



SUPPORT OUR TROOPS


OFFICIAL CHARITABLE CAUSE OF THE
CANADIAN ARMED FORCES COMMUNITY.
Caring for the ill and injured. Building resilient families.

STAND WITH US

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HELLO!

TAKE IN A SPORTS EVENT AND SUPPORT OUR TROOPS!



As the
Managing
Director of
Corporate
Development
with Support
Our Troops,

part of my role

is to work with Canadian professional sports teams to promote Support Our Troops and the Yellow Ribbon at their annual Canadian Armed Forces (CAF) appreciation nights.

These appreciation nights are community events that honour and recognize the sacrifices made by CAF members and their families. They give local

communities and these sports teams an opportunity to show the CAF community how much they respect and appreciate their bravery and commitment to keeping our country safe.

Often, these games raise funds for Support Our Troops. As the official charitable cause of the CAF, these nights are very important to us! They give us an opportunity to honour the dedication of our women and men in uniform, as well as raise money to assist members of the Canadian Armed Forces community and their families with programs that provide financial support and assistance.



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Trevor Vautour**

These events give fellow Canadians an opportunity to stand with us with the pride and patriotism we have for our military community. Coupled with the passion for sports such as hockey and baseball that run deep in most Canadian communities, these CAF appreciation evenings allow our fellow Canadians to say “thank you” to our military members for the pride, courage and dignity they bring to the front lines.

If you are interested in showing your support by attending one of these exciting events, there are still some CFL CAF Appreciation games this Fall that you can take in, and the Ottawa Senators will host their 16th annual CAF appreciation night in October. Check out some of the events coming up where you can Support Our Troops:

<https://www.supportourtroops.ca/Give-Support/Special-Fundraising-Initiatives>

Thank you for Standing With Us,
Scott Johnson
Managing Director, Corporate Development, Support Our Troops

EVENT SPOTLIGHT:

CANADA ARMY RUN: NO ORDINARY RACE

Since 2008, through proceeds and the fundraising efforts of participants, Canada Army Run has raised \$3.1M for Support Our Troops and Soldier On for programs that help ill and injured soldiers, past and present, and military families in need.

The 2019 Canada Army Run will be held Sunday, September 22, 2019. By participating and fundraising for the Canada Army Run you will help make a difference in the lives of our military members and their families. You can still register here:

► <https://armyrun.ca/registration-parent/registration/>



Unable to participate, but want to show your support and/or attend the event? Donate to a participant or Support Our Troops here:

► <https://raceroster.com/events/2019/19827/2019-canada-army-runcourse-de-larmee-du-canada/charity/donate/14433>

Find a list of cheering stations here:

► <https://armyrun.ca/cheering-station-vote-ballot-2018-2/>



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“We want to develop programs and initiatives that get more kids off the sidelines and into the game.”

- (Janice Baressi, ED)

DONOR SPOTLIGHT:

OSEG FOUNDATION

Support Our Troops is proud to announce that the OSEG Foundation will be the presenting donor for a new initiative called the Champions Program for youth of military families living in the National Capital Region. The OSEG Foundation's donation to the Champions Program will provide fitness, recreation and core characteristics to help build resiliency in youth from military families.

“We want to develop programs and initiatives that get more kids off the sidelines and into the game,” says Janice Barresi, Executive Director of the OSEG Foundation. She is thrilled to have the foundation, along with coaches and players from the Ottawa REDBLACKS, Ottawa 67s and Ottawa Fury FC participating in the initiative.

The Champions Program will be overseen by Canadian Forces Morale & Welfare Services' (CFMWS) Personnel Support Programs (PSP) division. The Program is a nine-week camp starting this Fall, that encourages youth to foster a healthy and active lifestyle through sports and athletic activities. It will promote sportsmanship, and develop fundamental skills and teamwork.

The program starting September 29, 2019 is offered at no cost, with priority registration for youth of the following groups: families of deceased CAF members; families of CAF members who are currently deployed, on a prolonged course/training program, scheduled for deployment or serving away from their families; and families of ill/injured members of the CAF, being



supported through the Canadian Armed Forces Transition Group (CAF TG). The mandate of CAF TG is to support all members with professional services as they transition from active duty to post-military life.

