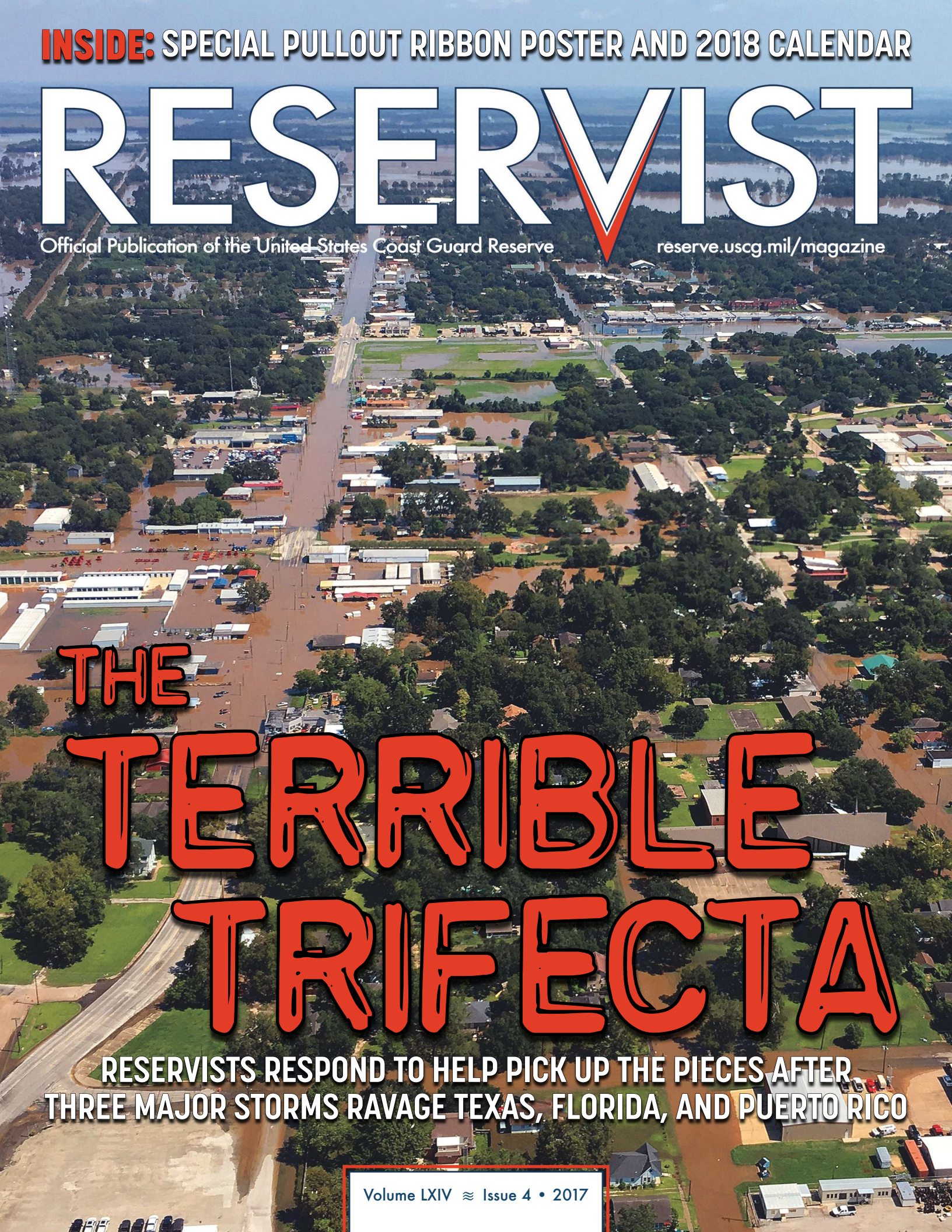
INSIDE: SPECIAL PULLOUT RIBBON POSTER AND 2018 CALENDAR

RESERVIST

Official Publication of the United States Coast Guard Reserve

reserve.uscg.mil/magazine



THE TERRIBLE TRIFECTA

RESERVISTS RESPOND TO HELP PICK UP THE PIECES AFTER THREE MAJOR STORMS RAVAGE TEXAS, FLORIDA, AND PUERTO RICO

Volume LXIV ≋ Issue 4 • 2017

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

- marital and family problems
- alcohol and/or drug abuse
- tobacco cessation
- depression and anxiety
- personal growth and development
- work-related concerns
- career transition issues
- legal and financial challenges
- balancing work and life demands
- health improvement

Reservists Need Help From Time To Time

When times get tough, most of us can benefit from talking through our problems with someone who is experienced and objective. Someone who can help us sort things out... a professional who will listen in confidence and help us find a good solution.

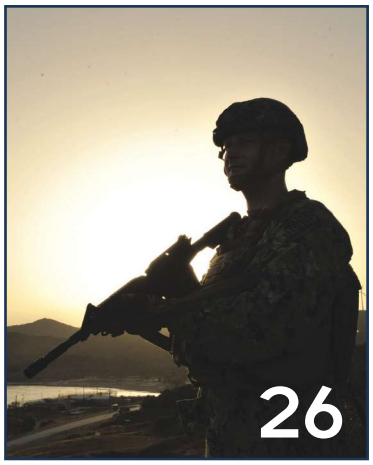
Give CG SUPRT a call today!

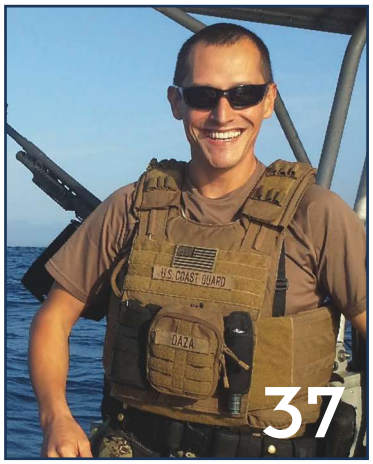
855-CG SUPRT (247-8778)

Remember this call is free and confidential within the limits of the law!

CG SUPRT

www.cgsuprt.com





IN THIS ISSUE

From our Readers 2

Up Front 4

The View from the Bridge 6

Deckplate Soundings 7

Around the Reserve 8

Terrible Trifecta 14

Life at a PSU 26

Reserve Excellence 32

Shipmates in Focus 38

A Light on Yesteryear 46

The More You Know 48

Headquarters Update 50

Retiree SITREP 52

Bulletin Board 54

Taps 59

Parting Shots 60

On the Covers

A Coast Guard MH-60 Jayhawk helicopter crew from Air Station Houston conducts an overflight of a southeastern Houston neighborhood, Aug. 27. Photo by PA3 Corinne Zilnicki

A Coast Guard Flood Punt Team transports a family and their dog through a flooded neighborhood in Houston, Aug. 29. Photo by PA3 Ryan Dickinson

RESERVIST

Celebrating Our 64th Year!

