



REGION 7

| | | |
|---------------------|------------------------------------|-----------------|
| Jean-Guy Hamelin | jandchamelin@outlook.com | ALEXANDRIA |
| Peter Blenkarn | | ALMONTE |
| Peter Cochran | | ALMONTE |
| Bill See | billsee@bell.net | ARDEN |
| Alan Woodcox | | BANCROFT |
| Carl Ziebarth | cdziebarth@outlook.com | BANCROFT |
| Al Borger | alborger44@gmail.com | BELLEVILLE |
| Nick Thompson | nick@militiafirearms.ca | BROCKVILLE |
| Wenda Cochran | wmcochran@hotmail.com | CARP |
| Charles Lamadeleine | charleslamadeleine71@gmail.com | CASSELMAN |
| Reginald Wales | | CENTREVILLE |
| Larry Schwager | schwager60@gmail.com | EGANVILLE |
| Bryan Sherwin | | GRAFTON |
| Don Sellers | sse1@bell.net | KANATA |
| S. Jim Irving | cathy@integratedfirearmservices.ca | KEMPTVILLE |
| John McKenzie | | KEMPTVILLE |
| Robert Douglas | robdouglas059@gmail.com | KINBURN |
| Stephen Garrett | sgarrett@bell.net | KINGSTON |
| Wayne Kelly | kellywpj@yahoo.ca | KINGSTON |
| Bruce Stratton | bbbstratton@gmail.com | KINGSTON |
| Kevin Coppins | kcoppins@sypatico.ca | KIRKFIELD |
| Mark Bedlington | tbed@nexicom.net | LAKEFIELD |
| Al Hawkins | al.hawkins@sympatico.ca | LAKEFIELD |
| James Dobson | jamesdobson47@gmail.com | LANSDOWNE |
| Dave Bartlett | dave@firearmstraining.ca | LIMOGES |
| Ralph Bradburn | | LINDSAY |
| David Burke | info@cqb-training.com | MADOC |
| Richard Deering | deering.richard790@gmail.com | MADOC |
| Ed Maracle | emaracle@xplornet.ca | MARYSVILLE |
| Paul Galveias | | MERRICKVILLE |
| Brian Austen | brianjohnausten@gmail.com | MINDEN |
| Mark Yourkevich | guidetogame@gmail.com | MINDEN |
| Jurg Zurcher | | MOOSE CREEK |
| Michael Atkinson | mikeatkinson161@gmail.com | NAPANEE |
| Brian Milne | bjmilne@rogers.com | NEPEAN |
| Eric Bouffard | info@arcanedefense.ca | NORTH GLENGARRY |
| Norma Couturier | | NORTH GOWER |
| Gill Lecompte | aguncourse@gmail.com | OTTAWA |
| Bruce MacDonald | bmacd223@gmail.com | OTTAWA |
| John Philpott | | OTTAWA |
| Jullian Garcia | | OTTAWA |



REGION 7

| | | |
|---------------------------|-----------------------------|--------------|
| Daniel Labelle | pro_tec_5@msn.com | PEMBROKE |
| Bill McDonald | ddonald@nrtco.net | PEMBROKE |
| Delbert Sallafranque | | PEMBROKE |
| Kelly Ponewas | hhourtraining@gmail.com | PETAWAWA |
| Matt Coppins | matthewcoppins@gmail.com | PETERBOROUGH |
| Dian Jessome-Freedman | dmjfreedman@gmail.com | PETERBOROUGH |
| Robert Badour | | PLAINFIELD |
| Ken Dalrymple | ken.dal@sympatico.ca | PLANTAGENET |
| Kevin White | kevin.white@bell.net | RENFREW |
| Richard White | richard_white09@hotmail.com | RENFREW |
| Glen George | otmot2@gmail.com | SHARBOT LAKE |
| Arsenio Luz | archie@undisputedmma.ca | SPRINGBROOK |
| Eric Blenkarn | Blen0005@hotmail.com | STITTSVILLE |
| Amar Walker | | STITTSVILLE |
| Martin Ackerman | talloaks@me.com | TRENT LAKES |
| David Deremo | DaveDeremo@gmail.com | TRENTON |
| Richard (Des) DesLauriers | DES4PAL@GMAIL.COM | TRENTON |
| Ben Gibson | | TRENTON |
| Dan VanExan | dsvanexan@xplornet.ca | TWEED |
| Christopher Rudderham | | WINCHESTER |