

VOL. 78 DELGENE PHILLIPS - EDITOR

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DECEMBER 2016

FUTURE EVENTS

Dinner Meetings Wednesday, 11 January Wednesday, 8 March

Board Meetings Wednesday, 4 January Wednesday, 1 March

ABOUT US

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

Council Adopted Units:

US Naval Station Everett
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
U. of Washington NROTC
Naval Sea Cadet Corps, NS Everett Div

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Many Recognized at November Council Dinner

By Pete Stiles Photos By Delgene Phillips

Fifty-five members and guests attended the Lake Washington & Everett Council's dinner held on 9 November 2016 at the Bellevue Red Lion Hotel. The program opened with adopted unit Naval Station Everett Sea Cadet Division 132 "Presenting the Colors" and Marjorie James leading the audience in the Pledge of Allegiance. Board member Cecil Allison gave a very thoughtful Invocation. Following dinner, Pete presented the council's proposed 2017 Officers and Board of Directors which will be voted upon by council members attending the 11 January 2017 dinner. Pete noted

that the council is looking to fill two vacant officer positions, Treasurer and Secretary, with copies of the position descriptions at each table. He asked that anyone attending the dinner, or friends of those attending, who might be interested in learning more about either vacancy contact him via telephone or email. The evening recognition started with Naval Station Everett Sea Cadet Division 132 - NSE and the



University of Washington NROTC. Pete thanked LTJG John Steenmeyer, (above right) CO of the Naval Station Everett Sea Cadet Division for his continuing dedicated leadership and presented him with the council's annual donation of \$500. CAPT



Mark Johnson USN, (at left) CO and Professor of Naval Science for the UW NROTC presented an overview and description about the quality and professionalism of the midshipmen and officer candidates enrolled in the NROTC. Afterwards, Pete presented CAPT Johnson with the Council's annual donation of \$750. (continued on page 4)

VIEW FROM THE BRIDGE



Time flies and here we are approaching the end of 2016. The Lake Washington & Everett Council has enjoyed another successful year with five bi-monthly dinners which were held at the Bellevue Red Lion Hotel and a "Summer Fun Event"

which this year was held at the Everett AquaSox Baseball Club in Everett, WA. In addition to supporting our active duty Navy and Coast Guard adopted units, the council continued to provide recognition and financial support to our three student adopted units: University of Washington NROTC, Liberty High School NJROTC and the Naval Station Everett Sea Cadet Division – 132 NSE. Tours Director Jim Ardissono continued his outstanding job of scheduling events at active duty commands and, in addition, at Boeing manufacturing facilities. Our tours generate immense interest from council members and non-members alike and are always "sold out."

Our Focus and Primary Mission

2016 BOARD OF DIRECTORS

President	Pete Stiles
First Vice-President	Vacant
Second Vice-President	Vacant
Treasurer(interim)	Bob Renner
Secretary	Vacant
Chaplain	Jim Ardissono
Judge Advocate	Bert Kinghorn
Membership	Cec Allison
Tour Director	Jim Ardissono
j.ardissono@wfafinet.com	

Other Directors: Jay De Bellis Phil Johnson Jim Sketchley Jim Britt Niles Fowler Mitch Mitchell John Thoma

Dan Burr Jeff Garrett Delgene Phillips Matt Thompson

Director Emeritus:

Niles Fowler (NLUS)

RADM John Lockwood USCG, Retired (LWC) (NLUS)

National Directors: Pete Stiles Jim Sketchley

Since the council's inception in 2001, our mission and focus has remained on our active duty Navy and Coast Guard enlisted men and women. It is a recurring privilege to meet the young men and women on the "front lines" whether in a SSBN "Boomer," on a floating city nuclear aircraft carrier, aboard a Coast Guard Cutter, attending University of Washington NROTC commissioning ceremonies and participating in a NJROTC awards ceremony or visiting a Sea Cadet drill weekend at Naval Station Everett. Truly these outstanding enlisted personnel and students represent a bright future for the U. S. Navy, the U. S. Coast Guard and our Country.

