club registers all its fencers in the Ontario Fencing Association and the Canadian

Fencing Federation to obtain insurance coverage and to allow our athletes to compete provincially and nationally.

All skills are welcome! You will learn basic fencing footwork, attack and defense techniques and basic fencing strategy in a private or small group setting.

Your membership includes individual and group lessons, club tournament, use of club equipment (i.e. masks, jackets, foils and gloves) and Ontario Fencing Association and Canadian Fencing Federation fees.

For more information or to register, call 613-687-2932, or visit [www.cfmws.ca/petawawa/fencing-club](http://www.cfmws.ca/petawawa/fencing-club).

### Auto Fix-It Club

The Auto Fix It Club is located at 282 Menin Road Bldg D-19. The club has five bays, two bays with hoists and owns a wide variety of top-notch tools, such as a plasma cutter, ARC, MIG and Stick welders, oxy acetylene, grinders, tire balancer, diagnostic scanner and a variety of other tools.

Many of the attendants are vehicle technicians willing to share their wealth of knowledge. The club is always looking for new volunteer attendants.

For more information email [ethanlinkc@hotmail.com](mailto:ethanlinkc@hotmail.com), or visit [www.cfmws.ca/petawawa/auto-fit-it-club](http://www.cfmws.ca/petawawa/auto-fit-it-club).

### Wood Hobby Shop

The club boasts a complete line of major stationary and power hand tools. All you have to provide is some basic accessories such as a measuring tape, safety glasses and common hand tools. There are basic woodworking courses open to new members. Members also have access to lockers and wood storage areas.

Please note that a club 2-3 hour safety orientation must



be taken by any new members which is delivered by the Club President or the Resource Manager.

Members can access the club facilities daily, seven days a week from 06h00 to 22h00 once they have completed their safety briefing. Located at 319 Menin Rd. Bldg D-2 (near the POL Point).

For more information call the Wood Hobby Club at 613-687-5511 ext. 5768, or visit [www.cfmws.ca/petawawa/wood-hobby-club](http://www.cfmws.ca/petawawa/wood-hobby-club).

- Comprehensive selection of equipment
- Basic woodworking courses are open to everyone
- Safety and shop tour of facility
- Lockers are available
- Wood storage area

### **Petawawa Predators Swim Club**

The Petawawa Predators Swim Club (PPSC) is a competitive swim club for youth ages six and up. Our program focuses on stroke perfection, endurance, rules of competitive swimming, health and the importance of fitness in a competitive swim world.

Your child will be monitored and mentored by trained and

skilled coaches. Coaches will assess the swimmers and assist parents in selecting the right starting point for their child to match their current abilities. Swimmers will be placed in a level that is best suited for them. These levels include programs for beginners in FUNDamentals or Novice to the more advanced Jr/Sr Competitive.

They will train from one to six times a week depending on their level. The program offers a very flexible timetable.

Swimmers will have the opportunity to compete in several swimming competitions throughout the year in Eastern Ontario. The PPSC has produced swimmers that have competed in regional, provincial and national championships.

We are members of Swim Ontario, which is part of Swim Canada. The PPSC is governed by an executive committee that is comprised of volunteers.

If your child is interested in the world of competitive swimming, please contact the club at [predatorspetawawa@gmail.com](mailto:predatorspetawawa@gmail.com) or visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa). We welcome swimmers at anytime throughout the season.

### **Club Program Levels:**

Competitive swimming is a good, clean, wholesome sport that provides an opportunity for personal growth and development. The swimming experience lends itself to the development of life skills; skills that readily transfer to all aspects of life, including education and healthy daily habits. The sport allows individuals to challenge their abilities, both physically and psychologically, on a daily basis. Although competitive swimming is primarily an individual sport, training and competitions are conducted in a team environment. Through a strong team environment friendships are established and maintained for a lifetime. You will quickly see that all the swimmers train... a lot!

Our club has a different series of levels, to which we are able to match to your swimmer's current abilities. Depending on the experience, skills, and commitment of the swimmer, your child will be placed in the most appropriate level suited to them.

### **Petawawa Gaming & Modeling Club**

Table top gaming is a very broad gaming style where

players get together at a table to play a game. It can be pencil and paper, role playing games such as Dungeons & Dragons, board games such as Monopoly or Risk, a card game like Magic the Gathering or even Cribbage, or miniature war games such as Warhammer.

Space and supplies are available to build your models. We meet in the South Side Community Centre with space and toys available for those with young children to ensure maximum participation. Any club members under the age of 12 must be accompanied by an adult.

For more information, contact [elmailpgmc@gmail.com](mailto:elmailpgmc@gmail.com) or visit [www.cfmws.ca/petawawa/gaming-and-modelling-club](http://www.cfmws.ca/petawawa/gaming-and-modelling-club).

### **Petawawa Skating Club**

"All it takes is a pair of skates." The Petawawa Skating Club strives to ensure that skaters of all ages and abilities achieve their skating goals in a safe, positive environment. We offer a wide range of programs from beginner to advanced as well as synchronized skating and power skating skills that



are geared towards hockey.

Instruction is provided by certified Skate Canada coaches.

Our regular season is from October to March and we have off season programs in the fall and spring. All information can be found on our website, [www.petawawaskatingclub.com](http://www.petawawaskatingclub.com) or email us at [info@petawawaskatingclub.com](mailto:info@petawawaskatingclub.com).

### **Greater Petawawa Minor Hockey Association**

The Greater Petawawa Minor Hockey Association operates out of both the Petawawa Civic Centre and the Silver Dart Arena and

oversees all minor hockey activities in Petawawa. For information visit [www.petawawaminorhockey.ca](http://www.petawawaminorhockey.ca).

### **Petawawa Minor Soccer Club**

The Petawawa Minor Soccer Club provides the opportunity for boys and girls from three - 18 years of age to learn soccer skills and have a lot of fun while playing the game. We are dedicated to the development of young athletes through soccer. Young players are taught the rules and skills of the game, while the older players perfect the game. The summer season runs

from May through to August and the indoor season starts in October and finishes in March. For more information about registration, board members, volunteering and updates, please visit our website at [www.petawawaminorsoccer.com](http://www.petawawaminorsoccer.com) or our Facebook page at [www.facebook.com/PetawawaSoccer](https://www.facebook.com/PetawawaSoccer).

### **Ottawa Valley District Girls Hockey Association**

The Ottawa Valley District Girls Hockey Association (Ottawa Valley Thunder) is an all-girls hockey association offering competitive and house teams for U11, U13, U15, and U18 aged players. This program is intended to develop young female athletes by providing them with the tools they need to be the best player and teammate they can be.

Typically, Thunder plays out of the Silver Dart, Civic Centre, PMC, Westmeath, Beachburg, Cobden, and Eganville arenas against teams from the Ottawa Valley and surrounding area.

The season runs from the end of August to the

beginning of April. For more information, please follow us on Facebook or visit. [www.girlshockey.ca](http://www.girlshockey.ca).

### **Les Coureurs de Bois Running Club**

This cross-country and track and field club is open to youth aged 11 - 18 and runs from February to November at Dundonald Hall. From February to June, we're a track and field club that trains indoors on Saturday mornings from 7 - 11am until the snow melts, then we train outdoors at the Valour track until mid-June. We offer training in sprints, jumps, middle distance, long distance and throwing.

From July until November we train cross-country runners at the Valour track and on the trails in Petawawa Terrace Provincial Park on Tuesdays, Thursdays, and Saturdays from 8 - 10 am For more information, contact Rick Schroeder at 613-312-7501, [coureursdeboispetawawa@gmail.com](mailto:coureursdeboispetawawa@gmail.com) or [www.lescoureursdebois.ca](http://www.lescoureursdebois.ca).

### **Petawawa Legion Community Band**

The Petawawa Legion



Ottawa Valley Girls Hockey Association



Canadian Military Wives Choirs Petawawa (CMWCPetawawa)

Community Band is a concert and marching band founded in 1978 by the Royal Canadian Legion Branch 517.

The Band rehearses on Wednesday evenings from 7 to 9pm in the Petawawa Legion Hall from September to June and ends its season with a series of free out door concerts in June and July.

Newcomers of all skill levels are always welcome, and Band School classes are held from 6 to 6:45pm before Band rehearsal every Wednesday. Some instruments are available for rent. Contact Verlie at 613-687-2890 for more information, or e-mail: whitlock@nrtco.net. Visit our website: [www.petawawalegion.ca/band](http://www.petawawalegion.ca/band).

### The Swinging Swallows Square Dance Club

One of the most often-heard myths about square dancing is that it is for old people, parents and grandparents. You know – all those old folks that only listen to country and fiddle music. The truth is: square dancing is for everyone who is able to walk and listen to instructions! We dance to all different genres, a variety of

tempos, and very rarely fiddle music.

When my husband and I first started to square dance, I was not quite thirty and we did not tell anyone what we were doing until we had been at it for about six months. At that time, we began to brag about it because we came to understand there is a skill to square dancing.

When we first danced, there was a club in Petawawa and it was made up, to a large degree, of military couples and singles; our caller was military and so was our 'guest' caller! Although our club is located in Pembroke, we continue to respect and enjoy the military influence in our community. We invite everyone to join us on the dance floor to exercise without even realizing it! Make it your 'date night' as well as a social time.

We will show you what to do with your 'two left feet' and eventually how to 'rip and snort'! (Imagine that!)

So, there is:

- no experience needed
- no partner needed
- not much money needed but you must:
- be able to laugh out loud

(at yourself and others)

- enjoy the company of other like-minded folks, who are also trying to 'strut their stuff'
- listen to the caller and follow instruction
- not worry when that second left foot gets out of control
- join us on the dance floor!

We hope you will take steps to become a square dancer! Visit [GetUpandDance.ca](http://GetUpandDance.ca) and [facebook.com/SwingingSwallows](https://facebook.com/SwingingSwallows) and then visit us in person, Thursday evenings beginning mid September at Fellowship Hall, 275 Pembroke St. E, Pembroke.

### Canadian Military Wives Choirs Petawawa (CMWC Petawawa)



Military wives, partners and service couples around the world undergo numerous challenges while their significant others are away. In 2013, after great success in Britain, Military Wives Choirs began to form in Canada as a way to provide a support network to women in the military community. Since then, choirs have been organized at many bases across Canada, including



Swinging Swallows Square Dancing Club

Garrison Petawawa.

The CMWC Petawawa is a three part women's choir with a membership of over 60 local women. With a vast repertoire the choir sings regularly at local events including Remembrance Day services and Family Day hosted by Garrison Petawawa. Since 2016 we have had the pleasure of singing at the Germania Club's Christmas Market, with the Pembroke Symphony Orchestra, New Years Day we sang during Rogers Hometown Hockey, with highlights on Sportsnet during Hockey Night in Canada, for local hockey tournaments, at the Garrison Commander's Luncheon and the 2017 Opening Ceremonies at the Invictus Games in Toronto.

