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the
Ombudsman Outlet

Tutela of Prosapia



Message from the
District Commander
RADM Keith Taylor



Coast Guard Alaska

There is a new reality series “Coast Guard Alaska” on the Weather Channel. It is based in Kodiak, Alaska and highlights operations at the air station. The series focuses on the U.S. Coast Guard members, missions and assets. The show was developed over a two-year period by Al Roker Entertainment, our Motion Picture and Television Office in Los Angeles, and our heroic women and men serving in the operationally challenging Seventeenth Coast Guard District. For more information, please visit the shows website at: www.weather.com/tv/tvshows/coast-guard-alaska



It is great to be part of the Thirteenth District team and I am extremely proud of the work all of you, active duty, reserve, civilian, auxiliary and especially our families do each and every day here in the Seattle area to really live up to our D13 motto of, “Protecting the Pacific Northwest.” The last 5 months have flown by and it is hard to believe the Holidays are upon us and a new year is right around the corner. It is my distinct pleasure and honor to be part of the great team here in the Pacific Northwest. I have quickly come to understand the truly landmark work that our small staff does each and every day as we work hard to prevent bad things from happening on the water, and when bad things do happen, we respond to them - saving lives, protecting our environment and securing our Nation against those that would look to do us harm.

As I have visited our Stations, Cutters, Air Stations, Sectors and Group I have been tremendously impressed with the professionalism, dedication and spirit that everyone brings to the Coast Guard every day. I have the good fortune of meeting and working with elected officials, international partners, leaders in industry, civic groups and my peers in our sister services; I can say, without hesitation, that your work does not go on unnoticed – you are highly respected by all. Everyone wants a Coast Guard man or woman on their team, because you are the maritime professionals and you make everyone around you better.

This is the “Year of the Coast Guard Family” and everyone has been working hard to fulfill that vision. One key component of this is growing and improving our ombudsman program. I want to personally thank Valerie Frantz for everything she does for all of us while volunteering as the D13 Staff Ombudsman – she is always there to help, to provide advice or to let me know how we can make our District better. On the national front



RADM Taylor's article continued....

the Coast Guard has added three new Ombudsman Program Coordinator positions, one in Coast Guard Headquarters and one in each Area. These positions will help us train ombudsmen, and educate command cadre, and all of us on how to make this program even stronger. Again, I cannot thank Valerie enough for her wonderful volunteer spirit and dedication to the Thirteenth District.

During my Change of Command this past August, I told the assembled group that I would ask all D13 commanders and staff to focus on three keys to success...PEOPLE, PRIDE and PROFESSIONALISM. When I say PEOPLE it includes all of our families as well. Our Coast Guard is great because we have great people and I will do everything I can to help everyone get a little bit better each and every day. I sometimes wonder if we all really appreciate how unique and special the Coast Guard is. We do incredible things and some of what we do can be exceptionally hazardous. We stand on the shoulders of those that have gone before us. We all need to learn more about our Coast Guard heritage and always show PRIDE in our service. We must always honor that heritage and the right way to do that is to be the best we can at whatever we do in the Coast Guard...PROFESSIONALISM must be our trademark...it will help keep us safe and let us serve others as only the Coast Guard can!

The holidays are a great time of year and I hope all of you will have a chance to take a break from the day to day grind to enjoy a moment of fellowship and a moment of reflection. As we read about daily and hear about in the news, many people struggle this time of year; it can be very emotional for some and it puts incredible financial pressure on others. Please take a moment to reach out to your Shipmates, your friends, your neighbors or your communities and try to make someone else's holiday just a little bit better. We need to take care of each other. I also ask that you take a moment to remember those Coast Guardsmen who are standing the watch this holiday season. They do it exceptionally well, they do it with great dedication and they are always ready – Semper Paratus.

Charlene, Ben and I wish all of you the happiest of holiday seasons. Travel safely, enjoy your family and friends, and recharge – 2012 will be another great year!!

Note From The Ombudsman

Greetings Coast Guard Families,

I want to welcome all of our newly transferred Coast Guard families to the beautiful Pacific Northwest. I hope you are all settled in by now and have had a chance to soak in some of our beautiful fall weather. I would like to encourage you to take a look at the preparedness links and videos that I have included on the last page of this newsletter. I feel it is imperative for all of us to have an emergency kit ready, for bad weather may strike at any time and without warning.

