

Arctic and Bering Sea Patrol Edition

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October 2015

# THE WAYPOINT



# Captain's Corner

By Captain Robert Hendrickson  
Commanding Officer



"I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again"

My late step-dad was a prolific speechwriter when he was alive. He often wove great quotes and short poems into his words. One of his (and my) favorite passages is this quote by the 19th Century Quaker missionary Stephen Grellet. I have been reminded of it several times during our current patrol.

It seems that whenever we pull in for some rest and relaxation, the crew gets amped-up to do community relations projects (we call them "COMRELS"). I would venture to say that for many of the crew it is the highlight of their time spent on deployment – although a gourmet milkshake at Amelia's in Dutch Harbor is probably a close second.

Service to Nation, Duty to People, and Commitment to Excellence are the Commandant's guiding principles. I think the crew has fulfilled each of those principles during their many COMREL missions. From manual labor breaking down dilapidated playground equipment for the school, to serving lunch at the local senior center, to volunteering to be a ghoul in the local recreation center's haunted house, WAESCHE crewmembers have been doing wonderful work engaging the local community.

In a few days we will host the local school's 5th and 6th grade classes aboard the ship for a Coast Guard field trip where they will get a chance to see the newest generation of Coast Guard cutter first hand. We plan to also host the mayor of Unalaska and some of the local officials and elders for lunch. It will be a great day.

These are just some of the ways we are able to engage with the people who pay our paycheck and leave a good impression behind of the great men and women who serve in our Coast Guard and, more specifically, aboard WAESCHE. Bravo Zulu to the outstanding volunteers who have done good deeds, shown great kindness, and represented our unit and our service to the people we have met along this journey.

..."For we shall not pass this way again" (at least not anytime soon).

# Community Relations



OS3 Webb, ME1 Lewis, and OS3 Wright man-handle some derelict playground equipment



IS1 Valentin isn't afraid to get dirty cleaning out the boiler room at the Unalaska School



SN Tockey Swinging the pick axe



OS3 Pierre playing the piano at the senior center

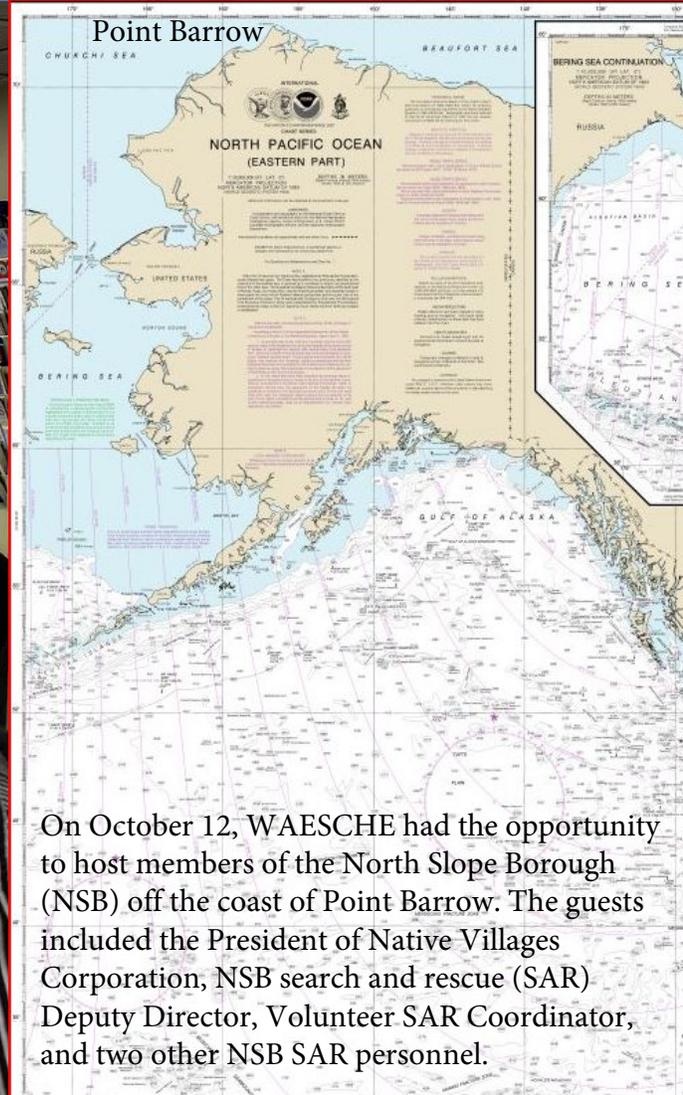


GM3 Headings showing OS3 Webb how to use a little muscle



DCC Travis getting back to his roots cleaning a boiler

Captain Hendrickson presents WAESCHE ballcaps to members of the North Slope Borough.



