



# Chief of Military Personnel Newsletter

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## South-West Asia Theatre Honours confirmed on National Day of Honour

**A**fter the longest armed conflict in Canadian history, Canada's operation in Afghanistan drew to a close in March 2014. To honour the dedication and sacrifice made by Canada's men and women in uniform who played a role in the conflict in Afghanistan, new Theatre Honours will be created and bestowed upon military units that took part in this conflict.

Theatre Honours are honours given to a Canadian Armed Forces (CAF) unit for successful participation in a theatre of armed conflict, publicly recognizing that participation. During the 12-year long military engagement, more than 40 000 soldiers, sailors, airmen and airwomen served in the South-West Asia region in the largest deployment of Canadian troops since the Second World War.

His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, has confirmed that for the purposes of honours, the official name for the conflict is South-West Asia, and the Theatre Honours are named Arabian Sea and Afghanistan.

Units of the Royal Canadian Navy, the Canadian Army, the Royal Canadian Air Force and the Canadian Special Operations Forces that participated in the South-West Asia theatre of conflict will be bestowed with the Arabian Sea or the Afghanistan Theatre Honours.

These honours are one of the special ways by which Canada will recognize the professionalism, dedication and sacrifice displayed by individual CAF units in this historic conflict.

To obtain the complete list of units that are eligible to receive the South-West Asia Theatre Honours, please consult the [South-West Asia Theatre Honours Fact Sheet](#).



Photo credit: Sgt Daren Kraus, Task Force Kandahar, Afghanistan, Image Tech, Roto 9

WO Adam Taylor, 2 Combat Engineer Regiment 32 Troop Commander, communicates with a CH147 Chinook helicopter during an air insertion.

The Canadian Armed Forces (CAF) have conducted operations in Afghanistan for more than 12 years in a number of different roles involving air, land and sea assets. New Theatre Honours will be created and bestowed upon military units that took part in this conflict.

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Bushra Saeed-Khan, a Department of Foreign Affairs, Trade and Development employee carries the baton as she leads the Soldier On Afghanistan Relay team into Perth, Ontario on May 6, 2014.

The Relay team of 19 Canadians (current and former military members, Royal Canadian Mounted Police, civilian), who suffered an illness or injury while serving during Canada's contribution to the Afghanistan mission, began the relay on May 4, 2014, as part of the lead up to the National Day of Honour on May 9, 2014.

The Relay team stopped for public ceremonies as they journeyed 290 kilometres through Belleville, Tyendinaga, Napanee, Kingston, Perth, Kanata and Gatineau. The Relay served as a way for Soldier On to thank Canadians for their incredible support, to honour the sacrifices of a Nation, and to raise awareness of the programs available to ill and injured members.

The Soldier On program was created in 2006 to provide opportunities for CAF members to overcome their illness or injury through participation in recreational, sporting and other physically challenging activities. Since its inception, Soldier On has helped more than 800 ill and injured members to acquire sporting or fitness equipment, gain access to high-level training from world-class instructors and supported their participation in a wide range of structured activities from alpine skiing to fishing to adventure expeditions. This re-introduction to an active lifestyle provides them with opportunities to develop new skills and build confidence in their abilities. Many ill and injured members credit Soldier On with helping them to realize their full potential and move forward in life.



Photo credit: Sgt Matthew McGregor, Canadian Forces Combat Camera

## New EXPEDITION Bar to the Special Service Medal

The last decade has seen significant development in the Canadian Armed Forces' (CAF) overseas service recognition framework. The creation of several new medals and amendments to others resulted in a more complete array of recognition methods to acknowledge a wide range of overseas service. These medals recognize either service in the presence of an armed enemy, such as the General Campaign Star, or service where there is a sufficient level of threat, risk, hardship and

operational intensity, such as the General Service Medal or Operational Service Medal. These criteria are important and justified ensuring these new honours gain and retain value and respect.

