

DAUNTLESS

D I G E S T

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DEAR DAUNTLESS FRIENDS AND FAMILY

Greetings once again for the next edition of the DAUNTLESS newsletter. There have been some rather dramatic changes since you read the last newsletter.

Clearly the biggest news: Carey Vorholt has elected to step down as co-ombudsman in order to spend more time with family and on academics as she is wrapping up her master's thesis. I know I speak for all of us in thanking Carey for all her hard work and sacrifice in making our lives better and easier. While this is a big change, I believe our family support network is intact and fully functioning at optimum levels as Natalie Lyons assumes the full reins (or as we say on the ship, Natalie has the deck and the conn) as ombudsman.

Next big thing: hurricane season begins 1 June. One of the most overlooked challenges that cutter families face is the prospect of evacuating for a land bound hurricane while the ship and crew are either already underway or are required to sortie from port ahead of the storm. Our hurricane plan is getting its annual grooming and we'll need to test our recall list and ability to maintain accountability on

100% of our families for a hurricane. ENS Tommy Adams is DAUNTLESS' hurricane officer. He should have primary, secondary and third party (a friend or relative who may know where you are or how to contact you if a storm hits) phone numbers and email addresses. If anyone has numbers that have changed, please pass them to me at james.e.andrews@uscg.mil and I'll make sure the



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SPF IS GOOD

Summer is pretty much here living in Texas and we need to take extra precaution as the sun's rays get hotter. Here are some helpful tips to maximize your skin and keep healthy:

- Budget brands are just as effective as expensive ones
- Apply correctly
- Use it every day
- Re-apply often
- Take time out in the shade
- Cover up
- Use "broad spectrum" sunscreens
- Overcast does not mean do not apply sunscreen
- Children & Babies need extra protection

Have fun and protect that skin!

USCGC DAUNTLESS / SECTOR 8



Welcome Back Dauntless

The [Coast Guard Cutter Dauntless](#), a 210-foot medium endurance cutter homeported in Galveston, Texas, returned from a late winter patrol on

Wednesday, April 7, 2010. I had the opportunity to sit down with Cmdr. James Andrews, commanding officer of the Dauntless, to discuss the recent patrol, seasickness and the ever-so-famous task of “chasing rust.”

Dauntless and her crew departed [Galveston](#) for patrol late February 2010. Andrews noted that rough seas greeted the crew almost immediately.

“Good or bad, as soon as we threw off the lines we ran into bad weather. We left [Key West](#), Fla., with a weather front, and coming out of Mayport, Fla., we hit a little weather,” said Andrews.

[Seasickness](#), Andrews explained can hit anyone at any given time. Once that first wave of nausea hits, some crew members assume that not drinking or limiting food consumption will help in overcoming that horrible feeling.

“People will stop drinking fluids, especially water. When you stop drinking you get an acid build up and then you start breathing incorrectly,” said Andrews. He suggests eating crackers, drinking plenty of water and keeping busy to ward off the sickness.

Once the crew got past the rough seas at the beginning of the February patrol, it was on to a training assessment.

The assessment involves intensive readiness evaluations. The Dauntless crew faced a unique challenge in this year’s assessment: more than half of the crew was new to the boat. “They did great. We had a new crew and some brand new sailors. It was a great success,” said Andrews.

Following the assessment, Dauntless and crew set sail to fulfill numerous Coast Guard missions on request. The February patrol had the cutter sailing with 78 crew members, but Andrews said the Dauntless can sail with anywhere from 74 to 80 crew members.

Now that the Dauntless is in port, the crew has the task of “chasing rust” as Andrews affectionately calls the task. “When we are in port we fix everything that breaks while we are out on patrol. Right now we are chasing rust. It is something we do while we are underway and while we are in port. It is something we do while we have nothing to do. It keeps us busy. You never have a day off, because rust never takes a day off,” said Andrews.