Moving Forward

In October, the council launched a newly updated and redesigned website with the same URL: www.lakewashnlus.org. We hope that you will periodically "take a look." The new website is easy to read and easy to navigate and when you do, you will find three new sources of information: "Sea Service News" which concentrates on current Northwest Naval and Coast Guard news and information that will interest our members and friends, especially items that aren't wellcovered by the general news media. The "Honor Page" features people, events and images that highlight positive views of our military services and patriotic actions of military interest. Under "Upcoming Events" you will also be able to know in advance about council dinners, tours, our "Third Annual Golf Scramble" and other council activities. Additionally, there will be other pertinent information published that you will find interesting. Perhaps best of all, you will now be able to pay for dinners electronically via credit card. We currently have two adopted units at Naval Station Everett, the USCGC Blue Shark (WPB 87360) and the USCGC Henry M. Blake (WLM 563). In early 2017 we will start an adoption program for the current and new Arleigh Burke Class Aegis Destroyers assigned to Everett, the USS Shoup (DDG 86), USS Momsen (DDG 92), USS Kidd (DDG 100), USS Gridley (DDG 101), USS Sampson (DDG 102) and USS Ralph Johnson (DDG 114). In addition, we will continue to work on re-establishing a new Navy League presence in Everett and Snohomish County. Retaining current members and recruiting new individual members and Community Affiliate members will continue to be a priority as well as scheduling interesting and compelling keynote speakers and other program participants for our dinner events. If you have suggestions about future keynote speakers, military or non-military, please forward their name(s) and contact information to me at pstiles@verticalpath.com. It is a pleasure to represent all of you as we recognize the adopted units that we support and their distinguished Sailors of the Year and Sailors of the Quarter. As Council President, I have the opportunity to be the visible tip-of-the spear but you, our council members and friends, are the energy and direction behind our efforts. Your officers and Board of Directors are dedicated, selfless contributors to mapping and directing our resources in in our support of our local Sea Services. We look forward to your continued support and participation in 2017 and well beyond.

Pete Stiles, President

Dinners

Wednesday 11 January 2017 Bellevue Red Lion Hotel 1800 - 2100

"Ten Days in My Life..."
Speaker: CAPT Joe Raymond USCG

Speaker: CAP1 Joe Raymond USCG Sector Commander & Captain of the Port

> Wednesday 8 March 2017 Bellevue Red Lion Hotel 1800 - 2100

"Annual USCGC Healy Dinner"
Speaker: CAPT Jason Hamilton USCG
Commanding Officer, USCGC Healy

Tours

Contact Jim Ardissono 425-991-5567 — jardissono@wfafinet.net

For interesting, relevant and up to date articles and information pertaining to our council and the sea services go to our website: www.lakewashnlus.org

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- Honeywell, Inc.
- Kvichak Marine Industries, Inc.
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- SAFE Boats International
- Schneider Electric
- USAA
- Vigor Shipyards, Inc.

Community Affiliates

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- Red Lion Hotel Bellevue
- US Family Health Plan at Pacific Medical Center
- Vertical Path Recruiting, Inc.

Through their financial contributions, these business affiliates demonstrate their commitment to LW&EC-NLUS, to the mission of the Navy League, and their desire to support young people through our programs and scholarships.

Partners

- Bremerton-Olympic Peninsula Council of the Navy League
- Hire America's Heroes
- Tacoma Council of the Navy League



(continued from page 1) Board member Matt Thompson and guest Linda Conti chat with Sea Cadet Jessica Chacko and her father Sanu Chacko who has volunteered for the 2017 Council Board. Matt, Linda and Sanu are Sea Cadet Officers in NAVSTA Everett Division.



ADC Al Torstenson, USN, Retired (left) reflects on his service to the council as a board member. Al recently retired after a long and successful career as Military Instructor with the Liberty High School NJROTC and now has more time to rake leaves on his farm. At the same time Chief Torstenson also re-

tired as a long time council board member. Pete thanked Al for his dedicated service and contribution to the council and presented him with the Council's formal Certificate of Appreciation.

Pete presents Sonya Bachmann (right) a Council Certificate of Appreciation for her excellent work as council secretary. When recording minutes, Sonya specialized in recognizing when comments were "off the record."