As the District Thirteen Staff Ombudsman, I am here to help assist and direct you to the many resources available to you. Throughout the month, I send out periodic emails with information on events and family information. If you would like to be included on my email distribution list, please call or email me with your name and contact information. I look forward to hearing from you.

I want to wish all of you and yours a Happy and safe Holiday Season. May your homes be full of warmth, love and cheer.

Valerie Frantz
425-427-9296 Home
CGD13Ombudsman@gmail.com



Spouse Leadership – The Key to a Semper Paratus Family

Semper Paratus – Always Ready. As I visit the District 13 units with Admiral Taylor I stress the importance of Semper Paratus. Since it isn't practical for me to come into your homes, I would like to share some thoughts with you on the importance of being Always Ready. As a spouse, you play an important role in making sure our members are fully prepared to carry out the mission.

A member's overall readiness is made up of many parts. If you ask your spouse if they are ready, most would likely answer, "YES!, I am qualified and proficient". However, you may know of personal issues affecting their focus and giving them some measure of anxiety. This is where you provide Spouse Leadership to help them regain "Semper Paratus." Anxiety from personal issues can lead to a lack of focus, which is a significant cause of mishaps in the performance of duty. In my visits, I address three areas of personal readiness that usually present the most problems.

The first, and easiest to do something about, is physical readiness. I often lack enthusiasm for exercising after work and the weekends are a time for doing things around the house. If it wasn't for my spouse asking me to go for a walk or exercise with her, I might not do any at all. Amy really helps me get out and burn some calories. Sometimes it is our spouses who help us stay physically ready.

The second area of readiness I talk about is our financial readiness. Finances are at the root of many other issues. Often we are just getting by and when something unexpected comes up it causes a lot of anxiety. We always seem to have too much month at the end of our paycheck. If you and your spouse encounter a financial readiness problem, know that there are assistance programs available and there is no shame in asking for help. We have all been short on money at some time in our life and that doesn't mean we're irresponsible. Please encourage your spouse to seek help if times get too tight. That is how you can help us stay financially ready.

The third aspect is emotional readiness. When things aren't going well at home we often can't focus on our mission. That leads to problems at work and at home. Soon our members aren't happy at work or at home, which can lead to mission safety issues. If you know your husband or wife is struggling at home, please reach out to your ombudsman or spouse association member to ask for advice. When we work together as a team we can overcome most any obstacle to emotional readiness. Suffering in silence and trying to work through emotional problems by yourself can take a lot out of you and often makes the healing process longer. Lean on your ombudsman and fellow spouses to help you get through the tough times. This is how you can help your spouse stay emotionally ready.

As a spouse, you play a very important role in the safety of our mission by helping our members stay "Semper Paratus." We all have times when we are not 100% ready; with your leadership we can minimize those times. Often, you are the voice of reason and you provide the push to get us the help we need. There is an answer for almost every problem you may encounter. By utilizing your ombudsman and spouse association you can ensure you are fully aware of these programs. As a knowledgeable spouse, you will be a great leader for your Coast Guard member.

Thanks for everything you do, we would be half the Coast Guard without you.

Semper Paratus
Jason Vanderhaden,
Command Master Chief, District 13



Coast Guard Family Association

On behalf of the CGFA Executive Board, I want to share with the D-13 CG Family that the CGFA continues to grow in numbers and success. Within the past 7 months we have reached over 120 families, provided support for several families in crisis, brought meals to those in need, hosted an OPSEC seminar (which we will hold another in January) and held our first Welcome Aboard tea and have a Food Drive going on now thru December 15th. As we grow in numbers, we are able to see and meet the needs of our members. We created new Face Book sites that provide a creative outlet for crafts, personal businesses and cooking. I am never surprised by the talent of our Coast Guard Spouses. Their willingness to share their talents is inspiring and adds to the success of our Association.

The CGFA will be hosting more social get-togethers as well as informative seminars over the next few months. Please refer to our website, CGFAPUGETSOUND.COM for all the latest information. We also have the Face Book sites; PACNW CG Family Association, CG Spouses Recipe Exchange, Getting Fit with Carissa, and Coastie Crafts. All are welcome to join and we also want to encourage our single active duty members to join us. Thank you to the Commands, Work Life staff, MWR and the Ombudsman for their positive support of our efforts. We could not have done it without you.

