

# PSP Newsletter

## Southwestern

## Ontario

JANUARY 2026

HAPPY  
New Year



### Alcohol Challenge - Feb 2026

Join the **Southwestern Ontario Team** today!

**Who:** CAF members, families & defense team (19+)

**Two options:** zero alcohol OR reduced alcohol

**Inter-base Challenge:** Bases/Wings will compete, with the goal of achieving the highest success rate.

**Register by:** 07 Feb



### Beyond Resolutions 2026

Join us for a month of amazing online workouts!

**12 Jan - 06 Feb 2026**

**4-week** progressive workout program to build healthy habits and attitudes towards fitness that last well beyond January!

**Win BIG! Tons of CASH & SWAG to be won!**





# Southwestern Ontario

## Upcoming Events & Activities



### BFTA Basic Fitness Training Assistant

Coming soon to **LONDON, ON**. Complete this [online form](#) if you want more info when details are available.

The BFTA is for physical fit CAF personnel who want to support physical fitness at their local Unit. For more info, [click here](#)

### Women Only Functional Fitness classes Jan-Mar 2026 Beamsville, ON



Bench Fitness constructed a *free, 90-minute* class designed to enhance operational fitness and directly reinforce the physical capacities required for CAF personnel. *Must be active CAF members (RegF, ResF A/B/C) to participate.*

## 2025 Volunteer Spotlight

Capt St. Thomas  
WO Headley  
Capt Leung  
MCpl Bentley  
Lt(N) Elliott  
Sgt Butindari  
PO2 Mitchell  
Capt Egan  
MWO Kenny

*thanks  
for your  
support*

MS Symak  
Cpl Dominguez  
MCpl Onacyszyn  
Sgt Pidzamecky  
Capt Aguila  
Cpl Cubreac  
MWO McLellan  
POI McNichol  
Maj Andrushko

### Check these out:

- 2026 Force Rewards
- Swim Passes (London & Hamilton)
- **04 Feb 2026** Virtual Guest Speaker **Clint Malarchuk** - former NHL goalie and mental health advocate



To view Newsletter online

### Health Promotion

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### Fitness & Sports

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