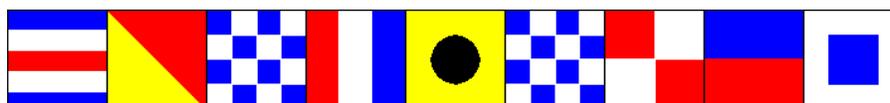




## Capital Area Coast Guard Retiree Council Newsletter

*SERVICE CONTINUES*



**Council co-chairs: CAPT David Bernstein and SCPO Mike White**

**Issue 2011 03**

**June 26, 2011**

### **Summer is the Time to Chill Out**

Your Council continues to be active, meeting Friday – June 24 at USCG HQ.

Key issues were

- National Council May Meeting Report
- Status of Council HQ Sponsor
- Council Outreach to the Capital Area Coast Guard Retiree Community
- Council Committee Assignments
- Council Event Planning
- 2011 Holiday Party Planning
- Caregivers Guide Update Dec 2010
- Help Desk Utilization
- Website Update
- Promotion of Retiree Participation in USCG Related Events / Events List,"

\*\*\* Local Capital Area Coast Guard Retirees are welcome to serve on committees.

A copy of the Council Newsletters, Agendas and Meeting Minutes are posted on the Council web site, <http://www.uscg.mil/ccs/carc>, and can be downloaded, or may be requested from Council Secretary, Lula Carpenter, ph (703 913 7390) or e-mail: [leecarp@verizon.net](mailto:leecarp@verizon.net).

The Council's publishes a quarterly newsletter to provide the **Capital Area Coast Guard Retiree Community, military and civilian**, with information of interest to USCG Retirees in the Washington DC, Maryland and Northern Virginia Council area and update DC area retirees on Council activities. In addition, items that are time-critical will be sent using the Council E-Mail list.

All Capitol Area Retirees are invited to contribute to the **Newsletter**, attend a Council meeting, and are welcome to communicate with Council members prior to the Council meetings, or to provide informational items of interest to retirees. Please send an e mail, call,

or write to the Council Co-Chairs, CAPT Bud Schneeweis and YNCS Mike White, the Council Secretary, Lula Carpenter or to the **Newsletter** editor at e-mail: [dcareacgretireecouncil@comcast.net](mailto:dcareacgretireecouncil@comcast.net). Please "Pass on" this Newsletter to other USCG military and civilian retirees that may be interested. Additional e-mail / snail mail addresses and phone numbers for the Council mailing list are very welcome.

The Capital Area Coast Guard Retiree Council WEB site, <http://www.uscg.mil/ccs/carc> is being updated and made more user friendly. All are urged to look at it. Feedback welcome!! The Council believes that access to this WEB site will enable Retirees to become better informed on the current Coast Guard organization and operations. A listing of Events dates is being developed to aid in the local USCG retiree community knowing important upcoming events and dates. Suggestions for items to be posted are also welcome!!!! Send them to the Retiree Council – Paul Cojeen at [navlarch@erols.com](mailto:navlarch@erols.com) .

Your Council looks forward to serving all Coast Guard Retirees, military and civilian, and continues to extend an invitation to attend Council meetings, to participate in Council projects and to keep us informed of your issues and concerns.

### **Council Meeting Schedule for 2011-2012**

Friday - Sep 30, 2011

Friday – Dec 2, 2011

Friday - Mar 27, 2012

Friday - Jun 29, 2012

Meetings are normally held at USCG Headquarters in Conference Room B718 beginning at 0900.

### **E mail listing of DC Area Retirees**

The number of addresses in the Council's e-mail Distribution Listing for the DC Area Retirees, military and civilian in the Capitol area is steadily growing. New and revised contact info for DC Area Retirees should be sent to [dcareacgretireecouncil@comcast.net](mailto:dcareacgretireecouncil@comcast.net) . Please provide:

**Name/Rank**

**Addresses**

**Ph no**

**Current e mail**

**Spouse**

### **COAST GUARD DAY PICNIC August 6**

**Mark your calendar. COAST GUARD DAY PICNIC August 6<sup>th</sup> 1100 -1600 at TISCOM Station A. Celebrating 221 years. It is always great to meet old friends and to make new ones. Bring the family.**

### **5<sup>th</sup> Annual Capitol Area Retiree Council Holiday Party Scheduled**

**Mark your calendar. Plans are underway for the 5<sup>th</sup> Annual Holiday Party, **4 December** 2011, 1600- 1830. Tell friends that you think may want to attend. Hope to see you there**

## List of Recurring Events of Interest Posted on CACGRC Web Site

A list of recurring events of interest has been posted on CACGRC web site, <http://www.uscg.mil/ccs/carc>. This is a first cut list and it will be expanded as events of general interest become known. Additions from Retirees in the DC area are welcome! Please send to Council member Norm Paulhus, at [otterx@earthlink.net](mailto:otterx@earthlink.net).

### Seventy-Second Anniversary of the United States Coast Guard Auxiliary

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FROM COMDT COGARD WASHINGTON DC//CCG//  
TO ALCOAST  
UNCLAS //N16790//  
ALCOAST 302/11

COMDTNOTE 16790

SUBJ: SEVENTY-SECOND ANNIVERSARY OF THE UNITED STATES COAST GUARD AUXILIARY

1. JUNE 23 MARKS THE SEVENTY-SECOND ANNIVERSARY OF OUR COAST GUARD AUXILIARY. FOLLOWING THEIR FORMATION IN 1939, AMERICA SOON ENTERED WWII. DURING THE WAR, SOME 50,000 VOLUNTEER AUXILIARISTS STOOD WATCH OVER OUR SHORES, PORTS AND WATERWAYS.
2. TODAY IS NO DIFFERENT. THIS YEAR OUR 31,000 COAST GUARD AUXILIARISTS DELIVERED OVER 3.2 MILLION HOURS OF OPERATIONAL AND ADMINISTRATIVE SUPPORT. AT SEA, IN THE AIR, AND EVEN IN THE INCIDENT COMMAND CENTER, THEY FORTIFIED OUR RESPONSE TO THE DEEPWATER HORIZON SPILL, ASSISTED WITH MIDWEST FLOOD OPERATIONS, AND PROVIDED COMPASSIONATE ASSISTANCE TO WEST COAST COMMUNITIES THREATENED BY A TSUNAMI.
3. EVERY DAY THE COAST GUARD AUXILIARY WORKS TO MAKE OUR WATERS SAFER FOR RECREATIONAL BOATERS THROUGH EDUCATION, SAFETY INSPECTIONS AND STRONG PARTNERSHIPS WITH THE UNITED STATES POWER SQUADRONS AND OTHER MEMBERS OF THE BOATING SAFETY COALITION.
4. I CONSIDER THEIR WORK A SPLENDID PATRIOTIC SERVICE, AND I ENCOURAGE ALL UNITS TO HOIST THE AUXILIARY COLORS ON JUNE 23 TO HONOR THEIR PROUD TRADITION AND WORTHY MISSION. SEMPER PARATUS.
5. ADMIRAL BOB PAPP, COMMANDANT, SENDS.
6. INTERNET RELEASE AUTHORIZED.

### A Belated Greetings Chiefs and Happy Birthday!

May 18, 2011 marked the 91<sup>st</sup> Birthday of the Chief Petty Officer in the US Coast Guard.

Here is a little History on the Birthday and the Anchor.

