

RUSH HOUR

United States Coast Guard Cutter RUSH (WHEC 723)

Captain's Log

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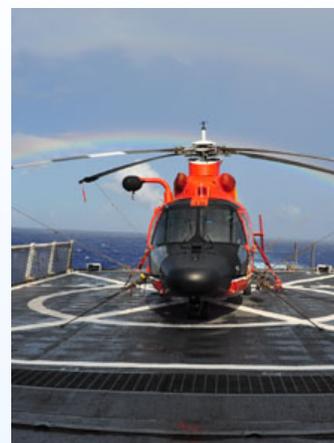
**Super Shout-Outs + Pictures + Pictures
= Read this Section**

**Through the eyes of
a tie-down**

by SNET McEachern

Captain's Log

Greetings to the RUSH family from a rambunctious, but always beautiful Pacific Ocean! As many of you know, the summer transfer season is always hectic and the RUSH certainly had many experienced shipmates leave and many new ones take their place. With that said, I would like to welcome each and every new family member and friend of the USCGC RUSH to our unit. I hope all of you are settling in and hearing from your loved ones frequently. The RUSH and her crew spent several months preparing for this patrol and now we are putting our training to the test. As I type these letters, we are on verge of implementing our strategic plan to conduct law enforcement in the northern waters. As much as I would love to go into detail, just know that the RUSH and her crew are ready for any obstacle(s) which presents itself. Currently, we are in the first leg of our patrol. The crew of the RUSH has trained vigorously for everything from helicopter operations to general emergency responses and continues to do so, on a regular basis. Recently, the crew held a ceremony for crossing the International Dateline, which allowed all new crew members the chance to be initiated into an elite naval tradition and it enhanced morale all around. So far, we have been underway for three weeks and made our first stop in Yokosuka, Japan where the crew was able to experience Japanese culture and do some sight seeing. We have a fine crew aboard the RUSH, and we look forward to keeping all of you up to date on our adventures.



Pictured: Rainbow & CG-6515

Above is the type of picture which can only happen out in the open ocean. A vast rainbow towers in the background highlighting the helicopter.



From the Crew...

Through The Eyes of a Tie-Down

By: SNET McEachern

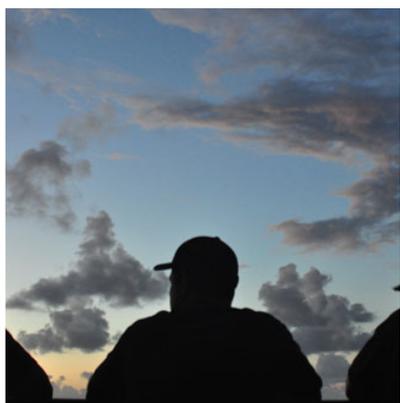
There is a certain sense of excitement that a tie-down gets from running under the spinning blades of a Coast Guard helicopter. The adrenalin starts pumping as soon as you get the signal to run out, and by the time you attach the tie-down to the helicopter and the ship, your heart is racing with the thought of all that could go wrong at that very moment. The second you return safely out from under the blades with your fellow tie-down crew, we wait in anticipation for the next signal from the landing safety officer.

The transit from Honolulu to Japan was an intense learning experience for RUSH's tie-down personnel, along with everyone else who participated in the helo evolutions. One of the many training evolutions we did was a "Helicopter In-Flight Refuel" (HIFR) which involved handling the fuel hose while the helicopter hovered overhead. With the obvious dangers present during the evolution, the tie-downs performed with great confidence and professionalism, resulting in the helicopter safely being refueled in mid-air!

When the sun set and the stars filled the sky, the helicopter started up for another round! The anxiety among all the tie-downs yet again started to fill our bodies with adrenalin, as it had earlier that day. Night time landings are inherently the most challenging and dangerous of all evolutions; This holds true not just for the tie-downs who are running out into the dark night, but for the pilots who only have a small, dark platform in the vast open ocean for which to land upon. This incredible test was confronted with great achievement and confidence; When the RUSH turned out ALL the lights, the pilots put on their night vision goggles and successfully landed onto the ship several consecutive times while the tie-downs ran back and forth in the dark, securing and releasing the helicopter from the deck. The wonderful feeling of accomplishment was flowing through the veins of all tie-down personnel, old and new. Directly resulting our extensive training and admirable team work, each one of us safely walked away from the helo evolutions that day with a smile on our face and the feeling of anticipation for the next time we would have that RUSH.