USS Washington (SSN 787) crew members present included left to right: CAPT Jason Schneider – CO, PO1 Mark Maynard – Sailor of the Year, LTJG Kevin Barnes – Supply Officer, PO1 Dustin Poland – From state of Washington, PO2 Dillon Johnson – Blue Jacket of the Year



Council Life Member SMSgt John Van Dalen USAF, Retired, (left) chats with CAPT Jason Schneider USN, current CO who presented a construction update and overview of the features of the U.S. Navy's newest nuclear submarine, christened 5 March in Newport News, VA. USS Washington is a Virginia-Class fast attack submarine and the third US Navy ship named for the state of Washington. The crest design includes symbols, colors, and themes inspired by the state, the Pacific NW, and previous warships named Washington. Recognized at the dinner were three new members of the council board of directors: recently retired CAPT John Deer, USN, former CO of UW NROTC; Sanu Chacko, Sea Cadet Officer and CIO of Northern Industrial; CMC Kevin Isherwood, USCG, Retired and a Military Advocate on the Geico Insurance Military Team. Also recognized but unable to attend was retiring XO of University of Washington NROTC, CDR Mike Maxwell, USN.



COL Richard Wall, USA, Retired (center above) tells USS Washington crew members Maynard and Johnson how it was in the Army Ranger Special Forces. CAPT Jason Schneider USN, (above right) CO, presents a plaque to the LW&E Council from the officers and crew of USS Washington (SSN 787). Council member and CG Aviator #1922 Mike Flood (at right) chats with RADM Mark Butt, USCG and CG Aviator #2397. RADM Butt presented an overview of CG history and a review of the 100th anniversary of CG Aviation with highlights including the accomplishments of Elmer Stone, CG Aviator #1. Council member and Naval Aviator CDR Joseph Murashie, USN, Retired (below left) presents Dr. Richard Gile, Naval Aviator, a set of Naval Aviator wings formerly mounted over the entrance to the NAS Lemore Officers' Club. Joe and Richard are former Douglas A-1 Skyraider "Spad" pilots. Richard and his wife, Myrna (below right) are celebrating their 50th wedding anniversary.







Veterans Honored by Seahawks Article & Photo courtesy of Seahawks

As part of the Seattle Seahawks game day activities for the team's annual "Salute to Service" game presented by USAA held on 7 November versus the Buffalo Bills, at halftime the team awarded eight Segways and four ALLY Chair adapted Segways to combat veterans in partnership with Segs4Vets. Segs4Vets is a non-profit organization that provides mobility devices to severely injured service members from Operation Iraqi Freedom and Operation Enduring Freedom. Additional "Salutes" included: Special Forces SSG Jonathan A. McLaughlin, USA led the team out of the tunnel carrying a U.S. Flag. On 23 August 2016, while on a foot patrol in Helman Province, Afghanistan, SSG McLaughlin was severely injured by an improvised explosive device. The explosion took the life of another U.S. service member and as many as six Afghan soldiers were wounded. SSG McLaughlin represents the 1st Special Forces Group (Airborne), Joint Base Lewis-McChord (JBLM) and plans to return to duty once he recovers from his injuries. Former Green Beret Special Forces member and free agent Nate Boyer, raised the 12 Flag prior to kickoff. Boyer served in the U.S. Army's 10th Special Forces Group and was deployed multiple times to Iraq and Afghanistan including two summers with the Texas Army National Guard. He was a walk-on long snapper at the University of Texas and signed as an undrafted free agent with the Seahawks in spring, 2015. PO1 Generald Wilson, USN, Retired sang the National Anthem. Immediately following the anthem, representatives from Washington Army National Guard conducted a fly-over with two Black Hawk helicopters. The Seahawks team, in conjunction with USAA, hosted more than 200 local service members on the field during the national anthem. Many Seahawks suite owners hosted more than 100 service members to watch the game. The Joint Honor Guard was comprised of active duty military service member's representing all branches of the armed services. Along with the national flag, the jointservice color guard carried the flags for the Air Force, Army, Coast Guard, Marines and Navy and was led by SSG Frank Dunbar, USA, of the I Corps Honor Guard, JBLM. As part of "USAA's Why We Salute" program, the team wore stickers on their helmets in honor of all five military branches. During pregame ceremonies, a special military USAA Challenge Coin was used for the coin toss. The Seahawks and USAA recognized retired U.S. Army Gunner Allan Clarey during the Salute to Service moment held at the end of the 3rd Quarter in the northwest end zone. During his service in Vietnam as part of the 2nd Battalion 32nd Mechanized Field Artillery unit, Gunner Clarey



