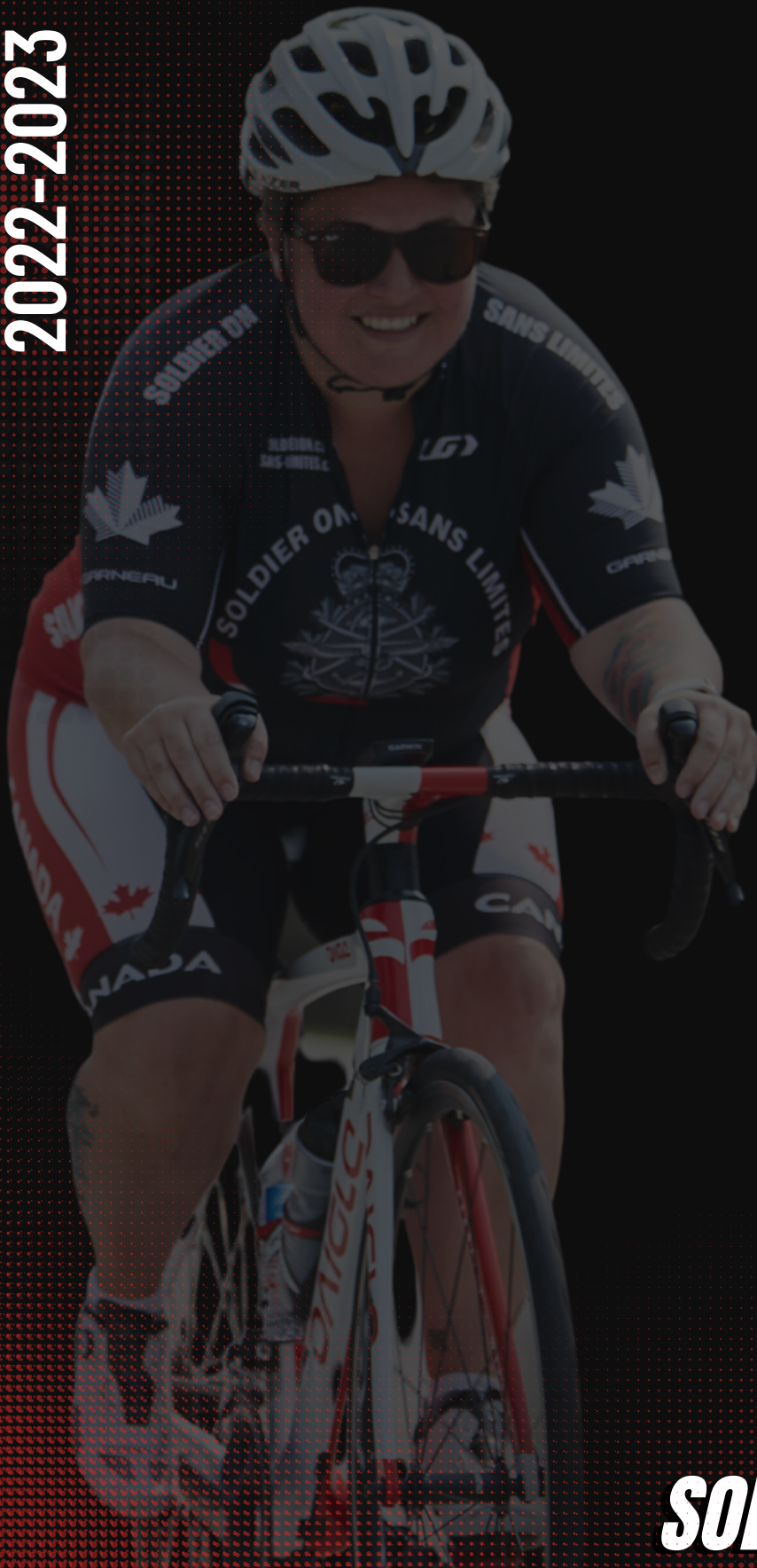




YEAR IN REVIEW 2022-2023



SOLDIER ON FUND

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Forward



Thanks to your generosity, we have been able to support over 11,500 members since Soldier On's inception. We continue to expand our community impact across Canada through sport, recreational and creative activities!



Message from our National Manager



Opening Letter by Peter Nicol, National Manager Soldier On

Sixteen years ago, Soldier On was founded with the purpose of providing opportunities to assist ill and injured members of the Canadian Armed Forces and Veterans on their path to recovery and rehabilitation through sport, recreational, and creative activities. Since then, over 11,500 serving and retired soldiers, sailors, and aviators have been supported by participating in an activity offered across the country and/or by receiving an equipment grant. Due to your generosity this year, we have been able to support close to 1600 individuals along their path of recovery.

