

RESERVE COMMUNICATIONS SURVEY CARD INSIDE

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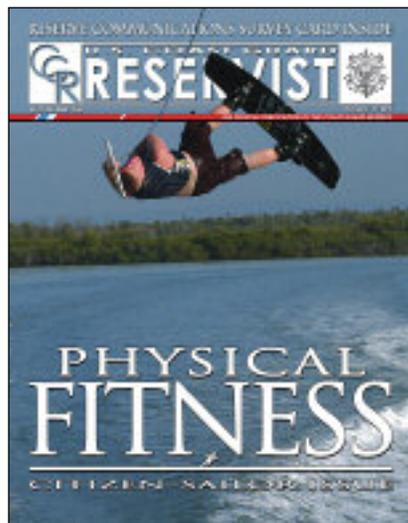
PHYSICAL  
**FITNESS**



CITIZEN-SAILOR ISSUE

# LETTER FROM THE EDITOR

**H**appy New Year 2009! Every year at this time, people make resolutions to get into shape or lose weight. If that sounds like you and in the past, by February or March, you're not so resolute, perhaps this issue can be a motivator to a successful year of "fitness." Thanks to over 30 Coast Guard Reservists who contributed to this issue, sharing their fitness accomplishments, routines, and tips. See Page 22.



Thanks to all of you who gave us feedback on the recent Modernization Special Issue. While it was great finally seeing it in print, it threw the rest of our normal production way off schedule. Thus, we became backlogged with all kinds of important but dated information that was bumped to this "monster 60-page" issue (see "The News Back Log" beginning on Page 13). I do apologize for these delays.

The end of 2008 also marked the end of long careers for two long-time CGR supporters. Mrs. Brenda Felder, who served 41 years working for the USCG, and the last 22 years for our Coast Guard Reserve, retired on Jan. 2, 2009. Mr. David Benton, Workforce Policy Advisor to the Commandant for the Reserve, Auxiliary and Civilians since 1996, called it a career Dec. 31, 2008. Both are featured in this issue. Congratulations to both of them!

Our District spotlight series, which began in 2008 in D17, continues into the new year with the journey ending in D1 later this summer. The Career Speak series will also continue into the new year.

Another rather obscure but important CGR milestone slipped by recently. December 2008 marked the 15th year since the Reserve Chief Petty Officers Academy course began. Since that first class graduated in December 1993 at Training Center Petaluma, Calif., 24 classes and hundreds of Reserve CPOs have graduated from the two-week class. Forrest Croom, the CGR's first MCPO-CGRF, helped establish the class and called it the "crowning achievement" of his tenure as MCPO-CGRF from 1991-1994. For a photo of Reserve Class 24, see Page 49.

Finally, I am pleased to announce that THE RESERVIST on line archive was completed on New Year's Eve day — for the first time, ALL 477 issues ever published are accessible via the internet. Special thanks to CWO4 Gordon Koscher, USCGR(Ret.) of Mantua, Ohio, who helped fill in quite a few issues that were missing from our 1980s archive. Thanks to all for your support and patience during this project. What a journey!

Meanwhile, do enjoy Issue Number 477 of THE RESERVIST and don't forget your daily fitness activity today and all year long! And while you're at it, please let us know how we're doing by filling out the Reserve communications survey on the tear card in this issue. Have a great and fit 2009!

— ED

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Personnel Service Center (ras) at:  
[psc-dg-ras@uscg.mil](mailto:psc-dg-ras@uscg.mil)  
or call 1-800-772-8724

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## Physical Fitness

This year we look at all the different ways Coast Guard Reservists stay in shape.



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Working out with PSU 311 • Patriot Hook 2008 • Tow ops with Station Barnegat Light, N.J.



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Retired Leadership & Senior Enlisted Conferences, Oil Spills, Hurricanes and Patriot Hook



## 50 District Spotlight

This month we focus on the 9th District in the Great Lakes.

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## Appreciation

This month we celebrate the retirement of two people who left a lasting legacy on the Coast Guard Reserve.

### Also in this Issue:

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## Navy Expeditionary Warfare Pin Correction

I was reading your article in THE RESERVIST, Issue 05/08, regarding awarding the Naval Expeditionary Warfare Specialist pin to PS3 Courtney Greer. I am not downplaying her accomplishment, but Greer was not the first Coastie awarded the pin.



I was deployed with NCWRON 34 to Camp Patriot, Kuwait, Kuwait Naval Base from August 2006 to March 2007. We awarded the pin to over half of the Coasties deployed with the unit. I believe the first Coastie to receive the award was OS2 Patricia Kline who was deployed with us. Others from NCWRON 34 who earned it were: YN2 Kay Dolan, OS1 Benjamin Eill, OS2 Patricia Kline, MK2 Po-Chien Wang, OS1 Derrick McNeil, and OS1 Thomas Zeiner.

— **PS1 Dean Misiewicz, USCGR Sector San Diego**

**Ed's note:** *Thanks for taking time to write and bring this to our attention. The article was worded "believed to be the first U.S. Coast Guard petty officer to earn this specialty pin" because saying anything or anyone is the "first" is always dangerous — there's usually someone out there that has achieved the same thing. With this correction now made, congratulations to ALL Coast Guard personnel who have earned this award.*

## Reserve Terminology

I saw an interesting piece in THE RESERVIST on terminology regarding "reserve, reservist and Reserve." (Issue 5-08, Page 35). A suggestion: How about tackling the terms mobilization, augmentation and surge in a follow-up article? Maybe we have done this before and can run it again?

— **CDR Barbara Anderson, USCGR USCG Deployable Operations Group Arlington, Va.**

"Well done" on reprinting CAPT Roger Pike's 1994 article on proper use of the terms "Reserve, reserve and reservist!" The misuse of those terms is one of my pet peeves as well. On behalf of all the Reserves, and all their respective reservists, thank you for helping succeeding generations of Coasties understand the correct use of our institutional nomenclature.

— **CAPT Douglas E. Clapp, USCGR(Ret.) Parker, Colo.**

**Ed's note:** *We're glad both of you enjoyed "Using Terms Reserve, reserve and reservist" and thought it worthwhile — that's why we reprinted it! Thank you for the suggestion to run an article on "mobilization, augmentation and surge." CAPT Clapp served approximately 30 years in the USCG/CGR, including a tour as Deputy Director of Reserve & Training during his last tour before retiring in June 2003. He was a major player and very instrumental in Reserve integration of the mid-1990s.*

## Reserve Myths & Facts Idea

In the letters to the editor in Issue 5-08, LT Larry Siegel poses some important questions ("Column Idea: Reserve Myths versus Facts"). We are working on a "Reserve 101" course geared to the active duty education of how to manage reservists. Most will be best practices and lessons learned

backed by Coast Guard regulations.

If anyone has those types of questions, please send them to me as we are (in the course) also trying to answer a lot of those 'myth or fact' questions. They can be e-mailed to me at nholmdahl@comcast.net or Neil.C.Holmdahl@uscg.mil.

— **MCPO Neil C. Holmdahl, USCGR Alameda, Calif.**

## Applauds Chief's Letter

I applaud BMC Matt Varhaug for his "Calling All Coasties" letter in Issue 5-08. I have been in the CGR since 1998, and attended REBI Class 3/98 under CAPT Edwards and GMC Rosencrance. Twenty graduated and nine are still in the Coast Guard Reserve, per the USCG global.

Then in July 2008, I attended ROCI in New London, Conn. One of our class courses was to resolve various issues (moral, ethical, or policy). The board leading us was comprised of chief petty officers to commanders who evaluated our answers and actions. The entire board introduced themselves and their background to us prior to the start. One was a lieutenant from my REBI Class 3/98 (he graduated QM3 and me a PS3). It was a pleasant surprise to "catch up" after class.

The point to all this, like Chief Varhaug's letter, is keep in contact; you never know who will be on your board or instructing your class. We are the smallest branch of the military with connections around the world — so reach out and stay connected with fellow shipmates. Check on where your classmates are — there is the global e-mail system — hint, hint, hint! Take care and be safe out there.

— **ENS Byron Dixon, USCGR Alexandria, Va.**

## Thanks from PSU 309

Thanks for the great amount of attention that was given to PSU 309 in the last RESERVIST (Issue 5-08). Everyone was very excited to see the various articles. You made the unit members' day and we thank you.

— **LT Antonio Valetin USCG PSU 309 Camp Patriot, Kuwait**

**Ed's note:** *You're welcome, LT! PSU 309, from Port Clinton, Ohio, has been deployed to Camp Patriot, Kuwait in support of OPERATION IRAQI FREEDOM since May 28, 2008.*

## Appreciated IT Issue

I appreciated the information in your Information Technology "IT" Issue 4-08. I have a few questions and comments.

First, it would be nice if at the beginning of an article it was clear whether the Web site/system being discussed was available only through the Coast Guard network or was reachable from home computers. Basically, is it behind the firewall and is it publicly accessible?

Second, CAC cards — what are the plans for shifting to CACs for retirees? As I read Homeland Security Presidential Directive 12, gaining access to secure



federal facilities would include physical access to Coast Guard bases/stations. Therefore, any of us wanting to use the exchange or medical facilities would eventually be included in this program.

Third, I visited the Reserve and THE RESERVIST web pages and did not find a link to archived issues of THE RESERVIST. Did I miss something or was it not there?

— **LCDR Stephen Purvine, USCGR(Ret.)**

**Ed's note:** *First, as for Web sites, usually those with “www” as a prefix are reachable from a home computer. Others without www as a prefix are usually only available from the CG network. Second, the CAC issue was addressed in the letter’s section of Issue 5-08 — CAC cards are not replacing all ID cards and retirees and dependents will still be issued the same style cards they currently have. Finally, THE RESERVIST archive is accessible via the CGR Web site ([www.uscg.mil/reserve](http://www.uscg.mil/reserve)), then click on THE RESERVIST, and then “Back Issues” in the left-hand column.*

### Cape May Turns 60

The article on “Cape May Turns 60” in Issue 4-08 brought back fond memories. I enlisted in the Coast Guard in Boston, Mass. on Nov. 15, 1949. Upon arrival at Training Center Cape May, I was assigned to Forming Company F-5, which was a large two-platoon company. We were berthed in old Navy barracks, and the last building overlooked a taxiway on the airfield. I was transferred to Company G-5, and we moved to Building 181, which opened as a new barracks. Our company commander was Surfman BM1 Ford. I graduated Feb. 24, 1950, returned to Boston and was assigned to CGC McCULLOCH.

In the early 1970s, I passed through the Training Center to board CGC UNIMAK for a reserve cruise to Bermuda. Building 181 appeared to be in need of repair, and was used for storage, as I could see furniture piled behind the windows.

In reading the article and looking at the photos, I can still visualize the layout of the station coming in from the main gate in early 1950 — the armory, brig, mess hall, exchange, admin, sick bay, fire station, boiler room, rifle range and the hangar. We formed up and marched as a company to the hangar to attend a USO Christmas show. We also had our days on the river, rowing the 16-foot Monomy surboats.

Thanks for a great article.

— **CWO4 Richard Sillars, USCGR(Ret.)**  
**Danvers, Mass.**

### Best Retirement Calculator

As a retired reservist awaiting pay, I was checking online for reserve pay retirement calculators. By far the best and most comprehensive calculator is found at the USCG Reserve Web site ([www.uscg.mil/reserve](http://www.uscg.mil/reserve)). Simply click on Pay & Benefits, under Retirement, click on Active Duty and Reserve Retirement Calculator.

The calculator allows you to figure retirement pay based on various situations such as number of years you will drill before retirement, pay figured with or without federal taxes deducted, pay with or without survivor benefit premiums, and the amount of premiums for the survivor benefit option. The calculator also estimates how much pay you will earn years down the road with the yearly cost-of-living increases factored in. There are also links to related sites for more in-depth information. It is a great web site!

— **DCCS Walter Troy, USCGR (Ret.)**  
**Worcester, Mass.**

### Must Be Ready to Help Our Veterans

Joseph Dwyer enlisted into the Army two days after September the 11th. I also enlisted into the Coast Guard not long after 9-11. We

both felt it our patriotic duty to serve our country. Our roads led in different directions but our mission was the same — to protect our country. PFC Dwyer became a hero on March 28, 2003 when his picture was on almost every cover, of every paper in the U.S. He became the face of the American Soldier. PFC Dwyer fought in many battles during the invasion of Iraq, and he survived them all to return state side with Post-Traumatic Stress Disorder. PFC Dwyer gave his life for our country and when he returned, we failed as a nation to help him when he needed it.



I am in no way bashing our government or the Army, I just want to bring attention to something that will be affecting many more of our returning troops, and we cannot let them down! Please view our Web site [www.heroarmypfcjosephdwyer.com](http://www.heroarmypfcjosephdwyer.com) and take a moment to look at the file attachment and the pic of PFC Dwyer — I am sure you will recognize this picture of which I speak.

This can also affect returning Coasties from OPERATION ENDURING FREEDOM/ OPERATION IRAQI FREEDOM or Coasties who are INCONUS that experience exposure to combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults. With our political leaders vowing to bring home the troops, we must be ready to fight this disease, which will be affecting many of our returning Service members. Thank you.

— **PS2 Christopher Delaney, USCGR**  
**Sector New York**

### Corrections

CWO2 Raymond L. Spann’s first name was listed incorrectly as Richard in Issue 1-08’s retirement section under RET-1, October 2007. It is republished correctly in the retirement section. Also, CAPT J. Russell Cherry’s name was omitted from the April 2008 RET-1 listings. He is also included in this issue’s RET-1 list.

**Web Site**  
**of the Month**  
Since this is  
the Fitness Issue:  
**[www.fitday.com](http://www.fitday.com)**







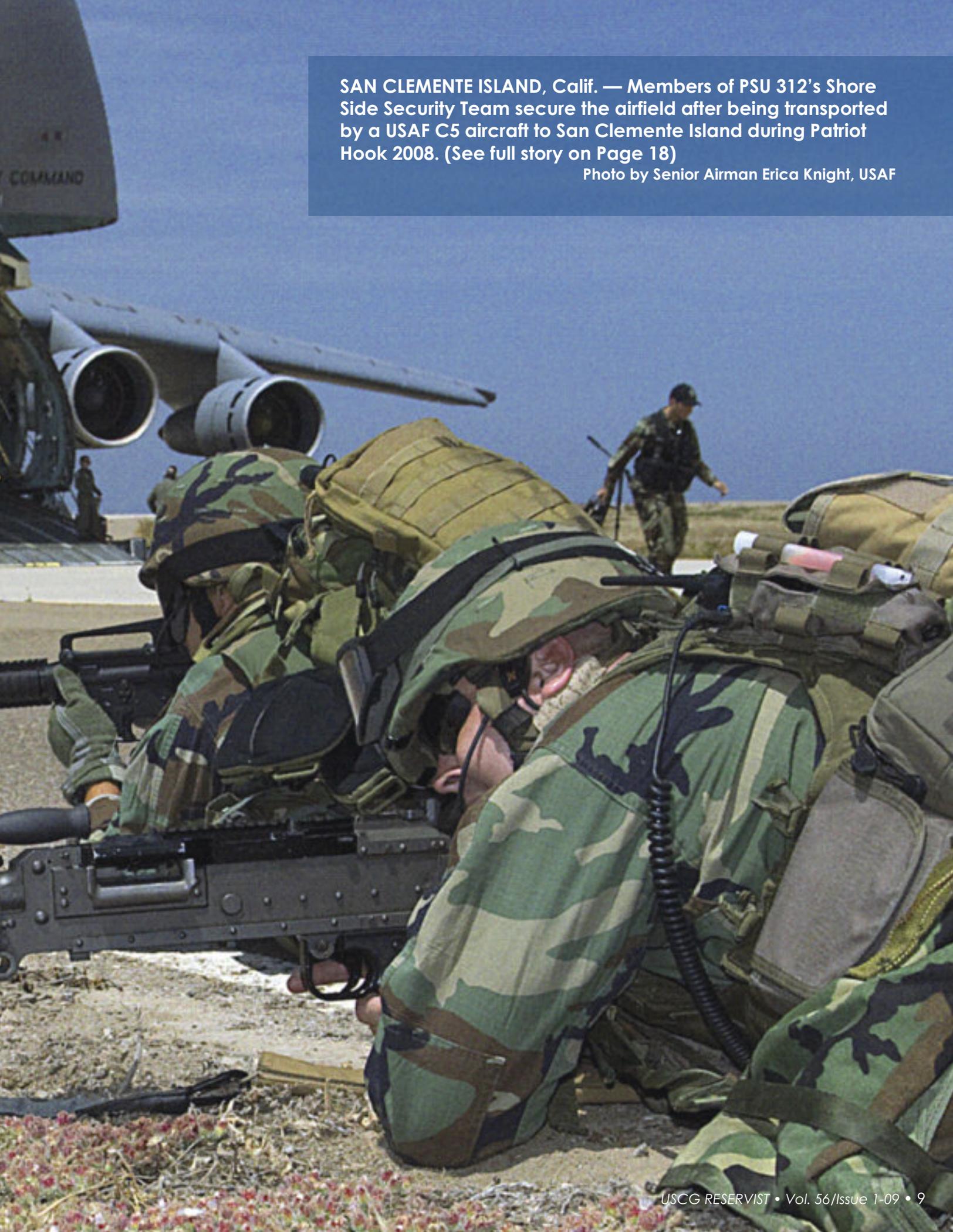
**SAN PEDRO, Calif. — Members of Port Security Unit 311  
conduct physical training on the pier at Coast Guard  
Base San Pedro Nov. 12, 2008.**

Photo by PA3 Cory J. Mendenhall, D11 Public Affairs



**SAN CLEMENTE ISLAND, Calif. — Members of PSU 312's Shore Side Security Team secure the airfield after being transported by a USAF C5 aircraft to San Clemente Island during Patriot Hook 2008. (See full story on Page 18)**

**Photo by Senior Airman Erica Knight, USAF**



**BARNEGAT LIGHT, N.J. — SN Michael D. Hilbert tosses a heaving line to MK3 David W. Feather and BM3 Kristopher G. Mosgrober during a towing drill conducted by crewmembers of Coast Guard Station Barnegat Light, N.J., Friday, Nov. 21, 2008. Members of Station Barnegat Light conduct drills with a standardization team every two years to assess their readiness to respond to mariners in need of assistance.**

**Photo by PA3 Jonathan Lindberg, AIRSTA Atlantic City, N.J.**





US  
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BARNEGAT LIGHT

47314



By  
RADM

Michael R. Seward,  
USCGR

Deputy Commander for  
Mobilization  
& Reserve Affairs,  
USCG Pacific Area

***“When things didn’t go down the path you expected, it’s easy to say I was dealt a bad set of cards. The truth is, regardless of what career path you started on, almost all hands of cards initially given to people are equal. As you proceed along with your career, you actually become the dealer by default in most cases.”***

## Playing the Cards YOU Deal!

In my last View from the Bridge, I wrote about a “Shipmates Bill of Rights” (Issue 7-07, Page 14). I offered nine and asked you to provide me with the tenth. About a dozen shipmates responded and the common theme among them was “individual responsibility.” Whether it pertained to personal metrics, performance, leadership or relationships with shipmates, families or employers, your responses indicated that as an individual, you have to stay personally engaged in a professional, routine and timely fashion to call yourself a shipmate. Let’s move forward with this theme of personal engagement.

Perhaps everyone of us reaches a place in our career where we wonder how we got to this particular juncture. Hopefully, we are at a place in time where we can reflect on our good fortune, such as earning an advancement or promotion, being assigned to a choice billet, being selected for specialized training or education, or perhaps receiving an award that was totally unexpected. But it could be you were just informed you passed a servicewide but are below the cutoff for advancement, have been passed over for promotion, didn’t get the school you requested, or left an assignment with no award and a mediocre performance appraisal.

As human nature would have it, the first thing we usually do when things are going well is to say, “I deserve that.” However, when things aren’t going so well, it’s “I was robbed, stabbed in the back, discriminated against, not recognized for my work, etc.” No one should fault you for harboring either set of feelings, but let’s use this opportunity for self-analysis. Let’s examine how you played the cards you dealt.

The reality is you are given choices to make regarding your assignment location and exact billet at many junctures in your career. As you proceed in your Coast Guard service, you build up specialized skills and qualifications that make you a good asset to a command. You distinguish yourself as a good shipmate, grounded in the service’s core values, and a natural born leader. You make a noticeable contribution recognized by all who work with you and are appropriately rewarded.

Or maybe you don’t.

Maybe you played the cards you dealt yourself in a different manner. Perhaps you didn’t aggressively seek out responsibility. Perhaps you only engaged in Coast Guard service 12/48 and applied no additional time to individual or unit training. Perhaps you never pushed hard to get qualified because you didn’t want the additional burden of being in charge or making a decision. Or possibly you were a career petty officer third class or lieutenant commander happy doing ensign work. Those are cards you probably wish you discarded now but

you kept them in your hand too long and they are now a part of your permanent record.

When things didn’t go down the path you expected, it’s easy to say I was dealt a bad set of cards. The truth is, regardless of what career path you started on, almost all hands of cards initially given to people are equal. As you proceed along with your career, you actually become the dealer by default in most cases. You seek out challenging jobs and you deal yourself some good cards. But if you elected to stay content with serving in one shop of a sector for 15 years, you deal cards that are tougher to compete with in the games of advancement and promotion. Eventually, you limit the options a detailer can throw you because you have limited your experiences. Or worse yet, you draw a card (assignment) that you fail at because you haven’t developed fully as a chief petty officer or lieutenant commander.