Volume LXIV ≋ Issue 4 • 2017
reserve.uscg.mil/magazine
thereservist@uscg.mil

MAGAZINE

Anastasia M. Devlin
Editor

Chris S. Rose
Creative Director

COMMAND

Adm. Paul F. Zukunft
Commandant, U.S. Coast Guard

Rear Adm. Andrew S. McKinley
Acting Director of Reserve

Capt. William F. Csisar
Chief, Office of Reserve Affairs

Cmdr. Alexander C. Foos
Chief, Reserve Information Division

PA2 Emaia Rise
Reserve Webmaster

CONTACT INFORMATION

Postal Mail -
Commandant (CG-1313)
Attn: Editor, Reservist
2703 Martin Luther King Jr. Ave, SE (Stop-7907)
Washington, DC 20593-7907

email - thereservist@uscg.mil

U.S. Coast Guard Reserve
Web Site
http://reserve.uscg.mil

RESERVIST (COMDTPUB 1001.29) is published by the Commandant, Director of Reserve & Military Personnel, U.S. Coast Guard. It is intended for information only and is not authority for official action. Views and opinions expressed are not necessarily those of the U.S. Dept. of Homeland Security or U.S. Coast Guard. The editor reserves the right to select and edit all materials for publication. We continue to strive for perfection, yet unattained.

FROM THE EDITOR

In late August, I was on vacation in western North Carolina when I got a call from Senior Chief Ryan Doss. My family and I were staying so far back in the woods that internet was spotty, so it was the first I'd heard the news. "Houston is underwater," Ryan said. "It's like Katrina."

A string of hurricanes sent the Coast Guard scrambling to cover three major regions, prompting the largest recall of reservists in seven years. My husband mobilized to support the National Strike Force.

Like everyone else, I was focused on Hurricanes Harvey and Irma, the similarities to Hurricane Katrina, and the effects of apps and social media on rescue efforts. We created the magazine based on the response to Harvey and Irma. And then the full reports on just how badly Puerto Rico had been hit started rolling in. Just a month after I'd accepted this job as a civilian, I put my own uniform back on and left for the island. (Thanks for taking care of our boys, Mom.)

I wish I could have seen Puerto Rico when all the trees were still standing. Driving in San Juan was like the wild, wild west – few street signs and no traffic lights. Aquadilla was even worse – power lines rested on top of empty businesses in town after town. We carried our phone chargers everywhere with us, and people stayed in tents or on air mattresses. Air conditioning was a luxury, and the generator noise was unending.

Despite the logistics, Coast Guardsmen were excited to be there working, -- even on their off-days, when they volunteered to serve the surrounding community.

It always made me smile when I'd ask a group of Coast Guardsmen if there were any reservists among them. They'd all look at each other, surprised to see which shipmates were from the Reserve. The question usually hadn't come up, because the reservists had blended so seamlessly.

I met officers and enlisted who, a month earlier, had been police officers, salesmen, nurses, technicians, fire fighters, small business owners and farmers -- all people who'd dropped their plans on 48 hours' notice, explained to their bosses and families that they had to leave. Some reservists even left their own storm-damaged homes to put on their uniforms and report to work. It never failed to knock me back a step to hear their stories. As reservists, you know we don't do this job for the paycheck or the accolades. It's not always fun or convenient, but we do it because it calls to us, because it feels right to serve, and because we love doing this job alongside our brothers and sisters.

A big part of this issue focuses on photos, because there's no better way to convey the scope of the problem our Service faced in Texas, Florida and Puerto Rico. In our next (winter) issue, we'll feature stories on the reservists themselves.

I'm home now, but I miss Puerto Rico. I liked the PA crew I worked with, and I liked the people of Sector San Juan and Air Station Borinquen who showed such hospitality to their expanded, temporary crew. The San Juan community was sweet and welcoming, and the salsa music was joyful and intense. Man, the music just poured constantly from shops and cars and restaurants.

One day, I'm going to go back to the island, maybe when the trees are green again and the generators are gone. Until then, there's still a lot of work to be done.

Anastasia Devlin
Editor-in-Chief

Coast Guard Mutual Assistance has stepped up to provide more than $2 million to Coast Guard families affected by the hurricanes.
(If you want to help out, please check out their website at www.CGMAHQ.org and click 'donate.')

FROM OUR READERS

A Reach Too Far?

I am alarmed and disappointed to see the story PACIFIC REACH on the cover of Reservist Volume LXIV Issue 3, 2017, about a "partnership" with the Republic of Korea. The names Coast Guard and Coast Guard Reserve were intended to mean guarding the coast of the United States of America, certainly a gigantic task.

The valid scope of our organization should not creep to cover the guarding of other coasts. Let other organizations, preferably Korean ones, assume that responsibility. That is a country which places severe limitations on the kinds and amounts of American products that can be imported and sold there.

The extension of Coast Guard and Coast Guard Reserve resources to other coasts is an abuse of their Congressional appropriation.

Was there not a recent request of the Commandant for more funds for fleet renewal? This and American coast-guarding are the proper recipients of those funds.

— CDR James C. Poole, USCGR (Ret.)

Sir, thank you for your letter. The Coast Guard DOES protect the homeland, but we are far from being limited to the continental United States

PSUs are specially-designed units, and their primary mission is to protect the U.S. and its allies. Oftentimes, that mission takes them outside the U.S. where they provide unique expertise in port security and smallboat tactics. PSUs, which are funded by DoD, support and train our allies, keeping the fight farther from the shores of the U.S.

"PSUs are proud to be a part of layered defense wherever deployed," said PSU 312's executive officer, Lt. Cmdr. James Fitzgerald, a 20-year member of PSUs. "We are vital smallboat units to the greater mission, and our specialty in this area separates us from other armed services. We will remain Semper Paratus for the call."

The Coast Guard has been involved in every military action from our inception, and the Reserve itself was born out of a need for national defense, here and abroad. We're honored to continue that mission.

Changing the System

I would like to update your readers on a change to one of the Officer Specialty Codes (OSC) discussed in the article "Officer Specialty Codes and the Reserve Component" (Volume LXIII, Issue 3, 2016).

For OAR-12 (Defense Operations/Readiness), through some lobbying and feedback by a number of reservists, the office responsible for this OSC acknowledged the unique challenges that reservists face in meeting the previous requirements. As a result, the requirement for a "permanent operational qualification" (aka a "pin") has been waived for reserve officers.

Also, the minimum time at a defense operations SELRES billet was clarified, with a three-year reserve assignment akin to one year of an active duty assignment. This change should allow more officers to earn the "apprentice" designation. A "journeyman" designation requires a second defense operations tour and completion of JPME I; "master" a third defense ops tour in a command cadre position. All of the OSC's have been moved off the internet to the Portal.

If there are any other OSC specialties that reservists could earn, but there are specific, inherent barriers that they may be unable to overcome, I encourage readers to reach out to the responsible offices to offer equivalent experiences or education that recognizes the reservists' unique benefit to the Coast Guard.

