

the

Ombudsman Outlet

Tutela of Prosapia



A Note From Your Ombudsman

Valerie Frantz



As the cold wet winter quickly fades and the hope of warmer spring weather approaches, Coast Guard families begin the traditional season of saying goodbye to those moving on while welcoming newly arriving families to the area. Transfer season is a difficult time as families struggle to meet new friends and establish a routine in an unfamiliar area. Ranked somewhere just below losing a job on the list of life's most stressful events, moving for most military families is inevitable and often frequent. As a military spouse, transferring to Seattle was my seventh move in twelve years. Each move has its unique challenges as well. Eight weeks before leaving Massachusetts for Seattle, my oldest son was involved in an accident that required him to be flown to a Boston Hospital where he spent eight days in the hospital, four of which were in the intensive care unit. He was released to travel the day before our scheduled departure day, but still required constant care as he struggled to walk or simply use the bathroom on his own. Despite the different challenges experienced in moving, I've learned that getting connected to community as quickly as possible has always made a huge difference in my family's adjustment.

To smooth the transition of coming here, I enrolled my daughter in a local soccer league from the hotel while we waited to move into the house we found. Many of the girls my daughter met playing soccer, attended her school, which eased the stress of her first day in middle school. For me, finding a church has also been a great way of establishing roots in a community and a place for the entire

family to belong. The second day after moving to North Carolina, my entire family was invited to a BBQ after church, and by the second weekend, we were learning how to dig for clams in Pamlico Sound. That early experience taught me the value of community and establishing friendships to battle the challenges and stress of moving. For those of you arriving or moving on, I highly recommend you too make an intentional choice to connect with the community you are moving to by quickly joining a church, enrolling in a local gym or sports league, or simply volunteering for a cause you support. If you do, by the time that last box is unpacked you will already be referring to the Seattle area as home.

Last summer, the spouses of both the District Commander and Command Master Chief experienced the stress of moving to the Seattle area. In an effort to help other Coast Guard spouses join the local Coast Guard community, I have asked both Mrs. Charlene Taylor and Mrs. Amy Vanderhaden to introduce themselves in this newsletter. So if you haven't yet had the privilege to meet either of them at one of the past spouse's events, jump inside this newsletter and begin your journey at joining the District Thirteen community. And if you're a veteran to the Seattle area or sponsoring an incoming family, please forward this newsletter out to other families that might find the information helpful. If you would also like to be included on my ombudsman email list and receive more periodic information on local opportunities or events, please don't hesitate to contact me. I am here to serve you as the District Thirteen Staff Ombudsman.

Valerie Frantz 425-427-9296 (Home)
CGD13Ombudsman@gmail.com

A Message From

Mrs. Charlene Taylor

Hi Everyone!

Well, maybe it is not official yet, but I definitely think spring is here. Out here in West Seattle, assorted colored crocuses, daffodils, and paper whites are all in bloom. The few sightings of a pair of bald eagles that always amaze us with their graceful flight and strength during the winter months, now visit on a daily basis, fishing just a hundred yards away. They never come up empty handed...they always catch a fish or two!

The Pacific Northwest certainly has a lot to offer - gorgeous scenery, fresh seafood, hiking, water sports, theater and professional sports, and there are many free activities going on all the time. Take time with family to enjoy all this area has to offer. A couple of weeks ago I attended the Northwest Flower and Garden Show held at the Washington State Convention Center. Whether you're a novice gardener or a seasoned veteran, there was so much to see and learn. Nurseries competed in building gardenscapes, free seminars were offered to give you ideas for creating beautiful outdoor garden spaces and growing veggies all sorts of ways. There also was a Play Garden for children, including musical acts from local entertainers. I would



definitely put this on your family's "to do" list for next February!

A lot has been going on in the Coast Guard. The Commandant recently delivered his State of the Coast Guard Address in Alameda. I recommend you all take a few minutes to read it (link below). He provides some great insight into where he sees the Coast Guard going and some of the "rough and stormy seas" we are likely to face in the next couple of years as our Nation wrestles with some tough budget realities. He was upbeat and made a strong case for the value of the Coast Guard. It is also apparent that Admiral and Linda Papp are really dedicated to helping all of us in the Coast Guard family. As many of you are aware, benefits for childcare have recently been expanded for some of our most junior families and changes are underway to strengthen our Ombudsman program.

