

Lieutenant-Commander D.L. Fredericks CD, 00195-05

1. After 33 years of service LCdr Fredericks is releasing 05 April 2024.

2. LCdr Debra Lee Fredericks joined the Canadian Armed Forces (CAF) in 1991 and has been an exemplary Nursing Officer for over 30 years. They joined as a Direct Entry Officer and specialized in Aeromedical Evacuation (1992) and Critical Care (1995). They made significant contributions to Aeromedical Evacuations between 1994 and 2005, including 1341 flying hours, United States Air Force exchange program with 375<sup>th</sup> AirEvac Squadron in Illinois, USA, and Flight Nurse Standards Officer.

LCdr Fredericks specialized in Perioperative Nursing (PNO) in 2005. They excelled in this specialized environment, providing surgical services in-garrison and while deployed as part of multi-disciplinary surgical trauma teams. They have supported their second specialty as Senior Practice Leader (SPL) from 2016-2018 and 2023-2024.

LCdr Fredericks has demonstrated a passion for education, obtaining their Masters of Education from Athabasca University in 2012, facilitating training on the Advanced Military Trauma Resuscitation Program and Definitive Surgical Trauma Care course, and being a mentor to those around them on a daily basis.

Notably, and honorably, LCdr Fredericks has completed six successful deployments to international operations. On all missions they were a PNO working inside the Operating Room, and directly contributed to countless limb and life saving operations on Operations Athena, Attention, and Impact. LCdr Fredericks completed three tours of duty in Kandahar, Afghanistan in 2007, 2008, and 2009, and for outstanding dedication to CAF operations was awarded the Queen's Diamond Jubilee Medal in 2012. Following this significant contribution to wartime medicine in Afghanistan, LCdr Fredericks remained operationally focused, returning to Kabul, Afghanistan in 2011, Taji, Iraq in 2016, and Erbil, Iraq in 2018.

Throughout their career, LCdr Fredericks has had several postings: Canadian Forces Base (CFB) Trenton, CFB Greenwood, Canadian Health Services Atlantic, Exchange Duties United States of America, 24 Canadian Forces Health Services Centre, 1 Field Ambulance, Canadian Forces Health Services Training Centre detachment Vancouver, 1 Canadian Field Hospital, and Canadian Forces Health Services Group Headquarters. These postings include several locations across Canada: Halifax, Nova Scotia; Trenton, Ontario; Greenwood, Nova Scotia; Edmonton, Alberta; Vancouver, British Columbia; and several international taskings/deployments (listed above).

LCdr Fredericks' most recent role as Operation Room Nurse Officer (ORNO-previously PNO) SPL with Canadian Services Group Headquarters, where they have supported their specialty providing mentorship and professional technical leadership. In addition to their remarkable achievements throughout their career, LCdr Fredericks is known for their professionalism, their positive attitude, high quality patient care, and supporting the inter-disciplinary teams where they work. They were selected to represent the Canadian Health Services as the Nurse Sentry during the National Remembrance Day Ceremony in Ottawa 2021.

3. LCdr Fredericks looks forward to spending time with their spouse Wayne Comeau and family in the Annapolis valley, their Mom and sisters, travelling and hiking. They would like to extend a big thank you to their family who supported them during their CAF career and deployments, especially their mother, sisters, nieces, nephews and late father and brother and all the friends and colleagues who provided their support, encouragement and mentorship during their 33-year career. Their time serving in the CAF could not have been as rewarding without them!

4. LCdr has decided to defer their Departure With Dignity celebration until after travelling. Later this year they will have a small local gathering. They encourage you to reach out via Facebook and email to stay connected!

5. Congratulatory messages and anecdotes or pictures can be sent to Lt Belway [christina.belway@forces.gc.ca](mailto:christina.belway@forces.gc.ca) at no later than 12 April 2024.