

The Guardian

Ombudsman Corner

Greetings everyone! First, I would like to take the opportunity to thank the unit for the appreciation award that was given to me on March 28th. It is a wonderful feeling to know that you are a much-needed person. With that much said, as of January 24th I am now fully trained to do the job that I signed up to do. Many of you may not know that I am a volunteer who works as a liaison between the Command and unit families. I work directly for the Commanding Officer, serving as a link between him and the families' concerns and situations. I also serve as a point of contact for them. Any problems, questions or concerns within the family, I am the one to be contacted.

It is my job to direct the Command families to the many resources that are available and dedicated specifically to the military families. Childcare, medical and dental benefits, special needs, relocation, education, employment, scholarships, and counseling are a few resources to name. There are also many others. On any of the resources, if I do not have the answer or information you are looking for, I will do my best to find it for you.

To ease your mind, with any situation the family may have, I will respect your privacy. I will not and cannot pass your information along without you allowing me to do so. It would then be only on a need to know basis. *Confidentiality* is the key. However, there are

some major issues I do have to report to the Commanding Officer only; I am required to report them in full. So again anything reported to me, or a situation occurs, it will remain with me unless otherwise specified.

Another part of my volunteer job is to help with and facilitate social events (the kids Christmas party, for example), in which this leads me to my next topic. There are plans being made for a **Family Day BBQ** on **May 4th** at **Clear Lake Park** from 12-3pm. The time is yet to be determined. There are baseball/softball fields, horseshoes being brought, 2 different playgrounds for the kids to play on, area for walking, and plenty of picnic tables to eat on. The unit is also planning on bringing out a boat for rides for anyone who wants to go. I am really getting excited about this because it is springtime and the weather is getting nice. I am also excited because in the previous military units I have been stationed at, we had a unique bond. And with the spouses deploying many times throughout the year, we really need that bond. We need that support and shoulder to lean on in a time of need. I want to have that with this unit. With that said, I am looking forward to **EVERYONE, to include the singles**, coming out to BBQ and have a great time. For any future events, I am open to suggestions of what you may want to do or see happen. Just let me know.

For the May 4th BBQ, we



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are asking that each family bring their own meats they want to BBQ and eat plus a side dish or dessert to share with everyone. The Command will supply the sodas, napkins, plates, charcoal and cutlery. Hope to see you there.

Another event that is approaching quickly is hurricane season. So as a note: be cautious and aware, be prepared, and listen to the news often. If you have any questions, please call me. The unit will also be helping to prepare everyone in case of evacuation. There will be more information to come from the unit.

Until next time take care and contact me if you have any questions or concerns. You can contact me at any time, except Tuesdays and Thursdays from 10:50am – 1:30pm (leave a message and I will return your call).

Elaine Lee

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gladtoobeme@verizon.net



Top: BM3 Davis Photo by BM3 Rivas

Bottom: MK1 Massingale Photo by ENS Blanton

Command Senior Chief's—Jibber Jabber

We've been busy around here. Operations, training, inspections.....it all adds up. I'd like to thank all hands involved with making preparations for the successful Standardization Team inspection. Painstaking preparations over a short period of time, and working a lot of long days, drove the success. I recognize that this takes some sacrifice on the homefront as well, so a thanks to all of you, too.

Transfer season is coming up. We'll have to say goodbye to a lot of crew-members who took part in making this unit into what it has become. Needless to say, they'll be replaced with new faces. We'll all have to do our part to help our new crewmembers, and their families,

adjust to the area and unit. For those of us who have been formally designated as sponsors to these new crewmembers, let's do our best to ease their move as much as possible.

We are having a unit sponsored Family Day on 4th May at Clear Lake Park. Expect boat rides, a potluck, a barbeque, and possibly a game of softball or two. The opportunity for all of us to get together doesn't come around very often, so let's take advantage of this. It's sure to be a good time!

Here's a website that's worth taking a look at: <http://www.herosalute.com> It's Anheuser-Busch's way of saying "thanks" for all the hard work we do. In short, it allows for a free one-day admission into any Anheuser-Busch

park (Busch Gardens, Sea World, etc.) for the Military member, and up to three dependents.

Until next quarter, fair winds and following seas to all.



