

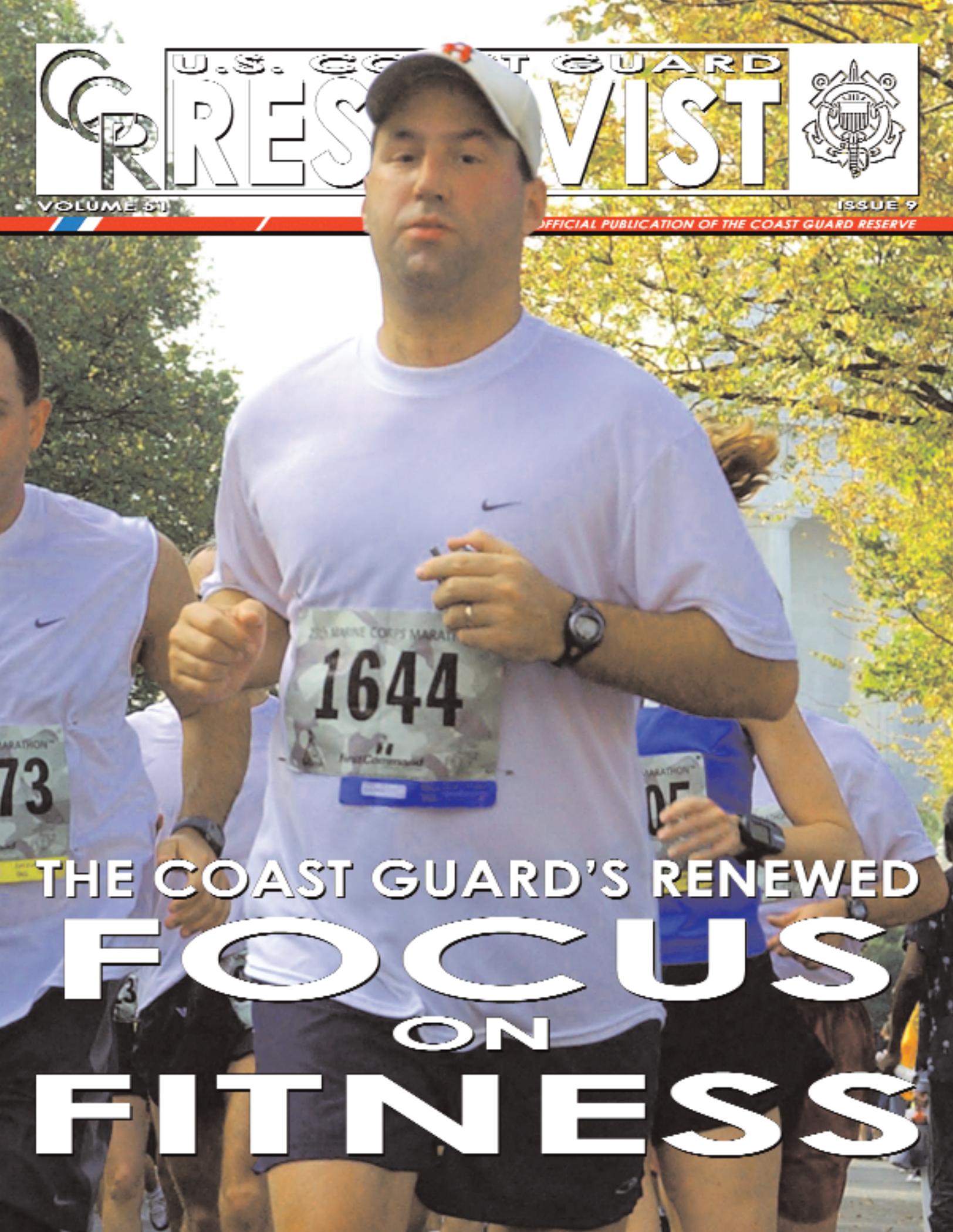
U.S. COAST GUARD
CRUISE **WISIT**



VOLUME 51

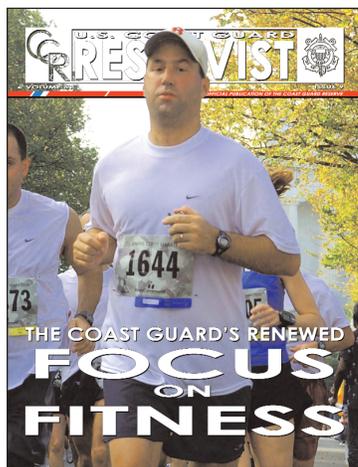
ISSUE 9

OFFICIAL PUBLICATION OF THE COAST GUARD RESERVE



THE COAST GUARD'S RENEWED
FOCUS
ON
FITNESS

LETTER FROM THE EDITOR



The first of October marked the beginning of a new era for our Coast Guard — sort of! The Coast Guard has always encouraged its members to be physically fit, and daily exercise has always been encouraged. For years, we've had an annual weigh in and have had a "weight program" in place since 1985. Back in 1990, the Coast Guard Reserve introduced its wellness program, called "Fit for Duty, Fit for Life." It was never mandated and fizzled out after a few years.

Now, we're required to weigh in twice a year and have a physical fitness plan. Of course, opinions vary about fitness plans and diets. One shipmate at the CWO Professional Development course two years ago was adamantly opposed to diets. "Diets don't work," he said. "You've got to just exercise religiously every day." I think I agree with him — I've always thought you need to build your exercise routine right into your daily schedule. For example, I bicycle back and forth to work each day. While this isn't possible for everyone, it works well for me. Overall, I think the new fitness program is a good thing and I'm glad to see it. I only hope it helps to motivate our Coast Guard members and we can win the "battle of the bulge." Read more about it in this issue.

There are a few more things I'd like to draw to your attention in this issue as well. As in years past, the "Coast Guard in Action Calendar" is out for 2005. It's printed each year by retired Coast Guard Reservist CWO4 Tom Fletcher — the photos are improved this year and he's even added the CGR's birthday in bold on Saturday, Feb. 19th. Check it out on the Bully Board along with the new memorial coin to our fallen shipmate, DC3 Nate Bruckenthal. Hey, what do you think of the new Coast Guard Reserve-related merchandise being offered by the Coast Guard Exchange System? We ran a page on it last issue and have reprinted it in this issue in case you missed it.

Also make sure you read about CDR Susan Rogers and CDR John Roosen's new book, *Surviving Paradise*. The retired reservists penned this adventurous book about Vanuatu while living in New Zealand. Congratulations to them on the book and also to our USAA scholarship essay winners! In years past, I published excerpts from the winning essays. This year is no exception, but I've added their photos as well to add visual punch.

Finally, I wish to say in advance, "Happy Holidays to one and all!" But watch those holiday food platters, treats, and drinks — unless you're ready for the battle of the bulge!

-Ed.

The **Coast Guard Reservist** is published by the Commandant, Director of Reserve & Training, U.S. Coast Guard. It is intended for information only and is not authority for official action. Views and opinions expressed are not necessarily those of the U.S. Dept. of Homeland Security or U.S. Coast Guard. The editor reserves the right to select and edit all materials for publication.



Send submissions to:

**COMMANDANT (G-WTR-2)
U.S. COAST GUARD
2100 SECOND STREET SW
WASHINGTON, DC 20593-0001
ATTN: EDITOR, THE RESERVIST**

**Phone: 202-267-1991
1-800-842-8740, ext. 7-1991/1024
FAX: 202-267-4325
E-mail: ekruska@comdt.uscg.mil**

**U.S. Coast Guard Reserve Web Site
www.uscg.mil/reserve**

**U.S. Coast Guard Web Site
www.uscg.mil**

SELRES: PLEASE USE DIRECT-ACCESS TO CHANGE YOUR ADDRESS, OR SEND YOUR ADDRESS CHANGE TO YOUR UNIT PERSRU; RETIREES, SEND E-MAIL TO: PSC-RAS@HRSIC.USCG.MIL

ADM Thomas H. Collins, USCG
Commandant, U.S. Coast Guard

RADM James C. Van Sice, USCG
Director of Reserve & Training

CAPT Louis M. Farrell, USCGR
Chief, Office of Reserve Affairs

LCDR Robert T. Hanley, USCGR
Chief, Reserve Communications Division
E-mail: rhanley@comdt.uscg.mil

LT Scott C. Toves, USCGR
Assistant Chief, Reserve Communications Division
E-mail: stoves@comdt.uscg.mil

LTJG Jae-Won Kwon, USCGR
Reserve Awards;
E-mail: jkwon@comdt.uscg.mil

CWO2 Edward J. Kruska, USCGR
Editor, The Coast Guard Reservist
E-mail: ekruska@comdt.uscg.mil

Mr. Chris S. Rose
Asst. Editor, Layout & Design
E-mail: crose@comdt.uscg.mil

BMCM Mark H. Allen, USCGR
Staff Assistant & Special Projects
E-mail: mallen@sgt-inc.com

16 Focus on Fitness

The Coast Guard is getting serious about getting healthy and taking off the weight



7
Reserve News
Ridge at CGHQ, CGR/ESGR
Race Car, Senior Leadership at
ROA Summer Conference, REBI
11/04 Graduation.



22
USAA Essays
The Winners of the Annual
USAA Essay Contest.

14
G8 Summit



CG provides security for leaders of the world in Savannah.



27
CGR Gear
The CG Exchange is now
offering more and more
Reserve specific gear.
Get it while it lasts!

Also in this Issue:

- | | |
|-------------------|----------------|
| 4 Letters | 25 Book Review |
| 6 The View | 30 Taps |
| 24 Bulletin Board | 31 On Deck |

More Feedback on “Heritage Issue”

Congratulations! The issue on “Our Coast Guard Reserve Heritage” was outstanding (Vol. 51, Issue 7). It brought back many World War II memories, both happy and sad. And what a wonderful surprise...pictured were two of the photographers with whom I served (pages 20 and 22). Many of us forget that without these brave men and women, we would not have the photographs that documented the war. I wonder if they are still with us. I can picture our whole photo lab at the Barge Office in New York City and can only imagine what a fantastic reunion we might have. Thank you for bringing back those sweet memories.