— Cmdr. Lisa VanBuskirk, USCGR
Coast Guard Headquarters (CG-ODO-1)

CORRECTIONS

I absolutely love the Reservist magazine – it is a very high quality publication with great photos and interesting articles most welcomed by this retired reservist.

Not to be critical, but I think I noticed a photo that I don't believe. On page 9 of the latest issue, there is a photo of Sector San Francisco reservists posed with the Golden Bridge in the background.

That silver/white bridge cannot be the famous orange Golden Gate Bridge. I've been to S.F. many times and crossed that bridge several times. I don't think the photo is even the Oakland Bridge.

— CDR Everett Merritt, USCGR (ret..)

You're correct, sir, definitely my mistake. That's the Bay Bridge, which I've learned more about than I ever wanted to know in about two-dozen or so letters I received. Apologies, dear readers. I'm definitely a girl from the East Coast, striving for perfection yet unattained!

UP FRONT

Coast Guard Petty Officers 3rd Class Eric Gordon and Gavin Kershaw pilot a 16-foot flood punt boat and join good Samaritans in patrolling a flooded neighborhood in Friendswood, Texas, Aug. 29. The flood punt team from Marine Safety Unit Paducah, Kentucky, reported to the greater Houston area on Aug. 25 and rescued over 850 people.

Photo by PA3 Corinne Zilnicki

THE VIEW FROM THE BRIDGE

Vice Admiral
Karl L. Schultz

Commander,
Atlantic Area

The 2017 Atlantic Hurricane Season set historic records with three incredibly powerful Category 4 hurricanes making landfall in the United States in quick succession. Hurricane Harvey's landfall on August 25, 2017, caused extensive wind damage and devastating flash floods along the Texas and Louisiana coast as it delivered over 33 trillion gallons of rain over a four-day period. This hurricane produced a storm surge and flooding that necessitated an unprecedented search and rescue operation, followed by extensive pollution response and remediation efforts. In coordination with federal, state, and local partner agencies and Department of Defense, the Coast Guard rescued 11,022 people and 1,384 pets.

September brought Hurricanes Irma, Jose, and Maria, impacting and devastating portions of the U. S. Virgin Islands, Puerto Rico, and Florida; and October, record fast moving Hurricane Nate, impacting the Eastern Gulf States. Always Ready, Coast Guardsmen reported to duty, some at Continuity of Operation (COOP) locations, even as their dependent family members were evacuated. While the five hurricanes in close succession stretched the service's capacity, the Coast Guard's response in each and every case was as swift and comprehensive as the first. In coordination with federal, state, and local partner agencies and the Department of Defense, the Coast Guard supported the impacted Governors' State Emergency Management frameworks and the Federal Emergency Management Agency (FEMA) as we performed daring search and rescue flights and shallow water boat rescues, conducted aerial damage assessments, reconstituted dozens of ports and hundreds of miles of waterways, supported relief efforts, and began the longer term process of remediating environmental threats. In the last 60 days, the Coast Guard mobilized 3,000 active duty, Reserve, civilians, and Auxiliary personnel to assist in all of these efforts.

While the Coast Guard Reserve maintains a ready force of 6,400 plus members, to date, over 1,700 reserve orders have been issued to mobilize our forces, more than double the Reserve involvement during Hurricane Katrina. Pressing into the fight, some of our reservists have answered the call for multiple deployments, and they remain unflinching. These efforts are in addition to steady state operations and other contingency missions we support on a daily basis. The success of our service to date, during this uniquely challenging operational period, is a direct reflection of the combined efforts of our well trained total Coast Guard workforce. The ability of you, our reservists, to flow in and out of any contingency response, shows the diversity of your training and leadership, areas we need to continue to value and reinforce.

The importance of maintaining a robust and ready Reserve Component has never been greater. We know we cannot control the frequency or intensity of events around the globe. What we can do, as good stewards of the public's trust, is minimize the risk to the Coast Guard and our Nation by taking a fresh look at how we invest in the Reserve force. The value proposition of the Reserve is extraordinary. When sized and funded to the Commandant's desired end-state, our Reserve Component could have the ability to increase military end strength by 20% within 48 hours at a cost of only 1.3% of the total Service's discretionary budget.

I sincerely appreciate the professionalism, leadership, initiative, and unwavering dedication you demonstrated in recent weeks in response to these storms, and more generally the enthusiasm you bring to whatever the fight or challenge may be. The importance of maintaining a robust and ready Reserve Component has never been greater. The ability for reserve members to respond has enabled this tremendous increase in operational capability as we shoulder several responses along with our federal counterparts. I thank all who responded, and all of those who absorbed additional burdens while their shipmates went forward. Answering the call has strengthened the faith and trust the public places in its Coast Guard, and earned accolades at the highest level of the administration; your Coast Guard leadership couldn't be prouder of your success. Thank you for all that you do, keep up the great work.

Semper Paratus.

"What we can do, as good stewards of the public's trust, is minimize the risk to the Coast Guard and our Nation by taking a fresh look at how we invest in the Reserve force."

DECKPLATE SOUNDINGS

Greetings from Coast Guard Headquarters! Historically, contributors to this column have been master chief petty officers in gold badge assignments. I'm grateful for this opportunity to write for the Reservist and applaud the new editor's approach in broadening the reach to other senior enlisted members.

As a boatswain's mate with a strict history of operational units, Headquarters was an unusual 'first pick' during assignment season. But, the college professor side of me instilled an overwhelming sense of curiosity. Four years ago, I took this opportunity and finally got to pull back the curtain and meet the wizard… turns out there are 4,000 of them.

The truth is, I've had my share of criticism of Headquarters. Every time a policy change trickled down, it was easy to point fingers and assume it was contrived in a vacuum with no thought as to how it impacts us in the field. I'm humbled to say this perspective has proven to be far from accurate – the folks here take great care in how policies are formulated, and they're as deeply passionate about achieving the strategic-level objectives as we are about achieving the operational ones.

But, just we sometimes size them up wrong, they sometimes size us up wrong, too. Recently, during a casual discussion with a group of analysts, someone commented that it was surprising there was not greater attrition rates in the Reserve force since some of our incentives have been cut, like tuition assistance. In other words, lower compensation would statistically equate to more people leaving the force. Instinctively, I knew this was attributed to factors that could not be quantified, so I propose that the following three qualitative factors are missing from the equation:

- **Service to Self –** The armed forces comprises less than one percent of the U.S. population, and, being the smallest branch, we are only a fraction of that number. This is perhaps elite, or at the very least, something quite special. As individuals, we inevitably have a combination of intellectual, physical and emotional capabilities that others might not possess, along with a burning desire to challenge those abilities. Basic training, "A" school, monthly drills, range qualification, job certifications, fitness tests, qualification insignias, etc. – all these serve to satisfy our 'desire' to be challenged.
- **Service to Country –** Reservists also have a service-oriented personality. We indulge the above stressors of training so we are ready to answer our nation's call. This is something recently displayed here at Headquarters when Hurricane Harvey brought out the best of us - Reserve, active, civilian and Auxiliary. Due to an influx of over 1,000 phone calls per hour to District 8 and Sector Houston, all phone lines were forwarded to the National Command Center. NCC simply doesn't have the capacity for this volume so CGHQ personnel pulled together and quickly set up four conference rooms with phones and computers, then, staffed them with volunteers from throughout the National Capital Region. I sat next to other drilling reservists, master chiefs who ran their shops during the day then took an eight-hour watch instead of heading home, several seamen from the Honor Guard, and an admiral and his wife who stood a four- and eight-hour watch, respectively. This wasn't a photo op, all were eager to put their years of training and preparation to good use. In essence, a little bit of selfishness (service to self) empowers our selflessness (service to country).
- **Service to Shipmates –** In between the training and the mission is our shipmates. Service to self and service to country are short-fused items; the wave doesn't last too long. But, the enduring friendship and camaraderie with shipmates, with whom you shared those long hours, can last a lifetime – it is without a doubt one of the best payoffs of being a reservist.

