

# Sergeant Meaghan Lorraine Richards

## Medical Technician, Royal Canadian Air Force

### Family Life:

Meaghan was born in April of 1985, to Paul and Lorraine Richards of Lindsay, Ontario. She attended St John Paul II Elementary School and Lindsay Collegiate Vocational Institute.

Prior to joining the Air Force, Meaghan held jobs at the local cemetery, summer school for janitorial assistance and Tim Hortons for six years. She also worked at Victoria Manor, a long term care home.

Meaghan completed her Practical Nursing Studies Diploma in 2006, at Sir Sandford Fleming College in Peterborough, Ontario. She currently serves as a Medical Technician at 4th Canadian Division Training Centre in Meaford, Ontario.

### Military Service:

Sergeant Richards enlisted for military service in the spring of 2007, at Lindsay, Ontario. She was promoted from Private to Corporal in 2011, followed by Master Corporal and her present rank of Sergeant.

Meaghan did her basic training in St Jean, then onto QL3, QL 5, and QL6 Med Tech at Borden.



### Decorations:

Campaign Star (South West Asia)

NATO Article 5 OP ACTIVE  
ENDEAVOUR—Middle East  
Deployment on HMCS Regina 2014

### Military Service:

Sergeant Richards has been a Medical Technician providing basic care for current Canadian Armed Forces personnel aboard ships and other taskings including command and operations positions.

Sergeant Richards served on *HMCS Protecteur* for South Ploy in the summer of 2010. She was also deployed as a Medical Technician aboard *HMCS Regina* during Operation Artemis in 2014.

During Sergeant Richards deployment aboard *HMCS Regina*, hostilities developed between Russia and the Ukraine. The ship and its crew stayed in the Indian Ocean for 56 days before transition to the Mediterranean Sea, ready for active action if necessary.

As *Regina* continued its voyage, Meaghan accompanied an injured sailor from the ship who required further medical attention ashore. The sailor had to be helicoptered out to the nearest hospital in Mombasa Kenya, and Meaghan stayed with him for 6 days, ensuring proper medical care.

Meaghan currently serves with the 31 Canadian Forces Health Services Centre Detachment Meaford (31 CFHSVC Det).

### Lessons Learned:

Meaghan reflected: “There are good leaders, great leaders and ‘what in the hell’ leaders. Take a little from each one and learn.”