The Coast Guard
RESERVIST

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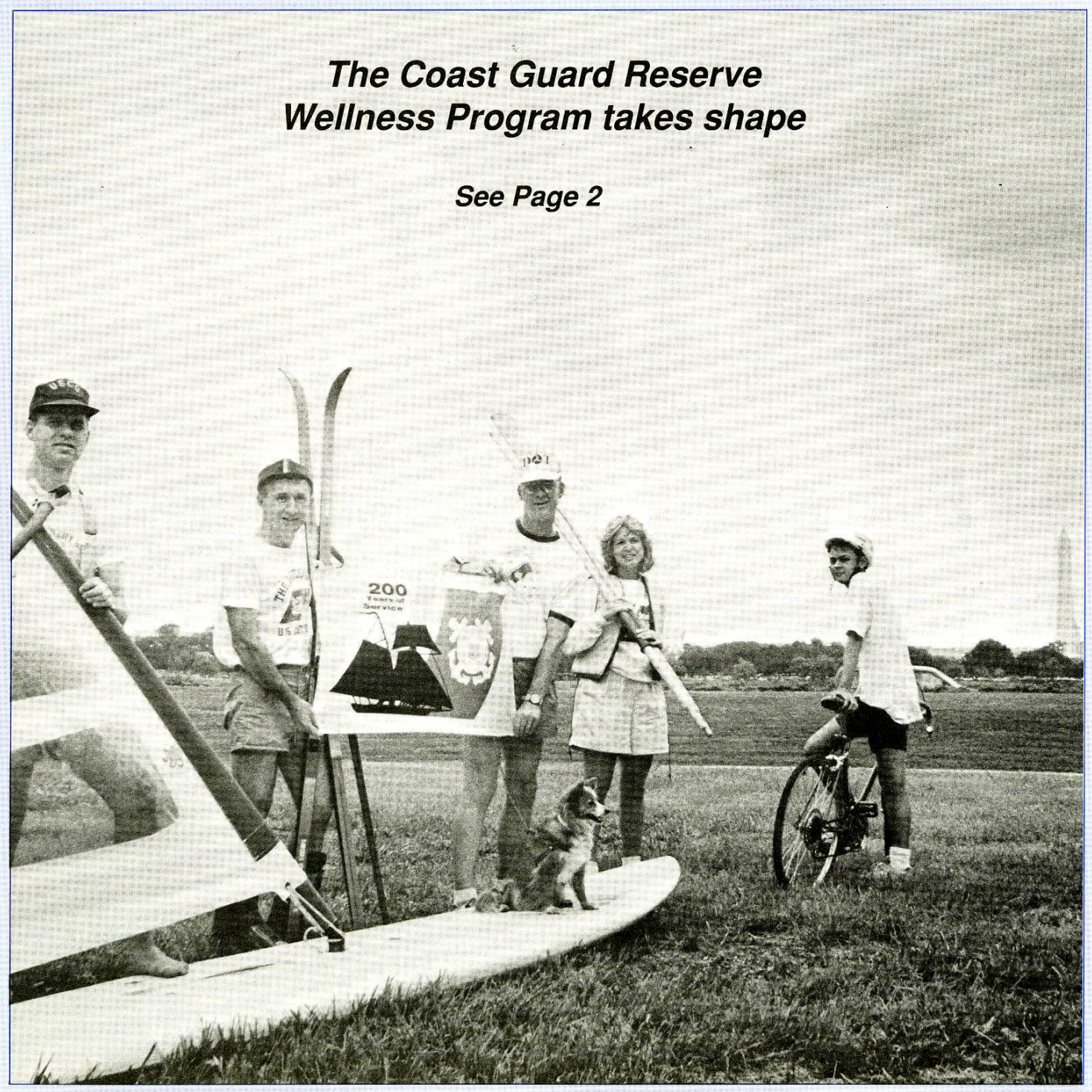
Fit for Duty — Fit for Life

The Coast Guard Reserve Wellness Program takes shape

See Page 2



A View from the Bridge

By RADM John N. Faigle

Chief, Office of Readiness & Reserve

"An organization is only as good as its people, and its people are only as good as their health."

Frank had had two heart attacks and high blood pressure. Today his doctor says he is in better shape than at any time in the past twenty years.

Brian was 60 pounds overweight and couldn't button his Service Dress Blue blouse. Today he tips the scales at "the perfect weight" and looks more fit than the trimmest Marine.

Barbara's cholesterol level had floated dangerously above 290 — a time bomb waiting to explode. Today her level is always below 200, and the time bomb has been defused.

These people have three things in common: all are part of the Coast Guard Reserve family (Frank is retired, Brian is a YN1 and Barbara is the wife of a reserve Chief Warrant Officer); all dramatically improved their lives, and all did it by changing their approach and attitude toward their health.

"Fit for Duty — Fit for Life can only serve as a positive, motivating force in your life."

Any good organization takes an extremely strong interest in the wellness of its people, encouraging them to live healthy lifestyles and, just as important, providing them with the education and encouragement to accomplish whatever changes are needed.

I firmly believe this to be true, and that is why one of my goals as Chief of Readiness and Reserve has been to develop a wellness program that would enhance the quality of life of our reservists and their families. The idea is to ensure that the Reserve Program becomes a positive, proactive factor in the support network toward achieving a healthy lifestyle beneficial to both the individual and the Coast Guard.

Thus, with this article, I announce a wellness program for the Coast Guard Reserve: ***Fit for Duty — Fit for Life***. It is not designed to be practiced only on drill weekends; rather, it is a continuous and flexible program which can be tailored to meet your personal schedule.

Fit for Duty — Fit for Life was designed around nutrition, weight control, stress management, exercise, fitness and quality of life. More specific guidance is contained in Commandant Instruction 6100.3, due to the field in late August. Later this fall, each of you will receive a ***Fit for Duty — Fit for Life*** wellness publication. This informative material is designed to encourage the pursuit of a good diet, stimulate interest in a regular physical fitness program, and educate its readers concerning healthier lifestyles. In addition, future issues of *The Reservist* will feature practical articles on wellness.

As with almost any significant change in life, one of the most important — and most challenging — steps is to get started. Countless studies have shown that, once a level of fitness is attained, there develops a great sense of personal pride and self-achievement. In fact, those same studies indicate that one's life takes on a new dimension of significance and purpose, all for the better.

Fit for Duty — Fit for Life carries an added incentive. The Coast Guard Reserve has joined with the President's Council on Physical Fitness and Sports to develop a performance recognition program. Any member of the Coast Guard Reserve, including dependents, is eligible.

Some of us are healthier than others, and many are already participating in excellent wellness programs. Regardless of your situation, however, ***Fit for Duty — Fit for Life*** can only serve as a positive, motivating force in your life. You and your family should be vitally interested and actively participate in ***Fit for Duty — Fit for Life***... BECAUSE A LONG, PRODUCTIVE, HAPPY and QUALITY LIFE IS WHAT IT'S ALL ABOUT.

Editor's note: The wellness program is outlined in more detail on Pages 4 and 5.

