



## FROM THE COMMANDER

### Mission: Prepare the Workforce by providing

- Clear Tactics, Techniques and Procedures
- Relevant Training
- Quality Assessments

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Welcome to the first 2014 edition of the FORCECOM newsletter. I hope everyone had a safe and happy Holiday Season and was able to recharge their batteries. Since our last newsletter, so much has happened—we have a lot to be proud of throughout FORCECOM!

Our Exercise Support division has been busy planning how to best support many field exercises this year within budget and travel constraints. They've also been planning for an upcoming National Level Exercise, focused on a west coast earthquake scenario. Our Tactics, Techniques and Procedures division continues to publish high quality TTP to help our shipmates better perform their missions. This quarter, the division finalized several joint TTPs with the DOD—no small accomplishment. Our Assessments Division has been planning how to conduct hundreds of assessments within resource constraints and is piloting a new virtual inspection program to conduct these assessments remotely. Within our Training Division, we continue to meet the dynamic throughput requirements of our A-schools and prioritize critical functions including C-schools and tuition assistance. Our Business Operations Division has been helping our divisions navigate through a very dynamic resource environment, while also improving our ability to plan for and track our expenditures. This is just a small slice of the great work that is happening at FORCECOM, and I am extremely

proud to be a part of it.

Assignment season is getting into full swing—with the recent release of the Captain assignments, I am very excited about the outstanding senior leaders who will be joining our team this coming year. They have big shoes to fill:

- CAPT Greg Wisener, currently CO of CGC FORWARD, will be relieving CAPT Andrea Marcille of command of the LDC in New London, Conn.
  - CAPT Tom McDonald, currently the Executive Assistant to the Assistant Commandant for Acquisitions, will be relieving CAPT Tom Maine at ATC Mobile.
  - CAPT(s) Juan Lopez, currently a V2 Squadron CO, will be relieving Capt Willy Wolter as the new FC-P Division Chief.
- I am also extremely proud of the Captains and Captains-select from FORCECOM who are going to significant leadership positions in AY14:
- CAPT(s) Matt Walker, CO of ATG San Diego, will take command of the POLAR STAR.
  - CAPT Amy Cocanour, XO of SMTC, will take command at Sector Lake Michigan.
  - CAPT(s) Dante Vinciguerra, of our Command and Ops School at the LDC, will take command of CGC RUSH.

In our next issue, we'll feature some of the ways FORCECOM personnel can help take control of their careers to ensure long-term Coast Guard success.

Wishing you a very happy and productive 2014!

## FROM THE CMC



Happy New Year, shipmates!

I'd like to take this opportunity to introduce you to the Leadership and Diversity Council (LDAC). LDACs help improve command climate and foster an inclusive workplace. Each unit with 50 or more active duty, reserve, and civilian personnel is required to have one; it's optional for other units.

CWO Chad McNeill, part of the FORCECOM Assessments division, is FORCECOM's LDAC representative to the DCMS's LEAD (Leadership & Diversity Advisory) Council, which reports directly to the Commandant. While each unit's LDAC reports to its own command, CWO McNeill is available to assist, on request, with unit issues. He can also help channel larger concerns to the Lead Council.

If you have a concern or leadership best practice you'd like to highlight, please bring it up to the LDAC Chair at your unit. If your unit or detachment doesn't have an LDAC, you can attend the meeting of a larger command nearby (doesn't have to be a FORCECOM unit), or, contact CWO McNeill. Throughout the Coast Guard, larger commands are welcoming members from nearby smaller units to participate in their LDACs. If you fall in this category, I encourage you to introduce yourself to the larger command's LDAC chair and request to participate in their meetings.

Best wishes for a successful and happy new year!

## FORCECOM ACCOMPLISHMENTS

In 1st Quarter FY14,  
FORCECOM...

- Executed 3 exercises.
- Produced 1 new and 2 revised Tactics, Techniques, & Procedures documents.
- Conducted 129 assessments.
- Graduated 335 recruits.
- Convened
  - 29 A-School sessions with 435 graduates
  - 326 C-school sessions with 3,970 graduates
- Delivered 107 E-Learning Courses with 148,327 graduates.
- Provided \$829K in Tuition Assistance, supporting 1141 personnel, 1,621 courses, and 5,050 credit hours.

