

## Club Spotlight: Trenton Mixed Martial Arts Club



The Trenton Mixed Martial Arts Club (Trenton MMAC) is a mixed martial arts program, the sport people have come to know as “Ultimate Fighting”. In it, we focus on the three areas of fighting: stand-up, clinch, and ground. We present skills and training methods in the most simplified, direct, and efficient way possible. We utilize Brazilian Jiu Jitsu, Western Boxing, Muay Thai Kick Boxing, Greco-Roman and Free style Wrestling as our primary resources. A premium is placed on functional skill, in that, we only train against an un-

cooperative opponent, while in motion, developing a sense of timing. Our ultimate goal is to create a complete, well-rounded mixed martial artist, have fun, and learn the arts in a positive and more relaxed environment than the traditional martial arts. Our training is geared for everyone, not just 21 year old athletes. After just one free introductory class people have been getting hooked and signing up!

-Sgt Jason Chin-Leung  
(President/Head Coach, Trenton MMAC)

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## Escape this summer to Falls Lake

Written By: S. Webster

Ever wanted to just do nothing? Put up your feet, relax and sit by a lake? Maybe take part in some outdoor recreation? Are you interested in boating, fishing, hiking, or swimming?

Falls Lake Recreation Facility, a Department of National Defence (DND) facility operated by Personnel Support Programs (PSP) in MARLANT, could be the right place for you. Accommodations at Falls Lake range from 25-lakeside, wood cabins to camping sites. It even has a 20-person bunkhouse.

What do you want to do? Sleep in, or get up to watch the sunrise and enjoy your morning coffee in an

Adirondack-style beach chair by the lake. Claim some beach towel space or sit on the veranda of your cabin, watch the water or read a book.

Kids can play all day at this man-made lake tucked away in Evangeline’s Land in Nova Scotia. The closest town to Falls Lake is Windsor, known to Canadians and sports historians as the birthplace of hockey.

When you enter Falls Lake Recreation Facility you leave behind the cable television and the city lights. You can put your feet up and enjoy the stars and a selection of movie rentals from the main lodge. For those in dire need, satellite television is in the main lodge!

With a mixture of people (singles, families, and groups) staying at the lake, you will find complete peace and quiet before 800hrs and after 1100hrs.

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## Day trips?

Falls Lake is not far from Windsor, Nova Scotia in the land of Evangeline. Windsor has a large grocery store and many other general amenities you may need during your stay. There is also an Irving Gas Station and a corner store a few kilometres from the lake.

There are some towns worth visiting along the Bay of Fundy. A day-trip from the Falls Lake Recreation Facility to the nearby town of Wolfville, home to Acadia University, provides a small, historic flavoured town with downtown shopping, pubs, coffee shops and walkways to view the Bay of Fundy tides. The public library, in the old train station near the Waterfront Park, is a great stop for Internet access.

For aviation enthusiasts willing to do a longer drive down the Evangeline Trail, CFB Greenwood is a good destination. See the history of CFB Greenwood's units with a visit to the Greenwood Military Aviation Museum (beside the CANEX) for free!

## DID YOU KNOW???

You can rent Olympic Calibre Boccia Equipment from the

### Canadian Cerebral Palsy Sports Association?

For more information call 613-748-1430 or visit [www.ccpa.ca](http://www.ccpa.ca)

