



# NAMDC

## Navy Air and Missile Defense Command

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**NAMDC NEWS RELEASE**  
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## **SAINT MARY'S COUNTY NATIVE RETIRES FROM NAVY**

*Rose Frederick Served 35 Years as Government Civilian*

(DAHLGREN, VA) – Mrs. Rose Frederick, a St. Mary's County native and civic leader, recently retired from the U.S. Navy after 35 years of government service. Frederick began her career in 1977 as a clerk with the State Department and ended more than three decades later as a senior department director with Navy Air and Missile Defense Command based here.

In a ceremony attended by some 100 family members, friends and coworkers, Frederick was awarded the Navy Meritorious Civilian Service Award, provided a Resolution from the Maryland State Senate and given a 35-year government employment certificate.

"Rose was a dedicated professional, with tremendous energy and enthusiasm," said Capt. Frank Olmo, NAMDC, chief of staff. "We wish her and her husband, Douglas, Fair Winds and Following Seas as they set sail for the next chapter of their lives."

At NAMDC, Frederick served as the GS-15, budget, contracts and logistics department head. She managed the command's \$12 million budget and its associated contracts, coordinated with the Fleet to address ballistic missile logistical needs and managed the development and execution of contracting strategies for the command.

"I spent my career supporting our Navy warfighters. Although I'm excited to leave the day-to-day work environment, I am sad to no longer be in the business of providing support to Sailors," said Frederick during the ceremony.

"I have 35-years of government work under my belt and I have in the words of that old adage 'Come a long way baby.'" She went on to express her gratitude to fellow coworkers and family.

Some of her career highlights included: executing more than \$6 billion in research and development, weapons and procurement funding while assigned to Naval Air Systems Command. As a comptroller analyst, she managed large and complex programs to include the Joint Strike Fighter, UAV, F/A-18 and various other

weapons programs. She was an Earned Value management lead for the NAVAIR AV-8B aviation program and instrumental in contract awards that saved the government more than \$21 million dollars.

Frederick is a St. Mary's County Board of Election member and St. Mary's County NAACP Member. Her previous positions consist of St. Mary's County NAACP vice president and secretary; Navy Air and Missile Defense Command Sexual Assault Prevention Response Coordinator; St. Mary's County Race Relations Council Member; St. Mary's Nursing Center Board Member and Women in Defense (Scholarship Chair).

Frederick's future endeavors include travelling, continuing to provide community service support and attending to her many special projects.