I want to thank Valerie for the tremendous work she has done as our D13 Staff Ombudsman. She has willingly given of her time to help many of you out, whether the need was large or small. She works closely with the Admiral and the Chief of Staff to advocate for all of you and to step in whenever there is an opportunity to organize a helping hand for our families and for the many Coast Guard men and women, and their families, that find themselves in Seattle seeking medical care. Please join me in thanking her for all she has done and continues to do. In this newsletter, Valerie is asking for volunteers to take over as the

Continued on next page...

Continued from previous page...

Ombudsman as her family will be transferring next summer. Please take a moment to consider the possibility of becoming the next D13 Staff Ombudsman. This is a critical position that can be very rewarding. I recommend you talk to Valerie if you are interested.

As I was finishing this short note, I learned of the tragic loss of an HH-65 and the crew of four during a night training flight at ATC Mobile, AL.

We are all shocked by this loss. Please keep the families, friends and shipmates of these four great people in all of your thoughts and prayers. I know we will receive word in the next few days about memorial services and memorial funds. Please help in any way you can. These tough times are when the Coast Guard family is at it's best.

Charlene Taylor

<http://www.uscg.mil/seniorleadership/>



A Recipe From Charlene's Kitchen

Red Pepper Puree

Ingredients:

2 to 3 red peppers
1 clove garlic, diced
1/4 Cup olive oil
Salt and pepper to taste
Chopped fresh parsley
Parmesan cheese

Directions:

Place peppers on a baking sheet. Roast in a 400-degree oven turning every 10 minutes until skins are darkened on all sides (This takes about 20 minutes. Remove from oven and cool. Then remove skins, stem and seeds. Place prepared peppers, garlic, salt, pepper, and olive oil in food processor. Process until smooth.

Meanwhile, cook your choice of pasta until al dente. Drain and transfer to serving dish. Pour puree over the top and toss well. Sprinkle with parsley and grated Parmesan cheese and serve.

Serves 4 to 6

Note: You can always use a large jar of roasted red peppers for this recipe instead of roasting your own. Just drain them well, add remaining ingredients and process until smooth.

Enjoy!





A Message From Amy Vanderhaden

Spring is in the air! I am relishing in the extra minutes of daylight, marveling at the sight of the sun glistening off the snow covered mountains, and cheering on the colorful bulbs poking their heads from my flower beds. I am as excited about the sunshine and warmer weather, as I would be going on a fantastic trip and yet, my mind quickly races ahead to how great summer will be.

Jason and I have been married for 19 years and with our two children have made 9 PCS moves together. With busy lives, we seemingly are continuously looking ahead to that next “thing” in life. Typically, with C.G. families it is transfer season. Whether you are transferring this summer, just moved here last summer as we have, or like all of us tend to do, find yourself thinking about the next move way in advance, I encourage you to find *your* station. There is a poem by Robert J. Hastings titled The Station, which is a favorite in my family. It is typically found swaying, corners curled, on the side of our fridge as a constant reminder to live life in the now, rather than living in anticipation of tomorrow. He writes of being robbed by ‘regret’ and ‘fear.’ Two things too many of us spend unnecessary time worrying about.

So often, when I speak with Coast Guard families, I hear one thing in common: the ‘wonder factor’-as I like to call it. We all do it and with the best intentions, we get caught up in wondering what is next for us. We try to look forward and plan ahead only to find ourselves wrapped up in the anticipation and wonder of “When we transfer.” “Once we’re settled.” Or the biggest wonder, “If we could only know *where* we’re going to be transferred.” As military families we are unique, the service and sacrifice for our country (as a family) goes without saying but the planning and forethought that goes into making sure our spouses and families are well cared for at each new unit can be subconsciously consuming for some. The Vanderhaden family is certainly guilty of this. There was LOTS of unnecessary worry and stress that was spent thinking about transferring and settling. Those sleepless nights wondering if we were doing right by our kids with another move, or going to pick the right area to live, the right schools, etc. Looking back, at the 9+ times our family has set up house, I can say that each of the units offered incredible opportunity, excellent culture and fantastic people; but we had to seize those opportunities and experiences ourselves. Most importantly, things always turned out to be just fine and some units were better than anticipated. As a family, we’ve always tried to make the best of each area we were stationed and experience as much of it as possible. Our family’s Coast Guard experience has taught us two things: that while we want to plan, plan, plan, for our future, our best unit is always the one we are at right now. And second, after 20 years by my husband’s side, the C.G. has always taken good care of us, leaving us to wonder why we ever spent so much wasted time on worry and wonder. Experience the culture and beauty of your unit through your hobbies and interests and the people you meet. Enjoy the present, enjoy spring, and find your station.

