



# THE GUARDIAN

7707 HARBORSIDE DR  
GALVESTON, TX 77554

<http://www.uscg.mil/lantarea/msst91104/>

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## Ombudsmans Corner



Greetings everyone! First, I would like to thank everyone for coming out to the Family Day BBQ in May. Everyone

seemed to have had a great time eating, playing games and sitting around talking with each other. The kids really enjoyed the rides on the boat that was brought down to the park from the unit. Thanks to all of the guys that helped out with the boat rides.

I would also like to say welcome to all of the new unit staff and families and farewell to the ones leaving. It has been great working with you all in the short time I have been ombudsman. For all of the new unit staff and families, let me lend a hand if you need it.

There has not been much going on, on my side of the unit. I am

looking at trying to plan an activity in the near future. I will keep you posted. I am still open to suggestions of what you may want to do or see happen. For all of the spouses out there, if you have any questions or concerns about anything or about the programs that are offered that were mentioned in the last newsletter mailed out and is also posted on the unit website, please call me. I would be glad to discuss them with you and help you out in any way. They are out there for you to use them.

Hurricane season has begun (June 1<sup>st</sup>). Continue to be cautious and aware. Be prepared and listen to the news often. The unit website has a great section on hurricane readiness to read and keep handy in case we have to evacuate. If you have trouble accessing the website for this, please call me or the unit and someone can help you.



My school schedule has changed for the summer. I am in class on Thursdays from 1:00-4:40pm. If you need to call me during this time, leave a message and I will call you as soon as class is over.

Until next time take care and contact me if you have any questions or concerns.

Elaine Lee  
409-392-0951

[gladtoobeme@verizon.net](mailto:gladtoobeme@verizon.net)



### WELCOME TO OUR NEWEST ARRIVALS:

- LT K. FEGLER
- BM1 J. MARTINEZ
- GM1 J. HALL
- DC2 E. OSBORNE
- BM3 A. RODRIGUEZ
- BM3 A. RODRIGUEZ
- EM2 C. Clark

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see for yourself all the benefits these companies have to offer. <http://benefits.military.com/misc/DC/DealIndex.jsp>



## FROM THE HELM (CHECK OUT THIS COOL WEBSITE)

[WWW.COASTGUARDCHANNEL.COM/CGC/NEWS/NEWSCAST.SHTML](http://WWW.COASTGUARDCHANNEL.COM/CGC/NEWS/NEWSCAST.SHTML)



Hello! First, just wanted to thank everyone for the support we've received from the home front! Don't forget its hurricane season so keep a little extra cash on hand if it looks like an evacuation will be ordered. Remember that if one is ordered, the Coast Guard will reimburse some of the expenses for a designated time

frame. However! If you want to miss the traffic jams and can afford it, I'd recommend taking the gamble and leaving a little early. The only risk is, you may have left for nothing and lost some money both from work and from having to buy things. We'll do our best to keep you informed but at some point, the decision and your priorities will rest with you. You can count on the unit being called into action so please make plans not to have your spouse around! I know that can be difficult, but in those darkest hours, that's what we get paid to do and to do it for as many people as possible. I hope everyone has a great summer and that it dries out sometime soon!



## XO'S CORNER

For my first appearance in the XO's Corner I suppose it would be appropriate to introduce myself and tell you where I'm from and where I've been.

To start from the beginning, I grew up on a farm in Western Nebraska. I've often been asked how I ended up joining the Coast Guard due to there not being a great deal of water up that way; well, the answer to that is, I spent some time in prison. Now before you start calling your congressman, let me finish by saying it was as a Prison Guard; a guard at the Wyoming State Women's Prison. One of my inmate was formerly in the Coast Guard (out of the Coast Guard Academy no less) & would tell me stories about the Coast Guard while she was on work release. She always made it sound interesting & I felt that dealing with hurricanes, narcotics traffickers, and terrorists would be less stressful & far safer than my current job with the prison, so I joined the USCG after college. My first assignment was aboard the CGC KANKAKEE out of Memphis, TN

