

LTJG Hobbs: Editor

From The Helm



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Well, here we are, the sun is blazing hot, the ocean temperatures are rising and the mosquito's are as large as Red Cross blood donor vans with wings on them. June 1st was the start of the hurricane season which will last until the end of September, my research indicates that the temperatures are a little cooler in the beginning compared to last year but there is plenty of time for it to warm up the ocean waters. The real experts say it will still be a busy season, about half of last year's activity. I just completed my 2005 tax return (I did do an extension!) and the CPA just happened to mention that homeowners should take any receipts for improvements, certificates, along with your normal paperwork like car titles. USAA insurance recently mentioned in one of their magazines that taking pictures of your house, cars, possessions, each room of your house, helps with the claims process. Please ensure you plan ahead for evacuation and do it safely, case in point, I typically like to keep enough fuel jugs to fill my gas tank again. Well, it's a 30 gallon or so tank and I had

six of those five-gallon fuel jugs sitting in the garage. Fuel and more importantly, the vapors, are a dangerous and explosive hazard. It's basically a bomb if it's near an ignition source (think pilot light for the hot water heater), I decided to reduce the amount of gas cans and to keep my truck always at 3/4 full. It'll take work on a fairly regular basis, especially at that horrendous gas mileage, to keep it topped off but I'm sure that if the call comes, it will save lots of time. Don't let your preparation injure, or worse, kill you; stop and just think about it.

Along with the potential for hurricane excitement, we are still pushing ahead at all levels to advance the people, the unit, the program, and our service to the public. It's not getting any slower here and I hope you are as excited as I am at the accomplishments. I heard from an inside source that the next issue of Coast Guard magazine will feature some of those accomplishments. Please see our welcome aboard and farewell section for our recent crew turnover. It's tough to let these guys



go on, but if we did our job right, we just sent a leader out into the field. For the new crewmembers and their families, welcome aboard, you can do anything you want, you just need to decide what it is and tell us! We'll point you in the right direction. A great example, I arrived at a unit as a LTJG about the same time a MK3 came in. Over the next couple of years and a few tours, I catch up with him occasionally and most recently now he's a flying H-60's helicopters.

If anyone would like to join us for an all hands workout, they are typically on Tuesday and Thursday at 0630. The runs used to be around 2 miles in the beginning but we are now doing 4 mile runs! Take care of yourself and, oh, if anyone needs a gas jug - let me know.

-LCDR E. Leuenberger

Welcome

To Our Recent Arrivals:

- LT Culver LTJg Hart
- ENS Blanton YN1 Williams
- BM1 Busby GM3 Arthur
- GM3 Frederick GM3 Lee

Fair winds and Following Seas

To Our Recent Departures:

- LT Block EMC Galvan
- BM1 Martin ET1 Pipkin
- MK2 Canaval MK3 Dowell
- GM2 Delayhoussaye



MLE Force Protection Gets National Coverage from NPR

National Public Radio reported in their Morning Edition, April 27, 2006 · A mock explosion, fire and oil spill in the Houston Ship Channel, a lifeline for the nation's busy energy industry, provided a test this week for federal, state and local agencies and their ability to work together in the event of a terrorist attack.

More than 300 people from nearly two-dozen agencies participated in the exercise. Initially, officials weren't told whether the incident was an act of terrorism. The shipping channel was closed as a precaution.

The fire later was determined to be caused by a mechanical breakdown in the engine room of the ship *Cape Trinity*, a floating warehouse as long as two football fields.

Many aspects of the emergency were planned for: Coast Guard teams with assault rifles and bomb-sniffing

dogs secure a pier; crewmembers don camouflage gear and helmets as they take on the duties of securing the ship against possible terrorists; and, at a joint information center, officials field calls from television networks and other media outlets.

Yet the drill involved several complications: an out-of-control fire, a firefighter who's down and a 252,000-gallon oil spill that leaks from the ship when a fuel tank ruptures.

