



## **Rear Admiral Fred L. Ames United States Coast Guard (Retired)**



Rear Admiral Ames was a Surface Operations Specialist, Naval Engineer and Human Resource professional with service in both the Atlantic and Pacific. He served nine years in both engineering and deck assignments on 378-foot High Endurance Cutters, with varied assignments ashore in naval engineering, training and human resource management.

Rear Admiral Ames commanded the High Endurance Cutters MORGENTHAU (WHEC 722) and MUNRO (WHEC 724). As a Flag Officer, he commanded the Coast Guard Personnel Command and the Coast Guard Maintenance and Logistics Command Pacific. His last active duty flag assignment was Assistant Commandant for Human Resources. Previous shore assignments include District Naval Engineering; Resident Inspectors Office, Tacoma, Washington, overseeing construction of 270-foot Medium Endurance Cutters and 140-foot icebreaking tugs; Chief, Engineering and Weapons Training Schools; Training Officer, Training Center Yorktown, Virginia; Chief of Naval Engineering, Maintenance and Logistics Command Atlantic; Chief, Enlisted Personnel Division and Deputy Chief, Office of Personnel and Training, U.S. Coast Guard Headquarters.

Rear Admiral Ames graduated with high honors from the U.S. Coast Guard Academy with a Bachelor of Science in 1968. He holds the degrees of Ocean Engineer and Master of Science in Mechanical Engineering from the Massachusetts Institute of Technology and a Master of Science in Management from the Polytechnic Institute of New York. He is a Registered Professional Engineer in Naval Architecture and Marine Engineering, and Mechanical Engineering in the State of Washington. Rear Admiral Ames is a 1988 graduate of the National War College. He served on the Board of Directors and as Chairman, Editorial Board of the U.S. Naval Institute and has served on the Executive Council of the American Society of Naval Engineers. He is a member of the Society of Naval Architects and Marine Engineers and Sigma XI.

Rear Admiral Ames' military awards include the Distinguished Service Medal, three Legions of Merit, two Coast Guard Meritorious Service Medals, three Coast Guard Commendation Medals, the Coast Guard Achievement Medal, two Commandant's Letters of Commendation, six Coast Guard Unit Commendations, three Coast Guard Meritorious Unit Commendations, four Coast Guard Meritorious Team Commendations, four Coast Guard "E" Ribbons, the Humanitarian Service Medal, four Coast Guard Special Operations Ribbons, and the Sea Service Ribbon with two bronze stars.

Upon retirement from active duty in 2002, Admiral Ames spent three years in the private sector as a management consultant working with the Department of Defense and other Federal agencies. He returned to the Federal government in 2005 as career Senior Executive Service in the Office of the U. S. Trade Representative, an agency within the Executive Office of the President. As Assistant United States Trade Representative for Administration, he is responsible for the management of human resources, facilities, security, finance and budget, information technology and communications.