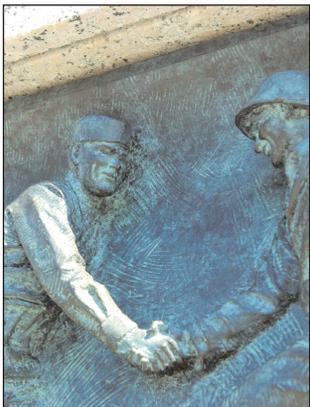
— Lorraine (Jacyno) Dieterle
U.S. Coast Guard SPAR
Fairfax, Va.

Ed's note: Dieterle was a photographer with the Coast Guard during World War II, and trained many of the combat photographers of that era. In 2002, she published a book of photographs, Arlington National Cemetery: A Nation's Story Carved in Stone (reviewed in Jan-March 2002 Reservist). She currently works at the Women in Military Service to America (WIMSA) Memorial in Arlington, Va. You can reach her via e-mail at: lsdieterle@msn.com

I really enjoyed the Vol. 51, Issue 7 of *The Reservist*. That was a great photo of VADM and Mrs. Barrett (pages 8-9), and I loved the “flip a page” down memory lane photo display, especially the photo of the men carrying the stretchers ashore from Landing Craft #30 (page 25). Thanks for finding those old photographs. Looking forward to the next issue....

— CAPT Doyle Wilhite, USNR(Ret.)
Webster Groves, Mo.

Striking A Pose for History



I'm the military reenactor who posed as the leading Red Army soldier for the “Meeting at the Elbe” bas-relief on the National World War II Memorial on the Mall in Washington, D.C. There was an article on this subject in a recent issue the *Reservist*. I'm writing in response to LCDR Erich Doll's “Letter to the Editor” in Vol. 51, Issue 7. The writer took issue with my statement that I was honored to portray a soldier of the Red Army who “...faced down the fascists and at great personal risk defended and liberated his homeland.”

He suggested that while my intentions are noble, I am apparently a rather naive, “romantic recycler of knee-jerk, hackneyed Hollywood portrayals” of the Soviet Union in WWII. He pointed out that the Soviet regime brutally treated its own population, and his mother and other German citizens felt compelled to flee before the war's closing days.

In defense of my statement, I should point out that in addition to being the Coast Guard Freedom of Information Act



Officer, a former commissioned officer of the Coast Guard Reserve and Army paratroop infantryman, I've also earned a B.A. in Russian Area Studies, studied in the Soviet Union, and served thus far as an interpreter/cultural advisor for eight Coast Guard missions to the Russian Far East, Japan, Alaska, and elsewhere. So I didn't just fall off the turnip cart when it comes to Soviet/Russian affairs. While it's undeniably true that the Soviet Union was a brutal regime, it, like most of Europe, was without provocation invaded by Nazi Germany and it suffered the loss of an estimated 27 million souls — half of WWII's total dead. The Nazis destroyed most of the country's industry and infrastructure, and systematically savaged Soviet citizenry in the most hellish manner imaginable. The Russians have never fully recovered from this experience.

From the perspective of the average conscripted citizen-soldier of the Red Army, he was performing a sacred duty to eject the foreign intruder and ensure that the second devastating German invasion of his country in a quarter century was the last. The Soviets' largely unsung martial achievements were responsible for inflicting 80 percent of the German Army's casualties in the war — enabling such successful Allied operations as the Normandy invasion. This is why Red Army troops are the only foreigners depicted in any of the 24 bas-reliefs on the new World War II Memorial, and why I was honored to portray a symbol of the inter-Allied defeat of the Nazis.

— Mr. Donald Taylor
Falls Church, Va.

Backwards Draft? The Reserve?

I do not understand how certain people in this country have proceeded to disparage the duty, honor, courage and sacrifices of reservists and National Guardsmen by making statements such as “reservists called up equals a backwards draft, Reserve call-ups are unfair, I didn't expect to be on active duty for that long,” or the ultimate low, “reservists didn't expect to go into combat.” In my opinion, those comments are deplorable and akin to slander and show a complete lack of understanding of the U.S. military and specifically Reserve duty.

As history has taught us, the Citizen Soldier (aka reservists) has been the backbone of the U.S. military. Throughout our nation's history and during all of our major struggles as a nation, it was the reservists who were called upon to protect and serve our nation. These brave men and women were voluntarily called and served with distinction. During World War II, the majority of the approximately four (4) million persons in U.S. military uniform were reservists. At the end of the war, no one attempted to trivialize or diminish their service as is being done by some today.

In our era of an “all volunteer military” (including the Reserve) I find it dishonest and reprehensible conduct by those who wish, for political motivations, to paint our brave reservists in anything less than a proud light. I also think it is disgraceful to suggest that those that serve as reservists were “not aware of the possibility of combat or of being on active duty for such long periods of time.” What you are basically saying is that “they didn't know what they were doing when they signed up and are in effect stupid.”

Having served proudly and honorably in the Reserve for 10 years, I can attest to the fact that when you sign up (voluntarily sign the dotted line), you are told what the expectations are and that you could be involuntarily called up for extended periods of active duty. This call to duty is plainly spelled out and is the agreement you freely make with the military. No one forces you or intimidates you to enlist — you do it voluntarily and with the full knowledge of what is expected.

Speaking of sacrifices, yes, service in the military (the Reserve) or in any public forum is a sacrifice! In our selfish society, that word seems to be lost to most people. The many men and women I had served with and that I still know, fully understand, appreciate and accept the responsibilities and sacrifices their service demands. They expect nothing less of themselves and look forward to those times when they can “do the job they were trained to do.” If you don’t understand this sacrifice, then you don’t belong in the Reserve or in any form of public service.

The members of the Reserve components in this country are one of the most honorable and under appreciated types of service our military offers. To transform from a civilian lifestyle to a military lifestyle during the call to arms is, by itself, a heroic act. To volunteer to be ready, on a moment’s notice, to leave family, friends and a lifestyle takes courage and devotion beyond what most of those that criticize give credit to.

I wonder what would have happened if the group of men in Concord and Lexington, Mass. had not answered the call. I wonder what would have happened if, during several brutal winters, with no clothes or food to speak of, as a man begged others to “just stay on three more weeks,” they just up and left saying “this is a backwards draft and I didn’t expect to fight in combat.” I wonder what would have happened if the call to preserve the Union and free men was not heeded by those that answered the call and they responded with “I didn’t know we would have to fight.” I wonder where our nation would be now? Or during World War II, what if they said, “I’ll serve, but I don’t want to go overseas,” where would the world be? They answered the call and served as long as necessary to get the job done.

Our nations’ history has demanded these sacrifices for our reservists and our military and places the burden of service on each individual’s shoulders. Instead of detracting from, we should be honoring and supporting them. This freedom we have needs to be protected and those that do it should be honored and taken care of.

Thomas Paine published “The Crisis” on Dec. 23, 1776, two day before Washington crossed the Delaware and raided Trenton for the first Colonial victory. His words still ring true today:

“THESE are the times that try men’s souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly: it is dearness only that gives every thing its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as FREEDOM should not be highly rated.”

God Bless America and the U.S. military.

— *LT Don Mihalek, USCGR-IRR
Yardley, Pa.*

Gravesite of CAPT Michael A. Healy

I’ve had the opportunity to view *The Odyssey of Captain Healy* on PBS a couple of times. Having been somewhat familiar with the history of CAPT Healy and the decision to name our newest heavy icebreaker *CGC Healy*, it was



fascinating to learn more about the man behind the legend. Toward the end of the program, it was mentioned that CAPT Healy had died in San Francisco and was buried in Holy Cross Cemetery, a Catholic cemetery located in Colma, Calif., just a few miles south of San Francisco, where I have lived all my life. As an aside, the town of Colma has a living population of about 1,400 people, accompanied by a population of about 2 million deceased, buried in the myriad of cemeteries within the

town limits — thus the popular town bumper sticker that proclaims “It’s great to be ALIVE in Colma!”

I took it on myself to locate his gravesite, which, as it turns out, is only about 300 feet from my family plot. I noted that his wife, Mary, and son, Frederick, are also buried with him. The grave marker appeared as if it had not been touched in many years, and his son’s name and dates of birth and death were covered by dirt and grass. I cleaned all the moss off the marker, cleared the area to expose Frederick’s name and repainted the engraved lettering on the marker. I will continue to maintain the marker as long as I am able. I’m only 64 so hopefully I can do it for a long time!

Attached is a picture of CAPT Healy’s marker as it looks today. For the information of anyone who might like to visit the site, it is located in Section “B” of Holy Cross Cemetery. The cemetery office can provide more specific directions.

— *LCDR Art Curtis, USCGR(Ret.)
Colma, Calif.*

PSU 313 Shines Brightly at Operation Seahawk

During the month of August I served as deputy camp mayor during Naval Coastal Warfare Group-1’s annual joint Canadian/U.S. training exercise known as *Operation Seahawk*. There were close to 1,000 personnel total for the exercise including the National Guard, U.S. Navy/Naval Reserve, Canadian Navy/Canadian Naval Reserve, the Canadian Scottish Regiment, Civil Air Patrol, Coast Guard Auxiliary and U.S. Coast Guard Reserve.

The clear stand out of the entire exercise were my bubbas from PSU 313 with the Scott’s running second. From the time PSU 313 hit the ground they stood out. From assisting in the set up of “Camp Mondo” to participating in combat exercises to the tear down of camp at the exercises end, PSU 313 shined and shined again.

PSU 313 exhibited what it is to be part of a team, act as a team, in addition to showing everybody what it is to be “Semper.”

— *SK1 Sean Stuckey, USCGR
Naval Coastal Warfare Group-1
San Diego, Calif.*

The Value of Perseverance

The “On Deck” column by MCPO Jim Connolly (“The Value of Perseverance,” May 2004) was the best thing I have read in a long long time.

— *CWO4 David L. Wischemann, USCGR(Ret.)
Sebastopol, Calif.*



By
Rear Admiral
James C. Van Sice,
USCG

Director
of Reserve and
Training

A Note From the New Guy at HQ

This July, I packed up my family and household goods and did something new in my 30-year career: I reported for duty at Coast Guard Headquarters. Now, I've had a tour *of* Headquarters, but I never had a tour *at* Headquarters. That's an achievement few Flag officers can claim.

But before you get the wrong idea and decide I think my luck ran out, you need to understand I consider myself fortunate indeed to be your Director of Reserve and Training. The Reserve Program has been front and center since 9/11, and this is an exciting time to be in charge.

