



Navy League
of the United States



VOL. 101 DELGENE PHILLIPS - EDITOR

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SEPTEMBER 2022

FUTURE EVENTS

Board Meeting TBD
Dinner Meeting TBD
Scuttlebutt Social Hour-3rd Thu

ABOUT US

The Lake Washington & Everett (LW&E) Council is part of the Navy League of the United States, www.navyleague.org

SUPPORTED UNITS

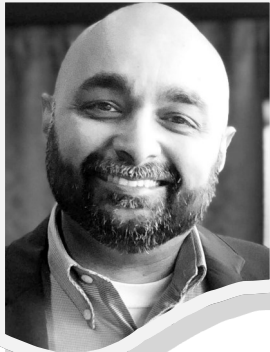
USCG Base Seattle
USCGC Healy (WAGB 20)
USCGC Henry Blake (WLM 563)
USCGC Blue Shark (WPB 87360)
USS Jimmy Carter (SSN 23)
Undersea R & D Detachment
Liberty High School NJROTC
Snohomish High School MCJROTC
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USS John Paul Jones (DDG 53)
USS John S. McCain (DDG 56)
USS McCampbell (DDG 85)
USS Momsen (DDG 92)
USS Kidd (DDG 100)
USS Gridley (DDG 101)
USS Sampson (DDG 102)
USS Ralph Johnson (DDG 114)
Afloat Training Group - PACNW
Branch Health Clinic Everett
Regional Support Organization - PACNW
Naval Operational Support Center Everett
Puget Sound Naval Shipyard &
Intermediate Maintenance Facility

Lake Washington & Everett Council Adopts USS John Paul Jones (DDG 53)

At a regular Scuttlebutt event on 18 August at Scuttlebutt Family Restaurant and Brewery located on the Everett waterfront, the Lake Washington & Everett Council officially adopted USS John Paul Jones (DDG 53). Approximately 40 sailors attended from USS John Paul Jones. Karmin Pincus, (*below left*) Council Vice-President, presents the official council plaque to CDR Rob Franklin, (*at right*) Commanding Officer, USS John Paul Jones.



VIEW FROM THE BRIDGE



Welcome to the September 2022 edition of The Voyager, the Mackie Award winning newsletter of the Lake Washington-Everett Council of the Navy League. I hope all of you are doing well and staying safe. After the two previous summers were lost due to COVID restrictions, I hope you all

enjoyed this summer to its fullest and were able to share precious moments with family and friends. For my family, it has been a bittersweet summer as it was the last summer we enjoyed as a complete family before our oldest moved into her own apartment to fully enjoy her college experience as she enters her third year of Nursing School. On the Navy League front, in conjunction with the Seattle Navy League, the Seafair organization and the Port of Seattle, an in-person Fleet Week returned to Seattle after a two year hiatus. The previous two events were held virtually, but this year the US Navy, the Royal Canadian Navy and the US Coast Guard sent ships to the Seattle Waterfront including a cruiser, USS Lake Champlain (CG 57) and a destroyer, our council's supported unit, USS John Paul Jones (DDG 53). The Royal Canadian Navy sent two ships HMCS Saskatoon (MM 709) and HMCS Yellowknife (MM 706). The US Coast Guard sent another one of our council's supported units,

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the Keeper Class Buoy Tender, USCGC Henry Blake (WLM 563), along with a number of other small-boat assets to support Seattle Fleet Week. I was blessed to support and learn the ropes of running a successful Fleet Week in Seattle as I move over to lead the Seattle Council next year. In August, our council formally adopted the Arleigh Burke-Class destroyer, USS John Paul Jones (DDG 53) as noted on page one. Below are some



of the almost 40 USS John Paul Jones sailors who attended the Scuttlebutt. Last month, three of our supported units USS Gridley, USS Sampson and USS Momsen returned home after long deployments. I hope that all the sailors enjoy a well-deserved time with their families back here in the Pacific Northwest. Signalman First Class Douglas Albert Munro (*below*) was a United States Coast Guardsman who was posthumously decorated with the Medal of Honor for an act of "extraordinary heroism" during World War II. He is the only person to have received the medal for actions performed during service in the Coast



Guard. Douglas Munro earned the decoration in September 1942 at Guadalcanal in the Solomon Islands while leading a group of Higgins boats to evacuate a Marine battalion trapped by a larger Japanese force at Point Cruz at

the Second Battle of the Matanikau. On 27 September, the 80th anniversary memorial service will be at his grave site (*below*) in Cle Elum, WA.



