



Beaverfit in Wainwright

Details page 7

PSP DIRECTORATE OF FITNESS

PROMOTING WELLNESS FITNESS AND SPORTS

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MESSAGE FROM DFIT

Similar to other DFIT Newsletters this particular edition includes a number of PSP programming pieces. What particularly stands out is the commitment field staff demonstrate in supporting military personnel in the accomplishment of their duties. See “Great Work In The Field “ section. We often hear that “our people are our most valuable resource” and one quickly appreciates this significance when reading the enclosed submissions. Enjoy!

DIRECTORATE OF FITNESS YEAR IN REVIEW...AND LOOKING FORWARD TO 15/16

Looking back at FY 14/15 the following priority DFIT initiatives were completed with field staff support.

1. **Force Fitness Profile and E-Data Collection Trials:** With the support of local PSP teams, trials were completed in Esquimalt, Edmonton, Greenwood and Kingston with a total of 625 CAF participants. Trial results were presented to Armed Forces Council in Feb 2015 with further trials scheduled in FY 15/16.
2. **DFIT.ca responsive site and add on for Families and Veterans:** With the support of PSP across Canada, significant program improvements were integrated within DFIT.ca setting the stage for a responsive site launch across the CAF in the Fall of 2015.
3. **Sports Policy Review:** A number of Fitness and Sports Managers and a PSP Manager assisted with the Draft of DAOD 5045-2 CAF Sports & review of the PSP Policy Manual Sports Chapter. Such a policy review will allow our Sport program to reflect present day CAF program requirements and realities.
4. **Sports Day in CAF:** Over 220 activities were coordinated on bases/wings and over 16000 total participants, easily surpassing our initial goal of 9000.
5. **Culture Audit:** 5439 surveys completed across the CAF. Preliminary results have been presented to CAF leadership and during scientific conferences. Local Base and Wing reports to be promulgated in FY 15/16.
6. **13/14 Health Promotion Delivery Report:** The contributions of the health promotion delivery group help shape the overall message of this years' timely 13/14 health promotion delivery report and further emphasized the need for a broader look at how we could we maximize HP's impact. The specific examples this group was able to share added strength to the message and directly influenced the level of engagement received from our HQ partners.



*On 01 Apr 2015, our DFIT directorate officially adopted its 2015-2020 DFIT Strategy. The document can be found in both French and English at <https://www.cfmws.com/en/AboutUs/PSP/DFIT/Pages/Governance.aspx> . While the revised DFIT strategy does reflect increased efforts in some areas, the foundation remains the same from our previous 2010-2015 strategic document. Our DFIT activities will continue to focus on Wellness, Sport and Occupational Fitness Programs and Services (KRA 1); Communications, Marketing and Relationship Building with Stakeholders (KRA 2); and Capacity Building (KRA 3). I encourage you to carefully review the document as it will set the stage for our DFIT efforts for years to come.



CAF SPORTS DAY 2015

Our CAF Sports Day dates for 2015 will be 20 and 21 November and follow a similar approach as previous years with a focus on both military sports and community recreation sports. Our objective is to once again surpass 15 000 participants.

As a recap of last year's event and our collective success in mobilizing CAF leadership and 16 000+ personnel you're encouraged to view the following Prezi was shown as part of our Fitness Brief at CAF General and Flag Officer symposium on 15 April. <https://www.cfmws.com/en/aboutus/library/videos/pages/sports-day-in-canada-2014.aspx>.

*Note that the Prezi is best viewed in the most recent versions preferable Chrome, Internet Explorer, and Safari (and has been hit and miss on the DWAN).



As we look forward to 15/16 we have outlined a number of DFIT priority activities.