On the cover

Coast Guard reservists and family members are ready to go following the announcement of the Fit for Duty — Fit for Life Wellness Program. From left to right are PA2 E.J. Kruska, G-RS; LCDR Larry Hice, RU Anchorage; LCDR Gary Domnisse, Wellness Project Officer of G-RSM; Mary Helen Orwig, wife of LTJG Darrell Orwig of G-RSM; and Stephan Orwig, son of LTJG Orwig. The dog? That's Coast Guard Reserve wellness mascot Daisy "the wonder dog" Orwig. This picture was taken along the banks of the Potomac River looking toward our nation's capital July 28, 1990, by LTJG Darrell Orwig, G-RSM.

Your Turn . . .

The new emblem

Is it a good idea to have a special Reserve emblem? Throughout my career in the Coast Guard, I was always told don't draw lines between deck, engineering, regular, reserve. It's all one Coast Guard!

Why are we trying to be different? If we start drawing lines now, there will never be a good working relationship between the regulars and reserves. It's hard now, why make it harder? I'm proud of what I am, and that's a Coastie.

— MKC W. Collette
Hyannis, Mass.

I am sure the thought was good to have a Coast Guard Reserve emblem. But I would like to know why and where it will be used?

In the 24 years I have been in the Coast Guard, we have been trying to make it one Coast Guard. When I was in the regulars and on a ship, we had summer cruises with reservists on board and were told to treat them as any regular — that we were one Coast Guard.

For 20 years in the reserve, we have been working to promote the one Coast Guard concept. We removed the "Reserve" lettering from the boats years ago and have augmented the regulars to the point that the public doesn't know the difference.

I think this is a step back 15 years in the effort to unite the two groups. I feel that the label of "Reserve" is that of a second class citizen. Now people will be able to say "only a reserve — where is the real Coast Guard?" I have fought too many years to shed that comment to turn back now.

I know the thought [of a new emblem] was good, but I am happy and proud to be called Coast Guard — period.

— BM1 D. R. Anderson
Burnsville, Minn.

USCG HOTLINE — 1-800-283-USCG

Editor's Turn... *Electronic Edition!*

Would you like to receive next month's issue of *The Reservist* early or on diskette? Want to send a reunion notice, drill note or story to *The Reservist*? Now, you can get selected articles or submit stories over the phone through your computer! Here's how to do it.

• **To receive stories:** Set your computer's communications program to 2400 baud, no parity and one stop bit. Then call 202-267-4644 to log on to the Coast Guard's Internal Relations Branch Bulletin Board System, called CBEE.

CBEE, the *Commandant's Bulletin Electronic Edition*, will ask you for your first name, last name, the city and state you're calling from, and a password. After you answer a few questions about your computer, you're in!

Once you're in, press the 'L' key. Then press the 'B' key. You'll find a list of stories from *The Reservist* and the *Commandant's Bulletin* you can read on-line, or save for reading later. To read a story, type its name and then press the 'return' key. Then type a '1' (number one) to type the file to your screen.

• **To send stories / articles:** Simply call CBEE as listed above. Then, press the 'L' key. Next, hit the 'S' key to submit a story. Type in a file name, like "MYSTORY.TXT," hit Return, and then enter a 40-character description like "Big Reunion planned for St. Louis." Hit the 'return' key again, and you'll be asked to select the file transfer method. You'll have to read your computer's documentation about how to "upload or download." Submissions must include your name, unit and phone number where you can be reached.

If you need help, leave a message for CBEE's system operator, CWO2 Bill Ball or call (202) 267-2654 for voice help. Have fun, save time, and get your electronic edition of *The Reservist* hot off the press — or computer screen, that is.

— Ed Kruska

The Coast Guard
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ADM J. William Kime
Commandant, U.S. Coast Guard

RADM John N. Faigle
Chief, Office of Readiness & Reserve

J. Donald Cotter
Chief, Reserve Staff

LCDR L.M. Farrell
Chief, External Affairs Branch

PA2 Edward J. Kruska
Editor, The Reservist

This material is for information only and is not authority for official action. Inquiries should be addressed to: Commandant (G-RS-1), U.S. Coast Guard, 2100 Second St. S.W., Washington, D.C. 20593. (202) 267-1991. Have a story of interest to reservists nationwide? G-R FAX: FTS 267-4553, comm. (202) 267-4553.

COMDTPUB P1001.29

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Fit for Duty...

The **Fit for Duty — Fit for Life** Wellness Program has two primary initiatives. The *Fit for Duty — Fit for Life* wellness publication (COMDTPUB P61000.2, to be published by end of calendar year '90) provides ways to reduce your health risks and improve your chances of living a happier and healthier life. However, even before you receive your own wellness publication, you can begin participating immediately in the **Fit for Duty — Fit for Life** Sports Award Program. This is a motivational program that encourages a more physically active lifestyle. Any member of the Coast Guard Reserve is eligible to participate. For others in your family, The Presidential Sports Award Program is available. This Presidential Sports Award is administered by the Amateur Athletic Union (AAU) in conjunction with the Presidential Council on Physical Fitness and Sports.

The **Fit for Duty — Fit for Life** Sports Award can be earned in each of 12 fitness activities. To earn it:

- Select your sport or fitness activity (or several). The requirements for each activity are listed below.
- Keep a record of your participation on the fitness log (copies are acceptable). This fitness log can be found in COMDTINST 6100.3.
- When you have fulfilled the qualifying standards, take the completed and signed log to your commanding officer for certification; then send the certified fitness log to:

Presidential Sports Award
P.O. Box 68207
Indianapolis, IN 46268

Within six to eight weeks, you should receive:

- A certificate of achievement from the Coast Guard, personalized with your name, suitable for framing (see sample of certificate on opposite page).
- A certificate of achievement from the Presidential Sports Award program, personalized with your name, suitable for framing.
- A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earned the award.
- A special plaque signifying outstanding achievement after earning four awards in four (same or different) fields of physical fitness. To receive this award, you must provide copies of the four award certificates to Commandant (G-RSM-1). The plaque will be mailed to your reserve unit for presentation.

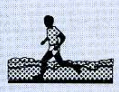
To make this a family affair, family members may participate in the Presidential Sports Award Program, which uses the same qualifying standards. Questions about the program can be directed to LCDR Gary Domnisse, G-RSM, at 1-800-283-USCG.

Qualifying Sports and Standards

Bicycling:

1. Bicycle a minimum of 600 miles (more than five gears); or bicycle a minimum of 400 miles (five or fewer gears).
2. No more than 12 miles in any one day may be credited to total (more than five gears); no more than eight miles in any one day may be credited to total (five or fewer gears).

Fitness Walking:



1. Walk a minimum of 125 miles.
2. Each walk must be continuous, without pauses for rest, and the pace must be at least 4 m.p.h. (15 minutes per mile).
3. No more than 2 and one-half miles in any one day may be credited to total.

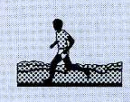
Gymnastics:

1. Practice gymnastics skills and/or compete in gymnastics a minimum of 50 hours.
2. No more than two hours in any one day may be credited to total.
3. Practice must include work in at least one-half of the recognized events (two of four for women; three of six for men).
4. Participate in at least four organized competitions.

