



The Shade Tree

UNITED STATES COAST GUARD

SPECIAL POINTS OF INTEREST:

- XO's Wellness Program Gets A Running Start & Rave Reviews!
- Out With The Old & In With The New: Howard & Sobolewski Arrive
- OAK's DC's Make The Big Time... featured on CG Central.

FIT TESTED, XO APPROVED



INSIDE THIS ISSUE:

Sobolewski	2
Bridge Run	2
Howard	3
DC Limelight	3
OAK Corner	4
ET Movie Review	4

Executive Officer LT Vandeneuvel has hit the ground running since his arrival aboard OAK... literally. XO launched a fresh new program with a generic name of "Crew Wellness Time"; the first event focused on a group run, jog, or walk

his field of dreams. To some onlookers it may have been a soggy worn-out patch of grass, but to the crew- it was a battleground like no other. Time stood still that day as the unforgiving blue jersey team relentlessly pummeled the opposition. Of course, the other side had the soccer-machine known as Gonzo and the startling in-your-face action of

Above: Always time for a group photo!

across the Cooper River Bridge. The scenery was beautiful enough to shake even the grumpiest crew members into an enlightened mood. The

Bessant. Back and forth the two teams scraped for each point. Which team won you ask? As cheesy as it sounds, both sides won that day. Within the course of that seemingly endless game our good sportsmanship, healthy competition, and enormous calorie-burn made some quality

bridge was steep enough to remind everyone that there is always room for improvement. Some may have thought that crew wellness time would go extinct; how wrong they were. It wasn't long before XO had another idea and had found

memories. Group hug anyone? Seriously though...



THEY CALL HIM SOBO...

Michael "Sobo" Sobolewski is fresh aboard the OAK, straight from boot camp and ready to make a mark as profound as his last name. Sobo was raised in Chesterland, Ohio just about 30 thirty minutes from the infamous city of Cleveland. The self-proclaimed high school football athlete has enjoyed a diverse and adventurous background thus far. Prior to serving in the Coast Guard,

Sobo was a certified tractor-trailer driver enjoying long hauls to destinations all over the eastern seaboard. "It was cool, but stressful at times—the company kept me alone on the road for days...the goal is to get the load there as fast as possible...and that's exactly what I did", said Sobo. He was no stranger to the trucker stereotype and is still a fan-

nel enthusiast complete with cowboy boots. In fact, Sobo is an accomplished horse-back rider in his spare time having mastered both Western & English riding styles. Even after the good ole high school days rode...



New Shipmate- Michael George Sobolewski

-Continued below

SOBO CONTINUED...

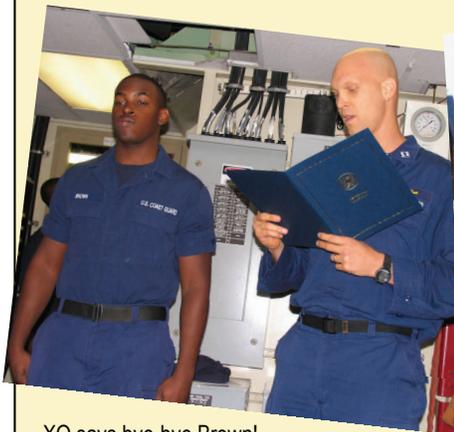
"I want to make a real difference and everything fell into place...it just felt right."

off into the sunset, he still very much enjoys playing team sports as often as possible. "American football is one of my favorites but I'm up for anything the crew wants to play", says Sobo. Making the Coast Guard a career is definitely a strong possibility for this new ship mate; law enforcement is just one area that strikes his interest. When

asked why he chose the Coast Guard, Sobo answered, "I wanted something more fulfilling, I want to make a real difference and everything fell into place...it just felt right."



PHOTO CORNER



XO says bye-bye Brown!



Thompson congratulates Black on his new blue hard hat!



Rowell makes it to the big time!