KRA 1 Programs and Services

1. FORCE Incentive program & E-Data Collection Tool implementation
2. DFIT.ca responsive site, including add on for Families and Veterans CAF launch
3. DAOD 5045-2 CAF Sports completion & PSP Policy Manual Sports Promulgation
4. 2015 Sports Day in the CAF
5. CAF Participation in the Military World Games
6. Support to the Canadian Army for fitness within the Individual Battle Task Standard (IBTS)

KRA 2 Relationship with Stakeholders

7. Program briefs to AFC, Army Command Council, CFPMC and Regional Sports Manager Conferences
8. Culture Audit Reports promulgation to bases and wings
9. Completion of 2 DFIT Technical Assistance Visits

KRA 3 Capacity building

10. Draft of a Strategic Initiating Directive for CAF Fitness and Wellness Strategy
11. Completion of the Firefighter Program Evaluation project with Carleton University

GO/FO

On 15 April Cmdre Watson (CFMWS DG) briefed the Chief of Defence Staff and the overwhelming majority CAF General and Flag Officers (GOFO) at the annual GOFO symposium in Ottawa. DFIT also seized the opportunity to set up a display promoting all PSP programs which play a role in strengthening the CAF culture of fitness. The symposium was a tremendous opportunity for Human Performance, Fitness Delivery, Health Promotion and Recreation to network with our most senior CAF Leadership.

SUPPORTING FITNESS FROM THE TOP

Mike Spivock, Research Manager Human Performance, PSP HQ Ottawa

In February 2015, the DFit team had the privilege of going before Armed Forces Council (AFC), to present an update on some of our current initiatives. On the agenda was the phased implementation of the FORCE Fitness Profile (see October's newsletter for a detailed explanation of the fitness profile) as well as a proposal for the launch of a new Fitness and Wellness Strategy for the CAF. Once more, we were pleased to witness such strong support for fitness and wellness from the very top of our organization.

AFC approved the structure and content of the FORCE Fitness Profile, as well as the individual and group rewards programs presented. The FORCE Fitness Profile will therefore be pilot tested this summer in Kingston, Edmonton, Greenwood and Esquimalt. This will include the scheduling component, the logistics of testing with the eFit electronic data collection system, as well as the automatic transfer of results to HRMS. At the same time, we will pilot the calculation of incentive reward categories, at both the individual and group levels.

With the understanding that no fitness test will singlehandedly optimize the level of fitness of all CAF personnel, AFC also approved the establishment of a working group, led by CMP, to begin drafting a new Health and Physical Fitness Strategy for the CAF. Building on successes and lessons learned from the 2008 Health and Physical Fitness Strategy, this new initiative is based on the premise that in order to successfully change a behaviour as complex as physical activity, concerted efforts need to be directed at the individual, interpersonal, unit, base, command and national policy levels (Figure 1). The process of developing such a strategy and associated action plan is a long one, requiring input and collaboration from a variety of stakeholders. In the next few months we will be soliciting input from across the country on how to best tackle this exciting initiative.



Figure 1 McLeroy et al's (1988) Social Ecological Framework of Health



REVISION OF THE DFit.ca PROGRAM GENERATOR

Jacqueline Laframboise, Project Manager Human Performance, PSP HQ Ottawa

Almost 2 years ago, as a result of a 12 week Training study which evaluated the trainability of the CMTFE and the FORCE evaluation, it was evident that the program generator used to create fitness programs for DFit.ca needed some upgrades. Marcel Roy who led the launch of the **DFit.ca** program generator in 2012 anticipated this revision as part of the program evaluation process. As a result, a steering committee made up of 9 individuals from HQ and the field, recognized for different aspects related to the programming needs, met for 2 days to identify the programming concepts that needed to be adjusted and included in the review. Led by R&D, the programming for the 3-7 days/week with and without sports options was developed and reviewed by a smaller group from this committee (Aaron Grainge, Stephane Robert, Jessica Hood, Mark Carlson, Marcel Roy). For months following, the same volunteers made additional significant contributions by populating new sections and revising any current programming that was retained. Benefiting further from our PSP expertise, additional fitness and sports professionals (Deren Tomasz, Bradford Cooke, Jason Burke, Todd Cirka, and Anne Dore) were also recruited to

contribute to the new programming. As a final push to complete the programming Simon Gasse from Valcartier was seconded for several months to work with R&D. New videos to be included in the programming were filmed at CFLRS and DHTC.

This summer the task for PSP and select CAF users will be to test out the new DFit.ca program generator. If you are interested please contact Jacqueline.Laframboise@forces.gc.ca. Your perspective will help improve the quality of this programming and delivery. Generating programming for this site is a challenge with no perfect recipe, as it is not individualized. However, it provides a progressive approach, with well-rounded fitness training based on the demands of the CAF and personal fitness goals as high as one would like to achieve. This programming is complimented by the supervision of our PSP staff for those who want a trainer to facilitate, monitor and adapt their training.