The Station poem is at the link below:

<http://www.thestationessay.com/>





A Recipe From Amy's Kitchen

Marinated Tri-Tip

Light up the grill! This is a summer favorite for a group

3 lbs. beef Tri-Tip

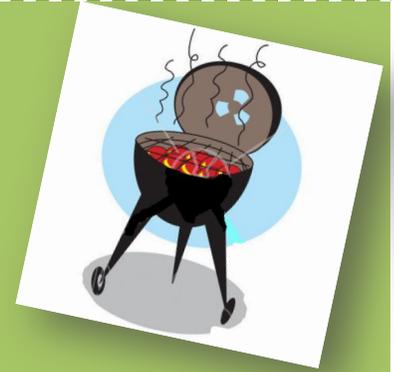
2 cups soy sauce

½ cup of Cabernet Sauvignon

3 cloves fresh garlic, minced

2 tsp. ground black pepper

Mix ingredients together, pour over tri-tip, cover, and refrigerate overnight. Grill to medium rare and slice thin across the grain. Serve with the remaining bottle of Cab.



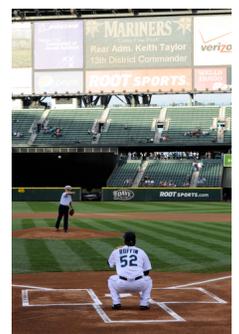
Mariners Baseball is Back!!!

This year's Seattle Mariner's Military Salute To Armed Forces Night at Safeco Field is April 21, 2012

- View Reserved Seats reduced to \$12 (regular price: \$20)
- Field Seats reduced to \$26 (regular price: \$40)
- Terrace Club Seats reduced to \$31 (regular price: \$47)

The following activities/events will be taking place:

- Five persons from each service branch will line the 1st and 3rd baselines.
- Joint force honor guard; one from each service branch.
- Service bands to play at the various entry gates.
- Military info tables throughout the 1st floor concourse.
- Military pictures and videos shown on the large scoreboard.
- 20,000 commemorative Armed Forces Day coins given out after the game as you exit.
- Marine platoon drill team.
- Large U. S. flag display; facilitated by the CG.
- Silent Auction by the USO.
- National Anthem sung by a military member.



Members desiring to attend can purchase ticket(s) at the Base Seattle MWR office with cash or check made payable to "PACNORWEST MWR" by April 11th. Members can also purchase tickets on-line by visiting: www.mariners.com/military.



Coast Guard Ombudsman

Written By CWO Rodney Clark

We serve in a capacity of love for
Country, family and Coast Guard

Our eyes see miracles
Our work can bring resolution
Our hearts care for those in need

We are an ear for concerns that affect your lives
We strive to be an open line of communication

We are proprietors of hope
We cannot solve your problems
However, we can lead you to solutions

We are purveyors of knowledge
Through our resources
We will lead you to understanding and support

For these purposes, we choose to serve
As liaisons to the command

Our strength comes with experience
We can walk together through adversity

And advocate voices for our

2012 Coast Guard Spouse Of The Year . . . Jennifer Bassett



Coast Guard families.

Our congratulations go out to Jennifer Bassett of Astoria, an honorary member of our CGFA (Coast Guard Family Association). She has been named the national U.S. Coast Guard Spouse of the Year. She is also up for the top honors for the 2012 Military Spouse of the Year.

