

THE DAUNTLESS DIGEST

Cookies, candy and cheer

December Homecoming Preparations



Spouses, significant others and family members of DAUNTLESS showed tremendous support for the December homecoming with an overwhelming supply of baked goods, candies, small toys and lots of cheer. What

began as a small goodie bag idea soon turned into a large holiday stocking result. Assembly took place the night before the boat arrived and the following day, each crew member was welcomed home with a stuffed stocking surprise.

UPCOMING EVENTS

February

13 Yachty Gras
Kemah Boardwalk
7:00 PM Boat Parade

20 Puppet Show
Discovery Green in
Houston

March

10 Rascal Flatts Concert
Houston Rodeo
5:00 PM

27 DAUNTLESS Dietetics
Valerie Andrews' home
2:00 - 5:00 PM

FREE Legal Services Available

LT Tiffany Hansen, USCGR, is Sector Houston-Galveston's new reserve attorney. One of her missions is to provide legal assistance services to you. She can help with a variety of issues. For more info on what she can & can't do, see Commandant Instruction 5801.4E. Commonly requested legal assistance services include: estate planning documents (wills, powers of attorney-- see the attachments), landlord-tenant issues (need security deposit back, etc.), notary services, family law guidance (divorce, adoption, and guardianships), consumer law issues (predatory lending, etc.)

She will be drilling once a month in Houston, but will check her uscg.mil email account regularly. If you would like estate planning documents, send her an email with your best contact number. She recommends that you have a will if you have a child or own property. Note that spouses of active duty members are allowed to receive estate planning documents too. To give you a sense of the time obtaining estate planning documents will take... she must do one or two phone consults with you and an in-person execution session with 2 witnesses.

You can contact LT Hansen anytime at tiffany.a.hansen@uscg.mil

Five Phases of Deployment by Carey Vorholt

Any deployment, regardless of the time length, can be challenging. I've read surviving a deployment is similar to giving birth. Like expectant mothers looking forward to the birth day, we have anticipation of the departure with emotions running high. Early in my husband's career, anger was my favorite. I'd find some inconsequential reason to pick a fight, so his leaving wouldn't hurt as much. With experience, I've found happiness with a little side of pride brings the best departure.

After the boat sails into the horizon, those of us left behind generally follow 5 phases. The first is the "OMG! He's Gone"

phase where we feel depressed, want to stay in bed, feel like no one understands what we're going through. The second is the "Conquer" phase where our attitude shifts to one of positive time fillers. My life becomes a bit extreme with 5 busy children who will find themselves with schedules that would scare a CEO. Strangers and friends alike constantly comment, "I don't know how you do it" while I subconsciously check off another day in my head. The "I'm Done" phase is number 3 and, no doubt, is explanatory. We've all said it, felt it, lived it. Thankfully, phase 4, "I Can Do This", isn't far behind. It almost

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The December 2009 homecoming for DAUNTLESS was attended by family, friends, CG personnel and members of the community.



Flight operations with Air Station Houston

Valentine's Day History from Natalie Lyons

Historians trace the origin of Valentine's Day to the ancient Roman Empire. It is said that in the Rome of ancient times people observed a holiday on February 14th to honor Juno - the Queen of Roman Gods and Goddesses. The Romans also regarded Juno as the Goddess of Women and Marriage. On the following day, February 15th began the fertility festival called 'Feast of Lupercalia'. A custom of the Feast of Lupercalia to bring together young boys and girls who otherwise were strictly separated. On the eve of the festival names of young Roman girls were written on a slip of paper and placed into jars. Each young man drew out a girl's name from the jar and was paired with the girl for the duration of