Unlike most of my predecessors, I'm an aviator, not a ship driver. I initially thought about changing this column to "View From the Cockpit," or something like that, before deciding "View From the Bridge" works just fine. After all, this is a seagoing service. And, while there aren't many reservists in Coast Guard aviation, I'm no stranger to Reserve issues, having served as Deputy Group Commander in Astoria, Ore. during the mid-1990s, when we integrated our Reserve and active-duty forces.

I also consider myself lucky to succeed a great leader like RADM Robert Papp, who did so much during his tour here, including guiding the Reserve Strategic Assessment Team. The RSAT, as it's called, was chartered to identify problems — and solutions — in how we manage and mobilize our Reserve force. Things like pay problems, or the wrong training for your mobilization assignment. Serious stuff.

We finished with the first phase of corrective actions, and I am here to tell you it will make our Coast Guard Reserve more ready. Next time you are at your drill site, check our progress on the CGWeb by clicking on: <http://cgweb.uscg.mil/g-w/reserve/RSAT/index.htm>. I believe you will agree it will improve readiness, and I encourage you to join me in making it happen.

Readiness is something you'll be hearing a lot about in upcoming months. It's the theme of the fall Flag Conference, held in November. Readiness is not just a Reserve thing; it applies to everyone. But it does pertain to us in a big way. And you play a part.

One way you do is by completing the Annual Screening Questionnaire, or ASQ, which all Ready Reservists (SELRES and

IRR) are required to complete in October. You can do yours in Direct Access, or the old-fashioned way (using a pen to complete the form before turning it into your supervisor or PERSRU yeoman). As part of this year's ASQ, we are also working with the Department of Defense to capture information about what reservists do for a living outside the military.

Readiness also means staying within allowable weight standards, keeping physical and dental examinations current, getting out to the range to maintain required weapons qualifications and the like. It also means participating in scheduled drills and active duty. Most of us are doing fine, but not everyone is up to speed. I won't go into details; you can see them on the CGWeb by clicking on http://cgweb.uscg.mil/g-w/reserve/wtr1pages/reserve_policy_programs_gwtr1.htm. Please, use the information you see there to help yourself and the shipmates you lead make readiness a priority.

Before I wrap this up, I want to put on my Training and Leadership hats for a minute. Those are a big part of my job and they have a major impact on reservists, just as they do active duty folks.

One of our initiatives is Enlisted Professional Military Education, or E-PME. This will replace the MRNs currently required for enlisted persons to compete for advancement. E-PME prepares you better for advancement — and performance of military duties — by providing you a single information source for qualification and Servicewide examination preparation. The old MRNs forced you to study dozens of hard-to-find references. Also, updates and changes to E-PME will be more timely and accurate, helping you prepare better for advancement.

We are planning to roll out E-PME this fall, and you can find out more about it by clicking on the Coast Guard Internet site at: <http://www.uscg.mil/hq/g-w/g-wt/g-wtl/epme/index.htm>

This is an exciting time to be part of the Coast Guard, especially the Reserve Component. There have been many changes over the last three years, and many changes no doubt lie ahead. I'll be in touch with you regularly as we continue this great adventure together.

"But before you get the wrong idea and decide I think my luck ran out, you need to understand I consider myself fortunate indeed to be your Director of Reserve and Training. The Reserve Program has been front and center since 9/11, and this is an exciting time to be in charge."



Kuwait, (Feb. 22, 2004) – Crewmembers assigned to Coast Guard Port Security Unit Three Zero Seven (PSU 307) patrol the perimeter of Kuwait Naval Base during ship supply replenishments and troop rotations. DoD photo by Journalist 2nd Class Wes Eplen, U.S. Navy.





WASHINGTON, D.C. (Oct. 25, 2004) – Department of Homeland Security Secretary Tom Ridge addresses questions at a town hall meeting held at Coast Guard Headquarters. USCG photo by PA1 Barry Lane



LOS ANGELES, Calif. (June 10, 2004)--Dwarfed by the large Sea Launch vessels, Coast Guard Reserve Chief Warrant Officer Pete Lerma inspects the outside of the motor vessel Oddey. The Coast Guard will be enforcing new vessel security laws as part of the greater effort to make U.S. borders more secure. USCG photo by PA3 Chris Grisafe



CGR/ESGR Car To Be Featured in Busch Series

MIAMI, Fla. — Employer Support of the Guard and Reserve (ESGR) has sponsored a NASCAR Busch series car in five races this year. During each race, the color scheme and logos have changed to reflect a branch of the Guard and Reserve. On Nov. 20, 2004 ESGR will feature the Coast Guard Reserve/ESGR NASCAR (#29) driven by Kevin Harvick in the Ford 300 at Miami-Homestead Raceway.

The day prior to the race, ESGR is hosting a luncheon for area employers to show appreciation for their exceptional support. The luncheon is being supported by and held at Coast Guard Air Station Miami. Several Coast Guard flag officers and high-ranking officials will be present at the luncheon with Gov. Jeb Bush serving as keynote speaker. ESGR will have the Americas show car on display. Additionally, Coast Guard Public Affairs Office will have the Team Coast Guard Racing show car (#44) on display and Justin Labonte will be attending the luncheon as well.

For info, contact LTJG Greg Peck, Commandant (G-WTR-2), 202-267-1250, gpeck@comdt.uscg.mil



Photo Illustration by Chris Rose.

Reserve Leadership at ROA Summer Convention



Photo by Mary Fran Buckley, ROA

Some of our Coast Guard Reserve leaders met at the annual Reserve Officers Association summer convention, held this year in Salt Lake City. Seated, left to right: CAPT Don Grant, RADM Duncan Smith, RADM John Acton, CAPT Steve Ratti. Back row, l to r: CAPT Mike Seward, CAPT

Richard Tinsman, CAPT Deborah Dombeck, CAPT Karen Taylor, CAPT Mark Telich, CAPT Ron Davis, CAPT Bill Van Orden, CAPT John Welch, and CAPT Louis Farrell. The annual ROA Mid-Winter Conference is set for Feb. 13-16, 2005 in Washington, D.C.

Escape from Alcatraz...

Coast Guard Reservist LT Evan Galbo competed in the 1.5-mile Alcatraz Island to San Francisco swim for the fifth time Oct. 2. Water temperature was 58 degrees (without a wet suit), and he finished in 34 minutes among the 600 swimmers. A former NCAA Division I swimmer for UC Santa Barbara, Galbo is attached to PAC AREA.



Photo courtesy LT Evan Galbo, USCGR



Photo courtesy CWO4 William T. Siler & LCDR Paul Wright, USCGR

RU Chattanooga Reunion

It was friendships renewed and the “good ol’ days” relived by 22 members of the former Reserve Unit Chattanooga, Tenn. at their reunion held Sept. 11 in Chattanooga. The group paused to remember the third anniversary of 9/11 as well as former unit members who have crossed the bar. The group hopes to make this an annual event.

REBI Class 11/04 Graduation

Reserve Enlisted Basic Indoctrination Class Romeo 11/04 graduated recently at TRACEN Cape May, N.J. and is shown here aboard CGC Dependable. Kneeling: PO Andrew Romero. Front row, l to r: PO Mark Velez, PO Jonathan Scott, PO Andy Viruette, PO Timothy Wilmarth, PO Jeremy Guerrero, SN Autumn Symank, PO Adam Machacek, PO Anthony Ishmael. Middle row, l to r: PO Collin Binns, PO Kevin Rehill, PO John Clark, PO Lawrence Lee. Rear row, l to r: PO Brance McCune, PO Alexander Bauer, PO John Miller, PO Joshua Franken, PO Jonathan Nauss, PO Adrian Rolfe, PO John Hagood, PO Jonas Cohen, SN David Estep, PO Timothy Hoagland, PO Joseph Celata. Not pictured: PO Patrick Crawford. Company commanders, in back, l to r: MKCS Wayne Self, OS1 Thomas Carella, YN2 Jamie Cooper.



Photo by Mr. Scott Prince



USCG photo by PAS Ryan Doss

A Coast Guard Air Station Elizabeth City, N.C. HH-60 Jayhawk helicopter sits on the tarmac in front of Air Force One. The long-range helicopters were used to fly security patrols and ensure that regulated navigation areas and closed airspaces weren't breached during the G8 Summit.

Coast Guard Provides Security for G8 Summit

Story by SCPO Russ Hoyser, USCGR

SAVANNAH, Ga. — Hundreds of Coast Guard members provided waterside security for the heads of state from the eight nations that form the Group of Eight major economic powers May 24-June 12.

With more than 500 Coasties in the Southern Venue, which held the housing and meeting sites on Jeekyll and Sea Islands, and more than 300 Coasties in the North Venue, which contained the Media Center in Savannah, *Operation Eagle Host* was one of the largest Coast Guard operations in history.

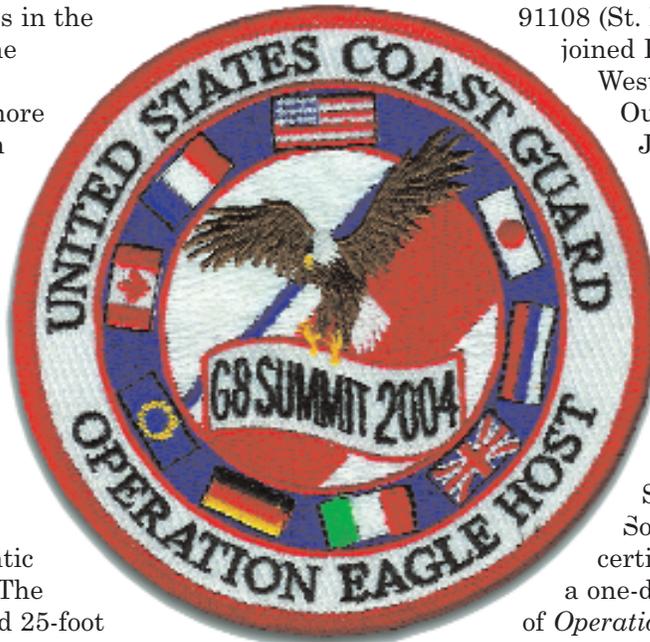
The Coast Guard was responsible for securing several hundred miles of waterways that surrounded the venue areas ranging from tidal creeks near Brunswick, Ga., the Savannah and Brunswick Rivers, to the Atlantic Ocean offshore of Sea Island. The diversified patrol force included 25-foot SAFE boats, 27-foot Rampages, as well as CGCs *Hammer*, *Maria Bray*, and *King Fisher*. They enforced the 24-hour security zones in effect during the Summit meetings and during a visit by President George W. Bush. Coast Guard Auxiliary boats ranging

from 16 footers to over 50 footers joined Georgia Dept. of Natural Resources boats in guarding bridges and piers in the venue areas.