Jennifer is the Founder and Volunteer Executive Director of Coast Guard Family Organization, Inc. She is doing great things for our Coast Guard family. To find out more information on CGFO visit www.coastguardfamily.org

Did you know the Coast Guard in 2011...

Saved 3,804 lives...

Interdicted 205,000 pounds of narcotics...

Interdicted 2,474 migrants...

Screened 28.7 million crewmembers and passengers arriving in U.S. ports...

Detained 191 suspected smugglers...

Conducted 10,735 small vessel security boardings in and around U.S. coastal regions...

United States Coast Guard
– Locally based, nationally deployed & globally connected...

Coast Guard Family Association

Stephanie Clark
CGFA President

“Strengthen Home & Family”

March brings exciting news of continued growth for the CGFA. This month we are turning 1 year old and will share the celebration with over 170 CG Spouses! The CGFA on March 31st will meet with the spouses in PA to start a chapter there. We continue to see the great benefits of having a Spouse/Family Association in the Puget Sound area. There isn't a day that goes by that someone has not been a positive influence for someone else. Our Motto, “Strengthen Home and Family”, is being practiced daily; our members offer support for the “new moms” and “soon to be moms”. We have had members go to the hospital with a wife while her husband was deployed, and others care for the younger children at home. We are assisting to lower the transfer season stress for incoming families by helping them find housing and answer questions about local schools, the units and things to do in the area. We are grateful for the continued support from the Commands of Base and Sector Seattle, thank you. We look forward to the future of CGFA!



Changes to the TriCare Dental Plan

There are some changes coming to the TriCare Dental Plan in the next few months. You can go to the Met Life web site and review the Q & A to get an update or try the FaceBook site.

Q&A site is www.MetLife.com/Tricare and www.FaceBook.com/MetLifeTDP

The letters explaining the coverage and our new cards will be sent to all the families March 21st. The only branches that will have a different transition to the new plan would be the Reserve and Retired. Call centers will be open April 1st.

The Coast Guard Family Association of Puget Sound (CGFA) will be scheduling some information briefs shortly after the new plan comes online. Their website is: <http://cgfapugetsound.com/>



We protect those on the sea, we protect America from threats delivered by sea, and we protect the sea itself.

Admiral Robert J. Papp, JR.
24th Commandant of the U.S. Coast Guard

Should your family be enrolled in the special needs program...

Special Needs Program - The Coast Guard Special Needs Program was developed and implemented in 1984 to assist Coast Guard families with "special needs" to address the unique challenges and concerns which are above and beyond normal, military family life issues. The Special Needs Program is intended to ensure family and Coast Guard needs are met, assist the member with appropriate referral and resources before, during and after relocation, and ensure mission readiness. The program works closely with assignment officers, prior to transfer, to ensure appropriate resources are available for family members in proposed areas of relocation. All active duty members who have family members with professionally diagnosed, long term, special needs are **required** to enroll their

dependents in this program. Such conditions may include, but are not limited to: vision, hearing or speech impairment; learning disabilities including Attention Deficit Disorder; medical conditions (asthma, arthritis, heart and kidney conditions, Cystic Fibrosis, Cancer/Leukemia, etc.); depression; any mental illnesses; mental retardation; orthopedic handicaps or any combination of the above.

Active duty members shall not be adversely affected in their selection for promotion, schools or assignments due to enrollment in the program. Enrollment in the program has no effect on the member's requirement and ability for worldwide assignment including afloat units. For more information contact the Family Resource Specialist.



Employee Assistance Program (EAP)

The Coast Guard has contracted with Federal Occupational Health to provide a 24-hour, 7 day a week, free, confidential counseling service for members and their families. The Employee Assistance Program can be reached by calling **1-800-222-0364**. **You do not need a referral and are not required to inform anyone before calling.**

EAP is confidential within the limits of the law and totally voluntary. Some of the most common concerns EAP assists with are:

- Emotional Problems
- Relationships
- Family Issues
- Alcohol/Drug Use
- Financial Problems

You will receive 1 to 6 counseling sessions for each issue and there is NO charge for EAP services. EAP services are available for Active Duty members and their dependents, Reservists called to Active Duty and their dependents as well as Coast Guard civilian employees. EAP services are NOT available to retirees or their dependents.