Over the past year, Soldier On's programming continued to grow and evolve, offering members a wide variety of in-person and online opportunities across Canada including sport and recreation events and activities, as well as the very popular creative activities. With increasing demand for our equipment grant program, an updated application process - which featured quarterly application windows, has now been implemented in order to better serve the community. Our focus continues to be to provide inspirational and impactful opportunities to ill and injured serving and retired members, so they can remain active and connected to their community for life.

To those who have supported us- thank you for continuing to Soldier On with us. Your commitment enables us to make a powerful impact in the lives of ill and injured members while also allowing us to continue to expand and provide Soldier On members with world-class programming in support of their recovery and rehabilitation.

Thank you for your generosity in supporting this important mission. Together, we are helping our members Adapt. Overcome. Soldier On.

Peter Nicol
National Manager
Soldier On

What we achieved with your help

Impact in 2022-2023
April 1, 2022-March 31, 2023



Every day, the Canadian Armed Forces embody Canadian values at home and abroad. This service is not without sacrifice. Many of these service members face illness and injury during their service to Canada. Every day, ill and injured members and Veterans of the Canadian Armed Forces bravely step forward to discover new rehabilitation and recovery pathways through the Soldier On program.

Your contributions have made a significant impact in the ability to provide timely and essential support tailored to their unique journeys and enable the critical resources and assistance they need - when they need it.

2022-2023 in Review




Impact in 2022-2023
April 1, 2022-March 31, 2023



Soldier On is dedicated to providing our members with inspirational opportunities that promote lifelong wellness. Over the past fiscal year, we have expanded our programming to include an increased number of the very popular creative pursuits, ensuring that every individual can find an activity that aligns with their healing journey. This was also the first year, since the pandemic, that saw regional and national events re-integrated into our programming.

Soldier On events and activities serve as a reintroduction to sports, physical recreation and creative activities for ill and injured members. These experiences are vital in connecting with and challenging participants, showing them that they are not alone in their recovery, rehabilitation, and reintegration. Through these activities, we aim to build confidence and inspire ill and injured individuals to embrace an active lifestyle.

Soldier On Events

 REGION	 EVENTS	 PARTICIPANTS *
NS/NL	15	125
NB/PE	11	84
QC	11	69
NCR	17	100
E-ON	12	97
S-ON	12	66
MB/SK/NW-ON	14	40
AB/NC	12	68
BC	12	63
National/Multi-regional	10	113
Totals	126	825

*Participant numbers only represent Veterans. Serving members participation at events are supported by the CAF.

Equipment Grants

 **765**

Soldier On members received an equipment grant last year.

The Soldier On Equipment Grant program is made possible through generous donations from Canadians, small businesses, corporations, and foundations. This grant program provides support to Soldier On members by subsidizing the cost of sporting gear, recreational equipment, and access to structured group activities. This funding helps remove financial barriers for Soldier On members using activity to fuel their lifelong recoveries.

Thanks to the generosity of Canadians, 765 grant applications have been successfully administered, allowing Soldier On members to stay active and engaged. These grants enable individuals to pursue their chosen activities, promoting physical and mental well-being.

Impact in 2022-2023
April 1, 2022-March 31, 2023



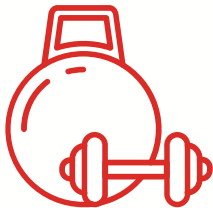
1,590

Soldier On members were able to access the support they needed



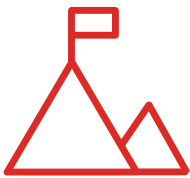
\$870,110

Provided in equipment and activity grants to assist Soldier On members in their rehabilitation and recovery



\$551,453

Provided in equipment grants



\$318,657

Activities & Events





Please meet Cpl (Ret) Angela Churchill

“Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it.”

- Bear Grylls

Angela Churchill is a Canadian Armed Forces Veteran based in Nova Scotia, who over her nine years of service developed PTSD, and degenerative neck disease, conditions that make everyday tasks challenging.

Angela's injuries made it hard for her to break out of her shell and experience human connection. Accompanied by her deeply rooted fear of rivers and lakes, she remarkably decided to face herself by signing up for Soldier On's Glamping, Fly-Fishing and Kayaking event, which took place along the Margaree River in NS.