## INTEGRATED PROCESS TEAM MEMBER IN THE SPOTLIGHT

**Mr. Richard Stoud, Performance Analyst, FC-Pp**

**F**orce Readiness Command's Tactics, Techniques, and Procedures Division, FC-P, prepares the workforce by developing current, useful, and accessible TTP for operational and mission support tasks.

Each TTP document is created by an Integrated Process Team, a group of subject-matter experts and stakeholders from throughout the Coast Guard guided by one or more members of the FC-P staff. IPT members are the lifeblood of the TTP development process.

One of the busiest IPT members in recent months has been LT Tolan Blanchard, Damage Control Program Manager at the Headquarters Naval Projects Division (CG-452). LT Blanchard develops, coordinates, administers, reviews, and evaluates sustainment plans, policies, procedures, and performance standards for surface assets. He coordinates process reviews and analysis for engineering maintenance and logistics issues, and facilitates program and policy integration questions for general naval engineering and industrial policy, damage control policy, and environmental policy. He also serves as a liaison to the Naval Sea Systems Command (NAVSEA).

LT Blanchard, a former Damage Controlman with both enlisted and officer experience afloat, has served as an IPT member for three different TTPs in the last six months: Repair Party, CASREP Reporting, and Shipboard Fire Prevention and Fire Marshal. For each of these projects, LT Blanchard has recruited additional subject-matter experts to the IPT, researched and collected references, and answered countless questions from project integrators and developmental editors at FORCECOM's FC-P.

LT Blanchard's valuable field knowledge helps FC-P create fleetwide standards of performance. LT Blanchard's contributions, along with those of other IPT members, help FORCECOM improve the proficiency of the rank-and-file Coast Guard workforce performing real-world missions.



**LT Tolan Blanchard, CG-452**

## COAST GUARD READINESS REPORTING: BEHIND THE SCENES

**Ms. Paula Ross, FC-P**

**A**fter retiring from the Navy with over 30 years of service, Daniel P. "Skip" Shaw, FC-Aa, now uses his substantial maritime experience and organizational management skills to help FORCECOM build a readiness reporting system to meet both Title 10 and internal Coast Guard requirements.

The Coast Guard Resources and Capabilities Evaluation (CG-RACE) system delivers a streamlined readiness reporting tool which allows the chain of command to allocate the right capability, with the right resources, at the right place to accomplish the assigned mission.

I recently interviewed Mr. Shaw about this system.

### **What inspired you to work for the Coast Guard?**

*My last active-duty assignment with the U.S. Navy was as Director of Fleet Readiness Reporting at U.S. Fleet Forces Command, where I was the manager of the Navy's Defense Readiness Reporting System. I used to wish, "If only I'd been in on building the system from the beginning." When the prospect presented itself to work with FORCECOM, I jumped at the chance to compete for the position.*

### **What is your approach to readiness reporting?**

*Our deckplate leaders need a tool that is quick and easy and provides information to inform senior leaders. We need a model that allows a consistent framework for discussing resources, training, and operations.*

### **What will make the CG-RACE system effective?**

*This system provides a more appropriate way of building readiness understanding for the Coast Guard than merely putting "stop light" indicators in front of senior leadership. We use capabilities-based assessment, integrate operational risk management, and provide an indicator of resilience to inform a more involved discussion of readiness. Senior leadership has endorsed the CG-RACE approach. We continue to build the system to achieve full operational capability. One of the key parameters I insist upon is that it should take operational units no more than 30 minutes to complete the readiness report.*



**Mr. Skip Shaw, FC-Aa**

# FLYING INTO THE

# SUNSET



LT Jonathan Parkhurst, ATC Mobile

An era ended Nov. 13, 2013, when the final HU-25 Guardian assigned to Aviation Training Center Mobile departed for Bradley International Airport in Hartford, Ct., to be put on display at the New England Air Museum.

The early-morning departure ended more than 31 years of dedicated maritime patrol service flown by the Guardian from the Coast Guard's largest aviation unit. During that time, the airframe served as a platform for student training, law enforcement, search and rescue, migrant interdiction, and other Coast Guard missions.

After converting the Dassault Falcon 20 jet for maritime service, the Coast Guard launched the aircraft's flying career at ATC Mobile on April 2, 1982. Forty-one aircraft were delivered over the course of the contract, the last arriving in December 1983.

