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the

Ombudsman Outlet



Tutela of Prosapia



Message From The District Chief Of Staff CAPT Matthew Miller

Shipmates,

I am very pleased and excited to serve the families of the Thirteenth Coast Guard District in my capacity as the District Chief of Staff. This is my fourth tour in the Seattle area and was thrilled by the opportunity to return this year after two years in Washington DC. My wife Iliana and I have always been impressed by the dedication and professionalism of the entire District 13 team in our previous tours, and the tremendous support provided to our active duty, reserve, civilian, and Coast Guard Auxiliary families.

District Thirteen is a wonderful location, but like the other Coast Guard Districts, it does have certain unique challenges. To address those challenges, and to provide families a link to the District Commander for active duty and reserve family concerns, the District office relies heavily on the Coast Guard's OMBUDSMAN program. Over the last two years Valerie Frantz has served as the District 13 Staff OMBUDSMAN, and has done a tremendous job communicating information that directly affects area families through a quarterly newsletter and an email distribution list for more time sensitive information. In her role as OMBUDSMAN, Valerie also coordinated over 100 meal deliveries to active duty and reserve families struggling with health care challenges, communicated critical family issues directly to the District Commander, while continuously providing resources to families facing the challenges of military life. She has been a great shipmate and critical member of the District 13 team as a family advocate. Unfortunately, she and her family will transfer in 2013. To prevent a gap in the essential role of OMBUDSMAN, Mrs. Amy Lee has graciously volunteered to assume the District 13 staff OMBUDSMAN duties. Valerie and Amy are working together to make this transition seamless, as Amy has previously served Coast Guard families as an OMBUDSMAN, and I am confident she will serve District 13 with the same skill and dedication she has at previous units. After training is complete, Ms. Lee will take over serving as your communications link to the District Commander, while also providing information and referral resources as an advocate for active duty and reserve family members, and Valerie will step behind the scenes to offer her support and any assistance needed.

The CGD13Ombudsman@gmail.com email account Valerie used will be transferred to Amy to ensure family members have uninterrupted email access to the ombudsman during the transition. Admiral Taylor and I look forward to working with Amy to ensure all issues that affect our District 13 families are promptly addressed, and of course we thank Valerie for her great work over the last two years and wish her all the best as she and her family move on to their next adventure in assignment year 2013.

Thank you for your service.

Captain Miller
Chief of Staff



A Note From Your Ombudsman . . .

Valerie Frantz . . .

I hope you have enjoyed the exceptional fall weather we've had this year. It has been the most pleasant fall I've experienced in my three years in the Pacific Northwest. Unfortunately, a beautiful fall doesn't guarantee a mild winter. So now is the best time to develop a plan to prepare for the inevitable onslaught of winter storms. The most recent prediction by meteorologists is that the Pacific Northwest will experience a drier and warmer winter. However, the possibility of one or two paralyzing storms is still a very real scenario that families should always be prepared for. Last year, my family was without power for four days after a snow and ice storm brought down area power lines. To ensure you are not caught short by winter's unpredictability, I recommend you immediately develop or review your emergency plan to better prepare for such incidents. To help you in your preparations, I have included some helpful links on the last page of this newsletter.

My role as an OMBUDSMAN is often to serve as a representative for spouses of active duty and reserve members. Recently I had the privilege to fill that role by participating in a meeting with Mrs. Herminia Brown, the spouse of Vice Admiral Manson Brown, Deputy Commandant for Mission Support. We discussed many concerns that directly affect District Thirteen families. Mrs. Brown relayed that the Coast Guard is actively working to specifically improve and update housing in the Astoria area. She also passed a helpful link for military spouses searching for local jobs: www.whitehouse.gov/joiningforces. In addition to the job search information, she passed three very useful educational links to help military school aged children in the challenges that come from frequently changing schools: www.mic3.net; www.schoolquest.com; <http://www.militarychild.org/ask-aunt-peggie>. Mrs. Brown is a great advocate for District Thirteen families and took the concerns that were shared back to DC in an effort to better meet the unique challenges of the area.