His story did not end at Guadalcanal however, because his mother, Edith Munro, performed remarkable service as detailed on page eight. As for future events, we are hoping to hold a Naval Station Everett Recognition Dinner in November to recognize all outstanding sailors from all units homeported and based at NavSta Everett. We hope you will join us in this celebration. Please stay tuned to emails from us with a “save the date” and more information. In the meantime, President-Elect Karmin Pincus has been working really hard to build a team to support our activities in Snohomish County. Speaking of Snohomish County, please see the last page of this newsletter for the obituary of an Everett Council Navy League member, Art Armstrong. His son Steve related, *“He was a member of the Everett Navy League for many years and never missed a meeting or get-together to ride on one of the many great ships or subs when they allowed. I was even a guest on a frigate from Bremerton to Everett.”* We offer our heartfelt condolences to the Armstrong family. If interested to know more on how to help council activities, contact either Karmin or myself. We really appreciate all the support to assist our adopted units. As the summer winds down, I hope you all stay safe and healthy.

Sanu

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After 200-plus days abroad, Navy destroyers return to Everett homeport

The USS Gridley is one of the few women-led ships, attesting to a growing number of women in the U.S. military.

By Isabella Breda of The Daily Herald

The Daily Herald covers cities including Edmonds, Marysville and Lake Stevens, as well as the Tulalip tribes.

Reprinted with permission

EVERETT — Four-year-old Grady got a running start Thursday morning when he saw Commanding Officer Meghan Bodnar make her way off the USS Gridley. He dropped the sign he and his brother Duncan, 9, were holding for hours, “Welcome home mommy,” as they waited for the 509-foot destroyer to return to its homeport at Naval Station Everett. The ship, commanded by Bodnar and Executive Officer Katie Whitman, departed Everett in December joining Carrier Strike Group Three, led by the Nimitz-class aircraft carrier USS Abraham Lin-

coln. A ship commanded solely by women in the US Navy is “pretty rare,” Bodnar said. For families sending their daughters on their first deployment, it was pretty special, too. Jenny Figueroa, 21, waited anxiously on the pier for her fiancée Alexis Wighaman, 30, to roll in. The couple met in bootcamp and their relationship had been mostly long-distance for the past two years. But four days ago, Figueroa moved from Virginia to Everett. “*That was literally perfect,*” she said. About 21% of the US Navy’s 11,000 Surface Warfare Officers are women, according to a 2021 article from the Navy’s press office. Most leadership positions are still held by men. “*I had a female commanding officer when I was a lieutenant,*” Bodnar said. “*And that’s actually probably about it.*” Women had been banned from serving on Navy submarines until 2010. And while women have made up an increasing fraction of U.S. military personnel in recent years, they’re about 28 percent more likely to leave the service early, with many citing “uncertain work schedules, impacts of deployments on their family lives, (and) family-planning issues such as pregnancy,” according to 2020 reporting in Stars and Stripes. The commanding officer’s husband Kendall Bodnar said he went through all of the stages of grief while his wife was away. The kids stayed busy with taekwondo, Cub Scouts and swimming while mom was at sea. But their excitement couldn’t be contained in the weeks leading up to her return. “*They’re very proud of her,*” Kendall Bodnar said, “*and they realize that you can do anything if you work hard.*” Just a few hours later, the USS Sampson rolled in to