Jogging:

1. Jog a minimum of 125 miles.
2. No more than two and one-half miles in any one day may be credited to total.

Marathon:



1. Run a minimum of 40 miles per week for at least two months.
2. Weekly mileage should not be increased more than 10 percent over the previous week. A longer training run must be done at least every 10 days at a distance of at least 15 miles for two months once mileage level is at 40 miles per week.
3. At the end of a four-month cycle, complete a Coast Guard-sanctioned marathon of 26.2 miles.

Racquetball:

1. Play a minimum of 150 games.
2. No more than four games in any one day may be credited to the total.

...Fit for Life

FIT FOR DUTY — FIT FOR LIFE

SPORTS AWARD

PRESENTED TO

FOR

Who has, through regular athletic accomplishment, made a commitment to the active life. Our congratulations to you on your dedication and determination.

Chief, Office of Readiness and Reserve
United States Coast Guard

Commandant
United States Coast Guard

Here is a sample of the Fit for Duty — Fit for Life Sports Award certificate. The actual size of the certificate is eight inches high by ten inches wide. This certificate, of course, will be personalized with your name and is suitable for framing. You can earn this certificate by participating in any of 12 fitness activities listed below. Future issues of *The Reservist* will contain a regular Fit for Duty — Fit for Life column and will contain articles on wellness-related topics.

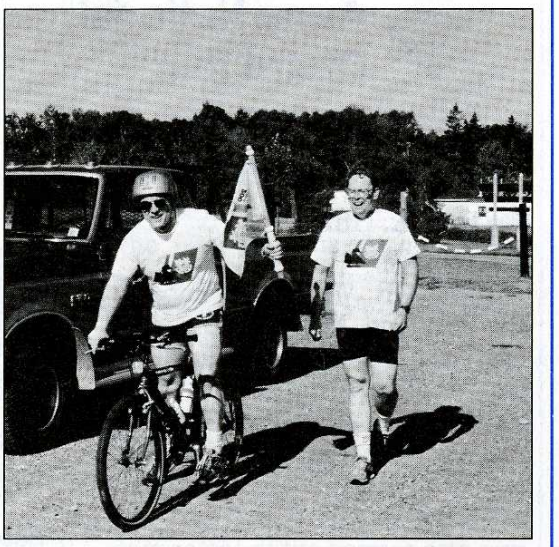


Photo by PS1 Pat Phillips, RU Duluth

Speaking of wellness, 9th Coast Guard District reservists, active duty, auxiliarists and their dependents practiced the physical fitness aspect all summer in conjunction with celebrating the Coast Guard's Bicentennial. The Run/Walk/Bike Bicentennial Relay started in June, wound its way around the coastline of the Great Lakes and finished Aug. 4 in Grand Haven, Mich., Coast Guard City, USA. Here, ENS Sandy Sweeney hands off the relay flag to CWO2 Robert W. Kuettel on Highway 13 near Cornucopia in northwest Wisconsin. Both are with RU Duluth.

Qualifying Sports and Standards

Rowing:

1. Row a boat a minimum of 50 miles; or row a wherry a minimum of 100 miles; or row a shell a minimum of 120 miles.
2. No more than one and one-half miles in any one day may be credited to total (rowboat); no more than three miles in any one day may be credited to total (wherry); no more than three and one-half miles in any one day may be credited to total (shell).

Running:

1. Run a minimum of 200 miles.
2. Run continuously at least three miles during each outing. No more than five miles in any one day may be credited to total (longer runs are not discouraged, but miles counted toward 200-mile total must be spread over at least 40 outings).
3. Average time must be nine minutes or less per mile (27 minutes for three miles, 45 minutes for five miles, etc.).

Sailing:

1. Sail a minimum of 50 hours (practice and/or competition).
2. No more than two and one-half hours in any one day may be credited to total.

Sports / Fitness:

1. Participate in a minimum of 50 hours in exercise activities, or in a combination of exercise and sports activities.
2. Exercise activity may consist of aerobics; aquadynamics, calisthenics, exercise or conditioning classes, fitness dancing, rope jumping, workouts on apparatus, including stationary bicycles, rowing machines and treadmills or a combination of any or all of these activities.
3. Sports activity may include participation in one or more of the 11 sports in which the FIT FOR DUTY — FIT FOR LIFE Sports Award is offered.
4. At least 25 of the 50 hours of participation must be devoted to exercise activity. No more than 30 minutes of exercise and/or 30 minutes of a sports activity in any one day may be credited to the total. A maximum of one hour of total activity in any one day may be credited to the total.

Swimming:

1. Swim a minimum of 25 miles (44,000 yards).
2. No more than three-quarters of a mile (1,320 yards) in any one day may be credited to total.

Weight Training:

1. Train with weights a minimum of 50 hours.
2. No more than one hour in any one day may be credited to total.
3. A workout must include at least five sets of a minimum of eight weight exercises, each performed a minimum of 10 times.

1st District

RU Rockland, Army National Guard join forces for "aerial view"

By LT T.K. Hunt
RU Rockland

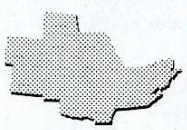
BANGOR, Maine — Members of RU Rockland, Maine, held a joint operation with Army National Guard, 112th Air Medevac Company, the weekend of April 21-22.

This joint training was planned to give boat crews a look at their areas of responsibility from the air. It was also carried out to foster more training drills in the future, such as hoisting operations and coordinating search patterns. The Army National Guard has an agreement to assist the U.S. Coast Guard in search and rescue operations.

Most of RU Rockland members had the opportunity to fly, and a good number of regular boat crew personnel also were present. During one flight, the helicopters were diverted to assist Group Southwest Harbor, to search for a young woman who had fallen off a cliff at Seal Harbor on Mount Desert Island and had been swept out to sea.

The joint operation was well received by both the CG Reserve crew and the flight crew from the Army National Guard. This drill was the result of diligent coordination by MK1 Randall Faloon.

2nd District



Flood training pays off for D2 reservists

By LCDR J. Minor, RU Moundsville

MOUNDSVILLE, W. Va. — The message read "Heavy rains in the Moundsville, W. Va. area PM 14 June caused tributaries of the Ohio River to flash flood, resulting in heavy property damage and loss of life. Several bodies have been found and approximately 52 persons remain missing."

The Chief, Operations Division, Second Coast Guard District, set the alert phase for flood relief operations for the Ohio River above Hannibal Lock and Dam mile 126.4. CDR Anthony Regalbuto, Commanding Officer of MSO Pittsburgh, became the Disaster Response Group Commander (DRGRUCOM) in charge of Coast Guard forces. RU Moundsville reservists, as well as personnel and equipment from MSO Pittsburgh, MSO Huntington, W Va., and the CGC OSAGE, from Sewickley, Penn., responded to the scene of this emergency.

Shadyside, Ohio, is a small town of 4,300, approximately two miles north of RU Moundsville on the Ohio River. On Thursday, June 14, rain started to fall heavily in the afternoon. Five and-one-half inches of rain fell in three and one-half hours. The ground, already soaked from previous rainfalls, was unable to absorb this new downpour.

Flowing through the area are Pike Creek and Wegee Creek, two small Ohio River tributaries about 20-feet wide. As the rain fell, these streams quickly rose, and debris formed natural dams in front of several bridges. When the dams reached 20 feet, the bridges collapsed, causing a 20-foot high wall of water, 80-feet wide, to roar down the valley into the Ohio River.

