

the Ombudsman Outlet

USCG District 13



From Your District 13 Chaplain:

I am honored for this opportunity to introduce myself and share a bit about the support and care available to you and your family from your Chaplain.

First, a bit of background: I am a clergyman in the Evangelical Lutheran Church in America, ordained in September 1982. I entered active duty service as a Navy Chaplain in the spring of 1993, and have had the privilege of serving Navy, Marine Corps and Coast Guard communities in a diversity of settings and circumstances. Born and raised north of Seattle, it is great to be back where webs between your toes serve a purpose and moss is the state flower!

The rigors of duty, deployment, transfer and the ever-changing currents of life present some very real and unique stressors to the lives and relationships of those who serve our nation. Within our Coast Guard family; Work Life, CG SUPRT (www.cgsuprt.com), Coast Guard Mutual Assistance, Ombudsmen and your Chaplain(s) are invaluable resources to help prepare for and provide support through the challenges we may face.

As your Chaplain I am actively engaged in providing support to you and your family through a number of avenues:

1. Meeting the spiritual and religious needs of all within our community. This includes working with our deployable Commands to have Lay Leaders trained to provide faith-specific spiritual opportunities while underway, as well as being a resource and referral to help you connect with a desired faith community in your local area.
2. Providing confidential, professional spiritual counseling. There are moments in life when the opportunity to "talk it out" or safely discuss what needs to be discussed can make a profound and positive difference in our lives. Whether it is on matters of spiritual concern, marriage, work, deployment, relationships, stress, anger, or loss and grief, talking with a Chaplain means you have complete privacy on everything discussed.
3. Teamwork. I work with a large cadre of professionals in multiple disciplines. I work with you to connect you to the best support for your concern – this may include a colleague or me.

As we begin a new year, I invite each of you to consider the invitation to grow both personally and relationally. CREDO Region Northwest provides Personal Growth Retreats and Marriage Enrichment Retreats to service and family members. These workshop/ retreats are two days (and two nights) in length. There is no cost for the workshops, lodging and meals. Please check the following website for more information on this great opportunity!

<http://www.cnic.navy.mil/CNRNW/RegionOperationsandServices/ServicesandResources/ReligiousPrograms/CREDO/index.htm> .

Thank you for the service you give to our District, our Coast Guard and our nation. Remember that you are never alone, each of you are part of a very special community that is here for your care and support. Let me know how I might assist you and your family!

Sincerely,
 CDR Michael Greenwalt, Chaplain
 Office: (206) 271-6995 Cell: (206) 850-3426
 E-mail: Michael.l.greenwalt@uscg.mil

Saying Farewell...

Valerie Frantz

After over two years serving as the District Thirteen Staff Ombudsman, Ms. Amy Lee officially relieved me on December 3rd 2012. Before my family and I transfer out of the area this summer, I wanted to express my gratitude and appreciation to everyone that helped me serve the families of District Thirteen. My time in the Seattle area was greatly enriched by the opportunity to assist Coast Guard families in need, and I recommend anyone looking to make a difference to contact Amy for future opportunities to serve. However, without the incredible support and direction by the District leadership, my efforts would not have been as rewarding. I am forever grateful to Admiral Taylor and Blore, Captain Miller and Ewalt, and Master Chief Vanderhaden for their patience and influence in ensuring I received the resources necessary to be an effective advocate for area dependents.



For those families that recently arrived in the area or that will be arriving this assignment year, I strongly recommend exploring the enormous family friendly activities the Pacific Northwest offers. Despite the frequent rain and overcast sky, some of the best hiking and biking trails and ski resorts in the world are a short drive from Seattle. The more you explore, the more you will come to love and appreciate the incredible beauty the area offers. One of my family's favorite activities was simply driving to Lake Sammamish near Issaquah and exploring the shoreline while watching eagles soar overhead. Of course, skiing and snowboarding the incredible powder of the Cascades was also a thrill.

As I reflect back on my 16 years as a Coast Guard dependent, I have always been a great distance from family. Despite that added challenge of military life, my children have always benefited most when we have jumped in right away and gotten involved with the community whether through sports, church, or volunteering in different ways. Though our Coast Guard family is spread throughout the Seattle area, there are many ways you become a part of this great team. Watch for opportunities to get involved and events to attend that will bring you closer to this amazing family. Whatever activity your family enjoys, savor the beauty of the northwest. The more you do, the more you will enjoy your time here.



Introducing....



