



Name: Nona Martin In Honor of Petty Officer First Class Larwence Martin
Title: Administrative Assistant
Location/Business Unit: Auburn, Washington
Work phone: 253-802-7362
Military Branch: United States Coast Guard
Service Dates: March 26, 2001 – April 30, 2021



Being a military spouse is rewarding and challenging. I didn't fully understand the demands of military life and there are things people don't tell you about marrying a military man. We deal with unpredictable schedules, sudden mission changes and the constant thought of "Is my husband coming home tonight?" It's hard to feel in control of your household when you can't make decisions. I was so focused on my role at home that I wasn't taking the time to think about how the challenges of home life and the demands of the military were affecting my husband.



For the last 20 years, my husband has dedicated his life to the Coast Guard. He has protected our borders from terrorists and taken down drug smugglers in Florida, saved lives in the waters of Alaska and led critical missions to protect our nuclear submarines in Washington.

When I learned of how and where he slept on the ships, the extreme weather conditions he maneuvered through, and how risky being a coastie can be, it made me realize that my challenges at home were no comparison.

Military life has tested our marriage multiple times, but what I have learned is how resilient we both are. Resiliency is the ability to adapt and overcome some of the hardest challenges and be able to bounce back stronger, wiser and more powerful. I

am incredibly proud to be a military wife and to support my husband and our country. I am grateful for our military families and their continued support. I am blessed to be able to have the freedoms I do because of all our military members.

To my husband, Petty Officer First Class Lawrence Martin, thank you for your 20 years of service. I am beyond proud of all that you have accomplished in your career. Thank you for sleeping in a tiny rack to allow us to be able to sleep soundly in our comfortable beds at night. Thank you for tolerating sea sickness over and over to keep us safe. Thank you for risking your life for ours. You are my hero.