working ATON on the Mississippi River. I struck Boatswainsmate & then I figured out I had to take Service Wide Exams for advancement, so I decided to take the easy way out and go to Officer Candidate School. Upon graduation I got my first choice of Cutters, the CGC VIGOROUS. Unfortunately, upon getting my orders I realized I made a bit of an error in my attention to detail. I mistook the VIGOROUS for the VIGILANT & wound up in New Jersey instead of Florida where I had wanted. VIGOROUS was homeported in Cape May, NJ (home to the Coast Guard Basic Training facility), where I then had the pleasure of frequently running across my old Company Commanders when we were in port (the names SK1 Dolly and AST1 Gladish are forever burned into my memory). They took great pride in still making my blood run cold when I would pass by them on base. While onboard the VIGOROUS I served as First Lieutenant & then fleeted up to Operations Officer for a year.

I was lucky enough to again get my first choice upon being tour complete aboard VIROROUS (I ensured I knew

what state I was headed to this time around), & headed off to Texas for my first tour at the newly commissioned MSST Galveston. I served a year & a half as Team Leader for both MLE/FP & Waterside & then fleeted up to Operations Officer for the last six months of my tour. By this point I was beginning to get the impression my supervisors didn't like me because this was the second time in a row they requested to rotate out early (actually it happened on the KANKAKEE too, but that was because my BM2 cut off his finger; I'm pretty sure it didn't have anything to do with me, but I can't be certain). I spent the previous two years working for a joint Coast Guard/Navy command called Naval Coastal Warfare conducting Expeditionary Mission Planning. The job was interesting & travel was great. I spent time in Korea, Singapore, Japan, Guam, Iraq & many beautiful sunny days on the beaches of Hawaii. Though I learned a great deal working with Naval Coastal Warfare, I am undeniably pleased

to be back in a Coast Guard billet, & especially grateful to be back at MSST Galveston. I admittedly got spoiled by moderate Southern California weather & had forgotten how hot & humid south Texas got in the summer, I really don't remember it raining nearly this much either. There are still some old faces from my first time tour here (don't take that "old" comment wrong CWO Horan, the white hair makes you look "distinguished", maybe "friendly faces" would have been a better choice of words.) Many things have changed about the unit in the 2 years I've been gone, & happily it seems like the majority of changes have been for the better. The one thing that hasn't changed is that I once again have the opportunity to work with a group of the most dedicated & skilled professionals the CG has to offer. I haven't been here long this time around, but I can already tell it is going to be a great three years.

## COMMAND SENIOR CHIEF'S BACK PAGE BLOG

It looks as if summer is here to stay for awhile. With that, it would be a fine time for us to reacquaint ourselves with seasonal hot weather safety concerns. The following safety information will help identify potential risks you may face this summer.

**Heat Cramps.** Occur when the body loses large amounts of salt, minerals, and fluid. Large muscles such as the legs, arms, and abdomen are particularly susceptible. Heat cramps can occur alone, or be accompanied by heat exhaustion. The body temperature will appear to be normal. To prevent, take frequent breaks and plenty of fluids. To treat, re-hydrate by drinking fluids, and eat potassium-rich foods.

**Heat Exhaustion.** You'll see profuse sweating, feeling of weakness and nausea, and sometimes vomiting. The skin is cool, moist, and pale. The body temp may be slightly elevated. To prevent, reduce workload, take breaks often, and remain hydrated. To treat, place victim in a shaded area and have them drink plenty of water to cool the body.

**Heat Stroke.** This results when the body loses control of its thermo-regulatory mechanism, and the main avenue of heat loss (cooling through sweat evaporation) is blocked. Body temp can exceed 106 degrees. This is a life-threatening emergency. Sweating will stop, the pulse is weak and rapid, the skin is hot and dry, and the victim can experience convulsions or lose consciousness. Prevent this using the same steps used to prevent heat cramps and heat exhaustion. To treat, get medical attention as soon as possible! Take the individual to shade, loosen clothing, wet the victim's skin, and fan them.

