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public relations are primarily Hicks' "bread and butter."

Being his first NATO deployment, Hicks has enjoyed visiting the various Mediterranean ports and seeing some of the world's great historical sites and artifacts.

Hicks joined the navy in January of 1986 as a steward.

He's one of 224 crew members on the HMCS Montreal, including the air detachment which maintains and flies her Sea King helicopter.

Since departing for Sharp Guard, the HMCS Montreal has spent 75 per cent of the time at sea and 25 per cent in port visits.

When contacted at her home in Halifax this week, Janet Hicks said she was eagerly awaiting her husband's return.

"The boys and I are very excited," she said, referring to the couple's two sons, five and four.

even more special with the announcement, earlier this spring, that Hicks has been posted to CFB Trenton in August. He is scheduled to work as a steward at the base's Yukon Lodge on AMDU Road

The couple made a brief journey to the Quinte area in May to buy a house west of Trenton.

Hicks said she's looking forward to the move.

"We've been in Halifax since 1992. I'm from the Maritimes, but it will be nice to get to know Dean's family better."

In addition to his parents, Dean Hicks has three brothers and two sisters living in the Trenton area.

By the time the HMCS Montreal docks in Halifax July 19, it will have spent 144 days at sea.

(As of June 16, it had sailed more than 26,000 nautical miles and assisted in tracking 9,000

also investigated 156 ships, boarded and searched 54 and diverted three).

Operation Sharp Guard forces have consisted of ships and aircraft from NATO and Western European Union nations, including Canada, Belgium, France, Germany, Greece, United Kingdom and the United States. Their ships maintain a complete picture of all merchant vessel traffic moving in the Adriatic.

The HMCS Montreal, measuring 134 metres in length, is the seventh of 12 new frigates for the Canadian navy. Their primary role is to carry out sovereignty patrols and enable Canada to keep its commitments to United Nations peacekeeping and humanitarian operations and the NATO alliance.

The frigates also support Canadian government departments in such areas as fisheries patrols and drug enforcement.