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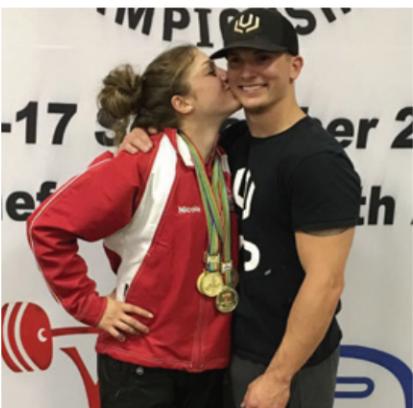
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437 Transport Squadron  
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75<sup>e</sup> anniversaire du 437<sup>e</sup> Escadron de transport

## Three new names to be added to Belleville Cenotaph



Photos by Makala Chapman

Cpl. (ret'd) Robyn May and Capt. Neil Burrell have been working over the last six months to see that three names be added to the Belleville Cenotaph.

By Makala Chapman

The sacrifices of three unsung heroes who served and died during the First World War will not soon be forgotten. In fact, retired Corporal (Cpl.) Robyn May and army reservist Captain (Capt.) Neil Burrell have made it their life's mission to ensure that doesn't happen. It was at the beginning of March when the duo first proposed to Belleville's city council that the three veterans' names be added to the cenotaph in Memorial Park. Presenting a plethora of research to back



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Photo courtesy of John Geen

Lieutenant David Alwyn Forneri served in the First World War and will soon be commemorated at the Belleville Cenotaph.

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# Photos of the Week



Photo by Cpl A. Medeiros

## CFS Alert: The Northern Show Tour

### Content submitted

The Northern Show Tour consisting of the band Horshack and comedian Terry McGurrin visited CFS Alert from May 21 to 29. The Station's personnel gathered together on Friday night for a warm welcome from Major M. Lepage, Commanding Officer of CFS Alert. The group performed a teaser later

that evening, followed by the main show on Saturday. During their visit to CFS Alert, the group received a tour of the Station and participated in many of the Mess and sporting events. CFS Alert thoroughly enjoyed the visit from the Northern Show Tour and wished the group a safe flight home and all the best in their future tours.

Pictured (from Left to Right): C. Sabourin (Sound Tech), C. Pereira (Drummer), C. Caddell (Guitar/vocals), S. Pelletier (Bass), S. Chernow (PSP staff), T. McGurrin (Comedian), J. Reid (Guitar/vocals), and Maj M. Lepage (CO)

**MILITARY SPOUSES**

## Appreciation Dinner

All spouses of a regular force or reservist member, a veteran, and dual service couples are invited to join us for dinner at Earl & Angelo's!

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## Photo of the Week: Cut for the Cure



Photo by Makala Chapman

### Contact News

An annual event in support of the Canadian Cancer Society once again called upon members of 8 Wing Trenton to step up to the shears. The Cut for the Cure fundraiser, which helps raise money for cancer research and local programming, was held on the Base on May 23. More on this story in next week's issue of the Contact Newspaper.



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# CFB Trenton Yacht Club — Commodore's Sail Past

By Christine Flett

Sunday, May 26 was a special day for the CFB Trenton Yacht Club. Sixteen sail boats and five power vessels took to the waters of the Bay of Quinte for the annual Commodore's Sail Past, which marks the first official event of the 2019 boating season. The Commander of 8 Wing, Colonel (Col.) Mark Goulden, who was in attendance for the ceremony, is no stranger to the yacht club. "I learned to sail from that beach over there, when I was 15 years old," Goulden told the more than fifty members assembled at the club flagpole. Having taken the time to look around the Baker Island facility, Col. Goulden commended the club for its many upgrades to both the marina and building. He noted this would keep the club viable for the long term, including new docks, the installation of aeration systems to improve water quality, and plans to air condition the clubhouse. "What you've done here is inspiring," Col. Goulden said. "It's important to plan for the future. This is a significant asset to have (on the Wing) serving both active and retired military members as well as public service employees and civilians. It's important to keep this club going." After presenting Col. Goulden with a club shirt and hat, Commodore Master Warrant Officer René Forster invited Wing Padre Captain Audrey Brown to bless the fleet, as is customary at the start of a new season. Padre Brown, who based her service on Celtic spirituality, began by acknowledging the humility, buoyancy and innocence of water, and concluded with a quote by US President John F. Kennedy: "We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch, we are going back from whence we came." With the land event over, the boats headed to the Bay of Quinte for

