



Navy League  
of the United States



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MARCH 2021

## FUTURE EVENTS

|                         |     |
|-------------------------|-----|
| Board Meeting           | TBD |
| Dinner Meeting          | TBD |
| Scuttlebutt Social Hour | TBD |

## ABOUT US

The Lake Washington & Everett (LW&E) Council is part of the Navy League of the United States, [www.navyleague.org](http://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  
U. of Washington NROTC  
Naval Station Everett Division USNSCC  
US Naval Station Everett  
Carrier Strike Group ELEVEN  
Destroyer Squadron Nine  
USS Kidd (DDG 100)  
USS Momsen (DDG 92)  
USS Gridley (DDG 101)  
USS Ralph Johnson (DDG 114)  
USS Sampson (DDG 102)  
Afloat Training Group - PACNW  
Branch Health Clinic Everett  
Regional Support Organization - PACNW  
Naval Operational Support Center Everett  
Puget Sound Naval Shipyard &  
Intermediate Maintenance Facility

## USCGC Healy Recognizes Enlisted Person of the Year & Sailors of the Quarter

ET1 Julio Leos was selected as USCGC Healy's Enlisted Person of the Year for 2020! His citation reads: "Through an unwavering commitment to Healy's operations, missions, and the stalwart dedication to care for our personnel, your adherence to the Coast Guard Core Values of Honor, Respect, and Devotion to Duty were evident throughout 2020. Your extraordinary demonstration of



leadership was evident by assuming the role of Electronics Division Leading Petty Officer responsible for monitoring and executing the electronics maintenance program. You expertly crafted innovated work schedules and implemented remote coordination tools to minimize shop interaction and risk while maximizing productivity during the global pandemic. You consistently displayed an extensive understanding of vital ship systems well above your paygrade and rate while (continue on page 10)

## VIEW FROM THE BRIDGE



Welcome to the March 2021 issue of *Voyager*, the award-winning newsletter of the Lake Washington & Everett Council. The COVID pandemic has continued to slow our council activities but in this issue, you will read about more outstanding sailors recognized at our supported units. They all

received our council mug and certificate. You will also be introduced to an amazing young man from the Naval Station Everett Division of the US Naval Sea Cadet Corps, SA Zach Durocher, who was awarded the Theodore Roosevelt Youth Medal for 2020. Our council has been blessed to have outstanding board members who guide our operations. One of them, RADM J.A. "Bert" Kinghorn, USCG was recently recognized by the board with the John & Cyndee Lockwood Lifetime Achievement Award for his lifetime of service to the country and the Navy League. You will also read about the work that our Coast Guard and Navy are doing in a couple of articles. If you know of anyone who would like to join the Navy League or support our operations, please forward their information to us, or point them to our Navy League Council website <https://www.lakewashnlus.org>.

*Sanu*

## 2021 BOARD OF DIRECTORS

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RADM John Lockwood, USCG, Retired

## Individual Awards At Units Supported By Lake Washington & Everett Council

AWS1(NAC/AW) John McCracken  
Sailor of the Year 2020  
Afloat Training Group Pacific Northwest

DC2 Conor Sohlstrom  
Enlisted Person of the Quarter, Q1 2021  
USCG Base Seattle

IT1 Matthew Cole  
Enlisted Person of the Year 2020  
USCG Base Seattle

RS3(SW) Ayanna Baker  
Blue Jacket of the Year 2020  
Naval Operational Support Center Everett

IT2(IW) Faamamata Aliifua  
Junior Sailor of the Year 2020  
Naval Operational Support Center Everett

LS1(AW/SCW) Keaton Briscoe  
Sailor of the Year 2020  
Naval Operational Support Center Everett

OSSN(SW) Leilani Acevedogutierrez  
Blue Jacket of the Year 2020  
USS Sampson (DDG 102)

GM3 Amber Conner  
Junior Sailor of the Year 2020  
USS Sampson (DDG 102)

YN2 (SW) James Gomes  
Sailor of the Year 2020  
USS Sampson (DDG 102)

ET1 (SW) John Bailey  
Senior Sailor of the Year 2020  
USS Sampson (DDG 102)