**Ticks.** They can carry lyme disease, rocky mountain spotted

fever, and ehrlichiosis. They're found in tall grasses or brush. Avoid these areas and use insect repellent. Wear light colored clothing (it doesn't deter them from finding you, but it will help you find them if they're crawling on you) and tuck pants into footwear in areas you suspect ticks. After you've been in a tick infested area, give yourself a full body inspection. To safely remove ticks, use a fine-tipped tweezers. Grasp the tick as close to the skin surface as possible, and pull upward with a steady, even pressure. Disinfect the area with soap and water. Keep the tick to assist medical personnel in identification should illness occur.

**Mosquitoes.** They can transmit West Nile Virus, and many other diseases. They breed in standing water, so eliminate (drain) any that you can. Wear shoes, socks, long pants and shirts. Use insect repellent. For more info on the insect transmittable diseases, follow this link. [HTTP://WWW.CDC.GOV/NCIDOD/DISEASES/INDEX.HTM](http://www.cdc.gov/ncidod/diseases/index.htm)

**Insect repellants and insecticides.** The most effective is known as Deet. Products containing 30-35 percent work best, with the lowest possibility of side effects. Since young children are most vulnerable to Deet's side effects, adults should apply it to them. Don't use on infants under two months old. Be aware that Deet can dissolve certain plastics and eyeglass lenses.

**Weather Safety.** Tornadoes and hurricanes are possible, thunderstorms are probable. They're often accompanied by flash flooding. Whenever your plans lead you to the great outdoors, be sure to review the weather forecast, and carry a weather radio, if possible. This will allow you to receive info on an

approaching weather storm.

**Sun Exposure.** It contains ultraviolet (UV) radiation, which can cause premature aging, wrinkles, cataracts, and skin cancer. Protect yourselves by limiting sun exposure, especially during the "peak" hours of 10 AM and 4 PM. Wear skin protective clothing, when possible, and/or use sunscreens with an SPF of 15 or higher. Apply sunscreens 30 minutes prior to exposure, and re-apply occasionally during the exposure period. Wear UV-absorbent sunglasses, and remember, sunlight reflected by water and sand exposes you to greater UV rays. More info can be found at: [HTTP://WWW.CDC.GOV/CANCER/SKIN/](http://www.cdc.gov/cancer/skin/)



### Food Borne Illness.

Be cautious about food preparation and handling. Wash hands and food prep surfaces often. Avoid cross contamination of cooked and uncooked food during prep, grilling, and serving. This is a prime cause of food borne illness. Use a food thermometer to ensure meats are fully cooked when using a grill. Chill perishables until they are ready to be eaten or cooked. Ensure coolers remain iced, and don't store in trunks or direct sunlight. Avoid spoilage of leftovers by chilling. More info can be found at: [HTTP://WWW.CDC.GOV/FOODSAFETY/](http://www.cdc.gov/foodsafety/)



"Protect yourselves by limiting sun exposure, especially during the "peak" hours of 10 AM and 4 PM"

**STRAIGHT FROM THE PLANNERS MOUTH**

<http://www.uscg.mil/lantarea/msst91104/>

Greetings! I hope everyone had a great time at the last family day. A BIG THANK YOU to Mrs. Lee, the unit Ombudsman, for setting it up! The Morale Committee has more events planned for this summer, weather and operations permitting, of course. First, we're working with Mrs. Lee to plan at least one family day for the kids. If anyone has any ideas for future family days, please let Mrs. Lee or myself know. A family

day will be held on Saturday 22 September at Jack Brook's Park. This would include a softball game, BBQ, a play area for the kids, washoos, and a volleyball game.

A 7-game package of Astros tickets was bought and each game will be raffled to the crew. Dates of the games: 7/25, 7/28, 8/11, 8/25, 9/15, 9/28, 9/29.

If you would like to purchase

a unit T-shirt for you or your family please contact me at 405-941-8016.

On a different note, please be sure to check out our unit website (above) for hurricane preparation information. It is on the Welcome Aboard page. Don't be caught off guard and wait to buy items at the last minute, as all the stores may not be stocked for the rush.