So, to the analysts at HQ, until you can account for the qualitative factors, expect the unexpected. Sure, we want the incentives back – and we certainly deserve them – but money is the icing, not the cake. Reservists are not going to quit just because we lost our Christmas bonus; our drive to be part of this organization goes far deeper than can be quantified.

And to my shipmates in the Reserve: keep doing what you're doing, for the all reasons you're doing it. Your dedication and professionalism is being noticed, at all levels.

Semper Paratus.

Master Chief Petty Officer
Michael J. Rosati

Senior Enlisted Reserve Advisor,
Base National Capital Region

"And to my shipmates in the Reserve: keep doing what you're doing, for the all reasons you're doing it. Your dedication and professionalism is being noticed, at all levels."

FRONT ROW:
Annie Boyd, MSTC Robert Benton, MST3 Carli McSulla, MST2 Nicole Leslie, MST2 Savanna Turner

MIDDLE ROW:
ENS Scott Boyd, LCDR Robert Griffin, YN1 Medrick Dorson, MST2 Ian Roberts, MST2 Ken Hayes, LT Josiah Toepher.

BACK ROW:
MST1 Charles Yeargin, MST2 Chris Newton, Mr. Doug Andrews

MSU Savannah reservists honor those who made the ultimate sacrifice

Petty Officer 2nd Class Savanna Turner had been searching for a way for her unit, Marine Safety Unit Savannah, Ga., to participate in the local community. Specifically, she sought an event that would honor military veterans and coincide with Independence Day celebrations. During her search, she met Vietnam veteran Doug Andrews, a member of the Veterans Council of Chatham County. The Veterans Council is a non-profit organization comprised of 23 veteran organizations. They identified the need for a proper World War II monument and became the leading force behind the fundraising, lobbying and construction of the monument, appropriately named "A World Apart".

The monument was designed by Eric Meyerhoff, an Army veteran himself. He served in the Korean War, and his family escaped Nazi Germany in 1938 when he was 12. The monument's name is derived from the split bronze globe that pays tribute in symbolizing both the European and Pacific theaters of the war. Surrounding the monument are paths made of brick, stamped with additional names of those from the area who served in the war. The globe is inlaid with granite and inscribed with the names of fallen WWII military members from the Savannah region. The monument serves as a humble memorial to hundreds of Savannah's service members who never made it home.

"I wanted to honor those who served before us," said Turner. "It was also a positive morale event that brought our team and families closer together."

When Turner met with Andrews and the Veterans Council, she was astonished to learn that the memorial had not been properly cleaned or maintained since its construction more than seven years ago. After seeing the dulling bronze, weathered bricks and littered grounds, Turner quickly rallied the reservists of MSU Savannah, who, without hesitation, willingly volunteered for the project.

After weeks of planning, the day came for Turner to put her plan into action. On a sweltering Saturday afternoon in late

July, armed with lots of Simple Green, Never Dull, good intentions and a few members' kids in tow (for those hard to reach places!), 20 reservists arrived at the Savannah river front, ready to work.

MSU Savannah's Senior Reserve Officer Cmdr. Robert Griffin gave the order for the crew to turn to, and the reservists got to work. Members of the Veteran's Council came out to the sunny grounds with music and drinks, and the two groups chatted and told sea stories as the work progressed.

After hours of elbow grease, the brass globe and the surrounding pictures and plaques once again shone brightly. The granite gleamed, revealing reflections in the smooth rock.

Trash and debris were cleared and the bordering landscape was manicured. Petty Officer 2nd Class Chris Newton employed years of finely-honed pressure washing skills bringing out the original colors of the grounds. The brickwork and walkways, which had become embedded with dirt and litter, were cleared and detailed. Petty officers and lieutenants scrubbed bricks side by side, noting each individual hero's name as it became legible through their hard work.

The impact of the crew's efforts was evident. Petty Officer 3rd Class Carli McSulla took a step back to view the difference she and the crew had made.

"It was an honor and a privilege to be able to assist with the cleanup of the Memorial," said McSulla. "It's great to be able to make a difference in how the public views and pays respect to the monument."

The crew and the Veterans Council members celebrated their hard work by going out to dinner in Savannah. The MSU reservists plan to make community service an annual event.

"We're members of the Savannah community -- we're firefighters, civil servants, law enforcement officers and local businessmen; we live to serve this community on and off duty," said Griffin. "As military members, honoring those who came before us is just part of who we are, and we are fortunate for the opportunity."

— Story and photos courtesy of Ens. Scott Boyd, MSU Savannah

Ens. Scott Boyd rubs the tarnish off a very dear part of the memorial surrounding the bronze globe.

Reservists provide law enforcement support in northern border security operation

Lt. Kyle Higgins, BM1 Erik Bergvik, BM1 Clay Davis, BM3 Luis Calimano, and ME1 Michael Schebell are just several of the reservists who participated in Operation Green Mountain. Photo courtesy of Lt. j.g. Kyle Wiford.

The Coast Guard, in collaboration with U.S. Border Patrol and the Royal Canadian Mounted Police, conducted a joint operation, named Green Mountain, from June 23 to July 4 to enhance law enforcement partnerships, synchronize joint response to threats, and increase border security.

The joint operation was held along the Canadian border, in the vicinity of Lakes Champlain and Memphremagog. It was designed to detect, deter and prevent illicit maritime activity; sustain maritime domain awareness along the northern border; and improve interagency and inter-national coordination.

Though the operation was coordinated through Sector Northern New England, more than a dozen reservists from units across the country took part, providing boat crews and law enforcement support for recreational vessel boardings.

"This operation was a perfect illustration of partnering with our law enforcement partners and fostering those relationships," said Lt. j.g. Kyle Wiford, Sector Northern New England's team lead for the operation. "Each agency brought something to the table, including resources, area knowledge, and authorities that were critical to the success of OP Green Mountain."

Other participating agencies included the Vermont and New York State Police, Newport Police Department, Franklin Country Sheriff's Office, and the Vermont Intel Center.