The question you must ask yourself is if you dealt good cards or winning cards. There is a difference, but often we have trouble distinguishing the two from each other. Sometimes we get lucky and promote or advance with a good set of cards instead of a winning set. These chance promotions are often mistaken for heading down the right path, and you put all your chips into what appears to be a winning hand. Then, just like all competition, the stakes get raised the longer the game is played, and another person comes along with a different winning hand and passes you by. So the question becomes, did you deal a bad set of cards, or did you accept an OK hand and talked yourself up and settled for second best?

How can you stack the deck in your favor so you always have good cards coming into your hand to play? Make a difference in every assignment and with your shipmates. Take the challenging assignment and the extra commute. Diversify your experiences and seek additional training. Be a guardian, mentor and a leader. Qualify, excel, and move on. Your investment in time in your Reserve career, coupled with sound qualifications and service in various positions of responsibility with visible positive achievements are cards you deal yourself. Homesteading and 12/48 within the mid and senior levels of the enlisted and officer ranks are cards you don’t want to deal yourself.

As we move to centralized assignments within the Coast Guard Reserve, recognize the fact that you have already dealt yourself some cards you might not wish to have in your hand when someone asks to see your hand. The good news is that each day offers opportunities to gain new cards and watch closely how the game changes. That’s right, it changes. Having more cards to play from during a career of good service makes you a very adept card player and a winner. Game on!

## Retired Reserve Flag Conference



*LEFT: ADM Thad Allen, center, addresses 16 attendees at the Retired Reserve Flag and MCPO-CGRF Conference at Coast Guard Headquarters Sept. 23. The Plan of the Day included talks on Modernization, Deepwater, Reserve Forces Readiness System and Reserve policy issues.*

*BELOW: RDML Dan May leads a breakout discussion at the Retired Reserve Flag and MCPO-CGRF Conference.*



Photos by PA1 David Mosley, USCG Photo Team

### Pentagon Memorial Dedication

*A memorial honoring the 184 lives lost on Sept. 11, 2001 was dedicated Sept. 11, 2008. For more photos and information on the new memorial see [www.pentagonmemorial.org](http://www.pentagonmemorial.org).*



# MCPO-CGRF Holds Second Senior Enlisted Call

SAN ANTONIO, Texas — MCPO-CGRF Jeff Smith held his second annual Senior Enlisted Call here Aug. 22-24, with more than 120 reservists and 60 active duty senior enlisted members in attendance representing nearly every sector and group.

Coast Guard Commandant ADM Thad Allen kicked things off Saturday morning, setting the tone for the balance of the agenda. He discussed Modernization, Reserve and Training (RT) appropriation, Full Time Support (FTS) billets, Congress, funding, policy, new ratings, and how we, the Coast Guard, are unique and have a strong organizational DNA. Following his comments and a lengthy question and answer session, he left the group with two key points.

The first key point was we are Guardians and do a fantastic job in protecting, but we are so focused on protecting the public that sometimes we may forget the person right next to us — our shipmate. We need to watch out for one another when we are “off-duty” as well. Second, we need to unite our Active Duty and Reserve forces in order to reach our individual and team potential. In 2009, CG-131 is going to lead the effort of properly allocating the Reserve Full Time Support FTS billets — a priority for ADM Allen.

The overall purpose of this senior enlisted call was to give both active and reserve senior enlisted members up-to-date information on a wide variety of subjects including: policy changes, connectivity, the newly approved Maritime

Enforcement (ME) rating, billets, Modernization, RT appropriation, Congress, funding, Montgomery GI Bill, benefits, retirement, physical readiness, legislative update, Reserve Force Readiness System (RFRS), deck plate leadership, pre-mobilization planning, CPO Academy, subordinates, Leadership & Management School, and more.

Several panel discussions were also held. These included a flag panel featuring RADM John Acton, RADM Michael Seward and RDML Thomas Atkin, which covered a wide range of issues and challenges related to the increased PERS and OPTEMPO faced by both active and reserve personnel in an era of persistent conflict. BMCM Kevin Leask, YNCM Emily Jennings, PSCM Sam Allred and MSTCM Shane Hooker discussed Reserve workforce issues from their perspectives as Rating Force Master Chiefs. BMCM Dick Madore, MKCS Bob Taylor, BMC Jerry Saunders and BMC Ian Bauer shared lessons learned from their involvement with RB-S boat colleges.

Those attending gave very positive feedback on the call overall as well as the logistical support provided prior to and during the event. Well-deserved recognition went to BMCM Mark Allen who had primary responsibility for planning, organizing and executing the two-day conference. PSCM William Dikun, YNCM Gail Owens, and YNCS Tracy Ripkey assisted him as did dozens of volunteers. Kudos also go to PA3 Patrick Kelly, who videotaped the entire event, and MKCM Marco Oquendo, who took dozens of still photographs.

— *Story and Photo by LTJG Victoria Taylor, USCGR*



*MCPO-CGRF Jeff Smith speaks at the second Senior Enlisted Call in San Antonio, Texas.*

# Gulf Strike Team Reservists Assist in Oil Spill Response

NEW ORLEANS — When the M/V Tintomara collided with the fuel barge DM932 being pushed by the UTV Mel Oliver on the Mississippi River at New Orleans, the collision resulted in the sinking of DM932 and the release of almost all the 419,286 gallons of No. 6 fuel oil. This major oil spill, which occurred July 23, 2008, resulted in the closure of the Mississippi River, impacting miles of shoreline including downtown New Orleans and the closing of the city's water supply.

Over the following weeks, nearly 2,000 Coast Guard, state, and federal personnel and contractors responded to the emergency to conduct assessment, cleanup, and salvage operations.

Living up to its motto, "The World's Best Responders, Any Time, Any Place, Any Hazard," the Gulf Strike Team (GST) was one of the first Coast Guard assets to be called upon to assist. The GST, based in Mobile, Ala., provides highly trained active duty and reservists to facilitate preparedness for and response to oil and hazardous substance pollution incidents.

The GST command recognized early on the critical role that reservists could serve during an emergency and proactively sought out members who could assist in filling key positions during the response. As the response posture heightened, the need for space to coordinate ongoing and future operations became a recognized shortfall. GST reservists MK1 Lee Smith and EM1 Direck Satterfield were called upon to mitigate the problem by using their USCG training as a commercial truck driver and electrician to transport the GST Mobile Incident Command Post (MICP) from Mobile to New Orleans. Providing this critical infrastructure allowed the response organization to focus on mitigating the spill and salvage of the sunken barge.

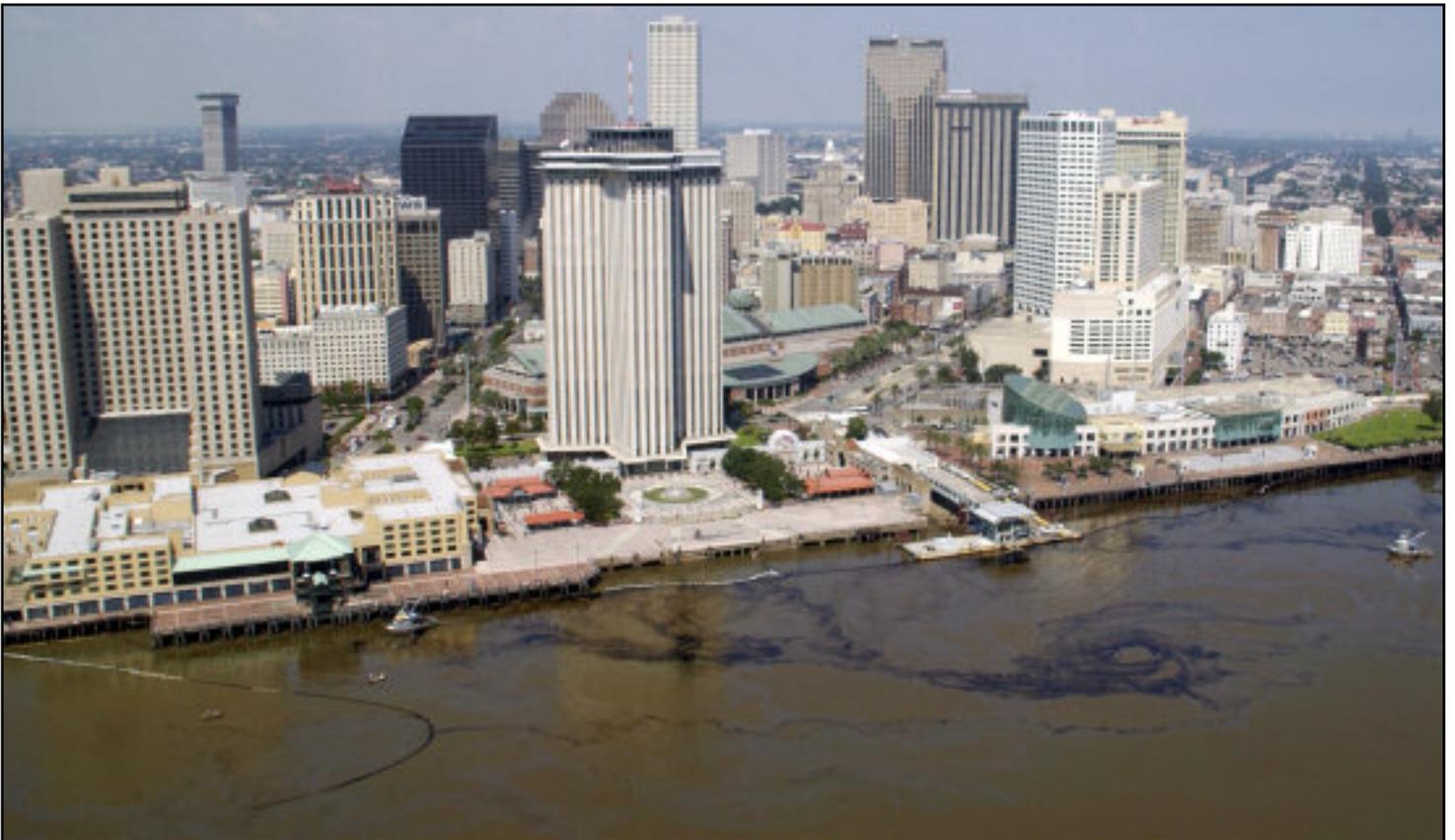
Meanwhile, the spill caused contamination of hundreds of commercial tankers, barges, bulk carriers and recreational vessels and brought vessel traffic and commerce to a standstill.

To assist in the reopening of one of the busiest waterways in the United States, GST reservists MK1 Pat Howell and DC2 Chris Phelps were assigned to the vessel decontamination team. During their deployment, they oversaw and assured that nearly 150 contaminated commercial and recreational vessels were properly pressure washed and cleaned before they could transit out of the contaminated zone.

Onshore, GST reservists EM1 Satterfield, MK2 Charles Dunnam, MST2 Laura Ferguson, and MST2 Kate Sheehan, worked side by side with contractors and vessel representatives in the assessment and cleanup of oiled shoreline areas. To minimize the chance that uncontaminated or previously cleaned shoreline areas did not become re-oiled, reservists DCC Ed Loesche assisted aboard the skimming vessel M/V Grande Bay. DCC Loesche coordinated his operations with over flights to optimize the skimming operations to the highest priority sections of the river.

While the GST was there to provide oversight, contractor monitoring, cost documentation, and site safety for the response, the cooperative relationship between these GST reservists, active duty, and civilian responders enabled an efficient and effective response to the spill. In short, during the time these reservists were assigned to the incident, over 10,000 feet of protective booming was deployed along with absorbent pads, absorbent boom and pom-poms (used to snare oil in the water). In addition, site assessments were conducted to identify and prioritize clean-up areas and to verify that response requirements were met. Overall GST reservists worked side by side with other active and reserve counterparts to ensure the safe and effective recovery of spilled oil and the salvage of the barge DM932.

— Story and Photo by  
LT John Fitzgerald, Gulf Strike Team



*A major oil spill in New Orleans resulted in the closure of the Mississippi River, impacting miles of shoreline including downtown and the closing of the city's water supply.*

# Hurricane Ike Wreaks Havoc on Texas Gulf Coast

## Nearly 200 reservists assist following huge storm

Story and photos by PS1 Kevin Rofidal, USCGR

**A**s one of the worst storms on record roared toward the Gulf coast, members of the Coast Guard were charged with protecting those in its path, while moving their own families to high ground in anticipation of the furious storm named Hurricane Ike.

Ike was the third major hurricane of the 2008 Atlantic hurricane season. Starting as a tropical disturbance off the coast of Africa in late August, it became a tropical storm west of the Cape Verde islands by Sept. 1.

During the early morning hours of Sept. 4, Ike reached Category 4 strength with sustained winds peaking at 145 mph. At one point, the diameter of the storm was 550 by 220 miles, making Ike the most massive Atlantic hurricane recorded. It also had the second highest Integrated Kinetic Energy of any Atlantic storm in the past 40 years.

In the past, most in Texas would try to ride out a storm, even some hosting hurricane parties. This storm was different, with a National Weather Service bulletin warning residents may face “certain death” if they do not heed evacuation orders. Hundreds of thousands fled Texas as Ike roared toward the coast.

Ike slowed in intensity to a Category 2 hurricane by the time it made landfall at Galveston, Texas on Sept. 13, with winds of 110 mph. After wreaking havoc over Southeast Texas, the storm turned north and made its way across the northeast United States and eventually to Canada, leaving behind massive flooding as far north as Pennsylvania and Illinois.

With extensive experience preparing and responding to hurricanes like Ike, the Coast Guard and other local, state, and federal agencies sprung into action preparing for the arrival of the hurricane as well as pre-positioning assets for the quick response once the hurricane passed. CAPT William Diehl, Captain of the Port for Houston-Galveston, set Port Condition X-ray on Sept. 10 — 48 hours before the anticipated landfall, urging mariners to prepare for hurricane conditions in the Houston-Galveston ports. This coincided with CAPT John Plunkett, Captain of the Port for Port Arthur, setting the same port conditions.

Coast Guard personnel from Port Arthur also braced for the storm, positioning 85 members onboard the vessel MARAD at Point Beaumont; including personnel from Station Sabine, ANT Sabine and MSU Port Arthur. These crews acted as our first response teams immediately following storm passage, working closely with Texas Task Force One — a DHS funded Urban Search & Rescue Team. Coast Guard crews also assisted in a house-to-house search for survivors immediately following the storm. There were 25 boat rescues (USAR), in some cases rescuing people trapped in their attics by storm surge.

Having just activated hurricane emergency response plans less than a

month earlier for Hurricane Gustav, things would roll even smoother for Ike. Coast Guard members from around the country, coordinated by the Maintenance and Logistics Command, were brought to pre-staging areas in Dallas, Austin and San Antonio before Ike made landfall. An Incident Command Post (ICP) was stood up prior to IKE making landfall. It was established in Katy, Texas the morning of Friday, Sept. 12. Prior to this, the ICP (briefly) was established at the Sector. The ICP was staffed by active duty, reservists, auxiliarists and partners from fellow federal, state and local agencies.

The National Strike Force, working closely with the Environmental Protection Agency (EPA), Texas General Land Office (TGLO), and the Texas Commission of Environmental Quality (TCEQ) investigated over 240 pollution reports... Ninety five people were rescued in the first day alone, with a total of one million evacuated. Reports said as many as 40 percent of those in the path of the hurricane along the Texas gulf failed to evacuate, despite warnings. Those staffing the ICP found rest, only for a few hours at a time, on cots setup in a gymnasium. Reservists played a key role fitting into the National Incident Management Systems (NIMS) as the response was ramped up once the magnitude of the storm was understood.

A second wave of Coast Guard members were brought in after the ICP was moved on Sept. 17 to Clear Lake, Texas — closer to the damaged areas. The new ICP was established in the storm damaged Hilton Hotel, just blocks from the Johnson Space Center in Houston and directly on Galveston Bay. The hotel was recovering from an estimated \$4-5 million damage as rooms were dried out to house those working in the ICP.

As Incident Commander, CAPT Diehl, held regular tactics, planning and situation meetings — in concert with Deputy

Incident Commander, CAPT Marcus Woodring. Personnel from National Oceanic Atmospheric Administration (NOAA) were on hand to help map the storm damage and pollutions cases as new maps were printed every few hours with updates. The Coast Guard Deployable Operations Group (DOG) sent members to the area to enforce security zones and to assist stressed crews already working around the clock. Sector Field Office Galveston, home of many units such as Station Galveston, Aids to Navigation Team (ANT) Galveston, two Patrol Boats, and CGC DAUNTLESS, suffered significant damage as Ike slammed into the station. Except for a ride-out crew, the facility had been evacuated, but that did not stop Ike from tearing apart the buildings. Buildings were knocked off their foundations, crew member’s personal vehicles, not evacuated in time for the storm were a total loss, and the crew barracks were also drenched as the waves crashed into the buildings. The CGC HARRY CLAIBORNE, CLAMP, HATCHET, Station Motor Life Boats, ANT Galveston 55’ TANB all rode out the





***LTJG Jon Bernhardt, a reservist from MLC LANT, samples chlorine at Station Galveston as ad-hoc housing and water treatment was established by a team from MLC. The station's housing was wiped out by Hurricane Ike.***

storm in the Houston ship channel. The station small boats were moved to Katy, Texas along with the ANT Galveston trailerable boats, while the faster moving cutters outran the storm and took refuge near Morgan City, La. Because of proper planning and training, operations were quickly realigned as crews maintained Continuity of Operations (COOP).

By Sept. 17, limited access was allowed in the Houston Ship Channel, with full access by Sept. 24. There were 1,394 storm discrepancies and by the latest report, 1340 were temporarily or permanently repaired. The Houston Ship Channel is responsible for over 322 million dollars of revenue per day.

Coast Guard members in Port Arthur helped establish the FATCAT (Family Assist Team — Community Assist Team) — assisting with debris removal, transporting evacuees, staffing food banks, the Bridge City cleanup and the Sabine Pass cleanup.

This single event thrust Texas and the Coast Guard into the spotlight, and included visits from President George W. Bush, DHS Secretary Michael Chertoff, VADM Robert Papp, Atlantic Area Commander; RADM Joel Whitehead, Eighth District Commander, RDML Thomas Atkin, Deployable Operations Group Commander; RADM Dan Lloyd, DHS Advisor; and media outlets from around the world.

Interagency partnerships established before the storm, enhanced the response and ensured success dealing with Hurricane Ike.

“Our Port Coordination Team efforts with port stakeholders are essential for a quick and efficient assessment of all Captain Of The Port zone waterways,” said CAPT Diehl. “Partnering with industry to restore navigation on waterways is essential in the process of reopening this economically critical port. An emphasis on safety is paramount to eliminate any further marine casualties during this period of navigation uncertainty.”

During the height of the operation, 545 active duty, 188 reservists, 78 civilians and 11 auxiliaries took part in helping the people of south Texas recover from one of the worst storms in our history. The support received from the Coast Guard greatly aided Texas by providing exceptional operational support to the unified command. President Bush, U.S. Transportation Secretary Mary Peters, and Texas Governor Rick Perry all extended a sincere thanks to the Coast Guard for their response to this tragic event.

**Ed's note:** *LT Mark Molavi, Sector Houston-Galveston, and ENS Kimberly Kaiser, MSU Port Arthur, contributed to this article.*

## **D8 and ISC NOLA COOP to ISC St. Louis before Hurricane Gustav hits**

ST. LOUIS — More than 60 Coast Guard Reservists were mobilized in support of operations in response to Hurricane Gustav. At ISC St. Louis, several reservists responded to lend a hand with orders and with the COOP (Continuity of Operations) process as well. Over 200 Coast Guardsmen from D8 and ISC New Orleans temporarily relocated to St. Louis and occupied several parts of the building as part of the COOP/ Emergency Relocation Plan.

The Incident Management Team and Incident Commander occupied converted conference rooms in ISC St. Louis spaces as well as ESU St. Louis' computer training room and conference room. Meanwhile, the day-to-day operations teams from ISC NOLA and D8 utilized the COOP spaces on the 8th deck of the Federal Building. The COOP area seats over 60 members and is kept ready 24/7 in the event an emergency requires a Coast Guard command to temporarily relocate. The space was built in March 2007 by the ISC St. Louis Reserve Reconstruction Team.

— *By MCPO Steven Daugherty, USCGR*





*PSU 312 TPSBs maneuver into position for the live fire gunnery exercise off the coast of San Clemente Island. Photo by Senior Airman Erica Knight, USAF.*

## PSU 312 participates in PATRIOT HOOK 2008

SAN CLEMENTE ISLAND, Calif. — Coast Guard Port Security Unit 312 from San Francisco participated in PATRIOT HOOK recently to complete their required underway live fire and anti-swimmer grenade training, and to rehearse the monumental task of moving personnel and equipment by land and air.

PATRIOT HOOK is an annual, large-scale exercise that provides a fully integrated, joint air mobility-training environment. During the four-day exercise, held in mid-May 2008, over one-half million pounds of cargo is transported by the U.S. Air Force from various airfields to San Clemente Island, a weapons range maintained by the U.S. Navy. The Department of Defense, Department of Homeland Security, and other local, state, and federal agencies including the FBI, FEMA, and BORSTAR use this exercise to further hone their

skills for national defense or to respond for natural disasters.