**MSST GALVESTON TRAINING DIVISION**

Welcome once again from the Team's Training Division. It has been a very busy time for us as we are beginning to understand is, was, and will always be the normal state of affairs for this unit! We are always striving to give the team the best training we can come up with. As you can see below we also work with our brothers and sisters from our sister services. We combined the movement of some of the units' equipment to a deployment site with our air mobility requirement just recently. An Air Force C-17 based out of McCord AFB worked with us for three days moving three of the units' boats, tow vehicles and two vans. We learned a lot the first day when it took us about two hours to load one boat and the two vans. It showed the crew was paying attention when we were able to load the two other boats and prime movers in forty minutes the next day. The rain didn't have anything to do with it either!

Some of the other training that has been accomplished was a trip to Fort Knox Kentucky where the Army let us loose on their water range with machine guns! They will learn... Just kidding the crew did extremely well and all required training with crew served weapons was completed safely. We have sent folks to the Special Missions Training Center at Camp Jeune NC for Tactical Coxswain and Boat Crewman courses, our K9 Teams just re-qualified in Los Angeles, CA, we completed the upgrade and training for the new navigation systems on the boats, and conducted a two week boat crewman, Boarding Team College for the units reserve contingent.

We also have some upcoming training that will cover numerous General subject training topics we are required to hold each year, Tactical training for Waterside personnel, Range training and re-qualification with small arms, the tri-monthly mobile training team will visit for the MLE/FP crew and we will be having our Weapons of Mass Destruction training during a three day visit in August. As always we strive to provide the best training for this dynamic crew of fantastic personnel! Be safe out there.

You're Training Division:

ENS Blanton, CWO Horan, GMC Cornelius, BMC Pelland, GM1 Willett, BM1 Fingleman, & GM2 Potvin



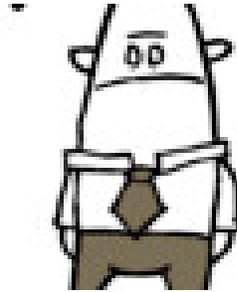
## US GOVERNMENT EASES ON PASSPORT REGULATIONS

The U.S. has decided to temporarily suspend the requirement of a passport in order to go to Canada, Mexico, Bermuda, or to the Caribbean.

The reasoning behind this temporary lift of the requirement was to try and catch up with the backlog of passports. The Bush administration put into action a requirement which would make all travelers carry passports to fly

to and from other countries. The State Department though cannot keep up with the millions of passport applications.

The suspension will allow the State Department to catch up with the surge in applications. Between March and May alone more than 4.5 million passports were issued and there is still a three-month



<http://www.travel.state.gov/>

Website above will give you all kinds of information on international travels, passport applications, visas, travel warnings and even tips for when you are traveling abroad.

Even though the US have suspended the need to have a passport for certain countries at this time it is still very important as a US Federal Officer that you keep yours valid and up to date..

## ARE YOU READY FOR A HURRICANE?

HERE'S WHAT YOU CAN DO TO PREPARE FOR SUCH AN



### Hurricane Awareness

- Put together a Disaster Supplies Kit in a clearly labeled, easy to grab container.
- Call your local emergency management/planning/zone office to find out if you live in an area that could flood during a hurricane or heavy rains
- Prepare an evacuation plan in case you must leave. Share your plan with friends and relatives—have more than one route mapped out.
- Write instructions on how to turn off home's electricity, water, and gas if advised to do so by local authorities.
- Make a list of items to bring inside in the event of a storm.
- Buy any items needed to board up windows and protect your home well ahead of time. Precut plywood to fit windows so that you can quickly cover windows.
- Purchase extra fuel can and water/snacks so you can quickly leave town.



## Fitness Enthusiast

Aug 11

Lazy Hazy Crazy Days of Summer

<http://www.easytoregister.com>

Sept 03

Fired up 5K. Sugarland TX

281-634-9555 [www.firstcolony.org](http://www.firstcolony.org)

Sept 20

Chevron Houston Marathon Kickoff 5K

[Www.chevron-houstonmarathon.com](http://www.chevron-houstonmarathon.com)



Aug 12

Eastside Triathlon Baytown, TX

281/424-7229

Sept 02

Summertime Blues Sprint Triathlon

River Place Center. Freeport, TX

<http://Freeport.tx.us>



**FIVE YEARS AND COUNTING...**

Who knew it would go by so fast, but it has been almost five years since MSST Galveston was commissioned on October 8, 2002. The first MSST commissioned was Seattle, MSST 91101 on July 3, 2002 as a response to the September 11<sup>th</sup> attacks.