Just 5 years after the Revenue Cutter Service and the US Life Saving Service merged together to form the US Coast Guard, they demonstrated that there was a need to establish a higher enlisted authority. On May 18<sup>th</sup> 1920, the 66<sup>th</sup> congress authorized the Chief Petty Officer in the Coast Guard. The first Chief's Uniform appeared in 1922. This uniform was similar to that worn by the Navy Chief Petty Officer. The only distinction between the two branches was the CG SHIELD worn on the right sleeve.

The Chiefs Anchor represents Stability and Security. It reminds all Chiefs of their responsibility to keep those they serve safe from harm's way.

The Historical significance of the Shield dates back to the Revenue Cutter Service when the US Congress added the Shield to the Ensign in 1799 to distinguish Cutters from Naval Vessels. The 13 Stars and Stripes on the shield represent the 13 original colonies.

The Chain, symbolic of Flexibility and Strength, reminds the Chiefs that the chain of life is forged day-by-day, link-by-link. The chain also represents the reliance of one CPO on another to get the job completed and stresses that every Chief should endeavor not to be the weak link in the chain.

The Chain Fouled around the Anchor represents the Sailors Disgrace and reminds Chiefs there may be times when circumstances are beyond their control in the performance of duty, yet a Chief must complete the task.

### **USCG More Important Than Ever, President Says at Academy Commencement**

Addressing more the 229 new Coast Guard officers, President Obama said at the Academy commencement ceremony that the complex missions of the Coast Guard have never been more important.

Abroad, Obama said the nation needs the Coast Guard to partner with other nations and help them secure their ports, as well as protect the shipping lanes and combat piracy. At home, the Coast Guard needs to stop smugglers and prevent terrorists from slipping weapons into ports, he added.

Fifteen minutes into his commencement speech at the Coast Guard Academy, Obama briefly mentioned the recent raid he ordered to kill Osama bin Laden. While the terrorist leader is no longer a threat, Obama said, "the hard work of protecting our country, the hard work goes on."

"We will never waiver in defense of the country we love," he said. "None of the missions are easy and none are without risk."

The rest of 20-minute speech was more of a traditional commencement address, rather than a commentary on current events or an announcement of any new initiatives. In 2007, President Bush used his commencement address at the academy to make the case for the war in Iraq.

Obama said he was counting on the new ensigns to go out, as many have before them, and meet these obligations. He said he was confident that "storms would pass" and "a brighter day beckons."

### **(Congratulations to ADM Rochon USCG (RET), who's grandson was among the graduating new Ensigns)**

Overflow crowds were watching the ceremony on screens throughout campus. More than 2,100 people watched on the third deck of Roland Hall.

Coast Guard Commandant ADM Papp administered the oath of office to the 228 graduates and welcomed them into the Coast Guard. Serving in the Coast Guard, Papp said, is more than a job - it's a calling.

"There is no higher honor," Papp said. "I carry the same passion today for our mission, people and country that I did on the day I was commissioned.

I only wish the same for you. So welcome aboard, welcome to the fleet, welcome to the officer corps.

But more importantly, welcome to your new role as full-fledged members of our Coast Guard family, protecting those who use the seas, protecting the sea itself and protecting the nation."

The President received a standing ovation before taking the podium at today's event. He received a round of applause after referencing the recent demise of terrorist Osama bin Laden.

### **CGA named to President's Higher Education Community Service Honor Roll**

For the third year in a row, the United States Coast Guard Academy was named to the President's Higher Education Community Service Honor Roll.

Launched in 2006, the President's Higher Education Community Service Honor Roll annually recognizes institutions of higher education for their commitment to and achievement in community service. The Corporation for National and Community Service oversees the Honor Roll in collaboration with the U.S. Departments of Education and Housing and Urban Development, Campus Compact, and the American Council on Education.

This year, more than 600 colleges and universities were recognized for exemplary, innovative, and effective community service programs. CNCS Honorees are chosen based on a series of selection factors including scope and innovation of service projects, percentage of student participation in service activities, incentives for service, and the extent to which the school offers academic service-learning courses.

### **ID Card Facilities and Telephone List of Regional Healthcare Support Contractors**

Nearby ID card facilities can be found through a link at <http://www.tricare.mil/tya>. A complete telephone list of regional healthcare support contractors can be found at <http://www.tricare.mil/tya>.

### **New Tricare Program Offers Coverage for Young Adults Under 26**

DoD announced the Tricare Young Adult (TYA) program is open for enrollment with coverage beginning May 1, 2011. Military dependents under 26, unmarried, and not eligible for their own employer-sponsored health care coverage may be qualified to purchase TYA, which offers Tricare Standard coverage, for monthly premiums of \$186, as long as their sponsor is still eligible for Tricare. Those eligible for TYA who have been saving receipts since Jan 1, 2011, in anticipation of the new program, can also pay all premiums back to January to purchase coverage retroactively.

Beneficiaries can find out where to send their form and payment by filling out the simple profile at <http://www.tricare.mil> to get information tailored to their specific location. Once the initial three-month fee is made, monthly premiums must be paid in advance through automated electronic payment.

After getting a welcome letter and enrollment card, dependents and their sponsor should visit uniformed services identification (ID) card issuing facility to obtain a dependent ID card. This card will identify eligibility for health care, prescriptions and access to military installations for the dependent . Nearby ID card facilities can be found through a link at <http://www.tricare.mil/tya> A complete telephone list of regional healthcare support contractors can be found at <http://www.tricare.mil/tya> ..

## **ICE PATROL HOSTS COAST GUARD CADETS**

The U.S. Coast Guard International Ice Patrol hosted 42 cadets from the Coast Guard Academy on March 22 and March 24.

The cadets are marine and environmental sciences majors studying physical oceanography in their second year.

Members of Ice Patrol and the U.S. Coast Guard Research & Development Center ran three workshops for the cadets at the Ice Patrol office.

The workshops focused on trajectory modeling for Ice Patrol, marine environmental protection, and search and rescue missions. The cadets studied models for predicting the movement of icebergs, oil spills and search objects such as life rafts.

Physical oceanography classes visit the Ice Patrol annually to learn how to apply oceanography to Coast Guard missions. For more information on the academy, visit <http://www.uscga.edu> or visit <http://www.uscg-iip.org> for more information on Ice Patrol.

## **First Us Coast Guard Academy Leadership 44 Training Vessel Scheduled to Launch**

The Coast Guard Foundation, the Coast Guard Academy Alumni Association, the Coast Guard Academy Parents Association and the United States Coast Guard Academy, through a collaborative partnership, announced today that it will host the christening and launch of the United States Coast Guard Academy's new sailing training vessel, L44-01 Shearwater, at the Coast Guard Academy Waterfront on Thursday, June 2, 2011 at 12:00 pm.

As part of the Leadership 44 Campaign, the three non-profit organizations have raised nearly \$6 million to build a new class of eight leadership sail training boats for the Coast Guard Academy.

The event celebrates the launch of the first new vessel.

The Leadership 44 boats will offer cadets the opportunity to learn the ways of the sea and provide valuable leadership and teamwork experience.

"The Leadership 44 Campaign is the first collaborative partnership of Coast Guard Academy stakeholders and will provide new training vessels for the future guardians of our shores,"

said Robert Hallock, chairman of the Leadership 44 Campaign Committee. "The sail training program is instrumental in developing cadets' aptitude on the water. It is not simply about learning how to sail; it's about learning how to lead and work as a team which are vital skills for Coast Guard officers."