STRAIGHT FROM MOBILE, ALABAMA



**New Shipmate-
Kelley Rebecca Howard**

One of our newest shipmates, Kelly Rebecca Howard, has plenty to offer the crew of the OAK besides three first names. Howard was born and raised in the great state of Alabama and denies ever having Forrest Gump for a neighbor. In her old high school days she was an avid athlete competing in women’s softball and volleyball. That very same competitive attitude is what makes her a crack shot during hunting season. Looks like turkey will be on the table

this year since Howard’s favorite prey is the elusive and clever gobbler. “I can use the turkey box call pretty well– my father can do an authentic turkey call though”, says Howard. Meshing well with Alabama and hunting, Howard loves to go 4-wheeling through the backwoods out in the sticks. Prior to turning into a tried and true Coastie, our new shipmate worked at a sporting goods store in, you guessed it, the hunting and fishing department. That’s good

MOBILE, ALABAMA CONTINUED

information to know the next time you are in the market for outdoor equipment! “I’m involved with church and I’ve even done some mission trips outside the US”, explains Howard. This good Samaritan traveled across the border into Mexico delivering the good word and much needed supplies to impoverished villagers. “It’s amazing the conditions

people in third world countries endure, these people really need your help.” Howard has even traveled to orphanages throughout North Carolina spreading good will and hope to those in need. When asked why she joined the Coast Guard, Howard explained that she was persuaded from a close friend pursuing the military path. “Right now in my life,

college and I didn’t get along too well... I still want to go and get a nursing degree but I needed more time to focus up on what I really want,” says Howard. Our ship has loads of potential with great newcomers like Howard and the rest that recently arrived. We’ll be good to go as long as she doesn’t bring her pet Bearded Dragon onboard.

“It’s amazing the conditions... these people really need your help.”

DC’S IN THE SPOTLIGHT

Transfer season can be a stressful time for supervisors dealing with new shipmates learning the ropes. DC1 Anderson is just one of the OAK’s professionals that make the job look easy. These two made it big when the popular website– CG Central illustrated their photo on the front page just a few days ago. There is no telling where OAK crew members will pop up next!



Left: DC1 Anderson & DC3 Croteau on deck.

WE ARE ON THE WEB!
VISIT [WWW.USCG.MIL/
D7/CGCOAK/](http://WWW.USCG.MIL/D7/CGCOAK/)

"Decora Fides Robur"



UNITED STATES
COAST GUARD

1050 Register Street
Charleston, S.C. 29405

Quarter Deck: (843) 554-8541
Ship's Cell: (843) 469-8750



OAK's Motto: A tripartite scroll inscribed with DECORA FIDES ROBUR (Honor, Faithfulness, Strength). *Decora* specifically denotes distinguished acts in a military context. *Robur* is literally "hard wood," giving the idea of strength a very concrete and literal meaning. *Fides* is an abstraction framed by two concrete notions (honor and strength),

which are the tools through which we express our faithfulness.



ET MOVIE REVIEW WITH RAY & ANDY



Ray: So the movie we're talking about today is District 9, out in theaters now.

Andy: I think you should go see it, you can really identify with the characters. The acting is good in it and you actually get attached to the aliens.

Ray: Actually called prons, yeah I don't know why. Basically a spaceship is broken down on Earth and they can't get home. The world governments can't decide on what to do with them, so they put them in a poverty stricken wasteland internment camp in South Africa.

Andy: Yeah it looked like the border of Texas, no offense.

Ray: All the while the government is trying to get their hands on the alien weapon technology.

Andy: The hit kicker is the weapons only work if you have alien DNA...

Ray: The main character was performing a raid on the community and comes across some lethal goods. This leads to the beginning of his mutation...

Andy: Yeah it looks like Ray mated with a big bug.

Ray: Thanks Andy..

Ray: I don't want to get too in depth and spoil the movie but it's very unique well written and has got some grit to it.

Andy: Sci-fi lovers should definitely see this movie. Not good for kids, it's rated R.

Ray: A lady friend would not be recommended either.

Andy: Do we agree on this one?

Ray: Yep, we give it four out of five buoys.

Ray: Go see it! If you don't like it-blame Andy.

