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## D7 AtoN!

-ENS Fennessey

Hello all CYPRESS newsletter readers! For this third quarter edition of the newsletter I would like to personally thank each one of you for your countless hours, from sun up to sundown, working AtoN, standing a taut bridge watch, and fixing/responding to casualties which allowed CYPRESS to continue her mission each day. For the past three weeks, we navigated through unfamiliar waters, entered international ports, and became very familiar with the Puerto Rican lifestyle while in San Juan awaiting engineering equipment repairs and hosting FBI training.

CYPRESS serviced 16 aids to navigation in: Port Au Prince and Cap Haitian, Haiti; St. Croix and St. Thomas, U.S. Virgin Islands; as well as various small rocks and islands including Culebra and Sail Rock! Due to transfer season, CYPRESS was minimally manned, but with each crew member stepping up and filling the roles and responsibilities of missing positions, we were still exceptionally productive! CYPRESS encountered numerous engineering casualties, attempting to foil her operations, from rudder post noise to a major fuel oil leak. However, the crew came together allowing operations to continue (in some cases, well into the evening) and facilitating our return to home port right about on schedule! Speaking of the CYPRESS crew working together, we were also called to help other units as well. One of CYPRESS' own bilingual crewmembers, SN Diana Brown, was requested to partake in D7 Law Enforcement operations with a 110' CG Patrol Boat stationed out of Key West, where she served as the primary interpreter for the mission! Although family and friends were missed throughout the three weeks underway, I hope everyone took something away from this trip, whether it is a new memory with shipmates in our San Juan, PR port call, or a new bruise from Sail Rock Lighted Buoy 1!

Left: Crew stands assembled in support of NAS Pensacola's Battle of Midway Ceremony in June.

Lower Left: LTJG White reads LT Brickey's Black Hull certificate at his going away ceremony.

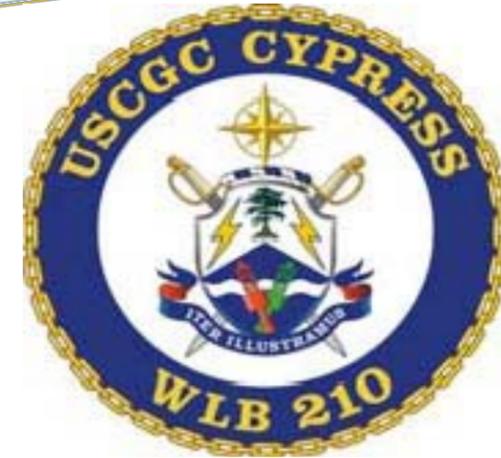
Lower: Middle: FBI Swat team gets ready to board CYPRESS during a joint agency training exercise in San Juan.

Lower Right: DC2 Robbins receives his CYPRESS plaque upon departure.



# 3<sup>RD</sup> Quarter of 2014 CGC CYPRESS

"Black Star of the Dixie Bar "



## Blue Angels Air show!



July 12<sup>th</sup>, 2014 will be the first time since 2012 that the Blue Angels will be back in action in Pensacola, FL. We will be working with NAS Pensacola Wednesday-Saturday to ensure family and friends enjoy this event!

### SPECIAL THANKS!

Special Thanks to LCDR Florentino for being a frequent CYPRESS Newsletter article author, as well as HS1 Culpepper, 1/c Rossi and BM1 Wright for helping out for this edition of the CYPRESS Newsletter in the great year of 2014!

## Table of Contents

- Meet the Crew! **P.1**
- CYPRESS Current Events **P.2**
- Captain's Corner! **P.3**
- D7 AtoN **P.4**

## Meet the Crew!

-by 1/C Rossi



Above: CYPRESS tied up at Guantanamo Bay, Cuba for dive inspection.

### XO (LT MULCAHY)

Born in Frankfurt, Germany but grew up in Fairfax, VA (just outside of DC). He has two half brothers and a half sister (all younger). He enjoys running, snorkeling, diving, and lacrosse. After graduating from the CG Academy in 2007, he served as a Deck Watch Officer aboard CGC SEQUOIA out of Apra Harbor, Guam; then as Executive Officer of CGC Aquidneck in Manama, Bahrain; then as CO of CGC REEF SHARK in San Juan Puerto Rico. Prior to here he was the Coast Guard fellow in the office of Senator Roger Wicker, the junior senator from Mississippi.