## Golf Anyone?

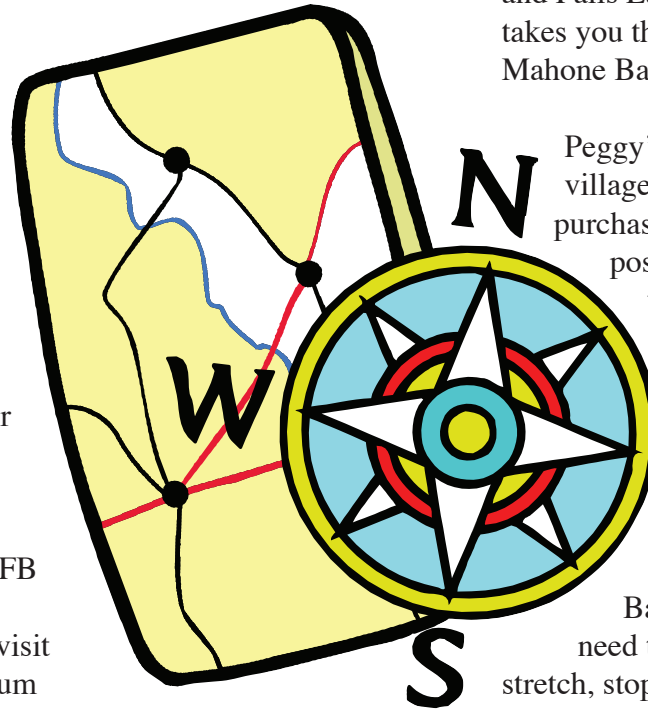
In its rustic country setting, the Rosedale Par-3 Golf Course can be found between Falls Lake and Windsor. Just off of the main highway there is a small 9-hole course surrounded by barns and cattle. The 'pro-shop' is in a local household garage where you can pay for your round and purchase a soda. For \$10 dollars you can play one or two rounds at this charming course but watch out, it devours golf balls!

Falls Lake is situated near Windsor, Nova Scotia in the land of Evangeline.



## Driving between Halifax and Falls Lake?

Along the south shore, the Lighthouse route can be driven between Halifax and Falls Lake. This scenic route takes you through Peggy's Cove, Mahone Bay, and Lunenburg.



Peggy's Cove, a small fishing village is the perfect stop to purchase and send out your postcards. This town boasts the only operational Canada Post lighthouse outlet situated out on the rocks.

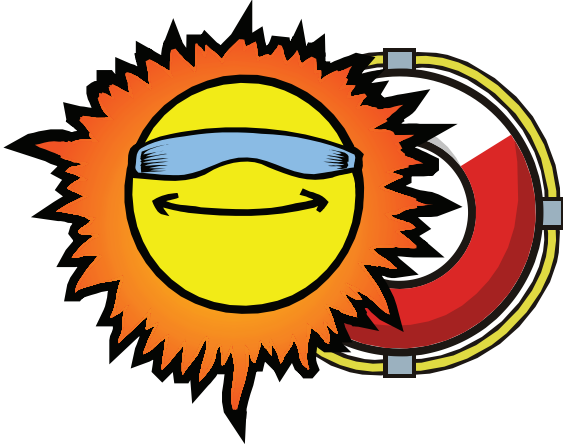
Further down the road, take in the scenery of Mahone Bay. If you are hungry and need to get out of the car to stretch, stop in Lunenburg –home to the Bluenose II. This fishing town boasts a colourful medley of historic buildings, fantastic local art galleries and dozens of restaurants. Fill up on fish and chips, and hit the boutiques in this seaside town and you won't be disappointed.

Year-round, Falls Lake is a place for rest, relaxation and fun! Since 1997, friends and family have brought in the New Year snowshoeing, skating, and skiing (at a nearby ski hill), and socializing around the large stone fireplace in the lodge.

Whatever your vacation requirements are, consider the Falls Lake Recreation Facility in Nova Scotia. For more information on camping or cottaging at Falls Lake please visit [www.psp Halifax.ca](http://www.psp Halifax.ca) or call the toll free number at 1-877-325-5253.

Enjoy the destination, and enjoy getting there too!

# Looking Forward to Summer?



**July 22nd is drowning prevention day.**

National Drowning Prevention Day (NDPD) is held annually on the fourth Saturday of July. The event increases awareness, across Canada, of the need for drowning prevention. It also aims to promote awareness of the Society's public advocacy role; to reinforce the identity of the Lifesaving Society as experts in the field of drowning prevention; and to promote the Society's objectives.

Visit [www.lifesaving.ca](http://www.lifesaving.ca) for more details.