However, in the context of modern CAF operations there are many types of operational support which, while they may not meet the aforementioned criteria for risk, threat, hardship and operational

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**Managing Editor:** Elliot Frutkin

**Translator:** Édith LeBlanc

**Contributors:**

Melanie Primeau, Chief of Military Personnel Public Affairs  
LCdr Padre Jennifer Gosse, Canadian Forces Chaplain  
School and Centre

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Comments should be sent directly to:  
CMP Newsletter Editor  
National Defence Headquarters  
101 Colonel By Drive  
6NT, Ottawa ON, K1A 0K2  
Or, via e-mail to:  
[CMPLNews-NouvellesduCPM@forces.gc.ca](mailto:CMPLNews-NouvellesduCPM@forces.gc.ca)



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intensity nevertheless constitute critical enablers to CAF operations and global role abroad. There has long been interest in seeing these deployments formally recognized.

Announced on May 26, 2014, by His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, the creation of the new EXPEDITION bar to the Special Service Medal will provide formal recognition for the valued contributions of those women and men who offer critical support while deployed overseas, and who participate in the success of a number of missions.

The Special Service Medal was especially designed to recognize 'service determined to be under exceptional circumstances, in a clearly defined locality for a specified duration', without a specific requirement for risk or hardship. The new bar also follows the logic of the recently created Expedition ribbons to the General Campaign Star, General Service Medal and Operational Service Medal.

The EXPEDITION bar will be awarded for an aggregate of 180 days of honourable service performed outside Canada, while deployed to participate in or to provide direct support on a full-time basis to approved operations beginning July 1, 2007, provided the said service is not counted towards any other Canadian or foreign service medal.

The following service will be eligible for this new award:

- Service of CAF personnel in Comalapa, El Salvador, Curacao, and the Liaison Officer in Key West, Florida, in direct support (ground support to Royal Canadian Air Force Auroras) to the United States (US) led Joint Task Force – South mission since July 1, 2007 (Operation CARIBBE). Aircrew flying into the defined theatre of operations for Operation CARIBBE credit those days for the Operational Service Medal – EXPEDITION and shall not count those days for the Special Service Medal – EXPEDITION.
- Service of CAF personnel as a staff member at the Third Location Decompression Site, Cyprus, since August 1, 2007.

- Service of CAF personnel with the Integrated Under Sea - Surveillance Towed Array Sensor System while deployed on United States Naval ships performing surveillance in the South China, East China and Yellow Seas as well as part of the Sea of Japan (from the Parcel Islands to Vladivostok) since December 1, 2007.
- Service of CAF personnel with the Casualty Support Team, Landstuhl Regional Medical Centre, Germany, from February 11, 2008 to March 29, 2014.
- Service of CAF personnel with the US Navy Central, Naval Support Activity, Manamah, Bahrain, including but not limited to:
  1. Combined Maritime Force Headquarters, since April 21, 2010.
  2. 5<sup>th</sup> Fleet Headquarters, since July 21, 2012.
  3. Coalition Intelligence Fusion Centre, since May 21, 2014. Personnel who were in position on May 20, 2014 remain eligible for award of the General Service Medal – SOUTH-WEST ASIA for the remainder of that deployment only. Personnel arriving in position after this date shall count their time towards the Special Service Medal – EXPEDITION.
  4. US Navy Central Liaison Officer (previously listed as Naval Liaison Officer), since May 21, 2014. Personnel who were in position on May 20, 2014 remain eligible for award of the General Service Medal – SOUTH-WEST ASIA for the remainder of that deployment only. Personnel arriving in position after this date shall count their time towards the Special Service Medal - EXPEDITION.
- Service of CAF personnel at the Strategic Lines of Communications Detachments in Germany since October 1, 2010, in Cyprus since October 21, 2010, and in Kuwait since June 2, 2011.
- Service of CAF personnel with the US Forces in Kuwait in direct support of the Iraq transition (US Operation NEW DAWN) to provide advice, to assist with transition from Department of Defence to State Department and to assist with the retrograde of US Forces out of Iraq, from February 1 to December 31, 2011.
- Service of CAF personnel with Task Force Jamaica within the political boundaries, territorial waters and airspace of Jamaica, in support to the Jamaica Defence Force to provide Search and Rescue and Medical Evacuation capabilities and to stand by for possible hurricanes, from August 12 to November 15, 2011 (Operation JAGUAR).