MKCS Michael J. Krump
Command Senior Chief

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

In recognition of National Child Abuse Prevention Month, we would like to present to you both the Commandant's ALCOAST on the Family Advocacy Program and Child Abuse Prevention and information from the FBI on Preventing

Online Child Exploitation. We urge you to review this information and share it with your family and friends. For more information regarding child abuse or family violence, please contact your Family Advo-

cacy Specialist, Allison Bell, at 504-253-6368



The Internet and Predators:

How to Prevent Online Child Exploitation.

What Are Signs That Your Child Might Be At Risk Online?

1. Your child spends large amounts of time on-line, especially at night.
2. You find pornography on your child's computer.
3. Your child receives phone calls from men you don't know or is making calls, sometimes long distance, to numbers you don't

recognize.

4. Your child receives mail, gifts, or packages from someone you don't know.
5. Your child turns the computer monitor off or quickly changes the screen on the monitor when you come into the room.
6. Your child becomes withdrawn from the family.
7. Your child is using an on-line account belonging to someone

else.



FROM THE HELM

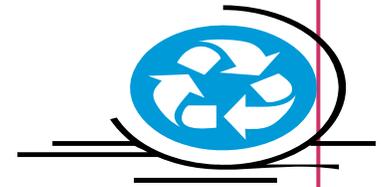
check out this cool new website www.coastguardchannel.com

Hello! First, just want to welcome our newest editor - ENS Ashli Blanton! She qualified for the position because, as she says, "it's the greatest newsletter and the toughest job". She's going to do a great! Second, we are well on our way into the middle of a major operational period. Everyone was forewarned that this would be a time of 'on the go' - I hope the word made it to the families so you could all adjust. If it didn't, we also highly encourage taking lots of leave during our next down period. Please talk with your Coastie if that didn't make it back either! We want everyone to be refreshed after this big push, hurricane season will be on us shortly and as a mobile unit, we stand a good chance of deploying somewhere, sometime during the hurricane season! Finally, the team has had some great successes. Waterside earned an 'excellent' during a major inspection. Physec again knocked out the quarterly mobile training with stellar perfor-

ance. We conducted one of the first Vertical Insertion exercises - thanks to both the Physec and Waterside teams to make this happen but I also want to recognize two key individuals who got us into position to make it happen: LTJG Hart and GMC Shull. Great job and thank you! These inspections and training events translated into some recent operational successes. Waterside responded to a marina fire with the crews of BM1 Hild and BM2 Ruelas. The following night, BM2 Ruelas responded to another fire with MK2 Elder and the team. However, it was on their own boat! Physec conducted local operations and in the midst got involved with a Cuban migrant operation. They brought along MK2 Cuellar to translate. The OIC of CGC Manta said the team was extremely energetic and when I found out BM2 Kifer, GM1 West, GM1 Watts, and MK3 Marshall were on there - I knew exactly what he was talking about! As usual, the

capable support team under MKCS Krumpe has kept us up and running during a very hectic time. Speaking of which, we had time to qualify BM2 Lovell as a Tactical Level II coxn in the midst of all this! BM2 Lovell, BM2 Chatfield, MK1 Figueroa, MK3 Clevenger, MK3 Vega, GM3 Lee, BM3 Lowe, and BM1 Ramirez made a great team running up against the very capable aggressor team of BMC Farrell, BMC Pelland, and GM3 Herried. Great job by all and it's a good busy!

E. A. Leuenberger,
CO



DID YOU KNOW?

| INCOMING | REPORTING DATE | SPONSOR |
|---------------------------|-----------------------|------------------|
| DC2 Osborne, Eric W. | 01JUL2007 | MK1 Burnette |
| MK2 Morales, Daniel | 01JUL2007 | MK1 Figueroa |
| EM3 Clark, Christina L. | 01JUL2007 | EM2 Mattingly |
| GM2 Hall, Joshua M. | 01JUL2007 | GM1 West |
| SN Salcedo, Victor H. | 25APR07 | BM2 Chatfield |
| BM1 Martinez, Juan C. | 07JUN07 | BM1 Hild |
| BM3 Rodriguez, Andrew | 01JUL07 | BM2 Lovell |
| SN Rodriguez, Adalberto | 23MAY07 | BM2 Ruelas |
| LT Fegler, Kristopher | 15JUN07 | LT Garcia |
| GM1 Callison, John E. | Extension | N/A |
| ET1 Cantu, Steven S. | Extension | N/A |
| OUTGOING | REPORT STATION | LAST DAY AT UNIT |
| BM1 Seawright, Clinton S. | STA Lake Worth Inlet | 15JUN07 |
| MK2 Pomales, Andres | CGC Dauntless | 26JUN07 |
| BM1 Hirn, Bryan W. | STA Freeport | 04JUN07 |
| YN3 Gonzalez, Erika | Sector Corpus Christi | 02JUL07 |
| GM2 Sawicki, Michael E. | Sandy Hook | 25MAY07 |
| BM1 Campbell, Jared | CGC Harry Claiborne | 02MAY07 |
| DC2 Versluis, Adam | CGC Mackinaw | 15MAY07 |
| SEPARATIONS | EOE | LAST DAY AT UNIT |
| LT Garcia, Steven M. | 01AUG07/Retirement | 01JUN07 |
| EM3 Mascitelli, Anthony | 06AUG07/RELAD | 23MAY07 |
| | | |