awarded three Purple Hearts and a bronze star. Diagnosed with five cancer years ago, he continues to model "service above self" and demonstrates daily that helping others in need is the most important character trait.

The following update was recently received by LW&EC Board member, Phil Johnson:

Good morning Mr. Johnson,

I've been meaning to email you and the thought crossed my mind this morning while I was near my laptop with some down time. All is going well in Pensacola and I have transitioned into Advanced for rotary wing. I'm slightly under the halfway mark and have been thoroughly enjoying every flight. The briefs are tough and there is always an infinite amount of knowledge to learn, but the exhilaration of flying a helicopter and working towards those wings makes it all worthwhile. I completed my first solo a few weeks ago and am working on basic instrument training currently. I have attached a photo for you to share. Hope that all is going well in Washington. I will put in my dream sheet in the next month or two and will be humbly requesting to be returned to the west coast! Take care.

Very respectfully, Carolyn Mahoney

Editor's note: LTJG Mahoney has recently been selected for promotion to LT and is a former deck watch officer on USCGC Healy, a council adopted unit. She acted as guide for LW&E Council members on a Healy Tiger cruise from Juneau to Seattle.



Welcome New Members

John Deehr Kevin and Sara Isherwood Ron Muecke John Van Dalen

Lake Washington & Everett Council 2017 Board and Dinner Dates:

Board Meetings

Wednesday, 4 January Wednesday, 1 March Wednesday, 3 May Wednesday, 12 July Wednesday, 6 September Wednesday, 1 November

Dinner Events

Wednesday, 11 January
Wednesday, 8 March
Wednesday, 10 May
July "Summer Fun Event" – TBD
Wednesday, 13 September
Wednesday, 8 November

Lake Washington & Everett Council 2017 Proposed Officers & Board of Directors:

President - E. P. (Pete) Stiles
First Vice-President - Vacant
Treasurer - Vacant
Secretary - Vacant
Judge Advocate - Bert Kinghorn
Chaplin - Cec Allison

Board Members:

Jim ArdissonoJim BrittDan BurrJay De BellisSanu ChackoJohn DeehrKevin IsherwoodNiles FowlerPhil JohnsonJeff GarrettMitch MitchellDelgene PhillipsJohn ThomaMatt Thompson

University of Washington NROTC Wall of Fame Induction

By Pete Stiles Photos courtesy of NROTC

The mission of the University of Washington NROTC's Wall of Fame is to recognize graduates of the program who have had military and/or civilian careers characterized by a selfless commitment to the Navy and Marine Corps core values of honor, courage and commitment. The 2016 recipient of the Husky Battalion Wall of Fame is CDR Laurence V. Friese USN, Retired. Larry Friese (below) was born in 1942 in Huron, SD. CDR Friese graduated from the University of Washington in 1965 with a degree in Oceanogra-



phy. Upon graduation he joined the U. S. Marine Corps and attended The Basic School at MS Quantico, VA. LT Friese then completed Naval Flight Officer training and Bombardier/Navigator training before serving as an A-6 Intruder bombardier with Marine All-Weather Attack Squadron VMA(AW) 225 of Marine Air Group 14 at MCAS Cherry Point, NC. He next joined VMA (AW) 533 of Marine Air Group 12 in Southeast Asia where he flew 138 combat missions between July 1967 and February 1968, when he



CDR Friese (above) speaking with MIDN 3/C Grimes after the presentation. CAPT Johnson USN, CO NROTC is in background.