A "plank owner" is an individual who was a member of a newly commissioned unit. As of June, there are 7 "Plank Owners" still attached to the unit: Chief Cornelius, Petty Officers Warden, Harcourt, Watts, Mattingly, Partin, and Kabzinski.

GM1 Watts will soon be leaving MSST Galveston to report to MSST Honolulu. As a First Class Gunner's Mate, he has the unique opportunity to transfer from one MSST to another. "I feel very fortunate to do back-to-back MSST...this will allow for an easy transition so I can just flow right into my new position," shared PO Watts.

BM3 Kabzinski was active duty for 2 years at the unit and is

now a reservist. He shared his thoughts on how the organization of the unit has changed in the last five years, "Since the unit stood up, we have gone from being two separate teams [team 1 and team 2] to a unified team...It takes a big team effort to complete the mission and after all, we all wear blue."

Both members agreed that one of the biggest improvements to the MSST program has been the training aspect. When the MSST program first developed there were no specific training sites for the required tactical skills needed to accomplish the mission. However, over the last five years, the Coast Guard has evolved its training to be very mission specific and developed more creative training scenarios to ensure that the MSST program maintain the highest level of training for a more versatile team.

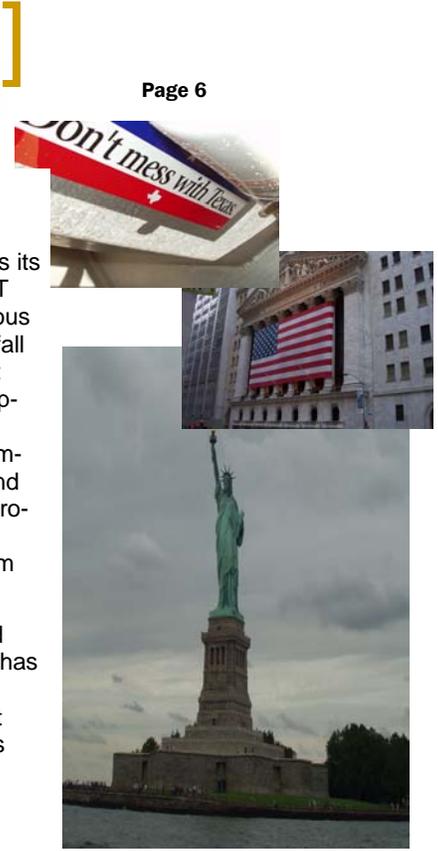
The MSST program is going through another change as at this very moment as the

Coast Guard reorganizes its tactical units. The MSST program along with various other units are going to fall under new management called the Deployable Operations Group or DOG. DOG will be officially commissioned on 20 July; and everyone in the MSST program is looking forward great things to come from this new venture.

The Maritime Safety and Security Team program has come a long way since 2002; and I am sure that within the next five years even more changes will come.

By LTJG Hart

**"Since the unit stood up, we have gone from being two separate teams [team 1 and team 2] to a unified team"**



**PATROLING THE WATERWAYS**

Countless boats enjoy Louisiana waterways, and law enforcement agencies team up to make sure it can stay that way.

Ashli Blanton of the Coast Guard in Galveston Texas, is part of the combined effort patrolling the intercoastal canal.

"After 9/11, the Maritime safety and security team was set up. We have thirteen units across the nation," she says, "When they need extra support, they call our team out."

And any boat coming their way is carefully checked for illegal immigrants, terrorists, or criminals that could be on-board.

"We run names of everybody to make sure no warrants are out," Blanton says.

Of the 27 vessels boarded in this four hour operation, only one arrest was made.