The Academy currently employs only four boats for the Coastal Sail Training Program. Due to the limited number of vessels, not every cadet at the Academy is able to participate in the program. The new sloops, made possible by the Leadership 44 Campaign, standardize the offshore sailing program and allow a greater number of cadets to participate in an experience crucial to their transformation into officers. The Coast Guard Academy Leadership 44-01, Shearwater, was designed to optimize and enhance the training experience. A procurement committee, representing the interests of the Academy and the three non-profits, worked with naval architect David Pedrick of Newport, Rhode Island, to develop a custom design for the sailboats.

Built by Morris Yachts of Trenton, Maine, the resulting boats have contemporary lines, simplified rigging and an improved sail plan that will meet the rigorous demands of the Coastal Sail Training Program and give the Academy excellent performance for years to come.

"The current fleet is over forty-five years old," continued Hallock. "The new USCG Shearwater and her sister vessels will help current and future Academy cadets prepare to effectively aid us in times of need and protect our country."

The Leadership 44 Campaign partners are covering the majority of the cost of building the mold and constructing the new vessels. The federal government has committed to a substantial contribution by providing equipment, sails, engines, rigging and outfitting for each boat. The additional seven Leadership 44 vessels are scheduled to be finished in 2012.

For more information on the L44-01 Christening Ceremony, the Coast Guard Academy Leadership 44 Campaign or to support the project, visit <http://www.cgaleadership44.org>.

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### **Portsmouth Coast Guard Admiral Honors WWII Vet's Heroism**

The commander of the Coast Guard's Atlantic Area, based in Portsmouth, recently honored a World War II veteran for his heroism.

VADM Robert Parker presented former Coast Guardsman Carl M. Dize Sr. of Urbanna with the Coast Guard Commendation Medal.

On the night of April 20, 1944, while assigned to the destroyer escort Menges, Dize and his fellow crewmen came under attack by the German Luftwaffe in the Mediterranean Sea. The destroyer Lansdale was heavily damaged and its crew was forced to abandon ship.

Dize swam out to the edge of the Menges' spotlight illumination to rescue sailors. He and others saved more than 200 men.

### **International Society for Performance Improvement Awards of Excellence Announced**

The International Society for Performance Improvement on 11 April announced the recipients of its 2011 Awards of Excellence program at The Performance Improvement Conference in Orlando, Fla.

The awards recognize outstanding achievements of individuals and organizations in the field of Performance Improvement.

The awards in the category of Outstanding Human Performance Intervention recognize performance improvement interventions. Recipients of this award include the following organizations which submitted the top 13 award-winning interventions: University of Arkansas (Fayetteville, Ark.), **U.S. Coast Guard (Washington, D.C.)**, L-3 Communications (New York, N.Y.), Lowe's Home Improvement ( Mooresville, N.C.), Imperial Oil Ltd. (Canada), DataLink Consulting, Inc.(Canada), Ideas Interactive, Inc. (Canada), SBK Advies & Training (Netherlands), Abbott Biologicals B.V. (Netherlands), Defense Security Cooperation Agency (Washington, D.C.), Proofpoint Systems (Los Altos, Calif.); Amway Corporation (Ada, Mich.), Innovative Learning Group (Detroit, Mich.), Ford Motor Company (Detroit, Mich.), and Carlson Marketing Worldwide (Minneapolis, Minn.)....

Founded in 1962, the International Society for Performance Improvement (ISPI) is the leading international association dedicated to improving productivity and performance in the workplace.

ISPI represents Performance Improvement professionals throughout the United States, Canada, and 40 other countries.

## **US Navy Seals' Team Navy/Coast Guard Comes in Second at 2011 Warrior Games**

It was a big leap for Team Navy/Coast Guard as the 2011 Warrior Games wrapped up on May 21st. Coming from a last place rank during the 2010 Warrior Games, the team recouped and cinched second place in this year's games, garnering 59.8 points.

According to a feature on the Navy website, Team Navy/Coast Guard won a total of 27 medals, for various events that included archery, cycling, swimming, track and field, and wheelchair basketball. The Warrior Games are held annually and participated in by wounded service members.

Retired Navy Master Chief Aviation Ordnanceman James "Will" Wilson, who served as the team's co-captain, as well as manager of Navy Safe Harbor's adaptive athletics program, shared: "When a team manages to double its medal count in one year's time, it's evidence of two things: training and dedication. Our team had the biggest heart, and that carried us through the competition. We are one big extended family, and I couldn't be more proud of what we have accomplished."

The Marine Corps won the Chairman's Cup, which is awarded to the top-performing service branch. Team Navy/Coast Guard outranked the Army, Air Force, and Special Operations teams.

## **Selection of Chief Procurement Law Counsel and Chief Trial Attorney**

ADM Papp announced the selection of Mr. Rodney A. Grandon as the Coast Guards Chief Procurement Law Counsel And Chief Trial Attorney. In this capacity, Mr. Grandon will serve as the senior procurement law executive in the U.S. Coast Guard. Mr. Grandon assumed his new duties on 22 may 2011.

## **Retiree COLA Increase Looks Likely**

According to the Bureau of Labor Statistics, the Consumer Price Index for April is up 0.8 percent over the March CPI. The CPI is used to determine the annual [cost-of-living-adjustment \(COLA\)](#) and rate adjustments to VA [Disability and Compensation](#), [Vets Pension](#), and other VA rates for the following year. The Military Officers Association of America (MOAA) reports that the April 2011 CPI is up 2.9% from the 2008 CPI, which means retirees may see a COLA increase in 2012, the first since 2008. Read more on COLA in the [Military Advantage Blog](#).

<http://www.military.com/military-report/retiree-cola-increase-looks-likely?ESRC=miltrep.nl>

## **NEW USCG Headquarters - Plans To Consolidate Service Under A Grassy Roof**

When the Department of Homeland Security announced the idea of a new consolidated Coast Guard headquarters it seemed fitting, considering the Coast Guard's involvement developing and enforcing environmental laws, that the plans would take advantage of sustainable building design practices and technologies.

The new Coast Guard headquarters building will adhere to stringent sustainable construction and design standards,

A USCG spokesman said "this project demonstrates a strong commitment from GSA, DHS and the Coast Guard to our responsibility to be good environmental stewards."

The new Coast Guard headquarters will include a green roof among other sustainable design best practices.

Until recently, all new federal buildings were required to meet a 'Silver' certification under the U.S. Green Building Council's Leadership in Energy and Environmental Design criteria, GSA recently set a goal to exceed this requirement with a LEED Gold certification. While the new Coast Guard headquarters was contracted during the 'Silver' phase, GSA, DHS and Coast Guard are working to achieve 'Gold' certification for the project.

LEED certification is an internationally recognized green building certification system acknowledging that the campus was designed and is being built using strategies aimed at improving performance in energy savings, water efficiency,

CO2 emissions reduction, improved indoor environmental quality and stewardship of resources and sensitivity to their impacts.

The Coast Guard is scheduled to move onto the new headquarters in 2013 and the consolidation of CG units at this location, the historic St. Elizabeths hospital site, will create a green "campus" for service members to enjoy.

### **CGVI Gallery Website is Worth a Visit**

If you ever have any free time, the CGVI Gallery website is worth a visit. There are 1000's of Coast Guard photos, videos, etc that you can download for free.

The site looks a little confusing and is not very user friendly. It was set really set up for news media people to use, which there's a standard format that all in the media business follow. However – don't let the unfriendliness of the site deter you from using it. Check it out:

<http://cgvi.uscg.mil/media/main.php>

### **Gates Puts Pay Cuts on the Table**

Under pressure to reduce the DoD budget, Defense Secretary Robert Gates has until recently avoided asking for a reduction in military pay and benefits. However, the Wall Street Journal has reported that increasing pressure on lawmakers to make bigger cuts in the federal deficit has convinced defense budget planners that Congress is willing to look at cutting military compensation.