### BM2 PULLINS

Shipmate Pullins is originally from Dothan, Alabama where it is primarily Crimson Red, but BM2 cheers for the Terps since Maryland is where he spent most of his life. At home, he has a wife, Jenny, and two kids: his daughter Ava and his son Ayden. When he is home he enjoys time with his family and watching sports. Prior to CYPRESS, he was on the cutter CONFIDENCE where he struck BM, then went to Station Muskegon in Michigan. During his time here, he'd like to get all his quals including Deck Watch Officer (DWO), and make 1<sup>st</sup> class in his ultimate pursuit of becoming an Officer in Charge (OIC) at a small boat station.



CGC CYPRESS

WLB (210)

## 3<sup>rd</sup> Quarter Recognitions:

### Departed Crew Members:

"May the wind always be at your back and the sun upon your face. And may the winds of destiny carry you aloft to dance with the stars."

- LT Brickey  
CG Commendation
- Cadet Ltifi  
Letter of Commendation
- DC2 Robbins  
CG Achievement Medal
- FS2 Pitcock  
Letter of Commendation
- DC2 Doerr  
CG Achievement Medal
- MK3 Cravens  
Letter of Commendation

### Crew Member Awards:

Thank you to all those that strive to create a safe, professional, and hardworking work environment onboard CYPRESS. Your hard work and good conduct has not gone unnoticed!

- ENS Fennessey  
Sea Service Medal
- BMC Laatz  
Good Conduct Award
- BM1 Liuzzi  
Good Conduct Award
- MK3 Little  
Good Conduct Award
- EM2 Labianca  
Navy League Enlisted Person of the Year.

Lastly, special Congratulations to all the newly qualified personnel on board CYPRESS. During this trip alone, CYPRESS gained one U/W OOD, one U/W EOW, one Buoy Deck Safety, two Buoy Deck Riggers, two Oilers and three QMOWS!

### MEDICALLY SPEAKING: THE HPRC & DIETARY SUPPLEMENTS- HS1 Culpepper (Continued)

We often don't learn the dangers of these products until it is too late and they start causing adverse effects and health concerns. This is why we often see many recalls on supplements. This is where the HPRC can help. Checking for a USP seal is another option.

USP (United States Pharmacopial) is a nonprofit company that offers third-party, independent verification services for dietary supplement finished products and dietary ingredients. Any product with a USP seal has been certified for ingredient identity, strength, quality, and purity. Some products may be labeled as being laboratory tested. I recently asked our regional Pharmacy Officer, CDR Eddy about these claims. He agreed that these claims should be approached with caution as there is no way to know what company performed the testing, what types of tests were conducted, or what standards they were held against. Another big deal is that recent state laws now allow the sell and manufacture of marijuana within certain states (Colorado and Washington). Supplement companies within these states are getting in on the act and making products containing hemp. Just because these may be legal in a couple of states they are still illegal in the rest of the country and for all military members (regardless of your location). So, the next time you're in your favorite supplement shop check the labeling before you buy and if you really want to know what's what visit the HPRC website and ask the expert.

## Captain's Corner:

LCDR Amy Florentino

### Greetings CYPRESS family and friends!

Another quarter quickly slipped away & CYPRESS continued to stay busy with operations and maintenance. Early in the quarter we exited an extended dockside maintenance period and turned back toward operations. We serviced buoys along the Gulf Coast from Galveston, TX to Pass a Loure, LA. We even took a 5 hour trip up the Mississippi River to fix a discrepancy for the BARBARA MABRITY, who was still in Baltimore at the CG Yard. We successfully completed a Buoy Handling Systems groom, where a visiting team inspected all of our weight handling equipment. We also faced a crane casualty that delayed a planned ATON trip. That casualty coupled with historic flooding in Pensacola, put a damper on things for a few weeks. Several crew members lost vehicles and housing. Luckily, everyone was safe, found new places to live and had insurance



