

Summer Newsletter 2012

the

Ombudsman Outlet

Tutela of Prosapia



Message from the District Chief Of Staff CAPT Anne T. Ewalt



10 July 2012

From the Chief of Staff's desk...

I hope that you all enjoyed a happy 4th of July, and like me, are relishing this little taste of summer weather. We should count our blessings that we are not sweltering like the rest of the nation.

I am pleased to introduce Captain Matt Miller, who just arrived to fill my position as Chief of Staff. Welcome to Matt and Iliana. Matt was previously the Executive Assistant to the Deputy Commandant for Operations, and before that, the Commanding Officer of CGC MIDGETT. The Miller family lives on Bainbridge Island.

As I transition out of the Chief of Staff role, and retire from the Coast Guard after 28 years of service, I offer my thanks to the men and women of District 13, who have been truly great to work with. I have found your untiring zeal for mission excellence to be inspiring on a daily basis.

I also extend my gratitude to the spouses, significant others, family members, and friends who support the active duty members. Without your understanding, patience and encouragement, our service would not be possible.

Thank you.

Godspeed and Semper Paratus,

Anne Ewalt, CAPT, USCG



Semper Paratus

2012 State of the Coast Guard
Address :

WWW.USCG.MIL/SOCGA/

Admiral Robert J. Papp, Jr.
Commandant of the Coast Guard

Stand A Taut Watch

A Note From Your Ombudsman . . .

To all of our Coast Guard families who are in transition this summer, I want to wish you well in all your travels. This summer brings me to another heartfelt good-bye, as Chief of Staff Capt. Ewalt retires from the Coast Guard. She gave me continuous support and direction to which I am very grateful. I wish her many adventures and blessings as she enters this new season. Thank you!

The beautiful northwest has so much to offer, and summer is a wonderful time to get out and explore. I have included some summer fun in this newsletter. I hope you find it helpful as you plan your many exciting activities this summer.

I just want to take a moment to thank all the District Thirteen Ombudsman for their caring support and dedication they give to our Coast Guard families. You are greatly appreciated by your Command and the families that you serve. The picture below was taken on Ombudsman Appreciation Day 2012, at the Coast Guard Base in Seattle. Rear Admiral Taylor and the District Thirteen Commands and many others came together to honor their Ombudsman. Those who were unable to attend were represented by the Command that they serve.

Though my time in the Seattle area is swiftly coming to an end, I have so enjoyed being here for our Coast Guard spouses and family members to offer support and direction to the many helpful resources. I will continue in this mission as we await the next D13 Staff Ombudsman, if you are interested in serving, please see the help wanted article in this newsletter.

Enjoy every glimpse of warmth and sunshine and have a wonderful fun filled safe summer.

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



CG SUPRT

(Employee Assistance Program)

1. Purpose of Program

The CG SUPRT Program provides confidential professional counseling, education, and referral services to you and your family members. Help is available for issues such as marital and family problems, drug abuse, depression and anxiety, work/life balance, work-related concerns and career issues.

2. Who Is Eligible

Active Duty members and their dependents.
Reservists and their dependents.
Civil Service employees and their dependents.
Full-time Exchange System and MWR employees and their dependents.

3. Contact Information

Point of Contact and to Access the Services
Call toll free 24/7:
855-CGSUPRT (247-8778)
Web: www.cgsuprt.com



United Through Reading

This program offers the deployed parent the opportunity to make a powerful connection with their child through reading. It is Available to all deploying military commands/units, and is hosted at select USO centers. If you want to find out more information on this program go to: www.unitedthroughreading.org/



Summer Welcome BBQ On July 22nd

The CGFA would like to invite all PACNW Coast Guard families to our summer BBQ to welcome in new transfers!

Bring the spouses and kids out to the park for a fun day of games, food and friendship (and hopefully sun!)

The BBQ Will be held at the picnic shelter at The Park on the Lid (Area A) on Mercer Island

10:30am - 2:30pm on Sunday, July 22nd.

