

## New CMEA Chapter builds PSP Fitness Station 4 Wing Cold Lake

By: Capt Tony Walsworth

CMEA's Cold Lake Chapter has just stood up this year, hoping to bring back the charitable and communal support that Engineers can provide to 4 Wing Cold Lake. As part our initiative to stand up the chapter, we asked our members "What do you want out of your CMEA Chapter?" The overwhelming response was to get involved with the community and see what we could do to benefit those around us. With this in mind, we began scouring the community for projects and ideas on what to do.

Our planned approach was to start up one project every year, which allows us to give back to the community, while letting people know who we are and what we can do. For this year, we decided to build a fitness station on a running trail that connects the base to the nearby City of Cold Lake. This structure is usable for regular workouts by both the local community and PSP.



After about a month of planning it took the Chapter three days of work to construct the foundation, build the structure and have it installed. All of this was done over the weekend and after hours, based on our volunteer's availability. With the Support of 4 WCE we were able to not only get the job done fast but also got to test out some of the new Roads and Ground equipment, One piece, called a "Dingo", gave us the capabilities of a Bobcat while allowing us to work in the much more confined spaces needed to dig out the anchor points.

As we move forward, the new Chapter will be conducting our first fall meeting as well as a meet & greet for any new engineers posted in. We will also be working to figure out what our next project is going to be for the upcoming year. We are looking forward to continuing the tradition of helping out the community, a legacy that we hope will endure for many years to come.