“Because our unit is located on the San Francisco Bay, where there is a huge commercial shipping and civilian boating community, we are very limited in the weapons training we can conduct,” said CDR Joan Dodds, Commanding Officer, PSU 312. “PATRIOT HOOK gives us the opportunity to fire our crew-served weapons from the boats while underway. We’re an expeditionary unit and we need to know how to deploy at a moment’s notice. PATRIOT HOOK allowed us to get the load out training we needed to become air mobile certified.”

Preparation for PATRIOT HOOK took five months. Upon arrival at San Clemente Island, the Shoreside Security Division made a tactical dismount from the C-5 and fire teams set up fighting positions along the perimeter of the airfield to provide protection for the offload of personnel and over 100,000 pounds of equipment. With the airfield secured and the sound of F-18 fighter jets in the background, the first team began to set up the communications tent and associated equipment.

“Being able to deploy our communications equipment in a field environment and communicate effectively with DOD, DHS, and other state and federal agencies is what we wanted to achieve during PATRIOT HOOK,” said Communications Officer LT Bill Bushman. “This



*A PSU 312 crewmember engages a target with a .50 caliber machine gun during Patriot Hook. Photo by Senior Airman Erica Knight, USAF.*

also gives us an excellent training opportunity for members to obtain their CDO and OOD qualifications.”

CGC GEORGE COBB, a buoy tender out of Long Beach, Calif., served as the command and control and ammunition platform for the live-fire boat exercise. COBB and the four TPSBs made their 20-mile transit to a shore bombardment area at the opposite end of the island. Training then commenced on the forward-mounted .50-caliber machine guns and the M240 machine guns.

Boat crews also conducted grenade drops and high-speed maneuvering drills. By the end of the two-day live fire training, over 20,000 rounds of ammunition were expended and 60 anti-swimmer grenades deployed.

“All the planning and hard work that goes into an exercise of this magnitude pays off when you see lead flying down range from our small boats and grenades blowing plumes of water in the air behind you,” said David Milliron, the active duty GM1 for PSU 312.

While the boat crews were conducting their live fire exercise, PSU 312’s Shoreside Security division worked under the tutelage of a U.S. Navy Seal conducting Military Operations in Urban Terrain (MOUT) drills, squad movements, and small arms weapons training.

“The opportunity for our Security Division to train in these real world conditions is invaluable,” said PS2 Eric Yunck. “I’m confident this has helped us prepare for a future deployment.”

From active and reserve, from Coast Guard to Air Force to Navy, PATRIOT HOOK showed what can be accomplished when individuals work together for a common goal. The exercise gave much more than invaluable weapons and boat training. It highlighted the amazing dedication our members have to ensure the mission of the port security units can be carried out.

— *By LT William R. Bushman, PSU 312, and PA3 Kevin J. Neff, D11 Public Affairs*



Photo courtesy LTJG Brian Crepps, Sector Honolulu

*PSU 312 members form up one last time before they board a US Air Force C5 for their flight home. Photo by PA3 Kevin J Neff, USCG.*

*Top: PSU 312 and CGC George Cobb personnel load ammunition in preparation for the live fire exercise. Photo by PA3 Kevin J Neff, USCG.*



### Williams meets Williams Award Winner

*CAPT Edward R. Williams, left, USCGR(Ret.), namesake of the CGR's Williams Award, presents a plaque to 2008 recipient LT Rick Howell aboard the CWO Association barge Aug. 6. Williams was visiting HQ and gave a lunch-hour talk on his long career that spanned several decades from the 1950s to early 1990s. Howell was also honored at the National Naval Officers Association's National Conference in late July.*



### Semper Paratus for Harley-Davidson's 105th Anniversary

*MILWAUKEE — Sector Lake Michigan received hazardous device familiarization with the ATF, FBI, Milwaukee County Sheriff's Office and the City of Milwaukee Police Department in preparation for the Harley-Davidson 105th Anniversary celebration in August 2008. Coast Guardsmen from Sector Lake Michigan watch Detective Ruben Burgos of the Milwaukee Police Department demonstrate use of the Bomb Squad's ACE robot.*



### Hello, Mr. President...

*PS2 Neil Ambrose, deployed with PSU 305 in support of Joint Task Force Guantanamo Bay, received a presidential phone call Dec. 24 with holiday greetings from President Bush. Ambrose was selected as one of 10 military service members world-wide to receive the call on Christmas Eve. The call, a tradition of President Bush, expresses his appreciation for deployed members' service and to wish them a Merry Christmas.*



### Readiness Workshop

*LCDR Sergio Villaverde, USCGR, left, pauses with officers from the New York State Militia during a tour of Station New York recently. It was all part of a readiness and family readiness preparedness workshop held this past summer for members of Section 1, Sector New York Reserve Operations Department and their families.*

Photo by ENS Mitchell Orey, USCGR



### Five Reenlist at PSU 305

*Five members of PSU 305 in Fort Eustis, Va. were reenlisted into the CGR Sept. 21 by the unit's commanding officer, CDR Steve Pope, right. The five reservists, left to right: MK1 Pamela Smith, PS1 Luis Rivera, PS2 Neil Ambrose, PS2 Terry Robinson and YN2 Robert White.*

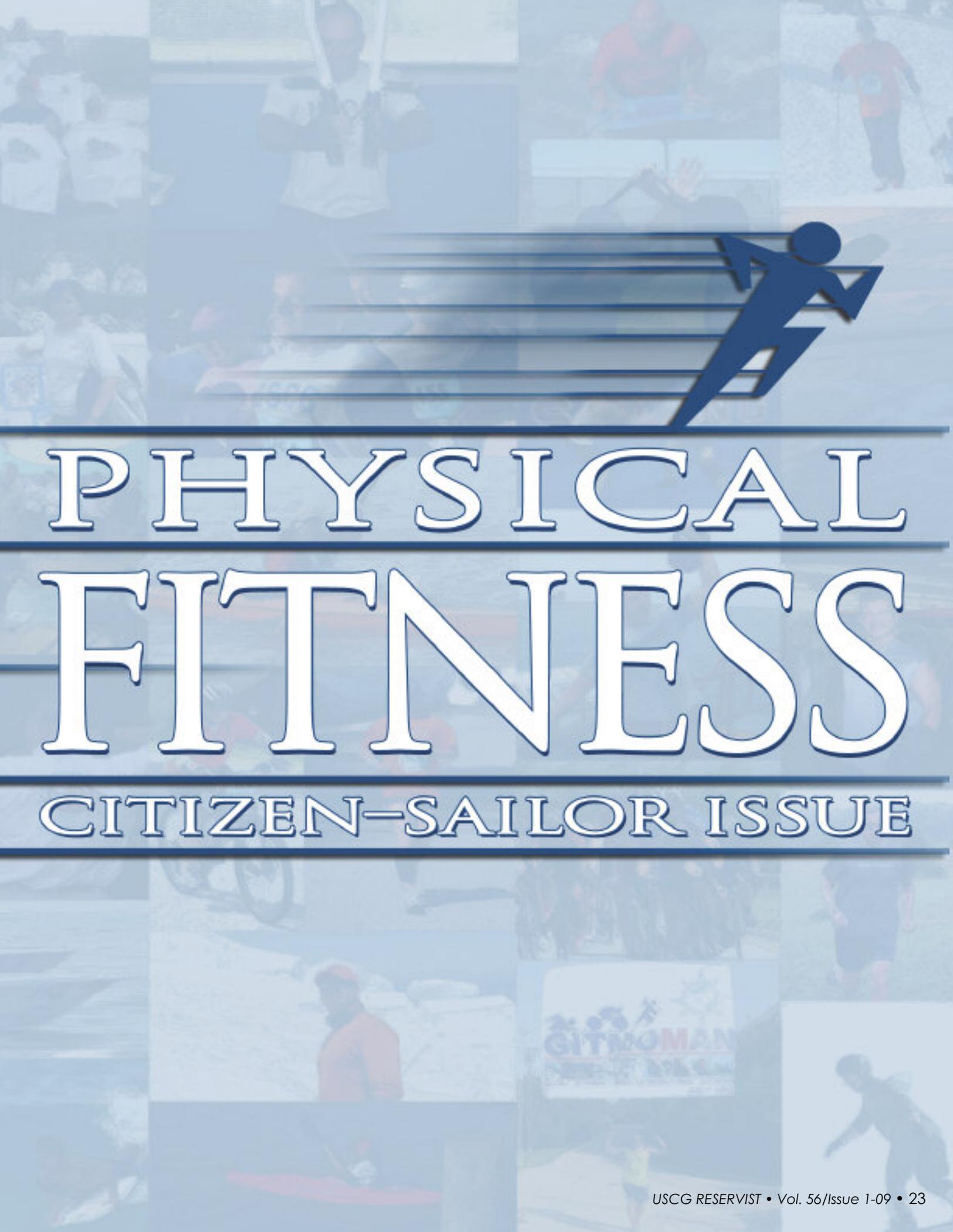


Photo by PS1 Kevin Rofidal, MSU Duluth

### Minnesota Employer Support for the Guard & Reserve

*The Minnesota Chapter of the Employer Support for the Guard & Reserve and Station Duluth, Minn. hosted an "Employer Day" for a dozen employers who support guard and reserve members on Aug. 25, 2008. After a briefing on local Coast Guard operations, they got underway aboard a 47-foot MLB.*





PHYSICAL  
FITNESS  
CITIZEN-SAILOR ISSUE



## ENS Jeff Yoder

Motocross  
Group Port Angeles, Wash.

ENS Jeff Yoder keeps fit by racing motocross.

“Some find it hard to believe, but motocross is the second most physically demanding sport next to soccer,” said Yoder. “It combines strength, endurance and balance.”

Yoder is able to race year round, be it outdoor motocross or indoor arena-cross. He races once a week and as many as three times a week during the summer months.

“I compete in both the over 30 and 40-year-old expert class which are known as the Vet A class and Old Timers A class,” said Yoder. “In preparation for racing, I run 30 to 45 miles per week for my endurance training. I lift weights once a week for my strength training and stretch daily for flexibility. I also try to ride motocross two or three times a week for practice.”

# Reserve Team MFPU

## Ski to Sea Relay Race

### Maritime Force Protection Unit Bangor, Wash.

In May of 2008, eight members from the Maritime Force Protection Unit (MFPU), in Bangor, Wash., competed in the annual Ski to Sea relay race in Bellingham, Wash. This is an event that attracts participants from all over the world and traces its beginnings to the Mt. Baker marathon held from 1911-1913.

The event is now an 85-mile relay race consisting of seven legs. It starts at the top of the Mt. Baker Ski Area with a four-mile cross country ski leg, then goes into a 2.5-mile downhill ski or snowboard leg, then hands off for an eight mile, 1700-vertical foot drop downhill running leg. It then passes into a 36-mile rolling hill bicycle leg, to an 18-mile canoe leg on the Nooksack River, which then becomes a nine-mile mountain bike leg, before finishing up with a 4.3-nautical mile sea kayak leg on Bellingham Bay.

“It was a first time event for all of the racers, most of which had never competed like this before,” said PS1 Tracey Kok of MFPU Bangor.

The team members consisted of LT James Thach, cross country skiing; LTJG John Vonk, snowboarding; PS1 Tracey Kok, running; PS1 Ken Walter, bicycling; GM3 Dan Moore and MK3 Eric Harrison, canoeing; LT Suzanne Olguin, mountain biking; and BM2 Krista Jones, sea kayaking.

“Even though the canoe leg got cancelled because of fast and high water, everyone had a great time and a few plan to do it again next year,” said Kok. “If you think you may be interested, drop me an e-mail at: [Tracey.E.Kok@uscg.mil](mailto:Tracey.E.Kok@uscg.mil).



Photos by John Bronk Photography





Photo courtesy Veterans Affairs

## Stephen Bruggeman

### It's "Surfin' USA" for USCG Veteran

When Coast Guard veteran Stephen Bruggeman's leg was amputated in 2004, he never dreamed he'd be surfing four years later.

But thanks to the a lot of determination, and a little bit of help from the Department of Veterans Affairs and Help Hospitalized Veterans, he realized that dream at the National Veterans Summer Sports Clinic in San Diego recently.

"When I lost my leg nearly four years ago, I never dreamed that an opportunity like this would come along," said the 46-year-old from Lennox, S.D. "I am really focused on living a healthy lifestyle and am particularly excited about the track and field events, along with the introduction to paddle sports. I enjoy speaking with young veterans and try to inspire them to make the most out of their lives."

Getting to this point has been quite a challenge for Bruggeman, who was paralyzed below the right knee in 1984 from a gunshot wound, and now has a prosthetic leg.

"When you're hospitalized, you aren't really thinking 'I bet one day I'll be surfing,'" said Bruggeman. "You've got to take it one day at a time, which can be tough, so you look for those little victories."

Bruggeman says he was fortunate to find a program that helped him achieve a sense of accomplishment, even if it was on a small scale. The program, Help Hospitalized Veteran's arts and craft kits, challenged him and inspired him to try different activities.

"Back when I was in the hospital, I remember I couldn't get a new kit to work on unless I had completed the one I'd started," said Bruggeman. "I don't know if it's still like that, but I got to thinking 'If I can do this, maybe I can do that,' challenging myself with each new kit, and I guess I just kept that mentality. I'm 46 years old and I think you can see that I'm continuing to challenge myself even today."

When hospitalized, Bruggeman says you don't get visitors all the time and you can only watch so much TV. He's seen a lot of the young guys who served in Iraq really take to the program, too, because they keep you busy and also help with hand-eye coordination as well.

Help Hospitalized Veterans (HHV) was founded in April 1971 for the primary purpose of distributing therapeutic arts and crafts kits to our nation's veterans and active duty military personnel receiving treatment at Department of Veterans Affairs (VA) medical centers, military hospitals, and state veterans nursing homes. Through its direct mail campaigns, HHV strives to educate the public about the many ways they can become personally involved in providing additional care to patients receiving treatment at these facilities. For more information on HHV, visit [www.hhv.org](http://www.hhv.org).

# LT Clifford DeTemple

## GITMOMAN Triathlon Sector Lake Michigan

No matter where you're stationed, there are usually fitness opportunities that come along. Such was the case for LT Clifford DeTemple, a Coast Guard Reservist assigned to Task Group 40.9 as Maritime Operations officer aboard the HSV2 Swift (High Speed Vessel) during mid-2007.

CAPT Douglas Wied, USNR, the commodore for Task Group 40.9, came up with the idea for a mid-deployment ship activity in Cuba. The GITMOMAN Triathlon was created and planned at sea on the HSV2 Swift. Originally designed as a shipboard group activity, it grew to include members assigned to Naval Base Guantanamo Bay, Cuba (GITMO). The event included a 1.2-mile swim, 13-mile bike ride, and 5K run and was held July 24, 2007.

"It gave the crew a goal to train toward and fostered teamwork at sea," said DeTemple. "When not working on board or training in the gym, the crew held strategy sessions and personal bets on performance between the Navy, Marines and Coast Guard."

DeTemple thought training landside for a triathlon was hard but training on a ship was even harder. Either way, he says it was physically and mentally challenging.

"The advantage to triathlon training on the Swift is that she has the space for a football field in the mission bay and has a fairly clear running area inside and on the helo deck," said DeTemple, who normally drills at Sector Lake Michigan. "The disadvantage is that it is like running on a 747 airplane thrown in the ocean during a storm. However, we also had one of the largest gyms filled with bikes and treadmills in the fleet on board thanks to MWR and a ton of cargo space."

Any race in Cuba has its own set of challenges, starting with high temperatures in July, jellyfish in the water, mountain bikes for a road race, areas of barbed wire with mine fields, and lizards that jump out at runners and don't let them pass on foot bridges. After those challenges, it's just like any other race, except the beautiful ocean views from the base.

When all was said and done, CAPT Wied's vision was a success. A unique group challenge was completed but more importantly, military members looked toward fitness not as a "must do" requirement, but a fun team activity that pays benefits in the long run. This was the first triathlon for 75 percent of the participants and first race for some that was not part of a PT test.

Bottom line: This event got DeTemple and a lot of fellow shipmates participating in an event like this for the first time.

The GITMOMAN was a race, but for DeTemple, just to finish and say, "I completed a triathlon in Cuba" was a reward in and of itself.

"I will always remember it as my favorite triathlon race," said DeTemple. "OK, it was my only triathlon race at the time — but I hope to participate in many more."

Meanwhile, he'll keep training for regular races like the upcoming Chicago Shamrock Shuffle 8K in March 2009. He hopes many Sector Lake Michigan personnel will partake.



Photo by MCI Cynthia Clark, USN

# LCDR Daryl P. Schaffer

## A Fit Life!

LCDR Daryl Schaffer remembers watching Jack LaLanne on TV. Ever since then, exercise and fitness became a lifestyle. Schaffer has done at least one race every year since becoming a competitive runner and swimmer in 1976, cyclist in 1979, and tri-athlete in 1982.

A Reserve Program Administrator assigned to Coast Guard Personnel Command (rpm), Schaffer studied exercise physiology in college, met his wife, Jan, at a swimming pool, and worked as a swim and personal fitness coach. He competed in local, national and international races including sprint to Ironman distance triathlons, 5K to marathon runs, and the International Human Powered Vehicle competition.

"In 1990, before joining the Coast Guard and while working as a surf lifeguard in California, we got rid of our cars and have lived the fit-lifestyle ever since," said Schaffer.

He bikes to work (or even cross-country skis) every day while Jan bikes to the grocery store, and they rode the entire 184-mile C&O Canal towpath in Washington, D.C. Schaffer, while attached to the Office of Reserve Affairs, was a driving force behind Tom's Run, a 200-mile run-bike relay down the C&O Canal towpath. Tom's Run was developed to promote fitness and team building while honoring CWO4 Tom Brooks, a former CGR Webmaster who developed Amyotrophic Lateral Sclerosis (ALS) in the 1990s.

Schaffer attended one of the first Coast Guard Unit Health Promotion Coordinator courses and influenced thousands of Coasties when, in 1993, he developed the water circuit workout used at boot camp and revised both the written and practical survival swim tests for Officer Candidate School.



# DCC Daniel Kinville & YN2 Lauren Kowalewski

Gym Rats  
RAID Team

Working out has become a daily activity for DCC Daniel Kinville of TRACEN Yorktown and YN2 Lauren Kowalewski of MSU Pittsburgh, currently deployed in the Middle East with the Redeployment Assistance and Inspection Detachment (RAID) Team. Both members recently returned to Kuwait after a one-month mission to Afghanistan where working out was not only part of their physical fitness but a highly anticipated morale activity.

DCC and YN2 looked forward to hitting the gym each night with Army, Navy and Air Force personnel at each base. The gym was the gathering area for everyone to get in shape, have some fun, and relieve stress.



“When you are on a small Forward Operating Base (FOB), little things like the gym really get you through the day,” said Kowalewski.

The two members spend their time running (DCC’s passion), “elipting” (YN2’s favorite), and weight lifting. It is a great way to end a perfect Coast Guard day in the desert!

## Special Agent Larry Powalisz

Weightlifting – Gym Rat!  
PACAREA Alameda, Calif.

As a 54-year-old gym rat, Coast Guard Reservist Larry Powalisz still loves lifting weights, which he does three or four times a week at the Coast Guard gym on Coast Guard Island in Alameda, Calif.

“My regimen is to take one body part a day and perform 15 to 20 sets of 8-15 reps per set, which takes about 25-40 minutes, depending on the body part,” said Powalisz.

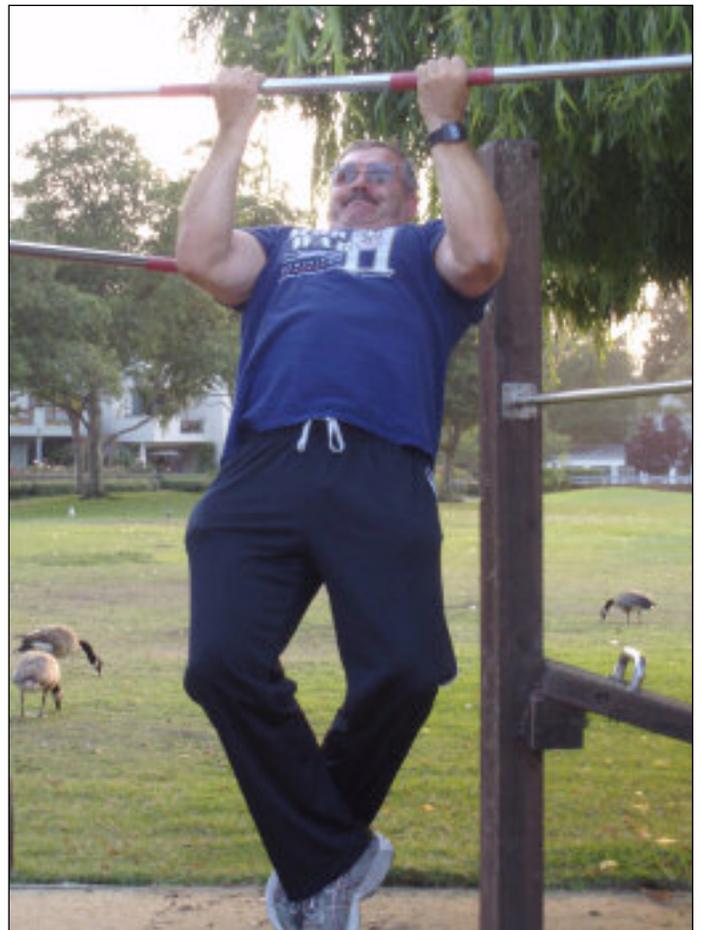
He also does a minimum of 20 minutes of cardio at least three days a week, usually consisting of biking, walking/jogging/sprinting, rowing machine, or elliptical machine.

