

# Compass Points

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August-September 2019

ISSUE 4

*Citizens in Support of the Sea Services ~ U.S. Navy, U.S. Marine Corps, U.S. Coast Guard, U.S. Flag Merchant Marine*

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## President's Message

Stacy Kehoe, President

Dear Navy Leaguers....

I typically do not start my message with sad news, but we recently lost a life long member of our Navy community, the unexpected passing of RADM Robert C. Crates. The last we truly saw him was at our King's Bay, GA submarine trip. Our heartfelt condolences to his family. He will truly be missed.

Summer has nearly come and gone and now we get to start enjoying some cooler weather. We had a busy summer. We had a small turnout at our social, "Scotties on the River." It was still fun to get together. Mickey McCamish organized and implemented the Military Appreciation Night on

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## Sept 18<sup>th</sup> reception

**Admiral to visit Chattanooga  
Meet with Navy League**

One of the highest-ranking active duty Naval officers to visit Chattanooga in recent years will be the guest of honor at a **reception hosted by our Navy League Council on September 18th.** RADM Jeff Hughes, the Commander of the U. S. Naval Personnel Command in Millington, TN, will be the featured guest at a 1800-2000 reception at the Walden Club, Wednesday, Sept 18<sup>th</sup>.

RADM Hughes previous command was Commander, U. S. Navy Recruiting Command. When the July 16, 2015 terrorist attack occurred, the first target (before the Navy Operations Support Center was attacked) was the military recruiting center at Lee Highway/153. The Navy recruiters at that site were his people. So, RADM Hughes has a strong personal connection to our City. Following the attack,

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# NAVY BALL—Oct 5

## Make your reservation now

The Navy Ball Committee of Navy Leaguers plus Active Duty personnel & Reservists with the NOSC have been planning and plotting to make this year's Navy Ball the best ever.. This is the celebration of the 244th year since the Navy was founded. Chattanooga is continuing the tradition of hosting this "birthday" party for the Navy community— now the 14th in our city.

Those who have attended before know there is something for everyone — great food, music, dancing , entertainment — **and prizes**. This year, due to successful fund raisers (Riverbend beer tent sales, family bowling outing) and generous donations, we will achieve a new "high" in door prizes. No raffle tickets to buy. Your dinner ticket is all you need to be eligible.

**See the invitation with form on the next page and get your reservation in as soon as possible.** That helps our planning and helps make the Ball the best possible.

### RADM Hughes to Visit Sept 18.....

*Continued from page 1*

he spearheaded the recruiting program's focus on enhanced recruiter force protection. During his Chattanooga visit, RADM Hughes will visit the Fallen Five Memorial Site and the Navy JROTC unit at Howard High School.

The Navy Office of Community Outreach (NAVCO) is planning RADM Hughes's visit. NAVCO is the Office that determines Navy Week locations. This reception will serve as an opportunity to further our efforts to have Navy Week return to Chattanooga. It would be persuasive if we had a strong Navy League turn-out for this reception as evidence of our enthusiasm to hold Navy Week here.



**RADM Jeff Hughes**

Commander, US Navy Personnel Command

[Please consider attending this very important Navy League event.](#)

The reception will include hearty Hors D'oeuvres and a cash bar will be available. The cost per person is \$20.00 to be paid at the door in cash or by check made out to A. T. Perry.

**Address** Walden Club—Republic Center, 633 Chestnut Street. Free parking 6 pm onward. (Drive right in at the building.) **Reservations:** Please contact **Alden Perry** at 423-886-1960 or [aldent@att.net](mailto:aldent@att.net) no later than the 16<sup>th</sup>.



# U.S. Navy 244th Birthday Ball



Hosted by Navy League of the United States-  
Greater Chattanooga Council

**5 October 2019**

Chattanooga Convention Center

1 Carter Plaza, Chattanooga, TN 37402

Social Hour with Cash Bar: 5:00pm Ceremony/Dinner: 6pm

For the past 15 years, a Chattanooga U.S. Navy Birthday Ball has been held to show appreciation to our Navy heritage and to display pride and professionalism in the naval service. Dinner, entertainment, music, and dancing will make this evening a delight for all. Suggested attire is U.S. Navy Service Dress Blues or coat and tie for men and evening wear/formal gown for ladies.