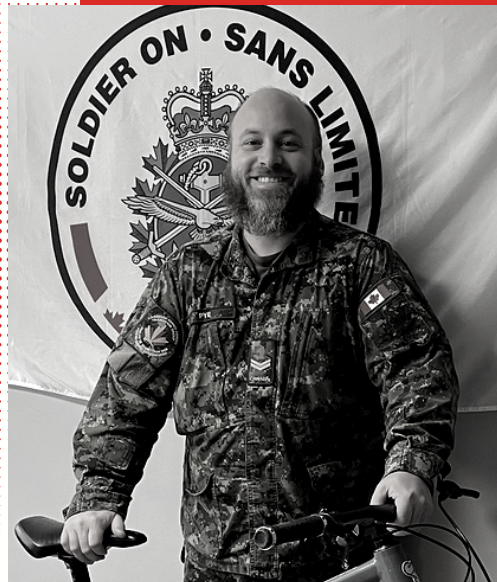
Shortly after working herself up to launch into the river, Angela's Kayak capsized, and panic ensued. After she was pulled to shore and encouraged by fellow participants, Angela remarkably took control of her nerves, and launched back into the Margaree River. She was very glad she did.

Angela recalled that in her lifetime, nothing had ever left her in awe like the stunning views she witnessed while floating down the Margaree River: the lush mountains that line the river's shore, as well as beautiful displays of wildlife. Nature's bliss was not the only thing she connected with on her journey, as she left the event with a new friendship, and a tale of conquering fear.

Angela's story shows just how much influence a stroke of bravery can have on changing one's path to recovery. She was not only strong enough to overcome adversity, but aware and capable enough to persevere when things went wrong.

Angela now owns a Kayak with the help of the Soldier On Equipment Grant program, which shows just how much her initiative has put her leaps and bounds ahead of where she once was.

Please meet Cpl Jonathan Pye



Soldier On member, Cpl. Jonathan Pye’s “go with it” attitude doesn’t come without challenges. Every day, he grapples with Plantar Fasciitis, spinal injuries, and significant chronic pain. His battle is not only on the physical side, as he also deals with mental health challenges daily. Since challenging himself to Soldier On activities, he has found a way to overcome and cope with all this adversity.

Cpl. Pye first encountered Soldier On when a friend of his, who was a Soldier On member at the time, mentioned the Equipment Grant program. Cpl. Pye also worked within proximity of Soldier On’s Atlantic Canada Regional Coordinator through his unit at CAF TU-NB PEI. Through conversation, he was able to see the opportunity that lay behind the familiar white banner he’d always seen nearby.

When he applied to receive a Soldier On Equipment Grant, it was with the intention of offsetting the cost of a new bicycle, a seemingly simple purchase which became so much more.

Cpl. Pye now struggles to leave his bike behind, leaving his car behind instead. His bike has opened the door to spontaneity for him, since he now has the possibility to take off for a ride with his best buds on a whim. The best part of this bike for Cpl. Pye is the time spent outside connecting with nature while he rides, as well as the sense of accomplishment after getting a good sweat on. His rides allow him to get out of his mind and into his body.

Although he continues to fight his battle, through his drive and initiative Cpl. Pye has been able to take back much of what he thought he might have lost when his journey began.

Get Involved

Your support can truly change the lives of those who serve our country with honour and pride, and who have made significant sacrifices. There are numerous ways to give back to the military community, such as participating in events, fundraising in your local area, or becoming one of our valued partners. Together, we can make a meaningful difference in the lives of Soldier On members.



CANEX



CANEX, Canada's store and preferred retail provider of the Canadian Armed Forces (CAF), has been making a significant impact through their CANEX Gives Back Campaigns. These campaigns have become annual milestones in June and December, serving as vital opportunities for customers, often CAF members and their families, to give back to their own community.

CANEX's commitment to matching each donation dollar for dollar has resulted in remarkable achievements. In June 2022, CANEX raised \$33,877, which championed the provision of Special Needs Facilitators in Personnel Support Program Camps and the Soldier On Equipment Grant Program. In December 2022, they raised \$27,490. These funds provided provided Soldier On Equipment Grants to ill and/or injured CAF members and Veterans, as well as assisted military members and their families through the Support Our Troops Holiday Hamper Program. Thank you CANEX for your dedication to grassroots support for the CAF community.



Canada Army Run



From the cannon used as a “starter’s pistol” to the “dog-tag” medals soldiers place around all participants’ necks at the finish line, the Canada Army Run is “all things military” from start to finish.

More than anything, though, the Canada Army Run, is about Canadians and the Canadian Armed Forces – Navy, Air Force and Army– joining together in the spirit of camaraderie and community. It’s a chance for the troops to extend the military esprit de corps to Canadians and to thank them for their support. And, it’s an opportunity for Canadians to say “thanks” to the people who serve them in so many ways at home and abroad. The Canada Army Run offers an opportunity for participants to fundraise for Support Our Troops and Soldier On. In 2022, we were thrilled to invite everyone back to a smaller in-person event in Ottawa while maintaining international participation virtually. Through the amazing fundraising efforts of the runners, walkers and rollers, over \$185,000 was raised for Support Our Troops and Soldier On.