The goal of the choir is to provide a safe, fun and mutually supportive environment through singing. But we don't just sing, we have social nights where the goal is to relax, have fun and get to know one another.

Together we give ourselves the opportunity to get involved locally, support each other and work to raise the profile of the wider Canadian Armed Forces community in a positive way.

For more information, visit our Facebook page (Canadian Military Wives Choirs Petawawa) or email at [canadianmwc.petawawa@gmail.com](mailto:canadianmwc.petawawa@gmail.com).

### **Petawawa River Rats Whitewater Kayak Club**

The Petawawa River Rats Whitewater Kayak Club is for both experienced and novice kayakers.

The Petawawa River Rats (PRR) is the only whitewater paddling club in the Ottawa Valley. We are whitewater enthusiasts who like to play in the rapids, socialize, laugh, and share the joy of paddling.

Interested in whitewater paddling? Our club is dedicated to introducing new people, providing a safe environment to learn new skills and progress in the sport, and to provide a paddling community full of excited and passionate individuals who love whitewater!

Weekly pool/pond sessions with knowledgeable instructors are a great way to learn the skills necessary for getting out on the river.

If you are a whitewater boater, the PRR is for you. We live in the best whitewater region in the world! Check us out on Facebook for more information!

## **YOUTH ORGANIZATIONS**

### **Girl Guides**



Girl Guides is a place for exploration, curiosity, learning and play. Here, girls ages five

to 17 are immersed in real experiences where they can build connections and where they are welcomed just as they are. At Girl Guides, girls can explore their curiosity, learn new skills, go on outdoor adventures, take on community service projects and so much more. They'll have a blast sharing laughter and discovering their unique interests.

Together with friends they can count on and our dedicated volunteers who will cheer her on each step of the way, girls can develop skills to be brave, adventurous, curious and confident. Girl Guides in Petawawa are ready to welcome. Register now and save her spot with us. Visit [www.girlguides.ca/joinus](http://www.girlguides.ca/joinus) or call 1-877-564-6188.

Consider joining our valued team of volunteers. When you volunteer with Girl Guides, you can give girls the confidence they need to just be. It's worth your time. Volunteer as a Guider at [www.girlguides.ca/volunteer](http://www.girlguides.ca/volunteer).

### **Scouts Canada**



Kids in Scouts have fun adventures discovering new things and experiences they wouldn't have elsewhere. Along the way, they develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouts is the start of something great!

All youth (girls and boys) from five - 26 years old are welcome. New volunteers are also welcome. For more information or to join the Scouts, please visit [www.scouts.ca/join](http://www.scouts.ca/join).

### **2642 3 RCR Royal Canadian Army Cadets**

Rise to the ultimate challenge and join 2642 3 RCR Royal Canadian Army Cadet Corps today!

Local residents between 12 and 18 years old interested in participating in dynamic, challenging, well-organized activities are encouraged to enroll.

2642 3 RCR Royal Canadian Army Cadets meet regularly on Tuesday evenings at Korea Hall, Building O-9, from 6 to 9pm. The Army Cadet Training Program is free of charge and offers a wide variety of activities and courses while meeting the interests of youth. Cadets engage in leadership, physical fitness, citizenship training, adventure training, survival, navigation, precision marksmanship, and much more.

Cadets also participate in an array of community service activities, sports, and weekend field exercises throughout the year with additional opportunities to experience multi-day expeditions - locally and internationally - and to partake in competitive air rifle marksmanship, biathlon, precision drill, orienteering, and first-aid.

The aim of a Canadian Cadet Program is to develop in youth the attributes of good citizenship and leadership, promote physical fitness, and stimulate interest in activities of the Canadian Armed Forces.

2642 3 RCR Royal Canadian Army Cadet Corps is the organization of choice for youth and adults interested in the outdoors as well as the opportunity to explore, fundraise, and volunteer within the Petawawa region throughout the year.

For more information, visit [www.canada.ca/en/department-national-defence/services/ca-dets-junior-canadian-rangers/cadets/what-we-do/army](http://www.canada.ca/en/department-national-defence/services/ca-dets-junior-canadian-rangers/cadets/what-we-do/army).



2642 3 RCR Royal Canadian Army Cadets



## YOUR KEY TO RECREATION AT GARRISON PETAWAWA

### PSP PLAN MEMBERSHIP

The PSP Plan allows you access to all of our programs, services and facilities at Garrison Petawawa. PSP Plan Memberships are for the use of all eligible facilities and not for any single facility, program or service. Don't miss out! Single or family memberships available! Cards are only printed at the Recreation Complex.

#### **PSP Plan Membership Benefits**

- Access to our recreation and fitness facilities including Dundonald Hall, Recreation Complex, South Side Community Centre and the Youth 1st Centre during hours of operation. The Army Fitness Centre is also available and utilized for programming purposes only.
- Free recreational fitness classes
- Free public skating at Silver Dart Arena
- Free public swimming at Dundonald Hall Pool
- Free kayak and paddle board rentals at Black Bear Beach
- Free cross country skiing and snow shoeing at Jubilee Lodge
- Access to Garrison Petawawa Recreation Clubs

(single club memberships available)

- Discount rates offered on recreational activities and programs (minimum six month membership required)

#### **Where can I purchase the PSP Plan Membership?**

Identical to the CAC membership, all PSP Plan Memberships can be purchased at the Recreation Complex (30 Festubert Blvd. Petawawa).

#### **When I buy a PSP Plan Membership, where does my money go?**

All funds collected for the PSP Plan are put directly back into the Community Recreation department to ensure that we can continue offering high quality programs and services. More specifically, when you purchase a PSP Plan Membership your money is used to purchase program supplies, wages for Community Recreation staff members and supplement additional costs associated with developing and implementing Community Recreation programs. These funds allow us to continue to offer cost-effective and free programs to you and the

community. Your support is a huge part of our success!

#### **Is the PSP Plan be available to me at all bases across Canada?**

Although all memberships across Canada will be called PSP Plan, each membership will have a different structure (i.e. fees, benefits and discounts) from base-to-base. You will be permitted to use your PSP Plan from another base in Petawawa if visiting; however, not all bases may have the same policy.

#### **I have a Military ID that gives me access to facilities and services. What does the PSP Plan give me that my Military ID does not?**

Your Military ID will give you access to the following:

- Full access to Dundonald Hall during open hours and the pool 6:30am to 4:00pm. Access the Army Fitness Centre during PT.
- Full access to cross-country skiing and snowshoes for morning PT, Sports Afternoons, Open Recreation (i.e. afternoon/weekends) for the CAF member only.
- Access to canoes and kayaks at Jubilee Lodge

during morning PT and Sports Afternoons.

A PSP membership allows access to Dundonald Hall Pool after 4pm Monday - Friday and the weekends for public swimming, use of the sauna, and spa. Public skating at Silver Dart, free group fitness classes, access to recreation clubs, and complementary kayaks and paddle boards at Black Bear Beach are also a benefit that the PSP Plan provides. Discounts on recreation programming and activities are also offered to plan members for yourself and household family members.

#### **PSP Plan Regulations**

- PSP Plan cards must be turned in at the reception desk of the facility prior to entry into the facility. Those without a PSP Plan card will be charged a drop-in fee.
- All facilities require children under the age of 12 years to be accompanied at all times by another person, 16 years or older. The adult or guardian and child must remain together within the facility; i.e. both in the pool, or both on the gym floor.
- Membership rights and privileges may be suspended for a specified term or permanently

revoked for inappropriate behaviour which includes, but is not limited to: disorderly conduct; disruptive behaviour; persistent disregard for rules, regulations and staff; default in payment of membership fees; and conducting or soliciting for any form of business within the facilities.

• Dundonald Hall Fitness, Sports and Aquatics Centre is primarily a military training facility with priority given to military units during the

weekday schedule, however, there is space for drop-ins during open rec times.

• PSP Plan memberships are for the use of all PSP facilities and not for any single part. There will be no PSP Plan refund as a result of any temporary facility closures. The pool has scheduled maintenance shut downs during the year.

• All refunds are evaluated on an individual basis and are subject to an administration

fee. To receive the PSP Plan discounts on base activities you must have a minimum of a six month membership. To join any clubs, the membership

must be for the duration of the club membership.

\*Note: a \$25 administrative fee will be added for NSF cheques.

PSP Plan Memberships are processed at the Recreation Complex (613-687-2932), 30 Festubert Blvd, Bldg S-117, located next door to the CANEX SuperMart:

### WINTER/FALL HOURS

Mon. - Thurs. 8am to 8pm | Fri. 8am to 6pm

Saturday 9am to 3pm | Sunday Closed

### SUMMER HOURS (Canada Day to Labour Day)

Mon. - Fri. 8am to 7pm | Saturday & Sunday Closed

## PSP PLAN PRICE LIST

Please note: Prices subject to change without notice, fees do not include tax unless otherwise specified.

### Regular Members

CAF Members, Serving Foreign Military Members, Reservists on Contract, Former CAF Members (with proof of service).

		1 MONTH	3 MONTHS	6 MONTHS	1 YEAR
CAF Member	PSP Plan	\$14	\$42	\$84	\$168
	Print Fee	\$2	\$2	N/A	N/A
	Total	\$16	\$44	\$84	\$168
Family	PSP Plan	\$23	\$69	\$138	\$276
	Print Fee	\$2	\$2	N/A	N/A
	Total	\$25	\$71	\$138	\$276

### Ordinary Members

NPF Employees (not casual), DND Employees, DCC Employees, MFRC Employees, Former NPF & DND Employees (in receipt of a pension), RCMP, Former RCMP (in receipt of annuity).

		1 MONTH	6 MONTHS	1 YEAR
Ordinary Member	PSP Plan	\$15	\$90	\$180
	Print Fee	\$2	N/A	N/A
Family	PSP Plan	\$25	\$150	\$300
	Print Fee	\$2 ea.	N/A	N/A

### Associate

Civilians and all their immediate family members. (All card print fees included).

		1 MONTH	6 MONTHS	1 YEAR
Associate Member	PSP Plan	\$60	\$300	\$500
Family	PSP Plan	\$100	\$500	\$600

### Corporate Members

To receive corporate rates, companies must apply in writing to Mr. Brendan Cunliffe, Manager Community Recreation at 30 Festubert Blvd. Unit S-117 Petawawa Ontario K8H 2X3.