CAF OPERATIONAL TRAINING: PSP'S ROLE

*Duane Farrell,
Directing Staff, PSP Training Center Borden*

Imagine you are the strength and conditioning coach for a professional hockey team. How do you know what is required to effectively train them? Like all successful strength and conditioning programs it should be periodized and include an analysis of physical tasks, movement patterns and energy systems to optimize performance.

PSP Fitness and Sports (F&S) staff have a professional responsibility to analyze the physical tasks of a unit /ship to create fitness programming that prepares each member to meet their operational needs as well as to meet the demands of the [Common Military Task Fitness Evaluation \(CMTFE\)](#). Therefore, by being prepared for the demands of the CMTFE they will meet the physical requirements as required by the Universality of Service requirement ([DAOD 5023-0](#)) of being a "soldier first" as well as meet the FORCE program's vision, "Fit for Operations", as it relates to the Physical Fitness Program's requirements ([DAOD 5023-2](#)).

Often PSP are employing "step-classes" and "boot camps" as CAF fitness training. These classes draw no relation to military tasks or evidenced-based training. Quite simply, they get people sweating, and anyone can make people sweat. What separates PSP Fitness Staff from a person with a weekend fitness certification is knowing the difference between exercising and training and knowing how, when and where to apply each.

To further the education of PSP F&S on these concepts and to ensure that PSP Fitness is meeting the requirements of the CAF, DFit created the Tactical Athlete Training Program (TATP) and the Tactical Athlete Instructor Course ([PSP Fitness and Sports Level III](#)).

Expanding our capabilities through evidence-based training is the future for PSP Fitness and Sports. This is what will separate us from any non-PSP fitness programs. These concepts have been integrated into all [National PSP Training Centre courses](#). Continuing education can be gained via many sources such as: interviews with



CAF SMEs, PSP SME's, [The National Strength and Conditioning Association \(NSCA\)](#), it's [Tactical Strength and Conditioning Program \(TSAC\)](#), [NSCA Journals](#) and the [NSCA TSAC Conference](#), [Dr. Stuart McGill](#), [Dr. Lee Burton](#), [Mr. Gray Cook](#). Also, via academic resources such as [Periodization](#), [Essentials of Strength and Conditioning](#) and [Tapering and Peaking for Optimal Performance](#).

BEAVERFIT – FITNESS IN A CAN

Marcel Roy, CAF Sports Policy, Programs and Projects Coordinator, PSP HQ Ottawa

Part of the DFIT Strategic Plan is to provide evidence based occupational fitness, sports and wellness solutions that are founded on existing program gaps and identified needs, developed with a client centered focus, and include robust process and outcome evaluation measures. As we all know, the majority of our CAF members will likely be, one day or another, deployed in a mission outside of Canada, with or without the support of PSP personnel. One of the gaps and challenges which had been identified by PSP and Deployed Ops, was our capacity to quickly react and provide the necessary equipment to deliver fitness programs which are in line with the programs delivered in Canada, using either local PSP Fitness and Sports staff or www.DFit.ca

Recently, DFIT assisted Deployed Ops with the procurement of BeaverFit Functional Training Lockers (FTL). These lockers will enable Deployed Ops to deliver fitness programming which are in line with our direction of physical fitness training, adequate for www.DFit.ca programming and increase our capacity to quickly react to any CJOC requirement; the equipment can be rapidly loaded and shipped using our CAF C-17 (Globemaster). Once on site, the equipment can be deployed within 2hrs

using a handfull of individuals to set up the equipment. The equipment offers the possibility to conduct several functional exercises such as deadlifts, squats, pull/chin-up, etc. and includes a series of traditional equipment such as Olympics bars, bumper plates, medicine balls, kettlebells, and benches. It also contains equipment which have gained popularity recently such as Battle ropes, commercial sandbags and suspension equipment, similar to TRX.