On October 12, WAESCHE had the opportunity to host members of the North Slope Borough (NSB) off the coast of Point Barrow. The guests included the President of Native Villages Corporation, NSB search and rescue (SAR) Deputy Director, Volunteer SAR Coordinator, and two other NSB SAR personnel.

# Sailor of the Quarter



MK2 Nettles standing the watch in Main Control

MK2 Nettles was named Sailor of the Quarter for the fourth quarter of fiscal year 2015. When the Main Propulsion Assistant (MPA), MKCS, an MK1 and MK2 departed he stepped up as one of the most experienced members of the Main Propulsion Division and was instrumental in the smooth transition with the newly arriving MPA and MKCS. As a vital member of WAESCHE's Engineering Training Team, Petty Officer Nettles helped conduct over 130 basic engineering casualty control exercises (BECCEs) to qualify numerous Machinery Watch Standers and Engineers of the Watch (EOW). In addition, he assisted in qualifying more than 20 newly reported members by teaching them various aspects of standing the Security and Machinery Watch. His expertise in the Main Propulsion Division was evident when he led round robin training for operation of the Main Propulsion Diesel Engine. MK2 Nettles singlehandedly set zebra faster than all other zebra setters during multiple general emergency (GE) drills earning him the Damage Control (DC) Golden Helmet. During the water intrusion casualty to WAESCHE's number two reduction gear, MK2 Nettles played a prominent role in the removal and replacement of the reduction gear cooler. While the cooler was removed he led a three person team that disassembled, cleaned, inspected and reassembled the 189 plate cooler. MK2 Nettles meticulously ensured all plates were installed in the correct direction and order to ensure proper flow of oil and water, and that all 189 gaskets were aligned properly. Upon completion of repairs and the inspection of the reduction gear cooler, Petty Officer Nettles manned the deck for more than ten hours to ensure the safe onload of 5000 gallons of lube oil from 19 separate containers without spilling a single drop, and ensured WAESCHE could successfully complete Operation Arctic Shield 2015 .

# Operations Department



BM3 Rabalais (and his moustache... yes it's there) keeps a close watch on the anchoring evolution.



BM3 Krok trips the pin to break the stopper.



Four shots of chain on deck!



DC3 Scarborough and DC2 Critcher on the brake.

The Operations Department has been busy conducting at sea boardings of fishing vessels to ensure compliance with federal fisheries and safety regulations. Boardings keep the entire Operations Department occupied with the Deck Division providing members to launch and operate cutter boats, members of the Navigation Division, Deck Division, and Combat Information Center (CIC) personnel to act as boarding team members and boarding officers, and CIC personnel to monitor the boarding and maintain communications with the boarding team. The Deck Division and Navigation Division have also had their hands full preparing for and executing several anchoring evolutions in Unalaska Bay near Dutch Harbor. Check out the pictures of the Deck Division above expertly executing an anchoring evolution!

# Engineering Department



DC3 Scarborough and ENS Ostrow prepare to snake a clog in the ship's sewage system - a smelly but important job.

The Engineering Department worked diligently to make repairs and keep vital components of the cutter operational. The Electrical Division and Auxiliary Division worked together to replace the heater in the reverse osmosis unit to ensure the ship has a steady supply of fresh water and repaired the heater on the starboard side boat davit to make sure the starboard small boat was available for law enforcement and search and rescue. The Auxiliary Division coordinated the shipment and delivery of a replacement small boat while inport in Kodiak that enabled WAESCHE to maintain readiness for future boardings. The Main Propulsion Division championed the repair of the fuel oil conditioning module on the gas turbine (GT) to ensure the GT was fully operational and available as an additional means of propulsion.

# Combat Systems



During October, the members of the Combat Systems Department worked hard to continue the maintenance of their weapon and electronic systems. As the Gunner's Mates (GMs) trained machine gun crews, the Maritime Enforcement Specialists (MEs) taught tactical procedures, handcuffing, and other hands-on techniques to boarding team members. The law enforcement training proved invaluable as WAESCHE boarded multiple fishing vessels at the start of the king crab fishing season. The department was also heavily involved in launching and recovering the HH-65 Dolphin Helicopter attached to WAESCHE during the Arctic portion of the patrol. While the helicopter was deployed, members like IT1 Ringpis and ELC2 Lachowsky were at the front lines as Landing Signals Officer and Helicopter Control Officer. Overall, the members of the Combat Systems Department have certainly earned their Arctic Service Medals.