Personnel from MSSTs 91104 (Galveston), 91108 (St. Mary's), and 91110 (Boston) joined East Coast boat crews from Key West to Georgetown, and Military Outloads Charleston and

Jacksonville to man the 48 Coast Guard and 24 Auxiliary patrol boats involved in the operation. Aviation assets from Air Stations Savannah and Miami and HITRON (Jacksonville) provided aerial patrol, response, and interdiction coverage from the airport on St. Simon's island and Air Station Savannah.

Stress relief was provided by South Venue Mascot Sugar, a certified therapy dog, who served as a one-dog morale committee. A highlight of *Operation Eagle Host* took place with the "pinning" of 21 members who were officially promoted June 1, including On Scene Commander CAPT Timothy Close. Among reservists honored at the pinning ceremony were CWO4 Mike Mueller, YNCS Gail Owens, and MKC Randy Ellison.





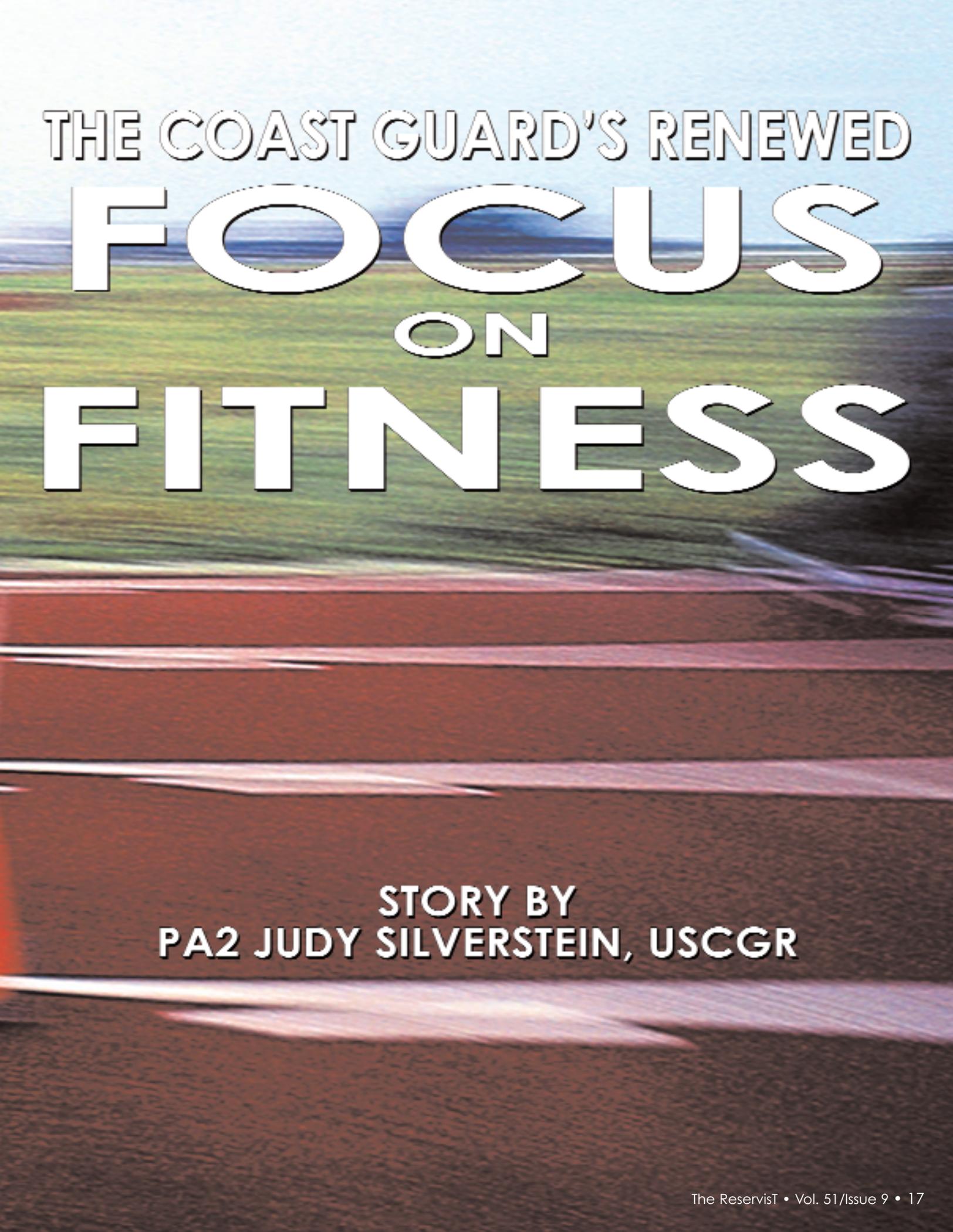
SAVANNAH, GA. (June 6, 2004)—Twenty-five foot Homeland Security Boats from MSST 91104 of St. Mary's patrol the waters around Jekyll Island in preparation for the G8 Summit.

USCG photo by PA3 Beth Reynolds



Staying physically fit is no longer reserved for those just in Boot Camp. It now extends for your whole Coast Guard career.

USCG photo by PA1 Brandon Brewer



THE COAST GUARD'S RENEWED
FOCUS
ON
FITNESS

STORY BY
PA2 JUDY SILVERSTEIN, USCGR

“More than 53 percent of Americans are obese, according to a study by the National Institutes of Health. That study correlates to the military where up to 60 percent of members could qualify as obese, according to the U.S. Surgeon General and a Pentagon study released nearly 18 months ago.”

During the past few decades, obesity has reached epidemic proportions in the United States, even among children, adolescents, and young adults. More than 53 percent of Americans are obese, according to a study by the National Institutes of Health. That study also correlates to the military where up to 60 percent of members could qualify as obese, according to the U.S. Surgeon General and a Pentagon study released nearly 18 months ago.

Since military bearing is related to weight standards and readiness directly to fitness, new guidance was sought by various armed forces. In his State of the Coast Guard Address given March 25, 2004, Coast Guard Commandant ADM Thomas H. Collins stated weight standards were part of readiness requirements as he challenged Coasties to prepare for new service-wide physical fitness standards and programs.

Oct. 1, 2004 signaled a new beginning for the Coast Guard within this arena. Coasties started

measuring wrist sizes, maximum allowable weight standards (MAWs), height and girth in keeping with weight standards. What it all means is it's time to measure up:

- If height and weight meet normal standards, you have passed the requirements.
- If you are overweight but have body fat percentages within guidelines for your age, you have passed the requirements. A new MAW will be established for you and you are strongly urged to establish a fitness routine with your local medical coordinators.
- If you fail to meet either weight or body fat guidelines, you must lose the weight within six months. To assist a member in doing so, weekly weigh-ins will be



Aerobic capacity or cardiovascular fitness relates to health and the ability to do vigorous, sustained physical activity. The 1.5-mile run, one-mile walk, and 12-minute swim tests have all been developed as measurements of aerobic capacity.

USCG FULL-TIME HEALTH PROMOTIONS PROGRAM STAFF

LOCATION	NAME	PHONE	FAX	E-MAIL
Mid Atlantic HQ	Aimee Labrecque	202 267 2481	4895	ALabrecque@COMDT.uscg.mil
Mid-Atlantic Cape May	Stephen Timbal	609-898-6886	-6129	STimbal@Tracencapemay.uscg.mil
ISC Boston	Yvette Lillge	617 223 3244	3249	YLillge@ISCBoston.uscg.mil
ISC Portsmouth	Sarah Mowchan	757-686-1093	-1031	SMowchan@ISCPorts.uscg.mil
ISC Portsmouth	Jeanett Skinner	757 686 4031	4034	JSkinner@ISCPorts.uscg.mil
ISC Miami	Jo Hamsher	305-278-6673	-6680	JHamsher@ISCMiami.uscg.mil
ISC Miami	Melissa Ross	305 278 6664	6680	MRoss@ISCMiami.uscg.mil
ISC New Orleans	Brad Welch	504-942-1060	-1097	BWelch@ISCNOLA.uscg.mil
ISC New Orleans	Michelle Murray	504-942-4061	-4097	MLMurray@ISCNOLA.uscg.mil
ISC Cleveland	Lisa Goldstein	216-902-6351	-6293	LGoldstein@ISCCleveland.uscg.mil
ISC St. Louis	Dean L. Gingerich	314-539-3900x447	-2917	LGingerich@CGSTL.uscg.mil
ISC San Pedro	John "Bud" Clay	310-732-7581	-7589	JClay@D11.uscg.mil
ISC Alameda	Dan Blaettler	510-437-2736	-5996	DBlaettler@D11.uscg.mil
ISC Seattle	Barbara Herry	206-217-6614	-6619	BHerry@PACNORWEST.uscg.mil
ISC Ketchikan	Nancy Henry	907-463-2126	-2131	NHenry@CGAlaska.uscg.mil
ISC Kodiak	Jody Carman	907 487 5525x276	5239	JCarman@CGAlaska.uscg.mil
ISC Honolulu	Jessica Dung	808-511-1583	-1590	JDung@D14.uscg.mil
				updated 10/07/04

established along with individual weight loss plans encouraging the loss of about a pound a week. Members will be placed on probation and will receive a Page Seven.

Those placed on probation will be scheduled for mandatory monthly assessments that include a three-part battery of tests measuring aerobic capacity, muscular strength, and muscular endurance.

Aerobic capacity or cardiovascular fitness relate to health and the ability to do vigorous, sustained physical activity. The 1.5-mile run, one-mile walk, and 12-minute swim tests have all been developed as measurements of aerobic capacity. However, these tests can be adapted for those with medical limitations. For example, if a member has had knee surgery, they can do the walk instead of the run. They must however, demonstrate fitness levels have been achieved.