Whether the crew of the Dauntless is in port or underway, Andrews takes great pride in the boat the crew onboard. “I am so fortunate. Right now I have 78 incredible sailors. They think bigger than what they are. They think beyond themselves and I can’t ask for anything better,” said Andrews.



FAMILY & EVENTS



ANNIVERSARIES:

May 11 - Skip & Kat Haberlack

May 30 - Trevor & Chelsea Van Der Shaaf

June 2 - Joe & Angela Smith

June 20 - Keith & Jordan Wofford



BIRTHDAYS

May 21 - Keith Wofford

June 5 - Jimmy Andrews

June 16 - Chelsea Van Der Shaaf

June 24 - Skipper Haberlack

MEET THE FIKE FAMILY

Who are we? We are: Rodger, Amanda and 3 year old Bella Fike. (from Alabama)

Rodger and I met as a "blind date" when I was 14 and he was 16. Rodger then was a lifeguard and swim class instructor. He has always loved the water!

We had dated on and off throughout our teenage years. After I graduated high school, I moved 4 hours away from home to be with him in Mobile, AL. While there we married and had our sweet "Bella

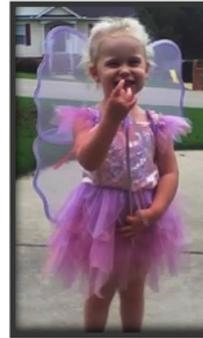
Bug." (whom is a hard core Daddy's girl!)

Rodger has been in the CG for 8 years and I am currently in college aspiring to be a Diagnostic Medical Sonographer. Bella

attends school at Kid City and LOVES it! She is also a cheerleader and soon to become a ballerina. We enjoy spending time together as a family. We agree that there is nothing better

than having our little family to come home to each day.

Curious to see where CG takes us after TX! My home is wherever he is. :)



The Fikes

FUN AREA ACTIVITIES

May

Friday 14th	Houston Symphony's Forces of Nature
Friday 14th - Sunday 16th	Pasadena Strawberry Festival
Saturday 15th	Pre - Deployment Party
Sat. Friday 12th - Sat. July 3rd	Texas Music Festival

June

Tuesday 8th	Imogen Heap in Concert
June 30th - July 25	Wicked (Broadway Play)

STRENGTH



Cool Healthy Summer Drink!

Easy Raspberry Lemonade

- 1 (12 fluid ounce) can frozen raspberry lemonade concentrate
- 3 cups water
- 3/4 teaspoon lime juice
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 cup crushed ice
- 1 cup fresh raspberries, garnish
- 18 Mint leaves, for garnish (optional)

Directions:

In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry and a mint leaf.



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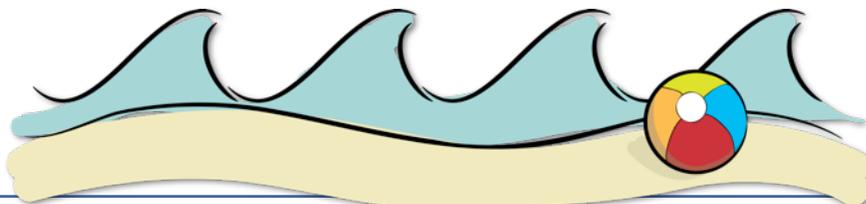
roster gets corrected. You also may know that the "official" evacuation point is Lackland Air Force Base in San Antonio. While you may elect to evacuate somewhere else, it is still necessary that you check in or maintain contact with our POC so that you can get up-to-date information on the lifting of the evacuation order, etc. Also, for mandatory evacuations where the Coast Guard will reimburse you for travel and lodging, you will only be reimbursed for the mileage to San Antonio and back. If you elect to evacuate to New Orleans, for example, you may be responsible for covering costs above those for the travel to/from San Antonio. If anyone has specific questions on hurricane preparations, etc, please contact ENS Adams at thomas.m.adams@uscg.mil or me and we'll get your questions answered.