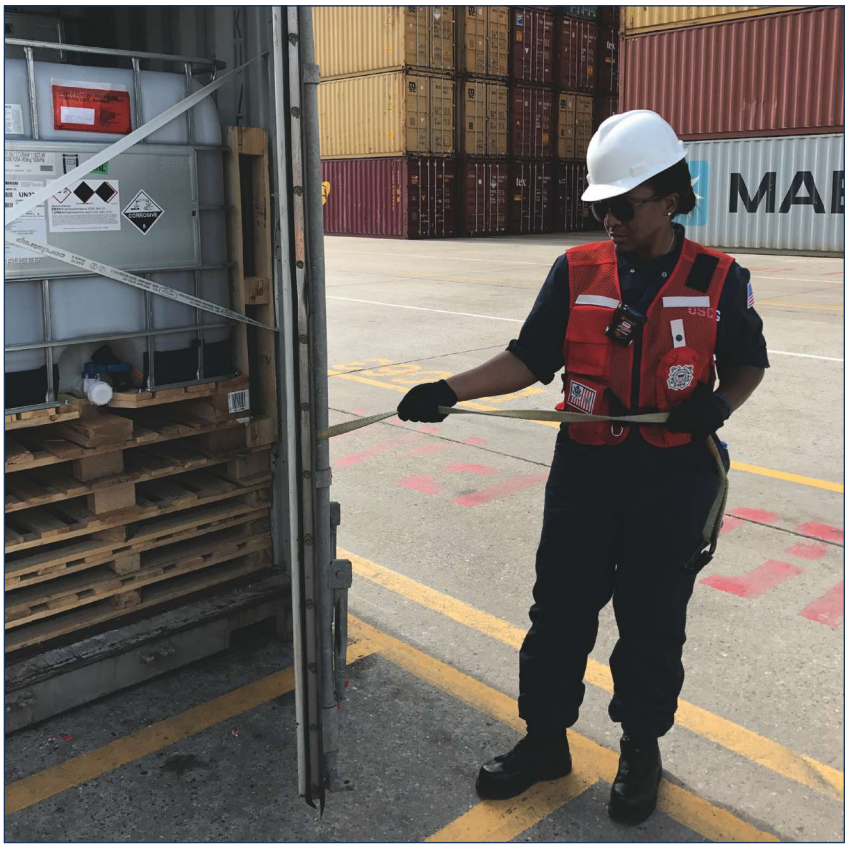
Container Corps: Sector Charleston container inspection college

Sector Charleston, S.C., sponsored and facilitated a two-week Container Inspection College in June. The training maximized productivity of reserve members on ADT and helped members become fully-qualified container inspectors at their respective units in support of contingency operations and augmentation.

"The focus of the Reserve has moved more and more to competencies. We've done [47-foot motor life boat (MLB) to Response Boat-Medium] RBM transition colleges before, but this was our first prevention skill-focused college," said Lt. Dan Sweeney, Reserve Force Readiness Staff for Sector Charleston. "This was the most effective way to get the most people qualified in container inspection with limited resources."

Sector Charleston's Prevention Department took the lead on developing the college. Working with active duty and the Container Inspection Training and Assistance Team (CITAT) staff, reservists in the prevention department organized school dates, solicitations, instructors and training materials for students. Eight reservists from Sectors Charleston, St. Petersburg, Fla., and Boston participated in the training. The syllabus included five days of classroom training, instructors covered a wide range of topics including: laws and authorities, safety, structural exams, material classification, container segregation, HAZWOPER refresher and Personal Radiation Detector training.

Lt. j. g. Pilar Ramos-Nuñez, a student from Sector Charleston, said she appreciated the skills she learned and the confidence she gained from the attending the class. "It was hands-on and engaging, which made digesting the course material much easier," she said.



Lt.j.g. Mary Tabor participates in classroom exercises as part of the container inspection college.

The course also featured five days of field operations at Charleston's two container facilities with a Multi-Agency Strike Force Operation (MASFO) taking place during the second week. Each day allotted time for students to prove their understanding of the material and obtain PQS sign-offs from the trainers.

"I've been working on my container qualification for some time now. With this class, all the pieces just came together and gave me a better understanding of the entire process," said Petty Officer 1st Class Michael Solum, a student from Sector St. Petersburg. "The inspections we did in the ports were invaluable. We got to see different types of containers, different ways to package hazmat, and even identified discrepancies in shipments and damaged containers."

"As an instructor, I found it to be a great opportunity to give back the mentorship and knowledge I had received during my tenure as a container inspector," said Petty Officer 1st Class John Hendrix.

By the end of the two weeks, all eight students completed the required PQS, three members passed their certification boards, and four more left the college, ready to schedule boards during their next drill weekend.

"It can take much, much longer for someone to gain the qualifications if they didn't have this intensive course," said Sweeney. "This gets people much closer to being qualified instead of what they can get done just on their drill weekends."

— Submitted by Lt. Elvira Keeble, Sector Charleston

Container inspection students MST1 Michael Solum, Lt. Ed Parvin, Lt. Elvira Keeble, and MSTCS James Lee take a break mid-training.

Senior Chief Petty Officer Roger Rebman and Petty Officer 3rd Class Omar Rivera work on a dewatering pump aboard an asset from the Monroe County Sheriff's Office.

Photos courtesy of Station Rochester.

Rochester Reserve crew rescues sinking family

An all-reserve boat crew from Station Rochester, N.Y., rescued four people when their vessel started sinking off Rochester.

The family on board the vessel ORCA called Station Rochester to let them know their pleasure craft was sinking off Braddock Bay, N.Y., two miles offshore. The two adults and two children donned their life jackets, and Station Rochester launched their RB-S and their 47-foot motor life boat (MLB).

The crew of reservists aboard the RB-S, Senior Chiefs Roger Rebman and Jeffrey Schnars, Petty Officer 1st Class Kenneth LaDuke and Petty Officer 3rd Class Omar Rivera, arrived on scene. Rebman and Rivera jumped aboard the ORCA and assisted the master of the vessel with starting the dewatering pump, as well as damage control around the shaft to slow flooding. The family was transferred to the RB-S, while the active duty crew aboard the MLB towed the vessel to a yacht club in Rochester.

— Submitted by Chief Brad Wilcox, Station Rochester

Base Cleveland holds ICS training

Coast Guard Ninth District's Base Cleveland hosted Incident Command System training in April to ensure they are prepared when disaster strikes.

"The value of ICS becomes clear when we mobilize to respond to an incident, especially one that no one could have imagined, such as Hurricane Sandy or the Deepwater Horizon oil spill," said Capt. Martha LaGuardia, senior reserve officer for the Ninth District. "Walking into an incident command post and knowing where to go and who to work with to lasso the chaos and bring solutions to complex real life events is just one of the many benefits of the ICS."

ICS is a system designed to enable effective and efficient domestic incident management by integrating facilities, equipment, personnel, procedures and communications operating within a common organizational structure.