Muscular strength is the maximum amount of force a muscle can produce in a single effort. Muscular endurance is the ability of a muscle to exert repeated or continual force over time. They can both be measured using the one-minute push-up, one-minute sit-up, abdominal curl-up, and/or bench press endurance assessments. Most fitness assessment protocols came from Wellsource Inc.'s Fitness Assessment Manual while the

swim assessment protocol was gleaned from the Cooper Institute's Physical Fitness Assessments and Norms.

Commandant instructions are very specific about weight allowances and guidelines. In order to be in compliance, overweight members must lose a pound a week to comply with their MAW within six months.

Unit Health Promotion Coordinators (UHPC) will administer this assessment battery on a monthly basis to all personnel who exceed the MAW.

According to Marianne LaChance, the Fitness Center Coordinator at Coast Guard Headquarters, maintaining standards relates to our core values.

"Not only is it important for your personal health, but it says a lot about your ability to evaluate priorities," she said.

LaChance also says there are multiple opportunities for Coast Guard members to receive counseling. Each UPHC is armed with information about fitness, health and nutrition. Many have their own Web sites, accessible through the Coast Guard Intranet.

For more information, contact your regional health program coordinator or medical officer. A list of Health Promotions Program Staff is published in this issue. Per ALCOAST 329/04, the Coast Guard's revised Weight and Physical Fitness Standards went into effect Oct. 1, 2004.

Weight and Physical Fitness Standards

Flag Voice 229

By RADM Ken Venuto, USCG

Ed's note: Flag Voice 229, by RADM Ken Venuto, Assistant Commandant for Human Resources (G-W) addresses the Coast Guard's new weight and fitness standards. To view Flag Voice on-line, go to: <http://www.uscg.mil/hq/g-w/flagvoice/0contents.htm>

As announced in ALCOAST 329/04, the Coast Guard's revised Weight and Physical Fitness Standards go into effect on Oct. 1, 2004. I just signed COMDTINST M1020.8E, WEIGHT/PHYSICAL FITNESS STANDARDS FOR COAST GUARD MILITARY PERSONNEL, which provides the standards and details associated with administering the program. The instruction will be available no later than Sept. 20, 2004 via Coast Guard Central at <http://cgcentral.uscg.mil/mycg/portal/ep/home.do>, through the Internet at <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>, or through the Intranet at <http://cgweb.uscg.mil/g-c/g-ccs/g-cit/g-cim/directives/welcome.htm>.

In an effort to dispel some rumors, let me provide an overview of some of the key elements of the instruction. First and foremost, the maximum allowable weight and body fat tables that are currently in effect do not change. So, if you are weight/body fat compliant today, you will be compliant on Oct. 1, 2004. Second, the new policy does not mandate an organized all hands-type exercise program, nor does it necessitate or authorize a standard exercise uniform for the entire Service. Instead, it requires that every member develop a basic fitness plan and that commands afford their members three hours per week to engage in physical fitness activity during the work day, should a member choose to do so. Otherwise, in keeping with the personal responsibility aspect of this policy, members have the option of exercising at home as long as they are weight and body fat compliant. This doesn't preclude the development of structured fitness programs like at the Academy, Officer Candidate School, the CPO Academy, and Cape May where wellness and fitness are an integral part of the curriculum.

What else is new? Starting in October, all Coast Guard personnel will be weighed twice each year (October and April), and units will be required to make the appropriate entry in Direct Access. Members who are found to be within 10 pounds of their maximum allowable weight will be encouraged to complete a Personal Wellness Profile in accordance with the Coast Guard Health Promotion Manual, COMDTINST M6200.1. Members who are found to be overweight will be required to lose the weight, participate in a mandatory fitness activity a minimum of three days per week, and pass a monthly mandatory fitness assessment until the excess weight has been lost. Additionally, there are tighter restrictions regarding participation in resident training. Finally, commands will be required to designate a Unit Health Promotion Coordinator (UHPC) to assist members in the development of their personal fitness plans and to conduct mandatory fitness assessments. UHPCs will all receive specialized training to assist them in the performance of this very important collateral duty.

In a nutshell, people who are currently within allowable weight limit and participate in a regular physical fitness program at least three times per week will be personally unaffected by the new policy beyond having to submit a personal fitness plan to their supervisor. People who are within allowable weight limits but do not regularly exercise will need to develop and engage in a fitness plan as outlined in the new instruction. Those people who are found to be overweight beginning in October 2004, will need to engage in a healthier lifestyle involving better eating habits, exercise habits, and mandatory physical fitness testing.

While weight remains the principle measure of compliance, we are truly interested in improving the overall health, physical readiness, and appearance of the workforce. The results of the semi-annual weigh-in will be collated, analyzed, and reported to the Commandant on a regular basis.

STANDARDS FOR COAST GUARD FITNESS ASSESSMENT PROGRAM

MEN	Fitness Assessment	<20 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60-69 years
	Wellsorce 1.5 mile Run (minutes)	8:42 9:01	9:12 10:50	11:06 11:38	12:33 13:36	14:00 15:19	18:14 19:42
	Wellsorce Push-Ups (#)	27 < 35	27 < 34	21 < 27	16 < 21	11 < 17	10 < 16
	Wellsorce Sit-ups (#)	41 < 46	36 < 41	30 < 34	25 < 30	21 < 25	15 < 21
	Wellsorce Abdominal Curl-ups (#) *	53 < 60	46 < 54	39 < 45	33 < 39	28 < 33	21 < 29
	Wellsorce One Mile Walk (VO2 ml/kg/min) *	57 < 59	48 < 56	45 < 47	39 < 42	35 < 38	28 < 30
	Coast Guard 12-minute Swim (yards) *	500	500	450	400	350	300
	Fitness Assessment	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	>65 years
	YMCA Bench Press Test (#) *	25	22	20	14	10	8

WOMEN	Fitness Assessment	<20 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60-69 years
	Wellsorce 1.5 mile Run (minutes)	12:33 – 13:36	13:37 – 14:24	14:25 – 16:22	15:50 – 17:33	18:57 – 20:32	22:28 – 24:15
	Wellsorce Push-Ups (#)	23 - < 31	20 - < 26	17 - < 24	14 - < 22	10 - < 17	10 - < 15
	Wellsorce Sit-ups (#)	35 - < 40	29 - < 34	23 - < 27	18 - < 23	11 - < 17	10 - < 15
	Wellsorce Abdominal Curl-ups (#) *	45 - < 53	39 - < 45	30 - < 36	25 - < 31	15 - < 24	15 - < 20
	Wellsorce One Mile Walk (VO2 ml/kg/min) *	39- < 42	37- < 39	33- < 37	31- < 34	27- < 29	23- < 25
	Coast Guard 12-minute Swim (yards) *	400	400	350	300	250	200
	Fitness Assessment	18-25 years	26-35 years	36-45 years	46-55 years	56-65 years	>65 years
	YMCA Bench Press Test (#) *	22	20	17	13	12	9

* Denotes alternate fitness assessment

USAA Scholarships Winners Announced

Congratulations to the four winners of the 2004 United Services Automobile Association Enlisted Reserve Family Scholarship Program. USAA established the scholarship program in 2001 for dependents of Coast Guard Selected Reserve members. In 2002, it was expanded to include drilling reservists as well as their dependents. The 19 submissions this year included one-page essays, "What my Coast Guard Reserve participation means to me" or, for dependents, "What my parent's participation in the Coast Guard Reserve means to me." Each of the four winners received a \$750 scholarship for the 2004-05 school year from USAA. Winners were announced in ALCOAST 357/04 (R 211947Z JUL 04). Here are this year's winners with essay excerpts:



MK3 Jessie Cuevas

• **MK3 Jessie Cuevas**, MSO Los Angeles/Long Beach, San Pedro, Calif., is enrolled at Boston University majoring in criminal justice. He said this about his service in the Coast Guard Reserve: "The discipline I learned from joining the Coast Guard allowed me to draw my attention to law enforcement. After finding my niche, it was then easier to focus on school and accomplish my education and future career goals. After Sept. 11, 2001...I volunteered for Title 10 in an effort to protect and recover what America had suffered. The creation of the Sea Marshal program had been launched with the hopes of providing extra security with the Port of Los Angeles.... All of these accomplishments would have never been fulfilled, nor thought of without the experience the Coast Guard Reserve has given me. My participation in the Reserve is more of a thank you for guiding me. As appreciation to the service, I intend to stay in the Reserve and eventually earn the rank of a commissioned officer."

Tracey Calhoun

• **Tracey Calhoun**, daughter of YN1 Arlene Calhoun, ISC San Pedro, is attending University of California at Los Angeles and pursuing a master's degree in education. Tracey writes: "...From my earliest years, my mother has encouraged me to affect positive change in the world, and has provided an example of her own commitment to this ideal through her action.... As a youth, I sometimes accompanied my mother on her drills. It was exciting for me to see my mother dressed in her uniform. She appeared important and powerful, and carried herself with a presence that spoke of strength and self-assurance.... I enjoyed helping out on base, and in recognition of the little things I did to help out, my mother's chief made me an honorary "Yeoman, Jr.," complete with my own name tag. Later, I channeled my interest in my mother's work in the Coast Guard through participation in a mariner Girl Scout troop.... One of the moments I treasure most from my time as a Girl Scout was being able to take my troop on a tour of my mother's base.... Inspired by her service, I decided to volunteer a year in national service through AmeriCorps VISTA.... As I embark on my path as an educator, I will carry her dedication to service, strength, and teamwork with me, and will work to instill these values in my students by my example."



Timothy Williams



• **Timothy Williams**, son of ITC John Williams, is enrolled at McKendree College in Lebanon, Ill. Timothy writes: “For 15 years, my father’s military career as a Coast Guard Reservist had very little effect on me. I can remember when I was little, my Dad pushing me around the basement in a toy car and having to leave for Reserve [duty]; however, none of this was very traumatic for me.... All of this changed four days after Sept. 11, 2001, when my father received a telephone call from his Executive Officer. Our country needed him. Our lives changed in an instant. Now, I have a clear view of how I feel about my Dad’s participation in the Coast Guard Reserve. On Jan. 12, 2003, my father was called to active duty for another year.... Again, I assumed the additional responsibilities in my father’s absence. Still, I was proud that he could serve. My father being away from our family for over one and one-half years definitely played a crucial role on my life.... This experience also gave me a new idea of patriotism. I felt my pride of being an American skyrocket because I realized first hand that freedom is not free, and that the people willing to pay its price truly embody the American spirit. I know how lucky I am to live in this country. I am very proud to be an American.”