"This operation wasn't based on any threat information or intelligence, and it wasn't an attempt to target any type of vessel, just to get a better idea about what's going on on our waterways," says Lt. Robert Bilbo, with the Coast Guard.

And they're making sure whatever's going on is done safely. They look for life vests for every person on board, and fire extinguishers in good condition. Several safety citations were issued.

"This is a strategic waterway," says Captain Doug Poole of the Calcasieu Sheriff's Department, "We had our canine resources, marine resources, and other deputies out here."

So for safety and security, they'll keep checking so you can keep cruising.

<http://www.kplctv.com/global/story.asp?s=6694873>

Reported by  
Natalie Grise



# THERE'S GOLD IN THAT THERE RIVER!

FORT KNOX, Ky., Apr. 25 – Issue Four of the 2006 Coast Guard Magazine ran a feature on the partnership between the Coast Guard's Maritime Safety and Security Team (MSST) Galveston, Sector Ohio Valley, and the US Army to organize a groundbreaking Homeland Security training initiative on the Salt River Range at Fort Knox, Kentucky. The range is the principle weapons training site for operators of Army watercraft, the US Navy Special Forces, and various civilian law enforcement agencies. Thought to be a more realistic inland river training environment for the Homeland Security response boats' M240B machine guns, the Coast Guard has discovered that the range is "worth its weight in gold"—Fort Knox gold that is.



The initial training objective in 2006 was to test and evaluate this range for use by other Coast Guard units as an alternative site. Now, some 150,000 rounds later, nearly 300 Coast Guard men and women from 26 units and two districts have either qualified or recertified on this unique range. As the 2006 Coast Guard magazine article points out, and has since come to fruition, "The realism and practicality of the Salt River range for response boat weapons and tactics training provides an excellent training opportunity for Coast Guard commands." It looks like they'll be striking gold again, and again, and again...

BM3 Rivas (bottom) and BM3 Stuart (top) focusing in on targets along the riverbanks of Salt River.



Photo (bottom) by MK2 Travis Walton (top) by BM3 Daniel Rivas

By ENS Blanton

## COAST GUARD DAY PICNIC

- **Friday Aug 3, 07 1000-???** Families/Significant others invited (\$5 per person/12 & under eat free)
- **Jack Brooks Park, Highland Park Pavilion** Bring towel and swimsuit for adult waterslide, volleyball, horse shoes, and much more.

### The 4<sup>th</sup> of August...

The 4<sup>th</sup> of August is a great date in Coast Guard history. Well, in fact if you Google any month or day for Coast Guard history and you will not be disappointed, given that almost everyday of any month will list some significant event that occurred that involved the Coast Guard. Here is a look on what makes August 4<sup>th</sup> so important for the Coast Guard:

HAPPY 214<sup>th</sup> BIRTHDAY!!

On August 4<sup>th</sup>, the Coast Guard will celebrate its 214<sup>th</sup> birthday as a life-saving/law enforcement service. The Coast Guard was formed by the 1790 Congress, who authorized the Secretary of the Treasury Alexander Hamilton's proposal to build ten cutters to protect the new nation's revenue (Stat. L. 145, 175). Alternately known as the *system of cutters*, *Revenue Service*, and *Revenue-Marine* this service would officially be named the *Revenue Cutter Service* (12 Stat. L., 639) in 1863. The cutters were placed under the control of the Treasury Department. Following the September 11<sup>th</sup> attacks, the Coast Guard is now under the Homeland Security Department.

Also on August 4<sup>th</sup> but in the year 1949, Congress approved Public Law 207, which officially revised, codified and enacted into law United State Code 14 or, as us Law Enforcement people like to say, USC 14. This code, for the first time in history, gave a clear, concise legal statement of the duties and functions of the Coast Guard. This code gives the Coast Guard a wide berth of authority to enforce marine safety and maritime law enforcement.

For more information on Coast Guard history in the month of August, just go to [http://www.uscg.mil/hq/g-cp/history/Chronology\\_Aug.html](http://www.uscg.mil/hq/g-cp/history/Chronology_Aug.html) .

BY LTJG Hart