# SUPPORT DEPARTMENT



FS3 Scott, FS3 Nunez, and SNFS Faizirakhmanov preparing a delicious meal.

We would like to welcome two new members to the galley. FS1 Ester reported earlier this summer after transferring from Training Center (TRACEN) Petaluma. While stationed at TRACEN Petaluma FS1 Ester was an "A" school instructor. The skills and knowledge he has brought to WAESCHE's galley has helped the cooks prepare new menu items, including the introduction of a healthy options menu. The healthy options menu gives our crew the option to choose a lighter, lower calorie and lower fat meal. We would also like to welcome SNFS Faizirakhmanov reporting to us from FS "A" School. SNFS Faizirakhmanov is originally from Tomsk, Russia. Before joining the Coast Guard he lived in Largo, FL. We look forward to having him introduce the other FS crew members and the entire WAESCHE crew to some Russian cuisine in the future.



# MORALE EVENTS



From Left to Right: ET2 Casini, EM2 Evans, ME2 Lopez, BM2 Seaton, OS2 Spaustat, and MK3 Robbins helping to prepare dinner on morale night!



It's time for Family Feud with ME1 Lewis as the host. SK2 Rich and OS2 Reed competing to see who can pop the balloon first and answer the question



GM3 Headings trying to earn points for his team!

# Happy Halloween

EO scaring ENS Wu with his rabbit mask.



MK1 Ingram spent some time in the brig as inmate 751.



MK3 Robbins as Rosie the Riveter



SN Vargas just wants some downtime!



ENS Wu and ENS Ostrow nerd out in their onesies.

OS1 Thistle as a pirate.



GM3 Sanchez is a unicorn.





You rang?  
Death (CO)  
answers a  
call from the  
bridge.



ME1 Lewis and Senior  
Airman Gooch  
trading places.



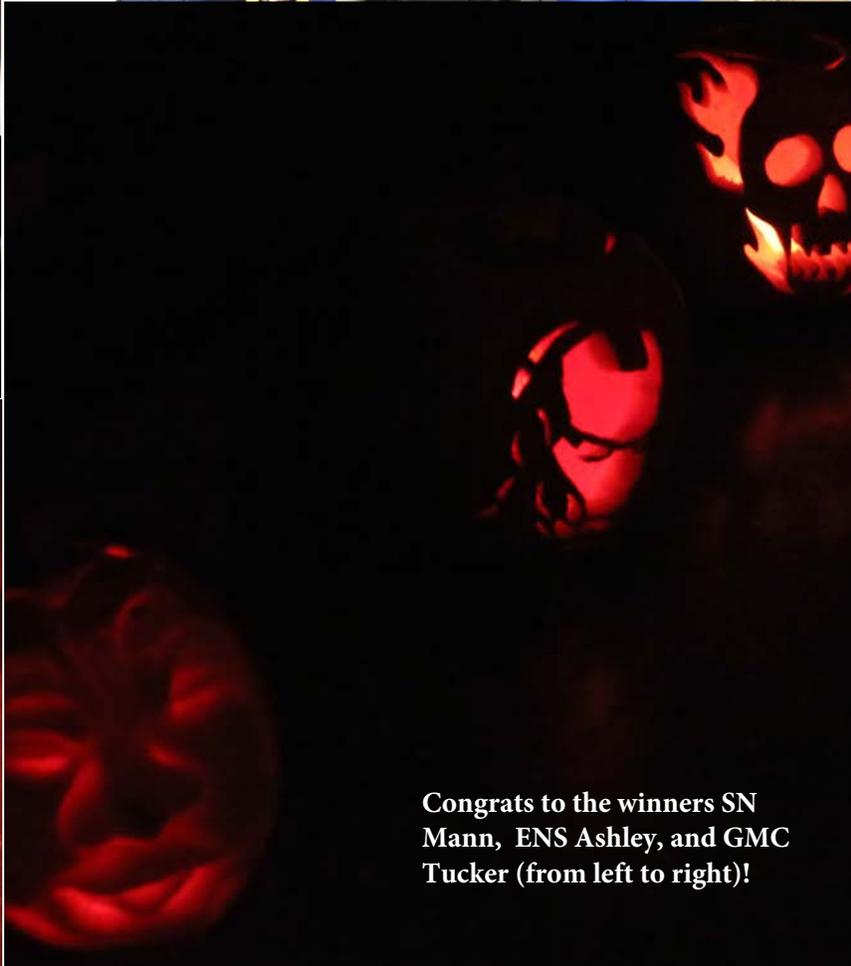
F&S2 Pillow, ET1 Benner, and ET3 Butcher  
deciding the results of the costume contest.