		1 MONTH	6 MONTHS	1 YEAR
Corporate Member	PSP Plan	\$55	\$250	\$450
Family	PSP Plan	\$90	\$400	\$550

### Student / Senior

		1 MONTH	6 MONTHS	1 YEAR
Single	PSP Plan	\$40	\$180	\$240
Family	PSP Plan	\$70	\$280	\$420

### Payment Options for Memberships

1. All membership fees due at time of purchase by Cash, Cheque, M/C, VISA or Interac.

2. Pay deduction available for military and NPF Employees only.

### Definitions

- **Family:** Consists of the applicant, their spouse, and children.
- **Children:** Son(s) and/or daughter(s) of the applicant and/or spouse that reside at the applicant's permanent address and are 18 years old or younger.
  - Son(s) and/or daughter(s) who are 19-25 of age and attending school full time.
  - A physically and/or mentally challenged son/daughter residing at the applicant's permanent address.
- **Spouse:** Legally married to or living common law with applicant.
- **Student Rate:** Full time students only, valid Student ID required.
- **Senior:** Over the age of 55 years; for a family membership at the senior rate, both adults must be over 55 years.

PSP Plan discounts will not be issued for memberships less than six months in length. This includes swimming lessons and all community recreation programs. All prices subject to change without notice.





## STRENGTHENING THE FORCES

# HEALTH PROMOTION PETAWAWA

*The more we can empower our CAF members with personal tools and environments that foster health and wellness, the better equipped they will be to reach their best health potential and live fulfilling lives.*

### Your Local Team

#### Health Promotion Manager

Juannittah Kamera 613-687-5511 ext. 4665

#### Administrative Assistant

Lydia Brown 613-687-5511 ext. 4685

#### Health Promotion Specialists

Adeline Mutembanema 613-687-5511 ext. 4675

Denver Hilland 613-687-5511 ext. 4566

Harmun Dhindsa 613-687-5511 ext. 4633

Lucie Martin

#### Contact Information

613-687-5511 ext. 4685

[healthpromotionpetawawa@cfmws.com](mailto:healthpromotionpetawawa@cfmws.com)

Health Promotion Petawawa is excited for another year of supporting the health and wellbeing of CAF members and their families. All programming is available free of charge, and accessible to members and their families. In addition to our courses and briefings, Health Promotion has launched a new Behaviour Change Program to support individuals in reaching their health goals. Whether you're interested in learning more about nutrition for families, quitting tobacco or you just don't know where

to find mental health resources, stop by our office, Room 169 in Dundonald Hall and we'll support you!

## CAMPAIGNS & INITIATIVES

### MOVEMBER

November is men's health month. Health Promotion hosts a MOVEMBER initiative, which challenges folks to walk 60km to honour the 60 men lost to suicide every hour around the world. We welcome everyone to

come and participate with us in the Dundonald Hall fieldhouse and have conversations about men's health. Grow a moustache and we'll add it to our Movember board!

### Iron Warrior

Iron warrior is an annual event which challenges soldiers and civilian participants both physically and mentally. The event takes place over two days with a sprint (21km) or marathon (42km) option. Health Promotion supports this event by providing participants with resources and briefings on how to properly fuel and recover. For the best outcome, participants are encouraged to contact Health Promotion prior to the event to access these nutrition resources.

### Nutrition Month

March is the annual nutrition month where Health Promotion hosts the Nutrition series. This four-part series that focuses on educating participants on proper nutrients intake and gives them

practical tools to use for day-to-day living. In addition to that, we hold an educational booth for nutrition at the Normandy Court Kitchen. Here, members get a chance to receive free swag, interact with the team and get directed to the appropriate resources for their nutrition needs.

### Healthy Relationships

Health Promotion is part the Family Violence Advisory Team; a committee dedicated to preventing family violence in the military community. One of the annual campaigns of this committee is the Healthy Relationship campaign. During the month of October, Health Promotion supports this campaign by providing resources of all kinds; including helpful tips to CAF members and their families on how to navigate through their everyday relationships. We aim to provide resources that help with the development of relationships within the military community.

**COME VISIT US AT DUNDONALD HALL  
IN ROOM 169.**

## COURSES & BRIEFINGS

All our courses are open to CAF members, veterans and family members, with priority given to serving members if capacity becomes a factor.

COURSE NAME	DESCRIPTION - FULL DAY
<b>BUTT OUT</b>	BUTT OUT is a smoking cessation initiative designed for smokers who want to quit smoking. It is delivered in a small group format or is self-managed, for those unable to attend group meetings. In the group format there are eight facilitated sessions over 12 weeks, and the self-managed format is arranged in a similar manner. Health Promotion Petawawa alongside the Health Services Pharmacy run this initiative. Our role is to help facilitate these sessions and provide a range of smoking cessation support services to smokers and to those who recently quit.
<b>MENTAL FITNESS AND SUICIDE AWARENESS (MFSA)</b>	Topics include Mental Fitness Exercises, Suicide Awareness, the ACE (Ask, Care, Escort) Model and Mental Fitness.
<b>RESPECT IN THE CAF (RITCAF)</b>	This interactive course is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support affected persons. This workshop is designed to foster a sustained change in attitudes and behaviours in order to build a respectful climate and culture within the CAF.

BRIEF NAME	DESCRIPTION - 1 HOUR UNLESS OTHERWISE ADVISED
<b>COMBAT STRESS SERIES</b>	This four part briefing series discusses several topics related to stress. These topics include what stress is, how the body responds to challenging and stressful events, resilience, mental fitness, and practical techniques and relaxation methods to combat stress.
<b>HEALTH PROMOTION 101</b>	This brief explains what Health Promotion is, the Social Ecological Model and how it can be applied to the Canadian Armed Forces. This brief describes how the Health Promotion Team can be a useful partner for leadership interested in improving the health and well-being of their units.
<b>MANAGING ANGRY MOMENTS</b>	This workshop touches on issues of anger (while they are still manageable) in order to prevent the possibility of escalation to physical or verbal aggression. Participants will learn to recognize their triggers and thought patterns as well as strategies to effectively handle anger.
<b>MENTAL FITNESS</b>	This brief is the first half of the full day Mental Fitness and Suicide Awareness Course. Topics covered include characteristics of mentally fit members, resilience and strategies to improve mental fitness.
<b>NUTRITION SERIES</b>	This four part briefing series discusses the basics of nutrition, how to develop SMART nutrition goals, understanding daily energy needs, how to design a plate, understanding food labels, and tips and tricks for grocery shopping and dining out.
<b>STRESS AND ANGER</b>	This brief helps participants understand the stress and anger responses and develop practical skills to help defuse hot moments.
<b>STRESS MANAGEMENT</b>	This brief provides helpful personal stress management skills that improve health and well-being. Participants will identify strategies that they already use and will learn to implement new strategies to manage their stress.
<b>SUBSTANCE USE</b>	In this brief members learn about alcohol and cannabis use, the effects on health, the workplace and the CAF overall. Members are also given low risk use guidelines and strategies to create a substance-free workplace.
<b>SUICIDE AWARENESS AND THE ACE MODEL</b>	This brief is the second half of the full day Mental Fitness and Suicide Awareness Course. Topics covered include stigma, identifying risk factors, and protective factors, the ACE Model and resources.

## COFFEE CORNER



Weekly Facebook reels discussing upcoming events and initiatives. Along with fun facts and health tips. All your info, in just one sip!

## FIND US ONLINE!

[www.cfmws.com/petawawa](http://www.cfmws.com/petawawa)

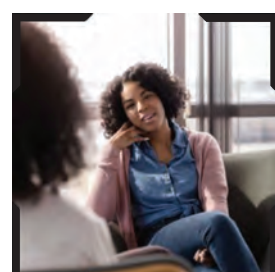
Register Today!



Find us on Facebook  
@petawawahealthpromotion

## BEHAVIOUR CHANGE PROGRAM

One-on-one appointments with a Health Promotion Specialist that allows you to identify and reach your goals by connecting you to resources and tools.





## PHYSICAL FITNESS & SERVICES

### MILITARY FITNESS

Garrison Petawawa's Fitness Department is devoted to offering world class physical fitness programs and services to all military personnel.

The vision of the Canadian Armed Forces Health and Physical Fitness Strategy is to "provide the ways and means for every CAF member to attain and maintain their personal health and physical fitness sufficient to meet CAF operational requirements."

Our fitness staff are highly educated in the field of Health and Fitness and are here to help the soldier meet their personal needs. PSP Fitness Staff ensure that the soldiers are trained to maintain high aerobic capacity, muscular strength, endurance, power, flexibility and a healthy body composition.

Each unit has a designated Fitness and Sports Instructor who is available to them to ask questions, assist with planning special events/tournaments, instruct classes, develop training plans and to provide educational seminars. To find out who your unit's "go to" fitness instructor is, please call local 7129.

#### FORCE Testing

FORCE tests are to be

booked by the Unit's Ops and Training cell or the unit FORCE POC.

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

**20-Metre Rushes:** Starting from prone, complete two 20 metre shuttle sprints dropping to a prone position every 10 metres, for a total of 80 metres. Standard: 51 seconds.

**Sandbag Lift:** 30 consecutive lifts of a 20 kilogram sandbag above a height of one metre, alternating between left and right sandbags separated by 1.25 metres. Standard: three minutes 30 seconds.

**Intermittent Loaded Shuttles:** Using the 20 metre lines, complete 10, 20 metre shuttles alternating between a loaded shuttle with a 20 kilogram sand bag and unloaded shuttles, for a total of 400 metres. Standard: five minutes 21 seconds.

**Sandbag Drag:** Carry one 20 kilogram sandbag and pull four on the floor over 20 metres without stopping. Standard:

Complete without stopping.

All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

Other Tests that are completed through the Military Fitness Department include;

- CAF Basic Military Swim (BMSS)
- Canadian Special Operator /Specialist/Support
- Pre-entry Firefighter
- Joint Task Force (JTF2)
- PrePara
- Close Protection
- Search and Rescue (SAR TECH)
- CJIRU
- Others as required

For more information on CAF Fitness Evaluations go to [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).

#### DFit Fitness Website

[DFit.ca](http://DFit.ca) helps prepare Canadian Armed Forces personnel for the physical rigours of today's complex and demanding operating environments.

It includes fitness programs designed especially for Navy, Army and Air Force tactical athletes to help you optimize

your fitness and operational effectiveness.

#### PSP Led Fitness Classes

PSP Led Fitness Classes provide safe, effective and challenging functional training. The classes can be tailored to specific groups and fitness levels, or a variety of options can be offered in one class inclusive of all fitness levels. Class size minimum is five. Maximum class sizes are based on available space and equipment. Please contact your Unit's PSP Fitness Rep for more information or to book classes.