the Sail Past. This is a long standing maritime tradition in which the fleet forms a line ranked in size from small to large, each boat dipping its colours in salute as it passes the Commodore's vessel. Over 20 boats took part in the sail past including 16 sailing vessels, the largest turn-out for this event in many years. First to take the salute was the power fleet, approaching from the east so as not to interfere with the keel boats, which would be sailing downwind. Once the power boats had completed their salute, the signal was given for the sail fleet formation to proceed towards the Commodore's vessel. Steady south-west winds at 12-15 knots allowed for a picturesque 'wing on wing' run downwind. Most

sailboats dip their headsails in salute when passing the Commodore, but dipping their flags, or colours, is also acceptable. The ceremony over, many boats stayed out for a leisurely cruise, making the most of this first fine afternoon of the season. A cold buffet luncheon in the clubhouse followed by a few words from the Commodore, and the first official on-water event of the 2019 season was a wrap. The CFB Trenton Yacht Club was formed in 1961 as a PSP special interest activity with the aim of encouraging safe boating and camaraderie to members of the military and their families. For more information, visit [www.cfbtrentonyc.com](http://www.cfbtrentonyc.com).



Sail boats in formation during the recent Commodore's Sail Past by the CFB Trenton Yacht Club.



Commodore MWO René Forster on his vessel "Prairie Girl" salutes the first sail boat in line during the May 26 Sail Past.



Photos by Mary Hope

Pengwyn skippered by Bob Forgues salutes Commodore René Forster.



8 Wing Commander Col. Mark Goulden (left) sports his new Yacht Club hat after the Blessing of the Fleet on May 26. He is joined by CFB Trenton Yacht Club Commodore MWO René Forster (centre) and Wing Padre Cptn. Audrey Brown (right).

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- You can receive burns to your eyes by being splashed or sprayed with organic solvents, certain metals and acidic or alkaline substances.
- Tiny particles, dust and chips can penetrate your eyes.
- Your eyes can be punctured by sharp objects and splinters or struck by blunt ones.
- Extreme heat, chemical or gaseous fumes or mists in the air can damage your eyes.
- Eye injuries can occur from exposure to ultraviolet light, infrared rays... ionizing radiation, microwaves and lasers.

Often you will know right away that you have injured your eyes because of the immediate pain. In other instances, however, you feel nothing, and the loss of vision is gradual. Many of these injuries can be prevented by wearing the right kind of protective eyewear. Whether it's safety glasses, goggles, face shields, hoods or welding helmets, your job and the workplace hazards you deal with will determine your best choice.

Become familiar with the different kinds of lenses available. Continually being developed and improved according to new technology, they protect against all kinds of hazards. Some lenses are made of material that will resist scratches, impact, heat and fogging. Others protect against infrared or ultraviolet rays, as well as radiation. You can obtain lenses in prescription or non-prescription. The lenses of your safety eyewear should be precisely what you need for your job, should of-



fer you clear vision, and should not fog up. Scratched or broken lenses should be replaced immediately. Use anti-fogging products when necessary, and keep your lenses clean.

Whatever safety eyewear you choose, make sure you have it custom-fitted so it is snug, yet comfortable. You don't want it to slip off too easily, nor do you want it

so tight it causes headaches and that "iron band" feeling.

There is much you can do in the workplace to prevent eye injuries. Splashes by harmful liquids can be controlled to a certain degree with guards and screens. Airborne particles can be somewhat prevented with the use of screens, exhaust

systems and dust extractors.

There should be eyewash stations installed throughout the workplace. Learn how to use them properly...and use them immediately when something gets in your eyes.

Protect your eyes in the workplace and ensure you never end up "in the dark".