Agencies participating in the drill also included the FBI, Customs and Border Patrol, the Port of Houston Authority and local police.

More information regarding the exercise can be found at N.P.R. online.

-Steve Enskeep NPR



MSST Galveston members BM3 Rusk and GM3 Nikolopolous secure the area around the simulated disaster establishing an entry control point.

"The U.S. Coast Guard gains credibility by responding to crisis in an appropriate way with appropriate forces."

-LTJG James Hobbs

XO's Corner



Laugh yourself to health! The old saying "There's healing power in laughter" is not just a theory; it actually has a scientific basis. Lots of cool physiological things go on in our bodies when we laugh. Benefits like disease prevention are among the many reasons to laugh hard, and laugh often. In an article called "Laughter: Let it Out, Be Healthy," Valerie Brett writes:

"Laughter is good for you. It is a very powerful force that positively affects the

whole body. The breath released during a hearty laugh has been clocked at speeds as fast as 170 miles per hour. Laughter stimulates the brain, the nervous system, the respiratory system, the hormonal system, and the muscular system. Numerous studies show that it lowers blood pressure, lightens depression, increases muscle flexion, can reduce allergy symptoms, strengthens the immune system, and reduces stress!"

So if you're typically a grumpy person, or rarely enjoy your day, you could actually be making yourself sick. I know that the only thing that can bring me out of one of my "XO mean fits" is for someone, or something, to make me chuckle. So tonight rent a funny movie, tell a stupid joke to

your friends or family, or just do something so ridiculously funny that even you have to laugh at yourself! Heck, I laugh at myself all the time!

On a final note, we're still looking for anyone interested in becoming the unit Ombudsman. Please send me an email at Steve.M.Garcia@uscg.mil or call me at (409) 941-8102 if you'd like to learn more. Go to <http://www.uscg.mil/mlcpac/iscseattle/pw/ombudsman.htm> to learn more. Oh, and make sure you have a good laugh—or two—today.

-Steven Garcia



Thunder Over Louisville

Crews from Sector Ohio Valley participated in the 17th Annual Thunder Over Louisville, North America's largest fireworks bonanza, air show and kickoff to the Kentucky Derby Festival, April 22, 2005.

The Thunder Over Louisville Air Show dazzles the crowd with more than 100 planes and helicopters, aerobatics teams, daring sky diving teams and many stunts. Followed by a 28-minute firework spectacle in which fireworks are propelled into the air from the Second Street Bridge and two barges in downtown Louisville, Ky.

For 17 years the crew of Coast Guard Sector Ohio Valley has been providing their assistance to the city of Louisville and to local and state agencies during the event. Their priority is to ensure the safety of the boating community on the waterways.

This year's event had small boats from Sector Ohio Valley, Marine Safety

Detachment Cincinnati, Maritime Safety and Security Team (MSST) Galveston, Texas, an HH-65 aircrew from Air Station New Orleans and the Coast Guard Cutter Obion. All the units participating in the events established security zones and stood by to respond to emergency rescues.

"It is our responsibility to ensure the safety of all those attending the air show with their families," said Coast Guard Capt. John Bingaman, commander of Sector Ohio Valley. "Fortunately for everyone involved the only problem we ever face is the weather," he added.

Coast Guard Sector Ohio Valley's small boat was escorted by three MSST Galveston small boat crews while it presented colors to the crowd along the banks of the Ohio River. The MSST Galveston boat crews broke away from the escort to perform tactical boat maneuvers in front of a cheering audience.

Capping off Coast Guard demonstrations during the weekend's festivities was an HH-65 Dolphin rescue helicopter crew, the crew of the Coast Guard Cutter Obion and a Sector Ohio Valley small boatcrew who simulated the air rescue of a man overboard in the Ohio River in front of an estimated 800,000 spectators.

"I know I have only been in the Coast Guard for a year, but being able to take part in a simulated air rescue has been the coolest thing I have done," said Seaman Apprentice Nick Mackey stationed aboard the cutter Obion.

