

the
OMBUDSMAN OUTLET

Tutela of Prosapia



**MESSAGE FROM THE
DISTRICT COMMANDER
RADM G.T. BLORE**

Did You Know?

The Coast Guard, by law, has 11 missions: Ports, Waterways & Coastal Security; Drug Interdiction; Aids to Navigation; Search and Rescue; Living Marine Resources; Marine Safety; Defense Readiness; Migrant Interdiction; Marine Environment Protection; Ice Operations; and Other Law Enforcement.

The Coast Guard can trace its history back to August 4, 1790.

The Coast Guard's official motto is: *Semper Paratus* (Latin for Always Ready)



This summer, after over 36 years of commissioned service, with the last two as your District Commander, I will be retiring from the Coast Guard. While it is with some sadness that I view leaving this, the best of any job I have held in the Coast Guard, I am also (still!) continually amazed at all that the district personnel have accomplished since my arrival.

Over the past two years, the Coast Guard men and women assigned to District Thirteen have demonstrated unparalleled professionalism and excellence in the planning and execution of unique organizational challenges and missions throughout Idaho, Montana, Oregon and Washington.

District Thirteen units have continuously partnered with multiple federal, state and Canadian agencies to develop diverse and capable solutions to our maritime threats; this coordination provided the necessary level of maritime security and response capability for the Winter Olympic Games in Vancouver, British Columbia, and on multiple occasions when illegal immigrants attempted to enter the Straits of Juan de Fuca.

Units demonstrated this same close coordination and synergy in their flawless operational support of Portland's annual Rose Fest, Seattle's Seafair and Fleet Week events. We also recognized the unique and effective synergy of international and interagency collaboration by celebrating the 30th Anniversary of the Combined Vessel Traffic Service with Canada.

I am proud of District Thirteen's flawless execution of numerous high-profile events while simultaneously tackling the daunting task of the Sector reorganization.

Critically, on an almost daily basis, our Maritime Force Protection Unit escorts Navy submarines safely from sea to their moorings, and from their moorings to the sea.

Our aircrews accomplished the impossible, while our motor lifeboats did the same with no less flair.



Day to day, we did great things for the communities in which we work and serve. While doing so, we also deployed our personnel to Deepwater Horizon in the Gulf of Mexico, responded to floods and fires throughout the region, conducted fisheries patrols and accomplished ocean, mountain and river rescues. On the Columbia River we assembled a multi-agency integrated command structure for our pollution response to the derelict barge Davy Crockett – the largest such effort we have undertaken in years.

Throughout my travels in the district, I am continually stopped by citizens who simply want to say “thank you” to the Coast Guard for what we have done for them. I am deeply humbled each and every time this occurs, and so thankful for what each of you has done to make our Coast Guard contributions possible. It has been an honor to lead and serve with your loved ones and Vera and I send you our sincerest appreciation for providing your Coast Guard military, civilian or auxiliary member with your unwavering support and dedication; you are a vital partner in all our District Thirteen’s accomplishments.

Please join my family in welcoming Rear Admiral Keith Taylor, his wife Charlene and son Ben to District Thirteen. Rear Admiral Taylor will assume command of District Thirteen on July 12, 2011, in a Change of Command Ceremony to be held at Pier 36.

Rear Admiral Taylor currently serves as the Assistant Commandant for Resources and Coast Guard’s Chief Financial Officer in Washington, D.C.

Until the Taylors arrive, and for the next four months, I hope to be able to tell as many of you as possible, in person, what an outstanding job your active duty, reserve, civilian, or auxiliary family member is doing for this nation and how vital your family support has been.

You all have a lot to be very proud of! Bravo Zulu! (Well Done!).

Sincerely, Rear Admiral Gary Blore.

Note from the Ombudsman...

Hello District Staff Families,

I hope this newsletter provides useful information, especially for those departing and arriving this assignment year. If you are sponsoring an incoming member, please email this newsletter out as I have tried to include information that will help families in their transition to the Seattle area.