## The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Mark Goulden., MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

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## ARTICLES AND PHOTOS

The Contact produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

## Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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# 8 Wing impresses at national running championship

By Makala Chapman

The athletes of 8 Wing Trenton are once again proving they are some of the very best in the country. In their most recent display of athleticism, four members made their way to Ottawa and placed well in their respective categories during the 2019 CAF Running Nationals on May 26. Competing in the half marathon event, a 21-kilometre trek around the city, the runners were pushed to their limits as they raced to the finish line. Taking home first place in the Female Under 40 category was Captain (Capt.) Amanda Whalen with a finish time of 1:37:15. "It was a bit of a surprise," she said with a smile. "I got second last time I ran the race so it's nice to improve." While Capt. Whalen may be a seasoned runner, she noted putting in the time to practice and train is criti-

cal. In her case, she said she stuck to a strict six-week training plan and ran four to five times a week. "It's a lot of commitment for sure," she said. "But I'm happy I have a very understanding husband who is happy to watch the kids so I can get my long runs in on the weekends." When asked how the race went, she laughed and noted the adrenaline and excitement got the best of her as she came out the gate a little faster than anticipated. It was at the 5-kilometre mark that Capt. Whalen said her training kicked in and she reassessed her speed and levelled out her pace so she had enough endurance for the remaining 16 kilometres. "It's a really cool event as there's a huge crowd and everyone is just screaming and yelling and your adrenaline is so high," she explained. "My most memorable experience was honestly crossing that finish line and feeling that sense of accomplishment. I really enjoy this race because it's a lot of fun." In terms of how she felt getting to represent the Canadian Armed Forces and 8 Wing, she said she couldn't have been more proud. "Any time I get to go somewhere and do a sport I enjoy doing and love doing, I feel so honoured," she said. "You definitely get that feeling of hoping you did 8 Wing proud. But, I definitely



Photos courtesy of 8 Wing Military Sports Coordinator

Cpl. Alain Fortier receives his silver medal from CAF running patron Major-General Alain Pelletier.

think the Wing represented really well at this whole event." As for if she'd recommend running to others, she nodded her head in agreement. Capt. Whalen explained that not only did running require very little equipment, it's a very versatile activity that almost anyone can do. "It's a great stress reliever and a way to get out and clear your head," she said. "Take the time to do the training and it will pay off. Listen to your body and be kind to yourself. The more time you put in the more you're going to get out of it." As for what's next for Capt. Whalen, she said she will be taking on the Surf N' Turf relay race on June 14. Also accomplishing impressive feats at the half marathon was Corporal (Cpl.) Alain Fortier who placed second in the Male Under 40 category and ran the race in 1:22:43. Also competing in the same category was Cpl. Pat Albano who breezed through to the finish line in 1:30:59 for sixth place. Competing in the Male Senior (48+) category was Sergeant Chris Hannah with an impressive 2:00:24 time for eighth place.



Photo courtesy of Capt. Amanda Whalen

Capt. Amanda Whalen crosses the finish line at the 2019 CAF Running Nationals in Ottawa on May 26.



Photos courtesy of 8 Wing Military Sports Coordinator

Capt. Amanda Whalen receives her gold medal from CAF running patron Major-General Alain Pelletier.

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## GOLF TIP OF THE WEEK

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### The Bump and Run

This type of shot is great for around the green when you are unsure if you should putt or chip, and there's no obstacle — a bunker, pond or whatever — between you and the target to force a more lofted shot. Take out an 8 iron and hit this shot just like a putt. Keeping the weight on your left side will help get the club just enough under the ball to bump it onto the green and let it roll to the pin.

- 1: Weight forward when setting up — this will help lead the ball towards your target and for you to hit down on the ball and not fall behind during impact.
- 2: Take the club back a short distance and keep the clubhead close to the ground by removing any wrist break.
- 3: Follow through with club facing towards target while keeping the back of your left hand (or right hand for lefties) toward the target.

### Taking a Stance

The pros make a powerful, fluid swing look effortless. A beginner, on the other hand, can often find himself/herself missing the ball entirely and, if they're really unfortunate, spinning themselves around with such force that he winds up on the ground. To avoid this unfortunate comedy of errors, give proper consideration to your stance before you take a whack at the ball.

- Align thyself: Picture a set of railroad tracks running from the tee box to the green. Your body is aligned on the inside rail. Your ball is on the outside rail, which runs in a straight line from the tee box to the pin.
- Spread thy feet: Your feet should be shoulder width apart, with your weight balanced on the balls of your feet.
- Posture, please: Flex your knees slightly, bend at the hips and keep your spine straight. No slouching!
- Relax: Loosen your death grip on your club. You want to hold the club securely without squeezing too tightly. You also want to keep your body relaxed and not rigid....wiggling your fingers just before you take the club back is a great tension killer.

The right stance, along with the right grip, sets you up for a great swing. The proper stance will keep you in balance as you swing and help you direct the ball where you want it to go.

