



CYPRESS TIMES

QUARTERLY NEWSLETTER



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CYPRESS CHANGE OF COMMAND

BY: ENS CHRIS MONACELLI

The ceremonies, customs, and traditions of today’s Coast Guard draw their origin from ancient customs and laws of the sea, beginning in historic times by seafaring men and gradually merged into British Naval Regulations in effect at the time of the American Revolution. The Change of Command ceremony is a custom wholly naval and unique to the seagoing services. Custom has established that this ceremony be formal and impressive - designed to strengthen the respect for authority which is vital to any military organization. The heart of the ceremony is the formal reading of official orders by the relieving officer and the officer to be relieved. Command passes upon the utterance by the relieving officer, “I relieve you, Sir!” The officer being relieved responds, “I stand relieved.” This simple procedure is duplicated hundreds of times everyday throughout the Coast Guard and navies of the world as each watch officer passes responsibility to his relief in the conduct of each ship’s routine. This ceremony remains unique in the world today - it is without equal as a total transfer of responsibility, authority, and accountability from one individual to another.

On July 2, 2013 CYPRESS conducted it’s fourth Change of Command, during which LCDR Amy Florentino relieved LCDR Paul Morgan. The ceremony also included LCDR Morgan’s retirement ceremony, after serving over 25 years with the U.S. Coast Guard. So please welcome LCDR Florentino as CYPRESS’ new commanding officer and wish Mr. Morgan “Fare winds and following Seas” as he begins a new chapter in his life.

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MID-HURRICANE SEASON REMINDERS

So, we have successfully made it halfway through Hurricane Season 2013. That being said, we still have two months remaining until the season is over. As we get ready for the second half of the season to kick off I just wanted to send out a few reminders for CYPRESS' crew and her dependents.

1. In event of an evacuation, crew members are responsible for updating the status of their dependents in CGPAAS. When you respond to the text or email that will only update your individual status. So crew members must login into CGPAAS accounts and update the status of each of their dependents. If there are any questions regarding this please feel free to contact either YN2 Suggs or ENS Monacelli.
2. In the event of an evacuation, CYPRESS' designated safe haven is Maxwell AFB, outside of Montgomery, AL. Maxwell AFB is one of the only safe havens that authorizes pets, but entry there is on a first come first serve basis, so make sure you have a back-up plan if you are unable to stay there. If you are unable to stay at Maxwell AFB, dependents will be authorized to stay in lodging in that area.
3. Ensure that you are keeping a constant eye on the weather!!! You never know when a storm may form.
4. Make sure that your family is prepared (i.e. evacuation plan, updated insurance, get necessary food supplies, board your windows, etc.)

This is just a few brief hurricane season reminders, so if you would like more information please feel free to contact ENS Monacelli. We can get you whatever you need to become more prepared for hurricanes. Stay Safe!!!

AND BOOM GOES THE RIG

BY: ENS JAMES FENNESSEY

CYPRESS! Because I am the one that called most of you during the last two recalls and some of you have had to hear my voice two too many times while on liberty, I feel it is my obligation to give you all a shout out for at least one of those recalls, our Hercules 265 operation from 23JUL-29JUL.

After liberty was granted. We had SN Avans and BM3 San Diego in their berthing pretending to be in the WWF, Mr. White and Mr. Monacelli arguing about who does less work during the workday, and Ops realigning the tires on his bicycle getting ready to head home. At about 1330 the first call to CYPRESS was made regarding the Hercules 265 rig explosion. The duty section was made aware that CYPRESS had the potential to be recalled and was expected to get underway that evening. And of course, just a couple hours later, the duty section was chipping away at the recall log, brightening the day of each crewmember they informed. But I know that no one was upset when they got the call because we were about to do what we joined the Coast Guard for; to get underway and lead.

The first shout out is to the duty section for initializing a successful recall and to the entire crew for reacting in such a timely manner. In just a few short hours, you all had to get underway. Even though we were in a 24 hour recall status, we were able to answer the call in just under 5 hours. The second shout out is to each and every one of CYPRESS' family members and loved ones who had to cope with such a spontaneous schedule and unexpected mission.