Space is limited to 150 people!

**Don't miss out! Reserve your tickets today!**

**Great menu: Beef & Grilled Salmon combo, Garden Salad, Potatoes & Vegetables, Rolls & Butter, Dessert, Iced Tea, & Coffee**

**Thousands of Dollars in Door Prizes will be given away.**

**Your Navy Ball entrance ticket is your only chance to win one of these great door prizes**

## Ticket Pricing Categories

### Active, Reserve, Guard:

E1-E3: .....\$15   E4-E6: .....\$20   E7-E9: .....\$25   O1-O9: .....\$30

Date pays same amount as Military Member

### Civilians

Sea Cadets/NJROTC/Students & their dates: ....\$25   Parents & Cadet Leadership: ....\$25

Veterans and All Others ....\$35

Reservation for \_\_\_\_\_ Ticket Category \_\_\_\_\_ Price \_\_\_\_\_

Reservation for \_\_\_\_\_ Ticket Category \_\_\_\_\_ Price \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

E-mail: \_\_\_\_\_ Telephone \_\_\_\_\_

**RSVP by 28 September 2019**

**Make Check Payable To:** Navy League Chattanooga

**Mail Payment/Reservation to:** Shane Pilcher, Navy League Treasurer,

P.O Box 91104, Chattanooga, TN 37412

Reservation questions: E-Mail & telephone contact: [spilcher@outlook.com](mailto:spilcher@outlook.com) and 423 910 9724

## Family Bowling A Success

### Raises \$\$\$ for the Ball

Our first ever experiment at a family bowling event produced demonstrable success on two fronts:

**One:** We raised money for the Navy Ball in a manner we never thought possible” all while having great fun.

**Two:** We held an event that brought together people from our Navy community in a way not previously achieved. And, not just “people” but families and children of all ages. That’s not going to happen at the Walden Club (as super as it is!). Just a look at the photos of the event and you will see what is meant by this.



**Who’s got the ball?**

In addition, we used the occasion to celebrate the Coast Guard’s Birthday since Coast Guard Master Chief Sean McMahon and wife were there. Though the turn-out was relatively small, the enjoyment was huge. And we made a dent on the fund raising for the Ball by generating nearly \$500 profit from the bowling fees and several generous donations precipitated by holding the event.

Much thanks to Ron Galante for getting this off the ground and doing the heavy lifting. He’s peeking from the back row left and you’ll see more of his style in the photo spread on following page.

## August Member Meeting

Now we know what they do in Washington!



(from left) NL Chattanooga President Stacy Kehoe, Pat McGrath, Larson Mick, RADM (ret) Noah Long, David Smith, Billy Hewitt, Sue Galante, Tom McGrath, Shane Spicer, 3rd District TN U.S. Congressman Chuck Fleischmann, Ron Galante, and Mickey McCamish

On August 27th at the Walden Club Those Navy Leaguers who were able to attend the August Member meeting – held in combination with the MOAA organization — were treated to an insider’s report of what’s going on in legislation affecting the sea services and the military in general.

The dinner’s guest speaker was 3<sup>rd</sup> District TN U.S. Congressman Chuck Fleischmann. Getting funds appropriated for the Coast Guard’s first new ice breaker in many years (which is under construction now) and expanding it for a possible second breaker has occupied much of his time.

He reported good news about progress on gaining funding for a TN Veterans Home in Bradley County and expanding Agent Orange health coverage for veterans who served on Navy and Coast Guard ships off the coast of Vietnam and Cambodia during the Vietnam War.

# July Bowling Outing.....



Now what?



