



Corporal James Hayward Arnal

Born: April 9, 1983 - Kelvington, Saskatchewan

Enlistment: April 22, 2004 - Winnipeg, Manitoba

Deceased: July 18, 2008 - Panjwahi, Afghanistan, Age 25

Military Service

Force: Army

Unit: Princess Patricia's Canadian Light Infantry

Division: 2nd Battalion

Citation(s): General Campaign Star - International Security Assistance Force Bar, Sacrifice Medal



Bio

One of James (Jim) Arnal's favorite mottos was Carpe Diem, Latin for 'seize the day.' James was the 88th Canadian soldier killed in Afghanistan. James had a natural zest for life. He had done more and seen more than most people in just 25 years. He travelled to Europe, New Zealand and Australia alone meeting people everywhere he went collecting friends like others might collect stamps or coins. He climbed Kilimanjaro, went on an African safari, swam with the sharks, bungee jumped many times, completed a three day Sea to Summit race, sky dived, played crib with old folks, wrote to many students from Afghanistan (In 2006 he was the "Christmas Card Soldier" as dubbed by the Globe and mail), adopted many of his friend's moms and dads, played street hockey, achieved green belt level Taekwondo, loved fishing and hunting, especially enjoyed camping and hiking having conquered the Mantario and BC's West Coast Trails. He even joined gymnastics, but that was to watch and meet the girls! James actually had finished high school half a term early and acquiring a technology certificate which he explored for about three years. He would later use this knowledge to keep in touch with many, many friends and he shared his knowledge of computers as he became the family and friends "go to" person regarding their challenges with technology. Whether people knew him through school, scouts, hockey, the military or travelling, this enviable quality was what made him unique. A true ambassador for life, he embraced life with open arms! Always up for adventure and never backing down from a challenge, James was the friend, brother and son that anyone would want. His caring nature, sense of humour and strong personality made those close to him feel special to have known such a great man.

"I hope they are remembered for the heroes that they are."

- Corporal James Hayward Arnal

We are proud to say that one of the 117,000 trees that will be planted as part of the Highway of Heroes Living Tribute will represent the sacrifice that James Arnal made to serve and protect Canada.