While at ATC Mobile, the Guardian—also known as the Falcon—was used to train and qualify 627 pilots. Training included basic airmanship, instrument flight, in-flight emergency response, and operational maneuvers. This training was carried out alongside ATC Mobile's busy operational

mission. ATC's Operations Division provided a Bravo-Zero ready aircraft to the District Eight Commander 24 hours a day, 365 days a year, every year the aircraft was in service.

The most notable Guardian pilot is also the Coast Guard's longest-serving aviator, Ancient Albatross and Vice Commandant Vice Admiral John P. Currier, who was designated in the HU-25 in January 1985.

Amassing over 500,000 flight hours, this aircraft has proven its multi-mission capability again and again, from its first search and rescue case on Sept. 15, 1982, to its employment for oil spill mapping in the wake of the first Gulf War.

With a top speed of 420 knots (483 mph) at altitude and 350 knots (402 mph) at sea level, the Guardian remains the fastest maritime patrol/rescue asset ever used by the Coast Guard. Both NASA and the U.S. Air Force continue to capitalize on the HU-25's capabilities in support of scientific and national security missions.

MOBILE, Ala.—An HC-144A Ocean Sentry waits on the runway as an HU-25 Guardian takes off from ATC. The Ocean Sentry is replacing the Guardian. U.S. Coast Guard photo/Mr. Mark Henley.



# HIGH-RISK TRAINING

# WHAT IS IT?

By LCDR Joshua Burch, High Risk Training Manager, FC-tot  
LT Andrew Vicks, Performance Analyst, TRACEN Yorktown

The Coast Guard has always been, and always will be, an organization comprised of dedicated and courageous men and women willing to take the greatest risks to complete their assigned missions.

We all understood when we took our oaths that we could one day be called upon to fly a helicopter into a nor'easter on a search and rescue case, ride a small boat into the pitch dark on a freezing night to protect our borders, or interdict a non-compliant vessel by rappelling down a rope from a hovering helicopter. These are the routine actions of our heroes after whom many cutters and training center buildings are named.

The Coast Guard continues to require high-risk operations, particularly in response to evolving service missions. The risks we take are not just in the rare moments when our mission requires such feats, but throughout the years of training undertaken to adequately prepare us for those critical moments.

Training for these operations has unfortunately, though rarely, involved tragedy. This was the case in 2010 when we lost a valuable shipmate, ME3 Shaun Lin, during the hook and climb training portion of a Basic Tactical Operators Course.

In the wake of that mishap, senior leadership emphasized the importance of identifying high-risk training and instituting systemic procedures and requirements to mitigate excess risk. FORCECOM, in its role of preparing the Coast Guard workforce for all mission areas, has been working diligently to standardize high-risk evolutions through unified Tactics, Techniques, and Procedures and training.

As a result of deliberate planning from FORCECOM's TTP division (FC-P), involving input from multiple subject-matter experts, multiple TTPs have been promulgated for the Coast Guard addressing the specific high-risk activities identified in the Deployable Support Forces Tactical Operations and Operator Policy, COMDTINST 16600.7 (series). These activities include hook and

**“ALL FORCECOM-LED TRAINING ACTIVITIES, COURSES, AND EVOLUTIONS THAT EXPOSE PERSONNEL (STUDENTS, INSTRUCTORS, SUPPORT STAFF) TO A HEIGHTENED LEVEL OF RISK THAT WILL LIKELY RESULT IN DEATH, SERIOUS BODILY INJURY, OR LOSS OF AN ASSET SHOULD A MISHAP OCCUR DURING TRAINING OR EXERCISES.”**

*- FORCECOM SOP V. 14*



*Coast Guard tactical law enforcement personnel perform hook and climb training aboard the CGC Frank Drew. U.S. Coast Guard photo.*

climb, vertical insertion using fast rope, and close-quarters combat.

FORCECOM's FC-P division continues to work closely with program managers and field operators to revise these instructions and create new ones where necessary, in order to continue improving and standardizing the conduct of high-risk operations throughout the Coast Guard.

In order to operate safely in high-risk situations, personnel need to undergo significant preparation in a comparable training environment. FORCECOM constantly works to align its training with actual field conditions and expectations, and high-risk operations were no exception.

Paralleling the high-risk TTP development was the recent completion of FORCECOM's High-Risk Training Standard Operating Procedure, Volume 14, the product of a 13-month joint effort between FORCECOM's Performance Technology Center, Training Operations Branch, and staff from Training Center Yorktown and the Special Missions Training Center.