"D9's District Response Advisory Team (DRAT) and Base Cleveland Reserve leadership combined forces to develop a challenging exercise scenario for active duty, Reserve and civilian members to work as a team," said Cmdr. John Roos, team leader for the exercise. "Reserve members led, implemented and conducted the exercise, overseeing the event from design to after-action report."

An event was created to coordinate an ICS response to a vessel allusion with a submerged object on the Cuyahoga River, resulting in a discharge of 40,000 gallons of diesel.

"The general idea of the operation was to test the participants planning and strategy, but in doing so they showed off their particular skill sets," said Frederick Wasco, civilian planner, Ninth District Coast Guard.

Taking time to practice the skills they have been taught in exercises like these shows Cleveland's members not only say the words "Semper Paratus," they live them.

"The value the Coast Guard provides to our nation and we, the Reserve, provide to the active component is evident time and time again when we are called to mobilize and augment, lending our expertise to help," said LaGuardia.

— Submitted by PA3 James Connor, Ninth District

Guam's Guardians: How reservists make the difference

Guam may be where America's day begins, but at Station Apra Harbor in Santa Rita, Guam, reservists are known to be busy day and night. The Coast Guard Reserve has a long history of serving the people of the Pacific and continues to play a critical role in the local community.

"Reservists are a valuable asset to Sector Guam because of the experience each member brings as a force multiplier," said Lt. William White, former Coast Guard Sector Guam command center supervisor. "All of the reservists at Sector Guam are subject matter experts in their civilian professions, and these skill sets and analytical capabilities translate into the high level of performance seen from our reservists. They are extremely important to the unit's success during contingency operations, such as pre- and post-storm operations associated with typhoons, extended responses for maritime casualties, or training active duty members during the initial stages of qualification."

Coast Guard reservists maintain civilian careers, while dedicating a weekend a month and two weeks a year to duty and drilling. During these times, they fully augment the station as a complete duty section, allowing a needed break for their active duty shipmates. At Apra Harbor, a station stood up from a boat forces unit in 2008 that has been operating well below their minimum personnel allowance for several years, the integration of the reservists as a full crew has been vital to getting the mission done and reducing crew fatigue.

Chief Petty Officer Brad Dixon, Petty Officer 1st Class Mark Camacho, Petty Officer 2nd Class Robbie Call, Petty Officer 3rd Class Tyson Damian, and Petty Officer 3rd Class Vincent Arterto are all long-time members Station Guam and professionals in their communities.

Photo courtesy of Station Guam.

In March, while conducting necessary night training to maintain currency on qualifications, the all-reservist crew found an overturned vessel with five people clinging to a nearby green marker buoy. They quickly coordinated with the Guam Fire Department and, together, successfully rescued all five people.

During another drill weekend in April, while on night patrol, the crew responded to a disabled boat drifting about four miles off the coast of Guam and safely towed it back to shore.

Answering the call and helping save lives in the community in which they live and love is a second job for these Reserve members, but it's one they are fully committed to.

"My entire crew is awesome," said Senior Chief Petty Officer Richard Marston, officer-in-charge of Station Apra Harbor. "These dedicated professionals are, and continue to be, an invaluable asset to the service, the people of Guam and our critical search and rescue partnerships here."

Chief Petty Officer Brad Dixon, a boatswain's mate, was the coxswain on the aforementioned cases. Raised on Guam, he's lived there the past four decades. He's dedicated time to the station for over 19 years and serves as a real source of continuity and expertise. When he's not driving boats for the Coast Guard, he's driving boats as a charter boat captain and a fire lieutenant for Guam Fire Rescue.

Petty Officer 2nd Class Victor Camacho, born and raised on Guam, has been a machinery technician at Station Apra Harbor for over five years, and he's the station's only reserve firearms instructor. This ensures the crew maintains their firearms qualifications without trips off island or the expense of bringing in other personnel for training. When Camacho takes off his blue uniform, he puts on another one as a deputy marshal for the Judiciary of Guam.

Petty Officer 2nd Class Gary Baxter is also a machinery technician at Station Apra Harbor. Baxter was prior active-duty Coast Guard. He fell in love with Guam and never left. Transitioning into the reserves, he now works for the University of Guam and as a part-time dive instructor.

Petty Officer 3rd Class Tyson Damian has been a reservist for two years. He is a boatswain's mate at Station Apra Harbor and was also born and raised on Guam. When he's not drilling and training with the Coast Guard, he works as a first mate and Merchant Mariner on commercial ships operating out of Guam.

Petty Officer 3rd Class Arlene Estioca serves as a unit controller with the command center working to manage search and rescue across a vast and remote area.

"Local reservists have an advantage during cases due to regional familiarity and their knowledge of local authorities," said Estioca. "The Coast Guard reserve has given me the opportunity to serve alongside my active counterparts on a part-time basis. Being a reservist on Guam worked in my favor; I was able to keep my other full-time jobs as a teacher, mother and wife. "

"While serving the last five years of my career in Guam, I've seen firsthand the benefits of the Reserve to Sector Guam," said Lt. Cmdr. Charlie Epperson, senior reserve officer of Sector Guam. "During my time as the military outload liaison, I witnessed how beneficial it was to activate a small group of qualified reservists with an inherent understanding of the region to support maritime security operations. Many of our reservists are firefighters and police officers that are able to bring a wealth of knowledge to support search and rescue and maritime security operations and to serve as the crucial link between Coast Guard and local government agencies that we depend on to execute these missions."

"Reservists are an indispensable part of the team," said White, "and each directly contributes to the sector's success."

— Story by PA3 Amanda Levasseur
Fourteenth District

Now Hiring!

Martime Enforcement Specialists

Do you have experience serving as a law enforcement officer?

If so, consider joining the United States Coast Guard Reserve as a Maritime Enforcement Specialist. Here's your chance to get a good-paying, part-time job that comes with impressive benefits as well as action, adventure and the chance to make a difference. So consider maintaining a dual career path to serve two days a month and two weeks a year.

ME Rating Performance Qualifications Standard

for E-4 at a minimum.