Navy Bike Ride



The Navy Bike Ride is a fun-filled, family-friendly event that welcomes cyclists of all ages and takes place in multiple cities from coast-to-coast-to-coast. It's not just a ride, but a symbol of unity and support for our Canadian Armed Forces community. Funds raised by participants of the Navy Bike Ride support three organizations dedicated to the wellbeing of our military community: Support Our Troops, Soldier On, and the Royal Canadian Navy Benevolent Fund. Last year, \$47,672 was raised for Support Our Troops, Soldier On, and the Royal Canadian Benevolent Fund.

Fundraising SUP Around the Island



Canadian Armed Forces member and outdoor adventurer Doug Russell was first introduced to long distance, multi day standup paddleboarding in 2021 when he joined forces with two other teammates to complete a 420KM paddling route down the Meanest Link in Algonquin Park to support Soldier On. In 2022, he decided to challenge himself on a new level by embarking on a paddle route around Prince Edward Island, which's circumnavigation is roughly 600KM.

Doug had two motivators as to why he decided to embark on this journey: 1 – to challenge himself and push his limits while having a once in a lifetime experience and 2 – to raise awareness for Soldier On's programs and support his fellow CAF members in their rehabilitation and recovery from service-related illnesses and injuries.

"The reason I got into Standup Paddleboarding in the first place is because of wear and tear on my body from the 20 years I served in the infantry. I used to love to run, but I can't run that well anymore, so I had to take up a sport that is relatively low impact that could keep me active." Doug stated.

He also mentioned: "Standup paddling to me is meditative, where you can focus on your breathing and on the task at hand. My mind is in an extremely present state while listening to the paddle hit the water."

By dedicating this challenge towards the support of Soldier On's programs for ill and injured CAF members and Veterans, Doug successfully raised \$16,123, and has paved the way for fellow CAF members and Veterans on their path to recovery.

Fromagerie Victoria



On Remembrance Day 2022, CAF Veteran, Combat Engineer and now co-owner of four Fromagerie Victoria restaurants in Quebec, WO Michael Girard catalyzed an incredible initiative in support of Soldier On. Driven by a purpose close to home, he made use of his second career by proposing the one-day fundraiser, where the restaurants would collect proceeds from their poutine sales.

Michael stated: "I strongly carry the cause of serving and retired military members in my heart. Thank you Fromagerie Victoria for your support and thank you to each individual member of our communities who attended the event to support the cause on such an important day as November 11th. Thank you Soldier On for helping our ill and injured members every other day on the calendar. We'll be back stronger in 2023."

By the end of the day this past November 11th, Fromagerie Victoria's 20 locations across Quebec had served 8750 poutines, raising an incredible total of \$17,500 for Soldier On's programs.



Manulife

Manulife continues to be a steadfast supporter of Canada's military, providing members with group benefits since 1969, and offering members of the Canadian Armed Forces (CAF) community exclusive life and travel insurance protection through SISIP Financial. In 2019, Manulife extended their commitment to supporting the ill and injured community through the Soldier On Equipment Grant Program. Focused specifically on women, over the last four years, the program has helped 448 women to pursue an "Active for Life" lifestyle through an activity of their choice.

"Through our Impact Agenda, we're committed to empowering sustained health and well-being to support the journey towards a better life. We're proud to support the Soldier On Equipment Grant Program that helps ill and injured members of the Canadian Armed Forces (CAF) build confidence in their abilities, realize their full potential, and gain access to social support through sport and physical recreational activities." says Joanna Marcovici, Community Investment Lead, Canada, Manulife. "Through the unique disability solutions that we provide to the CAF, we help re-train over 2,000 Veterans each year and assist in their transition from military to civilian life. In addition to our support of the Soldier On program, we are proud to be an employer of choice by hiring Veterans and their family members."

Soldier On remains incredibly grateful for Manulife's continuous support of our member's recovery and rehabilitation through the transformative power of sport and recreation.



Royal Canadian Naval Benevolent Fund



For many years, Soldier On and the Royal Canadian Naval Benevolent Fund (RCNBF) have worked together on the ever-popular Navy Bike Ride, an event that raises funds for Soldier On, Support Our Troops, and the Royal Canadian Naval Benevolent Fund, and encourages healthy living through cycling. In addition to the Navy Bike Ride, the Royal Canadian Naval Benevolent fund has committed to supporting naval members and veterans with their recovery and rehabilitation through the Soldier On Equipment Grant Program. Thanks to their generous gift, these Soldier On members are able to remove the financial barriers in the pursuit of being Active for Life. The RCNBF vision is to promote the well-being of the naval community to enrich the lives of sailors, veterans, and their families. "The RCNBF truly values our relationship with Soldier On and looks forward to exploring further collaborations and opportunities in providing support to our naval family." Gay Hamilton, Executive Director, Royal Canadian Naval Benevolent Fund.



ADAPT

OVERCOME



SOLDIER ON