This new SOP establishes a systemic process for identifying high-risk training evolutions within the FORCECOM training enterprise, and developing appropriate procedures to ensure standardization and mitigate risks. As of November 2013, seven courses at Aviation Technical Training Center Elizabeth City and SMTC have been formally identified as high-risk training. Several more courses at the Maritime Law Enforcement Academy, National Motor Lifeboat School, and Aviation

Training Center Mobile are under review.

While we can never completely remove all danger inherent in certain high-risk evolutions, FORCECOM's dedicated and far-reaching efforts are resulting in safer training environments and a more professional and proficient workforce that is better prepared to carry out high-risk operations.

FORCECOM's model of evaluating training objectives for high-risk components, then supporting the training through validated TTP, has set the standard for the rest of the Coast Guard to follow.

Previous page: LOS ANGELES—An HH-60 hovers above the CGC George Cobb as members of the MSST 91103 vertical insertion team perform a tactical exercise outside the Los Angeles harbor, Feb. 23, 2005. (U.S. Coast Guard photo/PA3 Prentice Danner)

by LCDR Todd Wiza, FC-Esesw  
Exercise Support Team Leader



# PREPARING FOR AN ACTIVE SHOOTER

**S**hots fired at parade field, all personnel to lockdown, security notified!”

For the past five years, FORCECOM’s Exercise Support Division has worked with Training Center Cape May to help them prepare for the possibility of an active shooter on base.

In May 2009, Cape May held their first discussion-based table-top exercise, focusing on the possible repercussions of an active shooter in the training center’s administrative building, resulting in a number of simulated casualties. Participants focused on evaluating existing plans and discussing how they might deploy available resources in response.

Two years later, in June 2011, Cape May conducted a more robust scenario involving a “washed out” ex-recruit returning during his boot camp Company’s graduation as an active shooter.

This exercise highlighted the need to improve coordination and communication with local law enforcement, fire, and emergency medical personnel; the need for a coordinated medical plan; and the need for a traffic control plan.

After incorporating these critical lessons learned, TRACEN Cape May held a full-scale active shooter response exercise in May 2012, the first time for a Coast Guard training center.

The 2012 scenario involved an active shooter emerging from the crowd during recruit graduation. Recruits participated as actors, and

the training center deployed personnel and assets to counter the threat. Careful preparation ahead of the exercise ensured the safety of all participants.

The exercise planning process involved close collaboration between the training center and personnel from emergency medical service groups and local, state, and federal law enforcement agencies. The exercises successfully practiced and tested a number of multi-agency capabilities, including internal and external communications, use of the National Incident Management System (NIMS) / Incident Command System (ICS), and determination of response times for various agencies.

This coming April, FORCECOM’s Exercise Support Teams will again be partnering with Cape May to run a full-scale exercise, this time simulating a vehicle-borne improvised explosive device resulting in a mass-casualty event.

Guided by FORCECOM’s Exercise Support Team, TRACEN Cape May is improving their ability to respond, in partnership with local agencies, across the spectrum of all-hazards contingencies.

“This is just one example of FORCECOM forging preparedness through partnerships,” commented Mr. Jeff Hughes, Exercise Support Division Chief for Force Readiness Command.

CAPE May, N.J.—U.S. Coast Guard Petty Officer 3rd class Nicholas Staniewicz keeps his weapon trained on a window where a simulated gunman was last spotted at Training Center Cape May, May 31, 2012. Staniewicz worked with at least a dozen other agencies as part of the TRACEN’s Active Shooter Exercise. (U.S. Coast Guard photo/Chief Petty Officer Kyle Niemi)

# NON-COMPLIANT VESSEL PURSUIT COURSE GRADUATES SEIZE 5,000 POUNDS OF MARIJUANA

LT Shannon Scaff, Chief, Advanced Schools, MLEA

In the afternoon of Dec. 2, 2013, a Coast Guard HC-130 Hercules patrol aircraft detected a 30-foot panga boat with visible bales of suspected contraband aboard, about 140 miles southwest of the coast of San Diego, Calif.

The Coast Guard cutter ACTIVE launched its Over-the-Horizon small boat to investigate. After receiving flag-level concurrence, the OTH approached the panga, which began increasing speed and maneuvering erratically.