We wish you all a safe and Happy Holiday Season!



From left to right: Amy Hashimoto, VP; Kat Haberlack, Historian/Web; Lina Keyes, VP; Janet Price, Ways & Means; Stephanie Clark, President; Anne Dienes, Treasurer/Web/FB; Paulette Fryar, VP; Carissa Polack, Secretary

Did You Know . . .

Coast Guard Aviation began on 29 Aug 1916 when the Coast Guard Aviation Act was signed into law. It established ten Coast Guard air stations, the first at Morehead City, NC. LT Elmer F. Stone was appointed Coast Guard Aviator No. 1 (also Naval Aviator No. 38) after graduating from flight training at Pensacola, FL in April 1917. In May 1919, he was a pilot on board a NC-4 seaplane and completed the first successful transatlantic flight. As a result of this accomplishment, he was awarded the British Air Force Cross by the British government, the Navy Cross, and Congressional Medal of Achievement. To commemorate Elmer Stone's birthday, each year on 22 Jan, flight suits are worn as the uniform of the day for all aviation personnel.



Winter activities & advice . . .

Ski The Great Northwest

Many of the ski resorts in our area host a Military Appreciation Day and even give discount rates throughout the ski season to Military families.

To find many of the Ski Resorts in Washington go to <http://www.skiwashington.com/>



Snowflake Lane

WHEN: November 25-December 24
Shows Nightly at 7:00 pm.

WHERE: Along the Sidewalks of Bellevue Way & NE 8th Street
Bellevue, Washington

It's a nightly display of dazzling lights, music, dramatic drumming from live toy soldiers and magical snow. For more information visit: www.magicseason.com/events/snowflake.html



Holiday Shopper Be On The Lookout

"Oh, you better watch out..." Cyber shoppers should take heed of the familiar holiday song's timeless refrain.

With holiday shopping in full swing and recession-wearied shoppers hunting for irresistibly good buys, it's a safe assumption that crooks and scammers are baiting their traps with deals too good to be true.

www.fbi.gov/news/stories/2009/december/scams_120109



Holiday Travel Tips

If you are planning to travel this holiday season, and would like a few tips to ensure your travels go smoothly you can visit this TSA link below.

<http://www.tsa.gov/311/311-holiday.shtm>



A Season For Sharing In Holiday Safety

Preventing Christmas Tree Fires

When choosing a live tree for your home, take some safety precautions: Needles should be green and hard to pull back from the branches. When bounding the tree trunk if too many needles fall off it is too dry. Do not place your live tree near a fireplace or heater vent. Do not keep your live tree up longer than two weeks. Keep the tree stand full of water at all times.



Maintain Your Holiday Lights

Inspect your lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking or wear, before you put them up. Do not overload the electrical outlet. Make sure to periodically check the wires – they should not be warm to the touch. Do not leave your holiday lights on unattended.

Holiday Decorations

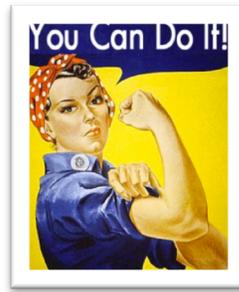
All decorations should be nonflammable or flame-retardant. Do not place your decorations near heat vents or too close to the fireplace. Never put your wrapping paper in the fireplace, it can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.



Candle Care

Try to avoid using lit candles. If you do use them, make sure they are in a stable holder and place them where they cannot be easily knocked down. Never leave the house with candles burning. Never put lit candle on your tree.

Test All Smoke Detectors



Benefits Of A College Degree

According to a recent report titled, *Education Pays 2010*, four-year college graduates earned nearly \$22,000 more per year than those with just a high school diploma. In addition, college graduates also had a far lower unemployment rate during the recent recession: 5.1 percent lower than people with only a high school diploma.

The benefits of a college degree don't stop at higher income either. The report also found that adults with a college degree are healthier, more active citizens who read to their children more often than those without a college degree.

The report also found:

- College graduates ages 25 to 44 are 14 percent less likely to be obese than high school grads.
- Adults ages 25 to 34 with a college

degree are nearly twice as likely to exercise vigorously

- Smoking among those with a bachelor's degree is 18 percent lower than high school grads.
- The percentage of people with college degrees who donate their time to community organizations is higher than other groups.