Also looming on the horizon is DAUNTLESS' next patrol. We are again heading down south to find and stop whatever drug smugglers we come across. You may have seen a recent article about the War on Drugs carried on the AP wire, with advocates and naysayers taking their positions on both sides of the debate.

Regardless of where you personally stand on the issue of legalizing drugs, I believe our counter-drug mission is valuable to the nation, morally right and worth doing. Anyone who has kids or is contemplating having kids should be able to see the value of DAUNTLESS keeping drugs from crossing our borders. While like you, I'm not eager for the family separation, I am excited to see if we can continue building on our successes from last patrol as we take our place back on the line.

Congratulations to the Negrón's on the birth of their son, the Longs on the birth of their daughter, good luck to the Lyons as they draw closer to their daughter's delivery date, and congratulations to the Montero's, who get married this month. Thanks as well to Kat Haberlack for putting her artistic flair to work in creating the great looking newsletter you are reading. I really appreciate all the help and support everyone chipped in to help Matt and Shannon Gonzales following his motorcycle accident. Looking forward to seeing everyone at the picnic this weekend, keep your spirits up and thanks for your leadership, cooperation and friendship.

Very respectfully,
Jim
CDR James E. Andrews
CO DAUNTLESS



SAFETY

PREPARATION IS KEY

"Preventing the loss of life and minimizing the damage to property from hurricanes are responsibilities that are shared by all."

If you are asked to evacuate, you should do so without delay.

But unless you live in a coastal or low-lying area, an area that floods frequently, or in manufactured housing, it is unlikely that emergency managers will ask you to evacuate. That means that it is important for you and your family to **HAVE A PLAN** that makes you as safe as possible in your home.

Disaster prevention includes modifying your home to strengthen it against storms so that you can be as safe as possible. It also includes having the supplies on hand to weather the storm. You should use common sense in your disaster prevention.

Develop a Family Plan?

Your family's plan should be based on your vulnerability to the Hurricane Hazards. You should keep a written plan and share your plan with other friends or family. Here are some tips:

- Discuss the type of hazards that could affect your family. Know your home's vulnerability to storm surge, flooding and wind.
- Locate a safe room or the safest areas in your home for each hurricane hazard. In certain circumstances the safest areas may not be your home but within your community.
- Determine escape routes from your home and places to meet. These should be measured in tens of miles rather than hundreds of miles.
- Have an out-of-state friend as a family contact, so all your family members have a single point of contact.
- Make a plan now for what to do with your pets if you need to evacuate.
- Post emergency telephone numbers by your phones and make sure your children know how and when to call 911.
- Check your insurance coverage - flood damage is not usually covered by homeowners insurance.
 - Stock non-perishable emergency supplies and a [Disaster Supply Kit](#).
 - Use a [NOAA weather radio](#). Remember to replace its battery every 6 months, as you do with your smoke detectors.
- Take First Aid, CPR and disaster preparedness classes.

is to protect the areas where wind can enter. According to recent wind technology research, it's important to strengthen the exterior of your house so wind and debris do not tear large openings in it. You can do this by protecting and reinforcing these five critical areas: **ROOF, STRAPS, SHUTTERS, DOORS, GARAGE DOORS.**

NEWS FROM THE HURRICANE COORDINATOR FOR THE USCGC DAUNTLESS:

by Tommy Adams

The Hurricane Plan has been reviewed and there have been no amendments from last year. We are fast approaching hurricane season, June 1 through November 30, so preparation is paramount. Every family should develop an individualized plan of whom and what they plan to take in an emergency and where they will go.

CG Personnel are required to evacuate to Lackland Air Force Base in San Antonio but their dependants can choose alternate safe havens. DAUNTLESS recently confirmed all personnel and dependent contact information so if anything changes while on patrol let the ship know for accountability purposes.

ADVERTISEMENTS



Secure My Home?

The most important precaution you can take to reduce damage to your home and property