## Women's History Month

Women's History Month of March is celebrated to remind everyone of the many accomplishments of women throughout the years to our culture and society. From science to politics, it is a chance to reflect on the trailblazing women who lead the way for change. The first women to serve in the U.S. Navy were nurses, beginning with the "Sacred Twenty" appointed after Congress established the Navy Nurse Corps on 13 May 1908. The first large-scale enlistment of women into the Navy met clerical shortages during World War I, and the second came months before the United States entered World War II. President Franklin D. Roosevelt signed Public Law 689 creating the Navy's women reserve program on 30 July 1942, which paved the way for officer and enlisted women to enter the Navy. On 22 February 1974, the Navy designated the first woman as an aviator. On 7 March 1994, the Navy issued the first orders for women to be assigned aboard a combatant ship, USS Dwight D. Eisenhower (CVN-69). Today, women serve in every rank from seaman to admiral and in every job from naval aviator to deep-sea diver.



## LW&EC BUSINESS AFFILIATES

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- ♦ Human Resources of Auburn, Inc.
- ♦ Port of Everett
- ♦ Red Lion Hotel Bellevue
- ♦ US Bank Everett
- ♦ US Family Health Plan (USFHP) 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
- ♦ Seattle Council of the Navy League
- ♦ Tacoma Council of the Navy League



## A Break in the Silence: Anecdote from a USCG icebreaker's winter Arctic patrol

*Co-written by PO1 Cynthia Oldham  
& PO2 Tedd Meinersmann  
U.S. Coast Guard photos*

On a months-long winter mission to project U.S. presence and sovereignty into the Arctic, and to



conduct scientific research in the remote area, the USCGC Polar Star (WAGB 10), the nation's sole heavy icebreaker, is using its one-of-a-kind capability to navigate the dark polar wilderness. After departing Seattle, crossing the Gulf of Alaska and transiting the Bering Sea's treacherous waters, where 20-foot swells mercilessly tossed the mighty Coast Guard ship, the resilient crew traversed the Arctic Circle into equally windy, but far calmer, ice-bound waters. After a few dark days and nights of the Polar Star methodically backing and ramming northbound through the Chukchi



Sea's heavy blanket of sea ice, crew members started to chatter about something keeping them up at night. The polar sailors, many who sleep in staterooms on a lower deck of the ship, were taking collective notice of a persistently clamorous sound. Though the crew who serves aboard Polar Star are not strangers to ice-serenaded work and slumber, this Arctic patrol was audibly different than prior, more routine ice breaking deployments to the opposite end of the world. Polar Star annually travels to world's southernmost continent in support of Operation Deep Freeze where skilled ice pilots drive the powerful ship through ice up to 21-feet thick. The ice breaking mission opens critical navigation channels for other ships allowing for essential supplies to be delivered to scientists



conducting research at McMurdo Station in Antarctica. When, earlier in 2020, Operation Deep Freeze was canceled due to COVID-19 safety concerns at the station, the Polar Star crew instead headed north on the Chukchi Sea—farther north than any U.S. surface ship ever traveled in the winter—in support of the Coast Guard's Arctic Strategy. Navigating one of the world's most northern frozen oceans presented the Polar Star crew an auditory experience far different than its southern sister ice. No two crew members describe the omnipresent sound of patrolling the Chukchi Sea similarly and creative metaphors for labeling the noise quickly became an amusing way for the crew to make light of the often palpable noise. Like screeches and bangs from a perpetual car crash, a blaring elephant, freight train, or driving through concrete, freshly broken Arctic sea ice, scraping alongside the Polar Star's hull, holds the

likeness of screaming. It was a mysterious conundrum leaving many of the crew wide-eyed and wondering “why is this Arctic ice so loud?” Fortunately, the Polar Star deployed north with a handful of scientists and researchers to advise the command and collect Arctic data in an effort to lessen the void of information available from the region. Evan Neuwirth, an ice analyst from the U.S. National Ice Center in Washington, D.C., is aboard Polar Star and proposed a theory about why navigating through Arctic ice is so noisy. Neuwirth said temperature may be the greatest factor contributing to the sound heard while ice breaking. Sea ice in the winter is generally more dense, cold



and brittle than in the summer. When winter Arctic ice strikes or rubs alongside the Polar Star's exterior, more of the impact energy is transferred to the hull which results in a louder noise. Ice the crew experiences on their southern summer patrols is warmer and softer, making it more likely to compress and crush on impact with Polar Star – resulting in the absorption of energy that would otherwise result in a lot of noise. To best understand his theory, Neuwirth said to think of what it would sound like to throw a snowball at the ship's hull versus a solid chunk of ice. The winter Arctic



air and ice is so cold, often well below zero with the wind temperature factored in, that even after being broken into pieces, the ice chunks remain rock-hard creating the notorious noise made in the process that has, for the most part, been accepted by the crew as part of their unique, historic polar experience. By experiencing and operating in one of the world's most remote and harsh environments, the Polar Star crew is gaining critical Arctic familiarity necessary to develop and train future polar sailors and advance U.S. interests and power in the region.