Demonstrating outstanding judgment and a firm grasp of skills attained from the Non-Compliant Vessel Pursuit course at the Maritime Law Enforcement Academy in Charleston, S.C., the ACTIVE's OTH crew employed flawless NCVP tactics and techniques to compel the vessel to heave to. Through precision skill and sound judgment, the OTH crew safely and successfully delivered disabling fire to the panga's engines, rendering the boat inoperable.

The crew then boarded the disabled vessel, interdicting two suspected smugglers and 201

bales of marijuana, weighing about 5,000 pounds.



Bales of marijuana seized during a smuggling interdiction are stacked on the deck of the Coast Guard Cutter Active, Dec. 2, 2013. (U.S. Coast Guard photo)

“Keeping on the [vessel’s] outside was a little tougher than I thought it was going to be, but the training I received at school helped immensely with keeping me on point,” said BM2 Branden Labeau, a recent NCVP graduate and part of the Active’s OTH crew. “The training staff was awesome and taught me exactly what I needed to do.”

“Comms between the pursuit coxswain and pursuit crewman were extremely efficient,” added MK3 Sam Guess, the OTH’s pursuit gunner and the Active’s other recent NCVP graduate. The interdiction “went exactly like training, almost like muscle memory due to the numerous repetitions from school.”

“I feel that actually having to control a fire-arm, maneuver about the boat, and [simulate] firing the weapons increased our effectiveness in the field,” Guess added. “I was prepared to deal with the issues of entanglement and muzzle safety during the actual pursuit.”

The NCVP course was recently relocated from the Special Missions Training Center in Camp Lejeune, N.C. to the MLEA at the Federal Law Enforcement Training Center. The MLEA was selected as the ideal location to host NCVP training, because of the ideal resources already present at the facility, including a 65’ floating classroom, safety and opposing forces vessels, and highly skilled FLETC boat drivers who simulate the actions of suspected smugglers and other criminals.

## ADVANCED EDUCATION: HUMAN PERFORMANCE TECHNOLOGY

CDR Scott Casad, Certified Performance Technologist, Chief, Mission Support Training Branch, FC-Tms

Human Performance Technology and the Human Performance Cycle are central to FORCECOM’s mission of preparing the workforce.

Human Performance Technology aims to improve the performance of people and organizations through deliberate, scientific methods. HPT can help solve problems—and identify and capitalize on opportunities. Perhaps most importantly, its methods provide a measurable, impartial basis for recommending and evaluating improvements.

Motivated officers seeking to develop a specialty within the human performance cycle should consider applying to the Performance Technology program. HPT applies science to the improvement of human performance through the disciplines of psychology, adult education, instructional design, organizational behavior, and more.

Graduates of this program will perform tours in challenging assignments within FORCECOM’s Training Division (FC-T) or at one of FORCECOM’s eight Training Centers.

Officers who graduate, complete a follow-on tour, and maintain strong operational

backgrounds are highly competitive for follow-on Training Center command cadre billets and other high-visibility positions at the O-5 and O-6 levels, including the White House Deputy Training officer.

Graduates of this program currently command Training Centers Cape May, Petaluma, and Yorktown, as well as the Leadership Development Center, Maritime Law Enforcement Academy, Special Missions Training Center, and Training Quota Management Center.

Officers obtaining required competencies and years of experience are eligible to earn the Officer Sub-Specialty Code for Training, CG-HRM13.

All active-duty officers O-3 (select) to O-4 (less than one year in grade at the application deadline) are eligible to apply for this program without a waiver. Program preference is for members with less than 10 years time in service. Applications must include GRE scores less than 5 years old. Successful applicants generally have GRE scores averag-

ing better than 1000 (or approximately 300 on the new scoring system).

Upon selection, members will apply to and attend one of six approved schools: Florida State, San Diego State, Indiana, Wayne State, Old Dominion, or Boise State. The program prefers that at least one selectee per year specialize in advanced distributed learning or training modeling and simulation. Total program length is 12 months (three semesters with an August graduation). Both online and resident academic programs are available.

For more information, contact one of the Performance Technology program managers:

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PROFICIENCY IN  
CRAFT

## NATIONAL STRIKE FORCE CENTER OF EXPERTISE JOINS FORCECOM

LT Anthony Romero, Supervisor, NSF COE

On Oct. 1, 2013, the National Strike Force Center of Excellence in Elizabeth City, N.C., was established as part of FORCECOM, as a detachment of TRACEN Yorktown.

