Billy Bishop Museum's 2026 Honouring Our Local Veterans

Warrant Officer Steven Lamrock
The Royal Canadian Regiment

Family Life

Born July 29th 1966, and raised by a Nova Scotian father (Chuck Lamrock) and a Dutch mother (Audrey née Klienveld), Steven Lamrock grew up hearing stories of the Second World War and the liberation of the Netherlands by Canadian soldiers. These stories inspired a strong sense of service from an early age and helped shape his decision to join the Canadian Armed Forces.

Outside of school, Steve was an avid hockey player and spent much of his free time riding and repairing dirtbikes. His passion for mechanics began at age seven when his father challenged him to fix a broken minibike himself, sparking a lifelong interest in motorcycles and hands-on work. He attended Centennial College for motorcycle technician.

He married Sheila in 1990 and together they had two daughters, Kayla and Brittany. He remarried Laryssa (née Novosad) on July 12, 2014, with who he shares two step-sons, Caelen Underhill and Nolan Underhill.

Before enlisting, Steve worked at Loblaws, working nights stocking shelves. Following his military career, he continued to build on his mechanical and technical skills in several positions. From 2009 to 2011, he worked for Harley-Davidson as a technician, combining his professional career with his passion for motorcycles. He served as a Driver Wheel Trainer from 2011 to 2012 with Calian, before joining General Dynamics Land Systems Canada from 2012 to 2022. Today, Steve works in his own business, installing and repairing hot tubs.

Military Service

Warrant Officer Lamrock enlisted in the Canadian Armed Forces in September 1985. After gaining early experience with the Queen's Own Rifles Reserve where he completed basic infantry training, he joined the Regular Force in January 1986. He was posted to Cornwallis, Nova Scotia, before being posted to CFB Petawawa to complete his TQ3 training. He was posted to 1 RCR in the summer of 1986. Lamrock trained in all aspects of being an infanteer. He spent a significant amount of time in the Anti Armour Platoon, serving in every position except Platoon Commander.

Decorations

- Gulf and Kuwait Medal
- General Campaign Star - South-West Asia
- Canadian Peacekeeping Service Medal
- United Nation Protection Force (UNPROFOR) (Yugoslavia)
- United Nation Mission In Bosnia-Herzgovina (UNMIBH)
- NATO Medal for Kosovo (NATO-K)
- Canadian Forces' Decoration and Bar
- Kuwait Liberation Medal (Kuwait)
- Kuwait Liberation Medal (Saudi Arabia)

Military Service

Lamrock first saw overseas operational duty during the 1991 Gulf War with C Company of the 1st Battalion of The Royal Canadian Regiment at Al Jabail, Saudi Arabia. As a Section Commander, he oversaw prisoner-of-war processing and medical treatment, security operations, and provided support to medical personnel at the 1st Canadian Field Hospital. The deployment reinforced the importance of teamwork and mission focus, lessons that remained central throughout his career.

Lamrock completed three tours during the Balkan conflicts of the 1990s. From 1994 to 1995 he served in Croatia under UNPROFOR, and was tasked with patrolling demilitarized zones. He states that this was "the hardest tour I was on because of the things that I saw" and the inability to act under UN rules.

Lamrock returned to the Balkans in 1998, this time to serve in Bosnia under NATO. The focus of this deployment was maintaining security, monitoring demilitarized zones, and supporting stabilization efforts. In Bosnia, he took particular pride in reconstruction projects, including rebuilding schools and playgrounds that directly improved local communities.

His final tour of the Balkans was from 1999 to 2000 in Kosovo with NATO. This deployment also focused on deterring renewed hostilities, maintaining demilitarized zones, and restoring areas impacted by the fighting.

In Canada, Lamrock assisted during the 1997 Red River Flood, helping prevent property damage, distribute supplies of food and clothing, and support affected residents.

His final major deployments were to Afghanistan in 2003 and 2004. During his first tour, he served as Transport Sergeant, ensuring military vehicles remained operational. On his final tour, he served with the Americans on the Embedded Training Team training the Afghanistan National Army.

From 2004 to 2009, Lamrock served at the 4th Canadian Division Training Centre, at various times as a Battle School Instructor, the Operations in Training Warrant Officer, and the Infantry Standards Warrant Officer. He received a Command Commendation for his charity work both in and out of uniform.

He retired from the Canadian Armed Forces in 2009.

One particularly memorable experience from Steve's career was how he joined his unit in the Gulf War. Initally selected as a spare, he was replacing a member of the company who had been injured in an accident prior to leaving. Since he was a last minute replacement, there were document delays and he was deployed a week after the company. He flew in a C130 cargo plane as the only passenger apart from the air crew and landed alone with no directions, information, or ammo. Lamrock made his way north by taking rides from whoever was heading in the right direction. He first travelled with American soldiers (who he managed to get some ammo from), then with a British military truck, and later with a local driver working for the allied forces. When darkness fell, the driver stopped and wouldn't drive in the dark, so Lamrock was left in the desert. Unsure of how far he was from his unit, he dug a slit trench in the sand and spent the night there with his rifle and kit. The next morning he continued north after catching a ride with another British truck. He was left to walk the final kilometres to the Canadian camp, where he was met by his friend, Paul. Steve finally had rejoined his unit.