## USN helicopters and USCG snipers are firing on suspected drug traffickers 'daily,' top admiral says

By Christopher Woody of Business Insider

Nearly a year after deploying more ships and aircraft to the waters around South and Central America, the Navy and Coast Guard continue to make multi-ton drug busts, and their personnel are engaging suspected smugglers on a daily basis, the top US military commander in the region said in January. US Southern Command, which oversees US military operations in the region, began enhanced counter narcotics operations on 1 April, acting on a directive from then-President Donald Trump to further disrupt the flow of drugs to the US. Since then, Navy destroyers, littoral combat ships, and helicopters, Coast Guard cutters and helicopters, and Navy and Air Force patrol and reconnaissance planes have increased their presence in the region. At the Surface Navy



USS Pinckney & an embarked USCG Law Enforcement Detachment conduct counter narcotics operations on 22 July 2020. Photo by MCS3 Erick A. Parsons USN

Association symposium in mid-January, ADM Craig Faller, head of Southern Command, said the sailors involved *"are making a difference."* Faller said he had met with destroyer crews who took part in counter narcotics patrols, usually 60 to 70 days long, integrating with Coast Guard crews throughout. *"We do detection and monitoring. That's our mission, so we use the intelligence to find the threat, track the threat, and then Coast Guard law enforcement ... do the actual interdiction and detention,"* Faller said, calling it *"a very good mashup"* between the two services. *"Coast Guard HITRON teams, which are sniper teams, have integrated into US Navy helicopters. So our Navy crews are involved in decisions to use ... warning shots and disabling fire daily. I mean, it is a daily event,"* Faller added. *"We average num-*



PO2 Anthony Phillips, a precision marksman with HITRON, displays the weaponry used on HITRON missions, 23 February 2010. Photo by PO1 Bobby Nash

*bers, sometimes large numbers, of events daily, and they've done it safely, effectively, completely in compliance with all the law of war and with precision. [I'm] very proud of that."* The Coast Guard is a military branch, but unlike the other service branches, it has law-enforcement authority, and Coast Guard crews have long been on the front-line against high-seas drug trafficking. Invoking that authority in international waters has been a point of controversy, but a Coast Guard spokesman said personnel involved in interdictions adhere to the law. *"These teams conduct law-enforcement activities strictly under Coast Guard statutory authority and control. The Coast Guard follows a process, consistent with international*



A USCG HITRON crew demonstrates warning shots fired at a non-compliant boat, 24 September 2009. Photo by PO3 Michael Hulme USCG

*and domestic law, when making the decision to use force to interdict suspected traffickers on the high-seas,"* CDR Ace Castle, public affairs officer for US Coast Guard Atlantic Area, told Insider.



*USS Gabrielle Giffords & embarked USCG Law Enforcement Detachment 407 conduct enhanced counter narcotics operations in the Pacific, 5 December 2020. USN photo*

While aboard Navy helicopters, only Coast Guard personnel "trained and qualified on the weapons systems, mission, and use of force tactics," employ warning or disabling shots, and those shots aren't directed at people on the vessels being targeted, Castle said. *"Coast Guard precision marksmen only engage in warning shots and/or disabling fire when a vessel fails to heave to when ordered to do so,"* Castle added. *"The precision marksman consults with his or her chain of command before force is used, in compliance with training and well-developed international and domestic law."* The Coast Guard's Law Enforcement Detachments, or LEDETs, and its Helicopter Interdiction Tactical Squadron are involved in counter narcotics operations in the Atlantic and Pacific oceans. LEDETs include boarding teams and marksmen who *"provide expert law-enforcement capabilities that deploy to US and foreign Navy ships under US statutory authority,"* Castle said. HITRON, which is a separate unit, *"provide[s] the same tactical capability that a Navy helicopter does when that Navy helicopter has an embarked LEDET precision marksman,"* Castle added. Coast Guard marksmen are highly skilled and train rigorously