“My mantra is, ‘you can’t have the high end Chevy body with the low end VW engine,’” said Powalisz. “Aerobic exercise works hand in hand with anaerobic exercise.”

Powalisz says being in some semblance of shape assisted him greatly when he attended the 11-week training course for civilian special agents at the Federal Law Enforcement Training Center (FLETC) in Brunswick, Ga. “I kept up with most of the other people during the workouts, even though I was the second oldest in the class,” said Powalisz. “I loved those pushups!”

At 6-foot two inches and 270 pounds, Powalisz says he always has to go “under the tape measure” to stay within percentages of the current Coast Guard weight standards since his maximum allowable weight (MAW) is about 240.

“That’s the life of the serious weightlifter,” said Powalisz. “Semper Paratus!”





## PS3 Billy Marsh

Wakeboarding  
PSU 301, Cape Cod, Mass.

PS3 Billy Marsh and his brother, Mikey, love wakeboarding. Mikey is a professional wakeboarder while Billy is a self-described semi-professional. Both were able to do something cool for our country's service men and women while Billy was deployed with PSU 301 at Guantanamo Bay, Cuba from December 2006 to June 2007.

Billy pitched a sort of "USO"-style visit by a group of wakeboarders to entertain the local troops stationed at GTMO. With command approval, the Navy helped transport a Master Craft CSX and the wakeboarders to and from the base with Morale, Welfare and Recreation hosting the event and it was show time! The entire team of wakeboarders were pumped about performing for the troops and hanging out with them. A side benefit was a family reunion of sorts as Mikey was able to see his brother, Billy, for the first time in eight months while in GTMO. The trip and show was quickly moving with a tightly planned barrage of demos, meet and greets, and autograph sessions, but certainly one that PS3 Marsh will always remember.



## BM1 Scott Brown

### F-1 National Champion Instructor, JMTC

There's an old saying that "those who can't do, teach!" But there's usually an exception to every rule and BM1 Scott Brown is one of them. In fact, Brown is an instructor who just happens to be a national champion boat racer.

Brown had followed the sport of Offshore Super Boat racing as a spectator for several years. Then, in 2004, he was asked to drive for Team Miami Boys 850 horsepower Pantera boat in Marathon Fla. with Superboat International.

"We finished second in our class in that race," said Brown a reservist and instructor at the Coast Guard's Joint Maritime Training Center (JMTC, formerly Special Missions Training Center) at Camp Lejeune, N.C. "From there, I was asked to be the crew chief for Team Undecided/Velocity from Kissimmee, Fla."

Brown obtained a driver's seat at the Offshore Performance Association (OPA) International Speed Record trials and set and still holds the World Speed Record in the P-4 31-foot twin-engine v-bottom class. In 2005, he was asked to become the driver of Team Mariners Club/Venom Power Boats.com and finished second in the National and World Championships.

In 2006, Brown and his teammates changed boats and sponsors to Team AMF/Fountain, and in 2007, finished first in national points achieving the title of F-1 National Champion.

"At the 2007 World Championships, I created a new team in a larger and faster class with friend and new teammate, Jim Anselmo, from Annapolis, Md.," said Brown. "The boat is a twin engine custom built Doug Wright Design canopied catamaran and can run speeds over 110 mph."

Brown says Anselmo is one of the best throttle men in the business with 15 years experience. He holds the 2006 title of National and World Champion in the Super Cat class and took

the Coast Guard sponsored "You're In Command" P-3 boat with driver Gino Marone to a World Championship in 2007.

With only 20 minutes of test time together in the new boat the day before their first race and an 85-mph spin out on the last lap, Brown and Anselmo took the Impulse Energy Drink Team to a respectable third place podium finish in the 2007 World Championships. Since then, he has formed a new partnership with and is representing the Army National Guard and looks forward to continuing through the 2008 World Championships held in Key West, Fla. in November.

"We also serve as promoters for autism awareness by displaying the logo on our boat and opening our pits to all families, especially those with autism," said Brown. "We are proud to be representing such a respectable organization and we hope to bring much needed attention to autism through our appearances at the races."

His background in super boat racing is a good fit at the JMTC where he is a tactical coxswain instructor with the unit's Fast Boat Division and enjoys teaching to Maritime Safety and Security Teams, PSUs and Level 1 stations.

A Myrtle Beach, S.C. police officer by trade and attached to the department's Beach Patrol Division, Brown was recalled on Sept. 12 in response to the 9/11 terrorist attacks and sent to Boston, then New York as part of a 12-man contingency team to support port security operations. Upon his return, he participated in the initial stand-up training of the Coast Guard's new MSST program.

"I continue to be recalled to active duty and enjoy working with our professional staff at JMTC as well as being directly involved with our students' continuing education and advanced boat operating skills," said Brown.

And when he's not out on the water teaching other Coasties, he'll continue to be out on the water on speedboats doing what he does best — going fast!

**Ed's note:** For more information on Super Boat International, see: [www.superboat.com](http://www.superboat.com).



## CAPT Jack Laufer

### Hawaiian Outrigger Canoe Racing D14 Senior Reserve Officer

CAPT Jack Laufer says he's an ocean person — and his actions truly back up his words!

His civilian job is with a shipping company, he has served in the USCGR for 30-plus years, and when it's time to have fun and get fit, he's out on the ocean.

"My favorite sport is racing six-man Hawaiian outrigger canoes," said Laufer. "On the island of Oahu, there are over 30 paddling clubs."

Each weekend during June and July, the clubs compete in short distance regattas, with races up to one and a half miles. The regatta season culminates with a

state regatta with thousands of paddlers from throughout Hawaii competing for gold medals. The long distance season runs from August and finishes with the 41-mile race from Molokai to Oahu in early October. The Molokai Hoe race draws world-class paddlers from throughout the world.

"I've competed in the Molokai race 10 of the past 12 years and am always training for the next one," said Laufer. "Paddling is a sport that all levels of athletes can participate in, and distance paddling in particular is a great workout."

Laufer says to be competitive, you've got to paddle for a couple hours at least three times a week plus add in some cross training. The water resistance is much easier on the body than pounding the pavement and at the end of a hard workout, you can simply fall into the cooling ocean!



## LTJG Garret Hawk

Cross-Training Workouts  
8th District, New Orleans, La.

LTJG Garret Hawk maintains a five-day a week cross-training workout schedule. It consists of a two-mile jog in the morning, followed by cross training three days a week. He likes to mix up his cross-training activities to keep his workouts fresh and to keep from becoming complacent. Some of his cross-training activities include weight training, cycling, jumping rope, swimming, punching the heavy bag (shown here), calisthenics and organized sports/fitness classes.

He has a very unique cardiovascular training method that can be done anywhere, even at his desk at work. He uses a hand-held breathing muscle trainer to increase his lung capacity and improve his breathing.

"I am mindful of fitness in my daily routine, preferring stairs over elevators, walking over driving and any other way to disguise a workout," said Hawk. "The good thing about my workout is that it allows for some flexibility, much of it does not require going to the gym, and can be done at home at any time of the day."

This allows LTJG Hawk the ability to maintain his workout regiment even when other duties and responsibilities compete for his time, such as work, school and family.

## CDR Steve Shapiro

Wrestling  
LANTAREA (Axc)

CDR Steve Shapiro has been wrestling since college, where the wrestling club advertised that beginners were welcome.

"I attended a large high school where sports were limited to highly skilled athletes," said Shapiro. "Not being one, I couldn't participate in sports until college, where I learned lacrosse, wrestling, and engineering."

He says wrestling at the club level is a fun challenge and great exercise. Civilian and military co-workers are used to seeing him show up for work or duty with a black eye or other evidence of a recent practice!

"I currently attend open mat practices at the Washington Wrestling Club, which meets at American University," said Shapiro. "I make a special effort to coach beginners. We've had a number of wrestlers from other services since I post flyers at local military gyms."

For more info, Shapiro can be contacted at [steves@md.net](mailto:steves@md.net).





# PSU 309

## Celebrates Coast Guard Birthday With 5K Run

Port Security Unit 309 celebrated the 218th birthday of the U.S. Coast Guard Aug. 4, 2008 at Camp Patriot, Kuwait where they've been deployed since late May 2008. At 0600 hours, members of PSU 309, along with other local service members, participated in a 5K USCG Birthday run followed up by an American-style barbecue later in the day. PSU 309 is continuing its deployment with MSRON 4 in support of OPERATION IRAQI FREEDOM.

# BMC Dave Horn

## Weightlifting

### CGC CIMARRON, Paris Landing, Tenn.

BMC Dave Horn says his river tender work with the Coast Guard is quite a contrast from his work as a therapist at Skyline Medical Center in Nashville, Tenn.

The Chief says the fitness routine for the cutter (CGC CIMARRON) is "pushing buoys, pulling sinkers and curling chain."

"I have been a fitness buff since I was a kid and I'm 42 so you can do the math," said Horn. "Originally a muscle head, I fulfilled a bucket list item by completing the Country Music Half-Marathon in 2006 and the Country Music Marathon in 2007. I for one can tell you that if I can do it, so can you."

Currently, Horn is back to his muscle head ways at a local gym in White House, Tenn. His personal goal is to compete in the Tennessee Bodybuilding Championship in a year or two.

"A key to me achieving this goal is tell people what you plan to do," said Horn. "I believe the key to any fitness activity is consistency. Find an activity that fits your personality, keep at it, and encourage your shipmates in their endeavors."

A side benefit to working out is talking with younger people who come to the gym every day who ask him questions about the Coast Guard.





## MK1 Chuck Norman

### Mountain Climbing Station Port Canaveral, Fla.

MK1 Chuck Norman of Coast Guard Station Port Canaveral climbed Washington state's Mount Rainier on July 24, 2008. Mount Rainier, at 14,411 feet, is the fifth highest mountain and most glaciated one in the continental United States. This was a charity climb organized and designed by Norman for the National Multiple Sclerosis Society.

"Many of the same symptoms that climbers experience at high altitude in the form of acute mountain sickness (AMS) are very similar to those symptoms that people with Multiple Sclerosis experience every day, but I get to come down from my mountain,

they don't," said Norman.

Norman, a professionally trained fire fighter, paramedic and registered nurse, was able to raise over \$7,000 as well as increase awareness for this cause via local media outlets. He was recently awarded the Visionary of the Year Award by the National Multiple Sclerosis Society.

"I have been healing people in various professional capacities my whole life, now I want to help find a cure," said Norman, who spent the last two years planning and training for the climb.

His fitness regime included a calisthenic workout program called "Operation Fitness Bootcamp," weight training, running in various 5K events, and nightly Tae Kwon Do training.

Norman will be climbing again in 2010 — only this time it will be Mount Whitney in California. At 14,495 feet, it's the highest peak in the continental United States.

For more information, including photos and video from his recent climb, see his Web site at: [www.TheSnowShoeClub.com](http://www.TheSnowShoeClub.com).



*Left to right: FS1 Jason Kooken, PS3 J. Buddy Clark and CDR Jim Ullian display a plaque honoring PS3 Ron Gills.*

## FS1 Jason E. Kooken

### “We Ride for Those Who Die“ Sector Boston

Sometimes you can combine fitness and fun to raise funds for a good cause. Such was the case recently for FS1 Jason E. Kooken, a Coast Guard Reservist serving at Sector Boston and a police officer with the Amesbury, Mass. Police Department.

Kooken is the de facto captain of Team Northern New England of the Police Unity Tour (PUT) Chapter 4 (Virginia).

“The Police Unity Tour is a charity bicycle ride that takes place in May every year to raise money for the National Law Enforcement Officer Memorial Fund (NLEOMF), which oversees the National Law Enforcement Memorial in Washington D.C.,” said Kooken. “The memorial has the names of 12 Coast Guard members who fell in the line of duty performing law enforcement duties.”

PUT began in 1997 by Officer Patrick Montuore of Florham Park, N.J. Montuore wanted to raise money and awareness of police officers killed in the line of duty. What started as a few riders from Northern New Jersey has grown to over 1100 riders each year, each riding in honor of an officer whose name is being added to the National Law Enforcement Memorial wall. The riders are all law enforcement officers or family of fallen officers and are required to raise between \$1250 to over \$1800 for the honor to ride or support the ride in various capacities. The Virginia Chapter rides 240 miles from Portsmouth, Va. to

Washington, D.C. in three days. The Virginia Chapter presented the NLEOMF with over \$500k of the \$1.2 million that was raised by this year’s riders.

“I had the honor to ride in the 2008 tour for Deputy William J. Walters of Kemper County, Miss.,” said Kooken. “I also had the honor of riding with two other Coast Guard Reservists, CDR J. Ullian, USCGR(Ret.) and former PS3 J. “Buddy” Clark. “CDR Ullian is the PUT Chapter 4 chaplain, and Officer Clark rode in honor and memory of PS3 Ronald Gill, a Coast Guard Reservist who fell in the line of duty in March 2007.”

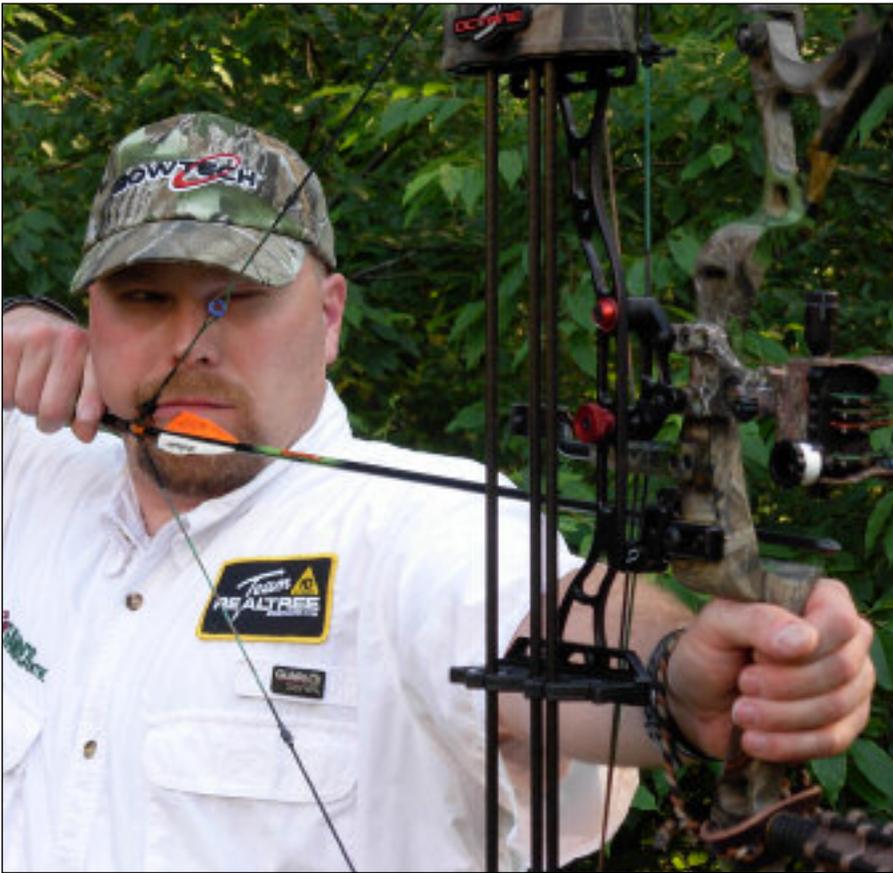
Kooken says that Clark was asked a number of times by other officers why he was riding for a Coast Guardsman. This gave Clark, Ullian and Kooken an opportunity to educate other law enforcement officers about the Coast Guard as a law enforcement agency that has been enforcing our nations laws, regulations, and codes since 1790.

“When the Police Unity Tour arrived in D.C., many of us had the opportunity to meet the families of the officers we rode in honor of,” said Kooken. “Following the candlelight vigil on May 13, 2008, we met at the location where PS3 Gills’ name is engraved in the granite wall.”

Following the tour, Kooken returned home and decided to recruit members of the Coast Guard to participate.

“I have spoken to Coasties that I drill with here at Sector Boston and extend the invitation to all Coast Guard members to consider riding or supporting the Police Unity Tour,” said Kooken.

For more info, see the Police Unity Tour Chapter 4 Web site: <http://www.policeunitytour4.org>. For more info on the National Law Enforcement Memorial: [www.nleomf.com](http://www.nleomf.com).



## PSC Doug Gilmer

Archery  
Sector Baltimore, Md.

PSC Doug Gilmer has been interested in archery since he received his first bow at the age of four from famed archer Fred Bear, whom he grew up near. Today, when he is not bow-hunting somewhere, Gilmer is involved in teaching and coaching archery to pre-teen through college-age youth.

“Archery is more than just pulling a bow back and letting an arrow loose,” said Gilmer. “An archer needs physical strength, muscular endurance, mental sharpness, and aerobic conditioning, in order to be effective. One has to be able to draw the bow back and hold it for an indefinite period of time, without losing concentration, and must be able to control his or her breathing especially when the adrenalin kicks in.”

Gilmer, attached to Sector Baltimore, says this is true whether target shooting, competing, or hunting. He tries to shoot 20-30 arrows each day, and he supplements his practice with long-distance running, cross training, and strength training to maintain his endurance and keep in shape.

## ISC Joe Melton

A Rude Awakening!  
Sector Charleston, S.C.

Talk about a rude awakening! On a Saturday morning in April 2004, then Group Charleston, S.C. had a Reserve all hands, and each member had to complete a physical fitness assessment. This consisted of a weigh in, mile-and-a-half run, push-ups, and sit-ups.

“I weighed 206 pounds on a 5-foot-10-inch frame, the maximum,” said ISC Joe Melton. “I completed the minimum number of push-ups and sit-ups for my age, 38, and 21 and 30 each, respectively. I failed to complete the mile and a half run in less than 11 minutes, 38 seconds, the standard. All in all, it was not good.”

It was time for action!

The very next day, Chief Melton started out walking for 15 minutes, increased incrementally to 30 minutes, and then started running.

“After I started running, I worked my time up to one hour,” said Melton. “At the same time, I started a weights and calisthenics plan. In March 2005, I ran the Cooper River Bridge Run in Charleston, S.C., and have run it every year since. This year, I ran the Myrtle Beach Half Marathon in under two hours, and plan on running the full marathon next year.”

Melton now weighs 175-180. During the last PT test, he did the 1.5-mile run in 11:30, did 50 push-ups and sit-ups. He says that’s not too bad for a 42 year old.

His secret? First, he schedules his fitness routine in his daily planner every weekday, and tries not to over schedule it with



something else. He uses 5/10K runs, and now marathons, to give him a training goal. Finally, he watches what he eats, finds healthy choices, and drinks lots of water.

“I eat about six times a day, including healthy snacks,” said Melton. “If I fall off the wagon, I don’t panic, I just get back on the next day. I went from being a slug, right on the edge of my weight to where I am now, comfortably under it. I feel 100 percent better!”

Melton admits he hates running and loves French fries, and has to suck it up and run, so training toward a goal really helps.

“I have a French fry or two on the weekend, but generally not during the week,” said Melton. “I’m not miserable, I’m not overweight, and I’m fit. Something must be working!”

# PA1 Sherri Eng

## Triathlon: Great Cross Training District 11

PA1 Sherri Eng started training for triathlons in 2003 as a way to get back into shape after the birth of her son. She says it was a great way to cross-train.

“I have always loved swimming and biking,” said Eng. “Running was not my favorite activity, but I have slowly learned to enjoy it. I train five to six days a week, with many of my workouts starting at 6 a.m. The hardest part is getting up in the morning to train before work. The rest is easy.”

Eng competes in three to four sprint or Olympic-distance triathlons a season, with a couple of bike and running races thrown in for good measure.

“This year, for the first time, I did the Escape from Alcatraz Triathlon, a challenging 1.5-mile swim from Alcatraz Island, 18-mile hilly bike ride, and an eight-mile trail run course in San Francisco,” said Eng.

She also was a member of the Coast Guard’s 20-person relay team that ran in the Baker to Vegas Challenge Cup Relay, a 120-mile trek across the desert.



# PA2 Rachel Polish

## Fitness and Philanthropy Alameda, Calif.

If it’s a physical challenge and a worthy cause, you can usually find PA2 Rachel Polish pushing the limits.

“My mother always taught me to give back to this country that has given me so much,” said Polish. “Combining my philanthropic tendencies with my desire to stay fit just seemed logical to me.”

So in 2001, she walked 60 miles — San Jose to San Francisco — to raise money for breast cancer research. Wanting a new challenge, Polish decided to take her fitness routine to the next level.

“I trained for my first half and full marathons in 2005 through the Team in Training program, raising much-needed research funds for the Leukemia and Lymphoma Society,” said Polish. “The Team in Training coaches worked with me to improve my pacing, breathing and stride. For the first time, I felt like I could continue running as part of a regular cross-training regimen.”