Commanding Officer Meghan Bodnar is greeted by her son Grady, who hasn’t seen her in 224 days, at Naval Station Everett. (Olivia Vanni / The Herald)

the tune of “We Are Family” by Sister Sledge blasting from the ship’s gray exterior speakers: “I got all my sisters with me.” Hundreds of family members and friends cheered and waved. The two Arleigh Burke-class guided-missile destroyers followed similar paths since their deployment last winter. The Gridley worked alongside the US Coast Guard in counter-smuggling operations in the Gulf of Oman. Its Helicopter Maritime Strike Squadron aided in operations in France, the United Arab Emirates and Pakistan. The Sampson left Everett in December. While on their way to the South China Sea, sailors stopped to provide aid to Tonga after a tsunami. In the sea, the crew helped salvage a downed F-35 from the USS Carl Vinson. The roughly 300 sailors on each ship participated in RIMPAC, the world’s largest international maritime warfare exercise from June 29 to August 4. The exercise was attended by 26 nations, 38 ships, four submarines, over 170 aircraft and over 25,000 people. Kathy Higgins clutched a bouquet of red roses against her blue striped Levi’s shirt, squinting into the sun as she looked for her daughter Koda Higgins-Hall to come down



LT Maeve Owens, center, holds up a sign as the USS Gridley comes in at Naval Station Everett. (Olivia Vanni / The Herald)

the Gridley’s ramp. The last time she saw her daughter was when they drove to Everett from New Orleans early this year. She said they “took the wrong route.” They ended up driving through snowy national forests in northern California and Oregon at night. “I’m wondering why we don’t see anybody on the road,” she said, laughing, “because they know better.” Kathy Higgins is an Army and Air Force veteran,

so she was less worried and more excited when she saw off Koda Higgins-Hall about eight months ago. “You have to let them go out and venture the world,” she said. Mike Bencini, the USS Sampson’s commanding officer, said after 18 years in the Navy he has seen almost everything. But this trip was special. Their ship was the first during the pandemic to come to port in Brisbane, Australia. For many on both ships, it was their first deployment. “Everything that they’re experiencing is the first time they’re doing it,” said Whitman, the Gridley’s executive officer. The Saxena family took a six-hour evening flight from Philadelphia so they could hug their son as he came down the Sampson’s gangway. It was his first time coming home from sea. “I always encouraged my son: Go on and learn,” Sandeep Saxena said. “Keep learning.”



Richard Philmlee is greeted by his dog Deckard at Naval Station Everett. (Olivia Vanni / The Herald)

USS Gridley & USS Sampson Return Home from Deployment

NavSta Everett News Release

Photos by Karmin Pincus, LW&E Council VP

Two Arleigh Burke-class guided-missile destroyers, USS Gridley (DDG 101) and USS Sampson



(DDG 102), returned home to Naval Station Everett 11 August after completing a seven-month deployment. Both ships departed Everett in route to U.S. 7th Fleet on 30 December 2021. Gridley



served with Carrier Strike Group 3 as an air defense and anti-submarine unit and as an escort for the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). The ship conducted operations in the South China Sea, Gulf of Oman, the United Arab Emirates, Bahrain, and Pakistan. Gridley's commanding officer CDR Meghan Bodnar said, *"I am tremendously proud of my Sailors and their accomplishments during this highly dynamic deployment, which featured new, demanding and often-changing mission sets. They demonstrated an awe-inspiring level of tenacity, grit and sheer talent on a daily basis and it is truly an honor and a privilege to serve with them at sea."* Sampson conducted independent operations in and around the South China Sea that included providing humani-





tarian aid to Tonga following tsunami damage. They also helped to recover and salvage the downed F-35C Lightning II from Nimitz-class aircraft carrier USS Carl Vinson (CVN 70). The crew

I am humbled and inspired by them daily. All of the friends and families supporting them should be very proud of their service."



participated in multiple exercises in locations such as the East China Sea and the Taiwan Strait. Sampson's commanding officer CDR Mike Bencini said, *"No matter the mission set on deployment, Sampson sailors epitomized America's fighting spirit, toughness, endurance, and tenacious resolve to never give up and never give in. Deployment provided readiness-strengthening opportunities for Sampson and our multiple partners throughout the Indo-Pacific region. My crew seized the opportunity to conduct missions smartly and they thrived operating alongside one another."*



