



## CAPTAIN(N) J.L. MCDOUGALL, CD CAPTAIN - NAVAL RESERVE WESTERN REGION

Captain(N) Janet McDougall joined the Naval Reserve in 1982 at HMCS Chippawa through the Summer Youth Employment Program, subsequently completing trades training in Halifax and sea-time on HMCS Porte St. Jean. While attending the University of Manitoba for her Bachelor of Commerce, she was accepted as a Naval Cadet and commissioned in 1985 as a Naval Cooperation and Guidance for Shipping Officer (NCAGS). She received her Tender Command qualification in 1987 and enjoyed driving YAGs around the waters of the Gulf Islands. In 1988 Capt(N) McDougall deployed on HMCS Protecteur as part of Standing Naval Force Atlantic, the first time Protecteur sailed with a mixed crew.

Following relocation to Sarnia, Ont., in 1989, Capt(N) McDougall transferred to the Supplementary Reserve and pursued her civilian career in human resources and labour relations in the health care industry.

After relocating to Calgary, Alta., Capt(N) McDougall rejoined the Primary Reserve in 1998 at HMCS Tecumseh. She participated in numerous NCAGS and Mine Warfare exercises around the world and instructed advanced NCAGS both nationally and internationally. An avid hiker and walker, she was part of the Canadian Armed Forces (CAF) 2006 Nijmegen Marches contingent. Capt(N) McDougall assumed positions of increasing responsibility at Tecumseh, culminating in an appointment as Executive Officer from 2007 to 2010. As the Royal Canadian Navy divested the NCAGS capability, Capt(N) McDougall qualified as an Intelligence Officer in 2009. During her intelligence training, she had the pleasure to sail aboard her namesake city ship HMCS Calgary for a Maritime Security Patrol.

In 2011 Capt(N) McDougall deployed to NATO Maritime Command Northwood for seven months, serving in NATO's Op OCEAN SHIELD counter-piracy mission off the Horn of Africa as 2IC of the NATO Shipping Centre.

Capt(N) McDougall was honoured to be appointed Commanding Officer (CO) of HMCS Tecumseh in 2012. During her four years in command, she led Tecumseh's key role in Op LENTUS 13, the Calgary Floods, and trained and led a Tecumseh team for the CAF contingent of the 2013 Nijmegen Marches. Following her CO tour Capt(N) McDougall held positions as a Liaison Officer for the Canadian Forces Liaison Council and as the Naval Reserve (NAVRES) Senior Occupation Advisor for Intelligence. Capt(N) McDougall was also pleased to support the Crown as an honorary Aide de Camp to the Lieutenant Governor of Alberta from 2009 to 2020.

In 2019 Capt(N) McDougall deployed for 10 months on Op SOPRANO, Canada's contribution to the United Nations (UN) Mission in South Sudan (UNMISS), as the Military Gender and Child Protection Advisor to the UNMISS Force HQ. Following her

deployment, she joined NAVRES Western Region as Assistant Chief of Staff Readiness and Training.

Capt(N) McDougall was promoted to her current rank and appointed as Western Region Captain effective June 2021. She has completed the Canadian Security Studies Program, Joint Command and Staff Program, senior leadership courses at the NATO school in Oberammergau, UN courses in both Gender and Child Protection at the Swedish Armed Forces International Centre (SWEDINT) in Stockholm, and Peace Support training at the International Peace Support Training Centre in Nairobi. She has supported both the UN Department of Peacekeeping Operations and SWEDINT as a facilitator for their courses on Child Protection and Gender.

Capt(N) McDougall lives in Calgary, Alta., with her husband, a P.Eng. and former naval reservist. They have three great 20-something kids and when they aren't indulging in their passion for travelling, they enjoy hiking and snowshoeing Alberta's beautiful mountains, golfing, and spending time with their family.