#### Special Event Training

The PSP Sports and Fitness Staff offer classes that aid in the preparation for popular events that CAF members regularly participate in, such as the Nijmegen Marches, 2 CMBG Iron Warrior, and the Army Half Marathon.

#### Specialty Trade Training

PSP Instructors offer two different programs to assist you in attaining your Specialty Trade goals. It starts with Specialty Prep Training Classes to assist member's prep for their Specialty Test

and work up to Selection Training.

Specialized selection classes are offered throughout the majority of the year (based on selections/recruitment of the specialized Units) that cater to individuals who plan to apply for employment in a specialist trade such as JTF2, CSOR and SAR TECH. All those who have successfully completed their physical fitness test for the specific trade they are applying for are welcome to attend.

### Powerlifting Training

Powerlifting is a growing sport with the CAF and is one the biggest individual competitions participated in at Garrison Petawawa. Currently in a development phase, the Garrison Powerlifting team is offering workshops to members to teach the basics of Squat, Bench, and Deadlift. During the sessions members can also expect to learn how to coach the big three lifts themselves to build a team environment.

Sessions are now being held at the Army Fitness Centre (AFC), Mondays and Wednesdays 1430 - 1645hrs. What to Expect: Technical feedback will be given, however the goal is to be a team. This means participants assisting each other with technique, cues, and spotting. Workouts will not be provided for each meeting and it is up

to each participant to have a game plan for each session (guidance can be provide).

If programming assistance is required, reach out FSI James Pearson (if powerlifting focused) or your unit PSP FSI for any other goals.

For more information, updates and to have your name added to the contact list, contact team Coach James Pearson at [James.Pearson2@forces.gc.ca](mailto:James.Pearson2@forces.gc.ca)

### Personal Programming

Are you in need of a new challenge? Not sure where to begin? Or do you have a specific goal in mind and want to ensure your program is tailored to succeed? Contact your Unit's PSP Fitness Rep.

### Military Lane Swim

The pool is available for the CAF to take part in lane swim Monday to Friday 0600 - 0700 hrs, & Monday to Thursday 1200 - 1300 hrs. No registration required.

### Reconditioning

The PSP Reconditioning Program supports Canadian Armed Forces members as they recover from illness or injury through customized exercise, training plans, and access to adapted sports/recreational activities. The Program is designed to help ill and injured members as they recover,

support them in returning to active duties, and improve their quality of life as quickly and safely as possible.

The PSP Reconditioning Program builds upon the principles established by the CF Health and Physical Fitness Strategy – a roadmap for improving the fitness of the CAF as a whole – and the individualized care for the ill and injured provided through PSP and the CF Rehabilitation Program.

The PSP Reconditioning Program works in partnership with CF Health Services, who provide dedicated support to soldiers recovering from illnesses and injuries. This shared approach ensures a seamless transition between physical rehabilitation and physical fitness reconditioning, which is crucial to developing personnel's functional independence and returning to active duties.

While the PSP Reconditioning Program provides seamless, consistent services, it is also designed to recognize that no

two paths to recovery are the same. The PSP Reconditioning Program is flexible and adaptable to support each military member in achieving their personal fitness and health goals, and may include participation in Health Promotion activities, fitness training sessions, sports, recreation, and other community activities. Each plan takes into consideration the participant's comfort level with different activities, physical capabilities, and access to equipment and programs on base as well as in the community.

PSP Reconditioning Program offers programs such as: Concussion Exercise Protocol (SLAM), Pre and Post Natal Program, and a Return to Duty Program. All programs require a referral from either a physiotherapist or MO. Please contact the Reconditioning Manager at 6482 or +PSP Reconditioningmgr ; DND. [PET.PSP.reconditioningmgr-reconditionnementmgr.MDN@forces.gc.ca](mailto:PET.PSP.reconditioningmgr-reconditionnementmgr.MDN@forces.gc.ca) for more information.

**FOR COMMENTS, BOOKINGS OR QUESTIONS ON ANY OF THIS INFORMATION, PLEASE CONTACT THE MILITARY FITNESS DEPARTMENT AT LOCAL 7129.**

Do not hesitate to contact the Military Sports Coordinator at ext. 7176 and visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) for further information.



Photo by Cpl Sarah Morley, Imagery Technician



Photo by Jessica Crouch

## PHYSICAL FITNESS & SERVICES

# MILITARY SPORTS DEPARTMENT

Military Sports programs play a prominent role in promoting fitness and good health within the military community.

Sport inspires CAF members to improve their physical fitness, build their leadership and self-discipline skills while promoting teamwork, esprit de corps, loyalty and commitment. The Military Sports Department is devoted to ensuring all of our CAF members have the opportunity to participate in sports regardless of background, skill or interest.

The Military Sports Department objectives is to;

- Develop unit cohesion, team work, morale, pride and identity;
- Instill a high degree of esprit de corps;
- Develop individual skills such as leadership, self-discipline, sacrifice, self esteem and warrior spirit;
- Promote physical fitness.

Secondary objectives of the program are to:

- Provide the opportunity for all members to develop their physical potential;
- Provide the opportunity for members to participate in highly skilled, competitive and

organized athletics;

- Encourage military athletes and teams to achieve higher standards of proficiency.

Under the direction of the Garrison Commander, the Military Sports department is responsible for establishing a comprehensive competitive sports program in which all members have the opportunity to compete.

### Unit Sport Days

Locally, Garrison Petawawa has many Unit sports days and special events (Olympian Bear, Terry Fox Day, Sports Day In Canada). If your Unit is hosting a special sports day, the Military Sports Department is able to assist in preparing your tournament schedules and providing assistance on finding officials, rules and regulations and so much more.

### Inter Unit Programs

The primary CAF level of sport competition for members is the intramural program. Commanding Officers are to give every possible consideration to providing full opportunity for participation by all members especially the less expert performer. This level of sport activity shall be

given first priority in use of resources.

The Inter Unit sports program at Garrison Petawawa includes the following sports.

#### September - March

- Basketball
- Ice Hockey (A, B, & C Divs)
- Indoor Soccer
- Volleyball

#### May - September

- Ball Hockey
- Beach Volleyball
- Golf
- Slo-Pitch
- Soccer

*NOTE: New sports are introduced based on interest.*

### Regional/National Programs

The CAF is divided into four regions for sports competitions (Ontario, Quebec, Canada West and Atlantic), which are organized and conducted under the authority of Regional Sports Directors (RSD).

Regional competitions provide frequent opportunities for activity of the widest variety, and must be conducted with the most economical use of resources.

Regionals is intended for the athlete who is more serious about their sport and would like the opportunity to





Photo by Jessica Crouch

compete against other teams in the Ontario Region. Sports range from hockey, soccer, curling, ball hockey and many more. Tryouts are held on the Garrison where all CAF members are welcome to attend Nationals.

If a team is successful in winning their Region, they will have the opportunity to move on to compete against all the other Regional winners in the country at the CAF National Championships. There are some sports that do not have Regionals, only Nationals. These sports include swimming, triathlon and running. Athletes are asked to submit their timings to National Headquarters where they may be chosen to participate at the National level.

Here is a list of Regional

#### Teams in Petawawa

##### Summer

- Ball Hockey
- Golf
- Slo-Pitch (Men's)
- Slo-Pitch (Women's)
- Soccer (Men's)
- Soccer (Women's)

##### Winter

- Badminton
- Basketball
- Curling
- Ice Hockey (Men's)
- Ice Hockey (Women's)
- Old Timers' Ice Hockey
- Squash
- Volleyball (Men's)
- Volleyball (Women's)

#### CISM – conseil international du sport militaire

The International program is a natural extension of the Regional and National programs and includes all

sport competition that goes beyond the National level.

As such, the International component offers the opportunity for more skilled and higher caliber CAF athletes to train and compete at higher levels. Participation in military competitions at the international level is achieved through the CAF's membership in the Conseil international du sport militaire (CISM) and participation in civilian International competitions is achieved through the CAF Out Service competition process.

The Conseil International du Sport Militaire (CISM) is an international military sports organization with 140 member countries. The fundamental aim of CISM is to promote sport activity and physical education between armed forces as a means to foster world peace. CISM holds more than 20 competitions annually, bringing soldiers together on the sports field as opposed to the battle field. The motto of CISM is "Friendship through Sport" and is based on the three pillars of sport, education and solidarity.

The following CAF teams participate in national training camps and compete internationally in the CISM.

- Basketball (Men's)
- Basketball (Women's)
- Fencing
- Golf
- Running
- Sailing
- Shooting
- Soccer (Men's)
- Soccer (Women's)
- Swimming (and Lifesaving)
- Taekwondo
- Triathlon
- Volleyball (Men's)
- Volleyball (Women's)

To become involved with any of these teams, please contact the Team Manager.

#### Women in Sport

Passionate women who have come together in the name of sport, and more specifically to break down barriers, increase opportunities, and empower women to participate in or get back to participating in sport.

In the Fall of 2022 the CAF Sports Office unveiled an initiative to increase women participating at all levels of sport. This initiative is aimed at promoting women's leadership, breaking down barriers, and women's equal participation in sport in an effort to contribute to women's wellness by optimizing the impact on their physical, social, and mental well-being.

This group of dedicated women are looking to increase women's participation in sport at Garrison Petawawa long-term, using a phased approach looking at the barriers and gaps and potential solutions that prevent women from engaging and continuing their participation in sport.

The aim is to then pilot a number of solutions to make opportunities more available and accessible for long term women in sport development.

If you have any questions or are interested in helping, please reach out to any one of these outstanding women. For more information contact Chair, Megan Donovan ([megan.donovan@forces.gc.ca](mailto:megan.donovan@forces.gc.ca)) or Co-Chair, Jessica Crouch ([jessica.crouch@forces.gc.ca](mailto:jessica.crouch@forces.gc.ca)).



Photo by Jesse Cassista

For more information about Military Sports, please contact the Military Sports Inbox at +Military Sports Petawawa or visit [www.cfmws.ca/sport-fitness-rec/sports/caf-sports](http://www.cfmws.ca/sport-fitness-rec/sports/caf-sports)



## PROGRAMMING & SERVICES FOR MILITARY FAMILIES

# PETAWAWA MILITARY FAMILY RESOURCE CENTRE (PMFRC)

**PMFRC**

Petawawa Military Family  
Resource Centre



**CRFMP**

Centre de ressources pour les familles  
des militaires de Petawawa

For questions or to be connected to any member of our team, please call our PMFRC General Inquiry Line at 613-687-1641 Monday - Friday between 8am and 4pm or email [information@petawawamfrc.com](mailto:information@petawawamfrc.com).