Few residents were prepared for the raging wall of water that caught an estimated 70 mobile homes and 45 people in its path.

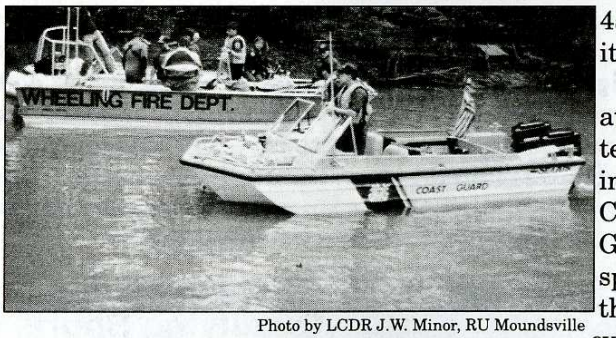


Photo by LCDR J.W. Minor, RU Moundsville

PSC Virgil Block, ST1 Bob Craig and SA Scott Carl, all of RU Moundsville, assist local divers search for survivors in s ubmerged vehicles at the mouth of Wegee Creek following the Shadyside, Ohio flood.

Immediately, volunteers, including the Coast Guard, responded to the emergency. Coast Guard Reserve Group Moundsville, in the middle of a drilling weekend, provided support to the West Virginia Department of Natural Resources.

The reservists worked 14-hour days, patrolling the Ohio River and mouths of the creeks, joining other Coast Guard units looking for survivors. CWO2 William Miller supervised the Reserve members on scene, overseeing the tireless rescue effort performed by the Coast Guard reservists.

By Sunday, June 17, the operation had been converted to a SAR

mission, with CDR Regalbuto as Mission Coordinator. RU Moundsville's boat, staffed by reservists, was used as a diving platform for West Virginia State Police divers.

As of June 22, 21 bodies were recovered, with a number still missing. In spite of the grim number of casualties, there were some happy endings in the wake of the devastation. Providing encouragement to the rescuers was the survival of Amber Colvin, age nine, who was saved by residents who found her seven miles downstream on the banks of the Ohio River. She survived by hanging onto logs.

PS1 Edwin Raper of Station Moundsville recalls a number of flood drills held in the area. For RU Moundsville, which has a high profile in the local area, the training has now paid off.

5th District

Reservists prevent major fire

By LTJG E. Wingfield, RU Norfolk

REEDVILLE, Va. — Three reservists attached to RU Norfolk prevented a major fire at a local fishery here April 12.

PS1 Henry F. Sheridan, PS1 Linn M. Rowh, Jr. and PS1 Edwin C. Vaughan were on duty with their unit and on a routine facility inspection of the Ampro Fisheries, Inc., when a fire was reported in a building adjacent to the fishery. The building, owned by Ampro, was used to house some of its workers.

Concerned that some workers were still trapped inside the building, these reservists risked their own safety to search the building. They also used portable fire extinguishers to control the fire until the fire department arrived. They then assisted local firefighters from Fairfield Volunteer Fire Department in containing and extinguishing the fire.

The three reservists informed the Fire Chief on the scene that they were at the facility representing the U.S. Coast Guard, and that they were all professional firefighters. PS1 Sheridan is a volunteer with the Fluvanna County Fire Department. PS1 Rowh and PS1 Vaughan, a Chief and Fireman, respectively, represent the City of Richmond Fire Department.

7th District

Reserve PA unravels stashed cocaine

By Carl P. Vitevitch, D7(dpa)

MIAMI, Fla. — A courier arrived at Miami International Airport from Bogota, Colombia, with six 3/4-inch video cassette tapes marked as soap operas, but a U.S. Customs inspector at the airport was skeptical of the contents.

He confiscated the videotapes, thinking they might contain pornographic material, and turned them over to the U.S. Customs Service General Investigations Division at the Brickell Federal Building in Miami. The Customs Service did not have the equipment needed to view the tapes, so they visited the Coast Guard's District Public Affairs office May 15, located in the same building.

PA3 Carl P. Vitevitch, a reservist on extended active duty with the Seventh Coast Guard District Public Affairs Office, helped the Customs agents operate the public affairs video equipment. The first tape inserted into the video machine broke after a minute of playing. Vitevitch took the tape out of the machine and started unscrewing the back plate of the cassette case to fix it.

Meanwhile, the Customs agent took another tape and inserted it into the machine. This one immediately jammed the machine. Eventually, the tape ejected and Vitevitch started to roll up the loose tape. One of the tape reels moved the videotape into the cassette case but the other one did not.

Upon closer examination, Vitevitch noticed that the full tape reel did not look right. He said to the Customs agent, "There is something in there, and it's not videotape."

Vitevitch pried the cassette open. The agent reached in and pulled out a three-inch diameter disk. After carefully examining the contents, they discovered it was cocaine! The rest of the cassettes were taken to a secured area and taken apart. A total of one and one-half pounds of coke were found in six cassettes.

Gerald O'Neill, Group Supervisor of the Customs General Investigations Division in Miami said, "It's fortunate that we can utilize the facilities of the Coast Guard to view possible pornographic material, or in this case, to stop drug smuggling."

The drugs were turned over to the Joint Florida Task Force. Vitevitch was given a snowflake by his colleagues signifying a cocaine bust to mount on his desk.

More Coast, P. 10

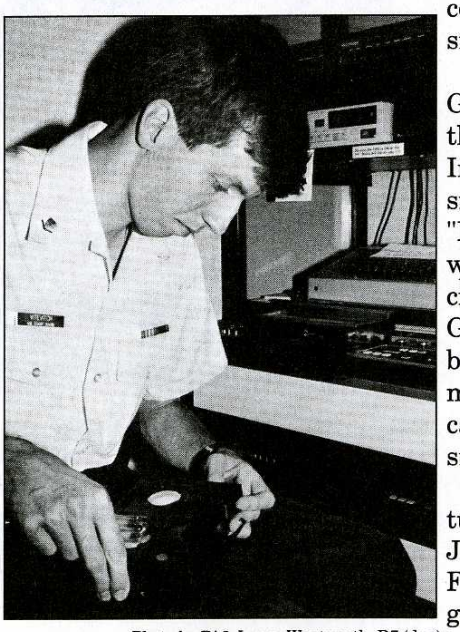


Photo by PA3 James Wentworth, D7 (dpa)

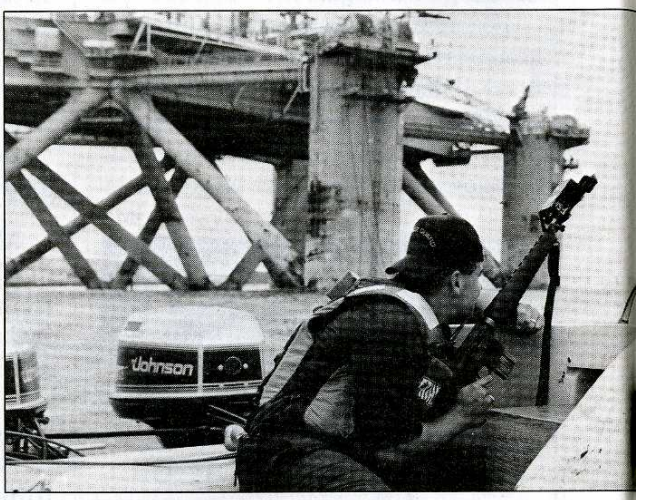
Reserve PA3 Carl Vitevitch recently discovered cocaine inside video tapes suspected by U.S. Customs as pornographic.