Edith Munro followed Hero Son Douglas Munro in Coast Guard Service

Compiled By Delgene Phillips

Photos Courtesy of the US Coast Guard Academy Library, Special Collections and Archives

Edith Munro spent her life as a homemaker until the age of 48 when she joined the United States Coast Guard Women's Reserve after her son, who had been serving as a signalman with the United States Coast Guard, was killed in action in the Second Battle of the Matanikau in 1942. She decided by volunteering for military service she would be honoring his legacy. She eventually commanded the Coast Guard barracks in Seattle. In May 1943, Munro was presented with her son's Medal of Honor by President of the United States Franklin D. Roosevelt in a White House ceremony. She was the sponsor of two of the three United States warships named after her son, the destroyer escort USS Douglas A. Munro (DE 422) and the USCGC Douglas Munro (WHEC 724). Edith Munro did not want her son's remains to be interred at Arlington National Cemetery because she would be unable to attend his grave. Instead, the remains were buried at the Laurel Hill Memorial Park in Cle Elum, WA. Following her own death, Munro was buried to the left of her son with military honors. The Munro graves have since been designated a State of Washington Historical Site and are the location of an annual observance on the anniver-



sary of Douglas Munro's death. On 27 September 1998, RADM Paul Blayney USCG, 13th District Commander at the time, spoke to assembled guests at the dedication of the flagpole and memorial at SM1 Douglas Munro's grave site in Cle Elum, WA. In part of his address, he related the history of Edith Munro below:

Voltaire once said, *"I know of no great person, except those who have rendered great service..."* At the USCG Academy there is a building named for Douglas Munro. He is the only member of the Coast Guard to earn the Medal of Honor; protecting US Marines as coxswain of a landing craft he gave his life at Guadalcanal in World War II. He stands for all that we are in the Coast Guard, representing our core values of honor, respect and especially devotion to duty. But it's not the whole story. The Munro family continued its service to the Coast Guard further through his mother, Edith Munro. Mrs. Munro was also LT Munro, of the US Coast Guard Women's Corps - also known as SPARS. Shortly after her only son's death, Edith Munro joined the Coast Guard and was sent to the US Coast Guard Academy for officer candidate training. At left, she receives her commission. She was one of the first Spars to ever show up in New



London and she was also the oldest. Most new Spars were in their late teens and early 20's...Edith Munro was in her mid-forties. Spar training was not very well thought out in those days. Spars were intended to backfill administrative positions, so that the men could go to sea, but there was no training program for that. Instead, for lack of a better idea, they were instructed in knot tying, military drill, seamanship and small boat operations. Edith Munro's daughter, Pat Sheehan recalled her mother's first letter: It simply stated, *"Pat this would kill you, and it might kill me."* Mrs. Munro, weighed in at barely 90 lbs., but managed to row up and down the Thames River like a seasoned veteran. Mrs. Munro was commissioned as a LTJG in the Coast Guard Spars. In actuality, she had been commissioned before the program started, but wouldn't accept any special recognition or favors. She insisted on going through the entire training program like all of the other recruits. By all accounts, she didn't need any special considerations...she led the way. Her first assignment was on the staff of the Commandant as a Public Relations Officer. She toured the country telling the Coast Guard story, and that of her son. After about six months, she asked for a transfer. She wanted to do more...she wanted to make a direct contribution. In 1943, the Commandant assigned her to the 13th District, as Commanding Officer of the Base Seattle Barracks. There she really made her mark. Referred to as "The Old Lady," she was much more than just the CO...she was a teacher, mentor, and mother to a gaggle of