Continued from page 1



courtesy of Cpl. (ret'd) Robyn May

Flight Sub-Lieutenant Ellis Vair Reid will be the third individual to be added to the Belleville Cenotaph set to be unveiled on July 28.



Photo courtesy of John Geen

Nursing Sister Agnes Forneri was born in Belleville and served in the First World War overseas as a nurse.

their request, including service files and other official documentation, council unanimously approved the inclusion of Lieutenant David Alwyn Forneri, his sister Nursing Sister Agnes Florien Forneri and Flight Sub-Lieutenant Ellis Vair Reid to the cenotaph. While all three members were native to the Belleville area, they have yet to be commemorated locally. But that all changes this summer thanks to the efforts of Cpl. (ret'd) May and Capt. Burrell. An official unveiling will be held at the cenotaph on July 28. As for how this whole project came into being, Capt. Burrell said it all started at an event held by the Hastings and Prince Edward Regiment museum commemorating the centenary of the armistice last November. He further explained that's where he met a distant cousin of the Forneri siblings who shared their story with him. Inspired by the tale of the two unsung heroes, Capt. Burrell began his research. Much to his surprise, that's how he ended up meeting Cpl. (ret'd) May. As events would have it, the local author had penned a book entitled *Sacrifice of Angels*, which detailed the lives of 39 nursing sisters who died during the war - Nursing Sister Forneri being one of them. Having previously served in Afghanistan in casualty administration and participated in several ramp ceremonies (memorial services held for fallen soldiers), Capt. Burrell added that it became increasingly important to do what he could to help keep the memory of his comrade-in-arms alive. Teaming up to get the Forneris the recognition they deserve, Capt. Burrell and Cpl. (ret'd) May explained that's when they were then informed of Flight Sub-Lieutenant Reid by local legion member Reverend Dr. Allan



Cpl. (ret'd) May points out to Capt. Burrell where the Forneri siblings names may be etched into the cenotaph.

Miller. "As veterans we both have similar attitudes when it comes to commemorating sacrifice," said Capt. Burrell. "To be forgotten is unacceptable." Taking a second to pause and inspect the space where Nursing Sister Forneri's name will be forever immortalized in stone, Cpl. (ret'd) May said she too could not have been more honoured to help keep her legacy alive. "Their service files have all of their medical files so I could read hour by hour, minute by minute, as she was dying," she said. "To read it and know what she was going through brings a tear to my eye. She had a stomach hemorrhage, which can be caused by stress." In fact, it was noted in her medical file that her death was attributable to her military service. "While there's been no (significant) research done, these women came out

of the war with huge combat fatigue, post-traumatic stress disorder and operational stress injuries," explained Cpl. (ret'd) May. "No one recognized it because they weren't in battle, yet they were the ones holding the hands of young and old alike as they were dying. What they were exposed to was just horrific." In addition, Cpl. (ret'd) May noted that having Nursing Sister Forneri added to the cenotaph was especially monumental since she will be the first woman etched into the stone at the Belleville Cenotaph. "If you're a service person, it might take us a hundred and two years to get it right, but we're behind you and we're not going to forget you," said Capt. Burrell. "Women have not gotten the recognition that is rightfully theirs, so it's incumbent upon all of us to make that right while we have the opportunity in our life to do it." The official unveiling of the newly amend-

ed cenotaph will take place on July 28 at 1 p.m. Members of the public are welcomed to participate in the ceremony, which will include a rededication of the cenotaph and a First World War learning fair. "I'd like to know if I ever had to sacrifice my life for my country that I would be remembered," said Cpl. (ret'd) May. "This project is really about honouring them and not forgetting what they did. After all, that's somebodies son or daughter."



Cpl. (ret'd) Robyn May and Capt. Neil Burrell will officially unveil the added names to the cenotaph on July 28.