As the Thirteenth District Staff Ombudsman, I serve as the direct link between families and the District Commander. In addition, I regularly send out information bulletins via email to the spouses, active duty members, and Coast Guard civilian employees that have signed up to receive my email distribution list. Using that same list, I also solicit volunteers when we have Coast Guard families in need of support. Over that last several months, volunteers have graciously provided their time to cook and deliver over 25 meals to active duty and reserve families facing significant challenges. We have even been blessed to support families from other Districts that have come to Seattle to receive healthcare due to the areas high quality medical system. If you live in the Seattle area and are interested in receiving my information bulletins or providing support to other Coast Guard families, please email me at CGD13Ombudsman@gmail.com to be added to my distribution list.

Finally, if you’re transferring to the area and are looking from some local community information, please don’t hesitate to email me. I wish you all a happy and safe spring in the Beautiful Northwest.

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



Spouses Association

My Dear Fellow Coast Guard Spouses,

I would like to present you all a unique and exciting opportunity to reestablish the Spouses Association in the Seattle Area. The “Coast Guard Family Association of Puget Sound” closed its doors sometime in 2004-05. We have the opportunity to bring it back.

Across the country, the Spouses Associations hold a great legacy. There is a strength found within that unity of spouses. The purpose of the Association goes beyond the social fun; it is a bond among those that hold the title of military spouse. It is tangible support when tragic events happen, and it is laughter to celebrate the successes of life. Relocation becomes easier when you are able to meet people and feel a part of the community; stress is lowered within the family by knowing there are friends close by to help. Spouses Associations can enhance and support the Ombudsman program. We can plan social gatherings, children’s parties, provide Educational Scholarships, deployment support seminars, special interest groups like; Bunco, Gourmet Club, Movie Nights, Play Groups, Book Clubs...the possibilities are wide open. With an active association friendships are made, leadership skills are improved on, and it is away to feel better about yourself by helping others. There are programs offered to support and aid our active duty spouses. The Spouses Association is our program. This program is run by us for us. It is important to note, that all spouses male and female, retired and active duty as well as the auxiliary, family and friends of Coast Guard members, and other persons interested in the purpose of the club are encouraged to participate.

Let’s combine our experience, enthusiasm, organizational talents and creativity to bring this Association back to life. We are planning a meeting on April 9th, to be hosted by our District Admiral’s wife, Vera Blore. Anyone who is interested, please contact Stephanie Clark, at stephanieuscg@live.com. An EVITE will be sent to those interested with time and date of this event.

Respectfully Yours,

Stephanie Clark



New Mom’s Support Group

Christine Kuperman has offered to lead a “NEW MOMS SUPPORT GROUP.” Mothers of younger children interested making new friends while tapping into the wealth of knowledge and resources of other Coast Guard spouses should contact Christine.

Home: 206-706-2556

Cell: 904-200-1059

CoastieWife426@gmail.com

Transferring to Seattle.... Did you Know?



PUBLIC TRANSPORTATION: In a February 2011 U.S. News public transportation article, Seattle, WA was ranked as having the 11th best public transportation system in the nation. Also, according to the American Public Transportation Association, using public transportation in Seattle saves a person \$932 a month and \$11,185 a year. To learn more on using Sound Transit, check out <http://www.soundtransit.org/>

MASS TRANSIT FARE BENEFIT PROGRAM: Seattle area Coast Guard active duty members have access to one of the best mass transit fare benefit programs in the Coast Guard. Upon check-in, members complete a one page application if planning to use public transportation for the daily commute to and from work and are issued a One Regional Card For All (ORCA) that provides access to Seattle areas bus, rail, van pool, & ferry system. Simply tap the ORCA card on the reader and commute for free. For more information, contact your sponsor or go to <http://cgweb.d13.uscg.mil/base/comptroller/fp/media.htm>

PUBLIC SCHOOLS: The Washington State Public School report card can be reviewed from the Office of Superintendent Public Instruction web site at <http://reportcard.ospi.k12.wa.us/summary.aspx?year=2009-10>. In addition, the web site <http://www.greatschools.org/> can provide more detailed information about specific schools within Washington State.

WASHINGTON STATE UNIVERSITIES & COLLEGES: A four-year college degree can result in an additional \$500,000 over a student's working career and that over 70% of entry-level jobs require education beyond high school. The Seattle area is rich in available education

opportunities. Simply go to <http://www.matrixbookstore.biz/wacolleges2.htm> to begin your search.