Polish continued to support local charities in the Bay Area by selecting races where the registration fees go toward good causes and volunteered as time permitted. In June 2008, she ran her second marathon in Anchorage, Alaska with Team in Training. She is already thinking about the next big physical and fundraising challenge. Any ideas?



## PSCS John Comiskey

### “Continental” Runner Sector New York

PSCS John Comiskey is almost a “Seven Continerter.” OK, an explanation may be in order. Several years ago, the senior chief started participating in a running program called the Seven Continents Club, with the goal of running a marathon on every continent.

“I will run my seventh and final continent in Australia in July 2009,” said Comiskey. “I will then be a ‘seven continenter.’”

Here’s the list of the six continental marathons he has completed: North America, New York City, 2003; Europe, Athens, Greece, 2005; Asia, Great Wall of China, 2006; Africa, Lewa, Kenya, 2007; Antarctica, King George Island, 2008; South America, Ushuaia, Argentina, 2008.

Prior to taking up marathon running, he ran two to five miles three times a week and thought marathoners were out of their minds — but he always wanted to run one.

Comiskey says he got a “good scare” responding to the World Trade Center on 9/11. He says it made him think about what he hadn’t yet done. He considered running a marathon but didn’t get around to it. The following summer, he attended the Chief’s Academy and was attentive when a resounding theme struck home: You can make any number of excuses for not doing what you want to do or you can just do it.

“On Nov. 3, 2003 one day before my 39th birthday, I completed the New York City Marathon with a respectable [time of] 3:58,” said Comiskey, a reservist assigned to Sector New York’s Safety and Security Inspection Unit and a lieutenant in the New York Police Department. “I only planned on running one marathon and to get on with my life. In those 3 hours and 58 minutes I laughed, cried, prayed, and just had an awesome time. Since then I have completed 26 marathons and run 50-70 miles every week.”



Photo by RM3 Kevin Cummings, USCGR

## Sector San Diego

### Krav Maga: Intense Self-Defense Training

Krav Maga is a form of self-defense taken by several reservists at Sector San Diego, Calif. Krav Maga, which means “contact combat” in Hebrew, is the official system of self-defense used by the Israel Defense Forces, police, and other anti-terror/special forces units in Israel, and has been taught to law enforcement agencies across the U.S.

Unlike other systems that require specific practiced movements for each situation and may take years to master, Krav stresses that successful defense against an attack requires the defender to use a simple, aggressive response that doesn’t require a great deal of complicated movements, instead relying on simple defense coupled with simultaneous

attacks. All members involved agree that Krav Maga is intense and moreso than other forms of martial arts.

LTJG Joe Rudolph and CWO Russ Shubert of the Foreign Vessels Branch and LTJG Joseph Wright of Incident Management Division, are involved in Krav Maga.

“Our instruction covers not only the physical training and techniques, but also the tactics,” said LTJG Joe Rudolph. “We train for defense against punches and kicks, single and multiple attackers, as well as defense against close-in weapons (knife and gun). Additionally, we train in the studio, the parking lot, the park and the beach, in and out of the water. This realism in training is the most important aspect, since you never know where you might need to defend yourself.”

Rudolf and Wright train in San Diego, where the instructor offers special courses for military and law enforcement members, while Shubert trains in Temecula.

# BM3 Duran Pardue

Rowing (Crew)  
Station Oak Island, N.C.

BM3 Duran Pardue was attending North Carolina State when a friend joined the Rowing Club, also known as crew. He became interested in rowing, joined the club, and is now hooked!

“Our practice schedule consists of four days a week on the water for two hours, as well as twice a morning on land for conditioning or weight training,” said Pardue.

Their competitions consist of 5000-meter (5k) races in the fall, and 2000-meter (2k) sprint races in the spring, and are similar to those raced in the Olympics. Though there are one-man “sculling” events, Pardue says rowing necessitates working as a team.

“Every person must follow the rower in front of him,” said Pardue. “If you go faster than the person in front of you, you’ll actually slow the boat down. If you don’t keep the same hand height, the boat will teeter-totter to the side, wasting more energy.”



# IT1 Mike Gulden

Run for Fun, Run for Life!  
TISCOM

IT1 Mike Gulden ran 10Ks and triathlons after college to keep in shape, but let that slide when he got busy with kids. The consequence: He gained 50 pounds.

“My civilian employer sent me to an Army base in Germany for three years where I picked up the habit of running at lunch, eventually running two marathons in Germany,” said Gulden. “When I returned to the United States, I kept up the running to keep in shape, doing everything from the three-mile morale run at TISCOM, a five-mile corporate charity event (Patriot’s Cup) with Lockheed Martin, to marathons and 50 mile events.”

Gulden has encouraged a number of folks to run with him to get in shape. A typical week is two short fast runs during lunch and a long run on the weekend. A couple of spin classes round out his training.

“I wear my Team Coast Guard running shirts from the Marine Corps Marathon when I do other events,” said Gulden, who drills at TISCOM Alexandria, Va. “It gives me quite a boost to hear, ‘Way to go Coastie’ or ‘Go Coast Guard’ in the middle of a 26-mile run!”

Gulden says his best experience was running the Pensacola marathon with his daughter, Sarah, a first lieutenant in the Air Force (see photo).

# PSC Carolann Mullins

## Family, Fitness and Fun!

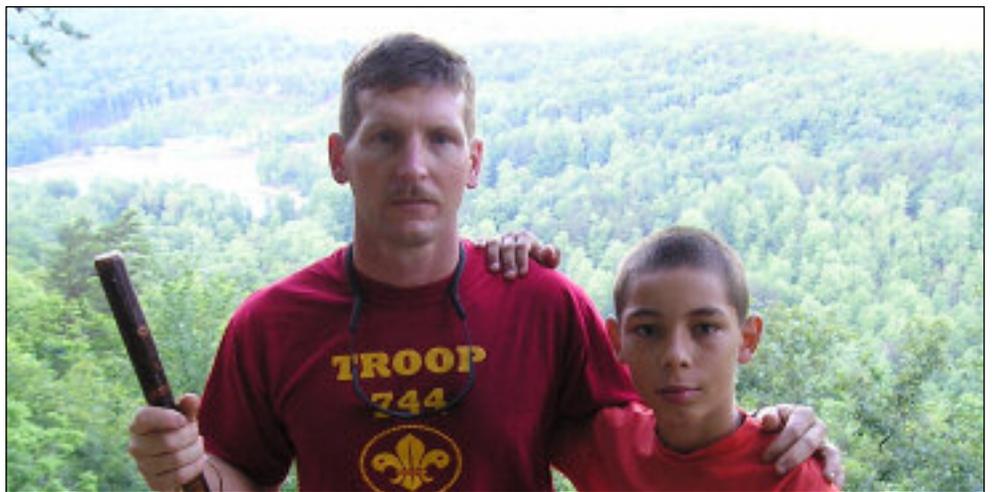
Family, fitness and fun go hand in hand for the Mullins family of Florida. BMC Mike and PSC Carolann Mullins, both reservists, are parents to Buster, 14, and Nick, 12.

BMC Mullins drills at Station St. Petersburg and is a United Parcel Service driver while PSC Mullins is a deputy sheriff who drills at Sector Miami. When time permits, they enjoy hiking, biking, running, horseback riding and swimming together to maintain fitness and health.

And when they're not busy adventuring together, they take care of pigs, cattle and dairy goats. "That means we have lots of milk and cheese," said Carolann.

Still they can burn it all off with all the activities they're involved in.

"Mike's the athlete of the family," chuckled Carolann. "I'm the slow one."



# ISC Patrick Ganley

## A Colleague's Suggestion: Run! Sector Baltimore

ISC Patrick Ganley's initial goal for exercising was to maintain a level of fitness in compliance with USCG requirements. Semper Paratus! Another goal for exercising resulted from a suggestion he received from a work colleague.

"He said since I ran cross country in school I should train for 5K and 10K races, so for the past six plus years I have been running approximately four to five miles about three to four days per week," said Ganley, a reservist at Sector Baltimore. "Most of the time I run on Howard County (Md.) park trails and sometimes I run in my neighborhood."

For the past five years, Ganley has competed annually in the Clyde's of Columbia 10K, Run Through the Grapevine 8K, Charm City Shamrock 5K, Howard County Police Pace 5K, and other local races. Also, as an Assistant Scoutmaster for Troop 794, he ventures on monthly trips that involve camping, hiking, biking, rafting, and/or canoeing.

"Last, but not least, the time I spend almost daily helping my two sons, ages 13 and 11, with their baseball, basketball, or swimming activities has also helped me stay in shape," said Ganley. "Most recently, I was volunteered to swim in the 100M parent relay."

# Sector Field Office

## Group Physical Fitness Eastern Shore, Va

For the last few years, the Plan of the Weekend for reservists at Sector Field Office (SFO) Eastern Shore, Va. has included regular physical fitness training on Sunday morning of drill weekend. The SFO's location in Chincoteague, Va. near Assateague Island affords the opportunity to partake in a wide variety of outdoor physical fitness activities including biking, beach hiking, lighthouse climbing and kayaking.

*Right: DC1 Terry Webster, left and DC3 Scott Landolt, reservists attached to SFO Eastern Shore, Va., kayak on the surrounding waters.*



Photo courtesy LT Sarah Bauer, USCGR



## LTJG Pat Zeitler Kettlebells: Workout Alternative Sector Corpus Christi, Texas

Pat Zeitler is an offshore diver and likes to work out — but with kettlebells!

Kettlebells?

“The standard underway workout of dumbbells, pushups and situps are OK, but are very boring and do not offer much for cardio,” said Zeitler, a reservist assigned to the Domestic Inspection Department of Sector Corpus Christi. “So about a year and a half ago, I started taking kettlebells offshore.”

When Zeitler goes offshore, he packs a jump rope and a 50-pound kettlebell with his dive gear. Like any workout, the more space one has the better, but Zeitler says if you can find enough room to jump rope, than you will have plenty of space to “enjoy” the kettlebell.

“The cardio workout is more intense than jumping rope or running, and I immediately noticed results in my strength,” said Zeitler.

Kettlebells have become Zeitler’s favorite workout, next to swimming, and he does not use free weights or dumbbells anymore.

“I highly recommend them to anyone,” said Zeitler. “Just start light and develop good form before moving to heavier weights. If you are interested in the kettlebell workouts, youtube has some pretty good videos of workouts called presses, snatches, squats and swings.”

LT James Garland, far right, a full-time City and County of Honolulu Ocean Safety lifeguard, uses his binoculars to scan the south shore of Oahu for any ocean goers in distress.



## LT James Garland

### Saving Lives: No Matter What Uniform

Story and photos by PA3 Michael De Nyse, D14 External Affairs

Feb. 20, 1993, was a blustery day on Oahu's west shore. The waves peaked at more than 10 feet and the wind howled as a wolf does during a full moon. Off in the distance, crewmembers aboard a fishing boat were having trouble navigating their vessel through the thunderous waves.

Then — a loud crash!

The fishing boat Kanoe had capsized in the surf and the crew was tossed into the unforgiving rumbling waves. Two of the frightened crewmen were screaming and swimming for their lives; a third fisherman was unaccounted for.

RM3 Jim Garland was surfing near the incident at the time and noticed the distress. He swiftly paddled his surfboard to the scene and retrieved two life jackets from the water. As Garland helped two fishermen get their personal flotation devices on, the grateful men explained there was a third crewmember still missing. Garland believed he was trapped in the hull of the capsized vessel. He bravely dove under the capsized vessel to locate the missing man, but due to debris and fuel from the vessel, he was unable to locate the missing crewmember.

After Garland returned to the surface, the missing fisherman appeared, gasping for air. Garland immediately gave the struggling man his surfboard for flotation until fellow lifeguards with the City and County of Honolulu's Ocean Safety (CCHOS) Division arrived on scene.

Garland was awarded the Coast Guard Commendation Medal at Group Honolulu, May 6, 1993, for rescuing the three fishermen.

"He was on his day off during that rescue," said CAPT Kevin Allen, Garland's supervisor and an employee with Ocean Safety for the past 19 years. "That's the kind of guy he is — professional, calm and always willing to lend a helping hand."

Garland was born July 3, 1968, in southern California and has

been in or near water for as long as he can remember.

"He matches the typical Baywatch lifeguard persona — he's tall, dark and full of charisma," said Monica Daily, a regular at Oahu's beaches and a longtime acquaintance. "It's hard not to like him."

Garland joined the Coast Guard in 1989 in part because Coast Guard Station Channel Island's search and rescue (SAR) alarm pierced his ears while he surfed the shores of Ventura, Calif.

"I saw the small boats coming and going, and I thought search and rescue missions would be a perfect fit for me," said Garland.

A year later, he graduated from Radioman "A" School at the Coast Guard Training Center in Petaluma, Calif., and then was stationed at Group Honolulu in 1991. Garland left active duty two years later and joined the Coast Guard Reserve in May 1993 in order to pursue his education and dream of becoming a lifeguard on Oahu.

Both goals were achieved.

Shortly after joining the Reserve, Garland was protecting lives at Waikiki Beach as a lifeguard. In 1999, he graduated from the University of Hawaii with a bachelor's degree in communications.

"I was really impressed with his drive and determination that he had while pursuing his degree — when Garland sets a goal, he makes it happen," said Calvin Vilorio, a 30-year Ocean Safety veteran and a U.S. Army Reservist. "When I think of a consummate professional, I think of Jimmy Garland."

After earning his degree, Garland's next goal was to become a Coast Guard officer. In September 2000, he was accepted to the Reserve Officer Candidate Indoctrination (ROCI) School in New London, Conn. After Sept. 11, 2001, Garland was recalled to active duty and served six years at the Joint Rescue Coordination Center (JRCC) in Honolulu while on leave from Ocean Safety.

Today, Garland is a lieutenant and serves as a search and rescue coordinator in the JRCC and, as of September 2007, he is also a full-time lifeguard with Ocean Safety working the heavy surf beaches of southeast Oahu.

“I really love working near the ocean, and I’ve enjoyed incorporating my Coast Guard training such as the National Search and Rescue School, Contingency Preparedness School, and Incident Command System 100 – 800 with my training as a lifeguard,” said Garland. “The education has given me greater insight to the management of both SAR and immediate rescue operations while on duty at the beach.”

Garland’s primary duty in the Coast Guard is to control communications in the JRCC. During a SAR case, he incorporates satellite communications, global navigation, and electronic charts in order to gather real-time target location.

Garland was awarded the Coast Guard Achievement Medal and was cited for his superior performance while serving as a Command Center Controller from July 2003 to September 2007. In four years, he helped coordinate more than 350 search and rescue cases in the Central and Western Pacific Ocean, resulting in more than 200 lives saved.

“Jimmy has a very calming effect on people and because he’s so mild mannered, that helps dramatically during a rescue case,” said LCDR Kevin Floyd, D14’s command center chief. “He has an extensive lifesaving background and that experience allows him to handle stressful situations very well.”

After a series of fatal mishaps that grounded the Hawaii Air Ambulance, Garland successfully coordinated medical transportation, supplies, and trained personnel for the inter-island transfer of 22 critically ill patients to advanced life support on Oahu. That is just one of the more recent examples of his exceptional professionalism and operational expertise.

Garland demonstrated outstanding planning skills by orchestrating the rescue of two pilots forced to ditch their aircraft 530 nautical miles northeast of Hawaii in May 2006. Swiftly managing the situation, he diverted the motor vessel *Virginus*, Coast Guard, Navy, and civilian aircraft to the scene. His proficient coordination resulted in the rescue of the pilots within five minutes after they entered the water.

With an extensive Coast Guard law enforcement background, operational expertise and superior management skills, it all helped facilitate the apprehension and seizure of the fishing vessel *Chuen Fa Sheng #21*, that was caught fishing in the Commonwealth of the Northern Marianas Islands’ U.S. Exclusive Economic Zone. Garland constantly monitored the C-130 flight and intercepting cutter on scene and processed critical case information, helping to ensure all evidence was properly handled.

Garland works with professionals from two different fields of ocean rescue and recognizes the valuable part he plays as a link between the Ocean Safety and the Coast Guard in Hawaii.

“Combined training exercises between CCHOS and the Coast Guard have really improved our ability to work as a big team when events happen,” added Garland.

Garland has been living on Oahu for 20 years and is extremely familiar with the lay of the land. Due to his 15 years of Hawaiian water rescue, he has ‘hands-on’ knowledge of people and resources, and he knows who to call in an emergency situation.

“His local knowledge makes rescue operations run smoothly,” said Jennifer Conklin, a search and rescue specialist at the JRCC. “He professionally balances two worlds of water rescue, all while acting as an inter-agency link between us and the state of Hawaii.”

As a veteran participant in annual hurricane exercises, Garland’s insight fostered seamless communication between agencies, including State Civil Defense, the Federal Emergency Management Agency, and Department of Defense.

Garland said he is living his Coast Guard dream in Hawaii. He has come a long way from hearing the SAR alarm in Ventura and watching Coast Guard assets race off to a rescue back in the late 1980s. On any given day, he helps save lives, no matter what uniform he is wearing.

**Ed’s note/update:** *Since this article was submitted, Garland has taken a civilian position in D14’s planning department. He still works with CCOHS a few times per month on Oahu’s East Side (Sandy’s/Makapu’u).*

LT Garland explains the dangers of Oahu’s south shore currents to a group of tourists and offers instruction in order to keep them safe.



# Brenda Felder Retires after 41 Years with USCG

Administrative Specialist worked since 1986 in various Reserve-related offices

**W**hen Brenda Felder was still a teenager, she began working for the Coast Guard. At that time, the Coast Guard was part of the Department of Treasury and she used a manual typewriter!

Department of Treasury? Manual typewriter – what’s that? OK, we’re talking 1967 – 41 years ago!

The sixth child of 14 siblings, Brenda King moved to Washington, D.C. to live with one of her sisters shortly after graduating from Douglas High School in Warsaw, N.C. during the summer of ‘67.

After several interviews, she accepted a position with the Coast Guard and reported for work on July 31, 1967, as a GS-2 clerk-typist. She set sail that day on a 41-year voyage with the Coast Guard that ended Jan. 2, 2009. She was honored at a ceremony Dec. 12, 2008, at Coast Guard Headquarters before family, friends and members of her Coast Guard family.

Her 40-plus years of service lends itself to many sea stories, well, stories anyway, since she’s been on shore duty throughout her career. Brenda has served under five civilian supervisors, three commanders, 20 captains, 15 active duty rear admirals, and more than 10 Reserve rear admirals. As the sun set on her Coast Guard career, she was the office manager for the Director of Reserve and Training (CG-13), currently RDML Daniel R. May.

“Many people over the years have asked me how I could work for one agency so long,” reflected Brenda. “I always told them that if I didn’t like my supervisor, I knew they would be transferring in two to three years ... I only had a couple I wished had transferred the next day.”

When Brenda’s career began, Coast Guard Headquarters was located at 1300 E Street NW (just off Pennsylvania Avenue). In 1969, she moved to the then brand new Department of Transportation Nassif Building at 400 7th Street SW. Shortly thereafter, she married Lester Felder Sr. in November 1970. They were married 36 years before he passed away in February 2007. They had one child – Lester Jr., who passed away Jan. 14, 2009.

In the late 1970s, she headed for Buzzard’s Point when Headquarters relocated to 2100 2nd Street SW. In April 2007, she relocated for the last time to the Jemal Riverside Building in Southwest D.C., just around the corner from the main Headquarters building.

Her first job at the 1300 E Street NW location was in the Office of Merchant Marine Safety, Merchant Vessel Personnel



*May 1974 with, from left, CDR Jack Guest, Brenda and Ms. Bessie Basham.*

Division, Records Section.

“The building was run down and dilapidated, but it had its charms,” said Brenda. “The building had an elevator operator, a front entrance that included beautiful white marbled steps, but had little air conditioning and no cafeteria. There were many eateries within walking distance of CGHQ – including Casey’s, a little run down hole in the wall, but served the best food. The health department would probably condemn it today.”

When Brenda started, they did have some electric typewriters, but no correction tape, so you had to be very proficient when you typed. The first computer she worked on was called the Friden Flex-o-Writer.

“We had old rotary telephones and used stencils to make copies, and used notebooks to log-in correspondence,” Brenda recalled. “One of my duties in the Records Section was verifying the merchant mariner’s discharge slip against the merchant vessel’s roster.”

Brenda also remembers some of the people she worked with in those early years, including RADM William Benkert, Chief, Office of Merchant Marine Safety.

“He loved chicken and would occasionally join us in the Records Section for our potluck luncheon, if we had chicken,” said Brenda. “He reminded me of a crusty old sea captain, but was sweet and treated everyone with respect.”

When the Office of Merchant Marine Safety (G-M) and Office of Waterways (G-W) merged in the mid-1980s, Brenda was reassigned to the then Office of Readiness and Reserve (G-R).

The organizational structure of that office has changed several times since then, first to G-WT, then to the current Director of Reserve & Training (CG-13). The advent of computers and e-mail has been one of the biggest changes she’s seen since the 1980s.

What advice does Brenda have to those still working and coming behind her?

“If you do a job, do it well,” she said. “Come to work on time and don’t get upset with your supervisor. Do whatever it takes to make the office run smoothly.”

Her immediate retirement plans are to “take three months off and hibernate before venturing out in the spring.”