U.S. Army

- *Military Police*
- *CBRNE Specialist*
- *Infantry*
- *Special Forces*
- *Ranger*

USMC

- *Military Police*
- *CBRNE Specialist*
- *Infantry*
- *Special Operations Reconnaissance*

U.S. Navy

- *Master-at-Arms*
- *Special Warfare Combatant-Craft Crewman (SWCC)*
- *Special Warfare Operator (SO) (SEAL)*

USAF

- *Security Forces*
- *Phoenix Raven*

Civilian

- *Sworn Peace Officer*
- *Sworn Police Officer*
- *Sworn Law Enforcement Officer*
- *Local, State or Federal Maritime Law Enforcement Officer*

Additional Benefits

Service to Nation • Subsidized Monthly Income • Low cost health, life, and dental insurance available • Camaraderie • Worldwide Travel Opportunities • Networking • No Cost Uniforms • Veteran Status & Benefits • 3 Week Boot Camp • Retirement

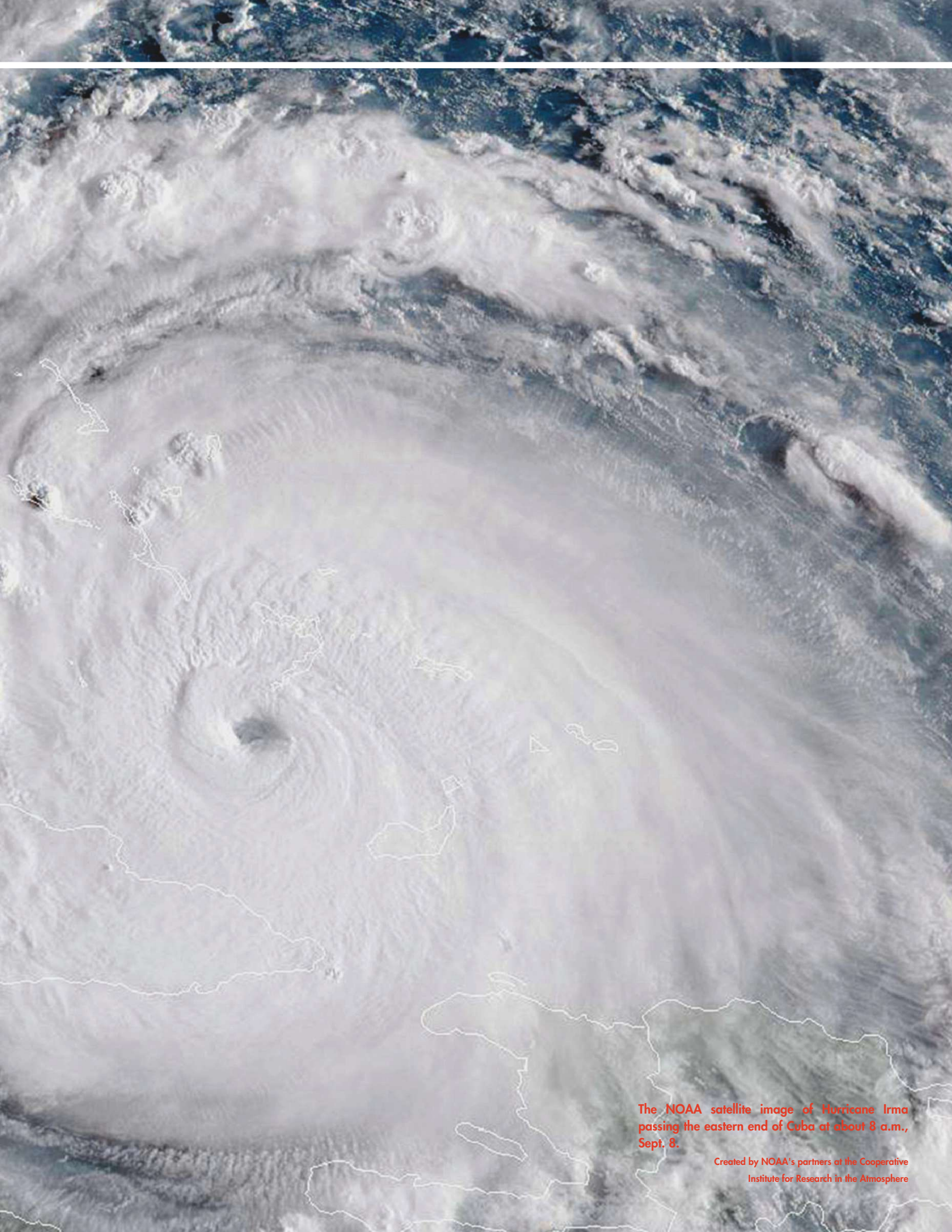
www.gocoastguard.com

UNITED STATES COAST GUARD
RESERVE
ALWAYS READY

THE TERRIBLE TRIFECTA

RESERVISTS RESPOND TO HELP PICK UP THE PIECES AFTER THREE MAJOR STORMS RAVAGE TEXAS, FLORIDA, AND PUERTO RICO

STORY BY ANASTASIA M. DEVLIN



The NOAA satellite image of Hurricane Irma passing the eastern end of Cuba at about 8 a.m., Sept. 8.

Created by NOAA's partners at the Cooperative Institute for Research in the Atmosphere

Coast Guard personnel prepare aircraft and make final checks at Aviation Training Center Mobile, Ala., Sept. 10, for Hurricane response operations.

Photo by PA1 Patrick Kelley

The United States has encountered its toughest hurricane season in decades. The Coast Guard spent the end of the summer like a boxer up against the ropes, exhausted and trying to read a seasoned fighter. The Atlantic Area command moved its people and assets around like chess pieces, trying to predict the paths of the storms.

The images from the hurricanes became familiar – orange helicopters huddled in hangars, C-130s being loaded with supplies and vehicles, punt teams wading through streets. Veterans of Hurricane Katrina found themselves recalling similar around-the-clock operations.

One paper noted that Harvey dispensed more than 33 trillion gallons of water on U.S. soil, and for comparison, the Chesapeake Bay only holds 18 trillion. The National Weather Service said so much rain had fallen that they had to update the color charts on their graphics in order to effectively map it.

The Coast Guard conducted more than 12,000 rescues in response to Hurricane Harvey in the first week alone. No one will forget the iconic image of a helicopter crew hoisting a wheelchair. Even with pre-staged crews, Coast Guardsmen worked long hours because, with much of Houston's infrastructure submerged, relief crews couldn't make it across the flooded city. Rescuers needed to be rescued in order to continue operations. Tens of thousands of homes were underwater, and still more rain came. Pilots found themselves navigating via highways, flying in winds and torrential, driving rain that pushed the safety limits of their aircraft.

After days of pulling people from rooftops in the rain, and

A Coast Guard Flood Punt Team transports a family across a flooded neighborhood in Houston, Texas, Aug. 29. The Flood Punt Team traveled from Sector Upper Mississippi River in St. Louis to assist Coast Guard rescue operations for Hurricane Harvey.

Photo by PA3 Ryan Dickinson

while still actively responding to the flooding in Texas, Coast Guard senior leadership eyed the string of storms churning in the Caribbean. A week later, Florida declared a state of emergency, setting off the largest evacuation in the state's history. The nation followed closely on social media and 24-hour news sites as Hurricane IRMA tore across the Florida Keys less than a week later, wrapping around the western edge of the southernmost state. Coast Guardsmen responded to the call while trying not to worry about their own destroyed property and displaced dependents.

Hundreds of aids-to-navigation were thrown off course, halting traffic in multiple ports. Vessels lay strewn along the coasts of Florida, Texas and Louisiana. And, of course, JOSE, another Category 4 hurricane, was still winding through the Caribbean.