The Petawawa Military Family Resource Centre (PMFRC) supports CAF members, military family members and Veterans as they deal with the unique lifestyle changes related to relocation, absences and transition. The PMFRC is an incorporated, not-for-profit agency that is Accredited with Commendation by Accreditation Canada.

## GET IN TOUCH

Visit the PMFRC by dropping into our North Side office (10-16 Regalbutto Ave.) or the South Side Community Centre (1578 Wolfe Ave.) Monday to Friday 8am to pm, check out our website at [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) and sign up for our monthly email newsletter. Join us on Facebook @pmfrc, Twitter @PetawawaMFRC, Instagram @pmfrc and YouTube @PMFRC.

Be sure to check out PMFRC's

new podcast, which features guests and topics that will help you live your best military family life. Subscribe and listen to Military Family Life on Apple Podcasts, Google Podcasts, Spotify or wherever you listen to podcasts.

## Information Services

New to Petawawa? Our Information Services team is your best resource to help you feel at home. Connect with us to receive your welcome package that includes information about all of the resources you need to settle into your new community.

We encourage family members to call or email with questions at any time! We also have information about programs and services throughout the community that may be of interest to you as your family grows and changes. Call 613-687-2104 or email [information@Petawawamfrc.com](mailto:information@Petawawamfrc.com).

## ADULT/FAMILY SERVICES

The PMFRC offers a wide range of community integration programs and services. For more information, please follow us on Facebook and visit our website [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).

## Mental Health Services and Support

We provide:

- Short term counselling (solution-focused brief therapy)
- Crisis support
- Counselling for families (child, youth, couples, individuals)
- Specialized support for families of the ill, injured or families of the fallen
- Support for transitioning CAF members and families
- Youth counsellor supporting youth in Valour and Bishop Smith High Schools
- Mental Health Walk-In Clinic available the first and third Wednesday every month (Single sessions available virtually or in person)
- Workshops such as the Emotional Toolkit for children and youth

Virtual support is available and may be scheduled by emailing the Military Family

Navigator – Mental Health at the email address below.”

For more information about any of our Mental Health Services, please email [mhsupport@petawawamfrc.com](mailto:mhsupport@petawawamfrc.com).

## Employment Service

Are you looking for a job or thinking of a career change? Our Employment Service Team is here to support you with services that are free, confidential and bilingual. We offer one-on-one-coaching and resume support, Employment Readiness Workshops, Labour Market Information, Networking opportunities, support for youth, information about the MFS Spousal Employment Program and more.

Contact our office in Petawawa (3025 Petawawa Blvd. Unit D) at 613-687-1717, or our satellite location in Deep River (43 Champlain St.) at 613-584-1717. For more information, visit their website at [www.petawawaemployment.ca](http://www.petawawaemployment.ca). This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

## Volunteer Opportunities

If you would like to get more

involved in your community, or gain work experience, we have volunteer opportunities in the areas of general administration, child care, special events, and more. We also offer volunteer opportunities for students (ages 14 and up) who need volunteer hours in order to graduate. For more information, please email [vsc@petawawamfrc.com](mailto:vsc@petawawamfrc.com).

### Veteran Family Program

The Veteran Family Program (VFP), funded by Veterans Affairs Canada, provides programs and services to support the unique needs of medically releasing CAF members, and medically released Veterans and their families. For more information on transitioning to post-service life, or to schedule a meeting with the Veteran Family Program Coordinator, please email [vfp@petawawamfrc.com](mailto:vfp@petawawamfrc.com).

### Navigational Support

PMFRC Military Family Navigators can provide military families with transitional coaching and navigational assistance tailored specifically to relocations, absences, or other transitional challenges. Family Navigators can also help families with challenges related to Special Needs, Second Language Training, Deployment and Parenting. A Duty Navigator is available Monday to Friday 8am to 4pm – no appointment necessary. To reach the Duty Navigator call 613-687-2104 ext. 0 - or drop

by the South Side Community Centre at 1578 Wolfe Avenue.

### Deployment Support for Families

We provide one-on-one support for families who have a military member who is away on a work-related separation (regular force or reserve) due to a deployment, training, a course, or a special tasking. We offer a range of programs, services and resources for adults, teens and children - all designed to make your lives easier during this challenging time. Register to receive a copy of our Deployment Service Catalogue to help you identify the programs and resources that best meet your family's needs, including our Deployment Readiness binder to help you organize all of your family's important documents and vital information in one spot in preparation for deployment.

For more information, email [deploymentinfo@petawawamfrc.com](mailto:deploymentinfo@petawawamfrc.com).

### Special Needs Program

Does your family include someone with special needs? Whether it is a child, adult, or another exceptional circumstance, the PMFRC can assist you. We offer one-on-one support, referrals, peer support/parent support programs, and special event opportunities for you to connect with other families. Contact us to receive your resource

binder that is designed to help families keep track of medical histories, preferred routines, school information and more. The PMFRC also has a mobile sensory room that is available at many of our special events. For more information, please email [snip@petawawamfrc.com](mailto:snip@petawawamfrc.com).

### Second Language Training

The PMFRC Second Language Training Programs allows military family members to increase their language skills to help integrate into a new neighbourhood, add a new language skill to a resume, or prepare for a new posting.

Military family members can access self-directed platforms such as Rosetta Stone and LRDG - For the love of English/Pour l'amour du français. Our Family Navigator can help you to determine which program best meets your individual needs and schedule.

The PMFRC also offers resources to help parents to support their child's second language learning, and opportunities to practice language skills.

For more information, please email [familynavigator@petawawamfrc.com](mailto:familynavigator@petawawamfrc.com).

### Parenting Support

The PMFRC one-on-one support, referrals and information about community programs to support Military families

facing parenting challenges related to relocations to a new community, deployment and other childhood transitions. Support is available for parents of young children, school-aged children and teenagers. For more information, email: [information@petawawamfrc.com](mailto:information@petawawamfrc.com).

### Pre and Post Natal Programs

The PMFRC Pre and Post Natal Program offers parents an opportunity to meet other expectant and new parents and share resources or information on pre and post natal topics within a welcoming and supportive online environment. Learn about nutrition, health and wellness, and hear from our monthly expert guest speakers. This program is subsidized in part by the United Way, EarlyON and the Renfrew County Community Resource Centres. For more information please email: [familynavigator@petawawamfrc.com](mailto:familynavigator@petawawamfrc.com).

## CHILDREN'S PROGRAMS

### Play Troop/EarlyON

Play Troop / EarlyON is the PMFRC's play group where parents, caregivers and children (ages zero to six) can meet. Monday, Thursday and Friday (9 - 11:30am) sessions are facilitated in English and Wednesday (9 - 11:30am) Escadron de jeux/ ON y va sessions are facilitated in English and French.

For information, intake

NAME	LOCATION
PMFRC, North Side (NS)	10-16 Regalbuto Avenue Petawawa ON K8H 1L3   613-687-1641
PMFRC Family Wellness Centre	12 Reichwald Crescent Petawawa ON K8H 1J4   613-687-7587
South Side Community Centre (SSCC)	1578 Wolfe Avenue Petawawa ON K8H 2S9   613-687-2104
PMFRC, Employment Service (Petawawa)	3025 Petawawa Blvd. Unit D, Petawawa ON   613-687-1717
PMFRC, Employment Service (Deep River)	43 Champlain St. Deep River ON K0J 1P0   613-584-1717
Lil' Troopers North	28 Craftsman Road Garrison Petawawa ON K8H 2X3   613-687-5511 ext. 2977/2976
Lil' Troopers South	22 Leeder Lane Petawawa ON K8H 0B8   613-687-4136
Before and After School Program (Our Lady of Sorrows)	19 Mohns Avenue Petawawa ON K8H 2G7   613-687-1641 ext. 2247
Before and After School Program (Valour)	19 Leeder Lane Petawawa ON K8H 0B8   613-687-1641 ext. 2247
PMFRC, Before and After School Program	22 Leeder Lane, Petawawa ON K8H 0B8   613-687-4136

To view and register for our programs, visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).  
For information or program inquiries, please call 613-687-1641 or email [INFORMATION@PetawawaMFRC.com](mailto:INFORMATION@PetawawaMFRC.com)

and registration, please email [playtroop@petawawamfrc.com](mailto:playtroop@petawawamfrc.com).

Visit us on Facebook and YouTube for a variety of online Playtroop / EarlyON activities, videos and resources for children.

### Child Care Options

•**Specialised Care:** This program offers flexible, quality care from 8am to 4pm, Monday to Friday and the first and last Saturday of the month. The program is closed on Mondays following weekend openings. Open to families with children ages zero - 12 who require temporary care to report to work, attend appointments, are on house hunting trips or are experiencing a work related separation such as deployments. Contact [specializedcare@petawawamfrc.com](mailto:specializedcare@petawawamfrc.com) or call 613-687-2104 ext. 231.

•**Emergency Family Care Assistance Program:** Short term care in times of a work-related separation and/or emergency. If your family care plan has failed, this service can help your family bridge the gap. Contact [efcc@petawawamfrc.com](mailto:efcc@petawawamfrc.com) or call 613-687-1641 ext 2230.

•**Private Home Day Care:** PHDC is a community-based child care program designed to match suitable caregivers with children in need of daily care while their parents are at work. Children are placed in caregivers' homes within our community. The service is licensed by the Ministry of Education, and all care-giving homes are carefully screened and regularly inspected. Contact [efcc@petawawamfrc.com](mailto:efcc@petawawamfrc.com) / 613-687-1641 ext 2230.

•**Kiddie Kollege Nursery School:** Two, three or

five half-day sessions are available for children from 2.5 to five years of age. Subsidies may be available. Contact [kk.supervisor@petawawamfrc.com](mailto:kk.supervisor@petawawamfrc.com) or call 613-687-2104 ext 233.

•**Lil' Troopers Day Care Centres:** Lil' Troopers Day Cares employ registered Early Child Care Educators and are licensed with the Ontario Ministry of Education, Child Care and Early Years Act. Our priority is to provide an educational environment for Toddler (18 months to 2.5 years of age), Preschool (2.5 years of age to five years of age) and Before and After School for children within our community.

Lil' Troopers North: [Ltn.information@petawawamfrc.com](mailto:Ltn.information@petawawamfrc.com) or call 613-0687-5511 ext 2977 or 2976.

Lil' Troopers South: Lts.

[information@petawawamfrc.com](mailto:information@petawawamfrc.com) or call 613-687-4136.

•**Before and After School Care (BAS):** The BAS Program offers in-school care at Our Lady of Sorrows, Valour and St. Francis of Assisi Schools. Registered Early Child Care providers facilitate activities to nurture each child's physical, cognitive, social and emotional developmental needs. Contact [Bas.information@petawawamfrc.com](mailto:Bas.information@petawawamfrc.com).