HELP WANTED: District Thirteen Ombudsman!

As I count down my last year before moving on to the next exciting location, I need someone to replace me as the D13 Staff Ombudsman.

The D13 staff ombudsman serves as the link between the District Commander and the families of the command. In my role, I have had complete access to the Admiral and Chief of Staff. They greatly value the work I have done and recognize this as a very important roll. The excellent support by the command has made my time extremely rewarding and enjoyable. The position is voluntary and assists in providing information and related services to families regarding sources of assistance.

This is an amazing opportunity if you have a heart for Coast Guard families and the ability to reach out and help others in need.

If you are interested or would like to know more about the ombudsman program call or email me.

Valerie Frantz
425-427-9296
D13Ombudsman@gmail.com



Transferring To Seattle . . .

Did You Know?

PUBLIC TRANSPORTATION: In a February 2011 U.S. News public transportation article, Seattle, WA was ranked as having the 11th best public transportation system in the nation. Also, according to the American Public Transportation Association, using public transportation in Seattle saves a person \$932 a month and \$11,185 a year. To learn more on using Sound Transit, check out <http://www.soundtransit.org/>

MASS TRANSIT FARE BENEFIT PROGRAM: Seattle area Coast Guard active duty members have access to one of the best mass transit fare benefit programs in the Coast Guard. Upon check-in, members complete a one page application if planning to use public transportation for the daily commute to and from work and are issued a One Regional Card For All (ORCA) that provides access to Seattle areas bus, rail, van pool, & ferry system. Simply tap the ORCA card on the reader and commute for free. For more information, contact your sponsor or go to <http://cgweb.d13.uscg.mil/base/comptroller/fp/media.htm>

PUBLIC SCHOOLS: The Washington State Public School report card can be reviewed from the Office of Superintendent Public Instruction web site at <http://reportcard.ospi.k12.wa.us/summary.aspx?year=2009-10>. In addition, the web site <http://www.greatschools.org/> can provide more detailed information about specific schools within Washington State.

WASHINGTON STATE UNIVERSITIES & COLLEGES: A four-year college degree can result in an additional \$500,000 over a student's working career and that over 70% of entry-level jobs require education beyond high school. The Seattle area is rich in available education opportunities. Simply go to <http://www.matrixbookstore.biz/wacolleges2.htm>



In October 2009, Congress passed the Military and Overseas Voter Empowerment (MOVE) Act which required states to implement several key changes to provide active duty military members and their voting age dependents with greater opportunities to vote. Specifically, the MOVE Act required states to mail absentee ballots to all military voters at least 45 days before a federal election, to provide electronic delivery options for election materials, and to eliminate the notary requirement for absentee ballots.

Despite legislative action for protecting the voting rights of military members and their family, of the estimated 2 million military voters in 2010, only 15.8 percent of military voters requested an absentee ballot and a mere 4.6 percent actually cast a ballot. Don't be a statistic of complacency. Register today to ensure you voice your opinion in the upcoming November elections.

Federal Voting Assistance Program:

<http://www.fvap.gov/>

Federal Voting Assistance Guide:

<http://www.fvap.gov/resources/media/vag2012.pdf>

State Voting information/registration:

<http://www.fvap.gov/map.html>

<http://www.fvap.gov/reference/links.html>



Emergency Preparedness Links

King County Disaster Plan Assistance

www.3days3ways.org

FEMA Emergency/Disaster Preparedness

www.fema.gov/kids/

Red Cross Disaster Services

www.redcross.org/



Coast Guard Preparedness Videos

http://www.youtube.com/user/USCGImagery - p/u/2/0w_5XV7spBA

Admiral Bob Papp and Wife Linda Launch Ready Coast Guard.

http://www.youtube.com/user/USCGImagery - p/u/0/U6zDuN_vl5Q

Rear Admiral Mark Tedesco and his Wife Tammy Launch Ready Coast Guard.

<http://www.youtube.com/user/USCGImagery - p/u/1/6BwfH7484g4>

Coast Guard Master Chiefs and their Wives Launch Ready Coast Guard.