

Benjamin Armstrong
Lieutenant Commander, USN

Lieutenant Commander Benjamin “BJ” Armstrong was raised in Amherst, New Hampshire and graduated from West Morris Central High School in Long Valley, New Jersey. In 1999 he graduated from the United States Naval Academy with a Bachelor of Science in History. He was designated an unrestricted Naval Aviator in 2001.

Following Fleet Replenishment Training in the venerable H-46D Sea Knight with the *Packrats* of Helicopter Combat Support Squadron THREE (HC-3), he reported to the *Dragonwhales* of Helicopter Combat Support Squadron EIGHT (HC-8) in Norfolk, Virginia. He served as Legal Officer and Assistant Safety Officer and deployed as a search and rescue and special warfare pilot in support of Operations ENDURING FREEDOM, IRAQI FREEDOM and SHINING EXPRESS.

Lieutenant Commander Armstrong was assigned to the *Eightballers* of Helicopter Training Squadron EIGHT (HT-8) in 2005 where he served as an advanced helicopter flight instructor and standardization pilot. In 2007 he was selected as cadre to establish the *Hellions* of Helicopter Training Squadron TWENTY EIGHT (HT-28), and established the squadrons tactics, formation, and night vision goggle programs.

In 2008 Lieutenant Commander Armstrong was ordered to USS WASP (LHD-1) to serve as Safety Officer, and deployed to the 6th Fleet AOR and to SOUTHERN PARTNERSHIP STATION. During his service as Safety Officer, WASP earned the CNO Surface Ship Safety Award and the WASP Safety Department was awarded the Navy League’s Admiral Vern Clark Safety Award for fleet wide safety excellence.

After completing MH-60S transition training in 2010, Lieutenant Commander Armstrong reported aboard Helicopter Sea Combat Squadron TWO EIGHT (HSC-28). As Officer-in-Charge for Detachment TWO aboard USS BATAAN (LHD-5) he deployed on two week’s notice to support Operation UNIFIED PROTECTOR, in the 6th Fleet AOR off of Libya. Det TWO remained at sea after moving to the 5th Fleet AOR to support of national mission tasking and maritime security operations and returned after nearly 11 months deployed. He currently serves as the HSC-28 Maintenance Officer.

Lieutenant Commander Armstrong’s decorations include the Navy Commendation Medal (two awards), the Navy Achievement Medal (two awards) and various unit and campaign decorations. He has accumulated over 2600 flight hours in four aircraft. In 2007 he was awarded a Master of Arts in Military History with Honors from Norwich University. He has published over three dozen articles, essays, and reviews on military and naval affairs in print and online journals including *USNI’s Proceedings*, *The Naval War College Review*, and *Small Wars Journal*. He is married to the former Charity Bish, a patient and wonderful Navy Wife.