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CO's Message

Greetings again friends, family and shipmates of CGC DAUNTLESS,

By the time you are reading this, our inport period will be nearing an end and the ship and men will be prepping to head back out to sea. There has been an enormous amount of work going on in and around the ship and pier, and the transformation in both ship and crew has been incredible. The crew has been working continued long hours to prepare for our upcoming operations, which include two major readiness assessments: Boat Standardization (or STAN) in which our entire small boat management, training and safety program will be inspected with a fine-toothed comb; and Tailored Ship Training Availability (or TSTA) in which our shipboard training, navigation, combat and damage control programs will be tested and assessed. No ship's CO takes these inspections lightly, and they usually dominate the minds and attentions of every crewmember as a ship draws closer to them. However, just a few short weeks ago, the natural disaster that afflicted the nation of Haiti put all our work into stark perspective. Whereas we may have cause for complaint about leaving our families behind, we know we will see them again in a few short months. When we complain about cramped quarters on the ship, we know the end of the patrol will bring us back home. When we may not like what's on the menu that day, we know tomorrow's meal may be more to our liking. In short, our lives are buoyed by hope. For the people of Haiti, their lives, for those lucky enough to still have them, are not graced by an abundance of hope at this point. I hope you will keep them in your thoughts, along with us as we complete our training and head out on tasking that I can only imagine entails



assisting with the security and stability of the Haitian nation.

As I do every time I write for the Ombudsman newsletter, I thank you all for your continued support, amity and cohesiveness. This is also a good opportunity for me to acknowledge the service of some of our men who have orders to other Coast Guard units: such as BMCS Greg Klynman, who is heading to Alaska, as XO of a buoy tender, LTjg Christian George, who just left for OPS on a 110' patrol boat in the Arabian Gulf, OS2 Joseph Negron who is heading to Mobile, FS2 Eric Smith, heading right across the pier to CGC HATCHETT, BM2 Scrivner, who is heading to a small boat station in the Pacific Northwest, and HS1 Long, who is heading to Portsmouth, VA. We are still waiting on news about orders on a few more folks, and when we hear, I'll let you know. In the next newsletter, we should have a good idea on some of the incoming folks - I'll share that info with you as well.

Thank you again for all your stalwart support, strength and independence. And Happy St. Valentine's Day, Mardi Gras, and Easter.

Very respectfully,
CDR Jim Andrews
CO CGC DAUNTLESS

Deployment Phases (Continued)

feels as though someone flipped a switch in my brain. Where yesterday I'd given up, today I'm filled with energy and ready to being the last phase. I find myself making long to-do lists that include finally taking the 3 months of recyclables to the center so there's actually room to walk in the garage. (OK, so maybe I didn't do that this last patrol, but I thought about doing it.) It's also time to make sure my husband's truck will start (I'm horrible about driving it when he's gone), clean the house, plan the homecoming dinner, make plans to hide a pet or two (last patrol there were 2 new kittens to welcome him home). Finally, phase 5 begins! "Welcome Home" is filled with excitement and anticipation, but this time it's a happy anticipation. As soon as I hug him, I feel the 3 months of tension build-up relax. He's home!

He's home and that's all that matters. Like pregnancy, once the baby is born, you forget the details of how you reached this point. You forget those days of despair and hopelessness and remember how you both became stronger as people and in your marriage, so when the next deployment arrives, you approach it with anticipation knowing you've made it through before and you can do it again.

DAUNTLESS FAMILIES

David (OS1) and Brenda Candelaria



We've been married for eight years and have a one-year-old son named David. During the past nine years with the Coast Guard we have lived in Massachusetts & New York. Relocating to Texas has been a nice change for us. The warmer weather (not including the sweltering summers) & meeting so many friendly people has made us feel at home. We enjoy eating out, Yankee games, going to the movies & traveling. Brenda is currently on a long-term maternity leave from her job as a reading specialist.

Rick (DC2) and Selina Garza

Hi! We are the Garza Family; Rick, Selina, Claudia(9) and, Sofia(5). My husband was assigned to the Dauntless this

past summer. We chose this area because we are originally from Texas and have all of our family in this state. We just moved into our new home and trying to get settle as we have been in a state of flux for the past 6 months! We are currently living in Pearland so that the kids and I can have family support when Rick is deployed. I work full time as an SLP-A with BACH ECI and really enjoy my work! Claudia is in the 3rd grade and Sofia is in preschool. They are both in gymnastics currently and Claudia is looking forward to getting back into dance and Girl Scouting. They both enjoy being "home" so they can spend time with grandparents and cousins and tend to their cows out at the ranch. As a family we enjoy going to the movies, theme parks, any type of water activities and, vacationing!

Valentine's History (Continued)

Lupercalia. Sometime pairing lasted for a year until next year's celebration. Quite often, the couple would fall in love with each other and later marry.