Spring 2015, PSP started delivering training sessions, using the BeaverFit FTL both in Trenton as part of a Squadron regular PT routine and in Wainwright where the equipment will be used as part of EX Maple Resolve 15. 2 PSP FSI from Valcartier were sent to support the military training exercise in Wainwright. Lessons learned from these sessions will be used to develop training and lesson plans. PSP or CAF members delivering occupational fitness sessions while on deployment will be able to access the training on DFit.ca.

This collaboration between DFIT and Deployed Ops is certainly a huge leap forward for PSP by providing new venues to “Serve Those Who Serve”.

GREAT WORK FROM THE FIELD

MAPLE RESOLVE AND BEAVERFIT

Catherine Garant and Mathieu Paquet, Fitness and Sports Instructors, CFB Valcartier

Upon our arrival at P-12, Maple Resolve Exercise Base Camp, people were surprised. “PSP? What for? Train us?! The days are long, the hours never ending, and fatigue is setting in. When will we find the time or energy to work out?” Curiosity, skepticism, doubt... we have a lot of work to do to convince these folks that our presence here is justified.

Only five members showed up to our first group class. It’s going to be an uphill battle. We realize how difficult it will be to promote the benefits of physical activity. But

to our surprise, the next day while very little advertising has occurred, we doubled the participation rate. We met our best ally: word of mouth! One week later, it has become impossible to meet the demands with only one scheduled class per evening. From then on, we supervised training sessions from 4pm to 9pm. Every day, we set a new challenge: compete against other members, Canadian or American, during a predetermined functional training workout. The Beaverfit locker gets a lot of people talking too. Ideal to meet the training needs in this operational environment, the variety of equipment it offers makes



MAPLE RESOLVE AND BEAVERFIT (CONTINUED)

it possible to work the core stabilizer muscles, to build a basic endurance level, to increase strength, to develop power and to build-in active recovery too.

There is something for everyone. Traditional strength training fans continue with their own programs, others ask us to build them workouts specific to their goals. To meet the growing demand, we create programs specific to BeaverFit. Using DFit.ca, we generate workouts for strength training, power and muscle building and post them on the board.

With PSP personnel constantly on site, people start asking questions, for recommendations, technical help and improved individual programs. Our members are not only staying fit, they are being supervised in their training, thus reducing the risks of injuries.

Our presence here is not only justified, but also greatly appreciated. Not only do the members find the time and energy to work out, they also want us to join them during the Maple Resolve Exercise. After three weeks here, we can say that the skeptics have been won over!



Photo: Cpl Jordan Legree, Affaires publiques, 5^e GBMC

PIKES PEAK CLIMB

Todd Cirka, OUTCAN Physical Fitness Coordinator, PSP HQ, Ottawa

Organized by personnel at CFSU(Colorado Springs), the annual Pikes Peak Climb begins at an elevation of 6,500 feet and ascends to a height of 14,110 feet. For the past 3 years the fastest male and female CAF member to make the ascent are presented the MCpl Gregory MacCheynne Memorial Award. Under my leadership, the award was created in 2012 to recognize MCpl Gregory MacCheynne, the OUTCAN EXPRES Coordinator at CFSU(CS) who sadly passed away to cancer in 2011 at the age of 36. A role model for health and fitness, MCpl MacCheynne was a respected, well-liked friend and colleague who enjoyed various sports, fitness and recreation activities.

The inaugural award was to be presented in September 2012 but was cancelled due to a heavy snowfall on the trail the night prior to the start. Despite the setback, Greg's brother, Jeff, who was flown from Toronto to Colorado Springs to help dedicate the award in Greg's honour, drove up with me to the peak to accept the plaque.

The 2014 event included over 50 participants from the CAF, supported by spouses and US Air Force who gathered at the start line at Manitou Springs

for the 0530 starting time. MCpl T.J Hillier, Deputy Sports Officer, most of the participants and I, used head lamps for the first hour until the sun peaked over the ridge. Following the Barr Trail for 19km, numerous switchbacks guided us along a treed route up the 7000 ft ascent. After 5 hours and 10 minutes we finally reached the summit, just in time as snow started to fall. Reaching the peak, I reflected back to 2 years earlier when I had presented the MacCheynne Award to Jeff - I have a great job supporting exceptional people doing exceptional things for our country.