The primary mission of the National Strike Force Center of Excellence is to attain and sustain proficiency of Strike Force personnel for disaster and incident response deployments.

**PROFICIENCY  
IN CRAFT**

This Center of Excellence will ensure the readiness of all three Strike Teams through training management, doctrine and TTP oversight, standardization assessments, and operational test and evaluation support.

The National Strike Force Center of Excellence actively coordinates with its counterparts within the Coast Guard, other government agencies, and industry to continuously improve the services it provides.

As a TRACEN detachment within the FORCECOM enterprise, the National Strike Force Center of Excellence is optimally positioned to use human performance technology principles to prepare strike teams for operational success.



## FORCECOM WELCOMES FIRST OMBUDSMAN, MRS. HOLLY ABER

Ombudsman is a Swedish term dating back to the 1800s, meaning a person with an “ear to the people.”

At FORCECOM’s December All-Hands, Mrs. Holly Aber was introduced as FORCECOM’s first-ever Ombudsman.

Mrs. Aber, whose husband Joel works in FC-P as a TTP Integrator, volunteered to support FORCECOM families by sharing valuable work/life resources and serving as a command advocate for family concerns.

A Texas native and the mother of two young sons, Mrs. Aber volunteered for the position after experiencing the challenges a Coast Guard family faces in acclimating to relocations and military life.

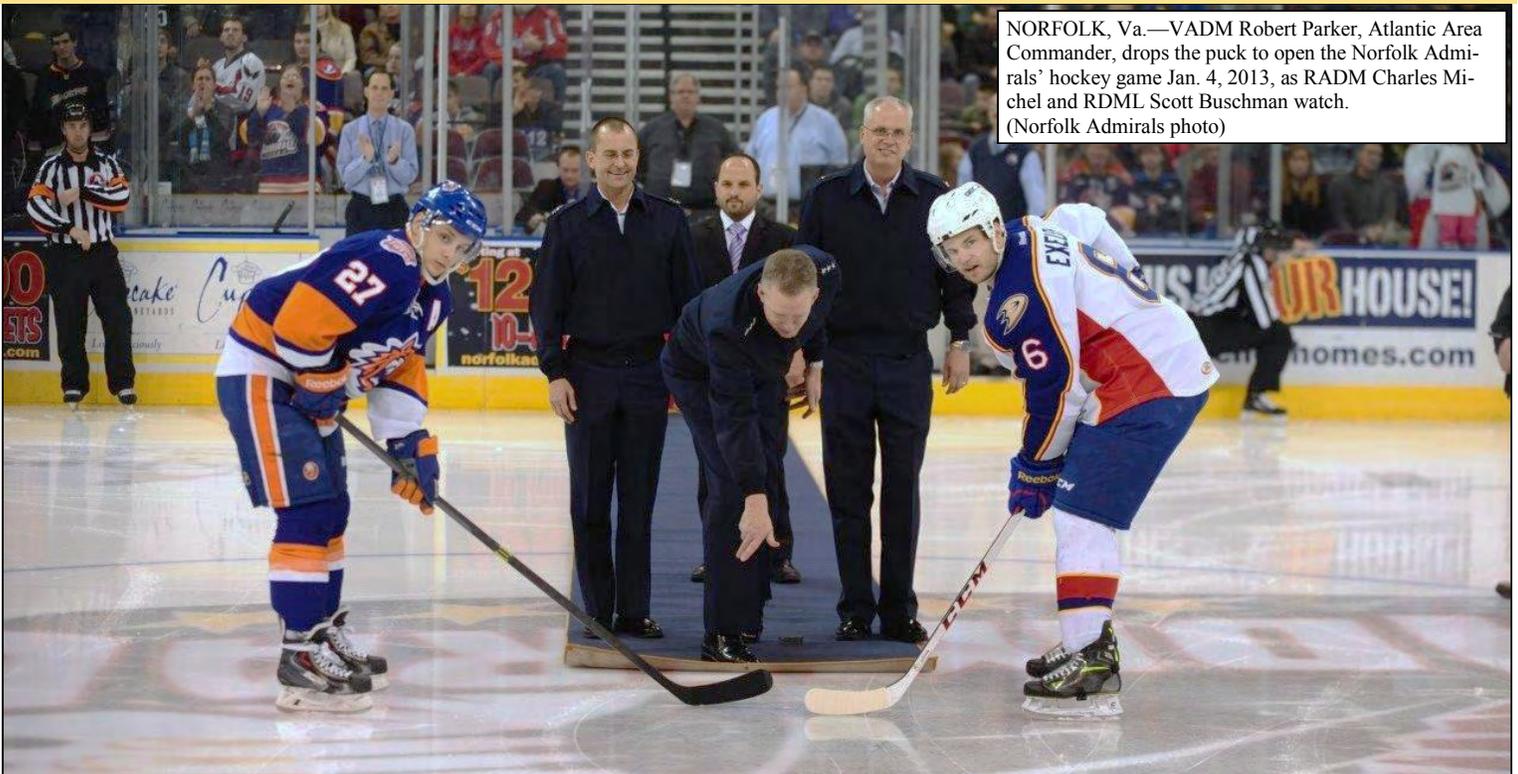
Motivated by the idea of “it would have been helpful to know about...,” she plans to reach out to each FORCECOM unit and detachment, either to be a liaison to the local Ombudsman, or to serve as the primary source of family support for units without their own Ombudsman. This will help ensure each FORCECOM family is aware of and receiving essential resources.