WWW. MILITARY.COM

Looking for more information on how military families can get more bang for their buck? Check out www.military.com/finance for information on INSURANCE, AUTO CENTERS, HOME BUYING, RE-LOCATING, CREDIT & DEBIT, BANKING/SAVINGS, PAY CHART, TAXES, and VA LOANS.



WAYS TO SAVE MONEY!

4 MILITARY FAMILIES.COM

FOR FAMILY MEMBERS OF THE AIR FORCE, ARMY,

COAST GUARD, MARINE CORPS, NATIONAL GUARD,

NAVY, AND RESERVES



Military Discounts

Here is a list of places that offer military discounts. Please call your local vendors to be sure they participate in the program (some of these might be locally owned and operated and don't recognize the discount). Also, never be afraid to ask a store if one is not advertised. You may be pleasantly surprised:
RESTAURANTS:

Arby's, A & W, Burger King, Chick-Fil-A, Denny's, Dunkin Dounts, IHOP (20% w/ID), Java

Café, KFC, Long John Silver, Pancho;s Mexican Buffet, Pizza Hut, Quizno's, Sizzler, Sonic, Taco Bell, & Whataburger.

SERVICES:

AT&T, Geico, Jiffy Lube, Meineke, O'Reilly's Auto Parts.

PRODUCTS:

Apple Computers, AutoZone, Barnhill's, Bass Pro Shop, Bath and Body Works, Big 10 Tires, The Buckle, Champs Sports, Copeland's

Sports, Dell, The Discovery Channel Store, Dress Barn, The Finish Line, Foot Action, Footlocker, Gadzooks, GNC, Goody's, Great Party, Happy Harry's, Hot Topic, Jockey, Lerner, Michael's, NAPA Auto Parts, New York & Company, Pac Sun, Payless Shoes, Play it Again Sports, Pure Beauty, Sally Beauty Supply, Spencer's Gifts, Suncoast, Timberland Outlets, Wilson's Leather.

-LTJG Whiteside

IT'S A BIRD

YOU CAN ALSO CHECK OUT MS. HARTS PUBLIC FOLDER FOR MORE PHOTOS FROM MK2 WALTON

It's a Bird, it's a plane, it's the MLE/FP team... In true MSST Galveston fashion, 91104 has again set the standard higher by conducting the first Vertical Insertion (VI) recertification outside Cape Code, which has been the VI primary training location. Recertification for VI, commonly known as fast-roping, is a multi-layer process which includes: descents from a rappelling tower, descents from a helicopter onto land, and then from a helicopter onto a ship. In February, the team conducted their tower descents. To assist the team with their other descents, we called in ATC Mobile who flew over with an H-60 Jayhawk and an H-65 Dolphin. Everyone was having so much fun after the land descents that ATC Mobile decided to stay and help with the ship descents. Since the team didn't want to descend from the H-60 onto a 25' boat, we decided that we should call the USCG HARRY CLAIBORNE to come and play. So

on March 1 2007, about 10 miles off shore from Galveston Island, the VI team completed their last recertification requirement. The H-65 provided simulated air support while the H-60 hovered mere feet from the stern of the HARRY CLAIBORNE to allow the team to descend onto the platform. The team conducted three day descents and then three night descents. In between the day and night descents, the Command thought it would be a great opportunity to conduct a full capability exercise; this is an exercise in which the Command tests the skills of the MLE/FP. Their assignment was to gain control of the HARRY CLAIBORNE from an opposing force, which they did

superbly. So congrats to MLE/FP for a successfully recertification and exercise.