•**North Side Child Care:** This licensed program provides up to 32 hours of occasional care per month for non-work related reasons, including respite care for special needs. It is open from 8am to 4pm, Monday to Friday, for children ages zero - 12 from both military and community families. Intake is required, contact NSCC. [Supervisor@PetawawaMFRC.com](mailto:Supervisor@PetawawaMFRC.com).



## CANADA'S MILITARY STORE

### CANEX

CANEX operates a diverse international merchandising organization whose goal is to provide a wide range of goods and services to the Canadian Military community. In Canada, business consists of retail, grocery, petroleum, food services and special service outlets operating at CAF Garrisons, Bases, Wings and

Units. CANEX also has a store within a store called TACTIX which is dedicated to supply unit specific merchandise. In Europe, similar facilities are operated in Germany for NATO.

CANEX operates its outlets in the same way as any private sector retailer. We offer goods and services

#### GARRISON PETAWAWA CANEX OUTLETS INCLUDE

CANEX SuperMart 14 Ypres Blvd. Petawawa | 613-687-5595

CANEX ExpressMart 1578 Wolfe Ave. Bldg W-112 Petawawa | 613-687-6326

at competitive prices in an effort to meet consumer needs while generating profits for our owners - the CAF. Our profits, like any business belong to our owners, and are

distributed under a royalty formula (dividend) to CAF Bases, Wings and Units where they are earned and go towards the funding of local Personnel Support Programs.



**BECOME A CF ONE MEMBER TODAY AT [WWW.CFMWS.CA](http://WWW.CFMWS.CA)**

## CF ONE



CF One is the gateway to your best life. Only CF One members get exclusive discounts and savings, earn rewards, and access personalized financial, fitness and wellness programs exclusive to the military community.

### Getting your CF One Card is easy!

1. Ensure you're eligible
2. Have your proof of affiliation ready.
3. You'll also need a valid email address.
4. Register now!

Once approved, you'll receive an email with your temporary CF One Card so that you can start using it immediately. You will then receive your CF One Card in the mail in approximately 30 days.

If you have a problem submitting your online application, please call us at 1-855-245-0330 or email us at [service@cfmws.com](mailto:service@cfmws.com).

### Discover the benefits

**Discover your CANEX CF**



### One Rewards benefits

Shop CANEX to benefit from exclusive savings and discounts on gear, housewares and services for the whole family, plus earn points on every dollar with CANEX CF One Rewards. Find out if you're eligible for no-interest credit!

### Shop deals near you with CF One Member Appreciation

Explore discounts on travel, hotels, gear, even goods and services for your home. Check out hundreds of Canadian partners and retailers offering discounts exclusively to CF One cardholders.

### PSP Plan - Sports, Fitness and Recreation

It's more than gym memberships, we offer quality recreational programming and activities like family skates and swims.

### SISIP Financial

Take advantage of confidential and tailored financial advice, insurance plans and investments.

### Canadian Defence Community Banking

Enjoy FREE banking with BMO, Student Line of Credit, BMO employee pricing on mortgage options and more.

### Financial Services for the Extended Defence Team

We are expanding our products and services to all CF One members including RCMP, Coast Guard, DND, Staff of the Non-Public Funds, Canadian Forces.

### Support our Troops

Get financial support and assistance through grants and low-interest loans, including: national summer camps program, scholarships, support for families with special needs children, and more!

### The Personal Insurance

Get exclusive group rates and customized coverage on home and auto insurance.

### CF One Member Customer Service

Phone: 1-855-245-0330  
(toll free)

Monday to Friday:  
7:30 a.m. – 9 p.m.

Saturday & Sunday:  
9:00 a.m. to 5 p.m.

Email:  
[service@cfmws.com](mailto:service@cfmws.com)

Mail:  
CF One Membership Office  
Canadian Forces Morale  
and Welfare Services  
4210 Labelle Street,  
Ottawa, ON, Canada  
K1A 0K2



**PROVIDING TRUSTED FINANCIAL PRODUCTS AND SERVICES TO CANADA'S MILITARY COMMUNITY**

## SISIP FINANCIAL



FINANCIÈRE  
**SISIP**  
FINANCIAL

SISIP Financial has been serving the military community for over 50 years. CAF community members trust SISIP Financial for military focused advice and solutions across pensions, investing, insurance, spending, borrowing and more. We have solutions tailored to meet your needs and those of your family at every stage of your military career and beyond.

Through Canadian Forces Morale and Welfare Services (CFMWS), SISIP Financial directly benefits CAF members and their families by providing funds to bases, wings and units for their local morale and welfare activities and programs. Since 1996, SISIP Financial has contributed over \$170M to these programs.

### Discover the benefits of SISIP Financial

Take command of your finances. Set financial targets that align with your military life

stage, with advice, investments and insurance designed for those in active service, military spouses, and veterans.

### Unbiased advice

- You get advice from salaried professionals, not commissioned salespeople. Our recommendations are driven by our expertise and our desire to support your mental, physical, social and, of course, financial health.

### Better planning

- You can talk to us about all of your financial goals and concerns, whether they are big or small, near or far. We'll help you build a plan that ties together your investments, insurance, spending and borrowing.

### Get back on track with your money

- Access expert counselling to help you reduce debt and create a budget. When it comes to your

finances, you're never alone. Get free confidential support from experts embedded in the military community, so you can stop worrying about money.

### Military grade

- You may see Certified Financial Planner on the business card, but you are dealing with a member of the defence community. We understand the nuances and complexities of the military lifestyle and can assist you with everything from monthly budgeting to retirement planning.

In keeping with our mandate

and in close collaboration with the CDS, SISIP Financial has consistently kept pace with the ebb and flow of the operational tempo. Over 50 years weathering storms, international deployments and even an unprecedented pandemic, so that we can continue serving those who serve.

### LET'S TALK

Call 1-800-267-6681 or 1-613-687-0025. 14 Ypres Blvd. (inside the CANEX).

Visit [www.SISIP.com](http://www.SISIP.com). Follow us: [www.facebook.com/sisip.rarm](https://www.facebook.com/sisip.rarm)





## MILITARY HOUSING WITH LOCATIONS ACROSS CANADA

# CANADIAN FORCES HOUSING AGENCY

CFHA manages military housing on behalf of the Department of National Defence (DND). We are responsible for the maintenance and allocation of more than 12,000 homes at 31 locations across the country. We are also responsible for the provision of customer services to their occupants. In conjunction with garrison and wing Commanders, the agency is also responsible for the long term strategic planning and development of the portfolio to meet the evolving needs of Canadian Armed Forces (CAF) members and their families.

### Our Mandate

To manage Crown-controlled residential accommodation for the Department of National Defence, to ensure assets are maintained to a suitable standard and to develop and implement plans to meet the future residential needs of members of the Canadian Armed Forces.

### Our Mission

CFHA manages assets and provides accommodation services in support of the Canadian Armed Forces requirements and Canadian Armed Forces members' needs.

### Our Vision

CFHA excels in providing the Canadian Armed Forces with a portfolio of wide-ranging innovative accommodation solutions.

### Our Values

- Customer-centred
- Commitment
- Teamwork
- Respect
- Agility

The HSC is open Monday

to Friday from 9:00am to 3:45pm from October 1st to May 14th, and from 8:00am. to 3:45pm. from May 15th to September 30th, except holidays.

### Housing Services Centre Petawawa

3420 Dundonald Drive  
Petawawa ON K8H 2W6  
Telephone: 613-687-0000  
Email: cfha-alfc.petawawa@forces.gc.ca  
Fax: 613-687-8590



National Defence  
Canadian Forces  
Housing Agency

Défense nationale  
Agence de logement  
des Forces canadiennes





## YOUR COMMUNITY NEWSPAPER

# THE PETAWAWA POST

A bi-weekly publication, the Petawawa Post always delivers the best information to keep you up to date about what is happening on the Garrison and in your community. This is a full service newspaper that offers everything you expect and more from one of the nation's top Canadian Armed Forces

newspapers. The content is widely diverse so it appeals to a broad audience.

The Petawawa Post is the ONLY newspaper delivered to all Garrison Petawawa units.

The Petawawa Post also produces and offers advertising in several other publications:

- Garrison Information Guide

- PSP Calendar
- Promo Posters
- Facility Advertising
- Double-sided wall decals (located in Military Sports facilities)
- [www.PetawawaPostLive.ca](http://www.PetawawaPostLive.ca)

Visit us online at [www.PetawawaPostLive.ca](http://www.PetawawaPostLive.ca) for

our latest edition! We're also on Facebook, Twitter and Instagram (@PetawawaPost)!

Interested in placing an ad, submitting a story or story idea, want extra copies of the paper, or a digital copy of a photo? Contact us at 613-687-5511 ext. 5386, email [petawawapost@bellnet.ca](mailto:petawawapost@bellnet.ca).





## GARRISON PETAWAWA FACILITIES

# DUNDONALD HALL FITNESS, SPORTS AND AQUATICS CENTRE

Whether you are new or already settled in the area, Dundonald Hall is the place for Canadian Armed Forces (CAF) members and their families to keep fit and stay active. We believe that Dundonald Hall will bring CAF members and their families much needed health and happiness. From our

weight and cardio room to our swimming pool or just coming in on a Sunday with your child to shoot a few hoops, there are many options available for the person who wants to be active. There is a variety of equipment available on a sign-out basis for PSP Plan members and guests to use. The fun never stops.

Dundonald Hall boasts a 53,000 square foot field house with a 200 metre track which encompasses a large playing area. That playing area can be divided into three separate gymnasiums through the use of retractable curtains.

Another major part of our facility is our aquatic area. Children of all ages are

welcome to burn off energy in our wading pool or in the larger six lane 25m main pool. There are a variety of programs that range from the very popular Parent and Tot Swim to Lane Swim plus many more.

Dundonald Hall is for everyone to enjoy so come out and have fun.