Now...Reveille by: YN2 O'Connor

"Now Reveille, Reveille, Reveille, up up all LOWLY, PATHETIC WOGS....." And day number 2 in the line crossing ceremony was underway. Crossing the International Dateline on a naval vessel carries a tradition of initiating new members into the likes of Golden Dragon status. The nautical tradition dates back to early 1800's and is celebrated by sailors from around the world. Recently, myself along with a fortunate group of 60 plus RUSH-AN WOGS were indoctrinated into the realm of the Golden Dragon. Over the course of 2 days we were put through a series of obstacles and initiation events, all in the name of fun, tradition and camaraderie. For me the process was more about the camaraderie with fellow shipmates than anything else. Yes, I did learn to live with wet boots and clothes for a couple of days; to eat my meals on my God given seat and outside; to live without properly functioning vocal chords due to the excessive singing of "row, row, row your boat;" and lastly to live with one less pair of working pants, underwear, socks and boots (I didn't foresee the smell of garbage leaving anytime soon), but at the end of the day, there is something to be gained from going thru an initiation process with a group of people you work with and must rely on daily. To start a process as a crew, stumble your way thru it and then be able to cross the finish line together is great way to promote trust and uniformity; elements that help us, as a military organization, thrive. While the process of becoming a Golden Dragon was a dirty, tiring and frustrating one, it was an experience and memory that will last in my mind, and no doubt the minds of my fellow shipmates/Golden Dragons for a long time to come. All hail King NEPTUNE.



A member of USCGC ponders the mysterious Pacific Ocean.

THE HIGHLIGHT CORNER

OS1
MONICA
SPEECE



So OS1, tell us about your Coast Guard career thus far?

I joined the CG in Nov 2004. After a short, cold trip to New Jersey I headed to Petaluma, CA for OS 'A' School. Then I left the Mainland and reported to our sister ship CGC JARVIS for 2 years. While awaiting the arrival of my son, I spent a year participating in Search and Rescue at Sector Honolulu Command Center. 01 AUG 08, I climbed up the brow to CGC RUSH and I have been having a great time since.

If you could invite three people (beside family members, close friends, and of course RUSH crew members) to your own private island, who would they be?

Nancy Reagan, Audrey Hepburn and Madonna.

I have seen your coffee cup, but what is your favorite NFL football team?

PITTSBURGH STEELERS! And NO, my favorite cup is not paper, it is plastic with holograms.

Favorite food at home/Favorite food on the RUSH?

Peanut Butter Toast and Grilled Cheese with Tomato Soup

So it is holiday routine, what may your daily activities consist of?

Inport - Spending time with my Husband and Son, diving, sewing and going to BBQs with the FSIs. It's always better when they cook.

Any final words, inspirational quotes, or motivational speeches?

Don't waste your time waiting for Great things to happen, make them happen!

Welcome to the USCGC RUSH family!

My name is Sarah Rasnake, my contact information is below. I would like to introduce myself as your ombudsman. The ombudsman program is a group of spouse volunteers appointed to help communication between the Coast Guard and the families of our active duty members. I will be facilitating communication between the RUSH command and the families through emails and phone calls. I can provide information and referrals regarding available services and benefits during your move and your time on island. I am your resource for information and communication during emergencies. For routine questions or concerns, please call 8am-8pm Hawaii time or email anytime. For emergencies call anytime and I will do everything in my power to assist you.

OMBUDSMAN'S

CORNER

As ombudsman, I keep a database with contact information of the RUSH families. If you have not already done so, please contact me so I can keep you up to date with ship information. Also, keep my contact information handy for any questions, concerns or emergencies.

If you are a single member and would like to have your family back home included on emails, please have them contact me. Also, families of members should keep my cell phone number handy in case of a family emergency during deployments as I can reach the boat very quickly.

Once more, Welcome to the RUSH family!

Respectfully,
Sarah Rasnake
USCGC RUSH Ombudsman
srasnake@live.com <<mailto:srasnake@live.com>>
808-354-3789 - c

EVENT UPDATE!