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Amy Lee . . .

Each year when my children have started school they usually begin with an assignment titled "How I Spent My Summer". If I was to write such an assignment I would have to include such highlights from this year like preparing a home in Texas to put on the market for rental, piling our family of six in two cars and making the journey "Westward Ho" with all the interesting stops along the way. I would include the overwhelming feelings of "where is the right place" as we searched to find just the right area to call home while being stationed here in the great Pacific Northwest. In the few short months since we have arrived I have discovered that Washington is a land of plenty. I am amazed at the incredible opportunities to experience nature, culture, history and so much more that is all around. As the leaves change and autumn slips in slowly I anxiously await the new and exciting adventures in the months ahead. I am happy to be here. I look forward to working with Valerie Frantz to help serve the needs of District 13 in whatever way I can.



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As my family begins its last year in Seattle before our next transfer, Mrs. Amy Lee has graciously agreed to work with me as CO-OMBUDSMAN for our District Thirteen staff families. Amy is a great asset to our families; she has many great qualities and amazing ideas that she will bring to our district. As we transition from sharing the role to Amy fully assuming the District Thirteen Staff OMBUDSMAN position, I will continue to support and assist her in any way she may need until my families departs for our next Coast Guard adventure. However, before I fully relinquish my duties, I want to thank Admiral Taylor and the Chief of Staff for all their support and the opportunity to serve the families of District Thirteen. I will cherish the experiences and friendships gained during my tenure as your OMBUDSMAN.

Mrs. Dempsey spouse of General Martin Dempsey U.S.A. visits D13

On Wednesday, October 3, 2012 General Martin Dempsey, Chairman of the Joint Chiefs of Staff and his wife Mrs. Deanie Dempsey, visited District 13. While General Dempsey toured the base Mrs. Dempsey joined Mrs. Taylor, Mrs. Vanderhaden and a small forum of Ombudsmen, Coast Guard wives, Active Duty members and Work Life staff to discuss some of the concerns families here in the Seattle area and District 13 face as a whole. CMC Vanderhaden moderated the discussion. Some of the topics discussed were high cost of housing and in some cases the lack of it, shortage of health care options in some areas, limited childcare and other concerns shared with ombudsmen prior to this meeting. CMC Vanderhaden also shared some of the positive changes happening in our area to help our families. Mrs. Dempsey gave assurances that they are very aware of the Coast Guard and consider us “one of them” and are working hard in Washington to advocate on our behalf as well. After the discussion Mrs. Dempsey joined her husband for a tour of the Cutter Mellon, and Ice Breaker Polar Star as well as other Coast Guard operations and facilities.



CG SUPRT
to navigate life’s challenges

You and your family members can access CG SUPRT at anytime, 24 hours a day, 365 days a year.

CG SUPRT professionals can help you with a variety of issues:

- Marital and family problems
- Alcohol and/or drug abuse
- Depression and anxiety
- Work-related concerns
- Career transition issues
- Personal growth & development
- Legal and financial challenges
- Balancing work and life demands
- Tobacco cessation
- Health improvement

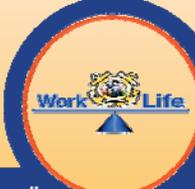
WORK LIFE: OVERVIEW & EXPLORING 'CGSUPRT'

The CGFA invites you and your spouse
OCT 22 5:30-8:00 PM
 BEAR ROOM / BASE SEATTLE
 ★ ★ ★ ★ ★ ★ ★

Come learn about the NEW program, CGSUPRT which supports YOU and YOUR **FAMILY**

 **Potato Bar Dinner from 5:30 - 6:45 pm**

RSVP to Corrie van Kampen corrieander@thevankampens.com



CGFA “Helping Strengthen Families One Piece at a Time”

855-CG SUPRT
(855-247-8778)

TTY: 855-444-8724 www.cgsuprt.com

Coast Guard Family Association

Welcome to the beautiful Pacific Northwest! The members of the Coast Guard Family Association of the Puget Sound are excited you're here and look forward to getting to know you. With each move endured we know you leave behind friends and family ... but we want to welcome you into ours! The difference between the Puget Sound and other areas is how spread out we are. We have members living across the Sound to the West and others living North, South and East of Seattle. The goal of the CGFA is to bridge the distance between our homesteads and gather together in a fun, supportive environment where we'll meet friends for a lifetime.