Hot dogs, hamburgers, water and lemonade will be provided.

Please bring a simple side dish to share with everyone.

There is a play structure right next to the picnic area with slides, climbing walls, etc, as well as a large field for activities. We will have some fun games planned for adults and kids alike with prizes for the winners.

The picnic will be held at the covered shelter beyond the baseball fields in the far, right corner of the park.

Look for our balloons/posters marking the spot!

Any questions can be directed to Jaime England (Vice President, CGFA)

england.jaime@gmail.com

Please RSVP to Corrie Van Kampen (president, CGFA) before July 17th

corrieander@thevankampens.com

For Directions and More information on the CGFA of Puget Sound go to their website: cgfapugetsound.com

CGFA of Puget Sound Executive Board:

Corrie Van Kampen – President

Paulette Corrigan Fryar – Vice President (Southern Kingdom)

Jaime England – Vice President (greater Seattle area)

Ashley Inman – Secretary

Anne Deines - Treasurer

cont.

Directions to the ... Summer Welcome BBQ

Directions to Park on the Lid, Mercer Island:

WESTBOUND:

1. From I-90 westbound, take Island Crest Way (Exit 7)
2. Continue straight through the stoplight on North Mercer Way
3. Turn Right onto 76th Ave SE/North Mercer Way
4. Turn Left onto 72nd Ave SE (Roanoke Tavern is on the corner)
5. After passing SE 20th St, turn right onto a drive that takes you under the 72nd Ave overpass into a parking area

EASTBOUND

1. From I-90 eastbound, take W. Mercer Way (Exit 6)
2. Turn right onto W Mercer Way
3. At the three-way stop, turn Left onto SE 24th St
4. Continue up the hill and turn Left onto 72nd Ave SE
5. After driving over the 72nd Ave overpass, turn Left down a drive that takes you under the street for parking

“Circle of Six”

This APP for phones was the winner of the White House “Apps Against Abuse” Technology challenge launched by Vice President Joe Biden and HHS Secretary Kathleen Sebelius. The app is designed as a tool to help prevent sexual assault and dating violence among young adults. The download is free of charge.

For more information go to:

www.circleof6app.com



SM1c Douglas A. Munro
USCG 1919 - 1942

Did You Know ...

Douglas A. Munro, the only Coast Guardsman ever to receive the Congressional Medal of Honor. He grew up in South Cle Elum, Washington, and was a signalman first class in the United States Coast Guard. Munro died heroically on Guadalcanal September 27, 1942. He volunteered to help evacuate a detachment of Marines that were facing enemy opposition. After evacuating the last men, he realized those men would be in great danger. He placed himself and his boats so they would serve as a cover for the last men to leave. In protecting his men, he was fatally wounded. His last recorded words as he successfully completed his mission were: “Did they get off?” He died with the realization that his mission had succeeded and his final assignment had been carried out.

Coast Guard Day Picnic . . . August 10, 2012



The Coast Guard will be celebrating its 222nd birthday this year. The Seattle area celebration will be at Lord Hill Farms on Friday August 10th from 11am to 3pm. Tickets to this event will cost \$5 per person for ages 13 years and older. The event is free for children 12 years and under. You may purchase your tickets at Base Seattle fitness center's MWR office between the hours of 7am to 3:30pm, Mon-Fri. Payment can also be made at the picnic site on the day of the event; only cash or check is accepted at MWR office and picnic site.

MENU: Certified Angus beef hamburgers, garden burgers, hot dogs, BBQ baked beans, corn-on-the cob, assorted bagged chips, dinner rolls, watermelon, ice cream bars/popsicles, cotton candy, lemonade, soft drinks, bottled water and a No Host (pay-as-you-go) bar that will serve beer and wine.

ENTERTAINMENT: Music, horseshoes, kid's playground, volleyball, competition games and races, golf driving range, climbing wall, kid's inflatable slide, miniature golf, tetherball, dessert baking contest, pedal boats, kayaks and more.