## INTERIOR AMENITIES

- 53,000 square foot field house with 200m four lane indoor track and rock wall
- Four gymnasiums
- Three squash courts and spin room
- 25m pool with rope swing
- Wading pool with slide, hot tub, and sauna
- Air-conditioned weight room and cardio room
- Accessible change rooms with family change room for children over three
- Equipment available at front desk for sign-out

## EXTERIOR AMENITIES

- Three ball diamonds
- Two soccer pitches
- One rugby pitch
- Four beach volleyball courts
- Ball hockey rink
- Outdoor track
- Skateboard park



## GARRISON PETAWAWA FACILITIES

### SILVER DART ARENA

The Silver Dart Arena boasts two ice surfaces, nine locker rooms, and two officials' rooms. The Silver Dart Arena supports the Garrison Military Inter Unit Sports Program, three Garrison Petawawa competitive hockey teams as well as local hockey and figure skating associations

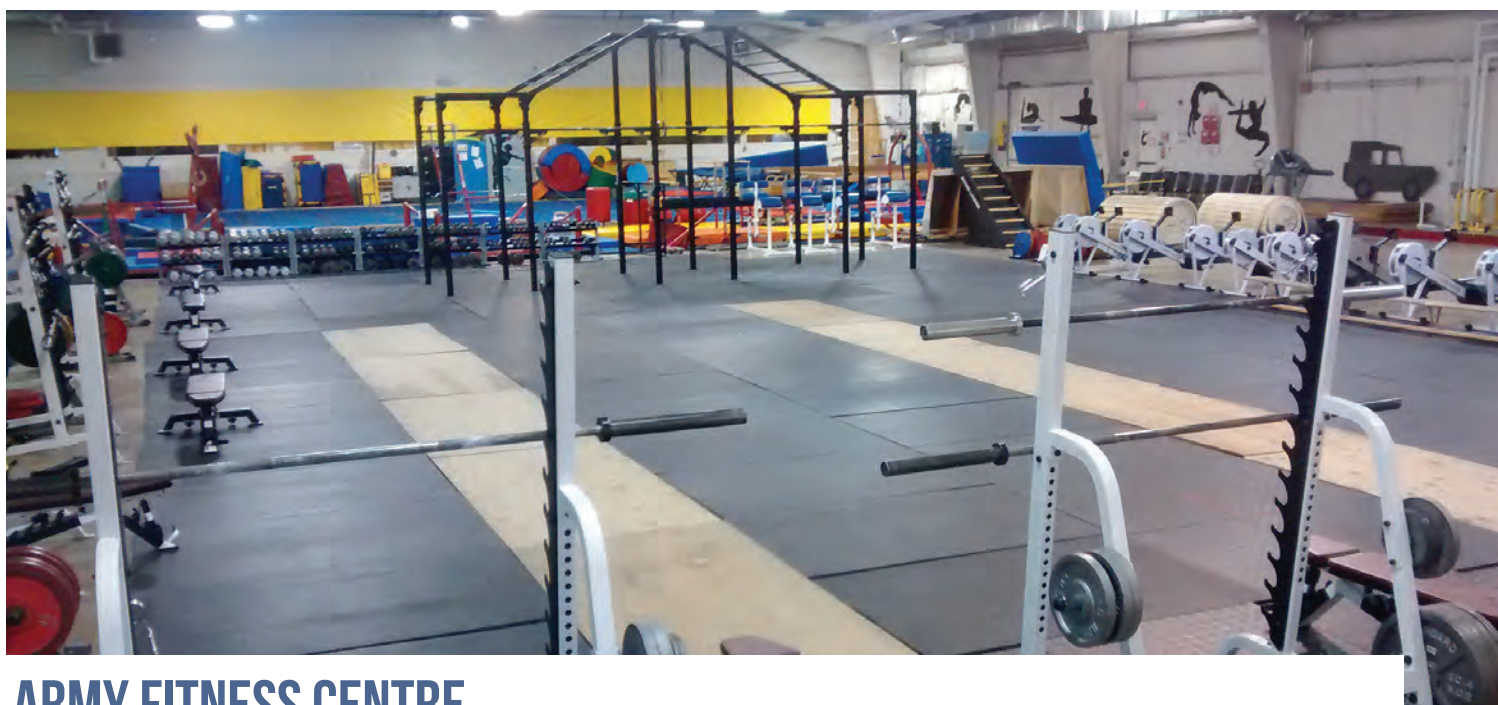
and clubs. A detailed facility schedule is available at the Silver Dart Arena or at [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) during the winter season. Also available for skating enthusiasts during the winter we have two outdoor rinks available; North Side and South Side pads are located

within the RHUs.

The PSP Plan skate is the Silver Dart public skating program and is held most Saturdays and Sundays and is free for PSP Plan members. Please note that minor hockey tournaments and figure skating competitions take priority over

PSP Plan skate timings. Check our website for the most up to date PSP Plan Skate schedule during our winter season.

Contact the Silver Dart Arena Superintendent to book or rent the arena at 613-687-5511 extension 6999.



### ARMY FITNESS CENTRE

This facility is located in building Q-103 at the Petawawa Golf Club and is complete with weight benches, free weights, medicine balls and more. The

Army Fitness Centre (AFC) is used for PSP supervised Military Fitness and Community Recreation programming. Contact your Military Fitness

Instructor to have classes held at the AFC for your unit. The AFC is also the training centre for the Community Recreation Brazilian Jiu Jitsu and Muay

Thai programs. For more information about Community Recreation programming at the AFC please go to [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa).



## GARRISON PETAWAWA FACILITIES

### JUBILEE LODGE MARINA

Home of the Petawawa Yacht Club, Jubilee Lodge Marina offers over 140 slips, double boat launch, fuel/pump-out services, seasonal slip rental and guest dockage. Ask about our discounts for Defence

Team Members (includes: regular force, reservist, retired CAF, current public servants and current NPF employees). The lodge is licensed under LLBO and is great for all of your year-round functions.

It has a stunning view of the Ottawa River from the huge raised deck and is not just open to garrison personnel but to the public as well.

In the winter, the lodge offers cross-country skiing

and snowshoeing on groomed trails. PSP Plan members get a discount on ski equipment.

Contact the Jubilee Lodge Manager at 613-687-5511 ext. 5180 or email [cloutier.chris@cfmws.com](mailto:cloutier.chris@cfmws.com).



### SOUTH SIDE COMMUNITY CENTRE

This facility offers the programming and services of the Recreation Department, Petawawa Military Family Resource Centre and the CANEX ExpressMart.

The South Side Community

Centre meets many needs and is the first multi-functional building at Garrison Petawawa. This means the community receives excellent services as well as diversified programming to meet

everyone's needs.

The South Side Community Centre houses Child Care Services, Kiddie Kollege Nursery School, Parent and Tot Drop-In facilities, a gymnasium, teen room and meeting rooms.

For more information, call 613-687-2104 ext. 0.

The South Side Community Centre hours are: Monday - Thursday 8am - 9pm, Friday 8am - 6pm, Closed Saturday & Sunday.

# GARRISON PETAWAWA CHAPELS

St. Francis of Assisi (Roman Catholic) Chapel and St. George's (Protestant) Chapel are two very active chapel communities that strive to celebrate the Christian life through activities of worship and services at Garrison Petawawa.

The Garrison Chaplain and chapel ministries are supported and located in the Chaplains' Administrative Office located at Building Q-104 (RC Chapel), telephone number 613-687-5511 extension 5434 and fax number 613-588-7524.



## ST. FRANCIS OF ASSISI

St. Francis of Assisi Chapel, located on Festubert Boulevard beside the Petawawa Golf Club & All Ranks Service Club, welcomes involvement in a wide variety of activities. These include the Catholic Women's League, Choir, Parish Council, Children's Liturgy and an English and a French Catholic school. The parish also offers a special Home Program for the Sacrament of Reconciliation, First Communion and Confirmation, Confession (before Mass or by appointment), Baptism (the last Sunday of each month, Baptismal Preparation is the Thursday prior to Baptism Sunday), Marriage

(six months notice and a marriage preparation course are required) and Sacramental Preparation (to register, contact the administrative office at ext. 5434).

Every Sunday, we offer two masses: one in French at 9:30am and one in English at 11am. All sacraments are offered to military members, military status civilians and government employees under military contract. The Rite of Christian Initiation of Adults Program is also offered to those who wish to become Catholic or to deepen their faith. This course is run from September to Easter each year.

## ST. GEORGE'S CHAPEL

St. George's Chapel is situated at 40 Arras Rd. across from the Recreation Complex. Besides Sunday Worship Service which begins at 10:30am, the chapel program includes Sunday School, nursery for toddlers under 3, Ladies Guild, Bible Studies, Youth Group, Lay Readers, Choir, Chapel Committee and other groups which enrich and support the military community.

Weddings, Baptisms and Dedications are provided at St. George's. At least three months notice to your unit Chaplain is required for

all services. The marriage preparation courses required for weddings in a CAF Chapel are provided twice a year.

A schedule of services is published regularly in the Petawawa Post. Please feel free to drop by the chapels and introduce yourself to your pastoral team.

Both St. Francis of Assisi and St. George's Chapels are open from Monday to Friday, 7:30am - 12pm and 1pm - 3:30pm. For after hours, an Emergency Duty Chaplain is available by calling 613-687-5511 ext. 5611.



## BLACK BEAR CAMPGROUND

Black Bear Campground is located on the beautiful Ottawa River adjacent to Black Bear Beach. It offers great swimming and outstanding views of wildlife and vistas.. The campground boasts 124 sites, 100 of which are serviced. A pump-out service is also

available. In addition there is a small gift and information shop in the registration office. Other amenities include: a comfort station with showers, laundry and washrooms, canoe and kayak rentals nearby, restaurant, shopping, golf course, beaches, a movie

theatre and a marina that is open to the public just a short walk away. Walking and biking trails also wind throughout the area.

The campground offers great swimming and outstanding views of wildlife and vistas. Ask

about our discounts for serving and retired members or reservists. The staff at the campground maintain a neat and professionally operated facility. Contact the campground at 613-687-7268 or [blackbearpetawawa@cfmws.com](mailto:blackbearpetawawa@cfmws.com).



## GARRISON PETAWAWA FACILITIES

# GARRISON PETAWAWA MILITARY MUSEUMS

Garrison Petawawa Military Museums tell the stories of the men and women who have proudly served Canada since 1905. It houses both the Garrison Petawawa and Canadian Airborne Forces Museum, and includes exhibits on the history of The Royal Canadian Regiment, Royal

Canadian Dragoons, Canadian Guards, First Special Service Force, 1st Canadian Parachute Battalion and the Canadian Airborne Regiment. We have three of the five CANSOF units represented here in it's own display space; 427 Special Operations Aviation Squadron, Canadian Special

Operations Regiment, and the Canadian Special Operations Training Centre.

You'll find fun, dynamic and educational museums, full of interesting artifacts, detailed dioramas and models, and fascinating stories of our military past. Best of all, it's local, and admission is free

(donations are gratefully accepted!).

Open year round Monday - Friday, 11am - 4pm, Please call the museum for more information regarding hours of operation. Guided group tours available upon request. For more information call 613-588-6238.