We hope that you will consider joining our organization. We have a monthly meeting/activity, on the third Sunday of each month in the Coho Room (attached to the base galley), from 3-5 PM. We also have several 'bigger' activities each year. This year we plan on having a holiday cookie exchange in December and a "Newlywed Game" night for couples in February. Our next event is "Buncoween", a Halloween themed Bunco afternoon, on Sunday, October 21 at 3 PM in the Coho Room. We only ask that each family contribute \$10 for the year to help offset costs associated with our get-togethers.

Please check out our website (<http://cgfapugetsound.com/>) for lots of information, a calendar of events, and lots of area resources. We can also be found on Facebook at <https://www.facebook.com/groups/111862608880628/>

We are here to support and encourage each other!

Our mission this year: Strengthening families one PEACE at a time



CGFA Board Members 2012-13

Corrie van Kampen, President | corrieander@thevankampens.com
 Jaime England, Vice President (greater Seattle area) | england.jaime@gmail.com
 Paulette Fryar, Vice President (southern kingdom) | paulettefryar@yahoo.com
 Ashley Inman, Secretary | ashley.inman09@gmail.com
 Jennifer Tauscher, Treasurer | phearts25@aol.com
 Katherine Haberlack, Historian | khaberlack@gmail.com
 Janet Price, Membership Chairman | coastieswife@comcast.net

MOAA Visits The Puget Sound

By Amy Lee



On Monday, Oct. 1, 2012 a small luncheon was held at Anthony's in Bremerton, WA to meet with representatives from MOAA. This was attended by a small group of Ombudsmen, local Coast Guard Spouses, and Work life staff. Monique Rizer, who is the deputy director of Spouses Programs with MOAA came to discuss the concerns of our local families and shared more about the work MOAA does. Karen Golden, Deputy Director, Military Family Issues, Government Relations and Amanda Bainton, Career Center

Event Manager also participated and provided key information. MOAA would like to reach out to families and spouses in this area and address specific needs possibly through a symposium in the future. Some of the topics that were discussed during lunch were career challenges for AD spouses, child care issues, special needs concerns for children, and inconsistent acceptance of the Interstate Compact for Education to name a few.

WHO IS MOAA? Military Officers Association of America-

*MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization.

*MOAA's purpose also has grown to include career transition assistance, improved member products, military benefits counseling, educational assistance to children of military families (to include enlisted), and strong involvement in military professionalism activities.

*Membership is open to active duty, National Guard, Reserve, retired, and former commissioned officers and warrant officers of the following uniformed services: Army, Marine Corps, Navy, Air Force, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration.

For More Information Go to: <http://www.moaa.org>

Pumpkin Carving Party

Rear Admiral and Mrs. Keith Taylor cordially invite active duty, reserve, civilian, and Auxiliary Coast Guard Members and their family to a pumpkin carving party at Quarters 1, 3201 Alki Ave. SW, Seattle, WA 98116.

WHEN: Sunday, October 28, 2012

TIME: 1:00pm – 5:00pm

DETAILS: BYOP – Bring your own pumpkins and carving tools if you have them.

The snacks and treats will be provided. The children will receive fun treat bags, please RSVP so we will have an accurate count. Come ready to have a great time with other Coast Guard families.

RSVP by OCTOBER 24, 2012 . . . To Corrie VanKampen, CGFA President.

EMAIL: corrieander@thevankampens.com or Call: 216-571-6575. Please state the number of children and adults that will be attending, so we will have an accurate count.