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- Service of CAF personnel with Air Task Force Mali in support of the French-led Operation SERVAL from the Istres-Le Tube Air Base in France from January 15 to April 3, 2013. Air Task Force aircrew counts each day flown into Bamako, Mali, for the Operational Service Medal – EXPEDITION and shall not count those days towards the Special Service Medal – EXPEDITION.

- Service of CAF personnel with US Central Command Forward – Jordan, King Abdullah Special Operations Training Centre, Amman, Jordan, since May 23, 2013.

The full details and the list of eligible service can be found in the [CANFORGEN](#) and on the [Directorate of Honours and Recognition website](#).

## It's official: FORCE is in effect

The year-long trial period of the FORCE Program, the Canadian Armed Forces (CAF) updated approach to military fitness, has now come to an end. On April 1, 2014, the FORCE Evaluation became the CAF's official fitness test.

Replacing the 30-year-old Canadian Forces EXPRES Test, the FORCE Evaluation has been scientifically validated and developed specifically for the CAF by the Personnel Support Programs Directorate of Fitness. Rather than testing fitness with the traditional push-ups, sit-ups, grip tests and endurance runs, the FORCE Program evaluates members' ability to execute common and essential physically demanding tasks that are directly linked to true-to-life physical challenges faced on operations.

The four FORCE Evaluation components are the sandbag lift, intermittent loaded shuttles, 20-metre rushes and the sandbag drag. These tasks were chosen to accurately test CAF members' ability to complete the six common military tasks encountered on routine, domestic

and expeditionary operations: escape to cover, pickets and wire carry, sandbag fortification, picking and digging, vehicle extrication, and stretcher carry.

As of March 31, 2014, more than 67 000 CAF members had participated in the FORCE Evaluation's trial period with a 94.2 per cent pass rate. All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

CAF members needing more information on the FORCE Evaluation, or those wanting to book their test, should contact their local Personnel Support Programs fitness staff or their chain of command.

Visit the [FORCE Program website](#) for complete program information.



A volunteer performs the sandbag drag during the extensive development phase of the FORCE Evaluation.

Photo Credit: Canadian Forces Morale and Welfare Services Imaging Services



# Dealing with an Operational Stress Injury is a family matter

What would a teenager do if their dad were to start having a flashback of his Afghanistan deployment in the middle of the grocery store? When an individual is living with an Operational Stress Injury, it does not only affect them, but oftentimes their family as well. As part of Mental Health Week 2014, General Tom Lawson, Chief of the Defence Staff, and Mr. George Weber, President and Chief Executive Officer of The Royal Ottawa Health Care Group (The Royal), participated in the “Connecting Communities of Care” forum to share the newest episodes of *The Mind's the Matter* – a web-based, interactive video series for Canadian Armed Forces (CAF) families who live with someone suffering from an Operational Stress Injury.

*The Mind's the Matter* is a video series which offers real life solutions for spouses and teens in a military family coping with a difficult situation related to Operational Stress Injuries. The program is designed and developed in such a way that the user is engaged in an experience and is drawn into the relevant lessons. The latest video instalment of *The Mind's the Matter* was developed with clinical guidance from mental health experts at The Royal's Operational Stress Injury Clinic and focuses on transition, caregiver fatigue, worry, stigma and the potential for destructive behaviour as a result of trying to cope with mental health issues. The video series is available on [familyforce.ca](http://familyforce.ca), a website for and about Canadian military families.

The event highlighted other mental health programs and services available for CAF personnel and their families, such as *You're Not Alone*, a new mental health guide intended for CAF members and their families to help connect them to the many resources available. “Mental Health Week serves as a reminder that our mission to care for our own is ongoing and has no end date,” said General Lawson. “Today's event highlights the exceptional services available to members and their families, brings our partners and caregivers together, and provides a great venue for discussion. The health and wellbeing of CAF members will continue to be a top priority for the Department of National Defence and the Canadian Armed Forces.”