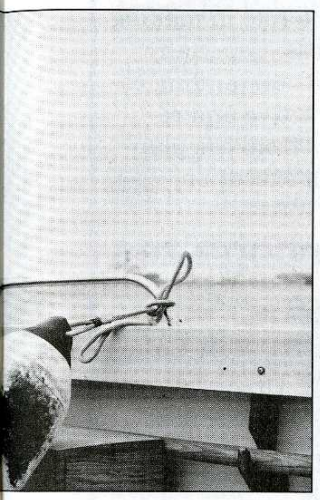
Bicentennial FTX '90

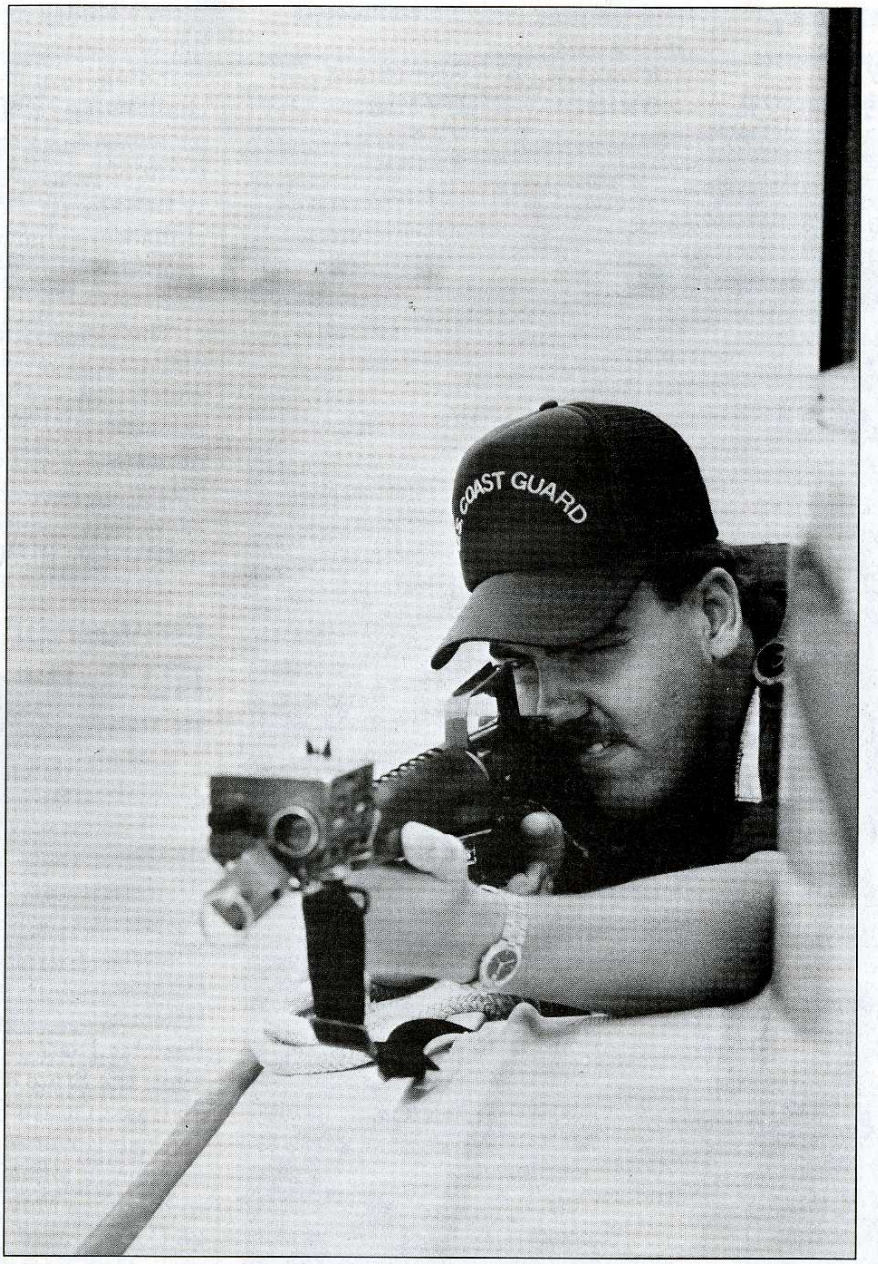
Story by PA3 G.T. Glass, RU St. Paul and PA3 Charles Rucker, RU Louisville

Reservists from across the nation boarded Coast Guard C-130s and descended upon Galveston Island April 22 for FTX Bicentennial '90. Over 120 2nd District reservists participated as well as reservists from the 8th and 9th Districts. Active duty personnel from MSOs Galveston and Houston, and Air Stations Houston, Clearwater and Elizabeth City were also present as well as the Coast Guard Auxiliary and the U.S. Navy.

The exercise, which lasted through May 4, was aimed at testing the operational plans for Commander, Coast Guard Forces of Houston and Galveston and included hands-on training. FTX Bicentennial '90 proved to be a valuable learning experience for all.







Clockwise from upper left: Reservists from the 2nd District board a Coast Guard C-130 enroute to Bicentennial FTX 90; SNPS Artzt sights in on the "enemy" with an M-16; Reservists set up a security zone utilizing several patrol boats; SNPS Artzt prepares for a confrontation as the "enemy" closes in on the Blue Forces security zone. Photos by PA3 C. Rucker, RU Louisville.

11th District

Readiness skills tested at Monterey

By LT Sharon Richey
CG Reserve Group Monterey

MONTEREY, Calif. — Enthusiasm describes the response by all players involved in Group Monterey's first ever unit-level military readiness exercise. The activity level was high throughout the 24-hour field training activity, conducted April 21-22.

A total of 120 Coast Guard personnel from Group and Reserve Group Monterey, Reserve stations Monterey and San Luis Obispo as well as the cutters POINT BARROW and POINT HEYER participated in this unique test of Monterey's ability to respond to a number of readiness scenarios. An outstanding "orange force" provided challenging realistic play typical of activities to be expected in the event of heightened national security threats. As a result, warfighting skills were sharpened and future training needs were clearly identified.

The Coast Guard Auxiliary provided support vessels and personnel which played a large role in making the exercise a success. Especially noteworthy was the outstanding cooperation between active and reserve unit members from the planning stages through execution.

Photo by PA1 Chuck Kalnbach, G-CP Audio Visual

A 41-foot patrol boat from Coast Guard Base Galveston cruises by the Norwegian tanker Mega Borg following an explosion in early June that resulted in oil spilling into the Gulf of Mexico 65 miles south of Galveston, Texas. Nine 8th District Coast Guard reservists responded to a voluntary call to temporary active duty for eight to 13 days following the incident. Responding from RU Galveston were: CDR K.M. Norris, LCDR W.M. Amerman, LCDR J. Leonard, LCDR R.G. Meyer, ENG2 H.O Edmonds, MKCM R.L. Lindley, MKC S.R. Clay and PS3 T.N. Mayer. LCDR E.A. McKenzie of RU Houston also responded. Other reservists from Reserve Group Galveston, including members from Houston, Galveston, Port Arthur and Dallas reserve units helped out on their drill weekend.