Since the beginning of his term as Sec Def Gates has avoided asking for military pay freezes or reductions. He has instead sought to reduce the cost of TRICARE by increasing annual premiums and fees for military retirees and taxing their employers if retirees opt out of employer provided health care. So far his repeated attempts to make major changes to TRICARE have been thwarted by Congress mainly due to pressure from groups like the Military Officers Association of America.

However, pressure from the White House to make \$400B in cuts may have forced Gates' hand. In fact, Sec. Gates recently floated the idea that reducing military compensation may not be a bad idea. Gates told a group that reducing military pay wouldn't negatively impact recruiting; pointing out that even during the worst of the Iraq war the Army was the only service that didn't exceed their recruiting and retention goals.

## **Ribbon Cut on New Coast Guard WILMINGTON, NC Operations Center**

The New Coast Guard WILMINGTON, NC Operations Center opened on Tuesday 31 May.

The facility on Medical Center Drive will bring members of the Coast Guard, Customs and Border Protection and Immigrations and Customs Enforcement under one roof.

The Coast Guard staff consists of 40 people who were transferred from the center in Atlantic Beach.

The facility has been established in response to the Security and Accountability for Every Port Act, which required the Coast Guard to establish interagency operations centers in select ports.

## **USCGC Eagle Returns to Germany for 75th Anniversary**

Eagle has returned to the land of its origins for its 75th anniversary voyage

The vessel left New London on May 7 and arrived Friday in Hamburg, Germany. She was built there in 1936 as the Horst Wessel. The U.S. later claimed it as a war reparation and re-commissioned it in 1946.

It's the second of eight port calls for the ship, which is carrying 140 Coast Guard Academy cadets. More than 600 cadets and officer candidates train on the Eagle annually.

The Eagle is scheduled to stop June 10 in London, then visit Iceland and Nova Scotia and return to the U.S. in mid-July. It's scheduled to visit Boston, New York and New Bedford, Mass., before returning to Connecticut in August.

## **Robert Arkeilpane Named Coast Guard Academy Director Athletics At.**

Robert J. Arkeilpane, the deputy Director of athletics at the University of Cincinnati, has been named the new director of athletics at Coast Guard Academy.

Arkeilpane will succeed Dr. Ray Cieplik, who will retire this summer after a 40-year career at the academy.

"Bob stood out with intercollegiate athletic experience from three different vantage points: student-athlete, coach, and athletic administrator," said RADM Stosz, the academy's superintendent. "We are all excited that he has accepted our invitation to lead the Academy's athletic program."

Arkeilpane was the No. 2 administrator in charge of University of Cincinnati's 18-sport intercollegiate athletic program and administered the daily operations of the athletic department. He has three decades of Division I experience as a student-athlete, coach and administrator.

He joined Cincinnati's athletic department in 2005 after serving for three years as associate vice president of the University of Cincinnati Foundation, the private sector fundraising entity for the university. Arkeilpane previously had worked for the UC Foundation as college director of development and alumni affairs from 1987-91.

He returned to Cincinnati after five years as director of athletics at the University of Buffalo. He was the assistant director of athletics at Miami University (Ohio) from 1993-95.

A native of Amherst, N.Y., and a standout high school football player at Sweet Home High School, he earned an athletic scholarship to Syracuse, where he was a starting defensive back for three seasons. Arkeilpane earned his bachelor's degree in 1981 from Syracuse. He earned his master's degree from Ohio University while serving as a graduate assistant football coach.

"I am extremely excited to be joining the Coast Guard Academy family," Arkeilpane said in a statement released by the academy. "I was very impressed with the coaches and other athletic staff members, who I met during my campus visit."

### **Regular & Reserve Retirees & Annuitants Comparisons**

CY 2010: 44,428

CY 2002: 38,166

Regular Retirees (Disability & Non-Disability)

CY 2010: Retired pay of \$984.4 million

CY 2002: Retired pay of \$562.8 million

Reserve Retirees (Disability & Non-Disability)

CY 2010: Retired pay of \$84.1 million

CY 2002: Retired pay of \$42.3 million

Survivors

CY 2010: Annuity payments of \$56.6 million

CY 2002: Annuity payments of \$31.9 million

SBP Participation Rate Among Newly Retiring Members

CY 2010: 46.9%

CY 2002: Not Available

SBP Premium Receipts

CY 2010: Retirees paid \$23.5 million in premiums

CY 2002: Retirees paid \$17.9 million in premiums

### **Uniform Guidance and Results of Uniform Board NO. 44**

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FM COMDT COGARD WASHINGTON DC//CG-1//

TO ALCOAST

BT

UNCLAS //N01020//

ALCOAST 291/11

COMDTNOTE 1020

SUBJ: HONORING OUR PROFESSION - UNIFORM GUIDANCE AND RESULTS OF UNIFORM BOARD NO. 44

A. AUXILIARY MANUAL, COMDTINST M16790.1 (SERIES)

B. UNIFORM REGULATIONS, COMDTINST M1020.6 (SERIES)

## C. MARITIME LAW ENFORCEMENT MANUAL, COMDTINST M16247.1 (SERIES)

1. THE COAST GUARD UNIFORM IS A SYMBOL OF OUR UNIQUE HERITAGE AS AN ARMED SERVICE AND MUST ALWAYS REFLECT THE PRIDE WE SHARE AS COAST GUARDSMEN. COMMON CONFIGURATION AND UNIFORMITY ARE CORE TO MAINTAINING A PROFESSIONAL MILITARY APPEARANCE BOTH INDIVIDUALLY AND AS AN ORGANIZATION. IT IS FIRST AND FOREMOST, THE MEMBERS RESPONSIBILITY TO ALWAYS LOOK SHARP IAW UNIFORM STANDARDS. UNIFORM APPEARANCE IS A LEADERSHIP PRIORITY. LEADERS ARE RESPONSIBLE FOR ENSURING PERSONNEL WEAR UNIFORMS WITH CONSISTENCY, PROFESSIONALISM, AND PRIDE. OVER THE YEARS, CG UNIFORM REGULATIONS HAVE EXPANDED THE NUMBER OF OPTIONS FOR UNIFORM WEAR, WHICH IN SOME CASES HAS CAUSED CONFUSION AND INCONSISTENCY FOR OUR COAST GUARD MEN AND WOMEN. THIS INCONSISTENCY HAS CREATED A CULTURAL TREND THAT HAS LED TO UNIT AND INDIVIDUAL MODIFICATION AND SUBSTITUTION OF UNIFORM ITEMS, SOME UNAUTHORIZED. THIS CULTURE MUST CHANGE. UNDER THE COMMANDANTS GUIDING PRINCIPLE OF HONORING OUR PROFESSION, IN THE MONTHS AHEAD THE UNIFORM BOARD WILL UNDERTAKE AN EFFORT TO TIGHTEN UP UNIFORM STANDARDS AND FIND WAYS TO PROMOTE CONSISTENCY IN OUR UNIFORM REGULATIONS.