Additionally, Mrs. Aber will communicate family concerns and suggestions to the FORCECOM command cadre. She encourages families to reach her at [fcombudsman@gmail.com](mailto:fcombudsman@gmail.com).



CWO4 Michael Lindsay, of the TRACEN Yorktown Boat Forces branch, wins the 2013 Swaringen Award for outstanding mentorship in Human Performance Technology! Look for more info in next quarter’s newsletter.

## COAST GUARD ADMIRALS KICK OFF ADMIRALS HOCKEY GAME



NORFOLK, Va.—VADM Robert Parker, Atlantic Area Commander, drops the puck to open the Norfolk Admirals’ hockey game Jan. 4, 2013, as RADM Charles Michel and RDML Scott Buschman watch. (Norfolk Admirals photo)

## MLEA HOSTS LEADERSHIP SYMPOSIUM

LT Shannon Scuff, Chief, Advanced Schools, MLEA

All Coast Guard personnel, from nonrate to Admiral, have opportunities lead, said Capt. Ric Rodriguez, Sector Commander at Coast Guard Sector Charleston, and featured speaker at the Maritime Law Enforcement Academy's first Leadership Symposium, Oct. 18, 2013.

The MLEA invited all local units to attend this multifaceted event, held at Sector Charleston. Personnel from MLEA, the sector, Station Charleston, and CGC YELLOWFIN participated. Cmdr. Tom Walsh, MLEA Executive Officer, was a second guest speaker.

In the event's opening session, Capt. Rodriguez shared his perspective on effective leadership. It's the little details, like uniforms and military customs and courtesies, that matter, he said. In addition to a high attention to detail, Capt. Rodriguez pointed out that during 29-year Coast Guard career, he's noticed that effective leaders demonstrate humility, accountability, discipline, and integrity.

Everyone has someone to answer to, he said. It's important to align your priorities with your supervisor's in order to find success both for yourself and your unit. If you give a task everything you've got, and deliver a quality product, you've effectively done all you can to ensure the success of your supervisor and your unit, he added.

The symposium also featured a work-life panel that addressed challenges associated with military service. Panel members, who included both officers and enlisted MLEA personnel, shared their personal experiences regarding dual-service and military-to-civilian marriage, single parenting, and raising special-needs children. The panel concluded with a discussion on health and well-being.



### PROFICIENCY IN LEADERSHIP



The Leadership Symposium concluded with "speed mentoring" breakout sessions for both officers and enlisted personnel. Participants were divided into small groups, where they were able to address short- and long-term goals, career fulfillment, professional development, and challenges associated with personnel management.

The MLEA extends a special thanks to Capt. Rodriguez and the Sector Charleston staff for supporting this successful event, and looks forward to hosting another leadership symposium next year.