This is a lot tougher to aim than a torpedo



Ron Galante and Stacy Kehoe with cake holders  
Master Chief Sean McMahon and wife, Sandy



It's that that time of year for the  
**United States Coast Guard**

# WW II LST makes Landing in Chattanooga Thousands Go Aboard

As diligent readers of *Compass Points* can attest, there has been a strong lobby influencing the editorial content in regard to the visit of the LST 325. The last several issues have mentioned that.... "it is coming" with a large headline in the July issue proclaiming: "Coming to Chattanooga"

Well, it arrived and took the city by storm. Over 15,000 people poured aboard the ship between August 22<sup>nd</sup> and the 27<sup>th</sup>. Hopefully, you were one of them! That meant that something like at least 14,800 non-Navy Leaguers thought it

was significant enough to take a look. They were not disappointed.

Navy League was there on the pier on the first visiting day, Thursday Aug 23<sup>rd</sup> with an information table under an umbrella with cold water and, of course, koosies. We gathered names of prospective members. It was a high-probability target field.

One can not say enough about this ship: It is the ONLY World War II vintage Navy ship (except for a Liberty ship or 2 in Baltimore) that is still operational. Yes, there are some stationary carriers, destroyers,



**Navy Leaguers Stacy Kehoe & Willard Rice sandwiching prospective member Bob Beaver at Navy League info station at the LST 325 gangway**

cruisers, and subs tied to piers or to cemented to concrete foundations here and there. But, LST 325 is a last "national monument"- the only one that can handle a 500+ mile trip from Evansville IN to Chattanooga.

Crewed by 45 volunteers, it steamed (ie: diesel) non-stop 4 days and nights traversing multiple locks on the Ohio and Tennessee rivers. Now get this: the average age of the crew is 68 years old. There is some

**LST 325 was at D Day, 40 + trips from England to Normandy in the weeks following —and it was here at Ross's Landing!**

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question whether it will be possible to maintain and staff this ship for an extended time such as 5 years from now when it might come back to Chattanooga. Bottom line: You might not see it again here. One of the crew members had served on a LST in the south Pacific for 3 years during WW II ! And now he volunteers. He must have had an awfully good time .. or he forgot what it was like!

Sorry about that pessimistic paragraph! What was great about the ship was how it has been maintained in original condition (but now has some AC). It was like stepping aboard any US Navy ship built during WW II and operated for decades afterward (including this writer's DD): the same bunks, cabinets, electrical wiring, voice tubes, desks, binnacles, engine order telegraphs, heads. It all came from "central supply" for every ship no matter how big or small.

A glimpse into the US Navy that made possible  
**"Victory at Sea".**

**Just when you thought there was enough about LST 325.....**



**That's Larson Mick — ready to collar some new Navy League members. At Ross's Landing**



**Posing for its photo at Ross's Landing**

**Mail Call**



**Where are the electronics?**



**Elegant..Wasnt it?**

**Used to just say: Don't Waste Water" . Now it says "no guns" !**

**REMEMBER.. It's the last one**

## COUNCIL OFFICER and DIRECTOR NOMINATIONS

At our Annual Meeting on December 5<sup>th</sup>, members will be asked to vote on Officers and Directors for our Council for the upcoming year, 2020. The Council's Nominating Committee is chaired by Mickey McCamish. Members wishing to present a candidate for nomination should contact Mickey at [mickey@riverbendfestival.com](mailto:mickey@riverbendfestival.com) no later than October 31<sup>st</sup> so that the person can be included in the slate of candidates.

### Cooling it at Scotties-on-the-River

It seems so long ago it is easy to forget that a good time was had at the casual get-together at Scotties-on-the-River back on July 18<sup>th</sup>. Apparently this was before the blistering heat wave that overtook Chattanooga for many weeks this summer because as the accompanying photo shows, those are happy campers—glad to have discovered a new place outside by the river.

From left : Ron & Sue Galante, David Smith, Dan & Stacy Kehoe



### In Memoriam

**RADM Robert C Crates USN (Ret)** of Signal Mountain passed away on August 10<sup>th</sup> 2019. One of the initial Directors of the Navy League of Greater Chattanooga and whose name we proudly display on every issue of this publication, he was a long-time member and fervent supporter of the Navy League. Known to all as “Bobby”, he made a great and positive impact on the Navy community, veteran organizations and the community at large. He will be missed.