2. COMMANDERS, COMMANDING OFFICERS AND OFFICERS IN CHARGE ARE RESPONSIBLE FOR THE APPEARANCE AND UNIFORMITY OF UNIT PERSONNEL AND SHALL PRESCRIBE THE UNIFORM OF THE DAY, USING SUCH TOOLS AS THE PLAN OF THE DAY, PLAN OF THE WEEK OR UNIT INSTRUCTION. OUR PRIDE AND SERVICE CULTURE ENCOURAGE AND REQUIRE US TO CORRECT UNIFORM DISCREPANCIES WHEN OBSERVED. AS A REMINDER, PERSONNEL INSPECTIONS REMAIN AN EFFECTIVE METHOD TO MAINTAIN UNIFORM CONDITION AND APPEARANCE ACROSS OUR SERVICE, AND SHOULD BE CONDUCTED WITH REGULARITY. USCG AUXILIARY UNIFORMS SHALL BE WORN AS PRESCRIBED IN CHAPTER 11 OF REFERENCE (A).

3. THE COAST GUARD HAS FOUR BASIC UNIFORMS THAT MAKE UP THE UNIFORM OF THE DAY: A. SERVICE DRESS BLUE (SDB) MAY BE WORN YEAR-ROUND FOR BUSINESS WITHIN THE COAST GUARD AND FOR SOCIAL OCCASIONS WHERE CIVILIAN EQUIVALENT IS COAT AND TIE. THE SDB IS AUTHORIZED FOR WEAR IN A LIBERTY OR TRAVEL STATUS. AUTHORIZED OUTER WEAR WITH SDB: BRIDGE COAT OR TRENCH COAT WITH COMBINATION CAP. EFFECTIVE IMMEDIATELY THE GARRISON CAP AND FOUL WEATHER PARKA (FWP) ARE NOT AUTHORIZED FOR WEAR WITH THE SDB UNIFORM. AS A REMINDER, REFERENCE (B) ALLOWS MEMBERS TO WEAR THE WINDBREAKER IN LIEU OF THE SDB COAT EXCEPT WHEN THE SDB COAT IS MORE APPROPRIATE FOR AN OCCASIONS FORMALITY. COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE SHALL DETERMINE WHEN WEARING THE WINDBREAKER IS APPROPRIATE TO ENSURE UNIFORM CONSISTENCY AND PROFESSIONALISM.

B. TROPICAL BLUE UNIFORM MAY BE WORN YEAR-ROUND FOR GENERAL OFFICE WEAR AND VISITS BETWEEN COMMANDS. IT MAY BE WORN IN LIEU OF SDB, BUT NOT TO FUNCTIONS WHERE CIVILIAN DRESS IS COAT AND TIE. THE TROPICAL BLUE UNIFORM IS AUTHORIZED FOR WEAR IN A LIBERTY OR TRAVEL STATUS. AUTHORIZED STANDARD OUTER WEAR WITH THE TROPICAL BLUE UNIFORM IS THE WINDBREAKER OR TRENCH COAT WITH COMBINATION CAP OR GARRISON CAP. COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE RETAIN THE AUTHORITY TO PRESCRIBE THE FWP FOR WEAR WITH THE TROPICAL BLUE UNIFORM IF ADVERSE ENVIRONMENTAL CONDITIONS DICTATE THE NEED FOR THIS HEAVIER OUTER WEAR. COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE SHALL DETERMINE WHEN WEARING THE FWP WITH THE TROPICAL BLUE UNIFORM IS APPROPRIATE, SHOULD LIMIT ITS USE TO NECESSARY OCCASIONS

OR PERIODS, AND SHOULD ENSURE USE IS UNIT-WIDE WHEN PERMITTED. EFFECTIVE IMMEDIATELY THE STANDARD BALL CAP OR UNIT BALL CAP ARE NOT AUTHORIZED FOR WEAR WITH THE TROPICAL BLUE UNIFORM.

C. WINTER DRESS BLUE (WDB) MAY BE WORN BETWEEN 01 NOVEMBER-31 MARCH FOR GENERAL OFFICE WEAR AND VISITS BETWEEN COMMANDS. IT IS THE BASIC COLD CLIMATE, NON-OPERATIONAL UNIFORM AND MAY BE WORN IN LIEU OF THE SDB, BUT NOT TO FUNCTIONS WHERE CIVILIAN DRESS IS COAT AND TIE. WDB IS AUTHORIZED FOR WEAR IN A LIBERTY OR TRAVEL STATUS. AUTHORIZED STANDARD OUTER WEAR WITH WDB: WINDBREAKER, BRIDGE COAT OR TRENCH COAT WITH COMBINATION CAP OR GARRISON CAP. COMMANDING OFFICERS RETAIN THE AUTHORITY TO PRESCRIBE THE FWP FOR WEAR WITH THE WDB UNIFORM IF ADVERSE ENVIRONMENTAL CONDITIONS DICTATE THE NEED FOR THIS HEAVIER OUTER WEAR. COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE SHALL DETERMINE WHEN WEARING THE FWP WITH WDB IS APPROPRIATE, SHOULD LIMIT ITS USE TO NECESSARY OCCASIONS OR PERIODS, AND SHOULD ENSURE USE IS UNIT-WIDE WHEN PERMITTED. EFFECTIVE IMMEDIATELY THE STANDARD BALL CAP AND UNIT BALL CAP ARE NOT AUTHORIZED WITH WDB. THE DEVELOPMENTAL WDB SHIRT WITH PERMANENT SILICONE CREASES IS AUTHORIZED FOR WEAR. THIS UNIFORM WILL BE ISSUED TO MEMBERS OF THE USCGA CORPS OF CADETS, AND THE NEXT UNIFORM BOARD WILL CONSIDER THE ADDITION OF THIS UNIFORM TO THE SEABAG.

D. OPERATIONAL DRESS UNIFORM (ODU) MAY BE WORN YEAR-ROUND PRIMARILY AS A FIELD UTILITY AND WATCHSTANDING UNIFORM, AND MAY BE WORN IN AN OFFICE ENVIRONMENT. HOWEVER, COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE SHALL DESIGNATE SLEEVES UP OR SLEEVES DOWN WHEN PRESCRIBING THE UNIFORM OF THE DAY, AND CAREFULLY CONSIDER THE APPROPRIATENESS OF ODU WEAR IN OFFICE SETTINGS THAT ARE HIGHLY REPRESENTATIONAL IN NATURE, WHERE THE TYPE OF INTERACTION WITH THE PUBLIC DICTATES MORE FORMALITY, OR SETTINGS IN AN INTERAGENCY ENVIRONMENT. IN DOD, JOINT OR INTERSERVICE ENVIRONMENTS, WEAR OF THE ODU SHOULD ALIGN WITH THE DOD EQUIVALENT UNIFORM OF THE DAY. THE ODU SHOULD NOT BE WORN FOR VISITS TO CIVILIAN AGENCIES OR NON-COAST GUARD ORGANIZATIONS UNLESS THE PRESCRIBED UNIFORM OF THE DAY IS ODU OR DOD EQUIVALENT AT THE VISIT SITE. HOWEVER, IN SOME CASES THE ODU MAY BE APPROPRIATE DUE TO THE OPERATIONAL NATURE OF THE VISIT OR THE NATURE OF THE WORK TO BE PERFORMED. THE ODU MAY BE WORN FOR COMMUTING TO AND FROM WORK, USING EITHER PRIVATE OR PUBLIC FORMS OF TRANSPORTATION. AUTHORIZED OUTER WEAR WITH ODU: FWP AND STANDARD BALL CAP OR UNIT BALL CAP (AS DEFINED BELOW). ALL COAST GUARDSMEN SHALL PAY PARTICULAR ATTENTION TO APPEARANCE WHILE WEARING THE ODU. THE ODU SHALL BE SERVICEABLE, WELL-MAINTAINED, CLEAN, AND NOT FADED OR DISCOLORED. WE CONTINUE TO CLOSELY MONITOR THE IMPLEMENTATION OF THE UNTUCKED ODU AND HAVE REACHED THE RIGHT SOLUTION WITH THE LATEST VERSION. ACCORDINGLY, THE NEW DEADLINE FOR FULL IMPLEMENTATION OF UNTUCKED ODUS IS 01 JULY 2012, AFTER WHICH, TUCKED VERSIONS OF THE ODU WILL NO LONGER BE AUTHORIZED FOR WEAR.