BM1 Edmund Parvin

• **BM1 Edmund Parvin**, of *CGC Blackberry*, Caswell Beach, N.C., is enrolled at the University of North Carolina at Wilmington and pursuing a master’s degree in public administration. BM1 Parvin writes: “The Reserve has offered me an opportunity to learn about several new aspects of the Coast Guard I was not exposed to during active duty. The Reserve made this possible by allowing me to choose where I wanted to drill. Working with different units allowed me to learn other aspects of the Coast Guard such as small boat operations, maintaining aids to navigation, and port security.... I also have had the opportunity to work with many new Coast Guard men and women. In both active and reserve service, my Coast Guard co-workers have been a second family to me. Working and training with new people has given me the chance to create many friendships and mentors that I believe will last for a lifetime.... I plan to stay in the Coast Guard Reserve for as many years as I can. It continues to be a positive experience that has increased my skills making me a better employee inside the Coast Guard and has given me knowledge that will make me a better civilian employee after my anticipated graduation.”



In Brief

• **ACTIVE TO RESERVE TRANSITION TEAM (RELAD TEAM)** —

If you know of an active duty member who is considering getting out of the Coast Guard or has just recently separated from active duty, consider suggesting that he or she call the RELAD Team. Team members answer questions about Reserve Program benefits and entitlements, describe Reserve obligations and responsibilities, and assist with the SELRES assignment process. Contacts are: YNCS Jan Crenshaw, 202-267-6811, jcrenshaw@comdt.uscg.mil; YN1 Bobby Hansen, 202-267-1015, bhansen@comdt.uscg.mil or BM2 Paul Simpson, 202-267-0569, psimpson@comdt.uscg.mil

• **COAST GUARD IN ACTION CALENDAR 2005** —

Coast Guard calendars for 2005 are now available. This is the 10th consecutive year that retired reservist CWO4 Tom Fletcher is offering these calendars. They can be ordered by mail for \$12.95 plus \$4.50 shipping and handling



(for more than one calendar, check the S&H on the Web site: www.coastiecalendar.com). Discounts are given for large orders. Make checks payable to Lighthouse Enterprises, P.O. Box 1126, Arvada, CO 80001-1126; E-mail: info@coastiecalendar.com. *The U.S. Coast Guard does not endorse this product; this is published as a service to our readers.*

• **RETIREMENT CERTIFICATES** —

Personnel Services Center Retiree and Annuitant Services Section (PSC RAS) sends out three certificates and one retired lapel pin for each retiring active or reserve member. The three types of certificates are: (1) Retirement Certificate, (2) Presidential Appreciation Certificate, (3) Spouse Appreciation Certificate (if married). PSC(ras) extracts data directly from Direct Access to aid them in the accuracy of the certificates. It is extremely important that CG-4170s are updated promptly after marriage and/or divorce in order to ensure correct information on Spouse Appreciation Certificates. If a member has recently been married or divorced, PSC(ras) recommends that units contact them via the Internet Web Request, www.uscg.mil/hq/psc/retform.htm or by phone at 785-339-3412 (Last Name A-G); 3434 (Last Name H-M) or 3414 (Last Name N-Z). PSC(ras) strives to make sure that certificates are accurate. They do not include certificates for dependents other than the spouse nor do they provide frames or U.S. flags. Frames and U.S. flags should be provided by local units. The Standard Military Family Recognition Certificates are located at: www.uscg.mil/hq/g-s/g-si/g-sii/forms/formindx.htm, the Certificate of Appreciation (for children), is Form Number CG 5673. For info, contact YN2 Kelli Gonzales, PSC(ras) Section, 785-339-3434, e-mail: kgonzales@hrsic.uscg.mil

• **WEEKEND ASSISTANCE FOR RESERVISTS AT PSC** —

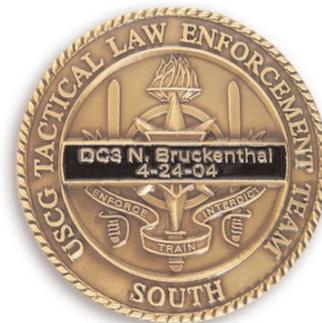
Reservists at PSC are now “answering the call” one weekend a month to assist and answer questions from reservists nationwide! The weekend schedule for FY 2005 is as follows: **Dec. 11-12, Jan. 22-23, Feb. 26-27, March 19-20, April 16-17, May 21-22, June 11-12, July 16-17, Aug. 20-21, Sept. 17-18.** Contact PSC at 1-866-772-8724 or 785-339-2200; E-mail: psccustomercare@hrsic.uscg.mil; Web: www.uscg.mil/hq/psc/

• **TAX SEASON W-2 ADDRESS CHANGES** —

Tax season is almost upon us, so here’s a quick reminder from the Personnel Service Center (PSC). The address (Block 22) on your Leave and Earnings Statement is where your W-2 will be mailed. If incorrect, you have until Nov. 30, 2004 to change it (end of the November LES cycle). Change it through your SPO support staff or change it yourself in Direct Access. If you miss that deadline, you will have to wait until after Feb. 15, 2005 to request a duplicate 2004 W-2. Questions can be directed to PSC’s help line at 1-866-PSC-USCG (772-8724).

• **BRUCKENTHAL MEMORIAL TACLET COIN**

— Mr. David Agata is a longtime guest instructor at TACLET South who owns a small company that makes specialty items for specialized response teams. Mr. Agata has ordered special TACLET South challenge coins to honor fallen Coast Guardsman DC3 Nate Bruckenthal. The coins are \$18 each (plus \$8.25 shipping) with proceeds to the trust fund for Nate’s widow, Patti, and their little baby girl born in October. The “heads side” is the TACLET South crest with a mourning band across the center. The tails side shows an attacking eagle clutching a spear. Behind the eagle is a map of Iraq and a flowing flag. Above the eagle there are five stars, one for each branch of service. On the top edge is inscribed, Operation Iraqi Freedom. The bottom bears the Latin command Hostes Oppugnate — which means “Take the Fight to the Enemy.” For more info, contact Mr. David Agata directly at nsadave449@earthlink.net or direct correspondence to: Mr. David Agata, c/o Mighty Mens Gear, 1031 NW 80 Avenue, Margate, FL 33063. Web site: www.mightymensgear.com Please tell Mr. Agata you serve in the Coast Guard. (USCG does not endorse this product; they are published here as a service to our readers).



• **UPCOMING DEADLINES** — Here are some important deadlines for reservists: CGR Outstanding Junior Officer of the Year Award, Dec. 1, 2004 (ALCOAST 459/04); Selected Reserve Direct Commission (SRDC) applications due at Coast Guard Recruiting Command, April 1, 2005 (selection board convenes May 2, 2005), see ALCGRECRUITING 010/04 for more info. Reserve Officer Candidate Indoctrination (ROCI) convenes on May 7, 2005, and Aug. 13, 2005.

• **FISCAL YEAR 2005** — Oct. 1 marked the beginning of a new Fiscal Year for the Coast Guard and Coast Guard Reserve. Make sure you schedule and then follow through on your 48 drills and 12 active duty day requirements for a satisfactory year toward retirement. However, certain units' members are allowed 60 drills and 15 ADT days including: PSUs, HDCUs, NCWGs, SMTC, SOUTHCOM, NORTHCOM, TRANSCOM, Joint Forces Command, and MSSTs. If you have questions, please direct them to LT Christa Jackson, 202-267-2646, e-mail: cjackson@comdt.uscg.mil

• **TRDP ELIGIBILITY INCLUDES "GRAY AREA" RETIREES** — Eligibility for the TRICARE Retiree Dental Program (TRDP) extends to ALL retirees of the Reserve and Guard and their family members, including "gray area" retired reservists (RET-2) who are entitled to retired pay but will not begin receiving it until age 60. Although eligibility for this group has been in effect since the TRDP first began in 1998, many retired Reserve and Guard members, and even more "gray area" retirees, still do not realize they are eligible. Premiums for the TRDP are regionally based on the primary enrollee's residence ZIP code. Title 10 of the United States Code, Section 1076c mandates that monthly premiums for the TRDP be deducted automatically from retired pay through one of six discretionary allotments. However, "gray area" retired reservists who are younger than age 60 and who enroll in the program are naturally exempt from the mandatory government deduction, so alternative payment arrangements such as direct billing or Electronic File Transfer will be made. Enrollees in the TRDP can choose any licensed dentist within the TRDP service area or can select from a network of over 80,000 dentist locations nationwide. The TRDP service area includes all 50 United States as well as the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Northern Mariana Islands, and Canada. For more information about the TRDP, go to: www.trdp.org or call the contract administrator, Delta Dental of California, at 1-888-838-8737 for a complete TRDP enrollment packet.

Book Review

Surviving Paradise

By Susan L. Rogers & John T. Roosen

Surviving Paradise is a hilarious, action-packed adventure about a family who relocates to the remote, and often primitive tropical island nation of Vanuatu. Along the way, they learn to embrace risk-taking, exploration, and daring in this action-filled caper.

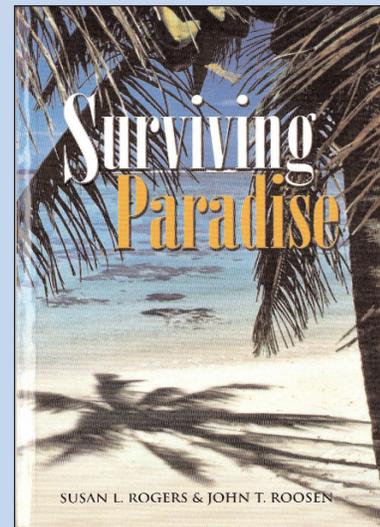
Vanuatu, the string of 84 islands three hours north of New Zealand, is the setting of this year's TV show, *Survivor*. It is a frequent vacation stop for New Zealand travelers, and its pristine beaches and verdant jungles described are right out of a Gauguin painting. But as co-authors and retired Coast Guard Reservists CDR John Roosen and CDR Susan Rogers find out, there are also nests of money laundering, piracy, intrigue and international fraud. Vanuatu is filled with strange contradictions: glamorous resort hotels for the tourists and thatched huts and grass skirts for the natives.