Governor recognizes RU Salt Lake

By PA3 T. Cowan, RU Salt Lake

SALT LAKE CITY, Utah — Hundreds of miles from the nearest active duty Coast Guard station and the ocean, the Salt Lake Coast Guard Reserve Unit is actively training to meet its mission requirements of port security, small boats and vessel augmentation. In recognition of this effort, and to show its pride in the 11th District's Salt Lake Reserve Unit, the State of Utah declared May 26 Coast Guard Bicentennial Day.

Utah Governor Norman H. Bangerter, signed the proclamation in his office May 22 proclaiming May 26 Coast Guard Bicentennial Day, since that is traditionally the first day of the boating season in Utah. The proclamation recognizes the Coast Guard's 200 years of service to our country and the 33 years the Salt Lake Reserve Unit has been training in Utah.

Utah has thousands of miles of fresh water lakes and man-made reservoirs, making the state a comfortable home for both the Coast Guard Auxiliary and the Coast Guard Reserve.

Tip o' the Hat

Wallingford selected for Volunteerism Award

SK2 Irene M. Wallingford, currently assigned to the Headquarters Civil Engineering Division as a TEMAC Budget Analyst, has been selected for the 1990 USO-Metro C. Haskell Small Award for Volunteerism. The award is given by USO for outstanding volunteer service given to the civilian community by an active duty enlisted service member. She is the first Coast Guard recipient and the first woman recipient of this award.

SK2 Wallingford was chosen based upon her many years of exemplary volunteer service including the design and coordination of drug prevention programs for Washington, D.C., and area youth, as well as volunteer advocacy for children who have been abused. In addition, she was chosen based upon her distinguished volunteer service to area veterans organizations and to the Greek-American community.

SK2 Wallingford

SK2 Wallingford has served in the Coast Guard since 1973 and has been on continuous active duty since January 1981. She was recognized at the USO of Metropolitan Washington's Annual Awards Dinner July 17 along with Gen. Colin Powell, who received the USO Service Award. ADM J. William Kime presented the award to SK2 Wallingford.

Two reservists receive awards at N.J. banquet

Two reservists were acknowledged guests and award recipients of Coast Guard Chapter 16 at the ROA's 64th Annual Department of New Jersey Convention and luncheon May 5 at McGuire Air Force Base Officers Club.

SKC Thomas H. Kelly III of RU Cape May was acknowledged as Outstanding Enlisted Coast Guard reservist drilling in New Jersey for 1989. He was nominated for the award by **CDR Thomas E. Carroll**, Commanding Officer of RU Cape May.

LT James D. Bjostad, Commanding Officer at Station Barnegat Light, NJ, was cited for Outstanding Active Duty Person for Support of the Reserve Training Program in New Jersey. He was nominated for the award by **LCDR Dan Croce**, Commanding Officer of RU Long Beach Island.

Bay area honors CGR

By QMC Richard Longo, USCG (ret.)

Three Coast Guard reservists were among the award winners at the fourth annual Bay Area Coast Guardsman of the Year 1990 banquet held June 9 in St. Petersburg Beach, Fla., sponsored by the St. Petersburg Chapter of the CPOA. The three were: **PS3 Thomas W. Lynch**, RU MSO Tampa; **BM2 John J. Thayer**, RU Station Clearwater; **YN3 Monica Mobley**, RU Air Station Clearwater. YN3 Mobley was named Reserve Bay Area Coast Guardsman of the Year 1990. St. Petersburg Mayor **Terry Gannon** declared June 9, 1990 as "A Day Honoring Coast Guardsman of the Year" in the City of St. Petersburg Beach, Fla.

Awards...

CAPT E.J. Williams III conferred the CG Special Operations Service Ribbon May 12 at a ceremony at Quonset Point upon 13 members of **RU COTP Providence** for their outstanding work during last summer's *World Prodigy* oil spill in Narragansett Bay... **MSO Louisville** was awarded the CG Meritorious Unit Commendation for the period of Nov. 22, 1988 to June 27, 1989 for Vessel Management System Louisville's activity during high waters on the Ohio River. VMS Louisville is comprised primarily of reserve personnel from RU Louisville and 24 reservists who augment VMS were included in the award citation... **RU Station New Haven**: **BM1 Mel Emond** received the Commandant Letter of Commendation as coxswain of a reserve boat crew that rescued a downed pilot clinging to his briefcase in cold and heavy seas in November, 1989, in Long Island Sound off Stratford Point, Conn. Crew members **BM3 Bill Brodeur, BM3 Brian Kennedy, DC3 Ellis Cooper,** and **SNPS William Bowles** received Certificates of Appreciation from the administrator of Sikorsky Memorial Airport, where the pilot was attempting to land. **MK2 Bob Ryan** received the Commandant's Letter of Commendation as a crew member augmenting a regular boat crew that rescued two boaters and saved their 32-foot vessel *Patricia D* off Branford, Conn., in October 1989... **CAPT Joseph F. Manfreda**, of Chicago: given the Award of Recognition by Chicago's Armed Forces Council for outstanding leadership in RAPIC (Recruiting Assistance and Public Information Council).

First Call...

Commissary Privilege Card procedures revised

By LCDR G.A. Domnisse, G-RSM

Effective Jan. 1, 1990, the Department of Defense (DoD) has revised Reserve commissary privilege procedures. These revised procedures provide entitlement under two different circumstances: (1) for any reservist while performing active duty; and (2) up to 12 additional commissary visits each calendar year, based on satisfactory participation in the Selected Reserve. These procedures have been published in COMDTINST 1001.31A and are outlined below.

All Coast Guard reservists and their dependents are authorized to use military commissaries during the inclusive period of ADT. To enter a commissary during an active duty period of 30 days or less, the reservist must present a copy of active duty orders and an Armed Forces Identification Card, DD Form 2CG (RES). Dependents must present a copy of active duty orders along with a valid form of photo identification. The orders must contain the dependent's name. When a period of active duty is greater than 30 days, reservists and their dependents are issued active duty identification cards which entitle them to commissary privileges.

U.S. ARMED FORCES
COMMISSARY PRIVILEGE CARD

NAME *(Last, First, Middle Initial)*

SSN | GRADE

ISSUING UNIT

PRIMARY DEPENDENT

SAMPLE DO NOT USE

ADDITIONAL DEPENDENTS

SIGNATURE | EXPIRES (YYMMDD)

DD FORM 2529, NOV 88 **DO NOT USE — SAMPLE ONLY**

A sample of a Commissary Privilege Card

Members of the Selected Reserve who are in a satisfactory status are authorized up to 12 additional days of commissary privileges during each calendar year. Members and their dependents may exercise these benefits by using DD Form 2529, U.S. Armed Forces Commissary Privilege Card, available from the unit commanding officer. To enter a commissary, members must present the Commissary Privilege Card along with their Armed Forces Identification Card; dependents must present the Commissary Privilege Card along with a valid form of photo identification.