E. A PRACTICE THAT HAS CREPT INTO OUR SERVICE IS THE GRANTING OF CASUAL OR DRESS DOWN DAYS WHERE MILITARY MEMBERS ARE ENCOURAGED TO WEAR CIVILIAN CLOTHES IN LIEU OF THE UNIFORM OF THE DAY. THIS PRACTICE IS NO LONGER AUTHORIZED SINCE IT IS INCONSISTENT WITH PARAGRAPH 1. THIS CHANGE DOES NOT ALTER THE PROVISIONS OF REFERENCE (B) AUTHORIZING APPROPRIATE WEAR OF CIVILIAN CLOTHES FOR OFFICIAL DUTIES UNDER CERTAIN CONDITIONS.

4. RESULTS OF UNIFORM BOARD NO. 44 EFFECTIVE 01 OCT 2011 INCLUDE

BALL CAPS. THE UNIFORM BOARD HAS IDENTIFIED A NEED TO ELIMINATE THE WIDE VARIETY OF STYLES AND SHADES OF BALL CAPS, PROVIDE A MORE UNIFORM APPEARANCE IN THE ODU, AND OFFER A LOWER COST, MORE AVAILABLE/REPLACEABLE COVER FOR CG PERSONNEL. THIS WILL BE ACCOMPLISHED BY AUTHORIZING ONLY TWO SOURCES (UDC AND CGES) OF BALL CAPS AND THROUGH THE INTRODUCTION OF A STANDARDIZED BALL CAP TO BE WORN IN TWO CONFIGURATIONS:

A. CONFIGURATION 1 - USCG STANDARD BALL CAP: THIS BALL CAP WILL BE MADE OF ODU MATERIAL WITH SPECIFIC COLOR/DESIGN/CONSTRUCTION SPECIFICATIONS AND DISPLAY U.S. COAST GUARD. THE STANDARD BALL CAP WILL BE AVAILABLE ONLY THROUGH THE UDC AND CGES STORES. THESE BALL CAPS WILL BE AVAILABLE IN NOMINAL AMOUNTS BEGINNING 01 JULY. MEMBERS CAN EXPECT FULL STOCK AVAILABILITY BY 01 SEP. THIS IS THE OFFICIAL USCG UNIFORM BALL CAP FOR WEAR WITH THE ODU AT ALL TIMES AND IS REQUIRED TO BE WORN WHILE ON TDY OR VISITING OTHER UNITS/LOCATIONS OUTSIDE THE MEMBERS ASSIGNED UNIT AOR. THE METAL COLLAR INSIGNIA LISTED IN REFERENCE (B) WILL BE WORN ON THE CAP. FOR SENIOR OFFICERS, OAK LEAVES AND ACORNS (SCRAMBLED EGGS) ARE NO LONGER AUTHORIZED ON THE STANDARD BALL CAP. IN ADDITION, ALL ENLISTED MEMBERS WILL RECEIVE A ONE TIME INCREASE TO THEIR CLOTHING MAINTENANCE ALLOWANCE (CMA) IN THE COMING MONTHS TO PURCHASE THE NEW STANDARD BALL CAP.

B. CONFIGURATION 2 - THE UNIT BALL CAP: COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE MAY AUTHORIZE THE WEAR OF UNIT BALL CAPS ON THEIR UNITS. THE UNIT BALL CAP WILL BE MADE OF ODU MATERIAL WITH COLOR/DESIGN/CONSTRUCTION SPECIFICATIONS (THE SAME AS THE STANDARD BALL CAP). A STANDARD UNIT NAME DISPLAY FORMAT, LETTER AND FONT TYPE/SIZE WILL BE SPECIFIED TO CGES AND THE SAME AS THE STANDARD BALL CAP. AS WITH THE STANDARD BALL CAP, THE METAL COLLAR INSIGNIA LISTED IN REFERENCE (B) WILL BE WORN ON THE UNIT BALL CAP. FOR SENIOR OFFICERS, OAK LEAVES AND ACORNS (SCRAMBLED EGGS) ARE NO LONGER AUTHORIZED ON UNIT BALL CAP. NO OTHER MARKINGS OR ATTACHMENTS ARE AUTHORIZED ON THE UNIT BALL CAP. THESE BALL CAPS WILL BE AVAILABLE ONLY THROUGH THE CGES. AS A REMINDER, UNIT BALL CAPS ARE NOT AUTHORIZED FOR PURCHASE USING APPROPRIATED FUNDS. COMMANDERS, COMMANDING OFFICERS AND OFFICERS IN CHARGE CAN NOT REQUIRE MEMBERS TO PURCHASE THE UNIT BALL CAP, AS THE STANDARD BALL CAP IS A SEA BAG ITEM, AVAILABLE THROUGH THE UDC, AND CAN BE WORN AT ALL TIMES WITH THE ODU.

5. RESULTS OF UNIFORM BOARD NO. 44 EFFECTIVE IMMEDIATELY, INCLUDE:

A. THE HOT WEATHER UNIFORM IS NO LONGER AUTHORIZED. LONG ODU TROUSERS AND 8-10 INCH NON-MARKING SAFETY BOOTS ARE REQUIRED FOR SAFETY REASONS AT ALL TIMES. COMMANDERS, COMMANDING OFFICERS, AND OFFICERS IN CHARGE ARE AUTHORIZED TO ALLOW REMOVAL OF THE ODU BLOUSE WHEN PERSONNEL ARE ENGAGED IN DEMANDING, PROLONGED OPERATIONS IN HIGH TEMPERATURES. IN ALL CASES, THE COAST GUARD DARK BLUE CREW NECK T-SHIRT SHALL BE WORN EMBROIDERED WITH THE WORDS U.S. COAST GUARD ACROSS THE FRONT LEFT CHEST IN WHITE 3/4 INCH TALL BLOCK-STYLE LETTERS. THIS RELAXED ODU WEAR IS NOT INTENDED FOR ROUTINE WEAR IN THE OFFICE ENVIRONMENT OR PUBLIC. IT IS NOT AUTHORIZED FOR WEAR WHILE COMMUTING TO AND FROM WORK, INCLUDING IN PRIVATE VEHICLES. FOR USCG AUX MEMBERS, REFERENCE (A) APPLIES.

B. REFERENCE (C) AUTHORIZES WEARING OF BROWN DECK SHOES AS BOARDING TEAM ORGANIZATIONAL CLOTHING FOR CERTAIN BOARDING

OPERATIONS. BROWN DECK SHOES ARE NOT AUTHORIZED FOR WEAR WITH THE UNIFORM OF THE DAY OTHER THAN DURING ACTUAL BOARDING OPERATIONS AS DESCRIBED IN REFERENCE (C).