Filled with humor, keen observation and ending with promises of more to come, *Surviving Paradise* is entertaining, descriptive and a fresh tropical breeze of genuine inspiration for the weary reader who wants to get away from it all.

CDR Roosen is a retired Coast Guard commander, a maritime professional and environmental specialist. He immigrated to New Zealand with wife, CDR Susan Rogers, and three children, and survived four years in Vanuatu. CDR Rogers, USCGR(Ret.) has restored a presidential yacht, headed a small arms training team and a regional department. Her previous books include: *One Man's Memories*, *Escape From America* (a prequel to *Surviving Paradise*), and *Visual Management*.

"It is our belief that wherever you travel, you can make a positive difference in the lives of the people you meet," write Roosen and Rogers.

Surviving Paradise is 330 pages (ISBN 0-476-00872-7) and published by OTL 2004-2005, A Division of Hunter, P.O. Box 1184, Nelson, New Zealand, Phone/FAX: 64-3-548-6860; E-mail otl1184@yahoo.com. To send e-mail to CDR Susan Rogers: susan_rogers@hotmail.com



Upcoming Events

NOVEMBER 2004

• **ESGR COAST GUARD RESERVE NASCAR EVENT**

— Saturday, Nov. 20, ESGR will have CG Reserve in the Busch Race at Homestead-Miami Speedway. Race will air on NBC at 1 p.m. For info, see ESGR's Web site at:

www.esgr.org/americascar/ or contact LTJG Greg Peck, 202-267-1250, gpeck@comdt.uscg.mil

DECEMBER 2004

• **PEARL HARBOR DAY WREATHLAYING** —

Tuesday, Dec. 7, 11:45 a.m. at CGC Taney in Baltimore's Inner Harbor. Contact Mr. Paul Cora, 802 S. Caroline Street, Baltimore, MD 21231; Phone: 410-396-3453; E-mail: paul@baltomaritimemuseum.org Web: www.baltomaritimemuseum.org

JANUARY 2005

• **WORLD WAR II 60TH ANNIVERSARY** —

Throughout 2005, the World War II Commemorative Committee will be running events nationwide to commemorate the 60th anniversary of the final year of the war (1945). To view events, check the Web site:

www.60wwii.mil and/or contact LCDR Jack Dunphy, DoD WWII Commemoration Committee, RPN, Suite 5413, 1777 N. Kent St., Arlington, VA 22209, 703-588-8598; e-mail: jack.dunphy@qda.army.mil

• **55th PRESIDENTIAL INAUGURATION** —

Thursday, Jan. 20, 2005! As always, the USCG will be participating in this event in Washington, D.C.

• **USS SERPENS 60TH ANNIVERSARY COMMEMORATION** —

The DC Chapter of the Chief Petty Officers Association is sponsoring the 4th annual wreathlaying at Arlington National Cemetery, Arlington, Va.



Saturday, Jan. 29, 2005, 12 noon, to honor the Coast Guard's worst single disaster during World War II. Contact MCPO Mark Allen, mallen@sgt-inc.com or 202-267-6235.

FEBRUARY 2005

• **ROA MID-WINTER CONFERENCE** — Feb. 13-16, Hilton Hotel and Towers, Washington, D.C. For info, contact ROA, One Constitution Ave., N.E., Washington, D.C. 20002; Phone: 202-479-2200; Web: www.roa.org

• **ROA COAST GUARD RECEPTION** — The ROA Department of D.C. CG Chapter 4 invites all USCG officers (ROA members) to this annual event, Monday, Feb. 14, 2005, 5 p.m. at ROA Headquarters, One Constitution Ave., N.E., Washington, D.C. Attire is CG Service Dress Blue (Bravo) or business suit (coat & tie). Cost: O1-O3, \$20; O4 and above, \$30; O1-O3 couples, \$35; O4 and above couples, \$45. For more information, contact CDR Robert Carmack, USCGR, 502 Leaning Oak Street, Gaithersburg, MD 20878; Phones: 240-505-4600; 301-926-9687; E-mail: rcarmack@ventera.com Checks should be made payable to: ROA DC Chapter 4.

• **COAST GUARD RESERVE BIRTHDAY** —

Saturday, Feb. 19 is the Coast Guard Reserve's 64th birthday. What is your unit planning to commemorate this special event? Read a decade-by-decade history of our Reserve in the 60th anniversary issue of *The Reservist* (February 2001) at: www.uscg.mil/reservist

APRIL 2005

• **COAST GUARD MUTUAL ASSISTANCE** — The 2005 campaign kicks off April 1 and runs through April 30. Reservists will be contacted during the campaign, however, contributions can be made at any time. For info, call 1-800-881-2462; Web: www.cgmahq.org

JULY 2005

• **COAST GUARD FESTIVAL** — July 29-Aug. 7, Grand Haven, Mich. For info, contact: U.S. Coast Guard Festival, 113 N. Second St., Grand Haven, MI 49417; Phone: 1-888-207-2434; Web: www.ghcgfest.org

RESERVE MERCHANDISE*



The Coast Guard Exchange System now has some new CGR items available including the following on this page. To order, contact Coast Guard Exchange System Special Orders, 1-800-242-9157; ask for Kathy.



Key Chain FOB
(Stock No. NKC60)
\$2.00



CGR Ball Cap
(Stock No. BC16-CG)
\$7.99



Window Decal
(Stock No. D53-CG)
\$1.00



CGR Patch
(Stock No. P69CG)
\$2.25

U.S. COAST GUARD



RESERVE

Window Strip, (Stock No. D54-CG)
\$1.00

* USCG does not endorse these products; they are published here as a service to our readers.

Medals

Defense Meritorious Service Medal

CAPT Robert M. Gauvin, ESGR

U.S. Army Commendation Medal

LTJG Dean E. Horton, USCG RAID Team
 CWO4 John Simpson, USCG RAID Team
 PSCM Paul Pomroy, USCG RAID Team
 PSCM C. Lee Haynes, USCG RAID Team
 PSC Ray Spann, USCG RAID Team

Navy/Marine Corp Commendation Medal

LT Ryon Little, PSU 307

U.S. Army Achievement Medal

LTJG Dean E. Horton, USCG RAID Team
 CWO4 John Simpson, USCG RAID Team
 PSCM Paul Pomroy, USCG RAID Team
 PSCM C. Lee Haynes, USCG RAID Team
 PSC Ray Spann, USCG RAID Team

Coast Guard Achievement Medal

BM2 Saul Marcheano, PSU 307
 PS1 Richard Schefano, PSU 307
 MK2 Michael Ransdell, PSU 307

Navy/Marine Corp Achievement Medal

HS2 Shane Denny, PSU 307

Global War on Terror Expeditionary Medal

LTJG Dean E. Horton, USCG RAID Team
 CWO4 John Simpson, USCG RAID Team
 PSCM Paul Pomroy, USCG RAID Team
 PSCM C. Lee Haynes, USCG RAID Team
 PSC Ray Spann, USCG RAID Team

Commandant's Letter of Commendation

MK2 Michael Ransdell, PSU 307 (Sailor of Qtr.)
 BMCM Mack Greer, PSU 307
 PS1 Lester Swafford, PSU 307 (Sailor of Qtr.)



Photo courtesy LTJG Dean Horton, USCG

Members of the USCG Redeployment Assistance and Inspection Detachment (RAID) Team recently received the U.S. Army Commendation Medal, U.S. Army Achievement Medal and Global War on Terror Expeditionary Medal for their deployment to Southwest Asia for Operation Iraqi Freedom. Left to right: PSC Ray Spann, PSCM C. Lee Haynes, CWO4 John Simpson, PSCM Paul Pomroy, and LTJG Dean Horton.

Bravo Zulu



Photo courtesy CAPT Dale Rausch, USCGR

LT Cecilio Gonzales, left, U.S. Sea Cadets Marianas Division, presents outstanding service citations to CAPT Dale Rausch, Commander of Marianas Section (MARSEC), center, and LCDR Terry Johns, commanding officer of the CGC Galveston Island. During the past year, MARSEC provided hands-on training opportunities to cadets, including underway training on the CGC Galveston Island.



Photo courtesy Don Smith

Cadet First Class Sgt. Alexander Hoenigmann, second from left, was recently presented the Junior Reserve Officer Training Corps (JROTC) Reserve Officers Association Leadership Award. The award was presented by LCDR Rafael A. Ortiz, USCGR, second from right, the ROA Department of California's President. Hoenigmann is a junior at the Army/Navy Academy in Carlsbad, Calif. Also pictured are Maj. Mike Basista, Sr., JROTC instructor, left, and Mr. Neil Nydegger, Chairman of the ANA Board of Trustees.

- **Petty Officer Anthony Guagnini** has been selected as the Probation/Parole Officer of the year for 2004. He was recognized by the Southern States Correctional Association during July in Louisville, Ky.

- **OS2 Yanira Tirado**, a reservist on Title 10 at Group Mayport, Fla., was recently named Sailor of the Quarter. Tirado serves as a Communication Center Watchstander at Mayport and was an integral part of the communications for the G8 Summit.

- Three reservists at Headquarters were recently authorized to wear the Malta AFM "Protector" Cutter Programme Commendation Ribbon. The three are **LT William Margulies, Jr., LT Ross Galow,** and **MCPO James Davidson**. Foreign awards take precedence immediately after all U.S. Service personal awards, and are worn in the order earned.

- **SK2 Patricia Johnson** of MSO Charleston, S.C. has been awarded The American Legion's Spirit of Service Award in recognition of her numerous volunteer efforts. Johnson was presented with the award at The American Legion's national convention in Nashville, Tenn. Aug. 31. Her volunteer efforts include work with Little League Baseball Challenger division for children with disabilities, Toys for Tots, and the Partnership in Education Program.

- Coast Guard Reservist **CWO Michael Brzezicki** has been recognized with an Award for Excellence for his exceptional effort in support of the TRICARE Dental Program for Uniformed Services retirees and their family members. Brzezicki is stationed at Keesler Air Force Base.