wartime recruits. LT Munro's new job was not nearly as visible or glamorous as public relations, but it was exactly what Edith was looking for. LT Munro established a name for herself almost immediately. She separated male and female accommodations in the barracks and established new regulations to smooth the transition of women into the Coast Guard ranks. She streamlined administrative processes, adjusted galley menus for better nutrition, and made appropriate uniform changes to better compliment a diverse workforce. LT Munro was the first woman to ever attend 13th District staff meetings as a member of the staff. Misplaced feelings of gender superiority flew out the door, as she became a valued and trusted advisor to RADM Frederick Zeusler. Because she was such an involved and caring leader, she really got to the pulse of the Thirteenth District workforce - men and women alike. She gave the admiral a new perspective and greatly increased his knowledge, awareness and appreciation for diversity. LT Munro was one of the Coast Guard's first gender policy advisors. Edith Munro was ahead of her time, and RADM Zeusler knew and respected that. At the conclusion of World War II when sailors returned, and Spars moved back home, LT Munro received a Coast Guard Commendation Medal. As anyone familiar with that era knows, individual medals for non-combat service were exceedingly rare. LT Edith Munro had truly done something special. Edith Munro's dedication to the Coast Guard, and to America continued for the

next 50 years...long after her days with the Spars. She attended literally thousands of events and ceremonies and was an active Coast Guard supporter to the end. In fact, she was the honored guest at the 50-year commemoration of Guadalcanal - just a year before her death. Along with her son, Edith Munro embodied the Coast Guard's core values of honor, respect and devotion to duty, long before we ever put those words to paper. The Coast Guard is fortunate to have Douglas Munro and his mother, Edith Munro, who devoted their lives in service to their fellow Coast Guard men and women. *(At left: In 1963, Edith Munro at dedication of Munro Hall, the enlisted men barracks at the USCG Academy)*



Council Supported Unit News

Five sailors from the **Naval Medicine Readiness & Training Unit - Everett**, otherwise known as the Naval Branch Health Clinic Everett attended the 21 July Scuttlebutt event at Scuttlebutt Family Restaurant and Brewery located on the Everett



waterfront. Sailors above are from left to right: HM2 Kevin Juice, LT Andrew Sansone - Acting Officer in Charge, HN Harlan Bryant, HM2 Michaela Emmert and HM2 James Cooper.

After several months of in port preparation, sea trials, and testing of the newly installed propulsion equipment, **USCGC Healy (WAGB 20)** got underway on 11 July to embark on their Arctic West Summer 2022 deployment. Before departure, crewmembers were recognized at quarters on 6 July. Council board members Jeff Garrett, John Thoma and Delgene Phillips attended and Jeff Garrett presented sailors of the quarter and sailor of the year with Lake Washington & Everett Council certificates and coffee mugs engraved with the individuals' names and LWEC logo. Below left to right: CAPT Kenneth Bode, Healy Commanding Officer; Second Quarter Sailor of the Quarter IT1 Samuel Breuer & Jeff Garrett.

USCGC Healy photos at quarters by ENS Ryan Dunkle



Above: CAPT Bode, Third Quarter Sailor of the Quarter EM1 Samantha Tuohy & Jeff Garrett.



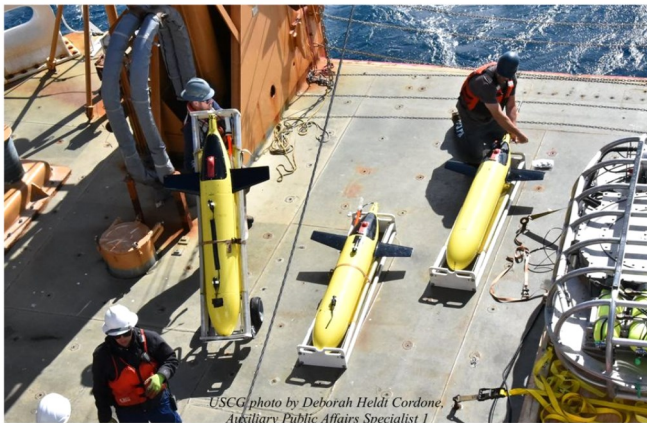
Above: CAPT Bode, First Quarter Sailor of the Quarter MK1 Michael Underwood & Jeff Garrett.

Below: CAPT Bode, Sailor of the Year HS1 Roy Massicot & Jeff Garrett.



Over the next several months, the Healy crew will conduct scientific and statute missions with the National Science Foundation (NSF) and other Arctic nations. The Healy's annual deployment is part of a broader effort to deepen the US Coast Guard's cooperation with Arctic partners, support scientific research on the effects of climate change in the Arctic, and conduct training and exercises in remote regions.