Graphics done by: Broccokat Graphics

Military Youth Adventure Camp Information

Washington State University Extension and 4H Military Teen Adventure Camps for Military teens ages 14 - 18 years of age still have spots available for their camps and information can be found by going to: <http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx>

OPERATION CHRISTMAS CHILD Gift Shoebox Project

With the winter holiday season hardly two months away; it is time to announce the kick-off of our annual OPERATION CHRISTMAS CHILD Gift Shoebox Project. This project is an invaluable outreach of Samaritan's Purse International Relief Organization and is being sponsored by the Chaplain's Office.

Reaching out to children around the world who have been impacted by war, natural disaster, poverty and disease, OPERATION CHRISTMAS CHILD brings hope, care and encouragement through our support. For many children, their Shoebox may be the only gift they have ever received. Please consider participating in this privilege to bring a special smile this holiday to a child far less fortunate than our own.

OPERATION CHRISTMAS CHILD boxes will be available for you to pick up and drop off beginning on Wednesday, 10 October at these locations:

- Chaplain Office (in lobby outside of office): Bldg 1, Pier 36
- Coffee Stand, Exchange Lobby, Pier 36
- JHOC Bldg, 4th Deck Command Cadre office
- Jackson Federal Bldg, 35th floor, outside the Prevention Office

Boxes filled with gifts for a boy or a girl, with the appropriate label attached (see instructions attached to the box) should be returned **NO LATER THAN** Wednesday, 14 November.

If you have any questions, please contact Vic Primeaux, our OPERATION CHRISTMAS CHILD Project Coordinator, via cell (360-551-1433) or email cmfvic@wavecable.com.

You may also contact Chaplain Greenwalt at 206-217-6995.. You can read more about OPERATION CHRISTMAS CHILD at: <http://www.samaritanspurse.org/index.php/OCC/>

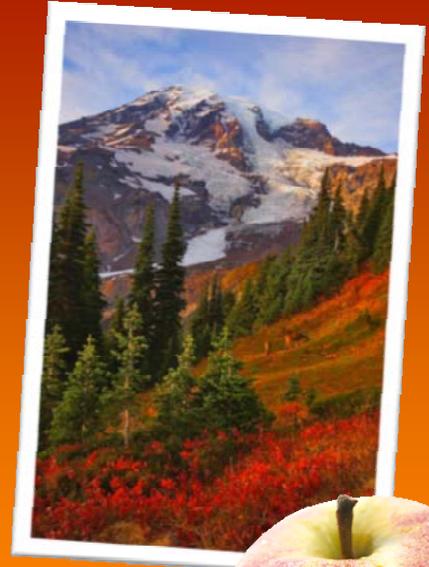
Did You Know . . .



The modern day U.S. Coast Guard was created on January 28, 1915 by President Woodrow Wilson through the merging of the U.S. Life Saving Service with the Revenue Cutter Service? The Lifesaving Service had previously become a federal government agency in 1848 with the signing of the Newell Act. The act initially appropriated \$10,000 to establish unmanned life saving stations along the coasts of New Jersey and New York. Volunteers staffed these early stations until a professional life saving service was finally created in 1871. The men who made up the crews of Life Saving Stations were known as surfmen. The term is still used in today's Coast Guard to designate the most skilled small boat coxswains to conduct search and rescue missions on designated surf boats in the most extreme weather conditions. Only twenty modern-day Coast Guard stations continue to maintain the Surf Station designation based on the extreme sea and weather conditions regularly experienced. Half of these stations fall within the Thirteenth Coast Guard District.

Operation Supplement Safety

OPERATION SUPPLEMENT SAGETY (OPSS) is a joint initiative between the Human Performance Resource Center and the DoD to educate service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely. To learn more visit, <http://hprc-online.org/dietary-supplements/opss>



Semper Paratus



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.aspc.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
Admiral Bob Papp and Wife Linda Launch Ready Coast Guard

http://www.youtube.com/user/USCGImagery - p/u/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>
Coast Guard Master Chiefs and their Wives Launch Ready Coast Guard.