The winners for the annual MCpl Gregory MacCheynne Memorial Award for the fastest male and female CAF members to the top of Pikes Peak are Maj Michel Drolet and Cpl Aimee Hill. Presenting the award is the NORAD Deputy Commander Lt. General Parent.



UPDATES FROM HMCS ATHABASCA

Kyle Weiman, CFB Esquimalt



We are about half way through OP CARIB so I thought I would give you a quick update on what has been going on. It took about a week for us to go from Halifax down to New Orleans where we spent six days alongside in support of fleet week. HMS Lancaster, USS Wasp, USS Cole, USCG Dauntless were a few of the other ships taking part in the events. The crew was busy with many different community projects including housing projects for Habitat for Humanity's 10 year anniversary for Hurricane Katrina, City park restoration and invasive species removal at the Audobon Nature Institute. In total more than 650 sailors participated in these activities.

HMCS Athabaskan was also challenged to a game of rugby by one of the local clubs. We had some very experienced players on our team but for many it was their first time. We did manage to hold the opposition to only one try in the first half before the game turned ugly, with some of the heaviest rain I have ever seen making the field a skating rink of mud. A softball game was also scheduled but unfortunately the weather did not cooperate, so in good Canadian fashion and with playoffs in full force a pickup game of ball hockey was played out on the jetty instead.



OP IMPACT ROTO 0 PERSPECTIVES FROM THE FIELD

*James Follette, Fitness Sports and
Recreation Coordinator*

As we enter into the latter phase of Operation IMPACT Roto 0, I cannot help but reflect back to where PSP began eighteen years ago. Indeed, much progress has been made since Canadian Forces Morale Welfare Services' first deployment with the Canadian Armed Forces (CAF) in Bosnia-Herzegovina. Although much has changed, many of those founding principles still hold true to this day. As such, CFMWS personnel are steadfastly proud to serve with and assist our uniformed brothers and sisters in their missions at home and abroad, guiding them on a path to improved fitness and health so they can live long and prosperous lives.

Despite the intense mission focus and workload inherent to a theatre activation and ROTO 0, it was quickly apparent that physical fitness and mental well-being remain at the forefront of CAF Members' concerns. In fact, many members approached Fitness coordinators for personal consultations and personalized training programs early on in their tours. In addition to supporting them we encouraged them to register with www.DFit.ca. This site will assist them, while deployed and even once they are back at their home units, in improving their health and fitness.

With regards to highlights during this tour, one of them has been watching the transformation of members who have fully dedicated themselves to working out and eating right while on deployment. For example, an MSE Op from 2 Service Battalion in CFB Petawawa, with proper guidance, sound nutrition, and a consistent fitness program, has lost over 107 lbs in just over a four-month period. His main goal for weight loss was to improve his personal health and wellness. However, his other reason was just as laudable; he wanted to become a role model for soldiers at his home unit and lead by example. The profound impact this tour has had on him and others is truly amazing.

I would like to take this opportunity to thank all CAF Members for their motivation and support. Together, we are making a difference in each other's lives.

END OF ROTATION BLOCK PARTY BRINGS CAMP PATRICE VINCENT, COALITION MEMBERS TOGETHER

*By: Air Task Force-Iraq Personnel
Support Program Staff, Jordan Geehan,
Fitness Coordinator*



CAMP PATRICE VINCENT, KUWAIT— April 2015 marks the end of Rotation (Roto) 0 for many Operation IMPACT personnel deployed to Kuwait, and for a number of Canadian Armed Forces members, as well as some members of other coalition nations, it means going home. To this end, the personnel of Camp Patrice Vincent, as well as other personnel of the Middle East Stabilization Force came together to celebrate at an “End of Roto Block Party.”

The day started off with a 2.4 km obstacle course, followed by several other sports activities throughout the day like volleyball and soccer. The events drew participants from all nations and massive crowds of spectators. The street hockey tournament was a favorite for many. Teams representing different units and nations battled to secure a spot in the final round, with intensity in the rink gaining momentum as the tournament continued. The championship match of the tournament saw the Air Task Force-Iraq Fighter Detachment team taking on a coalition team. The game was a high scoring affair with the teams trading goals. In what seemed to be the blink of an eye, the whistle had blown yet the game was tied. It all came down to a shootout. You could hear a pin drop as the member approached the net straight on; a quick move to the left then the right with a shot to the top corner of the net. The crowd gathered along the boards went wild and the members of the Fighter Detachment went out in style, finishing their rotation as the Block Party Ball Hockey Champions.