Underway testing of complex oceanographic research equipment began as part of the Arctic Mobile Observation System (AMOS). Researchers from the University of Washington and Woods Hole Oceanographic Institute, scheduled to conduct scientific research above the Arctic Circle aboard Healy later this summer, tested communi-



USCG photo by Deborah Heldt Cordone, Auxiliary Public Affairs Specialist I

cations between long endurance SGX gliders (autonomous unmanned underwater vehicles) (*above*) and submerged acoustic navigation sensor systems, all of which Healy crew members help deploy off the aft deck utilizing the specially designed oceanographic A-frame and winch.

During flight operations on 22 July, crewmembers conducted a helicopter in-flight refuel (HIFR) with a USCG Air Station Kodiak helo. Training is routinely



USCG photo by Deborah Heldt Cordone, Auxiliary Public Affairs Specialist I

conducted to maintain crew qualifications aboard both assets and maintain proficiency in many evolutions.

Since leaving Seward, AK, on 27 July, Healy had sailed through Unimak Pass, the Bering Sea, and the Chukchi Sea. During the ship's transit north through the Bering Strait, Healy made a rendezvous with USCGC Kimball (WMSL 756) for a joint patrol and training exercise. Both ships



Photo by PO3 Ian Gray, USCGC D17

crossed 66°33' 47" N, the Arctic Circle, together at 1200 on 1 August. As the two ships continued northbound after crossing into the Arctic, Healy and Kimball conducted a passenger exchange of 24 crewmembers using Kimball's Long Range Interceptor small boat. The exchange included meeting and interacting with crewmembers of the opposite vessel, a ship tour, and an evening meal.

As an example of the Healy morale, crewmembers gathered on the mess deck for a weekly



USCG photo by Deborah Heldt Cordone, Auxiliary Public Affairs Specialist I

“teatime” to enjoy various flavors of hot tea, blueberry scones, and rich cream. Several crew members participated in organizing and preparing for this event, including CS1 Cohen who made the scones, CS2 Collins who made the cream, EM1 Twohy who brought an antique china set for everyone to enjoy, SK1 Barton who procured the tea, and MK2 Rimkunas who was the primary host.

More Council Supported Unit News

The 2022 **Puget Sound Naval Shipyard & Intermediate Maintenance Facility** Technology Showcase on the Waterfront was held 14 & 15 September at the Kitsap Conference Center in downtown Bremerton. The event is organized to help connect problem-solving shipyard workers with vendors who have tools and technologies that might be useful in improving how the shipyard meets the command's mission to maintain, modernize and retire the Navy's fleet.



USS Ralph Johnson (DDG 114) and CO CDR Roberts said goodbye to two shipmates in late August: CS2 Cabic (*left*) and MA1 Ramirez (*below*) who was commended for his work as Command Master at Arms. Both were

thanked for all they gave to the ship and shipmates. Fair winds and following seas!



On 17 August **USS McCampbell (DDG 85)** celebrated 20 years of commissioned service by serving a special cake (*at right*). The story of USS McCampbell (DDG 85) began on 16 July 1999 when her keel was laid down at the Bath Iron Works shipyard in Bath, ME. Nearly one year later, McCampbell was launched on 2 July 2000. Over the duration of a rigorous initial construction period, McCampbell grew from the bottom-up. She boasted the unique and novel features of a Flight IIA destroyer. After completing her pre-

commissioning yard period, McCampbell departed Bath Iron Works and headed west to San Francisco, where she was commissioned on 17 August 2002. Madeline Albright, former Secretary of State under President Clinton, served as the ship's sponsor and attended the commissioning ceremony. Upon Albright's order to "*Man our ship, and bring her to life,*" McCampbell was officially recognized as the newest United States Navy warship and spent her first operational chapter in San Diego, where she was homeported for five years. In July 2007, McCampbell arrived in her new homeport of Yokosuka, Japan where she was homeported for 13 years providing security and stability throughout the Indo-Pacific region by working alongside allies and partners. She conducted a multitude of humanitarian operations,