Above: Sail Rock juts out of the water in the U.S. Virgin Islands as CYPRESS works an aid nearby.

for their vehicles. In true CYPRESS spirit, the crew even volunteered to help Manna Foodbank clean their warehouse after the flooding caused a complete loss of inventory. After recovering from these unexpected events, we completed another ATON trip to Texas and Mississippi to fix several discrepant buoys that were either missing, off station or not watching properly. Finally, in June we set off to the Caribbean for a 3 week ATON deployment. As we get back into the Pensacola area, we will continue to have a busy schedule through July including Blue Angels & a NOAA trip. Thanks for your strong efforts and keep up the good work.



Left: The Deck Force gets ready to set a foam buoy back on station in Port Au Prince, Haiti. The U.S. Coast Guard marks critical Haitian ports to assist in navigation during migrant interdiction operations and the associated repatriations.

Below: ET2 McDonnell practices law enforcement techniques after being pepper sprayed.



Below: A fully loaded CYPRESS buoy deck and forecastle on our Caribbean deployment.



## CYPRESS Current Events

### CYPRESS GOLF BM1 WRIGHT

Members of the CYPRESS golf team competed in and won the annual Fairways for Freedom golf tournament held at Tiger Point Golf club in Gulf Breeze. Sparked by the incredible play by LTJG James "Viper" Bertram, the silky smooth putting stroke of CWO Witbracht, untimely course knowledge from EM2 Labianca and the precision cart Driving of BM1 Wright, the team was able to capture a two stroke victory over the Army, Navy, Marine Corps and Air Force Teams! This tournament is held annually and put on by the Gulf Breeze Chamber of Commerce. The trophy will be ours to keep for one year until we defend our title next year.

### FOOD SERVICES AWARD ENS FENNESSEY

For the second consecutive year, the Food Specialists division on board CGC CYPRESS has brought Mighty Warship 210 the distinct Coast Guard Dining Facility of the Year, on Medium Afloat Cutters, Award. The FS division, consisting of FS1 Cochran, FS2 Pitcock, FS3 Bahn, and FS3 Sarnowski, has continued to provide CYPRESS crew members with healthy, yet enticing meals continuing to raise morale and allowing CYPRESS to carry out her missions. Once again Brazo Zulu to all the mentioned crew members and keep

### MEDICALLY SPEAKING: THE HPRC & DIETARY SUPPLEMENTS- HS1 Culpepper

Did you know that the DOD has a website that can help you form diet and fitness plans and also aid in your choice of dietary supplements? The Human Performance Research Center is a great resource that is available free of charge. This asset has a vast amount of information on nutrition and dietary supplements. Have you ever wondered exactly what is in the supplement you are taking or if it's even worth taking at all? The "Ask the Expert" program allows questions to be submitted to the HPRC's panel of supplement and nutrition experts. "Ask the Expert" is also military branch specific, which means by the click of a mouse your supplement can be compared to current CG policies.

You may be wondering... why are supplements such a big deal? Well, they are unregulated by Federal Law, which leaves any company making a product labeled as being "natural" or a "supplement" with a lot of freedom and this freedom is often abused. Claims do not have to be proven, amounts may or may not be accurate, and studies are not necessary to sell a product.

(Continued on Pg. 3)



Above: The galley staff from left to right (FS2 Pitcock, FS3 Sarnowski, FS3 Bahn, and FS1 Cochran --- winners 2<sup>nd</sup> year in a row.



## CYPRESS VISITORS

We welcomed with open arms, shared experiences, and said our goodbyes. Let us remember those that sailed with Cutter CYPRESS this past quarter.

- 1/c Cadet Ltifi



## UPCOMING EVENTS

**8-12 July: Blue Angels Air show!**  
A few days working in conjunction with the Blue Angels to prepare for the Air Show held on Saturday 12 July, 2014!

**04 August** : Coast Guard Day celebration, CG Station Pensacola (tentative)

**31 October** : CYPRESS Haunted Ship, downtown Palafox Pier (tentative)

POC for all events is LTJG Nathan White or ENS Fennessey at (850) 452-9044.