I am excited to introduce myself as the District 13 Staff Ombudsman. I accepted this appointment from Admiral Taylor at the end of the summer. To ensure continuity Valerie Frantz and I have worked together for several months to make a seamless transition and transfer. Valerie has been a gracious friend, mentor and supporter. She has done an amazing job as the Ombudsman for D13 and I am very grateful to follow her and continue on.

The Ombudsman program is near and dear to my heart. I spent almost 2 years as an Ombudsman for the Cutter Boutwell when my husband was stationed in Alameda, CA. It was a great learning experience and gave me great respect for the job an Ombudsman does as a conduit of information between command and family. Integrity, confidentiality and respect are qualities I hold in high regard and what I commit myself to as an Ombudsman. Having recently gone through the Core training again, I can say that while some things have changed, many things have stayed the same. There are so many positive and new resources available to assist families. We share this information through email, newsletters and through personal contact. My email and phone number will always be available to you.

We have recently moved to the area. I am originally from Corpus Christi, Texas and my husband is from Picayune, Mississippi. We have 4 children ages 20, 17, 15 and 7. I will always consider myself a true southern girl but as we have moved from Coast to Coast I have found hidden gems in each and every place we have lived. I try to live by the motto "Bloom where you are planted" and I have already fallen in love with the great Pacific Northwest. The people here have been warm and friendly and there is something here for everyone.

I am learning that weather for this area will play a huge role in travel, activities, and plans. I had someone recently tell me that many of the storms that this area has had were NOT forecasted so if one is unprepared they can be alarming. These newsletters will always contain helpful weather related links, as well as other information to keep us prepared for emergency situations. I encourage all to visit these links before there is a threat. Having a plan and being prepared is something we should do and then review often with our family and those on our contact list.

I want to thank Admiral Taylor for extending to me the opportunity to work in this volunteer capacity as the Ombudsman for the -District 13 Staff and families. We have tremendous programs designed to help support all of us. If I can be of assistance or provide any resource information please do not hesitate to make contact with me.

Amy Lee
D13 Staff Ombudsman
cgd13ombudsman@gmail.com
206-780-6740

Save the Date...

MOAA will be hosting a Spouses Symposium on Friday, Feb. 8 at the University of Washington Tacoma - 0900-1500. There is no cost to attend the event. A complimentary box lunch is provided, along with free resume critiques and other special features. MOAA has crafted a day of professional development tailored for military spouses and is very excited to bring this event to the Northwest. The event will fill up quickly so register soon to reserve your space. Learn more [HERE](#)

2013 MOAA Military SPOUSE SYMPOSIUM

career on the move

A professional development conference for all military spouses.

FRIDAY February 8, 2013 | 9AM - 3PM
Tacoma, WA

Event Partner
W
UNIVERSITY of WASHINGTON
TACOMA

Sponsored by
TRIWEST
HEALTHCARE ALLIANCE

MOAA
Military Officers Association of America
One Powerful Voice.

Looking for a job now?
Preparing for a future career?
Find workshops and experts who can help.
Learn more and register for the MOAA Military Spouse Symposium today at www.moaa.org/spousesymposium

Panel: 5 Things Employers Want You to Know
Workshops & Seminars
Resume Writing & LinkedIn for Military Spouses
How to Pick a School and Fund College
Your 30 Second Commercial
The Dollars and "Sense" of Working Outside the Home

Panel: Real Spouses, Real Stories
How they managed career and military life, and how you can too

Special features from 8:30-4:00
Free resume critiques
Professional LinkedIn Photos*
*Restrictions apply. Visit moaa.org/spousesymposium.

Complimentary Lunch and Giveaways
Free gifts from the Stella & Dot jewelry line. Must be eligible. Learn more at www.moaa.org/spousesymposium. Quantities limited.

stella & dot
jewelry line.

Cold Winds Are Blowing...

Some great information from: <http://www.ready.gov/winter-weather>

Before Winter Storms and Extreme Cold

To prepare for a winter storm you should do the following:

- Before winter approaches, add the following supplies to your [emergency kit](#):
 - Rock salt or more environmentally safe products to melt ice on walkways. Visit the [Environmental Protection Agency](#) for a complete list of recommended products.
 - Sand to improve traction.
 - Snow shovels and other snow removal equipment.
 - Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
 - Adequate clothing and blankets to keep you warm.
- Make a [Family Communications Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS). Be alert to changing weather conditions.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.

Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.