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## Upcoming Local Events

- **June 1** – Quinte West Relay for Life will be taking place at Trenton High School and will run from 12 p.m. – 11 p.m. For more information contact Lola McMurter at 613-962-0686.
- **June 1** – Highway of Heroes Ride and Rally will be starting their ride at the National Air Force Museum of Canada. Registration opens at 8:30 a.m. This is a free demonstration in support of those who serve and first responders. For more information visit [www.HeroesHighwayRide.ca](http://www.HeroesHighwayRide.ca).
- **June 14** – 32nd Annual Surf N' Turf relay race at 8 Wing Trenton. For more information visit <http://cfbtrenton.com/surfnurf>.
- **June 15** – Pre-Father's Day Brunch at St James Fellowship Church at 5 South St, Trenton, ON. We are serving bangers and mash (sausages, mashed potatoes with onion gravy), pancakes/ sausages, scrambled eggs, baked beans, fruit cocktail, coffee/tea/juice. Tickets are \$8.00 or \$10.00 at the door, Children under 6 free. Ages 6-12 are \$6.00. For more information please contact (613-827-2214).
- **June 29** – Operation Stand Proud - Leon's Trenton, along with its Partners, will be hosting an Official Guinness World Record Attempt for Largest Human Maple Leaf as a show of appreciation for the men, women, and families, who have dedicated their lives to serving our country. The current Guinness World Record is 1,589 people. Our goal is 5,000! Register for free and learn more at [www.leonstrenton.com/operation-stand-proud](http://www.leonstrenton.com/operation-stand-proud).



## HOME ALONE SAFETY

**Saturday, June 22, 2019**

9 a.m. - 4 p.m. | \$50 + HST

Trenton MFRC | Registration deadline: June 17

Ages 9-12

### SEUL À LA MAISON- LE COURS

**Le samedi, 22 juin, 2019**

9 h - 16h | 50 \$ + HST

Le CRFM de Trenton | La date limite: le

Les âges 9 - 12






TRENTON MFRC BOOK CLUB  
CLUB DE LECTURE DU CRFM TRENTON

OFFERT EN ANGLAIS

## IS YOUR NOSE ALWAYS IN A BOOK?

Join us on the last Thursday of the month, 6 p.m., at the Trenton MFRC.

A daytime group is starting on June 7 at 10 a.m., and will continue on most first Friday of each month.

Open to all adult book lovers!  
Call 613-965-3575 for more information and register!





## BABYSITTING COURSE WITH LEVEL D CPR INFANT & CHILD

**JUNE 8 & 9**

**10 A.M. - 4 P.M.**

**\$40**

Register by May 31

Cours de Gardiennage  
Avec RPC, niveau D pour bébés et enfants

Le 8 & 9 juin  
10 h - 16 h  
40S

Date limite: le 31 mai  
Offert en anglais seulement

## ARE YOU READY?

Êtes-vous prêt?





## KID'S NIGHT OUT

**Friday June 14 2019**

**5 - 8 PM**

**Ages 6-12**

RecPlex

Surf & Turf Themed

Enjoy an evening of swimming, games, and treats! Register NOW.

**\$17 for Military Community - \$18 General Public**



Register at RecPlex or Caf Connection for more information contact:  
(613)-392-2811 Ext. 5230



# TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford

**TOGETHER  
WE ARE  
STRONGER**

## June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Military Spouse Appreciation Dinner	4 Mental Health First Aid – VFP	5 Mental Health First Aid – VFP	6	7 YAS PA Day Workshop (French schools) Book Club – Daytime Group	8 Babysitting Course
9 Babysitting Course	10	11 From the Ground Up	12	13	14	15 Dive Deep Under – Youth Centre Event
16	17	18	19	20	21	22 Home Alone Safety

**● Babysitting Course with Level D CPR Infant & Child**

June 8 & 9, 2019 - Saturday and Sunday 10 a.m. to 4 p.m. Course is offered by the Canadian Safety Council Includes: Wall certificate, wallet card, reference manual, CPR wallet certificate & CPR reference book At the Trenton MFRC \$40 per child Lunch is not provided. For youth 12+ Deadline for registration: May 31, 2019 To register, visit the MFRC reception or email Rabia with your questions at rabia.s@trentonmfr.ca.

**● From the Ground Up – New dates!**

From the Ground Up is a group for women to learn to manage negative self-talk, increase assertive communication, and how to nurture a healthy self-image and positive relationships. June 11 – July 23, 1 – 2:30 p.m. Register by calling Jaelyn Hunter at

613-392-2811 ext. 4017.

**● Deep Dive Under – Youth Centre Event**

The Youth Centre’s special event for June is an “everything water” theme! There will be yummy snacks, games and activities, and small take-homes for the kids. Registration is required through the Youth Centre and all youth are welcome to attend! For more information, email rabia.s@trentonmfr.ca.