We are grateful to the OSEG Foundation for making a significant and positive impact on youth in Ottawa through the Champions Program.

For program and registration information visit:
cafconnection.ca/champion

RECIPIENT SPOTLIGHT:



**MCPL (RET'D)
TREVOR VAUTOUR**

ADAPT. OVERCOME. SOLDIER ON

I joined the Canadian Armed Forces on April 22, 2004, as an infantryman. It was through the great leadership and continued push from my family at my unit that I had gotten myself to a mental and physical state where I could go out for Selection in 2007 with the Canadian Special Operations Regiment. After completing Selection and all the following courses needed to become a Special Forces Operator, I was badged in May 2008 and immediately started serving my new regiment.

I deployed on multiple tours to Afghanistan and Africa. Throughout my 14 years in the CAF, Soldier On was nothing more than a name I would hear whispers about. That all changed in September 2014 when a friendly-fire incident resulted in me being shot in the back and significantly injured. This meant re-learning how to do all the basic skills I had taken for granted prior to my injury, such as walking and picking my kids up. Members who were released informed me of how Soldier On could help to keep me going through these tough times.

After years of rehab, it became clear that my medical situation was not going to allow me to get back into the fight no matter how bad I wanted it. Now, the uniform that gave me an identity and a purpose was being taken away from me. Feeling unsure of what the next chapter in life had in store for me, I was starting to distance myself from the outside world.

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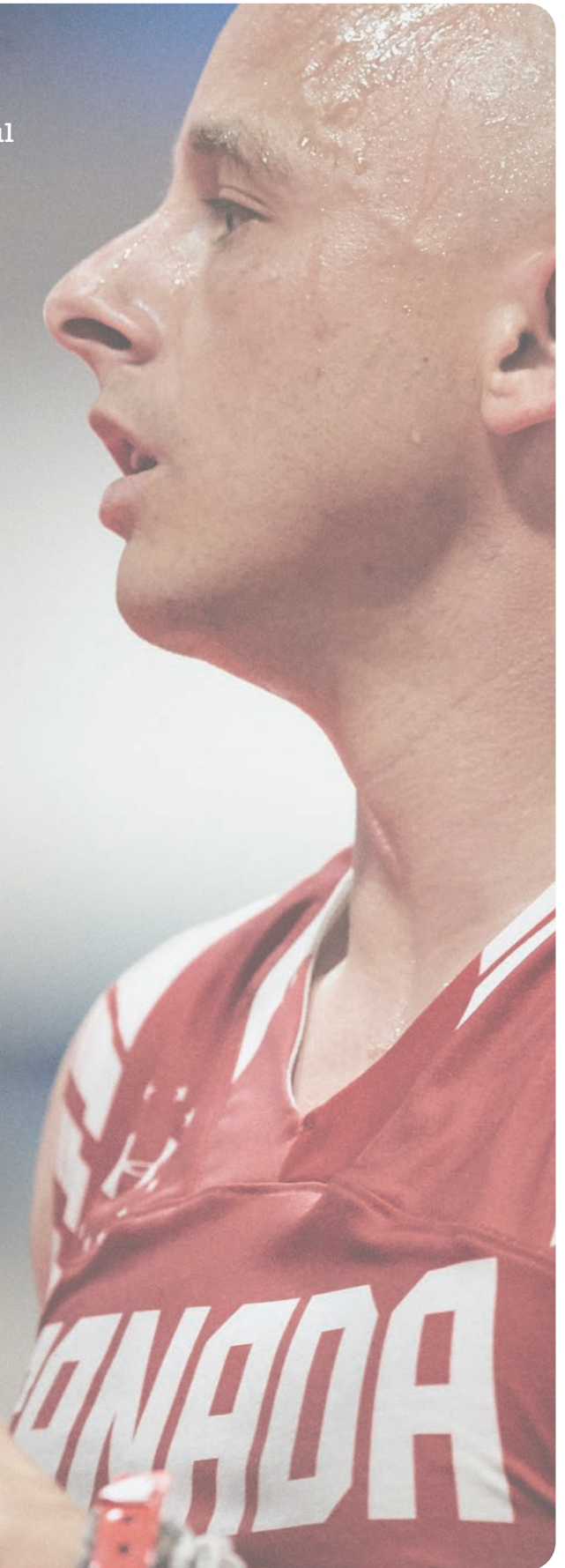
“On February 1, 2019, I was selected to be a member of Team Canada at the 2019 Warrior Games. With one powerful sentence “you have been selected as a member of Team Canada,” a fire in me was relit”