Emergency Preparedness: <http://www.3days3ways.org>

Emergency/Disaster preparedness: <http://www.ready.gov>

Emergency-Disaster preparedness for kids: <http://www.fema.gov/kids/>

Federal Emergency Management Agency: <http://www.fema.gov>

Emergency/Disaster preparedness:
<http://www.redcross.org/services/disaster>

School Closure information: <http://www.schoolreport.org>

Weather information/warnings/alerts: <http://www.weather.gov>

Pet Emergency/Disaster Preparedness: <http://www.aspca.org/pet-care/disaster-preparedness/>



An Introduction to **CG SUPRT** by Kristin Cox

Have you ever felt like you'd like someone to talk with that is there JUST for you? Have you ever been overwhelmed with little stressors that build up? Do you have questions about how to best address a situation you or your family are facing? Does coping with financial difficulties or those post-holiday bills frustrate you? Then maybe **CG SUPRT** can help!

The **CG SUPRT** Program helps you resolve personal problems and life challenges before they negatively affect your health, relationships with others, or job performance. You can contact the program 24 hours a day, 365 days a year, by calling one toll-free number.

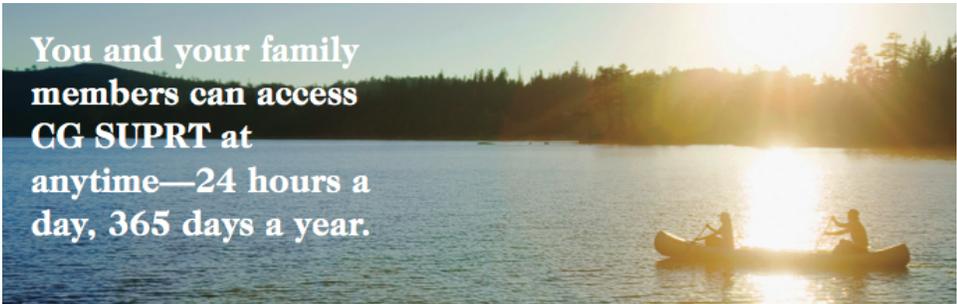
The **CG SUPRT** Program provides **FREE, confidential** professional counseling, education, and referral services to you and your family members.

CG SUPRT professionals can help you with a variety of issues:

- * Marital and family problems
- * Alcohol and/or drug abuse
- * Depression and anxiety
- * Work-related concerns
- * Career transition issues
- * Personal growth and development

In addition, CG SUPRT offers services that help you balance work with family and life events such as:

- * Parenting and childcare
- * Adoption
- * K-12 educational concerns
- * Colleges and universities
- * Services for older adults
- * Balancing work and family
- * Moving and relocation
- * Pet care
- * Locating recreational resources



**You and your family
members can access
CG SUPRT at
anytime—24 hours a
day, 365 days a year.**

All of this is available through the **CG SUPRT** toll-free number: 855-CGSUPRT. The **CG SUPRT** website is also jam-packed with helpful information, including articles, questionnaires, webinars & resources. Take a minute to check it out at www.cgsuprt.com. Also, there is **FREE** 90-day money coaching available as well. If you have any questions or concerns about using the **CG SUPRT** program, please don't hesitate to call one of your EAP Coordinators, Ms. Shirley Dujardin 206-217-6608 or Ms. Kristin Cox 206-217-6607.

Military Appreciation Ski/Snow Board Pricing:

<http://crystallmountainresort.com/Events/501/Military-Appreciation-SkiSnowboard-Day>

<http://www.summitatsnoqualmie.com/Tickets-and-Passes/Military>

How about some “indoor activities”?

<http://www.museumofflight.org/Military>

<http://www.greatwolf.com/grandmound/waterpark>

Columbia Sky View Observatory: <http://hstrial-cacrealestateman.intuitwebsites.com/SkyView.html>



Here's a great “Link”

<http://www.navylifepnw.com>

Search here for your closest Navy ITT office to find discount tickets and information about: cinemas, attractions, outdoor recreation areas, hotels, sports, theatres and performing arts, family friendly, transportation, dining, retail, services, museums, and seasonal.

*Learn more about their “**TRIPS and Tours**” at*

<http://www.navylifepnw.com/site/314/TripsTours.aspx>

Help is Just a Click Away
The Online Helpline provides live, confidential support, 24/7

or Call the Telephone Helpline
877-995-5247

GET LIVE HELP NOW

DoD
Safe Helpline
Sexual Assault Support for the DoD Community

24/7 Secure.
Worldwide.
Confidential.