We will soon be issuing a Reserve Family Member Identification Card which will serve as photo identification for dependents. Until that card is available, the above identification procedures are in effect. They were set by DoD and should be applied uniformly by all military commissaries. Members should notify their unit commanding officer immediately if denied entry to a commissary while using appropriate identification.

The CPC is issued on a calendar year basis. It expires on Dec. 31 each year. Members joining the Selected Reserve during the calendar year are authorized commissary privileges on a pro rata basis. Issuing commands will void (with an X) the number of entitlement blocks corresponding to the number of months that have elapsed during the current calendar year. For example, when a member joins in March, the command will void two entitlements blocks (for January and February).

Eligibility is retained through satisfactory performance in the present calendar year. For example, if you have met all of the Selected Reserve participation standards (chapter four of the Reserve Administration and Training Manual) in 1989, you have earned a Commissary Privilege Card for 1990. If in 1990, you continue to meet the participation standards, you get to keep it.

Since eligibility is based on continued satisfactory participation in the Selected Reserve, issuing commands will retrieve the Commissary Privilege Card when that condition ceases to be met. For example, it may be pulled when:

- A member accrues six or more unexcused absences in a progressive 12-month period.
- A member fails to perform required Annual Training and does not receive a waiver.
- A member leaves the Selected Reserve.

Members will normally retain the CPC when trans-

...to Quarters

ferring from one Selected Reserve unit to another.

Questions concerning Coast Guard Reserve commissary entitlements may be directed to CWO Ron Wolf at Commandant (G-RSM), U.S. Coast Guard, 2100 Second Street SW, Washington, D.C., 20593, or call 1-800-283-USCG.

Are you eligible for saved pay?

By ENS D. Prather, G-RS-2

When you are promoted you ***might*** be entitled to "saved pay." Thanks to SKC C. T. Howell of 1st District (apu-1) for pointing out that we have no way to track whether a reserve member is entitled to and should be receiving "saved pay." It affects a small number of people in the reserve (less than 50 members). Most occurrences are temporary and primarily affect former E8s, E9s, W3s and W4s, and occur right after a change in rank from CPO to CWO or commissioned officer.

Saved pay allows the member to be paid at their old pay rate if it is higher than the pay due at their new pay grade. Developing software to automatically check for all occurrences of saved pay in the current Reserve Pay computer system is being considered. If you are being paid by PMIS/JUMPS (i.e. a reserve member on active duty for more than 139 days), saved pay is checked by PPC manually using a special report.

If you think you are entitled to "saved pay," or if you were improperly paid for whatever reason, route your pay question via your Unit Administrator or Training Officer, who should send a Rapidraft and supporting documentation to District (rsa).

RUAT — Leadership course lengths reduced to one week

By CWO4 Rick Harmon, G-RST

As a result of recent course revisions, both the Reserve Unit Administration and Training Course and the Reserve Leadership courses have been reduced from two weeks to one week in length for FY91.

TRACEN Petaluma has agreed to schedule four convenings of RUAT and Leadership back-to-back so that eligible members may attend both courses. To attend RUAT, one must have never attended RUAT before, and be assigned as either Administration or Training Officer, or assistant to either, and have not attended ROLAM or RSPOLAM in the past three years.

The quotas for these back-to-back convenings will be limited, so act quickly upon receipt of the FY91 formal course notification in COMDTINST 1571.

Training videos available

CGRU Atlanta has produced the following training videos: *Mobilization Orientation* and *Pre-Mobilization Legal Counseling*. *Code of Conduct* and *UCMJ* will be available in early fall '90. The combined video/training booklet will be mailed to districts for distribution to units. These videos will count toward the mandanted quadrennial training in the Reserve and Retiree Mobilization Manual, COMDTINST M3060.9 (series) Chapter 6.2.a. In the future, all requests for training videos will be handled like any other correspondence course and should be forwarded to the CG Institute.

Nationwide Long-Term TEMAC/SADT/EAD

As of 8/14/90

Place	Duration	Rate	Quals	Point of Contact
TRACEN Petaluma	172 days-1 year	O1-O4	Architect/Civil Engineer	Mr. Ohms, (707) 765-7300
HQ (G-TTS)	180 days	E6-E8	Admin. Asst./RM, YN or ?	CAPT Somers, (202) 267-2576
HQ (G-ENE-3)	40 days (starts Oct. 1)	SK	LUFS experience	LT Asseng, (202) 267-1814
EECEN, Wildwood, NJ	2 years plus	O2-O4	EE Degree	YNC Kayati, (609) 729-8936
HQ (G-RSM-3)	1.5 years (starts Nov. 1)	E6-E7	PDR's/JUMPS supervision	LT Mathewson, (202) 267-0551
HQ (G-RSM-3) (4 billets)	1.5 years (starts Nov. 1)	E4-E5	PDR's/JUMPS	LT Mathewson, (202) 267-0551
Coast Guard Yard Baltimore, Md.	1 year (starts Oct. 1) (pends funding)	O2-O4	Civil Engineer	CDR Milo, (301) 636-4098
HQ (G-ECV-4)	180 days (starts ASAP)	O1-O4	Lawyer or Real Property	Ms. Clarke, (202) 267-0668
ATC Mobile	330 days (starts Oct. 1)	E4-E5	YN/SK Data Entry	SKMC Jones, (205) 639-6487
CGD8(AF)	300 days (starts ASAP)	CWO-O5	Finance/Acct. Budget Officer	LT Eve, (504) 589-2161

• If you want a job opening added to this list, contact your District (rst)

Officers' Call

Seven Reserve Officers attend RCNSC at Fort McNair in July

Information provided by RCNSC CG class members

Seven Coast Guard Reserve officers were selected to participate in the July 1990 Reserve Components National Security Course sponsored by the National Defense University at Ft. McNair in Washington, D.C.

The seven were joined by 325 other senior Reserve and Guard officers from all Reserve components. The concentrated two-week course revolved around the theme of the changing National Security environment and furthered the attendees' understanding of the concepts, principles, and techniques surrounding the formulation, planning, and development of National Security policy.

Briefings and lectures were given by experts in such specific subjects as the Middle East, USSR policy and strategies, Latin American problems, and Global Resources and National Security. RADM J.N. Faigle, Chief, Office of Readiness and Reserve, gave a presentation on Coast Guard Military Operations.

Reservists participating in the course were: CAPT Warren G. Appell, Commander, Reserve Group New York; CDR Ronald D. Biller, Deputy Group Commander, Reserve Group New York; CDR Edward D. Brophy, Commander, Reserve Group Moriches; CDR John E. Kircher, Commander, Reserve Group VTU Washington; CDR John A. Mahoney, Commander, Reserve Group Portland; CDR Katie D. Tucker, Commanding Officer, RU MSO Tampa; and CAPT Edward E. Tyson, Commander, Reserve Group VTU Philadelphia. The course was a reunion of sorts for CDRs Biller, Brophy and Tucker, who hadn't seen each other since basic 17 years ago.

CAPT John T. Greenfield, a reservist from D11, served as a war gaming controller for the course while YNC James B. Davidson, a reservist from D5, provided administrative support on the joint services staff.