During the trip, CYPRESS was able to knock out a lot of training with the many new crewmembers that had recently reported aboard. This helped them to complete their qualifications and ultimately helped to augment watch rotations. This leads to my third shout out: to all the qualified watchstanders that stood watch during this trip. With so many qualified watchstanders that had recently transferred the duty rotation for all watch positions, from helm and lookout through EOW, were very small. Watchstanders were able to focus on the mission, even with the limited amount of time away from the bridge, flying bridge, or machinery spaces. A big thank you to Captain and XO for helping the struggling U/W OOD rotation by standing in and taking watches to relieve some of the pressure as they stood 1-and-3's.

My final shout out is once again to the entire crew! Thank you for being so flexible during the entirety of this mission. Although we were not informed of new tasks until just before they were assigned to us throughout the week, each and every one of you remained dutiful and open minded for what D8 and Sector New Orleans had in store for us. This week long mission proved the compatibility of our crew and impressed Admiral Cook. It also proved that although a mission might interfere with previously arranged work, we understand that we joined the Coast Guard to serve our country and will stop what we are doing when we are called into action.

Thanks for listening!



N H Z B T T R O P A P L E X C X S
 Z A Q R D C W O S P O S K M S D C
 F W F U E R L Z B A R W E R T C T
 V O D M A D A U V I T N N H R G W
 S B P W A R D O C M E L E R A Z G
 U N R Q A R T U B L R Q D X H G D
 M K I O Z P B E R R L O F K C S K
 B Q M P N F S P R L A L T C K U U
 T V P O C D W T N D O T Z E M B Y
 O F O B C E E B A R E H S N O T Y
 A T L C K C P S E C M C X E T U X
 N G I N M X S N T K I U K S M M J
 C L A A T Z T A F V K B L O B W I
 H E T H K I F J Y C E M B O L A M
 O X N Y N F K W S E H D G G K J I
 R Y A O F N G Z M U A V T D O L N
 L V F H W G G T T E J I R E P T Q

WORD BANK

FLORENTINO
 DENEKE
 PORTER
 LAATZ
 RONDESTVEDT
 ANCHOR
 PORT
 STARBOARD
 FANTAIL
 CHARTS
 BOW
 CATSPAW
 GOOSENECK
 RUDDER
 ECPINS
 QUARTERDECK
 AFFF
 PERIJET
 RAMFAN

Confessions of an Outpatient Supervisor

Get to Medical 15 Minutes Early... We'll See You in an Hour

By: HS2 Thomas Culpepper

Probably one of the most consistent complaints (besides parking) concerns wait times at medical facilities, and especially military treatment facilities. As a health services technician, I would like to give our readers a behind the scenes look and shed some light on this ever frustrating issue.

Previously, I was an outpatient supervisor at HSWL New London, or for the sake of acronyms we'll just call it the Coast Guard Academy Clinic. This is one of the busiest clinics in the Coast Guard. I have seen the best & worst of CG medicine and I would like to share the reasons behind the time honored tradition of spending ill-honored time at medical.

1. The Length of Appointments

All routine appointments slots are 20 minutes. That means every appointment is 20 minutes long (apart from being a physical exam or minor surgery). ***This is the #1 reason why clinics can't stay on time with their patients.*** What may be a simple cold or musco-skeletal injury in reality can be seen within 20 minutes or so... but if there is a need for labs, x-rays, or a slew of other medical tests... what could have been a 20 min. appointment easily mutates (much to our grief) into an hour long evolution. I honestly think every appointment should be 45-60 minutes long. Health care shouldn't be rushed; it's not like fast food... if we forget extra cheese we can't just say "whoopsie!".

2. The Docs

Some people work fast & some people work slllooooooooww. This is no more evident than in the medical field. I've worked with docs who strived to see their patients on time & make a diligent effort to be punctual throughout the day. ***I've also worked with docs that couldn't see a patient on time to save their life (or the patients).*** Some docs would be backed up as far as 4 or more patients. At times I found myself lying to patients, telling them it would be about 10 minutes before anyone would see them (when I knew realistically it was more like 20). So if a staff member quotes you a wait time multiple by 2... or 3.