Some of us still have a few more months before we return home. However, our team at Camp Patrice Vincent couldn't be happier with what PSP has accomplished as proud members of CFMWS, on behalf of our CAF brothers and sisters. We feel extremely fortunate to have had this opportunity to work among our deployed personnel.

9 WG GANDER PSP AND THE JUNIOR CANADIAN RANGERS

Nancy Woolfrey, FSRC, 9 Wing Gander

The PSP team at 9 Wing Gander provides M&W support to many units, including 5 Canadian Ranger Patrol Group. In December, Sharon Canning, HPM, and I were approached by Capt Paul Batstone, a very enthusiastic Junior Canadian Ranger (JCR) Instructor. He had a vision of improving the JCR winter training experience by incorporating healthy lifestyle and fitness training into the winter camp at Marble Mountain for 30 JCR from across Northern Labrador and Rural Newfoundland.

Meals were planned using Canada's Food Guide, concentrating on ease of preparation, introduction of new foods and variety for eight meals and snacks. The JCR worked in four groups and learned how to prepare vegetables and meat for meals, wash dishes, wrap and re use leftovers for other meals and snacks. Our intention was for them to return home, share these experiences with the others in their units and remember at least one good habit to carry through to adulthood! Activities included downhill ski lessons/skiing, snowshoeing and zip lining, plus the added bonus of walking everywhere. Discussions on aerobic exercise, muscular endurance, target heart rates, amount of sugar in drinks, reasons for choosing the menu, healthy vs unhealthy food choices, caloric intake and output ...all took place going up or down the hill, at nightly meetings and snowshoeing through the woods!

HP and Fitness work as a team delivering programs and activities at 9 Wing. We pride ourselves on being flexible and finding fun and innovative ways to improve the health and fitness of the CAF team we support throughout Newfoundland and Labrador. Working with the Instructors and the JCR was a great experience for all. They were a very mature group of young men and women and it was evident that they are the future leaders in their communities.



CLOSING A CHAPTER WITH PSP

Simone Olinek, A/Research Manager Human Performance, PSP HQ Ottawa

Writing this has been a bittersweet exercise. As a military family member, I cherish my role in supporting the work of the Canadian Armed Forces. I also look forward to the new, exciting journey of moving to beautiful Greenwood, Nova Scotia. On the other hand, I am sad to end what has been a fun, engaging and unique professional journey with PSP. After several years studying and working abroad, Comox seemed like a beautiful place to reintegrate. I began my career with PSP at CFB Comox as a Fitness Instructor. It was here that I met my husband, a CELE Officer, and shortly after that I applied for my future position as a Research Assistant with the DFit Human Performance Research and Development team in Ottawa. When I started, the R&D team was brand-new. We threw ourselves into our new mandate – environment-specific fitness standards for Air, Land and Maritime personnel.

Our work took us on overnight approach marches with the infantry and through urban combat exercises. We tried desperately to stay out of the way, while trying to capture every physically demanding task on film. We attended dozens of military exercises across Canada, each aimed at recreating combat situations, practicing skills and preparing for deployment. We collected physiological measurements, and observational data. Highlights of my experiences include modernizing the LFCPFS (aka BFT), and developing the FORCE Evaluation and CMTFE. I have been “rescued” by SAR TECHs by being hoisted into a Cormorant. I have spent summers riding in armoured vehicles, head out of the hatch, dust in my teeth, wondering where the next “adventure” was going to happen. How many kinesiologists have a job like that? Closing out my time in Ottawa, I have spent the past 6 months as an Acting Research Manager. This opportunity has provided me with valuable professional development including project management and working with CAF leadership. As I prepare for the next chapter of my life and my career, I would like to thank PSP: for the experiences I couldn’t have found anywhere else, and for the challenges that have made me personally and professionally stronger, thank you.