Dependents of active duty Coast Guard members have numerous resources available to aid in the financial challenges of pursuing a college education. The Coast Guard Office of Work-Life Scholarship Program provides information on financial assistance to members of Team Coast Guard. To begin your journey of higher education, go to

www.uscg.mil/worklife/scholarship.asp

Other Education Resource Links

Scholarships, Grants, & Loans: <http://www.uscg.mil/hq/cg1/cgi/civilian/scholarships.asp>

Dependent Education: http://www.uscg.mil/hq/cg1/cgi/civilian/spouses_and_dependants.asp

Coast Guard Mutual Assistance: <http://cgmahq.org/Programs/edu.html>

Coast Guard Foundation: http://www.uscg.mil/hq/cg1/cgi/civilian/spouse_grant.asp#1

Advice & Information



Here Comes La Nina – Are You Prepared?

Another La Nina is predicted for the 2011-2012 winter season. For the Pacific Northwest, that means a colder and wetter winter. According to the National Oceanic Atmospheric Administration, La Nina often results in below-average temperatures and increased mountain snow in the Pacific Northwest, which may set the stage for spring flooding along the numerous rivers throughout the area. In 2008, Seattle experienced two weeks of snow, ice, and freezing temperatures that severely impacted school and transportation schedules and garbage and recycling services. Planning ahead for such possibilities will significantly limit the impact of mother natures challenges. Links that provide tips on how to better prepare you and your family can be found on

the last page of this newsletter.

Winter Motor Vehicle Safety: The Coast Guard recently released a safety message stating that motor vehicle accidents are responsible for more injuries and deaths of Coast Guard members than any other single cause in the last five years. The winter season will only increase dangerous conditions causing increases in crashes from hydroplaning, uncontrolled skids, and rollovers. For winter driving tips in the Pacific Northwest visit:

<http://www.seattle.gov/transportation/winter-drivingtips.htm>

Flu Season Is Here: The best way to prevent the flu is by getting vaccinated each year. We all have the responsibility to assist in reducing the spread of this contagious respiratory condition that can cause mild to severe illness. Flu vaccines are available to eligible Tricare beneficiaries through Tricare authorized network pharmacies that participate in the vaccination program. To locate a participating pharmacy visit: <http://WWW.EXPRESS-SCRIPS.COM/TRICARE/> or call 1-877-363-1303.



The Mission of Coast Guard HSWL Regional Practice Seattle is to provide health, safety, and work-life services focused on beneficiary satisfaction and mission support. For more information, you can call: 1-800-872-4957 ext. 313 or call 206-217-6610. You may also visit these websites for more information.

HQ Office of Work-Life -
<http://www.uscg.mil/worklife/>

CG Base Seattle Home Page -
<http://www.uscg.mil/baseseattle/>

Seattle Work-Life Home Page -
<http://www.uscg.mil/hswlseattle/worklife/>

Good Links



Emergency Preparedness

www.3days3ways.org

Emergency Preparedness

www.ready.gov

Emergency/Disaster preparedness

www.fema.gov/kids/

Emergency/Disaster preparedness for kids

www.fema.gov

Federal Emergency Management Agency

www.redcross.org/services/disaster

Emergency/Disaster preparedness

www.schoolreport.org

School Closure information

www.weather.gov

Weather information/warnings/alerts

www.aspca.org/pet-care/disaster-preparedness/

Pet Emergency/Disaster Preparedness

www.doh.wa.gov/phepr/default.htm

Washington State Emergency Preparedness

Coast Guard

Preparedness Videos

<http://www.youtube.com/user/USCGImagery> - [p/u/2/0w_5XV7spBA](http://www.youtube.com/watch?v=2/0w_5XV7spBA)

Admiral Bob Papp and Wife Linda
Launch Ready Coast Guard

<http://www.youtube.com/user/USCGImagery> - [p/u/0/U6zDuN_v15Q](http://www.youtube.com/watch?v=0/U6zDuN_v15Q)

Rear Admiral Mark Tedesco and his
Wife Tammy Launch Ready Coast Guard.

<http://www.youtube.com/user/USCGImagery> - [p/u/1/6BwfH7484g4](http://www.youtube.com/watch?v=1/6BwfH7484g4)

Coast Guard Master Chiefs and their
Wives Launch Ready Coast Guard.