## *the president's message*

*Continued from page 1*

the riverfront and had the USNSCC Chattanooga Division present the colors. BZ, Cadets!

Our bowling fundraiser was a small turnout, but we were able to still raise approximately \$500. A special thanks to Ron Galante in organizing this event. BMCM MacMahon, the Officer in Charge of our local Coast Guard Station was able to attend with his wife, Sandy, and celebrate the Coast Guard's 229<sup>th</sup> Birthday.

The LST-325 was a HUGE success and enjoyed by our community and beyond. Mickey McCamish spent over a year organizing with Friends of the Festival in getting the LST-325 ship back here in TN. Howard High School's JRTOC cadets presented the colors for the opening ceremony! BZ, Cadets!

I had distinct pleasure in conducting a national, Sea Cadet training on Signal Mountain for 15 Sea Cadets throughout the nation. Cadets as far as Texas, Maryland, Michigan, VA, Pennsylvania, to just name a few, came to Chattanooga for 9 days to train in rope rescue techniques. All of the cadets successfully became Certified Operators for the State of TN.

During this training, I took the cadets to the LST-325 ship, and they received a personal tour from the vol-

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unteers on the ship. Out on the dockside, our council set up a membership table. Willard Rice, Larson Mick, and I staffed the table and briefed the public about the Navy League and our mission.

After touring the ship, I took the cadets over to the Charles H. Coolidge National Medal of Honor Heritage Center for a personal tour from our Navy League member, RADM Noah Long, USN (Ret). RADM Long is the Vice President, Design and Construction. Even though the heritage center is not officially open until February 2020, the Sea Cadets were able to learn more about the heritage center while in progress. We would like to extend our heartfelt thanks to RADM Long for taking his personal time in giving us the inside tour.

Our last event was our quarterly dinner. We had the distinct pleasure in joining together with the Military Officers Association of America (MOAA), Chattanooga Chapter to have Congressman Chuck Fleischmann, U.S. Representative for Tennessee's 3rd Congressional District. It is always a pleasure to have Congressman Fleischmann attend our meetings and learn about the latest legislative information.

....Stacy

## The Navy in the News.....

### Warships Sail to Safety as Dorian Looms

**Navy Times** 4 September 2019 With the eye of a strengthening hurricane Dorian glancing at southeastern Georgia, military officials told Navy Times on Wednesday evening that 23 vessels sortied out of Virginia ports, leaving 19 others to hunker down as the storm lurches north.

The parade of warships leaving Naval Station Norfolk and Joint Expeditionary Base Little Creek included the aircraft

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Sailors man the rails of guided-missile destroyer *Winston Churchill* preparing to go to sea.

## *Navy in the News*—continued from page 9

### Warships Sail to Safety as Dorian Looms .....

carriers John C. Stennis and Dwight D. Eisenhower, the amphibious transport dock New York, the fast attack submarines Albany and John Warner, four guided-missile cruisers, seven destroyers and one distinguished guest — the Royal Netherlands Navy’s advanced air-defense and command frigate *De Ruyter* .

Second Fleet officials indicated that those being heavy-weather moored to remain in port due to ongoing maintenance included the aircraft carriers USS *Harry S. Truman* and USS *George H.W. Bush*; the fast attack subs *La Jolla*, *San Francisco* and *Boise*; the ballistic missile submarine *Wyoming*; and the amphibious warship sextet of *Whidbey Island*, *Arlington*, *Kearsarge*, *Tortuga*, *San Antonio* and *Mesa Verde*.

## Trouble for the Pentagon: The Troops Keep Packing On the Pounds

**New York Times Sept 4, 2019** The United States Navy has eliminated fried food and sugary drinks on its ships. It is keeping base gyms and fitness centers open all night. But its sailors keep getting fatter: A new Defense Department study found that 22 percent of them — roughly one in every five — now qualifies as obese.

The Navy’s figure is the highest, but the study found striking rises in obesity rates in the other armed services as well, even though the Pentagon has rolled out one strategy after another in recent years to try to keep the troops trim. And the increases have military leaders worried.