BAKING CONTEST: (Desserts only, including cakes, pies, cookies, cobblers, etc.) We will conduct a baking contest at the picnic and the contest judges will be pre-selected by Base Seattle MWR. Unfortunately, due to our picnic time schedule, there will be a limit of one entry per person. If more than 12 entries are received a raffle will be conducted and selected personnel notified. Personnel interested in entering the baking contest should send an e-mail to james.a.graddy@uscg.mil let me know who you are, a good contact number, and what you plan on baking. Please place in the subject line: CG Day Picnic Baking Contest.



Military Discounts

For great discounts on local attractions, outdoor recreation, hotels, sports tickets and more, go to: www.militarymerits.com and begin planning your summer fun.

Seafair

Seafair is a summer festival in Seattle that encompasses a wide variety of small neighborhood events leading up to several major citywide celebrations.

Upcoming Seafair highlights include the Milk Carton Derby on July 14; the Torchlight Parade on July 28; and the Hydroplane Races and Air Show, featuring the U.S. Navy Blue Angels, August 3-5.

For more information and a full list of events, visit www.seafair.com





Help Wanted: District Thirteen Ombudsman!

As I count down my last year before moving on to the next exciting location, I need someone to replace me as the D13 Staff Ombudsman.

The D13 staff ombudsman serves as the link between the District Commander and the families of the command. In my role, I have had complete access to the Admiral and Chief of Staff. They greatly value the work I have done and recognize this as a very important roll. The excellent support by the command has made my time extremely rewarding and enjoyable. The position is voluntary and assists in providing information and related services to families regarding sources of assistance.

This is an amazing opportunity if you have a heart for Coast Guard families and the ability to reach out and help others in need.

If you are interested or would like to know more about the ombudsman program call or email me.

Valerie Frantz
425-427-9296

D13Ombudsman@gmail.com



Checklist For New Spouses

As you begin your journey as a Coast Guard spouse, there are a number of administrative items that need to be taken care of fairly quickly. These are things that must be completed so you can take advantage of your benefits and entitlements.

- Obtain a military ID card
- Enroll in the Defense Enrollment Eligibility Reporting System (DEERS).
This is done when you get your ID card and is used to track your eligibility for military benefits. Each time you move you will need to ensure that DEERS is updated with your correct address.
- Select your medical insurance plan and complete enrollment if necessary
- If you choose to participate, be enrolled in the dental insurance plan
- If the member has life insurance (SGLI) enroll the family members in FSGLI
- Remind the AD or Reserve Member to make any necessary changes to their TSP and SGLI beneficiary forms.

Some other information you may want to obtain for your duty station:

Unit Ombudsman:

Name _____ Contact information _____

Work Life Office:

Location _____ Main number _____

Health Benefits Advisor:

Name _____ Contact number _____

Housing Representative:

Name _____ Contact number _____

TriCare Service Center:

Number _____

Command Financial Specialist:

Name _____ Contact information _____

Spouse Club Contact:

Name _____ Contact information _____





We Are A Team . . . Coast Guard Families

If you are having any issues with your child's school transition the *Military Interstate Children's Compact Commission (MIC3)* is making efforts to establish a nationwide compact with state schools to provide for the uniform treatment of military children transferring between school districts and states. They are resolving education transition issues for Military families. For more information about the commission, go to: www.mic3.net.

To view the Washington State Compact go to: <http://apps.leg.wa.gov/RCW/default.aspx?cite=28A.705&full=true>.

www.soarathome.com - free educational resources for military children (including SAT prep)

www.greatschools.org - research schools nationwide

www.schoolquest.org - "Ask Aunt Peggie"

www.bullies2buddies.com - resources, including "How to Stop Being Teased and Bullied without Really Trying"

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_vl5Q
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.

Emergency Preparedness Links

King County Disaster Plan Assistance
www.3days3ways.org

FEMA Emergency/Disaster Preparedness
www.fema.gov/kids/

Red Cross Disaster Services
www.redcross.org/

Weather
www.weather.gov