The pairing of young boys and girls did set the mood of the Valentine's Day Festival as we know today. The story goes that during the reign of Emperor Claudius II Rome was involved in several bloody and unpopular campaigns. Claudius found it tough to get soldiers and felt the reason was men did not join army because they did not wish to leave their wives and families. As a result Claudius cancelled all marriages and engagements in Rome. A romantic at heart priest of Rome, Valentine defied Claudius's unjustified order. Along with Saint Marius, St Valentine secretly married couples. When his defiance was discovered, Valentine was brutally beaten and put to death on February 14, about 270 AD. After his death Valentine was named a Saint.

By the Middle Ages, Valentine assumed the image of heroic and romantic figure amongst the masses in England and France. Later, when Christianity spread through Rome, the priests moved Lupercalia from February 15 to February 14. Around 498 AD, Pope Gelasius declared February 14 as St. Valentine's Day to honor the martyr Valentinus and to end the pagan celebration. Valentine's Day festival gradually grew in popularity and to mark the day lovers began to exchange love notes called 'Valentines' with their sweethearts. In the beginning the trend was to send handmade cards but this was changed in the beginning of 19th century and mass-produced greeting cards caught became available. In the course of time, Valentine's day came to be regarded as the festival that celebrates love and not just romantic love. Today, Valentine's Day cards are gifted to teachers, parents, friends, siblings and sweethearts. Popularity of Valentine's Day has spread in countries across the seven continents and is still increasing by the year.

SOURCE: www.stvalentinesday.org



Extreme Home Makeover by Jessica Scott

On Thursday, January 14, 2010 my husband and I had the opportunity to volunteer for Extreme Makeover Home Edition for the Beach family in Kemah, TX. This large, well deserving family has fostered countless children, adopted many kids with special needs, and suffered severe damage to their home after Hurricane Ike causing them to live in a trailer in their backyard. My husband and I were able to work with a couple of the designers and some of my coworkers from ECI (Early Childhood Intervention) LAUNCH to help set up the therapy room in the house. We had a blast setting up the kids' ball pit, putting together bikes and standers, and cleaning and organizing lots of toys and play equipment in their "Beach

Boardwalk" themed therapy room decorated with beautiful murals and even a fancy, spinning ferris wheel on the walls. It was so exciting to be a part of "MOVE THAT BUS" and watch the family's emotional reaction at the first sight of their new Beach House, themed after their name. It was also very exciting to be standing right beside the driveway for a front row view to the family, Jessica Alba, and all those famous Extreme Makeover stars like Ty Pennington, Michael Moloney, Paul DiMeo and Tracy Hutson. Despite the rain, cold, mud, and frozen feet it was a wonderful and rewarding experience to help bless this special and deserving family. The show is scheduled to air in early March on ABC so stay tuned!



Jessica and Anthony Scott in front of the Beach home

Online counseling services can be found at <https://www.triapsouth.com/skins/triap/home.aspx?mode=user>

TRIAP: Web-based TRICARE Assistance Program

Did you know.....?

- Ellington and Galveston clinics have received a number of H1N1 vaccinations earmarked our dependants. If you wish to take advantage of this opportunity follow the below instructions:
AIRSTATION (ELLINGTON CLINIC)
 (1) Call the clinic at 281-929-2421 or 281-929-2464 on the Monday, Tuesday, Thursday, or Friday your family wishes to receive the vaccine to insure adequate supply and staffing. Inform the clinic of the number of inoculations required. (2) Inoculations will be given between 1400-1500 hours on Monday, Tuesday, Thursday, or Friday. Please be on-time during this timeframe.
GALVESTON CLINIC
 Contact the clinic at 409-632-6754 for their inoculation shedule. As of right now, the vaccines will be given on a first come (call), first serve basis.
- Coast Guard Mutual Assistance Supplemental Education Grants covers up to \$250 of certain education expenses for dependents. See [SHELBY DILL](http://www.shelbydill.com) 409-632-6727 for more information.

In partnership with the charity Soles4Souls, <http://www.soles4souls.org/>, the Galveston Chapter of the CPOA assisted with a collection of second-hand shoes for the victims of the recent earthquake in Haiti. The crew and families of DAUNTLESS donated 32 pairs of shoes.

FREE Chiropractic care at Moody Health Clinic in Pasadena

Call 281-487-1170 for more information