C. RATING FORCE MASTER CHIEFS ARE AUTHORIZED TO WEAR THE SEW-ON RFMC IDENTIFICATION BADGE ON THE ODU.

D. THE FWP FLEECE LINER OR OTHER LINERS ARE NOT AUTHORIZED AS A STAND ALONE JACKET AT ANY TIME. THE FWP LINER WILL BE ADDED AS A SEA BAG REQUIREMENT AND PROVIDED WITH THE FWP UPON INITIAL ISSUE. IN ADDITION, ALL ENLISTED MEMBERS WILL RECEIVE A ONE TIME INCREASE TO THEIR CLOTHING MAINTENANCE ALLOWANCE (CMA) IN THE COMING MONTHS TO PURCHASE THE FWP LINER.

E. MINOR TAILORING TO THE ODU IS AUTHORIZED IN ORDER TO PROVIDE A BETTER FIT, HOWEVER THE ODU DESIGN MAY NOT BE ALTERED. ALTERATIONS SUCH AS PERMANENTLY SEWN ROLLED UP SLEEVES OR SEWN-IN BLOUSING BANDS ARE NOT AUTHORIZED.

F. THE TIARA IS NO LONGER AUTHORIZED AS PART OF THE OPTIONAL ITEMS FOR FEMALE DRESS UNIFORMS.

G. PUMPS ARE AN OPTIONAL ITEM FOR FEMALE DRESS UNIFORMS AND SHALL BE WORN AS LISTED IN REFERENCE (B).

6. INFORMATION ON ITEMS REVIEWED BY A UNIFORM BOARD IS AVAILABLE AT [HTTP://WWW.USCG.MIL/HR/UDC/](http://www.uscg.mil/hr/udc/). POLICY QUESTIONS MAY BE DIRECTED TO CWO R. ENNIS AT 202-475-5369 OR ROCKWOOD.L.ENNIS(AT)USCG.MIL. THESE CHANGES WILL BE REFLECTED IN THE NEXT CHANGE TO REFERENCE (B).

7. RELEASED BY RADM RONALD T. HEWITT, ASSISTANT COMMANDANT FOR HUMAN RESOURCES.

8. INTERNET RELEASE AUTHORIZED.

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## Report Says World's Oceans in 'Shocking' Decline

The oceans are in a worse state than previously suspected, according to an expert panel of scientists.

In a new report, they warn that ocean life is "at high risk of entering a phase of extinction of marine species unprecedented in human history".

They conclude that issues such as over-fishing, pollution and climate change are acting together in ways that have not previously been recognised. The impacts, they say, are already affecting humanity.

The panel was convened by the [International Programme on the State of the Ocean \(IPSO\)](#), and brought together experts from different disciplines, including coral reef ecologists, toxicologists, and fisheries scientists.

These "accelerated" changes include melting of Arctic sea ice and the Greenland and Antarctic ice sheets, sea level rise, and release of methane trapped in the sea bed.

But more worrying than this, the team noted, are the ways in which different issues act synergistically to increase threats to marine life.

Some pollutants, for example, stick to the surfaces of tiny plastic particles that are now found in the ocean bed.

This increases the amounts of these pollutants that are consumed by bottom-feeding fish.

Plastic particles also assist the transport of algae from place to place, increasing the occurrence of toxic algal blooms - which are also caused by the influx of nutrient-rich pollution from agricultural land.

In a wider sense, ocean acidification, warming, local pollution and overfishing are acting together to increase the threat to coral reefs - so much so that three-quarters of the world's reefs are at risk of severe decline.

#### Carbon deposits

Life on Earth has gone through five "mass extinction events" caused by events such as asteroid impacts; and it is often said that humanity's combined impact is causing a sixth such event.

The IPSO report concludes that it is too early to say definitively.

But the trends are such that it is likely to happen, they say - and far faster than any of the previous five.

"What we're seeing at the moment is unprecedented in the fossil record - the environmental changes are much more rapid," Professor Rogers told BBC News.

"We've still got most of the world's biodiversity, but the actual rate of extinction is much higher [than in past events] - and what we face is certainly a globally significant extinction event."

The report also notes that previous mass extinction events have been associated with trends being observed now - disturbances of the carbon cycle, and acidification and hypoxia (depletion of oxygen) of seawater.

Levels of CO<sub>2</sub> being absorbed by the oceans are already far greater than during the great extinction of marine species 55 million years ago (during the Paleocene-Eocene Thermal Maximum), it concludes.

#### Blue planet

The report's conclusions will be presented at UN headquarters in New York this week, when government delegates begin discussions on reforming governance of the oceans.

IPSO's immediate recommendations include:

- stopping exploitative fishing now, with special emphasis on the high seas where currently there is little effective regulation
- mapping and then reducing the input of pollutants including plastics, agricultural fertilisers and human waste
- making sharp reductions in greenhouse gas emissions.

Carbon dioxide levels are now so high, it says, that ways of pulling the gas out of the atmosphere need to be researched urgently - but not using techniques, such as iron fertilisation, that lead to more CO<sub>2</sub> entering the oceans.

"The challenges for the future of the ocean are vast; but unlike previous generations, we know what now needs to happen," said Dan Laffoley, marine chair of the World Commission on Protected Areas and an adviser to the International Union for the Conservation of Nature.

## **Eagle Crew Developed Love for Irish Oatmeal**

The crew on-board the U.S. Coast Guard Barque Eagle has developed a love for Irish oatmeal, after recently setting sail from Waterford Ireland.

The 140-plus crew took a consignment of Flahavan's Irish Oatmeal with them to help them on their 9-week voyage to New York.

America's Tall Ship anchored in Ireland as part of its Summer Training Cruise and will make eight port calls over the coming months, which began in Waterford and will ending in New York on August 5 before heading back to New London.

"We were delighted to present the crew of the U.S. Coast Guard Barque Eagle with Flahavan's Irish Oatmeal, which should certainly help keep their energy levels up as they complete the rest of their voyage. As we know, breakfast is the most important meal of the day, whether you're on land or sea," John Noonan, Sales & Marketing Director of Flahavan's, told Waterford Today.

Flahavan's Irish Oatmeal, now available in the U.S., uses oats sourced from local Irish farmers.

## **NASBL Cites Life Jackets in Boating Fatality Decline**

The National Association of State Boating Law Administrators applauded last week's release of the Coast Guard's 2010 Recreational Boating Statistics, which showed a drop in fatalities.

"These statistics indicate that boaters who have taken a boating safety course are less likely to be involved in an accident. The states and territories play an important role in recreational boating safety. It is their combined efforts that are saving lives," the association's executive director John Johnson said in a statement.

The report said fatalities dropped to 672 in 2010, the lowest number on record. The study also found that almost three-fourths of all fatal boating accident victims drowned. Of those, 88 percent were not wearing a life jacket.

Alcohol remained the leading contributing factor in fatal boating accidents; it was listed as the leading factor in 19 percent of the deaths.

The statistics also show that there were 3,153 injuries and about \$35.5 million in property damage from recreational boating accidents in 2010. Compared with 2009, the number of accidents decreased by 2.66 percent, the number of deaths decreased

8.7 percent and the number of injuries decreased 6.1 percent.

"It's extremely rewarding to see the record-low number of boating deaths in 2010, but the numbers are also clear about how to prevent those families from having to experience any loss. Education and life jackets are the most important lifesaving tools boaters can have at their disposal," association president James Graybeal said in a statement.

## **Coast Guard Plane Joins Great Lakes Mission**

A U.S. Coast Guard HC-144A Ocean Sentry aircraft has arrived at Burke Lakefront Airport in support of the U.S. Coast Guard's mission on the Great Lakes.