“I will do charity work for my church and community in D.C.,” said Brenda adding, “I thought I’d never serve this long – it went by so fast. I won’t miss the work, but I will miss the people.”

And people will miss Brenda.

“Brenda Felder is the heart and soul of CG-13 and will be greatly missed,” said RDML Dan May, Brenda’s boss in CG-13 the last year. “Besides her knowledge and expertise of more than 41 years that can never be replaced, her constant smile and cheerful attitude are what we will miss the very most!”



# It's All About People for Workforce Policy Advisor to the Commandant

## Proud of Coast Guard's Trailblazing in Diversity; Sees Bright Future for USCG

**D**avid Benton likes the Coast Guard's people a lot! In fact, he says they are "the best!"

"They care about each other and have greater compassion toward all achieving success," said Benton, Workforce Policy Advisor to the Commandant for the Coast Guard Reserve, Auxiliary and Civilians on the Diversity staff. "The Coast Guard is a humanitarian service that is people-oriented and sensitive to the safety and concern of the American people. Each and every day I hear stories of the compassion and commitment of Coasties to each other and those they interface with on a daily basis."

Benton, who retired Dec. 31, 2008, worked 24 years in the federal government; first for the U.S. Department of Transportation, followed by the Navy, Bureau of Mines, the IRS and Federal Aviation Administration (FAA). This was after eight years working in the Colorado Department of Highways and five years with the City of Denver.

Then, he found a "home" with the Coast Guard in 1996 when he accepted a position as Workforce Policy Advisor to the Commandant for civilians. Shortly thereafter, it was expanded to include reservists and auxiliaries. In this role, he has been an active partner with the Reserve from the day he walked in the door of the Coast Guard in 1996 and has never relinquished his loyalty nor involvement.

He believes the Coast Guard has been and continues to be a leader in Diversity and Diversity Management not only in the Military, but in the Federal government as a whole.

"The Coast Guard had been listed as a Diversity Best Practice by then Vice President Gore's Diversity Best Practice Study Team, which was part of the National Partnership for Reengineering Government, and later by the Government Accountability Office (GAO)," said Benton. "This is on top of the fact that so many military organizations and federal agencies have come to the Coast Guard for guidance in developing their own diversity training and processes."

Benton says one measurement of the Coast Guard's success is the fact that the Coast Guard is attentive to how it treats each person in the Service. He says the Coast Guard considers Diversity as a business imperative and a matter of readiness and believes in not only training its people so they have the tools for excellent mission



*Dave with CAPT Frank Buckley, then Chief, Office of Reserve Affairs at Buckley's retirement party in June 2003.*

accomplishment, but they even take it a step further.

"The Coast Guard seriously engages its workforce to learn about its perceptions through an Organizational Assessment Survey and its people can voice their concerns through the Diversity Advisory Council (DAC)," said Benton.

The DAC, which Benton helped establish, has about 24 members that meet semi-annually. The DAC briefs the Commandant and top Coast Guard leadership on challenges and achievements from around the Coast Guard.

"Diversity begins when we interact with someone beyond ourselves," said Benton. "It is about how I think and how I think of others. It's about how we value and appreciate those that are unlike ourselves. It doesn't mean I have to love everyone around me or those I come in contact with, but it does mean that I give them a fair shake and the dignity and respect they so deserve."

Benton believes Diversity is a journey, not a destination. And the journey began for him one day while still working at the Federal Aviation Administration (FAA).

"I was working at FAA and my supervisor asked me to set up our Diversity program," said Benton. "I didn't know anything about it, but I gave it a shot, and it ended up becoming the first Diversity managerial position in the entire US Department of Transportation."

He was still in the process of developing FAA's program when the Coast Guard's first Diversity Chief, CAPT Rob Hardman, came to him and asked for assistance with a Diversity presentation to the Commandant. That was one of Benton's first introductions to the Coast Guard. A few years later, with some background in Diversity and 11 years federal service, Benton made the leap to the Coast Guard – and never looked back.

Benton says Diversity is really the best tool an organization can have in its arsenal for being the best at what it does as it relates to people to accomplish the mission.

He believes people come first, then the building, equipment and other things.

"When Diversity gets a chance to build dialogue throughout the organization, the learning process of understanding will take root and enhance the Coast Guard to its finest hour," said Benton.



## REBI Class Romeo 06-08

*Congratulations to Reserve Enlisted Basic Indoctrination Class Romeo 06-08, graduated April 25, 2008. Left to right: MK2 Todd Warga, company commander; SN Brian Ulrich, PS2 Philip Hartshorne, PS3 John Kenneally, PS1 Zac Horne, SN James Beckman, GMCS Don Clayton, company commander; SN Carlos Mutis, IS1 Mark Whisenant, SN Jeremy Frank, SN Jared Addison, SN Misty Howard and MK1 Corey Koura, company commander.*



Photo by Mr. Scott Prince

## REBI Class Romeo 07-08

*Congratulations to Reserve Enlisted Basic Indoctrination Class Romeo 07-08, graduated May 23, 2008. Front row, l-r: GMCS Don Clayton, company commander; SN Kyrion Gray, PS3 Tim Michalak, PS2 Rick Thompson, BM3 Jeremy Addison, SN Arturo Sumaya, SN Valorie Baker, MK2 Todd Warga, company commander. Back row, l-r: SN Tony DeGross, SN Ryan Konze, PS3 Chad Fannin, SN Trey Albright, SN Adrian Cushman, BM3 Steven Bandy and PS2 Scott Ward.*



Photo by Mr. Scott Prince

## REBI Class Romeo 08-08

*Congratulations to Reserve Enlisted Basic Indoctrination Class Romeo 07-08, graduated June 27, 2008. Left to right: GMCS Don Clayton, company commander; SN Carlos Lare-Masters, SN Aileen Arce, SN Carlos Munet, IV2 Paul Terhune, SN Jeff White, SN Sean Gauslin, SN Gordon Gilliam, BM2 Cory Valdes, SN Dax Chacon, BM3 Juan Taijeron and MK2 Todd Warga, company commander.*



Photo by Mr. Scott Prince

## Reserve Class 24 CPO Academy

*Congratulations to the 60 Coast Guard Reservists who graduated with Reserve Class 24 from the Chief Petty Officers Academy at TRACEN Petaluma Aug. 15, 2008. Front row, l-r:*

*BMCM Steven Daugherty, MKC Dan Noe, MKC Jason Carroll, ISC Brian L. Brockmueller, BMC Mack Hickman, MKC Daniel Keating, PSC Rocky Correll, MKC Ely Cabedo, ITC Russell Kacy, MKC Oscar Perez, FSC Ellen Beardsley, BMC Lia Hitchcock, YNC Heather Caskey, BMC Joseph Guerrier, MSTC Bill Carson, MSTC Eddie Diaz, ITC Michael Lobasso. Second row, l-r: OSC Harold Griffin, ETC Ken Kawamura, BMC Frank Mauro, PSC Mark Mirsch, MKC David Haydis, MSTC Roger Calloway, MKC*



Photo by ETCS Steven L. Hargis, TRACEN Petaluma CPO Academy

*Percy Jenkins, MKC Paul Ziegengeist, IVC Christopher Crawford, BMC Duane Vander Putten, PSC Michael Griffies, SKC Genesis Santiago, BMC Ernie Ruot, BMC Theodore Ford, BMC Cynthia Hurt. Third row, l-r: MKC Perry Sutton, MSTC Kevin Hadley, BMC Tony Winstead, Bill Eppright, Jim Warner, BMC D. Damon Schmidt, MKC Dominick Celli, YNC Chris Perkins, MKC Jeff DeLancey, PSC Douglas Swift, BMC Roger Rebman, EMC Donovan Powell, PSC*

*Samuel Manry. Back row, l-r: MSTC David Tinney, EMC Tom Schneider, YNC Tom Elliott, MSTC Steve Smith, BMC Glen Brannon, BMC D.J. Wassler, PSC Kevin Post, BMC Chris Fox, PSC William Ashton, MKC Greg Porter, IVC Renier Hernandez, BMC Andre LaPlante, PSC John Philbin, BMC James Wheeler, MSTC Vincent Rachal. December 2008 marked the 15th anniversary of the first Reserve CPOA class to graduate from TRACEN Petaluma.*

## ROCI Class 1-08

*Congratulations to Reserve Officer Candidate Indoctrination Class 1-08. Front row, l-r (instructors): LT Corrina Ott, LTJG Christopher Villar, ENS Patrick Dillon, LT Kevin Boyd, LT Joel Fergusson, LT Greg Shouse, CDR John O'Connor III, LT Richard Jones, LT Thomas Stokes, LT Robert Cole, LT Eric Brooks, LT Caryn Margita. Second row, l-r (students): ENS Jason Renager, ENS Ruben Del Rio, ENS Jennifer Wong, ENS Simon Lam, ENS Patrick Forrest, ENS Sean Fay, ENS Dennis Nicdao, ENS Carlito Rayos, ENS Dana Pieper, ENS Brian Attardo, ENS Kimberly Shaw. Third row, l-r: ENS Jon Traxler, ENS Ryan Hazlett, ENS James Mcgrath, ENS George Cabanas, ENS Ronald Mcdonald, ENS Michael Osattin, ENS Eric Mckinley, ENS Beau Braswell, ENS Gim Kang. Back row, l-r: ENS Brett Mccall, ENS Craig Bailey, ENS Byron Dixon, ENS Jeffrey Miller, ENS Julio Sanchez, ENS Robert Krivanek, ENS Thomas O'brien, ENS William Spoon, ENS Daren Devlin.*



Photo by Sunshine Photo Graphics

## ROCI Class 2-08

*Congratulations to Reserve Officer Candidate Indoctrination Class 2-08. Front row, l-r (instructors): LT Greg Shouse, LT Kevin Boyd, ENS Patrick Dillon, LTJG Christopher Villar, LT Robert Cole, LT Corrina Ott, LCDR Bowen Spievack, LT Eric Brooks, LT Lisa Rodman, LT Thomas Stokes, LTJG Daniel Tanksley, CWO Jim Todd.*

*Second row, l-r (students): ENS Mary Vincent, ENS Michelle Stevens, ENS Tanya Nalesnik, ENS Kelly Murphy, ENS Stephanie Ostapowich, ENS Emily Brockway, ENS Diane Sitkins. Third row, l-r: ENS Julie Sieker, ENS Jessica Rangel, ENS Jessica Tutini, ENS Kia Clarke, ENS Ricky Rodriguez, ENS John Yanosy, ENS Shawn Dossie, ENS Diana Ventura, ENS Michael Cole, ENS Oscar Carbajal, ENS Eric Turner. Fourth row, l-r: ENS Timm Kroll, ENS Michael Frank, ENS Tracy Clere, ENS Christian Stanco, ENS Tom Shamrell, ENS Stephen Cheng, ENS Todd Smith, ENS Kelley Mason, ENS Tony Roach, ENS Ian Stewart, ENS Bobby Ketchey. Back row, l-r: ENS Lorri Martinez, ENS Josh Patton, ENS Tracy LaCorte, ENS Jason Worbets, ENS Jeff Kistler, ENS Brad Bryan, ENS Aaron Dorrian, ENS Terry Clancy, ENS Eric Spragins, ENS Christopher Derbak, ENS Stuart Ambrose.*



Photo by Sunshine Photographics

During 2008, *THE RESERVIST* began featuring the Coast Guard's nine districts with short, informative articles. Districts featured so far include D17, D14, D13, D11 — and now we continue into the new year with the spotlight shining on D9.

## 9TH DISTRICT, CLEVELAND

**W**hat began in 1818 with the building of the Buffalo Lighthouse has evolved into one of the most unique and challenging waterways in the world. From spring buoy operations to summer boating to fall buoy operations to winter ice breaking, the men and women of the Ninth Coast Guard District are operating on a 24-hour, 365-day a year schedule.

The 'Guardians of the Great Lakes' protect and serve those people who live, work and recreate on the Great Lakes: Ontario, Erie, Huron, Michigan and Superior. Extending from Alexandria Bay, N.Y. to Duluth, Minn., the Ninth District includes eight states (New York, Pennsylvania, Ohio, Michigan, Indiana, Illinois, Wisconsin and Minnesota); covers more than 295,000 square miles of land and water, including more than 6,700 miles of American shoreline and more than 1,500 miles of international maritime border with Canada.

Known as the United States' North Coast, the fresh water environment of the Great Lakes represents a unique ecosystem that supports commercial shipping, sport and commercial fishing, recreational boating, and provides drinking water for millions of people.

The Ninth District is staffed by more than 2,200 active duty, 1,100 reservists, 190 civilians, and 4,500 auxiliaries. The Ninth District is made up of four sector commands, which supervise 47 small boat stations — more stations than any other district in the Coast Guard; nine cutters; four marine safety units; five aids-to-navigation teams; two air stations and two seasonal air facilities.

The people and assets that make up the Ninth District perform all Coast Guard missions. Ninth District units work closely with federal, state and local agencies, as well as Canadian authorities to interdict smugglers, illegal migrants and to enforce state and federal maritime laws. The nature of the international border and the presence of sovereign Native American nations in the Great Lakes region make partnerships with other law enforcement agencies vital.

Through partnerships with other federal agencies, state and local governments, maritime industries and individual mariners, the Ninth District enhances safety on the Great Lakes with a focused program of prevention, response and investigations. There are 4.6 million U.S.-registered recreational boats on the Great Lakes, making boating safety and education a very important mission in the district.

The Great Lakes is nearly 25 percent of the world's fresh water supply, and provides dozens of American and Canadian cities with drinking water, making any pollution incident a

serious concern. The Ninth District also enforces laws designed to prevent non-aquatic species from entering the Great Lakes via ballast water of vessels that transit from salt water to the fresh water environment.

On average, more than 200 million tons of cargo passes through the Great Lakes waterways each year. The Ninth District marks shipping lanes with an extensive network of buoys, lights and navigational markers. This includes OPERATION SPRING RESTORE and OPERATION FALL RETRIEVE, the largest domestic buoy operations in the United States. Combined, the two operations set and retrieve more than 2,500 navigational aids.

Ninth District units work alongside the Canadian Coast Guard to provide ice breaking support to the commercial shipping industry, keeping ice-bound waterways open during the harsh winter months; and assist the U.S.

Army Corps of Engineers with flood mitigation, by breaking out ice-jammed rivers, during the spring thaw.

Because the Great Lakes are a shared treasure with Canada, partnerships are vital to detect, deter and disrupt threats to domestic and international safety.

International cooperation, through shared effort and intelligence, has allowed the Ninth

District to accomplish its homeland security mission without impeding commercial and/or recreational mariners.

In an average year, Ninth District units save more than 560 lives; assist more than 7,400 people; conduct more than 2,000 marine inspections and boardings; respond to more than 400 marine casualties and pollution incidents; and issue more than 1,900 marine safety violations.

The Ninth District is commanded by RDML Peter V. Neffenger; the Senior Reserve Officer is CAPT Timothy P. Crowley; the Command Master Chief is MCPO Dale M. Potvin; and the Reserve Command Master Chief is MCPO Frank T. Jennings.

The Ninth District office is located in Cleveland, home of the Rock and Roll Hall of Fame. However, D9, overall, includes: Chicago, Detroit, Milwaukee, Green Bay, Buffalo, and Rochester, N.Y. Grand Haven, Mich. — Coast Guard City, USA — is the site of the annual Coast Guard Festival. These cities are home to various major corporations, tourist attractions, vacation spots, U.S. historical landmarks, museums, and professional sports teams.

For more information on the Ninth Coast Guard District, visit: <http://www.uscg.mil/d9/>. For Ninth District news, visit: <http://www.d9publicaffairs.com>.

— By PAC Robert K. Lanier, D9 Public Affairs



# ISC CLEVELAND (fot)

Welcome to Cleveland, Ohio, birthplace of Rock n' Roll and Lifesavers Candy. Speaking of life savers, when the Guardians of the Great Lakes need support, they look to ISC Cleveland to keep them going, which is easier said than done in this very challenging region of the country.

ISC Cleveland supports over 750 reservists in eight different states (Minnesota, Wisconsin, Michigan, Illinois, Indiana, Ohio, Pennsylvania, and New York), attached to District, Headquarters (CGIS), Maintenance and Logistics Command Atlantic (ISC, ESU, NESU, CEU), and Deployable Operations Group (PSU 309) units, while overcoming the many challenges posed by having the world's largest fresh water lakes in the Area of Responsibility.

One example of the geographic challenges faced by the Reserve program in the Ninth District can be found in Sector Sault Ste. Marie in Michigan's Upper Peninsula. The sector's AOR is over 400 miles long from east to west making recruiting, retention, and coordination of Reserve functions at eight supported units extremely difficult. Just getting to the sector can be an adventure with only one daily flight into Sault Ste. Marie and no less than 350 miles between it and the major population centers in the district.

The most unique program supported by ISC Cleveland is OPERATION SUMMERSTOCK, which allows reservists to come on active duty during the summer months and supplement the crews at selected stations around the Great Lakes. This not only provides an invaluable opportunity for reservists to utilize their skills, but also provides a cost-effective solution to crewing Ninth District stations during the extremely busy summer recreational boating season.

Our most recent accomplishment, for which we are extremely proud, was the mobilization of PSU 309 in support of OPERATION IRAQI FREEDOM. Through early, consistent, and effective communication between the Servicing Personnel Office (SPO), PSU 309 Command staff, D9 Legal Assistance Officer, and the DOG, ISC Cleveland was able to flawlessly execute a dual point mobilization for over 100 members of the

PSU. This provided two locations for unit members to be mobilized from based on where they lived in relation to the unit. This greatly reduced the time required to process all of the members. The mobilization team achieved complete accuracy in the processing of nearly 500 individual pay documents needed to ensure each member was paid correctly.

The fact that ISC Cleveland (fot)'s offices are located only one floor above the Ninth District Commander in the Cleveland Federal Building has allowed them to work hand in hand with the Operational Commander in support of mission execution. They fully expect that the strength of this relationship will help as they make the transition to the modernized Coast Guard.

ISC Cleveland (fot) has six regular staff (soon to be seven) and is supplemented by three reservists.

## ISC Cleveland (fot):

### Division Chief:

LCDR Alexander Foos

### Force Optimization Branch Chief:

Ms. Aidalis Mills

### Enlisted Assignment Officer:

YNC Lee Arvie

### Reserve Orders Approval:

YN2 Trent Finley

### Training & Finance Branch Chief:

LT Kevin Werthmuller

### Regional Educational Services Officer:

Ms. Theresa Henry

### Training Officer: PERS4 Kelly Risch

### SELRES:

CWO4 George Rubesha, CWO2 Geraldine Hayes,

YN2 Crystal Kinnaird



## CLEVELAND ROCKS!

*ISC Cleveland (fot) staff members at the Rock 'n Roll Hall of Fame, left to right: YNC Lee Arvie, CWO4 Kelly Risch, YN2 Trent Finley, LT Kevin Werthmuller (kneeling), LCDR Alexander Foos, Ms. Aidalis Mills, and YN2 Crystal Kinnaird.*

CAREER SPEAK is a six-part series being published throughout 2008 in THE RESERVIST in support of a broader Reserve Junior Officer (RJO) Career Management Program initiative. The series discusses successful career strategies and important how-to's in managing your Reserve career. Enlisted members are also encouraged to read this series to gain insight, especially if considering the Selected Reserve Direct Commission program in the future. CAREER SPEAK Part 5, published here, addresses many of the topics regarding preparation for promotion boards, assignments, career paths, and values Reserve Junior Officers should focus on throughout their career in order to maximize success. This document is intended to serve merely as a reference guide and is not a formal document relating to USCG policy or established practices.

## Part 5:

# An Unofficial Guide for Junior Officer Promotions

By LTJG Jennifer J. Fortuny

Coast Guard officers are a unique blend of professional and military personnel given the diverse and multi-mission requirements. Serving in a branch that has both military power and law enforcement authority is both an exciting and rewarding opportunity. As we are such a small service, our officers are expected to be professional specialists in a selected field, maintain flexibility among assignments, as well as be proficient administrators of their own careers. This guide was created for junior officers who understand that knowledge is the key to success. Information for this guidance was drawn from a variety of resources including: Coast Guard Personnel Manual, Reserve Policy Manual, the Commandant's Guidance to Officer Selection Boards, Reserve Officer Corps Management Plan and the Commandant's Career Guidance.

### Understanding The Promotion Process

The Inactive Duty Promotion List (IDPL) consists of Reserve officers in an Active Status, which includes all officers in the Selected Reserve (SELRES), the Individual Ready Reserve (IRR), those on Involuntary Mobilization Orders or Active Duty Special Work (ADSW) orders and officers on the Active Status List (ASL). Reserve officers serving on Extended Active Duty (EAD) and Reserve Program Administrators (RPAs) are not eligible for consideration for promotion on the IDPL. Reserve officers on EAD not wishing to integrate into the regular officer corps may request to be released from active duty and placed on the IDPL prior to the promotion board convening.

### The Running Mate System

An officer on the Active Duty Promotion List (ADPL) becomes eligible for consideration for promotion to the next higher grade at the beginning of the promotion year in which he or she completes the amount of service computed from the date of rank in the grade in which they are currently serving (see Table 1). Reserve officers become eligible for consideration for promotion based on their ADPL running mate. The running mate is assigned based on the officer on the ADPL of the same grade who is next senior in precedence to the Reserve officer. An officer who has been twice failed for selection or who has been considered but has not been recommended for continuation will not be assigned as a running mate. Lieutenants (junior grade) and lieutenants are promoted based on the time in grade system, i.e. 18 months for lieutenant (junior grade) and 36 months for lieutenants.