TRICARE SERVICE CENTER: A TRICARE service center is located within the Coast Guard Base Seattle Medical clinic and provides beneficiary enrollment, access to and referral for care, information on TRICARE options, information (including on-line access to the claims processing system for information about the status of a claim), assist beneficiaries with claim problems, and continuity of care services to all Military Health System beneficiaries. The TRICARE Service Center is open to active duty, active duty family members, retired and retired family members of all services from 0730-1500 Monday –Friday

DEERS INFORMATION WEBSITE: There is a website that allows you to review your family information. It is called myDODbenefits. MyDODbenefits offers many things to service members and their families, including benefit information, personnel information, education information, self-help such as printing proof of insurance and FAQ as well as the ability to update your contact information (address, phone number, etc.). You can also transfer your education benefits, MGIB, to your family members on this site. This website is new so the look and feel is subject to change as they improve upon it. Also, they will be adding more access in the near future like ID card info and more. Plus you can use your CAC card to log in. Go to www.mydodbenefits.dmdc.mil for access.

Transferring to Seattle...Housing Tips?

Mandatory Housing Release: Although there is no Coast Guard Owned Housing available in the Seattle Area, every member must check in with the Local Housing Office. MLCPAC Housing Policy 001-07 states, "All members reporting to units in PAC AREA are required to obtain a release from mandatory assignment to government quarters prior to receiving BAH. Contact Seattle Housing Representatives, Jean Renee Baron (206) 217-6557 & Rebecca Ferrell (206) 217-6482 for more information.

Referral Specialist: Needing help finding a place to live? Contact the Housing Representatives above.

Seattle BAH Rates: The zip code for any unit on Pier 36 is 98134, and the zip code for any unit at the Jackson Federal Building is 98174. Find your current BAH rate at <http://www.defensetravel.dod.mil/perdiem/bah.html>

Military Clause: There are two laws that govern the rights and responsibilities of tenants who are military members seeking to terminate a residential agreement (lease) in the state of Washington. The District Legal Office is available to assist you; Rm 3462 at the Jackson Federal Build or 206.220.7110.

WA State Landlord Tenant Law
:<http://www.atg.wa.gov/>

Places to stay while looking for housing:

Spring Hill Suites Marriott 206-254-0500
Seattle Summerfield Suites by Wyndham 206-682-8282
Courtyard by Marriott, 925 Westlake Ave North, Seattle Wa 98109 206-403-4342
Best Western Executive Inn 200 Taylor Ave North Seattle WA
www.executivehotelseattle.com
Best Western Loyal Inn 2301 Eighth Ave 98121 Seattle WA www.bestwestern.com/prop
Sixth Avenue Inn 2000 Sixth Avenue 98121 www.sixthavenueinn.com

DOD Government Owned Housing:

Coasties may enter into personal leases at DOD Government Housing. American Eagle Communities and the Department of the Navy have formed a partnership to provide exceptional homes in family-friendly neighborhoods for military personnel and their families assigned in the Pacific Northwest. The current housing areas at West Sound, East Sound, and North Sound locations will be transformed into planned residential communities that provide quality homes and responsive services, engendering a sense of community. If you would like more information, please call our Local Housing Office at 206-217-6557 or 206-217-6480, Monday - Friday from 0730 to 1600. Ft Lawton is Privatize Housing in Discovery Park in Magnolia, a web site for Discovery Park is www.discoverypark.org. The homes are Historical, 3 bedroom, very large; the web site for Forest City PPV housing is www.fcnavynorthwest.com

Property Management Companies/Rental Information:

<http://www.cayceandgain.com>
<http://www.cornellandassociates.com>
<http://www.davepoletti.com>
www.lorig.com
www.essexpropertytrust.com
<http://www.wpirealestate.com>
<http://www.avenueoneresidential.com/>
www.ahrn.com
www.militarybyowner.com
Landmark Management 206-935-2411
Prestige Rental Management 206-932-8200



Work Life Employee Assistance Program

Purpose of Program: Available to military spouses, the Employee Assistance Program (EAP) is designed to provide a confidential professional assessment and short term counseling and referral services to help employees with their personal, job or family problems. The program also provides financial, legal and supervisory consultations.

Program Confidentiality: All contacts with the Employee Assistance Program are held in the strictest confidence. To maintain privacy and confidentiality the Coast Guard contracts the Employee Assistance Program services with an outside organization to operate the Employee Assistance Program. In no way does using the Employee Assistance Program affect an employee's chances of promotion or advancement.