was forced to eject over North Vietnam. Friese was captured and taken as a prisoner of war four days later. After spending 1,839 days in captivity, he was released during Operation Homecoming on 14 March 1973. Friese transferred his commission to the U. S. Navy on 5 June 1974 and attended the Naval Postgraduate School until December 1976 where he received his Master's Degree in Meteorology and Oceanography. CDR Friese then served at Fleet Weather Center, Guam before serving aboard the aircraft carrier USS Midway (CV-41) until 1980. His final assignment was with the Fleet Numerical Oceanography Center at Monterrey, CA where he served as Department Head until his retirement from the Navy on 30 June 1985. CDR Friese's commendations include the Silver Star, the Distinguished Flying Cross, eleven Air Medals and the Prisoner of War Medal.

Past Wall of Fame Awards

2013

Col Gregory "Pappy" Boyington RADM Robert Copeland BGen Robert Galer Col Bruce Meyers

2014

RADM Horton J. Smith John M. Fluke, Sr.

2015

ADM Bruce W. Clingan Mr. Michael E. O'Burne

University of Washington 2016 NROTC Navy and Marine Corps Ball

By Pete Stiles
Photos courtesy of NROTC

On Friday, 4 November 2016, President Pete Stiles joined over 200 Midshipmen, Officer Candidates and their guests and numerous prior Navy and civilian attendees as the University of Washington NROTC held its annual Navy and & Marine Corps Birthday Ball. Held at the University Student Union Building, the formal dinner event celebrated the U.S. Navy's 241st anniversary. Presiding officer for the evening was CAPT Mark Johnson, USN, commanding officer and professor of Naval Science for Husky Battalion. Following a no host social hour, the ceremony began with the Presentation of the Colors by the UW NROTC Color Guard, followed by the singing of the National anthem by Midshipman Myint-Zu Kyaw and the ceremonial cutting of the cake (above right). Next, the oldest sailor present, CAPT Mark Johnson, and the youngest Navy midshipman, Midshipman Amber Roland, were recognized, followed by the oldest marine present, MSgt Jose Ledesma and the youngest Marine mid-

shipman present, MIDN Sabrina Johnson. Guest of honor and keynote speaker for the evening was CAPT Heidemarie Stefanyshyn-Piper, USN, Retired. (at right) CAPT Stefanyshyn-Piper attended the Massachusetts Institute of Technology on a NROTC scholarship where she received a B.S. in Mechanical Engineering and a M.S. in Mechanical Engineering. She was commissioned as an Ensign in the engineering duty officer community in 1985. Selected as an astronaut by NASA in 1996. Stefanyshyn-**CAPT** Piper reported to the Johnson Space Center in Houston, TX. A vet-



eran of two space flights, STS-115 in 2006 and STS-126 in 2008, she logged over 27 days and 15 hours in space, including 33 hours and 42 minutes of Extra-Vehicular Activity (EVA) in five space walks. CAPT Stefanyshyn-Piper retired from the Navy in 2015 and now resides in Oak Harbor, WA. Following CAPT Stefanyshyn-Piper's remarks, the evening concluded with traditional formal toasts and dancing.



USS Oklahoma Crew Honored During Memorial Ceremony

By PO1 Phillip Pavlovich, USN Public Affairs Support Element Detachment Hawaii Photos courtesy USN