THANK YOU AND CONGRATULATIONS AL



Mr. Al Brazeau has retired after 52 years of meritorious service with the CAF and CFMWS. Al joined the RCAF in September, 1963 as an Admn Clerk, later remustering to the PERI trade. His 34 years of military service saw him serve 5 UN tours and 11 postings, including CFB Europe. He joined the ranks of CFPSA (now CFMWS) in April, 1997 at 17 Wing Winnipeg as the Fitness & Sport Director where he served until retiring. Well known across the CAF, Al is remembered for his leadership role in the development of a strong basketball program in the CAF and his contributions over the years to the CISM program.

Tina Bailey replaced Al Brazeau as the Manager, Fitness, Sports and Recreation. Not new to PSP, as she began her career working in the recreation department in Borden in 2007, and after 2 years she moved to Winnipeg to assume the role as the Recreation Director at 17 Wing. It is an exciting new challenge and she is looking forward to working with her many colleagues within the fitness, sports and recreation world including the great team here in Winnipeg!

MEET 8 WING TRENTON

FITNESS AND SPORTS AT 8 WING CFB TRENTON

Kendra Lafleur, Manager, Fitness, Sports and Recreation, Trenton

Our programs have kept PSP sprinting.

Fitness: With FORCE evaluations and practice sessions delivered several times per week, PSP instructor lead sessions for over 24 units, specific unit testing, and the infamous noon hour fitness classes, the schedule stays pretty full for our fitness team. Of course none of this would be possible without the support from our facility and maintenance staff keeping our equipment highly functional, current and operational. Our Physical Exercise Specialist, Caitlin Salisbury has seen tremendous success since her arrival in November. Through a collaborative approach with Health Services and other key partners she has grown our client base to levels not before seen

in Trenton. Our CANSOFCOM staff are implementing well respected, comprehensive programs, while promoting a culture of both fitness and health and have played an instrumental role in local professional development initiatives for all staff.

Sports: Our CAF athletes have been keeping our sports coordinator busy as well. We've had great success at regionals and were able to send both golfers and slow pitch players off to nationals over the past year. As our winter sports come to a close we are already fully engaged in ramping up for summer and fall activities, and look forward to hosting the Ontario Regional Sports Conference.

We've been very fortunate to be able to house new equipment for deployed operations as well. We figure, as long as we are storing a 20-foot Beaverfit Fitness Locker we might as well put it to good use as we'd hate for to collect dust. PSP HQ facilitated training on assembly and our staff are establishing it in an aircraft hangar where military members are more removed from our existing facilities. This will enable fitness right within the unit lines and hopefully entice those members who were not making it to the gym to grab a few sets of their favourite exercise.

Having recently been through sizeable organizational change, a generous effort from our team has been essential as we strive for a collaborative, professional, client focused approach to PSP programming.

Bottom left to right (Sitting):

Amy Dawson, FSI • Caitlin Salisbury, PES • Isabelle Demers, FSAA • Tracy Blair, Fit Coord • Dawn Smithson, Placement Student • Dan Cormier, Sports Coord • Caroline-Houle Laporte, Fit Coord CJIRU • Kendra Lafleur, Manager Fitness, Sports & Recreation.

Top left to right (Standing):

Tara Bartholomew, FL • Todd Peart, FSI • Anthony Marsh, FSI • Rachel Carlen, FSI • Andrew Burley, Sports Store Tech's • Tyler Vivian, Strength and Conditioning Specialist, CJIRU • Brian Pearce, Arena Manager • Darrin Whaley, Sports Store Tech's • Dave Hiscock, Placement Student



Trenton FSR team

WHAT MAKES US HP 8 WING/CFB TRENTON?

EXPANDING OUR REACH TO THE UNIT LINES AND TO THE NORTH POLE!