For members of the Coast Guard and their families wanting to attend the event held each April, the crew of the cutter Obion annually extends an invitation to come aboard and enjoy the Thunder Over Louisville's activities from its deck.

- PA3 James Harless

Animal Shelter Promise



Before I joined the Coast Guard I was living in Oklahoma City with my 87lb labrador retriever, Lady. She was my life, we did everything together. When I made the decision to come into the military there was no one willing to take care of her until I could get re-established. So a couple of weeks before leaving for boot camp I went to the local humane society, where Lady was adopted, and spoke with them about helping me find her a home. This was probably the saddest moment of my life. At this time in my life I had nothing really going for me, but no matter what Lady was always there. So, after talking with the staff and explaining my situation they agreed to help; and advised me that it would be better to leave Lady at the shelter so aspiring new owners could see what a wonderful dog she really was.

Everyday I would go visit Lady and see how they really treated the animals there. I grew to not only love the staff for what they did, but fell in love with everything the humane society/animal shelter stood

for. These people give their heart and soul for very little in return. So I made a decision that no matter where I lived I would be involved with my local Humane Society.

There are many ways you can help your local humane society without actually adopting an animal. There is a program call "Pennies for Pets". This program allows you to give back to your local shelter when just running your normal errands. For example, Kroger's and Randall's food markets will give 1% of your total checkout amount back when you show your share card. You can also take your empty ink jet, laser cartridges or cell phones by your local shelter and they turn your trash into cash. There are more ways than not to become involved in your local community humane society. For further information please come see ENS Blanton or just contact the Animal Shelter & Adoption Center (ASAC) at 409.762.2833 or just go to www.galvestonanimalshelter.org. I promise any steps you take will be the step in the right direction.

- ENS Blanton

USCG Training Initiative Breaks New Ground



FORT KNOX, Ky., Apr. 17 – The Galveston, Texas based Maritime Safety and Security Team (MSST) 91104 teamed up with Coast Guard Sector Ohio Valley, Coast Guard District 8, Office of Operational Planning, New Orleans and the US Army to coordinate an unprecedented Homeland Security training initiative at Fort Knox, Kentucky. While most widely known for protecting the nation's gold reserve and the 1964 setting for the James Bond movie *Goldfinger*, Fort Knox is also home to the Salt River range, a unique weapons training site for operators of Army watercraft, the US Navy Special Forces, and civilian law enforcement agencies. The Salt River was used exclusively by these entities—until now.

Several months ago, this range was discovered by Coast Guard Sector Ohio Valley as a realistic and more practical training environment for the M240B machine guns mounted onboard the Coast Guard's Homeland Security response boats. Because of this weapon's longer range capabilities, live-fire exercises are typically conducted well offshore to maintain safe distances from land, structures, and people. According to Chief Petty Officer Farrell of MSST Galveston, "Offshore shoots like these do not always provide realistic scenarios and sometimes deviate from the 'training like you fight' concept." They also narrow the windows of opportunity to train. Often times the weather, rough seas, and state laws hamper the Coast Guard's ability to meet its own train-

ing frequency requirements. Once the sea state exceeds the boats' operational limitations, the exercises must cease. Other than the occasional hindrances caused by high water, the Salt River took away most of those obstacles, providing for smooth training both day and night. A careful watch was kept on the river conditions in the weeks prior to the training through pre-deployment Site Surveys and US Army Corps of Engineers data. Lt. Steven Garcia, the MSST's Executive Officer, referred to the finding of the Salt River as, "hitting pay dirt—literally!"

The initial training objective was to evaluate the Salt River for use by the Coast Guard as an alternative site to exercise tactical weapons fired from the 25 ft. Response Boats, including small arms and rifles. The range allows shooters to fire upon targets on land rather than open water, which presents a far more likely scenario for a typical Homeland Security Mission. While the exercise lasted just two days, it was months in the planning. The logistical challenges ranged from transporting and storing various weapons and 18,500 rounds of ammunition over 2,000 round-trip miles, to berthing and feeding dozens of Coast Guard men and women onsite—50 members from MSST Galveston and six from Sector Ohio Valley. "It was a lot of work, but well worth it," claims Chief Petty Officer Shawn Lootens of the MSST's Planning Staff.

