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IN THIS ISSUE...

- **Feature: TSTA Complete!**
- **Spotlight: Engineering Training Team!**
- **What's after SENECA?**
- **Interview with FN Morrow**
- **Celebrating Coast Guard Women!**
- **Crew birthdays, anniversaries and messages home!**
- **Caught on Camera!**



## CONQUERING TSTA

From February 8<sup>th</sup> to 28<sup>th</sup>, CGC SENECA took part in the Tailored Ships Training Availability (TSTA), a biennial event consisting of navigation, shipboard damage control, engineering, deck seamanship and combat systems training. Hosted by Afloat Training Organization Norfolk, TSTA ensures large cutters are in compliance with Coast Guard and Navy operational, training, and maintenance guidance, and that crews are proficient in

operating the ship in various threat environments. The program includes an extensive equipment/policy/doctrine inspection, dozens of drills, and classroom training. Training evolutions focused on damage control, engineering/electronic casualty control, navigation, seamanship, medical/first aid, gunnery, Anti-Terrorism/Force Protection, and communications.

Despite long hours, several unplanned snow days and frigid weather, the crew worked together to

successfully complete 150 drills with an overall drill average of 92%. Afloat Training Organization Norfolk was extremely impressed with the crew's performance, particularly their spectacular effort and positive attitude. Individually, each of the training teams performed exceptionally, earning training scores over 90%, which put them in the 'Excellent' category. Our performance at TSTA is a direct reflection of the crew's efforts and the dedication of each training team. Brazo Zulu on a job well done!

## OUTSTANDING TSTA PERFORMER



We'd like to take a moment to recognize one shipmate, Fireman Matthew Leonard, who went above and beyond throughout TSTA. During engineering drills, Fireman Leonard was an exceptional watchstander and assumed a role well beyond his paygrade by directly assisting the Engineer Officer of the Watch in responding to casualties. He was vocal in identifying key steps for casualty response which might have been otherwise overlooked and was integral in the Engineering Training Team's overall success. Fireman Leonard was recognized by Afloat Training Organization Norfolk for his proficiency and contributions towards a perfect score of 100% for all engineering drills completed. Well done Fireman Leonard, your training and casualty response reflects highly on the cutter and those who trained you. Keep up the outstanding work!

## From Reservist to Active Duty: Interview with FN Morrow

*The SENECA Crew wishes a Happy Anniversary to our shipmates and their loved ones:*

BM1 Adam and Christie Gercon-  
4 Years  
MK1 Kenneth and Allison Ketcham-  
5 Years  
FS1 Michael and Melissa Lamb-  
2 Years  
ET1 Matthew and Holly Thompson-  
4 Years

*SENECA appreciates the sacrifices you make so your loved ones can be underway.*



BM1- Welcome aboard, FN Morrow. As one of our newest shipmates we wanted to take a few moments to get to know you a bit better. Where are you from and what's your favorite sports team?

FN Morrow- I am from Portland, Oregon and my favorite team is the Trailblazers.

BM1- You were once a reservist in the USCG and have now switched over to active duty. How have you found the transition?

FN Morrow- The transition so far has been easy. I was a reservist for two years and all around the Maritime Enforcement Specialist rating at the PSU. Being that the unit was deployable I already knew what to expect being away and training.

BM1- You had previously been an Maritime Enforcement Specialist, do you plan on going on with that rate or is there something else that has appealed to you more on Active Duty?

FN Morrow- I still want to be an Maritime Enforcement Specialist because I have a passion for Law Enforcement. If I wasn't in the Coast Guard I would be pursuing a job in the same field.

BM1- What are you most looking forward to with your tour here on SENECA?

FN Morrow- The JIATF South Caribbean patrols. I always wanted to travel. I will get to see new things and places.

BM1- If you could be any animal what would it be and why?

FN Morrow- I would be a Bald Eagle because I have a passion to fly and love my country.



**HAPPY BIRTHDAY!**



SENECA wishes our shipmates a Happy Birthday!

OS1 Slavinski (2/6)  
FN Cutshaw (2/8)  
EM3 Scott (2/8)  
MK3 Maxwell (2/9)  
FN Pronesti (2/9)

OS2 Wygand (2/16)  
LTJG Goin (2/18)  
BM2 Segura (2/18)  
MK2 Heard (2/20)  
LCDR Cox (3/13)

## Life After SENECA: Where do we go from here?

Transfer season is a factor of military life. We say welcome to new shipmates and thank you to old ones departing on their next adventure. You may have been wondering, “Where do people go after their tour onboard SENECA?” Below are just some of the amazing tours offered to Coast Guard men and women.