3. Supply & demand & the numbers game

As with any other government job, you guessed it, we also get shorthanded. You may have heard the motto "do more with less", well at times we tried to do everything with next to nothing. The silliness of it all is that a new HS billet cannot be assigned unless we have met a patient quota... at which point the newly assigned billet would be all for not; since our work load may have already doubled and we were overrun to begin with. ***Back then, I had days when there were 20 plus cadets at sick call & maybe 1-2 corpsmen in the whole department.*** You can bet your next set of exam shorts that it didn't take too long before every one that walked in after that would be waiting... too long.

Conclusion: most clinics open at 0700 & return from lunch at 1300. If possible try & get the first appointment (0700 or 1300) that way you can be confident that medical is not backed up; at least not yet.

EXCITING UPCOMING LOCAL EVENTS

Ever get tired of doing the same stuff over and over? Well the answer to that is most likely yes; sometimes it is good to experience something different, below are some upcoming events happening in Pensacola, FL over the next few months, details are provided below...KCCO shipmates!!!

October 17, 2013 - October 27, 2013

Pensacola Interstate Fair

Pensacola Interstate Fairgrounds
6655 Mobile Highway
Pensacola, FL 32526



Fair features big-name entertainment in addition to games, rides, agricultural and education-oriented exhibits and displays.

October 18, 2013 - October 19, 2013

Haunted House Walking and Trolley Tours

6:30, 7, 7:30, 8, 8:30 p.m.
Pensacola Historical Museum
115 E. Zaragoza St.
Pensacola, FL 32501



The ghosts of downtown Pensacola are back! Tours run every 30 minutes between 6 p.m. and 8:30 p.m. Tours last one hour. Ghost Meter rentals are only \$5.00 per tour per participant. Prepaid reservations required. Call 850-595-1559 to purchase tickets over the phone.

October 25, 2013 – October 26, 2013

USCGC CYPRESS Haunted Ship

5:00-10:00 p.m.
Palafox Pier Downtown Pensacola



EXCITING UPCOMING LOCAL EVENTS

October 25, 2013

Pensacola Beach Glow Run

7p.m.-11p.m.

Gulfside Pavilion

Casino Beach Blvd.

Pensacola Beach, FL 32561



The Pensacola Beach Glow 5k Run/walk event is an exciting and unique event that is novel to the Gulf Coast area. Come nightfall, participants will run a 3.1 miles course on Pensacola Beach, illuminating the night with neon lights, black lights, and glow sticks. Once the participants reach the finish the line, they will be greeted with a post-race after party featuring locals DJs, performers, and bands performing late into the night. Never before has Pensacola experience such an exhilarating event geared towards participants of all ages.

November 22, 2013

Season Lights Up -- Islandwide

6 p.m.

735 Pensacola Beach Blvd.

Pensacola Beach, FL 32561



Be on Pensacola Beach as the island comes to life with holiday lights. Refreshments at Pensacola Beach Visitor's Center.

October 12, 2013

Pensacola Mud Run

Starts at 7a.m.

St. Matthews Baptist Church

3047 County Hwy 95A

Cantonment, FL 32533



Climb over it, crawl under it, wade through it and get SUPER MUDDY! Start and finish on over 100 acres specifically developed for this top notch, challenging event. Stay head to toe muddy on every step of this 3 mile loop where you will traverse 13 professionally designed obstacles. Obstacles range from balance beams across 3 feet of muddiness, rope walls, mudslide, military crawl, ice pits, dirt mogels, tires, haystack climb and more! Test yourself at the 2013 Pensacola Mud Run. This professionally designed course is CHALLENGING, MESSY and LOADS OF FUN! *Note there is a 10% discount available to military, select Military option online during the registration process. Military ID is required at Packet Pickup.