The event also connected guests with mental health professionals who support CAF members and their families, and included CAF representatives, military families, partners in mental health, and clinicians from The Royal. Kiosks also featured information on The Royal's Operational Stress Injury Connect mobile app, as well as the CAF programs including Caring for Our Own, Road to Mental Readiness Training, mental health and family resilience related research projects, and evidence-based treatments such as Virtual Reality.







Capt Noémie Johnson, left, from 41 Health Services St-Jean, provides medical care to a Belizean man on April 7, 2014, at the Chunox Roman Catholic Pre-School in Chunox, Belize.

Captain Johnson provided this care as part of the Medical Readiness Training Exercises that offer U.S. and Canadian military doctors and nurses the opportunity to train and interact with their Belizean counterparts. These training exercises are a two-way partnership during which the participants are able to share knowledge in their respective specialties. Sharing lessons learned and best practices between the countries' medical professionals is advantageous to the countries involved as they strive to better the care provided to their members. More information about Capt Johnson's experience and Medical Readiness Training Exercises can be found [online](#).

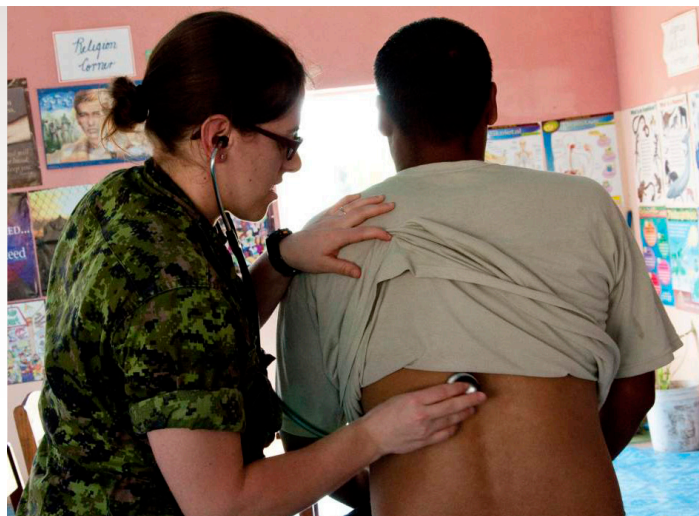


Photo credit: U.S. Air Force photo by Tech. Sgt. Kali L. Gradishar

## Twenty years of excellence in chaplain training

The year 2014 marks the twentieth anniversary of the Canadian Forces Chaplain School and Centre as a centre of excellence for professional development and resources for chaplains working in a modern, multi-faith environment. It is a place not only of learning and professionalism, but also of comradeship and spiritual renewal.

### Quick facts:

- Canadian Armed Forces (CAF) Chaplains were first trained at Canadian Forces Base Borden to meet the operational requirements of the Canadian Army during the Second World War.
- After the Second World War, training became a function of the Office of the Chaplain General in Ottawa.
- On April 1<sup>st</sup>, 1994, the Canadian Forces Chaplain School and Centre opened its doors and commenced training chaplains for tri-elemental service in the CAF.
- The Canadian Forces Chaplain School and Centre is now a world-class centre for military chaplain training and welcomes over 100 students from various faith traditions through its doors each year.

- Its international reputation is such that foreign militaries ask to send their chaplains on the School's courses or, alternatively, send delegations of their own chaplaincy and school staffs to learn from its successes.
- The celebrations began on April 1<sup>st</sup> with the launch of the 20<sup>th</sup> Anniversary Logo and will culminate with the annual Basic Officer Qualification Mess Dinner on October 30<sup>th</sup>.

CAF chaplains serve at the unit level at Wings and Bases throughout Canada, and deploy with the troops, regardless of the type of mission and the number of personnel involved. Chaplains have a very important role to play in embodying spiritual values and skills capable of inspiring, bolstering, maintaining or restoring the resilience of CAF members. CAF chaplains are trained especially to listen without judgment, to provide spiritual support as requested or desired, and to work with the appropriate authorities on matters which require intervention.