“Obesity negatively impacts physical performance and military readiness and is associated with long-term health problems such as hypertension, diabetes, coronary heart disease, stroke, cancer, and risk for all-cause mortality,” the study’s authors wrote in the August issue of the Defense Department’s Medical Surveillance Monthly Report.

The study used the body mass index, a simple, widely known metric that is calculated from height and weight measurements, which the military stores in its vast electronic health database. Using 2018 data, all troops who scored higher than 30 on the index were considered obese.

The Marine Corps, which has the youngest force and maintains the toughest physical fitness standards, was the leanest in the study, with 8.3 percent of Marines over the obesity threshold. The Army came in at 17.4



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percent — the same as the military-wide average — and the Air Force was at 18.1 percent.

The authors cautioned that body mass index is not a perfect yardstick. It can be thrown off by extremely fit troops who score high because they have a lot of lean muscle, rather than a lot of fat. But even so, the study showed a clear trend: The obesity rate of all the military branches has been rising steadily.

A decade ago, when the military began to see weight as a growing problem, it started deploying countermeasures. Gym hours at bases were expanded. More unit-wide workouts were scheduled. French fries were cur-

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Navy in the News—*continued from page 10*

## Trouble for the Pentagon: The Troops Keep Packing On the Pounds

*Continued from adjacent column*

tailed in the mess halls.

But the problem has only worsened. In 2011, 6.4 percent of the Army, 9 percent of the Air Force and 2.3 percent of the Marine Corps was obese, according to Defense Department health data. In less than a decade, the rates in those branches have more than doubled — and in the Navy, obesity has risen six-fold.

Military leaders once had the opposite problem. During World War II, recruiters and draft boards were flooded with undernourished candidates who were too puny to qualify for service. After the war, generals urged the federal government to create a school lunch program as a matter of national security.

Today, about one-third of potential recruits are too heavy to enlist. And many recruits who are trim when they get to boot camp gain weight once they have access to Uncle Sam's all-you-can-eat base dining facilities.

Experts say the trend mirrors the growth of American civilian waistlines — though the civilian obesity rate is more than twice as high, at nearly 40 percent of adults, according to the most recent figures from the Centers for Disease Control and Prevention.

“The Department of Defense is a microcosm of the nation — we recruit from the nation,” said Laura Mitvalsky, the director of health promotion and wellness at the Army Public Health Center. “So the nation's problems are ours as well.”

The Navy's obesity rate was not helped in recent years when the service decided to retain thousands of overweight sailors because they were valuable to Navy operations.

During this time, our council set up a membership table. Willard Rice, Larson Mick, and I sat at the table and educated our public about the Navy League and our mission.

Chow halls across the military now have color-coded labels. The Marine Corps version is called “Fueled to Fight”. While troops can eat what they want, healthy foods, including fruits, vegetables and whole grains, get a green label for “engage at will.” Fatty junk foods get a red label for “check fire.” Foods that should only be consumed occasionally are labeled yellow for “well-aimed shots.”

Ultimately, Ms. Mitvalsky said, fitness comes down to individual choice, but the military can push the choices it desires. “We want the healthy choice to be the easy choice,” she said.

Even so, change in the nation's largest bureaucracy comes slow, and American military bases around the world still dish out plenty of traditionally heavy Department of Defense red-label chow.

On Wednesday, the galley at Naval Base San Diego featured beef potpie. Thursday there will be turkey à la king, and on Friday, chili conquistador.



## Activity in the Navy Community



Howard NJROTC presenting colors for the LST at Ross's Landing Aug 22



This antiqued wooden flag created by local artist will be one of the many special prizes at the Navy Ball



Chattanooga Sea Cadets at opening of Rivefront Nights



Alden Perry, Stacy Kehoe and Mickey McCamish looking casual but determined at Ball Cap fund raiser for the family fund for the NOSC

This is the SeaCadet group who were here from all over the US for a week-long "Ropes" mountaineering/rescue program on Signal Mountain. Stacy Kehoe did the whole thing with them!

They had one day break: The LST, of course!