to fire accurately at small targets, such as engines, on moving ships. The most recent LEDET to return from deployment spent 127 days with USS Gabrielle Giffords (LCS-10, a littoral combat ship, in the Pa-

cific Ocean. It conducted seven interdictions, seizing 4,144 pounds of marijuana and 5.9 metric tons of cocaine, including 2.8 metric tons aboard a "narco sub" in December. During 2020, the Coast Guard's HITRON carried out 29 aviation detachment deployments. The 56 cases it prosecuted during that period yielded seizures of 39.1 metric tons of cocaine and 10 metric tons of marijuana, Castle said. Between 26 March 2020 and 29 January 2021, forces working under Southern Command intercepted 279 metric tons of cocaine and 96,000 pounds of marijuana, denying criminal groups an estimated \$6 billion, Castle added. Those seizures are the result of all-hands effort, Faller said in January. *"We have had amphibious ships that have deployed here without any helicopter embarks that have used their resources ... to take initiative and make some significant take downs,"* Faller said. *"We had a national security cutter that's not even commissioned yet ... and it's taken down several illicit traffickers,"* Faller added, referring to USCGC Stone (WMSL 758), which sailed on its initial shakedown cruise in late December and three weeks later stopped a vessel carrying over 2,000 pounds of cocaine in the Caribbean.

**(Below)** *Two small-boat teams from USCGC Stone intercept a vessel they suspect of illegal activity in the Caribbean, 6 January 2021. Photo by PO3 John Hightower USCG*





**RADM J.A. “Bert” Kinghorn, USCG  
(Retired) receives the 2020  
John & Cyndee Lockwood  
Lifetime Achievement Award**

*Compiled by Delgene Phillips  
Photo courtesy of Kinghorn Family*

A 1971 graduate of the U.S. Coast Guard Academy, Bert Kinghorn served afloat in the Coast Guard cutters Staten Island, Northwind, Boutwell and Polar Star. He had staff tours in the Fifth, Eighth and Thirteenth Coast Guard Districts, as well as the two Maintenance & Logistics Commands and Coast Guard Headquarters. He was recognized with the Puget Sound Engineering Council's *Industry Engineer of the Year Award* for his work in correcting serious design flaws in the propellers of the Coast Guard's Polar Class Icebreakers. Bert led the Coast Guard's Configuration Management Project, which developed and fielded the enterprise level logistics administration platform which ultimately saved the service millions of dollars in misplaced and excess spare parts and helped the Coast Guard meet GAO audit standards for the first time ever. After a scathing report from the U.S. Department of Transportation OIG in 1991, Bert co-chaired the service's Aviation Pay Board of Investigation which restored credibility to the Coast Guard enlisted flight pay system and provided training and tools to prevent future failures. Bert commanded Coast Guard Group Mobile, AL during the rescue and recovery operations after derailment of the Amtrak train *Sunset Limited* in September of 1993. Group Mobile won the Coast Guard Foundation Award in 1994 for its coordination of more than 100 government and charitable organizations during the disaster recovery process. In his flag assignments, Bert served first as Director of the U.S. Department of Transportation Office of Intelligence and Security (S-60), where he oversaw development of the country's second-generation explosive detection equipment used for screening of airline passengers and baggage. After the 911 terrorist attack,



as Commander of Maintenance & Logistics Command Atlantic, he deployed Coast Guard technicians to utility tunnels under Manhattan's south end to restore critical communications for emergency responders and Wall Street financial institutions. As Assistant Commandant for Systems and the Coast Guard's Chief Engineer, Bert helped shape initial concepts for the design and deployment of ships, aircraft and communication systems that now are being commissioned into the service. After retiring from the Coast Guard, Bert served for nearly a decade on advisory panels for Washington State's Governor helping with the procurement of the state's newest ferries, and for a South Carolina research firm. He currently serves as a co-chair of the Coast Guard Retiree Council Northwest, helping to keep retirees in four states informed of changes in benefits, entitlements, and obligations. He is an avid racing sailor, fly fisher, and fly rod builder. Bert is also a graduate of the Massachusetts Institute of Technology, the U.S. Army War College, and the Harvard University course on National and International Security. He was a fellow in the Chief of Naval Operations Strategic Study Group XV that developed the notion of *Network of Networks* warfighting. The idea has now evolved to a DoD-wide concept commonly called "Network Centric Warfare." Bert is particularly honored to be named as this year's recipient of the John and Cyndee Lockwood Lifetime Achievement Award. He first worked with John Lockwood in the late 1970s when as a Lieutenant he served as naval engineering type desk for the USCGC Taney (WHEC 37) while John (then a Commander) was Commanding Officer. John was easily the best and most efficient of the COs for which Bert served, and his admiration was instantaneous. Much later, it was John who sought Bert and recruited him to join the Lake Washington Council of the Navy League. He has served on our Board of Directors more than 10 years. Since then, Bert had the privilege of working with John on a proposal to build the Coast Guard's new Offshore Patrol Cutters. Bert hopes that in some small way his accomplishments mirror those of John.