Congrats to the costume contest  
winners IT2 Wheeler (Dirty Old Man),  
Captain (Death), and SN Vargas  
(English Hobo).



Pumpkin carving contest contestants.



Congrats to the winners SN  
Mann, ENS Ashley, and GMC  
Tucker (from left to right)!

# First Aid Training

SKC Clark, SK2 Rich and EM1 Espinosa wrapping YN2 Pagozalski's hand after she suffered a simulated amputation.



On October 15, WAESCHE participated in a Medical Round Robin. HSC Gorman set up stations where crewmembers were given opportunities to learn to treat personnel casualties. The Medical Round Robin was a huge success. Crewmembers learned to treat an abdominal wound, amputation, open jaw fracture, broken arm, and many other injuries.



BM2 Voegtlin and BM3 Rivera treating ENS Ostrow's open jaw fracture

ENS Krumb learning how to make a sling for MK2 Mattox.



# ADMIRAL RAY AND MASTER CHIEF VANDERHADEN'S VISIT



On October 21, Admiral Ray and Master Chief Vanderhaden joined the crew onboard WAESCHE as we transitted outbound from Kodiak. Admiral Ray was able to present the crew with their Arctic Service Medal and be part of DC2 Martincavage's Permaenaent Cutterman's Pin Ceremony. It was a pleasure having Admiral Ray and Master Chief Vanderhaden onboard experience our daily underway routine.



# Math Class

Article by CDR Michael Cilenti  
Executive Officer

Our Engineer Officer (EO), LCDR Corey Kerns, and I are "team teaching" two college Algebra classes this patrol. Through close work with the Coast Guard Island satellite campus of Columbia College, we were approved to start a pilot program teaching courses at sea. Eight students just completed the first 3-credit course in early October and we've kept the momentum going with our next class as we move on to more advanced Algebra. With operations & maintenance, watches to stand, and drills to run, it isn't easy for the students to find additional time to spend on homework and studying, but they've shown exceptional dedication and everyone has been doing very well.

Similarly, while I genuinely enjoy teaching, finding the time to properly prepare for each class, writing and grading quizzes, exams, and homework in addition to our regular responsibilities, has been challenging. However, it has been great to be teaching together with EO, not only to share the workload, but to share ideas and provide the crew with two different teaching styles to do our best to help them learn



and achieve their goals. Several other crew members have also stepped up and dedicated the time to help students when they get stuck on some difficult homework problems or one of the more challenging lessons.



We're looking forward to coming back home with some of our shipmates having earned six college math credits, and hope to have the opportunity to continue the program on future patrols.

# Arctic Operations



On October 4, WAESCHE patrolled at the edge of the Arctic Cap.



There be a whale! A lot of marine wildlife in the Arctic.

# AURORA BOREALIS

An aurora is a naturally occurring light display resulting from the ionization of charged particles deposited in the Earth's magnetosphere by solar winds. Auroras are typically observed in northern latitudes near the Earth's magnetic poles, but they can also be seen at lower latitudes on occasion.

In the northern hemisphere the phenomena is referred to as aurora borealis, named after the Roman goddess of dawn, Aurora, and the Greek name for the north wind, Boreas, by Galileo in 1619. In the southern hemisphere the phenomena is called the aurora australis and is similar in appearance to the aurora borealis.

Green auroras are most commonly observed. However, red, yellow, pink, and blue auroras can be seen on occasion. Check out the photos of green and purple aurora borealis captured by OSCS Reed!



## FOR THE FAMILIES BACK HOME

Greetings! As we enter the time during patrols where the days can't possibly seem any longer, and the weeks seem to crawl by, your ombudsman team wanted to touch on the emotional toll that can be felt. By nature, humans are not meant to be separated from their loved ones for long periods of time, and here we are, being asked to do just that, as a service to our country. It is inevitable that you, your children, or other family members will reach your "breaking point" during one of these patrols. We are here to tell you that you are not alone, and there are several resources available to help you through the rough times.

First, there is your ombudsman team. We can be reached via phone, 24/7: 510-847-1506, or via email: [ombwaesche@gmail.com](mailto:ombwaesche@gmail.com). We have a wealth of resources that we can refer to you and information which might help resolve your situation. Please don't hesitate to reach out to us; we can assist everything from moves and transfers gone wrong, to health concerns, to family matters such as the need for power of attorneys, financial assistance, and death.