Grade In Which Serving	Length of Service
Lieutenant (junior grade)	2 years
Lieutenant	3 years
Lieutenant Commander	4 years
Commander	4 years
Captain	3 years

### Calculating the Opportunity of Selection (OOS)

Before convening a selection board to recommend officers for promotion, CG-1 determines the total number of officers to be selected for promotion to that grade based on calculations consisting of the number of vacancies existing in that grade, plus the number of additional vacancies estimated for the next 12 months, less the number of officers already selected on the previous promotion year selection list for the grade. This number then becomes the "zone." Zones consist of:

- "Above-zone" officers previously non-selected for the next higher paygrade.
- "In-zone" officers being looked at for the next higher paygrade for the first time.
- The IDPL "zone" includes both the "above-zone" and "in-zone" candidates.
- "Below-zone" officers eligible to be considered for the next higher paygrade.

### Fully Qualified vs. Best Qualified Boards

Promotion boards are governed by a best-qualified basis, a fully-qualified basis, or both best qualified and fully qualified, as set forth in law and directed in the boards precept issued by Coast Guard Personnel Command. These boards also consider officers requesting continuation on active duty, retention in a particular occupational field, or appointment in another status. The board members are governed by the numbers specified in the precept and may recommend promoting, continuing, retaining, or appointing only that number. Each of these promotion boards will fundamentally consider the same type of information.

**The fully-qualified determination:** The board will compare each officer to those in the present grade and those in the next higher grade to determine how well the individual measures up to such officers according to the overall criteria the board established. If the board believes the officer has demonstrated by past performance, fitness, and potential to perform creditably those duties to which he/she reasonably might be assigned, the board will go to the second determination step. If past performance indicates the potential for increased responsibilities but administrative assignments, expertise, skills, and abilities doubtful or limited, the board will not recommend the officer.

**The best-qualified determination:** Those officers meeting the fully-qualified determination described above must then be considered for selection on a best-qualified basis, which embodies three elements;

- First the board considers all those fully-qualified officers, impartially and equally.
- Second the board applies the same criteria to all of the candidates.
- Third, the board evaluates by comparison, with the most capable officers advancing to positions of higher responsibility.

## Familiarity with board selection criteria

Understanding selection board criteria is critical to your success when going before a promotion board. Although each board will develop its own selection criteria, the standards outlined below are crucial and must be accurately recorded throughout your individual record. The critical point to remember when competing for career advancement is that promotion is not a reward for satisfactory service; it is a tool used to confirm an officer's demonstrated potential to serve the next higher grade. Subtle differences are only recognized by carefully grading each officer's record in each of the following categories:

**Performance Evaluations:** Officer Evaluation Reports (OERs) define performance dimensions considered to be most significant, provides documentation of performance in present and past assignments, and assesses performance and readiness for greater degrees of responsibility.

**Professionalism:** An officers' ability to provide quality service, portray a positive Coast Guard image, maintain diversity of assignments while gaining professional competence, and familiarization with general administration and knowledge. The service expects each officer to be qualified in at least one occupational field and experienced in others.

**Leadership:** Demonstrated leadership traits and values that allow them to serve in a series of assignments with increasing responsibility in the grade to which promoted. Officers must also exemplify our core values of honor, respect and devotion to duty in the highest degree.

**Education:** Many officers are detailed to postgraduate education or specialized training. Although it would be desirable to afford every officer such an opportunity, it should not disproportionately be emphasized when considering an officer for promotion.

## Be Prepared For Your Promotion Board

Know what is in your record! Your electronic record is the most important collection of documents. You must ensure it is correct and complete throughout your career. These documents are the only information provided to boards and panels in order to make personnel management decisions (i.e. promotions,

assignments, and career development). Your record establishes your performance, character, accomplishments, and organizational core values.

Requests for copies of record items should be sent to:

CGPC (adm-3)  
4200 Wilson Blvd., Suite 950  
Arlington, VA 22203  
FAX: 202-493-1676



The year before you are eligible for promotion, you should ensure you are prepared and meet all of the requirements for promotion. Timeliness of board documentation is of the utmost importance. If you are "in-zone," the following documents should be considered and/or submitted to Coast Guard Personnel Command (CGPC-rpm).

### Mandatory:

Current Year OER (within six months of regular submission schedule)

or

Special OER (within 6 months of regular submission schedule)

Reference: PERSMAN 10.A.3.c.1(c)  
Special OER

### Optional:

Reserve Officers eligible to be considered by a board are "strongly encouraged" to submit communications to the board. Communications to the board consist of each or all of the following:

- Letter of Communication to the Board
- Reserve Officer Resume (Form CG-5481)  
[http://www.uscg.mil/RPM/docs/resume\\_5481.pdf](http://www.uscg.mil/RPM/docs/resume_5481.pdf)
- Record of Professional Development (Form CG-4082)  
[http://www.uscg.mil/RPM/docs/record\\_4082.pdf](http://www.uscg.mil/RPM/docs/record_4082.pdf)

## In Summary

Ultimately, it is your responsibility to ensure that your career goes where you want it to go. You are in control and should ask for mentoring assistance and guidance from peers and senior officers to help steer you around the traps and bumps that may come your way. Examine the careers of the officers that you admire and respect and don't be afraid to ask them to mentor you. There is much that can be learned from the mistakes and successes of those senior to us. So armed with this knowledge, take charge of your career and best wishes to you in all of your future endeavors.

**About the Author:** *LTJG Jennifer Fortuny enlisted in the Coast Guard in 1993 and has served in various active duty and reserve billets throughout her career. After receiving her commission in 2005, she was recalled to active duty, and served as the Reserve Officer Evaluation System Manager and Reserve Career Management Officer at Coast Guard Personnel Command, subsequently receiving a selection as a Reserve Program Administrator in 2007. In summer 2008, she transferred to ISC Seattle(pf).*



## In Brief

• **RESERVE FORCE READINESS SYSTEM PODCAST** — RDML Dan May, Director of Reserve & Training, explains the Reserve Force Readiness System (RFRS) in a new podcast, “Improving Reserve Readiness Through Modernization.” To view, go to the Reserve Web site ([www.uscg.mil/reserve](http://www.uscg.mil/reserve)), click on CGR Videos/Podcasts. The video “A Tribute to the Men and Women of the CGR” is also located in this new section of the CGR Web site.

• **RESERVE RATING STRIKER PROGRAM** — The Coast Guard recruits reservists to petty officer billets. A guaranteed A-school assignment and an estimated class convening date are mandatory upon enlistment into the Coast Guard Reserve for members with no prior service. No reservist should be assigned to or filling a non-rate billet. With the limited training time available to reservists, striker programs are an inefficient and ineffective training tool to prepare reservists for mobilization. Effective immediately, all Reserve striker programs are terminated. Any member already on the striker eligibility list at PSC (adv) will remain on the list until an open billet allows for advancement. Messages requesting placement of Reserve members on a striker eligibility list will no longer be accepted after Nov. 15, 2008, at which time all remaining Reserve strikers must apply for and attend Class A-School. This does not impact the lateral change in rate program. For more info, see ALCOAST 524/08.



• **COAST GUARD IMPLEMENTATION OF PERIODIC HEALTH ASSESSMENT (PHA)** — The Health, Safety and Work-Life Directorate (CG-11) is pleased to announce pilot testing has begun for the PHA Coast Guard wide. The PHA is a targeted medical screening that will replace the routine five-year physical examination. This annual screening is focused on prevention and ensures all members are healthy and medically ready to support Coast Guard missions. All Coast Guard Active Duty and Selected Reserve personnel will be required to complete an annual PHA during their birth month. Check the message board for an upcoming ALCOAST explaining the Selected Reserve PHA implementation. Full implementation of the PHA is expected to roll out in early 2009.

• **PERSONNEL SERVICE CENTER FY09 WEEKEND STAFFING DATES** — If you need assistance from PSC on the weekends, they will be open on the following weekend dates during Fiscal Year 2009: Jan. 31-Feb. 1; Feb. 21-22; March 7-8; March 21-22; May 16-17; June 13-14; June 27-28; July 18-19; Aug. 1-2, Aug. 15-16, Sept. 12-13; Sept. 19-20. PSC's number is 1-866-PSC-USCG (772-8724).

• **CANCELLATION OF PORT SECURITY PS1 AND PS2 RATING COURSES** — The current PS1 (Version 0168-1) and PS2 (Version 0268-1), performance qualification guide training rating courses and End of Course Test (EOCT) will be cancelled effective Dec. 1, 2008. PS1 and PS2 course



requirements are waived starting with the 2009 Service Wide Exam cycle and until further notice. For more info, see ALCOAST 493/08.

• **COAST GUARD EXCHANGE SCHOLARSHIP PROGRAM** — Coast Guard Exchange System (CGES) established a scholarship program for students who are dependents of Coast Guard active duty, reserve, and military retired members, current civilian NAF and ADF employees and Coast Guard Auxiliarists embarking on undergraduate college/university studies. A \$1,500 scholarship will be awarded to the most outstanding applicant. Deadline is Feb. 27, 2009. For details, see ALCOAST 489/08.

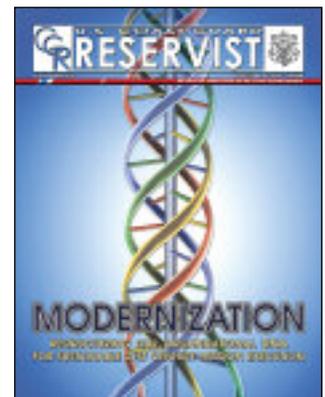
• **USAA SCHOLARSHIP WINNERS ANNOUNCED** — Every year, the United Services Automobile Association (USAA) sponsors scholarships for enlisted Coast Guard Reservists or their dependents. Six \$1,000 scholarships are awarded to help offset the cost of higher education. Congratulations to six Coast Guard Reservists, winners of the USAA's scholarships for the 2008-09 academic year. They are BM1 John Brinkley, Sector Charleston, Ashford University; BM3 Stephen Dunn, MSST 91101, University of Washington; YN2 Lauren Linville, ISC Cleveland, Youngstown State University; MK1 Christopher Pierce, Sector Charleston, Webster University; BM3 Erik Sorkness, Station Philadelphia, Pennsylvania State University; and YN2 Cassandra Standley, MSU Port Arthur, Lamar Institute of Technology. Congratulations to all. For more info, see ALCOAST 523/08.

• **A TRIBUTE TO THE MEN AND WOMEN OF THE CGR** — A three and one-half minute streaming video presentation dedicated to the men and women of the Coast Guard Reserve set to the song “God Bless the USA” by Lee Greenwood is on line at: [www.uscg.mil/reserve/multimedia.asp](http://www.uscg.mil/reserve/multimedia.asp).

• **RESERVE COMMUNICATIONS SURVEY** — Please take a moment and fill out the survey (tear card) located in this magazine and let us know how we're doing. The survey is also available under “Hot Items” on the CGR Web site at: [www.uscg.mil/reserve](http://www.uscg.mil/reserve).

• **RESERVE MOBILIZATION & BENEFITS POLICY** — ALCOAST 594/08 clarifies Reserve mobilization policies to ensure commands and reservists have guidance and clear expectations for mobilization in support of contingency operations. This policy applies to all members of the Ready Reserve (SELRES/IRR) mobilized in support of OPERATIONS IRAQI FREEDOM / OPERATION ENDURING FREEDOM.

• **EXTRA COPIES OF MODERNIZATION SPECIAL ISSUE** — If you would like extra copies of the Special Issue on Coast Guard Modernization, please send e-mail to; [TheReservist@uscg.mil](mailto:TheReservist@uscg.mil) or call 202-475-5457/60. Extra copies are available on a first-come, first served basis and will be distributed until supplies are exhausted.



# Upcoming Events

## FEBRUARY 2009

### • RESERVE OFFICER ASSOCIATION MID-WINTER

**CONFERENCE** — Feb. 1-4, 2009, in Washington, D.C. Please note the location has changed to the Marriott Wardman Park Hotel, 2660 Woodley Road, NW, Washington, DC 20008. For more info, contact ROA, One Constitution Avenue NE, Washington, DC 20002, 202-479-2200, 1-800-809-9448, [www.roa.org](http://www.roa.org).

• **ROA COAST GUARD RECEPTION** — The ROA Department of D.C. CG Chapter 4 invites all USCG officers and ROA members to this annual event, Monday, Feb. 2, 5 p.m. at ROA Headquarters, One Constitution Ave., N.E., Washington, D.C. Attire is Coast Guard Service Dress Blue (Bravo) or business suit (coat & tie). Cost: O3 and below, \$20; O4 and above, \$30; O3 and below couples, \$35; O4 and above couples, \$45. For more info, contact CDR Steve Weagraff, USCGR, 13703 Northbourne Drive,

Centreville, VA 20120; 703-608-8894; E-mail: [steveweagraff@yahoo.com](mailto:steveweagraff@yahoo.com). Checks should be made payable to: ROA DC Chapter 4.

• **COAST GUARD RESERVE 68th BIRTHDAY** — Thursday, Feb. 19, 2009. What is your unit planning to do celebrate the CGR's birthday? [www.uscg.mil/reserve](http://www.uscg.mil/reserve).

## APRIL 2009

### • COAST GUARD MUTUAL

**ASSISTANCE** — The 2009 CGMA campaign kicks off April 1 and runs until April 30. For info, contact CGMA, 4200 Wilson Blvd., Suite 610, Arlington, VA 22203-1804, 1-800-881-2462; Web: [www.cgmaHQ.org](http://www.cgmaHQ.org).



# Reunions

## JANUARY 2009

### • RESERVE PROGRAM ADMINISTRATOR 50th ANNIVERSARY REUNION —

Saturday, Jan. 31, 2009, Fort Myer Officers' Club, Fort Myer, Va. For info, contact LT Sandor Schump, 202-493-1237, [Sandor.L.Schump@uscg.mil](mailto:Sandor.L.Schump@uscg.mil).



## APRIL 2009

• **STATION FORT PIERCE, Fla.** — April 30-May 3, 2009, for any Coasties that served at Station Fort Pierce and CGCs BARNES, MARTIN, BLUEFIN, CORMORANT and ATON. Contact Joe Ryker at 772-466-6612, [conniejoe@bellsouth.net](mailto:conniejoe@bellsouth.net).

## SEPTEMBER 2009

• **CGC UNIMAK REUNION** — Sept. 10-13, 2009, Boston, Mass. For info, go to: [www.unimak379.org](http://www.unimak379.org) and/or contact Mr. Eric S. Heald, [eric.heald@gmail.com](mailto:eric.heald@gmail.com).

### • NORTH COAST GUARD NEW YORK COAST GUARD

**ASSOCIATION** — Sept. 18-20, 2009 (tentative), Sackets Harbor, N.Y. Seeking any Coastie who served in area Coast Guard units/cutters any year, regular, reserve, auxiliary and civilian. This includes Erie, Pa. Lifeboat Station, Buffalo Base, Fort Niagara LBS, Rochester LBS, Sodus Point (AUX OP), Oswego LBS, Salmon Creek LSS, Big Sandy LSS, Galloo Island LBS, Sackets Harbor (AUX OP), Cape Vincent Light Attendant Station, Station Clayton, World War II, CG Station Alexandria Bay, MSD Massena, Burlington Base, Vt., ATON Saugerties, Reserve Unit PSU Buffalo/Syracuse, LORAN Station Seneca, CGCs CHERRY, MAPLE, OJIBWA, WHITE LUPINE, BUCKTHORN, ARUNDEL, POINT STEELE, WIRE and CG's 83359, 65024-D (CHOCKBERRY) 55030, 45305, 49414, 45308 or 49404 while home ported in upper New York, Burlington, Vt. or Saugerties, NY. Also, any lighthouse, small unit or Coast Guard cutter home ported or that worked in the above area, M&R teams and ETs. Contact: North Coast Guard New York Coast Guard Association, 4712 Glenwood Drive, Mantua, OH 44255, 330-274-2927, [skipper444@aol.com](mailto:skipper444@aol.com).



### St. Inigoes/Cove Point Reserve Unit Reunion

Coast Guard Reserve Unit St. Inigoes and Reserve Unit Cove Point held a reunion Sept. 20-21, 2008 at Station St. Inigoes and Solomons Island Naval Recreation Station, Md. Front row, 1 to r: Ms. Noemi Carmack, CAPT Bob Carmack, BMC Mark Allen, Ms. Colleen Allen, PS1 Bill Barker, Ms. Harriet Barker, FS1 Dave

Babcock, PSC Eugene Beach. Back row, 1 to r: PSC Samantha Loftin, CAPT Dale Rausch, CWO4 Rand Gaber, Ms. Melinda Gaber, YNCM Gail Owens, Mr. Dennis Owens, BM2 Dave Goldsmith, Ms. Lisa Goldsmith, CWO4 Jack Brown, Ms. Anita Pannone, LT Timothy Pannone, Ms. Sally Wood, CWO3 Dalton Wood, Jr., PSCS Doug Yeckley and Ms. Natalie Yeckley.

# Advancements

**Reserve Enlisted Advancements effective Aug. 1, 2008 from Enlisted Reserve Advancement Announcement (ERAA) No. 8-08, ALCGRSV 029/08:**

## Boatswain's Mate (BM)

BMCM J A PANCAR  
BMCS R D HORN  
BMCS P J STEELE  
BMCS D A GIBSON  
BMCS J J LUCAS  
BMCS M E VARGO  
BMC E R GAGNON  
BMC R A GRESS  
BMC S L CHANEY  
BMC R E MAYER  
BMC B S MASTRANGELO  
BMC J C DAVIS  
BM2 S M SMITH  
BM2 D L LOVE  
BM2 K L MACLEAN  
BM2 N P DOUKAS  
BM2 J P HOUDE  
BM2 D A HUTTO

## Damage Controlman (DC)

DC3 A A BERNARD  
DC3 M D ANGUS

## Machinery Technician (MK)

MKCM J E WOLF  
MKCS D C BOOKER  
MKCS C L FYKES  
MKC J A WILSON  
MKC B G HOSKING  
MK1 M E BACHER  
MK1 G W HILDEBRANDT  
MK1 M LAROSEE  
MK2 A R CARTER  
MK2 U ACEVES  
MK2 G J BRADSHAW  
MK2 R E TAACK

## Marine Science Technician (MST)

MSTCM W D FARRELL  
MSTCS R K FISCHER  
MSTC J R CROWE  
MST1 C L HEIN  
MST1 L K WATERS

## Operations Specialist (OS)

OS1 N D ZENO

## Port Security Specialist (PS)

PSCM B D DIGMAN  
PS3 T D ODEA  
PS3 J J MARITATO

## Storekeeper (SK)

SKC R H JOHNSON  
SKC K T HURST

## Yeoman (YN)

YNCM L S KENTCH  
YNCS T R HEAVEY  
YNCS R R MORRIS  
YNC P S HAHN  
YNC N K HAHN  
YNC T P COLLINS  
YNC A R SCROCCO

**Reserve Enlisted Advancements effective Sept. 1, 2008 from Enlisted Reserve Advancement Announcement (ERAA) No. 9-08, ALCGRSV 031/08:**

## Boatswain's Mate (BM)

BMC J M GALVAN  
BM2 K E GEORGE  
BM2 R K GALBREATH  
BM2 S F DEMBOSKE  
BM2 M J SCHIBLER  
BM2 R B PETERSON  
BM2 J A DENNEY  
BM3 C T NEWCOMB

## Damage Controlman (DC)

DC1 B P OLSON

## Electrician's Mate (EM)

EMC D F SARGENT

## Electronic's Technician (ET)

ETC A D FONSECA  
ETC T W PAULSEL  
ETC T S PENDERGRASS

## Machinery Technician (MK)

MKCM C F WADE  
MK1 M A ADAMCHAK  
MK1 P J SCHROETER  
MK1 W F BOYLE  
MK2 J A EBERT  
MK2 D H ROGERS  
MK2 D R HEARN  
MK2 D C SCHLUETER  
MK2 R J EGGER  
MK2 J R ABEL

## Marine Science Technician (MST)

MSTC G S THACKER  
MST1 W W WHITTINGTON

## Port Security Specialist (PS)

PSCS J W EWIG  
PSCS C R TREFNEY  
PSC J E BECTON  
PSC D SCHACHER  
PSC C M LOPEZ  
PSC T H WOODARD  
PSC H L VARGASMATOS

## Yeoman (YN)

YNC P E MELVILLE

**Reserve Enlisted Advancements effective Oct. 1, 2008 from Enlisted Reserve Advancement Announcement (ERAA) No. 10-08, ALCGRSV 036/08:**

## Boatswain's Mate (BM)

BMC C D DILLINGHAM  
BM2 J D RICHDALE  
BM2 A D WONG  
BM2 J M SPRY  
BM2 T F MARSH  
BM2 R C MATHIS  
BM2 M J MCLAUGHLIN  
BM2 D G GORSKI  
BM2 B S RIGGS  
BM2 J R KINDLER

## Gunner's Mate (GM)

GMC R T MACKINNON

## Machinery Technician (MK)

MKC P K SEITZ  
MKC A G CANADY  
MK1 S A MYERS  
MK1 D D ROOT  
MK1 J R HEINECKE  
MK1 J M COGHLAN  
MK2 S C STOVER  
MK2 A J SCHWISTER

## Marine Science Technician (MST)

MSTC D R SEMMLING  
MSTC M B LEE  
MST2 K N COZZIE

## Port Security Specialist (PS)

PSC M D USREY  
PSC F M FOGLE  
PSC E H FOPPE  
PSC J F VELLOZZI  
PSC C L ELG  
PSC R A CANNON

## Yeoman (YN)

YN2 S E GRAF

**Reserve Enlisted Advancements effective Nov. 1, 2008 from Enlisted Reserve Advancement Announcement (ERAA) No. 11-08, ALCGRSV 045/08:**

## Boatswain's Mate (BM)

BMC M J ROSATI  
BM1 A L MCNAIR  
BM2 J L PIRES  
BM2 C E DESH  
BM2 F T CAMPBELL  
BM2 C J DAGOSTINO  
BM2 D R FOLINO  
BM2 G W GIBBONS  
BM2 D L MOORE  
BM2 K C LEYDEN  
BM3 C T GRIMES

## Gunner's Mate (GM)

GMC J L CREMONINI

## Investigator (IV)

IV2 J W CONROY

## Machinery Technician (MK)

MK1 M R LITTLEPAGE  
MK2 A RIVERA  
MK2 S K ISENHART  
MK2 J T PUJOL  
MK2 J E KELLEHER  
MK2 R J GASPARAS  
MK2 P E BETTER  
MK3 B S SILVER

## Marine Science Technician (MST)

MSTC M F STORINO  
MSTC R W MCNEILLY  
MST1 J A BLACKMAN  
MST1 D A STAHLE  
MST1 B D LARSON

## Port Security Specialist (PS)

PSC A W SIMPSON  
PSC C O ERWIN

## Yeoman (YN)

YNC D K REISER

These ERRAs, including unit designations, are available on PSC's Web site: <http://cgweb.psc.uscg.mil/adv/eraa-web.xls>. Questions should be directed to YNC Rony Harden, 785-339-3410, [rony.harden@uscg.mil](mailto:rony.harden@uscg.mil).