Service members, civilians and family members deal directly with this national network of providers. The Employee Assistance Program does not reveal the user's identity to the Coast Guard. In addition, any discussion with an Employee Assistance Program counselor is confidential and protected by law. The only exceptions to the confidentiality are in cases of child abuse and specific state-enforced laws addressing family violence (where reporting is mandatory), suicide and imminent harm to another. 1-800-222-0364

http://www.uscg.mil/worklife/employee_assistance.asp

<http://www.foh.dhhs.gov/>



Safety Tips...

Change Your Clock, Change Your Batteries: One of the most important fire safety devices for the home is the smoke alarm. Several studies have concluded that when working smoke alarms are present, the chance of dying from the fire is cut in half. Smoke alarms should be tested at least once a month. All smoke alarms have a test button that you push to check out the entire alarm, including its sensitivity (how much smoke it takes to set it off). If the testing mechanism does not work properly, the alarm should be replaced immediately. Daylight savings time begins 13 March, so change those batteries to ensure



Military Spouse News

Congress is currently considering several bills which would have a positive impact on the lives military spouses and their families.

Sen. Bill Nelson (D-FL), recently introduced the Military Surviving Spouses Equity Act would eliminate the so called widow's tax otherwise known as the Survivor's Benefits Plan Offset. The bill would permit a military widow(er) to receive Survivor's Benefits Plan payments without being subjected to the offset by Dependency Indemnification Compensation (DIC).

The "Military Spouse Employment Act," introduced by John Carter (R-TX), would offer employers a tax credit for hiring spouses of members of the Armed Forces on extended active duty for more than 90 days



Year of the Family

ADM Robert Papp



On December 8, 2010, the President approved the Report on Strengthening our Military Families: Meeting America's Commitment. Per Ref A, the President, the First Lady, the uniformed service chiefs (including the Coast Guard), and other government leaders joined together in a commitment to ensure our military members and their families have the resources they need to be their best.

As highlighted in my State of the Coast Guard Address, 2011 will be the Year of the Coast Guard Family. As outlined in my Commandant's Direction, together we will improve the quality of life for our Coast Guard members and military families. I am placing a renewed emphasis on ensuring that our policies, programs and services reflect this commitment. In my mind, the health and welfare of our people and their families are at the heart of operational readiness.

The Year of the Military Family will build upon our existing policies, programs and services while also exploring new opportunities to shore-up and bolster the support for our military members and their families. We will look across programs and providers to examine the services that impact our people – and therefore our operational effectiveness. Included will be the housing program, child development services, family support programs, military personnel management policies, health care, and our Chaplain services.

As reflected in Ref A and the fiscal year 2012 President's budget, the Coast Guard will be in lock step with the Commander-in-Chief on this endeavor. The 2012 budget included 20 million dollars for housing and over 9 million dollars for child development services. The following are examples of the support service initiatives presently underway:

A. Housing. Actions to improve the condition and maintenance of our family and

unaccompanied housing include:

- (1) Housing Asset Line. We have stood up the Shore Infrastructure Logistics Center (SILC) and created specific product lines to focus attention and grow expertise on facility maintenance and condition issues.
- (2) New Housing Legislation. The Coast Guard received authority in the 2010 Coast Guard Authorization Act to sell real property and place any proceeds from such sales into a dedicated Coast Guard housing fund for the purpose of recapitalizing family and unaccompanied housing. The first properties we intend to sell will be the former Commandant, Vice Commandant, and Chief-of-Staff quarters in Washington, DC, in order to reinvest in our CG housing program.
- (3) National Housing Assessment. We are undertaking a comprehensive national assessment of owned family housing and unaccompanied personnel housing, including assessment of facility condition, configuration, housing demand and availability, energy and water use, environmental and health issues, data and information system correction and reconciliation, maintenance program review, and customer satisfaction surveys.

B. Child Development Services. The President's 2012 budget also includes many improvements to our child development services.

- (1) Child Care Subsidy. We propose to redesign this program, increasing access to child care services for Coast Guard families and the amount of subsidy available at most income levels. Improvements are also included for family (in-home) care. This effort will better align the Coast Guard with Department of Defense childcare standards.
- (2) Child Development Centers (CDC). We propose to hire additional critical training and curriculum specialists at CDCs to ensure continued accreditation of the Coast Guard's nine child development centers.