CG SUPPORT (CG SUPRT) is also a wonderful resource to help you with these stressful times. This service is available to all active duty members and their dependents. It is available 24/7, by calling 1-855-CGSUPRT (247-8778). This program is part of the Office of Work-Life Programs, and is staffed with professionals who can assist with a variety of mental health needs. These include but are certainly not limited to: depression, anxiety, relationship issues, work issues, or anything else which impacts a person's ability to function within the family unit or on the job. By calling this service, you will be linked to a mental health professional in your geographical area who accepts your insurance. You do not have to be located in Alameda to take advantage of this service! More information about this service can be found on their website: [http://www.uscg.mil/worklife/employee\\_assistance.asp](http://www.uscg.mil/worklife/employee_assistance.asp)

In the event that you or someone you know is experiencing suicidal thoughts, and is in need of immediate help, you can reach out to the National Suicide Prevention Lifeline, 1-800-273-8255, or you can chat with someone online through their website: <http://www.suicidepreventionlifeline.org/>

For those of you with children, we know that moving and making new friends every few years can be stressful, and often children can struggle with finding a group of peers they are comfortable with. The ASYMCA located in housing has two wonderful and free programs. First, Operation Hero, meets on Tuesdays, and is open to elementary school aged children (kindergarten through fifth grade). This program allows them to meet with peers who are in similar situations, and build a support network, while also getting assistance with homework and mentoring from adults. The second program is the Teen Club, which meets on Wednesdays. This program focuses on community service, and also provides mentoring and homework assistance, while connecting your teen with peers. If you are interested in learning more about these programs, please contact the ASYMCA at (510) 769-0660, or through their website, [www.asymca.org](http://www.asymca.org).

It is important that families support each other during these stressful and trying times. Please use your fellow spouses as sources of support; it is always nice to have someone to lean on, a smiling face to help you get past the tough times, someone to run errands with, or even have a meal together.

We want to ensure that all of our families are healthy and successful, during deployments and while our Coasties are home! Please reach out for any need, big or small. We are here for you!

Your ombudsman team,  
Rebekah Duvall, Nadja Espinosa & Laura Phillips



Families at the recent WAESCHE picnic.

OS1 Castonguay's daughter, Laura



ET1 Ortiz's puppy, Storm

OS1 Castonguay's daughter, Emilia



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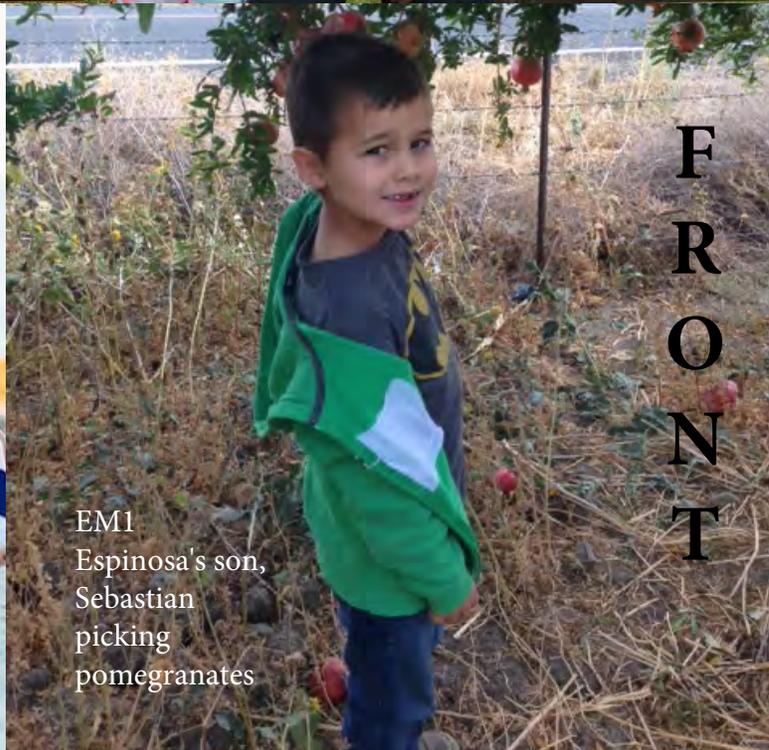
BM3 Burkett's mother, Irena at a Piano Recital



SK2 Rich's daughter, Taylor and father atop Ober Gatlinburg

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OS2 Singer's children: Andrew, Anna, Aubrey, and Austin



EM1 Espinosa's son, Sebastian picking pomegranates

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IS1 Valentin's son,  
Rylee at a Halloween  
festival



IS1  
Valentin's  
daughter,  
Maci



BM3 Burkett's  
mother at  
church



OS2 DuVall's  
son, Paxton



EM1 Espinoa's son,  
Sebastian at a pumpkin  
patch



BM1 Phillips'  
wife, Laura and  
daughter, Emily  
at the first  
WAESCHE  
Family Picnic



SK2 Rich's  
daughter,  
Taylor