To train safely, and in accordance with a host of Army regulations, select Coast Guard members attended a detailed range safety course. The sessions prepared these members to not only supervise training operations on the Salt River, but also handle any situations that may arise. Range control communications and medical emergencies were among the many issues covered. On this course, Lt. David Block, the MSST's Operations Officer, commented that, "After I attended, I was confident and felt more than capable of running a safe and efficient range. It was good stuff."

The range has a variety of land-side targets, from old motor vehicles to silhou-

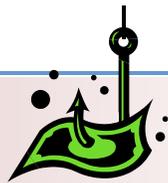
ettes ducking out around trees. Each of these targets could be engage in a variety of tactical maneuvers, and speeds from idle to full out. The realism was unmatched. Petty Officer Second Class Darren Conner, a boat operator for MSST Galveston, was quoted as saying, "I think the training was much more realistic because we had multiple targets to engage on land, and was more like the operating environments we're used to working in. Another thing is that it broke the monotony of simply 'shooting holes' in the waters of the Gulf of Mexico."

The exercise also proved to be great training for the Response Boat operators and their crews. They were able to sharpen their driving and team coordination skills in the narrow river, as they continuously maneuvered to give each gunner the best angle of attack. Trainees also had the opportunity to practice small arms and rifle fire from moving boats, yet another unique opportunity. Petty Officer Third Class Troy Simoes of the MSST had this to say about the exercise, "It was the best, most real Coast Guard training I've ever experienced. And he was not alone in his opinion. Petty Officer Second Class "Drew" Roysse of Sector Ohio Valley labeled this as "awesome training." In fact, comments from all of the participants were favorable. Most conveyed what Petty Officer Third Class Tate Wagers of Sector exclaimed, "This was real-life stuff. Great training!"

These comments tell the story. The realism and practicality of the Salt River range for Coast Guard response boat weapons and tactics training is near perfect and provides an excellent training opportunity that could benefit other units Coast Guard-wide.

-LTJG Hobbs & LTJG Whiteside

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 may be locally owned and operated and don't recognize the discount). Also, never be afraid to ask a store if they offer a discount, even if one is not advertised. You may be pleasantly surprised:

Restaurants

Arby's, A&W, Burger King, Chick-Fil-A, Denny's, Dunkin' Donuts, IHOP (20 percent discount with military identification), 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, FootAction, 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, Quizno's, Sally Beauty Supply, Spencer's Gifts, Suncoast, Timberland Outlets, Wilson's Leather.

- LTJG Whiteside



A Little PT Anyone?

As the summer months get hot, MSST Galveston takes to the beach for a little fun in the sun.



Mass confusion as the CO, XO, OPS cope with a two games to one loss to LTJG Whiteside, Hobbs, and CWO Wilson.



A Captain's Cup team raids the beach with the inflatable Zodiac.

**Special thanks to
PO Kifer
for leading the
first unit Captain's
Cup.**



MSST members move a log as part of the Captain's Cup.



Despite her small stature, LTJG Whiteside shows she is a force to be reckoned with at the net.



"The MSST's Integrated Anti-swimmer System highlights one of the many special capabilities we have by protecting a valuable asset that is vulnerable to underwater threats."