C. Work-Life Programs. Work-Life programs provide many services designed to assist our people and families cope with life challenges. The Work-Life website

<<http://www.uscg.mil/worklife>> is presently under revision to incorporate more user-friendly features to access desired resources. A Work-Life customer satisfaction survey launched CG-wide will guide the improvement of these programs.

D. Ombudsman Program. A viable ombudsman program ensures a critical communication link between the command cadre and unit family members, and provides awareness and accessibility to individual and family support programs. This year we hired the first dedicated ombudsman program manager. Ms. Christine Degraw has already started redesigning the ombudsman program to improve ombudsman recruitment, training, and support for these selfless volunteers. I am also committed to establishing two new regional ombudsman coordinators to support program implementation in the field.

E. TRICARE. The Coast Guard is a full partner in the military health system, a global medical network that provides comprehensive health care to military members and their families. In 2011, an expanded benefit option, TRICARE Young Adult (TYA) coverage, is being implemented to offer medical coverage to military members children up to the age of 26. This benefit option is fee-based and requires enrollment. For more information on this program and other TRICARE programs, visit the TRICARE web site <<http://www.tricare.mil>>.

F. Military Personnel Management. We will examine and develop new personnel policies and practices, such as screening, selection and assignment policies, to promote stability and enhance unit capability and member proficiency. As part of this effort, I recently directed the reduction of early rotations for members in command cadre and key leadership positions.

G. Chaplains. Our Chaplains routinely provide members and their families with essential pastoral care, and family, marriage, and stress counseling.

They are leaders in financial counseling, warrior transition, and pre- and post-deployment briefs. They are a source for retreats that focus on marriages and personal growth. These events are free and available to service members and their spouses. Contact a Chaplain near you for further information and availability.

H. Morale, Well-being and Recreation (MWR). Over the last 2 years, the CG Exchange System (CGES) has invested over 9 million dollars in improving our exchanges and our access to quality merchandise for our military families. Additional funding in CGES projects is planned for 2011. Also, CGES now has the capability to forward deploy retail support to areas where our shipmates and their families are in need. Because of your outstanding patronage in 2010, CGES generated profits enough to enable the MWR distribution to be 80 dollars per active duty person this year, which is the highest level in over 10 years (the highest was previously 45 dollars). For more information on CG MWR programs visit the web site <<http://www.uscg.mil/mwr>>.

Command climate and leadership are critical in supporting our people and families. Readiness begins at home. I charge everyone in a leadership position to strongly encourage the use of Coast Guard individual and family support programs.

Assisting me as a volunteer will be my wife Linda – a military spouse for 35 years and a working mother. She will serve as an Ombudsman-at-Large, and will be visiting CG housing, CDCs, clinics, schools, and listening sessions with spouse organizations.

This All-Hands e-mail is the first in a series of updates that you can expect regarding my direction to prepare for tomorrow while supporting our military families today.

Semper Paratus,

ADM Bob Papp
Commandant

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

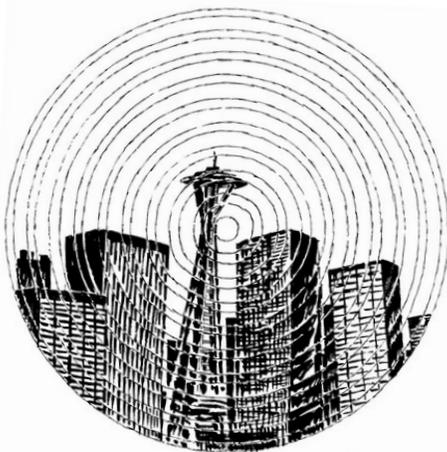
Admiral Bob Papp and Wife Linda
Launch Ready Coast Guard

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.



Seattle Area Emergency Preparedness: The Seattle area is susceptible to natural disasters. On Feb. 27, 2001, a 6.8 earthquake rattled western Washington. On Dec. 16, 2006, a devastating storm blew through the Puget Sound region with tropical storm force winds. In both events thousands of residents were left without power for days. In an attempt to stay warm, nearly 80 people became victims of carbon monoxide poisoning. What will you do in an emergency? Do you and your family know where to meet, how to contact each other if cell towers become inoperable? Review the links above and make a plan. You can't stop nature, but you can prevent yourself from being unprepared.