strengthening the bonds with allied nations. In 2008, the ship supported disaster relief efforts off the coast of Indonesia following Earthquakes that caused significant damage to the region. In 2011, McCampbell was an active contributor in Operation Toloache providing relief to Japanese citizens affected by the Tohoku earthquake and tsunami. In 2020, the ship returned to the U.S. and entered Vigor Shipyard in Portland, OR for modernization and upgrades. After the yard, McCampbell's homeport shifted to NavSta Everett. USS McCampbell is named after WWII aviator David McCampbell, leading F6F Hellcat Ace with 34 aerial victories, nearly six times as many required to be awarded the title of "Ace."



The **University of Washington NROTC** celebrated the birth of our nation on the Fourth of July weekend by reflecting on the sacrifice of those who came before. Particularly remembered was the service of the crew of USS Samuel B. Roberts (DE 413) (*above*), whose wreckage was just found this past 22 June after being lost for 78 years. You can learn about the recent discovery here:

<https://news.usni.org/2022/06/28/uss-samuel-b-roberts-sunk-in-battle-of-leyte-gulf-found>



NROTC has a special connection with the ship whose battle ensign proudly hangs in Clark Hall at the University of Washington, alma mater of USS Roberts commanding officer, LCDR (*later RADM*) Robert W. Copeland (*above receiving Navy Cross*). The battle ensign serves as a daily reminder for all of NROTC midshipmen to keep pushing even in the face of overwhelming odds. Readers can learn more about this inspiring and humbling story by visiting:

<https://www.history.navy.mil/.../samuel-b-roberts-de-413...>

On 26 July, ADM Steven Poulin USCG (*below second from left*), Vice Commandant of the USCG, and Deputy Master Chief Petty Officer of the Coast Guard, Charlie Salls, visited several units in Seattle. They started with a tour of **US Coast Guard Base Seattle** to see how the mem-



bers there assist units in Washington and Oregon. Next was a stop by Coast Guard Sector Puget Sound to talk with division officers and see how Vessel Traffic Service individuals keep our busy waterways safe. An 'All-Hands' was also held to honor several stand-out members, talk about the future of the US Coast Guard, and answer questions. Lastly, they visited US Coast Guard Station Seattle for an area familiarity ride above.

Meet the newest **USS Kidd (DDG 100)** "Shipmate in the Spotlight," Fire Controlman 3rd Class Egan Solis from Santa Ana, CA who has been on board Kidd for seven months. His favorite thing about being a pirate is the "On to Victory" mentality that every crew member embodies!



USS Momsen (DDG 92) Returns to Homeport

*By PO2 Lily Gebauer
Photo by PO2 Ethan Soto*

EVERETT, WA – The Arleigh Burke-class guided-missile destroyer USS Momsen (DDG 92), assigned to Carrier Strike Group Three, returned to Naval Station Everett, 6 September, following a seven-month deployment to U.S. 3rd, 5th, and 7th Fleets. Momsen departed Everett 7 February to support maritime security and enhance regional stability in the Indo-Pacific. Momsen conducted independent operations in and around the South China Sea, participating in cooperative deployments strengthening relationships with partnering allies. These efforts included a bi-lateral exercise focused on increasing interoperability with the Indian Navy's guided-missile frigate INS Trishul (F 43). Momsen made a historic port visit to Goa, India, 23 April. The scheduled port call included a ship visit and tour by Indian Navy officials as part of continued efforts to establish partnerships and enhance cooperation between the nations. The visit focused on aviation capabilities and the impact on the nations' longstanding relationship. In the U.S. 5th Fleet area of operations, Momsen participated in exercise Iron Defender 2022, an annual bilateral training event between U.S. Naval Forces Central Command and forces from the United Arab Emirates. The exercise focused on maritime security operations, mine countermeasures and harbor defense. The event included a medical



team embarkation, demonstrating the capabilities of shipboard medicine for UAE officials, and a morale building sporting event between the two nations. While operating in support of Combined Task Force (CTF) 150 counter-narcotics operations, Momsen worked in coordination with the US Coast Guard, seizing 640 kilograms of methamphetamine worth \$39 million from a fishing vessel while patrolling international waters in the Gulf of Oman. An integral part of U.S. Pacific Fleet, U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations—from combat operations to humanitarian assistance and disaster relief. U.S. 3rd Fleet works together with our allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.



