

April 26, 2010



For Immediate Release

## ***Commissionaires Ottawa* running in partnership with CFB Petawawa to raise awareness and funds for military families: May 6-7, 2010**

### **Two-day, 200-km third annual event to end at Red Friday Rally in Petawawa**

National Capital Region/Ottawa Valley – For the third year in a row, *Commissionaires Ottawa* and CFB Petawawa have come together to plan an event that assists military families. On May 6, 2010, about 20 commissionaires and 20 military personnel will depart from Parliament Hill in Ottawa and run relay-style westward through Kanata, Carp, Arnprior, Renfrew and the Township of McNab-Braeside. The next day, they will run through the Township of Whitewater Region, Pembroke and cross the finish line in Petawawa.

*Commissionaires Ottawa*, Lead Sponsor and Organizer, is raising awareness and funds in support of the Petawawa Military Family Resource Centre (PMFRC) and its mission – which is to enrich the lives of individuals and families of the military community through positive action, education, and support. Since 2008, the private security company has raised \$70,000 for the PMFRC's Child Care Program, which provides short-term respite, emergency childcare placement and back-up care for children 0-6 years of age.

Paul Guindon, CEO of *Commissionaires Ottawa* and a retired navy captain who spent 33 years in the Canadian Forces, says, "Many commissionaires have served our country before transitioning into a career as private security professionals. We understand that when a soldier is deployed, the biggest concern is knowing his or her family is being looked after at home."

Organizers, dignitaries and special guests confirmed so far include, but are not limited to: The Honourable John Baird, M.P., P.C., B.A., in his capacity as Honourary Commissionaire; Max Keeping, in his capacity as Board member, CDS Military Families Foundation; seven Mayors; the Arnprior and Petawawa Legions; Red Friday Ladies, Karen Boire and Lisa Miller; as well as numerous schools, businesses and community organizations.

The event kick-off will be on Parliament Hill by the Centennial Flame on May 6 between 8:00-9:00 a.m. The finish line and a cheque presentation will occur on May 7 amidst hundreds of supporters gathered at a Red Friday Rally. The rally is confirmed for 12:00-2:00 p.m. at the Royal Canadian Legion, Branch 517 (3583 Petawawa Boulevard, Petawawa) and the RUN FOR MILITARY FAMILIES runners are due to cross the finish line by around 1:00 p.m.

*Commissionaires Ottawa* has been reaching out to citizens and businesses for a monetary contribution in support of the PMFRC. Fundraisers with donation boxes will be leap-frogging ahead of runners at designated assembly points in Ottawa, Arnprior, Renfrew, Braeside, Beachburg, Pembroke and at the finish line in Petawawa. For more information about assembly point locations and times, or other ways to donate, please visit *Commissionaires Ottawa's* website: [www.commissionaires-ottawa.on.ca](http://www.commissionaires-ottawa.on.ca).

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“This event is about remembering the sacrifices that families make when their loved ones are deployed. We need to remember what it’s like for military spouses and children. We need to do everything we can to show them we care and support them through difficult times. As our troops serve our country, this is one of the ways we can do our part to help serve military families’ needs,” says Mr. Guindon.

**For more information or to request an interview, please contact:**

Andrée Paige, Communications/Media Relations (*Commissionaires Ottawa*)

Tel: 613-745-2312 / Cell: 613-863-1828 / E-mail : [andree@cgacommunications.com](mailto:andree@cgacommunications.com)

**For questions relating to CFB Petawawa’s participation in this event, please contact:**

Daphny Gebhart-Turcotte, Base Public Affairs

613-687-5511, ext. 7532 / Cell: 613-312-7182 / E-mail : [Daphny.Gebhart-Turcotte@forces.gc.ca](mailto:Daphny.Gebhart-Turcotte@forces.gc.ca)

**For questions relating to the Red Friday Rally (organized by the Red Friday Ladies and hosted by the Petawawa Legion), please contact:**

Karen Boire, Red Friday Lady

Tel: 613-735-2883 / E-mail: [karen.troopsupport@gmail.com](mailto:karen.troopsupport@gmail.com)