Left to right: *Cindy Tromp – Health Promotion Specialist
Gillianne McCormick – Health Promotion Administrator
Pam Holmstead – Health Promotion Specialist
Lisa Refausse – Manager, Health Promotion*

The HP Team of 8 Wing/ CFB Trenton has adopted the mantra that Health Promotion Programming can come to you! Over the years, we have seen much success with Base Wide programming where members from Units register for our Base Wide courses. In the last year we have built on our model - to encourage CO's and Training Coordinators to take an inventory of their Health Promotion needs and to then task us to come to their unit. This new approach has seen great success as it helped remove the barriers of time, location, and tempo so that programming takes place within the Unit lines. In the last 6 months we have delivered

6 AODG Supervisor Trainings, another 6 MFSA Supervisor Training sessions along with many Unit specific requests. Perhaps the most recent addition to our Unit Specific Programming was providing CFS Alert with Video Teleconferencing sessions, a first of it's kind yielding great success. The VTC option has provided an easy delivery format that includes interaction, powerpoint, groupwork, handouts and more, and it caters to the operational requirements of the Base. The success of this new approach can be attributed to the relationship building with Unit Reps and the identification of their needs. We look forward to more of the same at 8 Wing.

PSP FIELD AND HQ STAFF UPDATES

Name	Position	Base/Wing
Yves Desjardins	Facility Coordinator	St-Jean
Benoit Fortin	Fitness Coordinator	St-Jean
Kevin Milonja	Fitness Coordinator	St-Jean
Victor Caron-Clément	Fitness, Sports & Recreation Coordinator (deployment)	St-Jean
Sébastien Despars	Fitness, Sports & Recreation Coordinator (deployment)	St-Jean
James Orsatti	Fitness and Sports Instructor	Wainwright
Brad Bailey	Fitness, Sports & Recreation Manager	Wainwright
Sarah Hardie	Fitness Leader	Gagetown
Stephanie Haynes	Fitness and Sports Instructor	Gagetown
Dominique Gobeil	Physical Exercise Specialist	Gagetown
Kelly Cuellar	Fitness and Sports Instructor	2ASG Garrison Toronto
Jordan MacKeigan	Fitness and Sports Instructor	Halifax
Margaret Craig	Fitness & Sports Coordinator (Fleet)	Halifax
Lucas Hardie	Fitness and Sports Instructor (transferred from Stadplex)	Halifax
Kevin Delong	Fitness & Sports Manager (fleet)	Halifax
Stacey Robichaud	Fitness, Sports & Recreation Manager (Stadacona)	Halifax

PSP FIELD AND HQ STAFF UPDATES

Name	Position	Base/Wing
Terry Sweeney	Fitness, Sports & Recreation Manager (12 Wing)	Halifax
Jon Berg	Fitness & Sports Coord (Stad)	Halifax
Kevin Miller	Fitness & Sports Coord (Stad)	Halifax
Jason Price	Fitness & Sports Coord (12 Wing)	Halifax
Jessica Merten	Fitness and Sports Instructor	Halifax
Celeste De-Serres	Fitness Coordinator	Moose Jaw
Nicole Brattan	Fitness and Sports Instructor	Moose Jaw
Sandy MacIntosh	Sports coordinator	Borden
Andy Moorhead	A/Senior Manager PSP	Comox
Jake Plante	A/Manager, Fitness, Sports & Recreation	Comox
Natasha Cusson	A/Sport Coordinator	Comox
Kevin Elmore	Facility Coordinator	Comox
Taylor Gibney	Physical Exercise Specialist	Comox
Maria Harkies	Fitness Instructor	Comox
Jordan Guilford	Fitness and Sports Instructor	Shilo
Mathieu Girard	A/Fitness and Sports Instructor for mat leave	Bagotville
Marie-Ève Thibeault	PSP EA	Bagotville
Jessica Dilliot	A/ Fitness and Sports Instructor for mat leave	North Bay
Melanie Renaud	PES till Feb 2016	CFSU O
Brian Zorgel	Fitness and Sports Instructor till Jan 2016	CFSU O
Meghan Kelly	Fitness and Sports Instructor till Sep 2015	CFSU O
Eileen DuPlooy	Fitness, Sports & Recreation Coordinator	Goose Bay
Kristen Miller	Fitness and Sports Instructor	Kingston
Dominic Pharand	Fitness and Sports Instructor	CANSOFCOM
Kara Loeffler	Health Promotion Specialist	Edmonton
Pam Holmstead	Health Promotion Specialist	Trenton
Cindy Tromp	Health Promotion Specialist	Trenton