LAKE WASHINGTON & EVERETT COUNCIL
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Voyager, official newsletter of the LW&EC NL-US, is published electronically in March, June, September and December and provided to all members. Comments and suggestions are welcome and should be sent to: *Voyager* Editor, P.O. Box 547 Bellevue WA 98009-0547 or email to: editor@lakewashnlus.org

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CITIZENS IN SUPPORT OF THE SEA SERVICES

Lake Washington & Everett Council is your community organization that:

Supports Puget Sound Sea Services: USCGC Healy, USCGC Henry Blake, USCGC Blue Shark, USCG Base Seattle, USS Jimmy Carter & Undersea R & D Detachment, Naval Station Everett, USS John Paul Jones, USS Kidd, USS Momsen, USS Gridley, USS Ralph Johnson, USS Sampson, USS John S. McCain, USS McCampbell, Destroyer Squadron Nine, Carrier Strike Group ELEVEN, Regional Support Organization - Pacific Northwest, Afloat Training Group - Pacific Northwest, Naval Operational Support Center Everett, Branch Health Clinic Everett and Puget Sound Naval Shipyard & Intermediate Maintenance Facility

Supports local Naval Reserve Officers Training Units and US Naval Sea Cadet Corps:

- Liberty High School NJROTC and Snohomish High School MCJROTC
- University of Washington NROTC and US Naval Sea Cadet Corps, Naval Station Everett Division
- Increases awareness of the diversity of maritime units in Puget Sound
- Conveys the pivotal role of Puget Sound sea services in national and regional security
- Furthers understanding that maritime commerce is the cornerstone of our region's economy.

Navy League of the United States Mission Statement

A civilian organization dedicated to informing the American people and their government that the United States of America is a maritime nation and that its national defense and economic well being are dependent upon strong sea services – United States Navy, United States Marine Corps, United States Coast Guard and United States Merchant Marine.

<https://www.navy.mil/>
<https://www.marines.com>
<https://www.uscg.mil/>
<https://www.maritime.dot.gov/>

Celebrating the Life of Arthur L Armstrong

February 13, 1928 + June 22, 2022

Our Savior's Lutheran Church
215 W. Mukilteo Blvd | Everett WA 98203 | 425.252.0413

12pm Thursday,
September 29, 2022
Our Savior's Lutheran Church
Everett, Washington



Art Armstrong was born in San Francisco, CA. He graduated from Everett High School and went on to serve in the Navy and the Army. Art was a graduate of the University of Washington. He went on to work for Northwestern Mutual Insurance where he met the love of his life, Janet (Hossfeld) and they were married over 65 years. Art owned Gilkey-Armstrong Insurance in Everett. He served as

president of the Independent Insurance Agents of Washington and also as a state representative in Washington, DC.

Art was a member of Our Savior's Lutheran Church, Everett Rotary Club, Navy League, Elks Club, Bethany of the Northwest and the Everett Yacht Club. He was an avid sailor, enjoyed traveling with his wife Janet, Bridge Club, snow skiing and spending time on Whidbey Island fishing and crabbing with his family and friends.

Art is survived by his family: wife Janet, children Linda (Carl) Varner and Steve (Cindy) Armstrong. Grandchildren Scott (Ashley) Varner, Andrea Varner, Rachel (Aaron) VanGorkom, and great grandchildren Madison, Jack, Tyler and Bennett. He was a wonderful husband, dad, grandfather and great grandfather.

Art will be dearly missed by family and friends but our memories of him will live on. A special thank you to Shoreline Health & Rehab for the excellent care they provided to Art.

The family asks that you consider a contribution in memory of Arthur L Armstrong to Our Savior's Lutheran Church.