# NORMANDY OFFICERS' MESS

Located on the upper banks of the Ottawa River, the Officers' Mess is a perfect spot to view the area's scenic beauty. The Normandy Officers' Mess caters to all officers posted to Garrison Petawawa. The current membership of approximately 700 provides good attendance for all mess

functions including TGIT (Thursdays) & TGIF (Fridays). Incoming & Outgoing members can access all necessary forms through [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) or by email [nom@cfmws.com](mailto:nom@cfmws.com)

To stay up to date on all NOM news, check out our Social Media [@normandyofficersmess](https://twitter.com/normandyofficersmess).

The Normandy Officers' Mess employs a very professional and competent staff who are always available

to assist the membership. The PMC, Executive Committee and Staff look forward to welcoming you.

## MANAGER

**Lindsay Donahue**

613-687-5511 ext 7209

[donahue.lindsay@cfmws.com](mailto:donahue.lindsay@cfmws.com)

## MEMBERSHIP DUES

*Ordinary*

\$30/mth+HST

*Associate*

\$18/mth+HST



## GARRISON PETAWAWA FACILITIES

### REICHWALD WARRANT OFFICERS' & SERGEANTS' MESS

The Reichwald WO's & Sgts' Mess is home to all Regular and Reserve Force Senior NCOs, retired in or posted to Garrison Petawawa. We are located at the corner of Amiens and Le Cateau Roads. The current membership is approximately 1,000, made up of all brigade, garrison and lodger units. Our associated membership is in excess of 150 members. The mess holds

weekly TGIF/Happy Hours, with different units hosting one every second Friday. Join us for coffee, Monday to Friday, 9am to 10:30am or for one of the many mess events. A few examples of entertainment functions are: Downhomer's Night, PMC's Bingo, New Year's Eve Gala, Texas BBQ and the Valentine's Day celebrations. Ottawa Senators season hockey ticket

draws take place every Friday during hockey season for all the hockey fans.

Come and visit us and be served by courteous and attentive staff who are always

available to assist you with the planning of your next mess dinner or private function. The PMC, committee and staff look forward to welcoming you to your Mess!

#### MANAGER

**Katharine Meery**

613-687-5511 ext 2847

katharine.meery@forces.gc.ca

#### MEMBERSHIP DUES

*Ordinary Member* \$19.35/mth+HST

*Retired Military Assoc.*

\$11.20/mth+HST

*Civilian Assoc.* \$18/mth+HST



### KYRENIA CLUB, JUNIOR RANKS' MESS

With a membership of over 3,600 the Kyrenia Club proudly serves all Junior Ranks members at Garrison Petawawa. With a variety of events, services, contests and giveaways, there is sure to be something for everyone to enjoy.

Weekly Mess events are well attended and include Pizza Lunch (Wednesday) and TGIT (Thursday). Members look

forward to a variety of monthly entertainment functions, contests, giveaways and games nights. The executive committee hosts popular functions throughout the year such as PMC & VPMC Bingo, Texas BBQ, Superbowl and family events. Kyrenia Club members also enjoy complimentary taxi chits, golf passes, subsidized ski passes and

tickets to Ottawa Senators home games.

For up to date information on members perks, events and services visit [www.cfmws.ca/petawawa](http://www.cfmws.ca/petawawa) and follow us on

Facebook and Instagram.

Our friendly and professional team is always available to assist the membership. The PMC, committee & staff look forward to welcoming you to the Mess.

#### MANAGER

**Diana Garrett-Power**

613-687-5511 ext 7312

garrettpower.diana@cfmws.com

#### MEMBERSHIP DUES

*Ordinary* \$9/mth incl. HST

*Associate* \$108/year incl. HST

#### COMING FALL 2023!

The Annex is located at 296 Menin Road, Bldg C-102 and features two levels of well-appointed and cozy spaces for event bookings. This venue caters to military functions, private member functions and

member sponsored events. The Annex boasts an intimate setting suitable for small and large events such as conferences, meetings, luncheons, holiday parties and wedding receptions.

Our competent and attentive

team looks forward to assisting you with making your next event with us a success. For

more information on the Annex or to book an event please email [kyreniaclub@cfmws.com](mailto:kyreniaclub@cfmws.com)

### KYRENIA CLUB, JUNIOR RANKS' MESS ANNEX

#### MANAGER

**Diana Garrett-Power**

613-687-5511 ext 7312 | [garrettpower.diana@cfmws.com](mailto:garrettpower.diana@cfmws.com)



## GARRISON PETAWAWA - HOME TO TWO MAJOR FORMATIONS OF THE CAF

### GARRISON PETAWAWA - 4 CDSG AND 2 CMBG

Garrison Petawawa is home to two major formations of the Canadian Armed Forces; 4th Canadian Division Support Group Petawawa (4 CDSG) and 2 Canadian Mechanized Brigade Group (2 CMBG). Garrison Petawawa is the largest employer in the Ottawa Valley and is an integral part of the community both in terms of support to community events and the economic impact. Our total workforce of 7,000 people includes regular force, reserve force, public servants and contractors.

For more information on the various units that make up these formations, please see the links below:

#### 4th Canadian Division Support Base Petawawa

[www.canada.ca/en/army/corporate/4-canadian-division/4-canadian-division-support-base-petawawa](http://www.canada.ca/en/army/corporate/4-canadian-division/4-canadian-division-support-base-petawawa)

#### 2 Canadian Mechanized Brigade Group, which includes:

- 2 CMBG Headquarters & Signal Squadron
- The Royal Canadian Dragoons
- 2nd Regiment, Royal Canadian Horse Artillery
- 2 Combat Engineer Regiment
- 1st Battalion, The Royal Canadian Regiment
- 2nd Battalion, The Royal Canadian Regiment (Gagetown, NB)
- 3rd Battalion, The Royal Canadian Regiment
- 2 Service Battalion

[www.canada.ca/en/army/corporate/4-canadian-division/2-canadian-mechanized-brigade-group](http://www.canada.ca/en/army/corporate/4-canadian-division/2-canadian-mechanized-brigade-group)

There is also a number of major Army and Air Force lodger units whose support ensures the Garrison's operational effectiveness.

#### 4th Canadian Division Training Center Det. Petawawa

[www.canada.ca/en/army/corporate/4-canadian-division](http://www.canada.ca/en/army/corporate/4-canadian-division)

#### 42nd Field Artillery Regiment (Lanark and Renfrew Scottish), RCA

[www.canada.ca/en/army/corporate/4-canadian-division/42-field-artillery-regiment](http://www.canada.ca/en/army/corporate/4-canadian-division/42-field-artillery-regiment)

#### 12 Military Intelligence Company

[www.canada.ca/en/army/corporate/5-canadian-division/canadian-army-intelligence-regiment](http://www.canada.ca/en/army/corporate/5-canadian-division/canadian-army-intelligence-regiment)

#### CAF Transition Centre Petawawa

[www.canada.ca/en/department-national-defence/services/benefits-military/transition](http://www.canada.ca/en/department-national-defence/services/benefits-military/transition)

#### Canadian Special Operations Regiment

[www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-regiment](http://www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-regiment)

#### Canadian Special Operations Training Centre

[www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-training-centre](http://www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-training-centre)

#### 427 Special Operations Aviation Squadron

[www.canada.ca/en/air-force/corporate/squadrons/427-squadron](http://www.canada.ca/en/air-force/corporate/squadrons/427-squadron)

#### 2 Military Police Regiment

[www.canada.ca/en/department-national-defence/services/contact-us/canadian-forces-military-police-group](http://www.canada.ca/en/department-national-defence/services/contact-us/canadian-forces-military-police-group)

#### 450 Tactical Helicopter Squadron

[www.canada.ca/en/air-force/corporate/squadrons/450-squadron](http://www.canada.ca/en/air-force/corporate/squadrons/450-squadron)

#### 77 Line Regiment, 4 Line Squadron

[www.canada.ca/en/department-national-defence/corporate/organizational-structure/assistant-deputy-minister-information-management](http://www.canada.ca/en/department-national-defence/corporate/organizational-structure/assistant-deputy-minister-information-management)

#### 1 Canadian Field Hospital Canadian Medical Equipment Depot 1 Dental Unit 2 Field Ambulance

[www.canada.ca/en/department-national-defence/services/benefits-military/health-support](http://www.canada.ca/en/department-national-defence/services/benefits-military/health-support)



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## MUNICIPAL

Town Municipal Office..... 613-687-5536  
(emergency/after hours)..... 613-732-3525  
Petawawa Fire Department (non-emergency)..... 613-687-5536  
Petawawa Civic Centre..... 613-687-5678  
Ontario Clean Water Agency (OCWA)..... 613-687-2141  
Ontario One Call (call before you dig)..... 1-800-400-2255  
..... www.on1call.com  
Ontario Provincial Police (OPP Dispatch)..... 1-888-310-1122  
Upper Ottawa Valley OPP (admin. only)..... 613-735-0188  
County of Renfrew..... 613-735-7288  
..... www.countyofrenfrew.on.ca  
Miller Waste Systems Inc..... 613-735-6925  
Renfrew County & District Health Unit:  
Health Info Line..... 613-735-8666  
Reception..... 613-732-3629  
Immunization..... 613-735-8653  
Dental..... 613-735-8661  
Environmental Health Inspection..... 613-735-8654  
Health Promotion & Clinical Services..... 613-735-8651  
..... www.rcdhu.com  
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..... www.health.gov.on.ca  
Service Ontario..... 800-267-8097  
..... www.serviceontario.ca  
Service Canada..... 800-622-6232  
..... www.servicecanada.gc.ca  
MTO - Road Conditions..... 511 or 800-268-4686  
..... www.mto.gov.on.ca  
Pembroke Regional Hospital..... 613-732-2811  
..... www.pemreghos.org  
Deep River and District Hospital..... 613-584-3333  
..... www.drhdh.org  
Telehealth Ontario..... 866-797-0000

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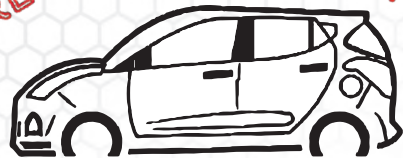
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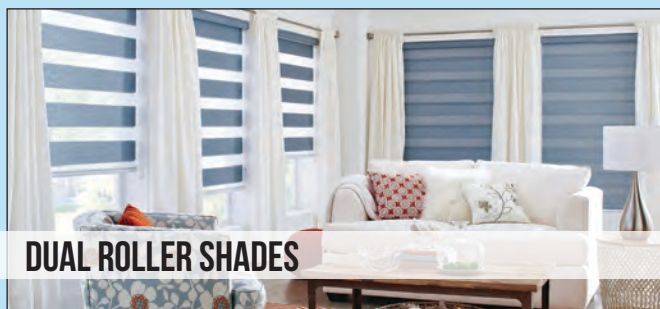
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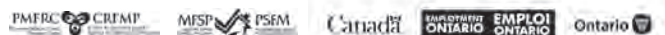
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