## Theodore Roosevelt Youth Medal

Sanu Chacko visited NSE134 on 27 February and presented SA Zach Durocher with the 2020 Theodore Roosevelt Youth Medal. The medal is annually awarded to the outstanding Naval Sea cadet in a unit. SA Durocher, a senior, has received an appointment to the USCG Academy. NSE134 is a supported unit of Lake Washington & Everett Council Navy League US. Theodore Roosevelt, our 26th president, developed an interest in the Navy early in life and as a student at Harvard in 1882 wrote *"The Naval War of 1812"* establishing his credentials as a serious historian. Among his many roles in serving his country, he became Assistant Secretary of the Navy in 1897 and was instrumental in preparing the Navy for the Spanish-American War. In 1902 President Roosevelt established the Navy League of the United States.



## Black History

February is an annual celebration of achievements by African Americans and a time for recognizing the immeasurable impact they have had on the history of the US. In over 225 years of CG history, African Americans have been the first minority group to serve, first to fight and the first to sacrifice. One of those unsung heroes – the former NFL phenom Emlen Tunnell was the first African American to be inducted into the Pro Football Hall of Fame. Also a WWII hero, Tunnell enlisted in the USCG in 1943. In April 1944, while serving on the *Etamin*, a cargo ship unloading explosives and gasoline at Aitape in Papua New Guinea, *Etamin* was struck by a torpedo. Tunnell saved a fellow crew member afire



from the blast, beat out the flames with his hands, sustained burns, and carried the shipmate to safety. In March 1946, while stationed at Naval Station Argentia, Newfoundland, Tunnell rescued a shipmate who fell from the USS Tampa by jumping into the 32-degree water. In 2011, Tunnell was posthumously awarded the Silver Lifesaving Medal for his heroism in those actions. In March, the CG Academy will open the \$3.5M Emlen Tunnell Strength & Conditioning Center—a fitting tribute to Tunnell, an outstanding athlete, who set NFL records for interceptions and punt returns in 1952 and 1953 – records that remained unbroken until his death in 1975. The USCG has also named its 45th Sentinel class cutter the USCGC Emlen Tunnell, which will be commissioned this Fall.

(continued from page 1) providing mission-critical assistance in troubleshooting Healy's advanced systems, routinely assisting with repairs to critical equipment to include navigation and steering systems. Recognizing the significant impact of living on the ship during an unplanned dry dock availability, you designed and supervised the installation and implementation of a morale Wi-Fi network as well as a series of cell phone repeaters, significantly improving the quality of life of those onboard during the extended period away from homeport. Moreover, you eagerly volunteered to assist in Healy's Satellite Exchange, the largest ship's store in the USCG selling merchandise, soliciting product feedback from patrons, and managing inventory for a nearly \$90,000 business. Your personal dedication to excellence is a model for others and a vital source of inspiration for those around you - Bravo Zulu!"