- MCpl (Ret'd) Trevor Vautour

Through a night of internet surfing, I saw a promotion video for the 2019 Warrior Games in Tampa Bay. This was when Soldier On became real to me and became an organization that is now, and will always be, close to my heart. Soldier On showed me that even though my time wearing the uniform had ended, it didn't mean that the passion I have for helping others had to end, nor did it mean my identity was gone. Soldier On showed me that many soldiers have gone through the same issues I have and provided me with the tools to overcome and adapt to my new path in life.

On February 1, 2019, I was selected to be a member of Team Canada at the 2019 Warrior Games. With one powerful sentence “you have been selected as a member of Team Canada,” a fire in me was relit - a feeling that I thought was lost after my injury. Training Camp gave me an opportunity to see the power of adaptive sports, and an opportunity to bond with other members who were living with injuries and learning how to adapt to their new paths in life. This was all made possible by Soldier On.

Now, with the games completed, my new tools and my teammates, I feel I can adapt and overcome on the new path life has given me. I continue to push myself at the gym, help raise awareness of Soldier On initiatives and help those in need through local and international volunteering.



TOGETHER WE STAND FOUNDATION



Together We Stand is a nationally registered Canadian charity created to honour the sacrifices deployed military personnel and their families make each day, and to show that they are appreciated. For the past two years, Rick and Lillian Ekstein, the founders of the Together We Stand Foundation (TWSF), have generously donated a gift to families of members deployed overseas. This year, Mr. and Mrs. Ekstein are once again showing their appreciation by providing special Family Gift Boxes containing cards and coupons from a variety of retail businesses. To date the gift boxes have an approximate value of \$300 and include gift cards and coupons from Adidas, Brass & Unity, Fabricland, Reebok, Yogen Früz, and a prepaid Visa card. Families of members deployed in operational theatre outside of North America, separated from their family and not on training from 1 December 2019 to 30 January 2020 are eligible for the gift. Visit www.supportourtroops.ca between 16 September and 8 November 2019 to complete the gift form.

HONOURING CANADIAN MILITARY FAMILIES



HOMMAGE AUX FAMILLES DES MILITAIRES CANADIENS



2019 ARMY RUN FUNDRAISER RECEPTION

This year, Canada Army Run is hosting a Fundraiser Reception to celebrate and thank participants for their fundraising efforts. On September 21, the efforts of 90 amazing fundraisers will be rewarded with an invite to a night of thanks, stories and meeting the individuals that supporters, like you, have impacted. The inaugural Fundraiser Reception demonstrates Canada Army Run and its fundraisers' longstanding commitment to assisting the brave women and men that serve our nation. Invitations will be sent on September 13th. Share your pledge page, tell your story and continue to make a difference to attend! Keep fundraising and we will see you on September 21!

WHAT WILL YOUR LEGACY BE?

SEND A POWERFUL MESSAGE ABOUT WHAT MATTERS MOST TO YOU THROUGH A LEGACY GIFT TO SUPPORT OUR TROOPS

Every gift left in a Will or designation to Support Our Troops has the power to deliver compassion and support in the future to serving members, veterans, and their families for generations to come.

Talk to your family about a legacy gift

Talk to your legal or financial advisor about a legacy gift

Then talk to us

For more information about the impact of leaving a legacy gift in your Will contact Nancy Druick, Sr. Manager Major and Planned Gifts, **343-550-5590**, druick.nancy@supportourtroops.ca

IMPACT IN 2018-2019:

\$1.8M

received in
donations to assist
military members
and their families



999

Soldier On
members have
been supported



472

children of military
families were sent
to camp



347

families whose
children have
special needs
received support

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SIGN UP AT

supportourtroops.ca/enews

SUPPORT OUR TROOPS

Support Our Troops is the official charitable cause of the Canadian Armed Forces Community. As a qualified donee of Her Majesty in right of Canada, Support Our Troops provides a platform for Canadians to show their support to Canadian Armed Forces members and their families.



SUPPORT OUR TROOPS

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