On the morning of December 7, 1941, the Japanese Imperial Navy launched an attack on U.S. installations throughout Oahu. They damaged more than 20 naval vessels and more than 300 aircraft, resulting in the death of more than 2,000 Americans. Among the many ships targeted was the Nevada-class battleship USS Oklahoma (BB 37) (at right), which received 8 torpedo hits within the first 10 minutes of the attack. This continued until a final torpedo capsized and sank her, killing 14 Marines and 415 Sailors. Seventy-five years later on 7 Dec 2016, World War II veterans, Pearl Harbor survivors, friends and family members gathered at the USS Oklahoma Memorial on Ford Island, Joint Base Pearl Harbor-Hickam for a commemoration service. This ceremony was in honor of those who gave the ultimate sacrifice aboard the once mighty battleship and throughout the island. "Of the ships damaged or sunk that morning, the loss of life on USS Oklahoma was second only to USS Arizona," said ADM Scott Swift, (below) the commander of U.S. Pacific Fleet and keynote speaker for the ceremony. "Here today, we honor the 429 service members who gave their lives that morning, as well as the survivors whose stories continue to inspire both current and future generations." Several survivors that were aboard Oklahoma during the attack were at the ceremony; living testaments of the past. "They are living records of the wounds our nation endured on December 7, 1941, and of the resilience that allowed us to fight back, turn the tide of war, and ultimately achieve peace and reconciliation with former adversaries," said Swift as he addressed the audience. The ceremony hosted additional speakers who all expressed their gratitude for those who served during World War II. They told stories about what Sailors endured the morning of the attack, the toughness they showed, the initiative they had. One story highlighted was that of Oklahoma survivor Roy Carter, a carpenter's mate and Damage Controlman. As the attack unfolded outside the bulkheads of Oklahoma, Carter said he followed his sense of duty, and began sealing watertight doors. This action, Carter said, was something he felt was the right thing to do. He inadvertently trapped eight sailors within a compart-





ment below. In the following two days after the attack, 32 trapped sailors, including the eight he sealed within the compartment, were rescued by Navy shipyard workers through the use of chisels and air hammers. To this day, Carter says he feels that whatever told him to close that hatch is the reason why those sailors lived. That action created a watertight space that kept them alive long enough to be rescued. He's happy knowing he was able to help out his shipmates. "They [the Oklahoma Sailors] rejected putting themselves first despite an innate, organic drive to first survive," said Swift. "Their refusal to accept defeat then still resonates throughout Pacific Fleet now, and remains a great source of inspiration and strength, and fortitude, and forms the core of what is now often referred to as the 'American fighting spirit.'" Pearl Harbor, home to ships in the U.S. Pacific Fleet, has changed since USS Oklahoma was sunk. Pearl Harbor is a major international port location in which U.S. and its allies work together to protect their sea-lanes; advance international ideals and relationships; and deliver security, influence and responsiveness within the region. Today, the U.S.-Japan relationship exemplifies a deep-rooted trust, friendship, support and cooperation between two countries. This relationship plays an integral role in perpetuating peace and trust in the Indo-Asia-Pacific region. "That path began here, in Pearl Harbor, in the middle of the Pacific Ocean, and it

led our Pacific nation to grow from a Pacific power to 'the' Pacific power," said Swift. "Sailors who serve today in Pearl Harbor and throughout the Pacific embody that proud heritage." The U.S. Pacific Fleet is the world's largest fleet command, encompassing 100 million square miles, nearly half the Earth's surface - from Antarctica to the Arctic Circle, and from the U.S. West Coast into the Indian Ocean. "It is through today's Pacific Fleet Sailors that the legacy of those who survived the attack extends well beyond Pearl Harbor and across the Indian and Pacific Oceans," said Swift. "That is where 140,000 of them operate 150 ships, 40 submarines and 1,057 aircraft. They do this to protect the international rules-based system that has allowed so many nations to rise from the ashes of World War II and to achieve unprecedented levels of prosperity over 70 years since then."

On 7 Dec 2007, the USS Oklahoma Memorial was formally dedicated as a reminder of the ship and its crew. It is a reminder of the integrity they bore, and the accountability they held to their ship and shipmates. Today the memorial stands on the shores of Ford Island, next to where it was formerly berthed. It's a place that past, present and future generations can go to remember those who survived and those who gave their lives - those of the "Greatest Generation."

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Lake Washington & Everett Council

CITIZENS IN SUPPORT OF THE SEA SERVICES

Lake Washington & Everett Council is your community organization that:

- Supports our Puget Sound Sea Services: USCGC Healy, USCGC Henry Blake, USCGC Blue Shark, USCG Base Seattle, USS Jimmy Carter, Naval Station Everett and Undersea R & D Detachment.
- Supports local Naval Reserve Officers Training Units and US Naval Sea Cadet Corps: Liberty High School NJROTC, University of Washington NROTC, 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.