CAPT Vivian J. Reese-Harned

- **CAPT Vivian J. Reese-Harned, USCGR(Ret.),** of Marco Island, Fla., became the first woman in the 82-year history of the Reserve Officers Association (ROA) to receive the Admiral Alexander Jackson Career Service Award from the ROA Naval Services Section. The award, given to a military Reserve officer for a lifetime of service, was presented during ROA's 78th National Convention in Salt Lake City. Reese-Harned is only the second Coast Guard officer to earn this award. She served 33 years in the Coast Guard Reserve, retiring in 1978.

- **Marvin Perrett** and **Jack Campbell** were awarded the Knight of the Legion Honor by France at D-Day 60th anniversary ceremonies in June. This most prestigious award given by France was instituted by Napoleon in 1802. The order is conferred upon men and women, either French or foreign, for outstanding achievement in military or civil life. Perrett and Campbell both were in the Coast Guard during World War II and served at Normandy on D-Day.

- **Congratulations to YNCS Ann Tubbs** who graduated from the U.S. Navy Senior Enlisted Academy in Newport, R.I. Sept. 30. She was the only Coast Guard member out of a class of 65 Navy, Air Force and Army senior enlisted personnel.



Brig. Gen. Willie J. Williams, left, presents SCPO Ann Tubbs with her graduation certificate from the Navy Senior Enlisted Academy Sept. 30.

Retirements

RET-1 (Retired With Pay)

SEPTEMBER 2004

CWO4 Patrick M. McKeehan, D13

OCTOBER 2004

CAPT Robert P. O'Connor, D1
CDR Don D. Anderson, PACAREA
CDR Lawrence R. Hagen, D8
LCDR Robert J. Fleming, D1
LCDR Thomson Pray, D13
FSCM Bobby C. Powell, D5
OSCM Lon M. Wilson, D14
PSCM Robert A. Schultz, TC Yorktown
PSCS James C. Bourquin, D8
PSCS Robert K. Fife, PACAREA
BMC Ronald G. Chapman, D1
EMC Norman B. Tyndall, D9
MSTC Joh C. Lovgren, D11
OSC Philip S. Dang, D14
YNC Peter W. Andrew, D1
YNC Edith S. Brown, HQ
YNC Joan D. Kelly, D1

YNC Neil Marcazzo, D11
BM1 Harold J. Pierce, D13
BM1 Andrew Rask, D11
MK1 Edelberto R. Roca, D8
MST1 Raymond A. Williams, D8
SK1 Joyce L. Perrigo, PSC
PS1 Jimmy L. Reamy, D5
BM2 Andrew S. Kovich, D8
HS2 Seth J. Krebs, D7
MK2 John G. Whiteside, D5
OS2 James E. Hannon, D1
PS2 James R. Murray, D9
PS2 Dean C. Royer, D1

RET-2 (Retired Awaiting Pay)

JULY 2003

GMCM Bruce A. Klausung, TRACEN
Cape May

OCTOBER 2004

CDR Robert E. Crane, HQ
LT James D. Goett, PACAREA

CWO4 John M. Shea, PACAREA
CWO3 Timothy A. McGinnis, D5
YNCM Sandra H. Villegas, CGPC
MSTCS Bruce D. Scott, D13
BMC David J. McIntyre, D1
BMC Daniel W. Sanders, TC Yorktown
OSC Victoria R. Bryers-Carney, LANT
ET1 Dwight B. Burrige, D5
ET1 Timothy R. Costner, D13
ET1 Paul C. Enfield, MLCPCAC
ET1 Eugene K. Mothershead, MLCPCAC
FS1 Howard E. Cross, D1
MK1 George W. Clauer, D1
MK1 Fred L. Stipkovits, D8
MST1 Blaine R. Shelton, D9
PS1 Reginald D. Fields, D8
MST2 Oscar L. Gilbert, D5
PS2 James R. Murray, PSC
SK2 Glenn L. Hodge, Gulf Strike Team
BM3 Christopher M. Aicega, D11
SK3 Maureen S. Ota-McClure, D14

Source: YN2 Kelli Gonzales & Lynn Couch, Personnel Service Center (ras)

Taps

• **CAPT M. John Schweitzer, USCGR(Ret.)**, 61, Sept. 16, 2004 in Portland, Ore. He was commissioned from OCS in 1966 and spent three years active duty at Station Portland. He continued Reserve duty from 1969-1989 in Oregon, including service commanding reserve marine safety units and group commander of reserve coastal units. He worked for 25 years for the Multnomah County Sheriff's Office in Portland, retiring in 1994 as Chief Deputy. He did volunteer work as a history guide at the End of the Oregon Trail Interpretive Center and as an emergency room attendant at Providence Milwaukie Hospital. He is survived by his wife, Barbara; daughters, Christy and Casey; granddaughters, Alison and Natalie; mother Mary Schweitzer. Interment Willamette National Cemetery in Portland Sept. 21 with honors rendered by a Coast Guard Honor Guard from MSO Portland. Taps was played and his wife was presented the American flag. Several of his shipmates attended as well as many from the Multnomah County Sheriff's Office.

• **CDR Edward O. Koch, USCGR(Ret.)**, Oct. 14, 2004. Interment Flushing Cemetery, Queens, N.Y.

• **CDR John J. Mahlmann, USCGR(Ret.)**, Sept. 27, 2004, in Louisville, Ky. Survived by his wife, Catherine Mahlmann. Interment Louisville, Ky.

• **CDR Dennis M. Pittman, USCGR(Ret.)**, Sept. 13, 2004, in Oceanside, Calif. Survived by his wife, Linda Pittman.

• **LCDR Leonard J. Sims, USCGR(Ret.)**, Oct. 1, 2004, in Redondo Beach, Calif. Survived by his wife, Barbara Sims.

• **CWO3 Bruce H. McCall, USCGR**, Sept. 26, 2004, in Mobile, Ala. A memorial service was held Oct. 1, 2004 at Christ United Methodist Church, Mobile, followed by a private burial at sea ceremony. In lieu of flowers, the family has asked that donations be made to the American Heart Association or the American Cancer Society.

• **DCCS Ronald A. Wilkins, USCGR(Ret.)**, Sept. 26, 2004, Saginaw, Mich. Survived by his wife, Becky Wilkins.

• **FICS Gustave Valdovinos, USCGR(Ret.)**, Sept. 25, 2004, in Greenfield, Wis. Survived by his wife, Bernadine.

• **OSC Lawrence W. Dill, USCGR**, serving on Active Duty (Title 10), Sept. 25, 2004. Survived by his wife, Diane.



A Duty to Obey — A Duty to Speak Up

“In Germany, first they came for the Communists, but I didn’t speak up because I wasn’t a Communist. Then they came for the Jews, but I didn’t speak up because I wasn’t a Jew. Then they came for the Trade Unionists, but I didn’t speak up because I wasn’t a Trade Unionist. Then they came for the Catholics but I didn’t speak up because I was a Protestant. Then they came for me and by that time there was no one left to speak up.”

This quote is attributed to the Rev. Martin Niemoller (1892-1984) and though there is some dispute as to whether he actually said it and in exactly what form, it is very likely that it does capture his beliefs. Niemoller was a U-boat captain in World War I who later became a Protestant minister in Germany. He also became a staunch Pacifist and was very vocal in his opposition to Hitler. This cost him over seven years in concentration camps (Sachsenhausen and Dachau), but unlike literally millions of others, he did survive.

So why is this important to us? By the time this goes to print, the election of 2004 will have (hopefully) been completed. By most accounts this political season will have been one of the most contentious in U.S. history. Although from what I understand, some of the mud slinging that occurred in the early days of our nation was major league (had to get a baseball plug in somehow since the World Series is getting ready to start) compared to what has been going on this time around. But the point is: when do you speak up for what is right or wrong? And then do you have the courage of your convictions and the willingness to accept the consequences of your speech or actions.

“The fact remains, we all swore an oath to protect and defend the Constitution and to obey the orders of our superiors. Swearing that oath does not require us to suspend our personal beliefs and convictions or to give up the right to speak out, when appropriate.”

It was often said during the Cold War years the Soviet people did not have the right of free speech. In reality they did, it was even in their constitution. Of course that wasn’t the reality of what would happen to someone who decided to exercise that right, especially if they were critical of the system. But when was the last time someone got arrested for merely exercising that right here? Sure, people get arrested for things like civil disobedience, trespassing, interfering with traffic etc., but I can’t recall any time when someone was actually arrested just for what they had to say although where and how they say it might get them arrested for some of the violations mentioned above.

There is a lot of controversy over when and how our military personnel get used and to a degree, even dissension in the ranks, including disobedience of orders, failure to report etc. The fact remains, we all swore an oath to protect and defend the Constitution and to obey the orders of our superiors. Swearing that oath does not require us to suspend our personal beliefs and convictions or to give up the right to speak out, when appropriate. The question is, do you have the strength in your convictions to speak up if necessary? If we as a military and as a country have learned nothing else from things such as Abu Ghraib, it certainly should be that as individuals we have the right and the duty to do the right thing. If the right person at the right time had said “enough,” most of us would probably never have even heard of Abu Ghraib. Or, does anyone believe that we would ever have heard of Lt. Calley and My Lai if someone had said “No sir, I will not do that because it is flat wrong.”

We have a duty to obey the lawful orders of our superiors but we also have a duty to ensure that we are doing the right thing. Would you obey a patently illegal or unlawful order? That becomes the crux of the issue — will you be able to speak up when and if the circumstances warrant it, or will you wait until it is too late and there is no one left to listen?



**By MCPO Gary Sherrill, USCGR
PS Force Manager
gsherrill@comdt.uscg.mil**



GITMO, Cuba (April 20, 2004) — Coxswain BM2 David Krikrian, engineer MK3 Thomas Davis, and boat crewman BM3 John Mitchell from MSST 91110 patrol the waters of Guantanamo Bay, Cuba, as part of 24-hour waterside security operation for Joint Task Force Guantanamo. USCG photo by PA3 Donnie Brzuska

Commanding Officer (mas)
Personnel Service Center
444 SE Quincy Street
Topeka, KS 66683-3591

OFFICIAL BUSINESS
Penalty for Private Use \$300

PRSTD STD
Postage and Fees Paid
United States Coast Guard
Permit Number G-157