2009 JOINT SPOUSE CONFERENCE

Over 70 JSC Workshops Available

<http://www.jschawaii.com>

Date: Friday, 16 OCT 2009

Location: Schofield Barracks

Guest Speaker: Mrs Shinseki, wife of General Shinseki

Registration Date: 1 September - 21 September

Fee: \$35

Includes three meals and six workshops

Free Childcare! Spouses of Deployed have priority!

SUPER SHOUT OUTS ARE HERE!!!!!!

Silence! THE MPA, CWO Michael Gadbois, Has A Very Important Message- To my beautiful wife Thelma and wonderful kids Christian, Kathryn and Steven. I love you very much and miss you bunches

Houston, we have a message. From OS1 Monica Speece- To my Cody Monster - Mommy loves you Punkin'!

STOP! OS1 Saejung has something to say- Elayne, Kai and Madyn - Daddy is doing good. I miss and love you.

It is a bird, no it's a plan, no...it is a SUPER SHOUT OUT! BM3 Rupe says- Hey Grandpa, I hope your knee is doing better!

HEY MOM AND DAD, BM3 ABORN HAS A MESSAGE: Love you all and cant wait to see you guys this winter

From the depths of the Pacific Ocean, OS3 Geoff Potter has a message- "Hi Mom and Dad from Geoff"

PICTURES, PICTURES, PICTURES



MK2 LIN has the essentials for an abandon ship drill. He provides the blankets for his ready boat in a emergency abandon ship situation.



FN Stapleton displaying to his ready boat that he is always ready...he provides the pyro's for his ready boat



The tie-down crew unleashing the helicopter during a flight condition exercise.



EM3 Martinelli is ready for any casualty which may occur during flight operations...EM3 is a member of the flight deck fire team.



HSC Jackson provides the crew with medical training. USCGC RUSH works in a dangerous environment so it is prudent for members to be competent with first aid techniques.



FN Arauz displays how to wear cold weather protective gear during smallboat training.



OSC Labine needs help! Don't worry OSC is a tough man and volunteered to be a "victim" during medical training aboard RUSH.

FORESIGHT' ○○○○

USCGC RUSH personnel bring aboard the electrical shore-tie prior to departing on its epic patrol



United We Stand!

September used to be an average month. Sure, there are unique holidays in every month. However, September 11th changed our country. Eight years have passed, but for the members of the USCGC RUSH, we will never forget the sacrifice and courage which transpired on September 11th. As members of Homeland Security, we pride ourselves with protecting the American people and the American way of life. Please take a moment of silence and never forget the brave souls which sacrificed their lives to save others.

SUPER Shout Out Section!

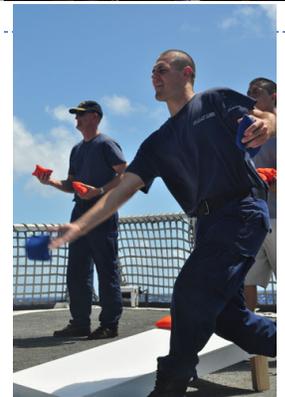
Just in case you missed the update from RUSH HOUR volume I, below is information in which you can provide a shout out to your special RUSH crew member! If you would like a special line to be highlighted in the RUSH HOUR,

please add SUPER in the subject line. What we will do for you, is make sure your message stands unique among the others. Please send all shout-outs (Regular or SUPER) to myself, Brandon.J.Aten@uscg.mil. Please keep in mind that on occasion it may take a few days for your email to be received, but if you do not see your Shout Out in the most current issue, it will make it on the next issue. Any advice for improvements, please feel free to let me know. The RUSH HOUR is dynamic to your needs.



Page Summary:

- United We Stand
- Super Shout Out Reminder



Public Affairs Note:

My name is Brandon Aten and I am the Public Affairs Officer on the USCGC RUSH. Family support holds our men and women on the RUSH dear, so if you would like a

message sent to them at any point, please feel free to email me at: Brandon.J.Aten@uscg.mil. It has been sometime since the last Newsletter release, but you have my word that future newsletters and

articles will come by the dozen. If you have any suggestions, please feel free to contact me. I look forward to informing you on the all the amazing activities RUSH crew members so often achieve.