Future Reserve Components National Security Courses are scheduled for February 1991 at Pensacola, Fla.; again at Ft. McNair, Washington, D.C., in July 1991; and at Vandenburg Air Force Base, Calif., in October 1991.

All changes-of-address should be forwarded to your District (r). *The Reservist* cannot make these changes.

Deadline for submitting materials for the November issue is Friday, Sept. 28. In a hurry? Try the CBEE.

JPCRO Course available

Commandant (G-RST) has announced that the Joint Planning Course for Reserve Officers (JPCRO) will again be offered to Coast Guard Reserve officers. The two-week course, held at the Armed Forces Staff College in Norfolk, Va., will have five seats for Coast Guard Reserve lieutenant commanders and commanders.

The course, which teaches command relationships at the unified command level, was discontinued for one year while the curriculum was updated. Selections for JPCRO will be made in January 1991 by the War and Staff College selection panel. Applications should be submitted to the districts by Dec. 1 per COMDTNOTE 1572 and Chapter 15 of the Reserve Administration and Training Manual.

ROA 's Outstanding CG Reserve Jr. Officer deadline extended

The Reserve Officers Association is seeking nominations for the annual Coast Guard Reserve Junior Officer Award. The award is presented at the ROA's annual Mid-Winter Convention held in Washington in January. The eligibility requirements and nomination procedures for this award are listed in Enclosure (1-5) of COMDTINST M1001.27. Nominations for the FY90 award should be submitted to the Director of Naval Affairs, ROA, 1 Constitution Ave., Washington, D.C. 20002 no later than Sept. 15, 1990.

The Retired Officers Association

The Retired Officers Association is an independent, non-profit service organization formed to counsel and render assistance to all officers in matters related to their retired status. Founded in 1929, it now boasts a membership of 365,000 and is the largest military officers association in the nation.

Membership in TROA is open to all men and women who are — or ever have been — commissioned or warrant officers in any component of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service and National Oceanic and Atmospheric Administration.

If you would like more information about TROA or are interested in becoming a member, call toll free 1-800-245-TROA or write TROA (Code 04B), 201 N. Washington St., Alexandria, VA 22314-2529.

Back to school: MGIB opens door to non-degree programs

By LTJG D.W. Orwig, G-RSM

The Montgomery GI Bill (MGIB) Selected Reserve Educational Assistance Program (Chapter 106) is expanding benefits to include financial aid for a variety of vocational/technical opportunities beginning Oct. 1, 1990.

For those members of the Selected Reserve who wish to pursue vocational training, this program is worth looking into. A sampling of courses available includes: apprentice training, on-the-job training, cooperative and correspondence courses, refresher training, remedial and deficiency training, as well as tutorial assistance and Department of Veterans Affairs (DVA) work-study. Some flight training courses will also be covered by the program (participants must have a private license and meet specific medical certification requirements in order to qualify).

Since these are non-degree program benefits, it's important to make sure that the course of instruction has been approved for training under the DVA. The MGIB Benefits Counselor at the DVA Regional office can explain detailed requirements for the new MGIB Chapter 106 entitlements.

The amount of assistance will vary with the type of training selected. For instance, if you enroll in a cooperative training program your monthly educational assistance will be 80 percent of $140, the monthly allowance otherwise payable under this program.

If you enroll in an apprenticeship or other on-the-job training program, your monthly educational assistance will be 75 percent for the first six months; 55 percent for the second six months; and for each additional month following the first 12 months your entitlement drops to a 35 percent of monthly educational assistance allowance.

If you choose to pursue a program of education exclusively by correspondence course, you will receive an amount equal to 55 percent of the established charge which the qualifying institution requires non-veterans to pay for the course or courses.

To accurately determine what your entitlements are, check with the local DVA and the school of your choice. Regardless of the program or school you choose, the maximum allowable is $5,040.

To participate, a member must meet the following requirements:

1. Enlist, reenlist, or extend enlistment in the SELRES for a period of six years on, or after Oct. 1, 1990.
2. Have a high school diploma (or equivalent).
3. Complete Initial Active Duty (IAD), if you are an RK, RL, RP or RY. RJs and RNs are not required to perform IAD.
4. Participate in a program of instruction approved by the DVA.

The chart on the left can be used to determine your basic requirements under MGIB Chapter 106/Vo-Tech Programs. Members currently eligible for MGIB Chapter 106 benefits may also participate in this program. Receiving accurate information on this and other programs is the key to success in acquiring your benefits in a timely manner. Information on details of the vocational/technical programs may be obtained by contacting the MGIB Benefits Counselor at any VA Regional Office, or by calling the Headquarters HOT LINE at 1-800-283-8724 (USCG) and asking for the MGIB Project Officer.

Photo by PA2 E. Kruska, G-RS

SA Matthew G. Pollock of Currituck, N.C., and RU Elizabeth City, displays a Certificate of Recognition he received as the U.S. Coast Guard Reserve's representative of the one-millionth MGIB recipient. The certificate was presented to SA Pollock at a White House Ceremony June 5 along with other representatives of the Armed Forces.

MGIB Chapter 106 vo-tech basic requirements*

* To qualify, the first prerequisite is you must be a drilling member of the Selected Reserve

Type of Program	High School Diploma/GED	6-Year Agreement	IAD Completed
RK (student program)	X	X	X
RP (basic training/ A School	X	X	X
RX (direct PO)	X	X	X
RQ (no obligation)	X	X	
RJ (prior active service with obligation	X	X	
RN (other service transfers with obligations	X	X	
RY (non-prior service boot camp and 30 days	X	X	X

Bicentennial Briefs

CG spokesman

During this our bicentennial year, we have been in the public eye more than usual. At anytime, you could be approached by the media to respond to questions about the Coast Guard. Would you know what to do and say? Be prepared . . . at that moment the media approaches you, you represent the Coast Guard. Recent statistics indicate that perception based on verbal response is seven percent, voice composure and tone 38 percent, and non-verbal communication accounts for 55 percent. So, look sharp, be positive, enthusiastic, and smile. Semper Paratus!

200-year proclamation

Coast Guard RU Knoxville recently received from the City of Knoxville, Tenn., a proclamation honoring the dedicated men and women of the unit during the Coast Guard Bicentennial year.

The Coast Guard Reserve turns 50 Feb. 19, 1991. What is your unit planning to help celebrate?

CAPT H.E. Copeland, Commanding Officer of Reserve Group Wilmington (left) and a member of the Virginia House of Delegates, presented HJR 229, commending the Coast Guard on its Bicentennial to RADM Paul A. Welling, (center) Commander, Fifth Coast Guard District, in ceremonies on the floor of the House of Delegates. Joining in the ceremony were LT Sharon Donald, Aide to RADM Welling, and Delegate Vincent F. Callahn, Jr., of Fairfax County, the other member of the House who served in the Coast Guard (right). CAPT Copeland, Chief Patron of HJR 229, presented RADM Welling on the floor of both the House and Senate and accompanied him to a ceremony in the Governor's Office during which Gov. L. Douglas Wilder signed a proclamation establishing Aug. 4, 1990 as CG Bicentennial Day in Virginia.

U.S. Department of Transportation

Commandant (G-RS-1)
United States Coast Guard
2100 Second St. S.W.
Washington, D.C. 20593

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