-ET1 Steven Cantu

Demonstration of Special Capabilities



DETROIT, Mi., May 20, - The US Coast Guard no longer only has eyes on the surface of the water, but also below the surface as well. From 16-20 May 2006, the city of Detroit hosted the 2006 Sixth Circuit Judicial Conference at the Marriott Renaissance Center. Over 300 federal magistrates from Tennessee, Kentucky, Ohio, Michigan, and their families, along with Supreme Court Justice John Paul Stevens attended the conference at the hotel, which overlooks the Detroit River and Canada, and sits between Lake St. Claire and Lake Erie. Maritime Safety and Security Team Galveston's special capability of detecting swimmers under the surface of the water with the Integrated Anti-Swimmer System (IAS), along with its seasoned boat crews, MLE Force Protection and K-9 teams, were called on to protect the waterfront of

the hotel. MSST Galveston's Dive Team, who recently conducted extensive training at Applied Research Laboratories at the University of Texas in Austin, installed the system with little complications. ET1 Steven Cantu, a unit member of MSST Galveston and lead IAS operator stated, "The MSST's Integrated Anti-swimmer System highlights one of the many special capabilities we have by protecting a valuable asset that is vulnerable to underwater threats." This was the first real-world deployment of the IAS in LANTAREA and MSST Galveston was happy to demonstrate its new and relatively rare capability. MSST Galveston worked alongside USCG Sector Detroit, Air Station Detroit, the US Marshals, ATF, local law enforcement and hotel security to ensure the conference took place without incident. MSST Galveston continues to lead the way regarding special capabilities and adaptation to special missions.

- LTjg J. Hobbs



BM2 David Partin takes a leap of faith into the Detroit River during security operations.

-Photo by: BM1 Busby

Money saving tip - Tires are rotated free at big tire stores like Discount Tire and National Tire and Brake.

Tuition Assistance is **Not** a Loan



The Armed Forces offers service-members several programs to support their education goals including up to 100% Tuition Assistance for college courses. TA is not a loan; it should be viewed as money you have earned just like your base pay. Find a school that offers exactly what you need on the Military.com School Finder. It

enables you to quickly search schools and request more information....More <http://www.military.com/SchoolFinder/Search/?ESRC=coastguard.nl>



Winds Are Expected To Pick Up! It Is Time To Prepare.

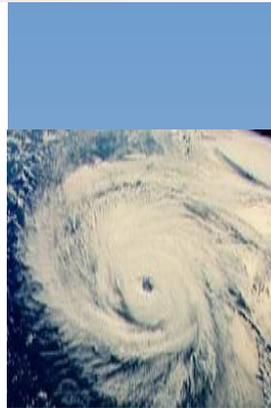
It's that time of year again... Hurricane season is upon us. Whether you were part of the evacuations last year or are new to the Gulf Coast, you need to create or review your family evacuation plan. This should include reviewing current insurance policies, collecting important documents and listing phone numbers and account numbers as necessary. Equally important is having a location in mind where you plan to evacuate to if and when the order is given. It is not expected that the Coast Guard will order families to a specific site, but Department of Defense and the Coast Guard do provide designated safe havens for those members and families without a place to go.

Lackland Air Force Base in San Antonio, Texas is our designated safe haven for Military personnel and immediate dependants. We provide this information to all MSST Members and families to be aware of this evacuation site and understand that it is an option of last resort. San Antonio is roughly a 5 hour Drive west on I 10 from Houston. As many of us learned first hand last year, during an evacuation leaving earlier is better! Lackland AF Base will provide, at no cost to the evacuees, **ONLY BASIC NESCESITIES** for Military personnel and their immediate families. (Sorry, but this does not include brothers or sister in laws or the grand parents). Basic means basic. Families will NOT be split up, but will only be assigned to bunk beds in Open Squad bays and meals in available mess halls. Any special needs should be identified in advance so proper documentation and arrangements can be

coordinated through the Air Force. Any medications, bedding or other personal items must be brought with you and most importantly **YOU MUST HAVE YOUR Military or Dependand ID CARD** or you will not be allowed on Base.

If you or your families intend to use Lackland in the event an evacuation is ordered, the unit **MUST KNOW**. Please provide our Executive Officer, LT Steve Garcia, with the names, gender, ages and number of vehicles and or pets expected to evacuate as well as your personal contact numbers. As a storm approaches we will need your expected departure time (from home) and estimated time of arrival to Lackland. This will assist the unit evacuation advance team ensure we are able to account for everyone, establish communications schedules (share cell phone numbers) and ease the check in process for you and your family. The Advance team should be arriving at Lackland 48 hours prior to a storm's expected landfall to coincide with the setting of Hurricane condition 3. Lackland will begin accepting evacuees when hurricane condition 2 is set (expected landfall within 24 hours) and an evacuation order is given by appropriate authority. In our case that authority is the Coast Guard Eighth District Commander.