## Annual Conference

**2006 National Parks and Recreation Conference and Trade Show  
Saskatoon, Saskatchewan  
October 18 to 21, 2006.**

The 2006 National Parks and Recreation Conference and Trade Show is presented by the Canadian Parks and Recreation Association and the Saskatchewan Parks and Recreation Association (SPRA) and will be held in Saskatoon, Saskatchewan October

18 to 21, 2006. The National Parks and Recreation Conference and Trade Show anticipates over 400 delegates will attend.

For more information visit: [www.cpra.ca](http://www.cpra.ca)



## Connecting CF Youth Web Site Launch A Success!



The National Youth Project Team wishes to extend their thanks to the members of CF youth advisory committees who planned and implemented local level launch events. Events ranged from murder mystery nights to movie and pizza events to battle of the bands nights. Feedback from all involved has been tremendously positive and has resulted in a significant increase in visitors to the [www.connectingcfyouth.ca](http://www.connectingcfyouth.ca) web site.

## DID YOU KNOW???

The Canadian Parks and Recreation Association has proclaimed June as ...

### Recreation and Parks Month.

What will your community do to celebrate? Celebrate the benefits and values of recreation in everyday life.

Recreation and Parks Month is an exciting way to increase awareness of the value and important benefits of recreation and parks to individuals, families, and communities.

Recreation and Parks Month provides an opportunity to celebrate the success of recreation and parks in contributing to the quality of life in Ontario.

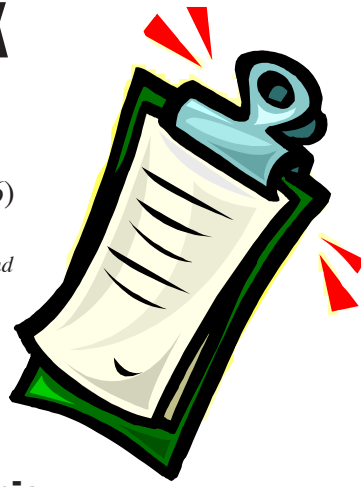
"Live it everyday," our theme, expresses the need to embrace and participate in recreation and parks programs, services and facilities - everyday!

# Language of Work

## It's Your Right! It's a Question of Respect!

(insert from *Apropos* Vol 5, Issue 1, Spring 2006)

By Jacynthe de Saint-Hilaire, Training & Development Manager and Official Languages Advisor, CFPSA Ottawa, (613) 996-7818, [Desainthilaire.Jacynthe@cfpsa.com](mailto:Desainthilaire.Jacynthe@cfpsa.com)



Dialogue and mutual respect are essential to the establishment of a workplace where employees feel at ease and are proud to communicate in the official language of their choice.

Part V of the Official Languages Act sets out the circumstances in which employees in certain regions have the right to use English or French when working within federal institutions, for instance when participating in meetings, receiving instructions or writing internal documents. It specifies the obligation to create work environments that allow you to use the official language of your choice when you are not serving the public.

### Electronic communications in NPP

Electronic communications issued by CFPSA HQ, and NPP offices or facilities designated bilingual must be available simultaneously in both official languages. Electronic communications may be issued using one official language if they are intended exclusively for an employee, or group of employees who share the same official language of work preference.

See the electronic version of *Apropos* for an Official Language Self-Evaluation Checklist for Employees.

### The next edition

of the Rec Room! is due out in the late summer 2006.

Submissions are always welcome. Please send them electronically to [rooke.lara@cfpsa.com](mailto:rooke.lara@cfpsa.com) along with any pictures you might have. We welcome stories of any length.

NRYSM can be reached at:

**613-995-7802** or  
[Webster.sa@forces.gc.ca](mailto:Webster.sa@forces.gc.ca)

NRYSC can be reached at:

**613-992-4642** or  
[rooke.lara@cfpsa.com](mailto:rooke.lara@cfpsa.com)

PSP Community Recreation  
1600 Startop Road –2nd Floor  
Ottawa, ON K1A 0K2  
Canada

The National Recreation Team wishes you and your family a safe and summer season.



## Got a success story you would like to share?

Why not submit it to *Apropos*—the NPF staff newsletter. To submit, or for more information, contact Brigitte Smiley at:

[smiley.brigitte@cfpsa.com](mailto:smiley.brigitte@cfpsa.com)