



Carmen Lapointe

Why I am interested in joining the NRAC/ARNC Board:

I'm interested in joining the Board of the NRAC to contribute my skills and experience to further the association's mission. Having served as a Naval Reservist for over 37 years, my diverse roles have equipped me with a deep understanding of the unique challenges and opportunities faced by Naval Reservists.

Throughout my military career, I believe that I have demonstrated a commitment to the core values of **citizenship, leadership, commitment, service, and personal discipline**, which align seamlessly with the goals of the Naval Reserve Association. From my early days as a Shipping Control Operator to my time as an Intelligence Officer, I have gained valuable insights into the importance of **social interaction and mutual support among members**. My leadership roles, including serving as the Executive Officer of HMCS CARLETON and later as its Commanding Officer, have honed my ability to foster a sense of camaraderie and unity among diverse teams.

In addition to my military background, my civilian life as a Senior Project Manager with WSP Canada Inc, a global engineering and professional services firm, has further honed my leadership and organizational skills. As a civil engineer, a profession that demands attention to detail and effective and efficient planning and communication - qualities that I believe are highly transferable to the objectives of the association.

Joining the Board of the NRAC is a natural progression for me to continue serving the naval community.

C39 266 763 LCdr (Ret'd) Lapointe, Carmen N.W.M., 00213

LCdr Lapointe was born in Montréal, Québec into an Army family. Her father was employed in the Regular Army for 37 years, serving in various operational and staff positions both in Canada and abroad.

LCdr Lapointe joined the Naval Reserve in 1984 at HMCS CATARAQUI as a Shipping Control Operator (Ship Con Op) after having completed the Naval Reserve Summer Youth Employment Program (SYEP 84). She transferred to HMCS CARLETON in 1986. As a Master Seaman, she was accepted into the University Naval Training Division (UNTD) in 1989 in the Naval Control of Shipping (NCS) classification. LCdr Lapointe received her commission in 1990 and became NCS qualified in 1991. LCdr Lapointe was promoted to her current rank in 1999.

From 1991 to 1994, as a Class A reservist, LCdr Lapointe served in varying administrative and training positions such as Divisional Officer and as planner for an annual Naval Control of Shipping and Harbour Defence exercise hosted by HMCS CARLETON and held at CFS Carp.

From 1994 to 1998, as a Class B reservist, LCdr Lapointe was employed as the Assistant Staff Officer Operations and Training at HMCS CARLETON. In addition, she held short term Class B and C contracts at NDHQ with Chief of Maritime Staff and Director Military Gender Integration

and Employment Equity. Upon return to Class A service, she held various positions at CARLETON of increasing responsibility such as Training Officer and Operations Officer while concurrently holding appointments as the Operations Officer and subsequently as the Commanding Officer of NCAGSU 3 at MAROPSGRU 5. All which culminated in her tenure as Executive Officer of HMCS CARLETON from December 2009 until July 2011.

She served as the Special Projects Officer representing the unit's interests with contractors, Defence Construction Canada and ADM(IE) during the construction of CARLETON's new building. In 2014, LCdr Lapointe assumed command of HMCS CARLETON and was the Commanding Officer until 2016. Post command she held various senior staff positions for training and administration with NAVRESHQ and with the Naval Reserves Central Region staff.

LCdr Lapointe received her NCS Intermediate qualification in 1994. She completed the Staff Training Reserves program (STAR I) in 1995 and became NCS Advanced qualified in 1996. In 1997, LCdr Lapointe was chosen to participate in the Royal Naval Reserve NCS Staff Officer Course at HMS DRYAD in Fareham, UK. In 2000, she participated and completed the Joint Reserve Command Staff Course (Serial 4) and successfully completed the NCAGS Operations Course in 2006. LCdr Lapointe has participated in a number of national, NATO and allied NCS/NCAGS exercises in Canada and abroad, most notably exercising NCAGS in Bahrain in support of MIO in the Arabian Gulf during Exercise BELL BUOY '99 and leading NCAGSU 3 in BOLD MASTER '06 a NATO LIVEX. With the migration of NCAGS to the Intelligence Branch in 2004, LCdr Lapointe decided to obtain her Basic Intelligence Officer qualification on the first ever BIOC DL course from 2006-2009.

LCdr Lapointe retired from the Canadian Armed Forces in October 2021 after 37 years of service with Canada's Naval Reserve.

In her civilian life, LCdr Lapointe is a civil engineer by profession and is employed as a Senior Project Manager with the Bridges, Highways and Roads group at WSP Canada Inc, one of the world's leading engineering and professional services firms. LCdr Lapointe makes her home in Kanata, Ontario.