**● Home Alone Safety**

June 22, 2019 This program prepares children ages 9-12 to be responsible when home alone. 9 a.m. to 4 p.m. at the Trenton MFRC \$50 per child - Lunch is not provided To register, please contact MFRC Reception or email rabia.s@trentonmfr.ca with your questions.

**● Book Club**

Is your nose always in a book? We now have two times for our Book Club! Join us on the last Thursday of the month at 6 p.m. OR a daytime group is starting on June 7 at 10 a.m. and will continue on the first Friday of each month. Open to all adult book lovers! Call 613-965-3575 for more information and register.

**● MFRC Annual General Meeting**

Thursday, June 27, 6 p.m. Join us for our Annual General Meeting! You’ll hear what the MFRC has accomplished in the last year, browse through the latest Annual Report, as well as review proposed bylaw amendments for the MFRC. (Copies of the bylaws are available upon request). Refreshments will be served. For more information, please contact Adele Johnson, Executive Assistant: 613-392-2811 ext. 3899 or adele.j@trentonmfr.ca.

**MFRC ANNUAL GENERAL MEETING**

Join us for refreshments as we review the past year & look towards another year of growth!

**Thursday, June 27, 2019**  
**6 - 7 p.m.**  
**Trenton MFRC**  
**50 Rivers Drive, East**

For more information on the Trenton MFRC, please visit [www.trentonmfr.ca](http://www.trentonmfr.ca) or [www.cafconnection.ca/trenton](http://www.cafconnection.ca/trenton).

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**WORKSHOP**  
Atelier Jeunes et Qualifiés

**AGES 9-16**  
**ÂGES 9-16**

June 7, 2019  
(PA day for French schools)  
9am - 4pm | 8 Wing Chapel  
91 Namao Drive East, Trenton  
\$10/person

Le 7 juin 2019 (Journées pédagogiques pour les écoles français)  
9H - 16H | Chapelle de la 8e Escadre  
91 promenade Namao Est, Trenton  
10\$/chacun



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# The story of 8 Wing



Photo by Deb Marchand (Leap Frog Photography)

Cp) Ben Langley and his partner, Nicola Paviglianiti, have dedicated their lives to the sport of powerlifting and say they love every minute of it.

By Makala Chapman

If you were to ask Corporal (Cpl.) Ben Langley and his partner, Nicola Paviglianiti, what their idea of the perfect date would be, they'd likely say it's hitting the gym. While that seems like a standard answer for any young and active couple, it's anything but ordinary. Both Cpl. Langley and Paviglianiti have dedicated a large portion of their lives to competitive powerlifting – a sport rooted in an athlete's ability to squat, bench press and deadlift more than their actual bodyweight. Despite her petite frame and measuring no taller than five foot one, Paviglianiti is able to squat up to 330 pounds. As for Cpl. Langley, who stands at five foot six, he himself is a powerhouse, with the ability to deadlift 600 pounds. To put that into perspective, together, the couple could lift a vending machine. Cpl. Langley noted in the last five years he's been competing, he's been fortunate to have participated in four national competitions, three international events and will be competing with team Canada at the World Classic Powerlifting Championships held in Sweden, mid-June. "I've always enjoyed weightlifting and getting stronger," said Cpl. Langley. "I initially did it to improve my wrestling, but once I joined the military, I continued on lifting weights. It's just fun seeing what the human body can do and there's definitely a bit of an adrenaline rush." As for how Paviglianiti got started in the sport, she said it first began with a bit of weight training at the gym. Now, over three years later, Paviglianiti is well on her own powerlifting journey and has gone on to compete and win several provincial, national and international competitions. She too will be headed to Sweden with team Canada as a reservist competitor in June. "As a small woman it's very empowering to be able to lift a large amount of weight," she explains. "It's given me a lot of confidence, I've