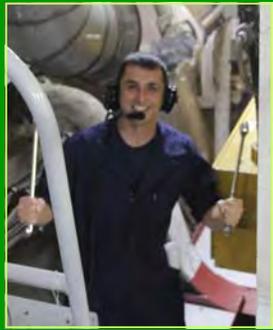


## Celebrating Coast Guard Women

March is Women’s History Month, and we want to celebrate some of the important roles that females have played in Coast Guard history. Here are some facts you may not be familiar with:

- Between 1830 and 1947 women worked as Lighthouse Keepers for the Lighthouse Service.
- Ida Lewis is one of the most famous Lighthouse Keepers who was credited with saving 18 lives during her 39 years at Lime Rock Lighthouse and was awarded the Gold Life Saving Medal.
- On November 23, 1942 the United States Coast Guard Women’s Reserve, also known as SPARs, was created and more than 10,000 women volunteered between 1942 and 1946.
- SPARs is a contraction of the CG motto, Semper Paratus, Always Ready.
- In 1973 the Women’s Reserve was ended and women were officially integrated into the active duty Coast Guard and Coast Guard Reserve.
- In 1978 all officer career fields and enlisted ratings were opened up to women.
- Today around 15% of active duty Coast Guardsmen are women.
- There are 12 women proudly serving on CGC SENECA today.

## SPOTLIGHT: ENGINEERING TRAINING TEAM



Engineering Training Team (ETT) received a perfect score during the recent visit to TSTA. That is quite the accomplishment given the meticulous grade sheets of the evaluators in Little Creek. ETT is led by MK1 Ketcham (Main Prop LPO) and is tasked with the responsibility of ensuring all EOW, engine room and underway security watchstanders are proficient in their casualty control methods in accordance with Coast Guard policy and policy set forth onboard CGC SENECA.

All newly qualified engineers are required to complete BECCE's (Basic Engineering Casualty Control Exercises). As often as once a week during patrols, the crew on board SENECA can expect several hours of intermittent power outages, constant speed changes, and a variety of odd noises coming out of the engineroom from these exercises. The ETT which consists of MKC Meyers, MK1 Ketcham, MK1 Rodriguez, MK2 Molina, MK2 Karnya, and EM2 Kaufmann put the watchstanders through a series of possible scenarios that could come up at their watch stations.

During this process, the team writes up a realistic scenario and conducts training to walk each watchstander through the correct method of dealing with the casualty, discussing the safest way to combat additional casualties that may arise, and the follow up steps necessary to correct the problem. During drills, the ETT allows watchstanders to respond to the casualties and grades them on their performance. The ETT's training efforts combined with the watchstander attention to detail resulted in a perfect drill average of 100% during TSTA.

SENECA's Engineer Officer LCDR Cox was quoted saying, "I'm always proud of my engineers and the hard work that they do, but to be the only battle station to receive a perfect score is a direct reflection of the pride that they have in their ship and the jobs that they do. I could not be more proud of them."

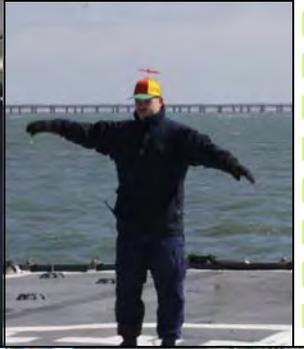
## NEW OMBUDSMAN NEEDED!

SENECA is in need of a new ombudsman! After doing an excellent job assisting us, our current ombudsman, Mrs. Leah Karnya, is resigning from the position and moving with her husband later this season. What is an ombudsman? An ombudsman is a military spouse appointed by the Command to facilitate communication between the Command and military families. Ombudsmen are responsible for assisting families with preparing for deployments and aiding families during emergencies. Ombudsmen are the direct link between the Command and the families of SENECA crew members, serving as an advocate to bring any concerns from families to the Command.

More information can be found here: <http://www.uscg.mil/worklife/ombudsman.asp>

If you are interested in the position, please contact ENS Lamphere at [Kathryn.R.Lamphere@uscg.mil](mailto:Kathryn.R.Lamphere@uscg.mil).

# CAUGHT ON CAMERA!



## Women's History Month

### Can you find these famous women?

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

WOMEN	AMELIA EARHART	SUSAN B ANTHONY
FLORENCE NIGHTINGALE	NANCY PELOSI	SANDRA DAY OCONNOR
WILMARUDOLPH	ELEANOR ROOSEVELT	HILARY CLINTON

### HAVE A FAMILY EMERGENCY?

Do you have something or someone you would like to see featured in the SENECA Sailor, or any questions for our newsletter staff? If so, please submit a Letter to the Editor that will be featured in our next edition to...  
**Norberto.T.Perez@uscg.mil**



Service members can rest assured that the Red Cross will deliver notification of an emergency such as the death or serious illness of an immediate family member, as well as the good news of the birth of a service member's child or grandchild. Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing **accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea** and at embassies and remote locations. If you or a loved one needs to utilize this service, call **(877) 272-7337** or visit **www.Redcross.org**.



**MANY THANKS TO THE FOLLOWING SENECA SAILOR CONTRIBUTORS...**  
 BM1 Gercon, OS2 DeSalvo, OS3 Wygand, EM3 Scott, SN Russell, YN1 Nava, ENS Fredericksen, ENS Lamphere, LTJG Perez