

SUBJECT: RETIREMENT MESSAGE CWO SHELLEY LAMOTHE, MMM, CD

1. AFTER OVER 27 YEARS OF LOYAL AND DEDICATED SERVICE TO THE CANADIAN ARMED FORCES, THE ROYAL CANADIAN MEDICAL SERVICES AND THE CANADIAN ARMY CHIEF, WARRANT OFFICER SHELLEY LAMOTHE WILL RETIRE FROM THE FORCES 7 MARCH 2024.
2. CHIEF WARRANT OFFICER (CWO) LAMOTHE WAS BORN IN ONTARIO, RAISED IN MISSISSAUGA AND JOINED THE RESERVES IN HAMILTON ONTARIO WITH 23 MED COY IN 1996.
3. HAVING GRADUATED BASIC TRAINING AT THE BOTTOM OF HER CLASS AND BEING RECOMMENDED TO REMUSTER FROM MED A SHE CONTINUED TO PERSEVERE THROUGH AND JOINED HF OF C FOR ANOTHER YEAR AS THEIR MED A BEFORE SIGNING THE SOLID LINE FOR THE REGULAR FORCE AS A MED A. THIS STARTED AN ADVENTUROUS CAREER THAT SPANNED THE WORLD STARTING AT 1 FIELD AMBULANCE EDMONTON(99-02), 1 PPCLI (02-03) WITH A TOUR TO BOSNIA, GEILENKIRCHEN, GERMANY (03-05), 1 CANADIAN FIELD HOSPITAL PETAWAWA (05-07) WITH A TOUR TO KHANDAHAR AFGHANISTAN IN 2006 WITH THE ROLE 3 HOSPITAL, 2 FIELD AMBULANCE IN PETAWAWA (07-09) WITH ANOTHER TOUR TO AFGHANISTAN WITH THE ROYAL CANADIAN DRAGOONS (LAZY D) RECCE SQUADRON, CANADIAN FORCES TRAINING CENTRE FOR THE PHYSICIAN ASSISTANT PROGRAM (09-11) WHERE SHE ACHIEVED HER BACHELORS OF SCIENCE IN PHYSICIAN ASSISTANT STUDIES, 1 FIELD AMBULANCE DETACHMENT YELLOWKNIFE (11-14) AS THE CLINIC PHYSICIAN ASSISTANT, INSTRUCTOR AT THE CANADIAN FORCES TRAINING CENTRE (14-17) ON THE PHYSICIAN ASSISTANT AND MEDICAL TECHNICIAN COURSES, 31 CANADIAN FORCES HEALTH SERVICES SERGEANT MAJOR IN BORDEN (17-18), SERGEANT MAJOR OF THE HEALTH SERVICES MODERNIZATION TEAM (18-19), UNIT CHIEF WARRANT OFFICER OF CANADIAN FORCES HEALTH SERVICES CENTRE ATLANTIC (19-21), THEN THE SOLDIER THAT SHOULDN'T BECAME THE ROYAL CANADIAN MEDICAL SERVICES CHIEF WARRANT OFFICER (21-22), AND FINALLY FINISHING HER CAREER AS THE COLLEGE CHIEF WARRANT OFFICER AT CANADIAN FORCES COLLEGE IN TORONTO (22-24).
4. OVER THE YEARS, CWO LAMOTHE COACHED AN INTERNATIONAL SWIM TEAM, PLAYED BASE VOLLEYBALL FOR BORDEN, EDMONTON, AND PETAWAWA AND ENJOYED SELECTION CAMP FOR CISM ONCE. REPRESENTING CAF PHYSICIAN ASSISTANTS ON THE BOARD OF DIRECTORS WITH THE CANADIAN ASSOCIATION OF PHYSICIAN ASSISTANTS. SHE HAS RECENTLY BEEN ACTIVE WITH QUILTS OF VALOUR CANADA AND SPENDING TIME WITH FAMILY AND FRIENDS AT THE LAKE TRYING TO PADDLE BOARD AND WATERSKI.

5. THE LONGLASTING FRIENDSHIPS FORGED IN HARDSHIP AND PARTNERSHIP ARE HER MOST VALUED POSSESSION. YOU KNOW WHO YOU ARE. CAREER HIGHLIGHTS OF DEPLOYING THE ROLE 3 HOSPITAL TO A THEATRE FOR THE FIRST TIME SINCE KOREA, CURRICULUM REDESIGN AND DELIVERY OF THE PHYSICIAN ASSISTANT PROGRAM AND WORKING IN ALL THREE ELEMENTS OF EXCEPTIONAL PEOPLE, REPRESENTING THE MEDICAL CORPS AND HELPING TO SUPPORT, LEAD, GUIDE AND MENTOR THE NEXT GENERATION OF LEADERS TO BE ABLE TO FULFILL THE CALL TO DUTY.
6. MY HUSBAND MARC AND SON EDOUARD HAVE BEEN STEADFAST SUPPORT THROUGHOUT AND IT IS TIME FOR MOM TO KEEP HER PROMISE TO ONLY ONE MORE MOVE. OUR ADVENTURES HAVE TAKEN US AROUND THE WORLD AND THE COUNTRY AND ITS TIME FOR ROOTS.
7. SHELLEY AND HER FAMILY WILL FINALLY SETTLE IN THE NORTH BAY AREA AS SHELLEY EMBARKS ON CAREER NUMBER TWO.
8. FRIENDS AND COLLEAGUES ARE WELCOME TO JOIN CWO LAMOTHE AND HER FAMILY FOR AN INFORMAL DEPART WITH DIGNITY (DWD) 15 FEB 2024 AT THE ARMoured HEIGHTS OFFICER MESS ON THE CANADIAN FORCES COLLEGE GROUNDS STARTING AT APPROXIMATELY 1530. PLEASE LET SGT DISS KNOW IF YOU ARE ABLE TO ATTEND. ANYONE WISHING TO SEND MESSAGES, LETTERS, ANECDOTES OR PHOTOS ARE ENCOURAGED TO SEND THEM TO SGT DISS AT: [STEVEN.DISS@FORCES.GC.CA](mailto:STEVEN.DISS@FORCES.GC.CA)
9. IN CLOSING: WELL BEHAVED WOMEN SELDOM MAKE HISTORY – LAUREL THATCHER ULRICH. CHASE YOUR DREAMS AND MISBEHAVE LADIES. 9C - OUT