made a lot of new friendships and it's actually also how I met Ben." Reflecting on the first day they met, which was at a national powerlifting competition hosted in Quebec, Paviglianiti smiled and said she wouldn't have had it any other way. "We ended up developing a friendship," she explained, "then one day, kind of as joke, I sent him a picture of an invitation for my friend's wedding in Ireland and asked him if he wanted to be my plus one. He ended up booking a flight and that was our first date." Now, two years later, the couple has recently purchased their first home in Trenton and are working towards competition seasons. As a loadmaster, which is a trained aircrew member tasked with ensuring the safety of all cargo aboard an aircraft, Cpl. Langley is often away and traveling for work. As a result, hitting the gym is one of the couple's favourite ways to spend time together. "We sometimes end up going for five hours a day," said Paviglianiti, "especially close to competition we train four or five times a week." Since their schedule can get pretty hectic, she added that it's nice to have a partner who understands the level of dedication and commitment needed to succeed in the sport. Cpl. Langley agreed and said that it also took a lot of discipline to be able to be a lifter. "It's not fun having to go to the gym for five or six hours after a long day of flying," he said. "I also hate salad but you have to eat clean. It does all pay off in the end." He noted that on top of the encouragement from Paviglianiti, the support from the military has also been what has made it possible for him to partake in the sport he loves. "I'm honoured to be a member of the military and be competing," he said. "My chain of command has been great in terms of giving me the time off to compete. I've had a lot of support from the military community in general and it's always really nice to hear your hard work is being appreciated." In terms of his next competition on the world stage, Cpl. Langley said he was looking forward to getting out there and doing his best. He will be competing in the 74 kilogram men's open category of the competition. In order to qualify for the world championships, Cpl. Langley had to take home gold at the 2019 Canadian Powerlifting Union Nationals in Ottawa earlier this year. He noted that particular competition had him up against some pretty strong competitors. But with focus and hard work, he was able to get the job done. "I squatted 535 pounds, benched 348 pounds and deadlifted 578 pounds in this competition," he said. "Lifting is very tiring on the human body and it also takes a lot of mental ability to really push." In terms of the upcoming competition in Sweden, Cpl. Langley reiterated he's looking forward to being amongst some of the very best. As for why the couple chose a sport that's demanding both physically and mentally, it comes down to passion. With a master's degree in international humanitarian aid, Paviglianiti said she's found a way to combine helping those in underdeveloped



Nicola Paviglianiti proudly places at this year's 2019 Canadian Powerlifting Union Nationals held in Ottawa earlier in March.



Photos by Ramsay Kirkhy (9 for 9 Media)

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Nicola Paviglianiti says powerlifting is a great sport that has given her both confidence and feelings of empowerment.

# Trenton's powerlifting couple



Nicola Paviglianiti and Cpl Ben Langley at the Commonwealth Powerlifting Championships in 2017.

with her love for powerlifting. "For my master's thesis I went to Zimbabwe and did my whole project on sports for development and using powerlifting as a way to provide humanitarian assistance," she explained. "Since powerlifting has provided me with a lot of benefits in my own life, such as empowerment, confidence and learning about proper nutrition, I became interested in seeing how that could be used in the humanitarian sector." Partnering with the international organization Lift4Life, a charity that prides itself on helping marginalized communities gain access to strength training and powerlifting resources, Paviglianiti noted she couldn't be happier. "Not only has powerlifting provided me with opportunities as an athlete," she said, "it's also provided me the chance to create change and benefit the lives of others. Sports can really impact a community." To date, Lift4Life has provided full powerlifting equipment sets to multiple communities in Zimbabwe, as well as sponsored a handful of lifters to compete in international competitions. In addition, the charity hosts powerlifting workshops and provides youth scholarships. Paviglianiti added she is hopeful that the charity will expand into other countries in the near future. As for what it's like being powerlift-



Photos courtesy of Nicola Paviglianiti

Nicola Paviglianiti demonstrates proper technique to children learning how to powerlift in Zimbabwe.

ers with two very busy schedules, both Paviglianiti and Cpl. Langley agree that it's worth the effort. "Being able to pursue our goals and dreams together is very special," she said. "When Ben won nationals I cried and was more excited about his lifting than my own. A lot of people don't see how hard he has to work to reach his goals because he's so busy at work and that's what makes it special." He too shared how impressed he was with all that Paviglianiti has accomplished and noted he's looking forward to what's next. "I'm super proud of Nicola," he said. "She's just taking on the world." As for what the couple plans to do after competition season, Cpl. Langley smiled and joked that there would definitely be a lot of pizzas eaten.



Photos by Ramsay Kirkhy (White Lights Media)

Cpl Ben Langley has a personal best deadlift record of 600 pounds.



Photo by John Arano (LVD Media)

Cpl Ben Langley says he initially got into powerlifting five years ago and hasn't looked back since.

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