The fixed-wing turbo prop aircraft, assigned to the Aviation Training Center in Mobile, Ala., is in the region to support

Coast Guard missions and increase maritime domain awareness, officials said in a news release. The Ocean Sentry is capable of performing various missions, including maritime patrol, law enforcement, search and rescue, as well as cargo and personnel transport.

"The unique capabilities of the Ocean Sentry aircraft provide us with valuable information crucial in identifying and mitigating potential risks to the Great Lakes public," RADM Michael Parks, commander of the Ninth Coast Guard District, said in a news release. "Analyzing the data collected by the crew of the HC-144 enables us optimize the application of our resources to make the Great Lakes safer for all."

## **Lake Worth Coast Guard Station Four-time Winner of National Award**

Coast Guardmen at Station Lake Worth Inlet were awarded their fourth consecutive national safety and rescue award Monday, making them only one of two U.S. shore stations to reach that milestone.

The Sumner I. Kimball Award is given every two years to shore-based boat force units. Coast Guard inspectors based in Yorktown, Va., spend about three days at each of the about 200 national shore stations. They check the readiness of shore boats and inspect vessels and survival systems.

The only other Coast Guard station that has won four times in a row is in Wrightsville Beach, N.C.

## **USCGC Healy to Try Once More to Penetrate Ice on Second ICESCAPE Voyage**

NASA scientists are ready to set sail on the second leg of their voyage to study the changing waters of the Arctic Ocean.

On June 25, the ICESCAPE mission (which stands for "Impacts of Climate on Ecosystems and Chemistry of the Arctic Pacific Environment") resumes its investigation of the impacts of climate change in the Chukchi and Beaufort Seas along Alaska's western and northern coasts.

Research teams depart from Dutch Harbor, Alaska, aboard the U.S. Coast Guard Cutter Healy. The mission involves 47 scientists who will spend five weeks exploring parts of the Arctic Ocean that were previously too ice-covered for ships to penetrate.

The first leg was completed during the summer of 2010, and the second year of sampling seeks to find year-to-year differences of the Arctic waters. The data gathered during the mission will also be compared to NASA satellite observations of the Arctic Ocean.

Phytoplankton, microscopic organisms that live in watery environments, are a key focus of the campaign. They form the base of the aquatic food web and cycle Earth's carbon between the atmosphere and the ocean. They are also vulnerable to climate change. NASA has monitored changes in phytoplankton from space worldwide with the Aqua satellite and the Sea-viewing Wide Field-of-view Sensor.

The 2010 ICESCAPE campaign gave researchers a glimpse of what might be happening in Barrow Canyon, one of most productive areas for phytoplankton growth in the Beaufort-Chukchi region. While many blooms last just a few weeks before consuming all of the local nutrients and declining, the bloom in Barrow Canyon gets its start in spring and carries on through summer.

Scientists think the extended bloom can be explained by unique patterns in the path and timing of ocean currents in the area. In spring, a stream of water carries nutrients from the Pacific Ocean up through the Bering Strait and delivers them to Barrow Canyon. The water hugs the coast and arrives quickly, providing the nutrients for the bloom to get its start. Two other streams take a more circuitous route and arrive later, sustaining the bloom through summer.

New to ICESCAPE in 2011, the ship will forge north through the Beaufort Sea to explore the relationship between shallow water on the continental shelf and deep water in the Canada Basin. Phytoplankton on the shallow shelves tend to flourish when the ice retreats and scientists want to find out what feeds the bloom.

Last year, researchers saw some indication that nutrients were moving between deep and shallow water. Wind unexpectedly blew thick, multiyear sea ice south to the edge of the shelf - at some places the ice was up to 20 feet thick. The ice proved too thick for the icebreaker to penetrate. The Healy, the newest and most technologically advanced U.S. polar icebreaker, is designed to break 4.5 feet of ice continuously at a speed of 3 knots.

This year, the field campaign begins two weeks later, which means the Healy is expected to encounter thinner summer ice and thus have a better chance of exploring the ecosystems in waters that spend most of the year under a blanket of ice.

## **A Day in the Life of a United States Coast Guard Rescue Swimmer**

Joining the USCG in August 2007, Petty Officer Third Class John K. Opsal underwent extensive and intense physical training, and after graduation he continued his career by enrolling in the Coast Guard's rescue swimmer program. Being in the water comes naturally to the San Diego native, who grew up surfing and water skiing,

Opsal was drawn to this profession from an early age "I joined to do rescue swimming," he says. "I knew right away that was what I wanted to do."

Opsal's final challenge was a physical endurance test. The rigorous evaluation must be concluded in one hour, in a continuous sequence. Some of the criteria includes sit-ups, push-ups, pull-ups, chin-ups, a 1.5-mile run in under 12 minutes, a 500-yard swim in under 12 minutes, a 400-yard gear swim in seven minutes, a 200-yard buddy tow, and four underwater laps, with one minute of rest in-between.

Assigned to Air Station Atlantic City, Opsal typically works six or seven 24-hour shifts each month. This air station is one of a few which has two ready crews standing by consisting of two pilots, two co-pilots, two rescue swimmers and two flight mechanics.

Opsal was standing duty on December 23, 2010, a cold and stormy winter night with fellow crew members. Suddenly, a SAR call came in that a vessel was in distress, Opsal and his crew were deployed to search for survivors. The crew is always mindful that every second counts, as they grab their gear, suit up, board the helicopter and fly out.

Opsal remembers the night well. "We were seven miles south of Cape May and we were eight miles off-shore. It was 2 a.m. and we got the call of two people in the water. We didn't have an exact position -- the Sector gives us a search pattern to fly. We flew the whole search pattern. After they finished it they said to fly a couple more miles east."

The four-member crew continued searching for about 30 minutes when they finally came across reflective debris floating in the water. According to Opsal, the debris led them to the scene. "We saw the vessel after that and there were life rafts blown up in the water, there was debris all over, you could see the boat was half sinking, you could see water going over it."

The treacherous conditions added to the intensity and danger of the rescue. Difficult to see during the nighttime storm, Opsal wore night vision goggles as he was carefully lowered down into the raging ocean, scanning the water for survivors. Coast Guardsmen are not allowed to jump out of the helicopter at night, for safety reasons.

Aware of the hazardous conditions he works in, Opsal said that night was particularly challenging due to weather. "Those conditions were pretty bad, it was solid 10 foot swells and it was really windy."

Swimming in the murky ocean water, dodging debris and trying to make his way to potential survivors, Opsal located one of the men and recalls his approach. "I talked to him and he was somewhat coherent and then I got him, but the swells were so bad I couldn't get him in the rescue basket because he was too hypothermic. His body was too stiff, so I ended up taking him to the 47 foot life boat, then into the helicopter."

Having practiced search and rescue operations so many times, Opsal says responding has become second nature to him, despite being in perilous situations with only seconds to think. In addition to his knowledge and experience, he says, "Training just kicks in, we do this all the time." He continued, saying his main concern during this rescue was to, "Get him out of the water as soon as possible and get him to the hospital and that was all I was really thinking about."

This was Opsal's first save, a truly courageous rescue he will remember for the rest of his life. Eric Hopkins, the man this heroic Coast Guardsman saved, had the opportunity to thank his rescuer in person by presenting Opsal with a written thank you letter. During the awards ceremony, Opsal also received a Coast Guard Commendation Medal.

After the rare reunion, Opsal said he was happy to see that Hopkins made a full recovery. "It was a cool experience seeing him, because when I was with him the first time, he was in bad shape-he could barely talk." --- --- ---