View more events at <http://www.visitpensacola.com/events/events>

LINKS IN THE CHAIN

BY: ENS CHRIS MONACELLI

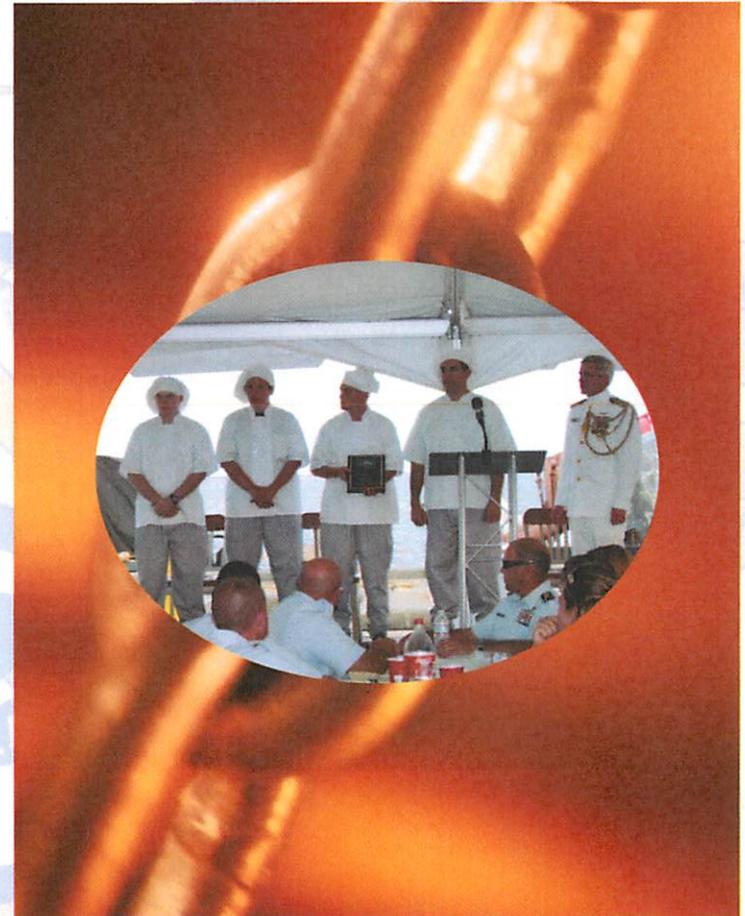
Hello again, CYPRESS newsletter readers. This edition I will be focusing on the Food Service Specialist position onboard the ship

The food service specialists are responsible for providing meals to the entire crew three time a day, every day of the year. Underway they even provide a late night snack for the members of the crew with watch throughout the night.

There is always a cook on duty and they create a wide variety of dishes from filet mignon to king crab to crawfish etouffee. In order to accomplish this they work long hours in the galley starting the day before most of the crew is awake and not finishing until long after the work day has been completed.

For our ship, the galley (aka the kitchen) is allotted over \$15,000 each month to feed all the crew members. It is quite a lot of responsibility to keep track of all those funds as well as going through the correct vendors. Cooking the food is only part of the job and there is a whole other administrative side that can be easily overlooked. The food service specialists continually look out for the crew, often extending meal hours until evolutions can be completed and everyone can eat. I know that I speak for everyone on the ship when I say that I truly appreciate our Food Service Specialists and the excellent job that they do.

So needless to say, Food Service Specialists are essential to the operation of the cutter. Therefore, I would like to personally thank all the FSs for their hard work and devotion to duty in making sure that we are all fed well. We salute you CYPRESS Food Service Specialists!



4th QUARTER RECOGNITIONS

DEPARTING CREW MEMBERS

As every one knows, as much as crew likes when new people arrive, it unfortunately means others must say goodbye. One of the most amazing things about the Coast Guard is that even though crew members come and go, there still is a good chance that we will serve with each other once again. So we would like to thank the following members for their hard work while stationed aboard CYPRESS and wish them good luck down the road ahead:

- EM2 JOSHUA BELL: Letter of Commendation
- LCDR PAUL MORGAN: Meritorious Service Medal
- LTJG KYLE REESE: Letter of Commendation

CREW MEMBERS AWARDS

We would like to recognize the following crew members who have received awards this quarter for their hard work, good conduct, and devotion to duty:

- LT STEPHEN BRICKEY: Permanent Cutterman's Pin
- EM1 ARON EVANS: 3rd Good Conduct Award
- SN STPEHEN TAYLOR: 1st Good Conduct Award
- SN AVANS: Sea Service Ribbon
- ET2 MICHAEL McDONNELL: Sea Service Ribbon
- FS3 WILLIAM SARNOWSKI: Sea Service Ribbon
- CYPRESS: Meritorious Unit Commendation for Hurricane Isaac Response

NEW CREW MEMBERS

So now that transfer season is over, we would like to welcome our new shipmates aboard mighty CGC CYPRESS:

- LCDR AMY FLORENTINO
- LTJG JAMES BERTRAM
- EM3 CARRIE McCORKLE
- SN SHANE O'BRIEN
- FN GEORGE JOHNSON
- SN DIANA BROWN
- BMC J LAATZ
- ENS JAMES FENNESSEY
- BM1 EUGENE WRIGHT
- BM2 AIMEE BUFORD
- ET2 MICHAEL McDONNELL
- BM3 COLIN STODDARD
- EM3 JACK WATKINS
- EM3 MICHAEL MAY
- FS2 EILEEN PITCOCK
- MK3 JAMES BANKS
- MK1 MATTHEW STEWART
- MK1 CHAD LANCTOT

CAPTAIN'S CORNER

Greetings CYPRESS family and friends,

I can't believe it is already time to write my first Captain's Corner for the cutter newsletter. It has been a busy few months since the Change of Command and the quarter is quickly coming to an end. Including myself, CYPRESS welcomed aboard 18 new crew members this summer. Needless to say, we have been doing a lot of training and orientation in addition to our regular duties. One of my goals following the Change of Command was to sit down with every crew member and find out more about their background, experiences, and future aspirations. I have had the opportunity to interview all new personnel, 1st Class Petty Officers, Chief Petty Officers and Officers. My next step will be to sit down with 2nd/3rd Class Petty Officers and Seamen/Firemen. While this process takes a while, it is really important for me to take the time to find out what makes people tick and create a climate where everyone can succeed.

Though I didn't get a chance to meet everyone, it was nice meeting many of the families at the Coast Guard Day picnic. Held aboard Station Pensacola, the picnic was a great opportunity to get together with our local Coast Guard community and honor the service. From all accounts people really enjoyed the football game, great food provided by the Chief's mess, and waterslide/bounce house. My daughter was especially excited to meet EM1 Evan's puppy. Our next major family event is the Haunted Ship at the end of October. During this event last year, CYPRESS raised over 3,000 pounds of food for the Manna Food Bank. I hope that I get the chance to meet the rest of you there.

This past quarter, I also had the honor of meeting with our Ombudsman, Ms. Cara Doerr. For those who don't know, the Ombudsman serves as liaison between the command and families. The morale and mission readiness of our personnel are directly related to the health and well-being of their families. The Ombudsman Program is a Coast Guard-wide program established to help ensure our families have the information necessary to meet the challenges of a military lifestyle. The Program assists me by providing a better understanding of the welfare of CYPRESS' families and helping us to better prepare to meet emergency situations. Additionally, Cara is there to help ensure CYPRESS family members have access to available resources when personal issues or emergent situations arise. Give her a call if you need her assistance or want to find out more about her role.

After last year's hectic schedule with AMIO operations, Hurricane Isaac, Superstorm Sandy, and TSTA we had a much more reasonable pace of operations this summer. It was a nice respite, but I wanted to take the opportunity to remind everyone that it might get busy again. CYPRESS is the largest and one of the most capable assets in Coast Guard District 8 and the Gulf of Mexico. Though our primary mission is buoy tending, the cutter was designed to complete 60% ATON and 40% Multi-mission. We are expected and relied upon to respond to the Coast Guard's needs. One of my goals is to be as transparent with the schedule as possible. As long as there are no Operational Security concerns, I will ensure the crew is kept informed of our intended schedule. Currently, we have things penciled in through March 2014. OPS and I are working the long range schedule right now and should have a rough plan done in the next few weeks. However, as we saw twice this summer, sometimes the schedule is out of our hands. We will try to minimize those instances, but I ask your support and flexibility when they inevitably come up. I was pleased to see that the crew was ready to respond when we were recalled with short notice in July and September. During the first recall we found ourselves as On Scene Commander for the Hercules 265 natural gas rig explosion. The second recall tasked CYPRESS with the transfer a Cuban migrant back to the Key West area. Thank you for being flexible during these two unanticipated recalls. I know it is hard to suddenly have your loved one get underway with just a few hours notice. I also understand that the lack of information and unknown schedule makes it even harder. Know that the District Commander in New Orleans has been very proud of the CYPRESS crew. They have displayed their proficiency, professional attitudes and ability to complete any mission asked of them. Bravo Zulu to the families for all your support in making this happen.

Semper Paratus!
LCDR Amy Florentino