#### Quarter 1: BM2 Thomas Sansocie

Citation reads: "You distinguished yourself by your many contributions to Healy's overall mission readiness and crew cohesion. Demonstrating superior knowledge and skill you certified as Boarding Officer and Deck Safety. As Healy's Law Enforcement Petty Officer you utilized your



expertise in maritime law enforcement to bring the unit's radiological detection capabilities to full operational status and identified and planned comprehensive training schedules. Working with PSU 313 you organized an in-depth two day TAC

-PRO training onboard CGC Polar Sea for 15 members of Healy's crew. This exercise in law enforcement techniques was well received by the students. The cooperation between the two units helps strengthen local unit ties, and future training opportunities are in the plans. During dock side availability 2020 you responded as a member of BDS when a civilian contractor was reported having a medical emergency. You arrived on scene and along with sick bay personnel you assisted evaluating the scene and evacuating the contractor to sick bay awaiting the arrival of an ambulance. Your calm demeanor, knowledge, and medical skills were vital in the critical response. As a member of deck department you served many roles within Deck Department. As a mentor to junior members you are actively sought out by your peers for assistance in both personal and professional development. Your willingness to teach makes deck evolutions smooth, safe, and makes the hard work more enjoyable. Congratulations on a job well done! Your hard work, initiative and professionalism provided a positive example for others to follow."

#### Quarter 2: SK1 Karl Fischer (Below)

Citation reads: "Displaying exceptional initiative, you designed and implemented an offline parts inventory mirroring the item count in the Fleet Logistic Service's Mobile Asset Manager due to



the loss of the application and the difficulties accessing the online version. These efforts ensured an accurate local inventory, assisting Healy's electricians to replace a vital circuit card and repair of the Oil Mist Detector on the number two Main

Diesel Engine (MDE). You were also critical in assisting with stocking and accounting for several thousand items of personal protective equipment (PPE) provided by PACAREA for COVID-19 mitigation. These efforts ensured HEALY crew members had all required PPE to be able to sail on



Arctic West Summer patrol of 2020. Furthermore, you volunteered to serve as the Assistant Master at Arms-- a collateral duty that is arduous at best. During this time of a global pandemic, you championed the cleanliness and sanitation of HEALY preventing the introduction of COVID-19 to the crew which allowed the cutter to sail on time and meet mission requirements. Congratulations on a job well done! Your hard work, initiative and professionalism provided a positive example for others to follow."

### Quarter 3: CS3 Regan Collins

Citation reads: "During this period you enthusiastically managed over \$100k in unit food inventory, organized and ensured appropriate breakouts, and reduced waste through expert analysis of menu items and their acceptability factors. Demonstrating natural leadership acumen, you encouraged superb production value from all team members by setting a positive example and encouraging friendly competition. You participated eagerly in menu preparation and planning to ensure all team members were challenged and engaged daily while always putting customer needs first. You systematically engaged in hands-on



training in bread baking, dessert preparation, and butchering after normal working hours to ensure incredible meals were served that exceeded expectations and received high accolades from the ship's crew and 11 embarked science party personnel. You consistently displayed technical proficiency and work ethic well above paygrade expectations as evidenced by the remarkable quality of Healy's food service program. Your energy, communication, and willingness to take charge shows incredible skill and leadership; attributes which were crucial to the team's success."

tations as evidenced by the remarkable quality of Healy's food service program. Your energy, communication, and willingness to take charge shows incredible skill and leadership; attributes which were crucial to the team's success."

### Quarter 4: CS3 Katherine Blanch

Citation reads: "During this period you enthusiastically managed over \$100,000 in unit food inventory, organized appropriate breakouts, and reduced waste through expert analysis of menu items and their acceptability factors. Demonstrating a can do attitude, you eagerly participated in menu preparation and planning to ensure all team members were challenged and engaged daily while always putting customer needs first. You systematically participated in hands-on training in bread baking, dessert preparation, alternative menu items, and butchering after normal work hours to ensure meals regularly exceeded expectations and received high accolades from the crew. Exhibiting superior initiative,



you took time to learn new vegan cooking techniques and worked many extra hours to perfect them, delivering meal options that fit the crew's dietary needs. Throughout the extremely fluid and taxing unplanned dry dock schedule away from homeport, your quality and care in food service was a source of constant morale for the crew. You consistently displayed technical proficiency and a work ethic well above paygrade expectations as evidenced by the remarkable quality of Healy's food service program. Your energy, communication, positivity, and innovative approach to food preparation were vital to the team's success and demonstrated a tremendous passion for nourishing your shipmates."

LAKE WASHINGTON & EVERETT COUNCIL  
NAVY LEAGUE OF THE UNITED STATES  
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***Since Voyager is now digital only, insure your email address is correctly updated!***

## NAVY LEAGUE *of the United States*

### 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, USS Kidd, USS Momsen, USS Gridley, USS Ralph Johnson, USS Sampson, 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.***

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