*Petty Officer Bryan King shows off his advancement certificate after being advanced to E-5/MK2 June 1, 2008 while underway aboard a U.S. Navy Military Sealift Command contracted vessel at the Maritime Force Protection Unit, Kings Bay, Ga. King is a reservist who drills at Station Sand Key, Fla.*



Photo courtesy of Mr. Bob Curran (SPA).



Photo by LT James Melay, DOGca

*Coast Guard Reservist Darrell Odom, center, celebrates his advancement to master chief petty officer on July 1, 2008 at the Deployable Operations Group (DOG) in Arlington, Va. Placing the E-9 anchors on PSCM Odom were RDML Thomas Atkin, DOG Commander, left, and Odom's wife, Christine, right.*

# Retirements

## RET-1 (Retired With Pay)

### OCTOBER 2007

CWO2 Raymond L. Spann

### APRIL 2008

CAPT JOSEPH R. CHERRY

### JUNE 2008

CAPT WILLIAM J. HERBERT  
 CAPT ANDREW J. McDONOUGH  
 CDR CHARLES H. KING  
 CDR CHARLES T. SCHMINCKE  
 LCDR WOODROW P. VAUGHN  
 CWO4 JOHN O'KEEFE  
 CWO3 EUGENE R. HALL  
 YNCM BONNIE L. BERNARD  
 YNCM JAMES J. CONNOLLY  
 MSTCS GREGORY T. GUY  
 MSTCS JUAN TABULOG  
 OSCS HARRY T. PELLISH  
 YNCS STEWART T. SHOULTA  
 GMC RONALD H. KESLER  
 PSC MICHAEL L. STINNETT  
 SKC NOLAN D. OUTTEN  
 SKC WARREN R. SHEPPARD  
 YNC VICTOR G. HARRIS  
 FS1 JAMES K. SMITH  
 MST1 GERRY G. GINDER  
 MST1 RICHARD L. KING  
 OS1 PATRICIA M. SABALBORO  
 PS1 WILLIE F. HUGHES  
 PS1 RICHARD E. INGRAM  
 PS1 PATRICK J. PHILLIPS  
 PS1 JAMES T. SANTORO  
 SK1 MICHAEL V. PEPITONE  
 YN1 SHEILA G. KOENIG  
 YN1 ANNETTE M. SPARKS  
 OS2 WILLIAM J. BOSSE  
 SK2 KENNETH M. MITOMA  
 TC2 JAMES A. BIXLER  
 FS3 BENJAMIN A. MORENO  
 SK3 ADELAIDE I. HENRIQUEZ

### JULY 2008

CAPT JOHN M. RICHMOND  
 CDR LEWIS W. COMBS  
 CDR CHRISTOPHER S. KILGORE  
 CDR JAMES J. MARCHESE  
 LCDR SAMUEL M. BASS  
 LCDR GREGORY T. CHRYST  
 LCDR LOUIS B. DEAN  
 LCDR JAMES R. FRENCH  
 LCDR JOHN S. GRAHAM  
 LCDR JOSEPH P. MARCOTTE  
 LCDR GAYLE M. POWELL  
 LCDR LOUIS R. SOLARI  
 LCDR MARILYN S. WELLER  
 LT GARY R. BUCK  
 CWO4 REECE L. LEWING  
 CWO3 ROBERT V. ANTONACCIO  
 MKCS STANLEY P. ARNOT  
 MKCS DENNIS R. STEPANEK  
 BMC DENNIS P. OLVANY  
 FSC ALLEN L. MILLER  
 MKC CLINTON A. BAKER  
 MSTC KENNETH A. THOMPSON  
 MSTC STEVEN W. TURNER  
 PSC JAMES D. LITTLEJOHN  
 SKC TEDUAN V. JANG  
 YNC RICHARD GAZEBIEN

YNC ROBERTA A. GRANT  
 BM1 GEORGE N. JONES  
 ET1 CLAUDE F. ASHEN  
 FS1 LESLIE T. GORE  
 MK1 PETER B. LEMAY  
 MK1 JAMES L. WEST  
 SK1 COLLEEN A. BROGNA  
 YN1 DONALD R. STEPHENS  
 BM2 MARCIA K. PARDUE  
 DC2 CHARLES MASSEY  
 HS2 LINDA S. GOMBACH  
 MK2 DANIEL D. STRAND  
 PS2 JUAN A. PALOU  
 SK2 MONTY R. MAXFIELD  
 YN2 ROBERT TAYLOR  
 EM3 MARTIN L. CLARK

### AUGUST 2008

CAPT NONA M. SMITH, JR.  
 CDR TIMOTHY M. BOEDDEKER  
 CDR ROBERT F. EASTBURN  
 CDR JAMES J. MARCHESE  
 CDR DAVID S. WAJDA  
 LCDR THEODORE L. CADD  
 LCDR CHARLES F. LAMBETH  
 LCDR DENNIS L. SECOR  
 LCDR ROY E. YARBROUGH  
 LTJG STANDFORD L. SMITH, JR.  
 LTJG JOHN B. VANETTEN  
 CWO4 SALVATORE F. CORBO  
 PYA3 ROBERT P. O'ROURKE  
 BMCM JERRY G. MILLWOOD  
 BMCs RUSSELL F. LINDBLAD  
 PSCs THOMAS L. MOULTON  
 EMC RONALD W. GRANTHAM  
 GMC DAVID R. MARSHALL  
 HSC CYNTHIA J. JOHNSON  
 PSC STEPHEN J. KELLEY  
 DC1 TED K. PARR  
 DC1 RONALD L. ROSS  
 FS1 REGINALD D. SHAW  
 MK1 RAYMOND WILSON  
 MST1 JAMES W. ANDERSON  
 MST1 EDWARD R. NAVARRO  
 YN1 MARY LALA  
 OS2 VICTOR M. ROBLES  
 YN2 MARILYN B. BENTON  
 SK3 JOHN W. HICKMAN

### SEPTEMBER 2008

CAPT ROBERT E. COSBY  
 CDR LAWRENCE V. FOGG  
 CDR NORBERT J. NORMAN  
 CDR CHRISTOPHER C. TAYLOR  
 LCDR RANDALL L. JONES  
 LCDR THOMAS W. McELLEN  
 LCDR JEROME F. SCHAMMEL  
 LCDR THOMAS D. SLOAN  
 LTJG THOMAS J. HAFNER  
 CWO4 BARRY C. JOHNSON  
 CWO4 HARRY C. SADLER, JR.  
 CWO3 JAMES K. SCHREIBER  
 MKCM WILLIAM H. FISHER  
 PSCM RONAN A. GIEHL  
 PSCM PAUL S. POMROY  
 DCCS ELMER L. LANGSTON  
 MSTCS ROBERT G. BAKER  
 PSCS PAUL WITTEK  
 PSCS MICHAEL H. CATE  
 BMC MICHAEL E. DAVIS  
 BMC ZELAN R. NOECKER



Coast Guard Commandant ADM Thad Allen, left, shakes hands with CAPT Don Grant as Grant retires from the Coast Guard Reserve after 30 years of service. Grant says the Coast Guard has been a part of his life for 52 years as his father had also served 30 years. Grant was honored at a ceremony July 25, 2008 at Army Navy Country Club in Fairfax, Va.

Photo by CDR Kevin Brown, USCGR



SKC James W. Harris, center, proudly looks over a retirement shadowbox being presented by Mr. Wayne Truax, left, and CWO3 Rodney Cole. Harris enlisted in the U.S. Army in 1967, and also served in the Pennsylvania National Guard before transferring to the CGR in August 1987. His ceremony was held Sept. 26 at Coast Guard Headquarters.

Photo by MCPO Mark H. Allen, USCGR

Continued next page

HSC DAVID P. MITCHELL  
 OSC SCOTT T. BRADLEY  
 PSC WILLIAM P. DAVIS  
 STC RONALD E. BEAGLES  
 SKC JERRY D. ROBINSON  
 YNC BARBARA A. TALANIAN  
 ET1 GARRY O. DIXON  
 FS1 GENARO L. MAMARIL  
 MK1 WILLIAM H. BROWN  
 MK1 JESSE W. FLINCHEM  
 MK1 FRANK R. MALEK  
 MST1 DAVID M. COSTELLO  
 PS1 JAMES H. CRAUMER  
 SK1 ELEANOR N. WYNN  
 BM2 THOMAS A. SHERMAN  
 EM2 DONNIS W. DAVIS  
 GM2 RUSSELL D. PERKINS  
 SK3 CHERYL A. FLOYD

**RET-2  
 (Retired With Pay)**

**JUNE 2008**

CAPT STEVEN T. PENN  
 CDR CHRISTOPHER HARWOOD  
 LT GINA A. CLARK  
 CWO4 LOUIE M. ATCHISON, JR.  
 CWO2 TIMOTHY P. NEARY  
 BMCM PRESTON E. TROWER, IV  
 MKCM KENNETH G. YOUNG  
 EMCS GEORGE DRUMMOND, III  
 YNCS LISA L. JOHNSON  
 BMC CAROLYN L. CARTER  
 BMC EDWARD M. KANE  
 FSC JAMES T. BOWLING  
 MKC MICHAEL J. BIGGS  
 MSTC THOMAS J. HESS  
 MSTC TERRY D. STYERS  
 OSC RONALD C. MURPHY  
 PSC JOHN F. BYRNE  
 PSC JOSEPH A. OLEARY  
 PSC JAMES WEISENBURGE  
 SKC JERRY D. ROBINSON  
 BM1 HARRY S. CANTEY  
 BM1 JOHN T. DALY, JR.  
 FS1 JON B. ELJO  
 FS1 MICHAEL J. STEMPIHAR  
 GM1 JEFFREY L. GARDNER  
 MK1 AL M. ROBERTSON  
 PS1 BRETT M. COPHER  
 PS1 EDWARD F. EARLY, III  
 PS1 MICHAEL HOUSEFIELD  
 SK1 THOMAS R. HOWARD  
 YN1 THOMAS A. CORLE  
 YN1 BONNIE S. SCHUSTER  
 IT2 NEIL S. KAPP

MK2 LAMONT R. INSKO  
 MK2 JESSE STITT  
 BM3 CARLTON E. MORSE  
 BM3 LYNWOOD TIMBERLAKE

**JULY 2008**

CAPT JOANN SPANGENBERG  
 CDR JAN M. TJOMSLAND  
 LT TAMMY D. KIMBREL  
 CWO4 THOMAS S. HAMILTON  
 CWO3 ANDREA E. INNAIMO  
 BMCM GERARD LEGOFF  
 BMCS ROBERT S. COCHRAN  
 BMCS JEANNE M. MORALES  
 BMCS PHILIP G. PASHIA  
 YNCS CAROL M. DIETER  
 YNCS GARY S. SABIK  
 EMC RICHARD C. WALTER  
 MKC JOEL H. LAWSON  
 PSC ANDREW CARRILLO  
 PSC TIMOTHY L. CHERRY  
 PSC HERBERT G. WAGNER  
 MST1 JEANNE M. POWERS  
 SK1 BARRY C. LAMBERT  
 FS2 JEANNE M. COUGHLIN  
 MK2 RYAN R. RICHMOND  
 MST2 KARL Z. KUHN  
 MK3 LEE A. CLAYTON

**AUGUST 2008**

LCDR SUSAN M. MERCURIO  
 CWO4 KEITH A. SELTHOFER  
 FSCM ROBERT M. PAYNE  
 DCCS KIRK E. ESCHENBURG  
 MKC MICHAEL D. BEAUDROW  
 MK1 STEPHEN M. QUINN  
 MK1 JOE VELLA  
 PS1 JEFFREY W. CLEMENTS  
 PS1 REYNALDO GUERRERO  
 OS1 NICHOLAS J. DIPALMA  
 SK1 MARY L. SALAZR  
 BM2 ROBERT W. BARDIO  
 MST2 WALTER R. WATKINS

**SEPTEMBER 2008**

CAPT JAMES PENNEWELL, JR.  
 LCDR WILLIAM S. BRYANT  
 LCDR BRIAN WARN  
 MKCM POTENCIANO LADUT, JR.  
 BMC ANDREW P. NADOLNY, III  
 MKC PETER GUINNANE  
 BM1 TIMOTHY MONTOWSKI  
 DC2 TERRELL A. PUGH

*Source: Ms. Linda Frank,  
 Personnel Service Center (ras)*



Photo by Mr. Jim Thomas, USCG Auxiliary

*CWO4 Harry Sadler displays a retirement shadowbox outlining his 40 years service in the USCG/CGR. His retirement ceremony, held at the Training Center Yorktown, Va. chapel on Sept. 12, 2008, was according to Sadler, the "hardest day of my life." Sadler stated the Coast Guard is "by far the best organization there is" and he wouldn't go into any other service. Sadler lives in Lancaster, Va. near the Rappahannock River.*



Photo by Inez Weeks

*With a retirement shadowbox by his side, CAPT Maury A. Weeks reflects on his 39 years, 10 months, and eight days service in both the Marine Corps and Coast Guard at a May 30, 2008 ceremony at ISC Portsmouth, Va. Weeks, who has served as a Reserve Program Administrator since 1983, says his most interesting job was providing training to port security units deploying for the Persian Gulf War in 1990-91 at Camp Perry, Ohio and Camp Blanding, Fla.*

*Sector New York Reserve Operations Department bid good-bye to a beloved leader and friend — PSC Robert Montgomery, USCGR, left, pictured here with LCDR Sergio Villaverde, USCGR. Montgomery was honored Sept. 6, 2008, at a retirement luncheon attended by 10 reservists. Chief Montgomery had a total of 22 years faithful service.*



• **CAPT Bernard A. Hyde, USCGR(Ref.)**, June 18, 2008, in Seattle, Wash. He retired from the CGR March 9, 1973. He is survived by six children. Interment Seattle, Wash.

• **CAPT Ruth M. White, USCGR(Ref.)**, 94. Born Sept. 7, 1914, she served on active duty with the Coast Guard SPARS (Women's Reserve) from February 1943 until January 1946. She then served in the Coast Guard Reserve from January 1946 until her retirement Sept. 7, 1974, completing a career of more than 30 years. She is survived by her nephew, Robert W. McVety. Funeral services and interment were held Oct. 17, 2008 at Arlington National Cemetery, Arlington, Va.

• **LCDR Bernard D. Smith, USCGR(Ref.)**, 67, July 3, 2008, of Brewster, Mass. Born June 28, 1941 in Waterbury, Conn., he was the eldest of seven children, and earned a bachelor's degree from Georgetown University. He met his wife, Anne Curtis, while at Georgetown and they remained married until his death. Smith received a commission with the Coast Guard and served in Vietnam in 1966-67. In the mid-1970s, he served as a Reserve Program Administrator in the Headquarters Reserve Training Division. During his career, he also served in Maine, New York, Michigan, Missouri and Virginia. From 1980-88, he was an employee of the U.S. Postal Service. He is survived by his wife, Anne; four children, Kathleen Larson, Margaret Benaka, Michael Smith and Heather Bergin; four grandchildren; three brothers and a sister. Funeral services were held at Our Lady of the Cape Church, Brewster, Mass. on July 8, 2008. Interment at Orleans Cemetery, Mass. Memorial donations may be made to Our Lady of the Cape Church, Haiti Fund, 468 Stony Brook Road, P.O. Box 1799, Brewster, MA 02631.

• **LT David B. Brewer**, 58, Feb. 15, 2008, of Yarmouthport, Mass. passed away at the Chelsea Soldier's Home. Brewer served in the U.S. Navy as an electronics technician with service in the Pacific fleet, including Vietnam, and completed his college and graduate degrees while in the Navy. He then attended Coast Guard Officer Candidate School, and worked in the mid-1970s as a Reserve Program Administrator in the Headquarters Reserve Training Division, and for the First Coast Guard District in Boston. After retirement from the Coast Guard, he worked nine years as an assistant harbor master in the three-bay Osterville/Cotuit/Centerville area for the town of Barnstable, Mass. His motto was "carpe diem" or seize the day and he would often say it didn't cost him anything to be nice to other people and he always got back more than he gave. He is survived by his wife of 37 years, Sonja Brewer; daughters Lisa Brewer and Kristin Chaprales; son-in-law, Dennis; a grandson Devon; two sisters, Carlanne McLemore and Cathy Brewer; a nephew, Brandon. Funeral services were held Feb. 21, 2008, at Nickerson-Bourne Funeral Home with interment at Massachusetts National Cemetery, Bourne, Mass. Memorial donations may be sent to the Alzheimer's Association of Cape Cod, 712 Main St., Hyannis, MA 02601. All donations will be dedicated to research.

• **ENS Christopher Symons, USCGR**, 23, attached to the Foreign Vessel Branch of Coast Guard Sector San Diego, was killed in an automobile accident on June 26, 2008 near San Clemente, Calif. while returning from an all-night IDT drill. He was returning to his parent's home in Orange County having just completed his first-ever boarding with the Coast

Guard. The accident occurred around 0530, less than an hour after he departed the sector. Symons had just recently completed the Coast Guard's Boarding Team Member course and had only just recently been qualified as a Boarding Team Member.

A 2007 graduate of Embry-Riddle Aeronautical University in Prescott Ariz., he was commissioned in the Coast Guard Reserve in August 2007 having attended Reserve Officer Candidate Indoctrination in New London, Conn. In his civilian life, ENS Symons was a pilot for Piedmont Airlines, flying under the U.S. Airways Express banner. An avid pilot, he hoped to some day serve on active duty with the Coast Guard as a C-130 pilot. Before earning his commercial pilot's license, Symons had worked during his college summers at Disneyland as a conductor on the Disneyland Rail Road and Skipper on the Jungle Cruise attraction at the Anaheim, Calif., park. ENS Symons came from a Coast Guard family. His father, CDR Richard Symons, is the Director of Auxiliary for the southern region of the Eleventh Coast Guard District. The Coast Guard Ceremonial Honor Guard rendered full military honors at ENS Symons' funeral services on Monday, June 30, 2008, and the funeral was attended by over 600 friends, family, and military personnel. He is survived by his parents, Richard and Annette; a sister, Jennifer. Interment at Pacific View Memorial Park, Corona Del Mar, Calif.



• **CWO4 John J. Gallagher, USCGR(Ref.)**, Sept. 21, 2008, in Chincoteague, Va. He is survived by his wife, Shelia. Interment Temperanceville, Va.

• **CWO3 Lloyd Kerr, USCGR(Ref.)**, Oct. 17, 2008, in Cookeville, Tenn. He is survived by his wife, Betty Sue. Interment Sparta, Tenn.

• **EM2 William G. Martin, USCGR(Ref.)** Oct. 16, 2008, in Jacksonville, Fla. He is survived by his wife, Helen.

**Note:** *The Reservist publishes "Taps" based on Personnel Casualty Reports and input received from the field. If you would like to see more information in future issues on a specific shipmate or family member who served in the Coast Guard Reserve, please e-mail the editor at: [TheReservist@uscg.mil](mailto:TheReservist@uscg.mil).*

**FOR YOURSELF,  
FOR YOUR FAMILY,  
FOR YOUR COUNTRY.**

PS2 Christian Lavender of PSU 311, with his daughter. Photo by Tina M. Epperson



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