CHARLESTON, S.C.—Capt. Ric Rodriguez, Commander, Sector Charleston, addresses participants at the MLEA-sponsored Leadership Symposium, Oct. 18, 2013. Participants also took part in "speed mentoring" breakout sessions to address personal career concerns. (U.S. Coast Guard photos)

## FORCECOM: COMMITTED TO FITNESS IN 2014



Improving health and wellness is a familiar New Year's Resolution. At FORCECOM, healthy living is a daily goal, so here are ways we're helping our members enhance their fitness:

### FORCECOM COMMAND MASTER CHIEF FITNESS CHALLENGE:

Let's get together and get fit as a TEAM! Participating with shipmates is a fun way to get in shape, have fun, and build team spirit. For more information or to join a FORCECOM team, contact CMC Jeffrey Sherman at [jeffrey.d.sherman@uscg.mil](mailto:jeffrey.d.sherman@uscg.mil).

### FOOD & NUTRITIONAL CHALLENGE:

FORCECOM's Deputy Commander, Command Master Chief, and 30 other FORCECOM members from across the country are committing to a 30-day food and nutrition challenge. From January 6 to February 4, participants will cleanse their diet from common food allergens and irritants known to negatively impact health, well-being, and performance, to help their bodies reboot, heal, and prepare for a fresh start to the new year. For more information, email CDR Scott Casad at [scott.s.casad@uscg.mil](mailto:scott.s.casad@uscg.mil).

### MAIN STREET TOWERS HEALTH & WELLNESS FAIR:

On Monday, Jan. 15 from 1000-1400, FORCECOM will be participating in a Health & Wellness Fair at the Main Street Towers building in Norfolk, Va. Come enjoy presentations on fitness, healthy eating, healthy habits, massage, and the new workout requirements. We'll even go for a 5K run as part of the event! For more information, contact CMC Jeffrey Sherman at [jeffrey.d.sherman@uscg.mil](mailto:jeffrey.d.sherman@uscg.mil).

*Don't forget to contact your unit's Health Promotion Coordinator for more information about local health & wellness opportunities!*

## ALL-HANDS BLOG

The following FORCECOM-related articles were recently posted on the Coast Guard's All-Hands Blog:

- Assessments: <http://allhands.coastguard.dodlive.mil/2013/11/12/train-a-how-to-guide-for-succeeding-at-any-assessment/>
- Senior Enlisted Learning: <http://allhands.coastguard.dodlive.mil/2013/11/18/growing-the-chiefs-mess-with-blended-learning/>
- TA: <http://allhands.coastguard.dodlive.mil/2013/11/20/cost-sharing-reinstated-for-coast-guard-tuition-assistance-program/>
- Master Training Specialist: <http://allhands.coastguard.dodlive.mil/2013/11/25/master-training-specialist-what-it-is-why-it-matters/>

## TAKING CARE OF OUR OWN: FORCECOM FAMILY PITCHES IN

CWO Michael Hill, ATC Mobile

When AET1 Jamar Jones's 5-year-old son Parker was recently diagnosed with aplastic anemia, a bone marrow blood disease, their Coast Guard family instantly came to the rescue.

After learning about Parker's illness, members of the Aviation Technical Training Center in Elizabeth City, N.C., began donating money to offset the cost of Petty Officer Jones' hour-long drive to the Children's Hospital of the Kings Daughters in Norfolk, Va. The ATTC family also pitched in by preparing and delivering meals to the Jones' home, so they could focus on medical care for their child.

Fellow AET1 Zack Atchison spearheaded two fundraising events

for the Jones family at Base Elizabeth City: a 5K run and a bratwurst sale. The 5K run was organized by ATTC's Unit Health Promotion Coordinator, who helped print fundraiser shirts and encouraged personnel from Force Readiness Command, the Health, Safety, and Work-Life Service Center, and other local area units to join the run. As a result, over 200 people participated.

During the run, the local Chief Petty Officers Association, along with the Base Chiefs' Messes, held a successful bratwurst sale at various locations on Base Elizabeth City. The sale raised more than \$3,000 in donations to support the Jones family.

"To see so many people come together for one of our members being so abruptly challenged made me very proud of our organization and expanded on what I know we can accomplish when we combine our efforts," said Atchison.

Donations can still be made to Parker Jones through the Elizabeth City CPOA.



ELIZABETH CITY, N.C.—AET1 Jamar Jones (front row, 3rd from left) and his son Parker are surrounded by family, friends, and Coast Guard co-workers following a 5K run, Sept. 25, 2013. The run was held to raise money for Parker's care. (U.S. Coast Guard photo)