LTJG Hart



Photos by Travis Walton



2007 Household Goods Shipping Season Tips

A successful move is not a matter of chance, it requires planning and personal involvement. To fully understand HHG shipping and storage entitlements, counseling is essential. Members should make arrangements for shipment of HHG with the local transportation office as soon as possible. Since



requested dates are not guaranteed, the earlier arrangements are made, the more likely transportation service providers (TSP) can accommodate the packing/pickup dates requested. **The actual scheduled dates should be confirmed with**

the transportation office prior to selling a house or canceling a rental lease.

The pamphlet, *It's Your Move*, contains guidance about shipping HHG. This pamphlet and other useful HHG information including instructions on filing HHG damage claims is available at <http://www.fincen.uscg.mil/hhg.htm>. The following sites provide additional HHG transportation information, <http://www.uscg.mil/hq/g-w/g-wp/g-wpm/g-wpm-2/transportation.htm>,

Reminders for PCS Orders

Common Access Cards Need to be up-to-date



Remind members who are transferring to update their Common Access Card (CAC) and verify their PIN prior to departure. We have many Coast Guard units that are not conveniently located near a RAPIDS site and if the member reports in and can not use their CAC, then right away, he/she must visit a RAPIDS facility to have the card updated.

Overseas Assignment Advisory — Payment for PCS Ferry and Airline Tickets

Per ALCOAST 514/05, ferry tickets for transfers to and from Alaska and airline tickets for travel to or from OUTCONUS shall be charged against a GTA account and not the member's individually billed government travel charge card. All other airline tickets for PCS travel may be charged against a GTA account or the member's individually billed account.

Checkout With IT Support Staff Required for Transfer of CGSWSIII Accounts

Per ALCOAST 389/06, ensure the IT support staff (ESU/ESD/ESDD) is notified of a member's PCS so they can initiate an "Employee Transfer". The CGSWSIII/Windows 2003 environment requires user accounts to be moved from one location to another within active directory by the staff at the CG Enterprise Management Facility (EMF) located at TISCOM. It is imperative that users properly check-out with their computer support staffs prior to PCS departure to ensure that required information is provided to process the account moves.



Volunteer Opportunities

For those that want to give something back to the community or have some extra time to spare, the following are some helpful websites for volunteer opportunities:

<http://www.usafreedomcorps.gov/Default.asp>

<http://www.volunteermatch.org/>

<http://www.volunteer.gov/gov/>

Habitat for Humanity

<http://www.habitat.org/cd/local/GalvestonIslandHumaneSociety>

<http://www.galvestonanimalshelter.org/>

[volunteer.php](#)

Bay Area SPCA

<http://www.bayareaspca.org/>

For 10 tips for volunteering wisely, go to

<http://www.usafreedomcorps.gov/f>



GOING THE DISTANCE

MORE INFO AT WWW.COMPETITORTX.COM

RUNNING EVENTS IN THE HOUSTON/GALVESTON AREA:

05/05/07 Sprint for Life 5K Run/Walk-MD Anderson/Blanton-Davis Ovarian Cancer

www.mdanderson.org/sprintforlife 713/792-2765

05/12/07 Summer Kick-Off Fun Run-2007/Clear Creek High School, League City

www.jamesglennrun.com 281/482-0982

06/09/07 Houston Pride Fun Run/Sam Houston Park Downtown

www.maclcrone@sbcglobal.net

07/04/07 Run Wild 5K/Uptown Park/Houston

www.easytoregister.com

TRIATHLON EVENTS IN THE HOUSTON/GALVESTON AREA:

05/02/07 Combat Triathlon/Texas City

281/480-5388

05/05/07 Texas High School State TRI/Houston

05/05/07 CB&I Tri/The Woodlands/NorthPark 2505 Lake Woodlands Dr.

www.thewoodlandsassociations.org 281/210-3900

05/06/07 Citizens HealthPlex SPRINT TRI/Citizens HealthPlex/Victoria

rsoliz@cmcvtx.org 361/582-1154

05/13/07 Webster Bicycle Duathlon/LaMarque 281/557-1465

05/20/07 T-Gator TRI#2/SamHouston Jones State Park/Lake Charles, LA

www.lakecharlestriathletes.com 337/478-5355

05/20/07 Silverlake Sprint TRI 2007/Silverlake Subdivision/Pearland

www.silverlaketri.com 832/736-9700