"Normal" domestic Family pets



with appropriate kennel and shot records may be housed in a covered (think tent) nearby. You must provide food and water, bowls, kennels and must care for your animals. (walks, feedings etc). **NO Prize Bulls, horses, other farm or exotic animals** will be permitted at the evacuation site. Private firearms are prohibited, please leave them at home. Alcohol is also prohibited in the evacuation centers and in common areas on base during evacuation times.

Please discuss your families' evacuation plan together and take some time to gather important papers, ensure phone numbers to family, friends and proper unit personnel are available and that the unit is aware of your plans. Again, Lackland Air Force Base is an available option, but not a mandatory evacuation site. A more detailed powerpoint is available on the unit web site. <http://www.uscg.mil/lantarea/msst/msstgalveston/Entrance.htm>

If an evacuation is ordered by the District Commander you will be way ahead of the game if you are properly prepared. Taking an hour or two today may save valuable time when the time comes to evacuate. The following web sites provide great additional information concerning everything from making storm preparations to active weather monitoring. Many other resources are also available.

<http://www.ih2000.net/ira/bmt-wth.htm> <http://www.floridapreparesnow.org/>
<http://www.nhc.noaa.gov/>

USCG MSST Galveston
7707 Harborside Dr.
Galveston TX, 77554



USCG Reserves visit Texas A&M Galveston to recruit some young Coasties.

*Comments or Submissions to
"THE GUARDIAN"*

Please contact the editor:

LTJG Hobbs, James.A.Hobbs@uscg.mil

Let's see your artwork!



Unit member tattoos compiled by
LTJg Hobbs.



We're on the Web!

<http://www.uscg.mil/lantarea/msst/msstgalveston/Entrance.htm>

Command Senior Chief's - Jibber Jabber



As MSST Galveston's Command Senior Chief, I'm here to say that we're in Hurricane Season, you ought to be ready to board up your windows, and we should be living our lives in fear. Not today. I'll take a break from that. If there's a hunger in you that needs a helping of hurricane-speak, I'm sure you'll be able to find it elsewhere in this fine newsletter.

For no particular reason, I'm going completely off-topic. In addition to my Command Chief duties, I also serve the unit as Engineering Petty Officer. By rating, by fate, or by whatever, I've always had an interest in renewable energy (hydroelectric, wind turbine, photovoltaics, bio-diesel, etc.), in addition to good old-fashioned energy conservation. I'm not talking about hugging a tree or saving a whale. This is about the

short-term reward of keeping more of your hard earned money where it belongs...in your pocket. Here are the energy conservation basics that can save you the most.

In your car or truck:

According to the U.S. Department of Energy, drivers can improve gas mileage by about 3.3 percent by keeping their tires inflated to the proper air pressure. Check them at least monthly. Do not inflate to the max pressure found on the tire's sidewall. Typically, you'll find the manufacturer's recommended inflation pressure on a sticker located on the driver's side door pillar.

In your home:

The temperature isn't supposed to drop below 40 degrees over the next few months. You can safely shut off your furnace's pilot light until next winter. In

the summer, set your air conditioner's thermostat to 78 degrees or higher. Your energy consumption increases by six to eight percent for each degree below the recommended summer setting of 78. Set it to 62, and you'll be cold and broke. Set it to 92, you'll be sweaty and rich. Find that happy medium. If your home will be unoccupied for a few hours or longer, temporarily set the thermostat a few degrees higher. Don't give the cockroaches the satisfaction of a comfortable unoccupied house. Whether your water heater is gas or electric, set the thermostat between 120 and 125 degrees.

-MKCS Michael Krumpe