Puerto Rico had already been dealing with a loss of power, even though it hadn't received a direct hit by Irma or Jose. Two weeks later though, the Category 4 Hurricane Maria flattened the island, peeling roofs off houses, killing livestock and causing a power outage to 100 percent of the island's residents.

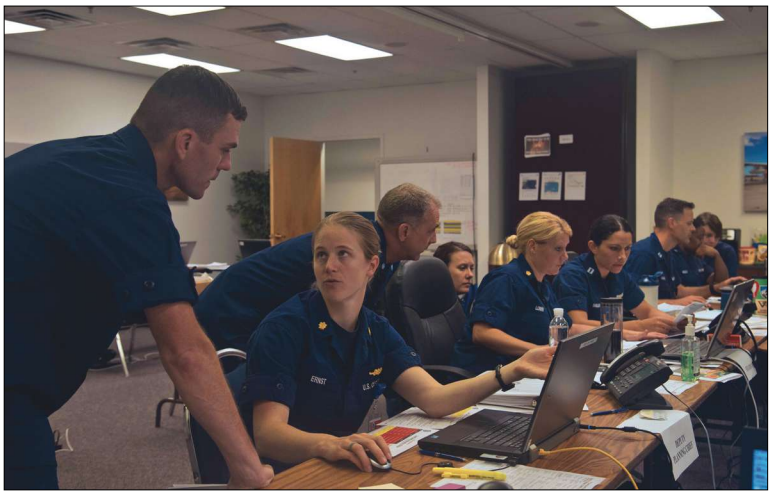
"We completed four weeks of sustained hurricane response-recovery operations Coast Guard-wide, first with Harvey, then with IRMA, now with MARIA," said Rear Adm. Peter Brown said in September. "We've had to surge assets and people from one storm to another -- it's been a continuous, sprint-level effort."

More than 800 reservists were recalled to assist with the intense hurricane season – the first mass recall of reservists since Deepwater Horizon. Coast Guard crews worked out of hotels and continuity-of-operations (COOP) sites. The overwhelmed 911 system crashed, multiple times, sending the public toward social media sites to get the attention of first responders. Phone banks were set up and staffed to catch the overflow of calls. Command centers began to take requests for help via social media, a change from twelve years ago during Hurricane Katrina, when social media was still in its infancy.

"Crisis breeds innovation," said Vice Adm. Sandra Stosz, the Coast Guard's deputy commandant for mission support, in a recent interview. She cited a need for a response app that would harness the power of multiple social media platforms, channeling the information to the Coast Guard and other first responders in a way that would directly feed operations.

As of late October, half of the 3.5 million residents of Puerto Rico remained without power, and Coast Guard crews continued to work to open the ports, reset ATON, and provide relief to the citizens, including food, water, fuel, supplies and prescription medications.

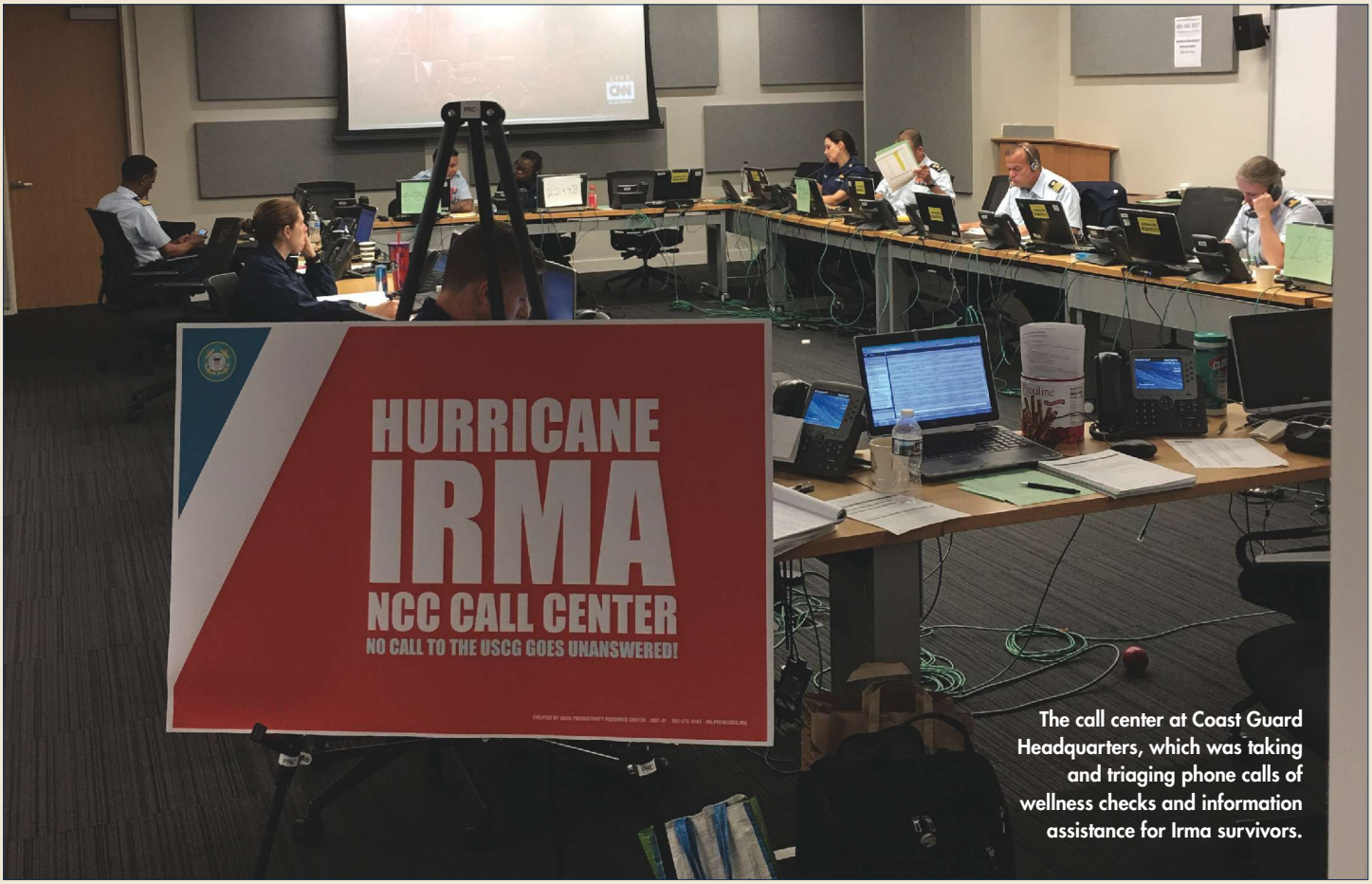
"We're responding to that call," said Brown, "and we'll certainly continue for some time to come." ≋



TOP: A Coast Guard flood punt team assists with search and rescue efforts in the aftermath of Hurricane Irma in Hastings, Florida, Sept. 12. The flood punt team traveled from Coast Guard Sector Lower Mississippi River, Tenn., to assist with Hurricane Irma rescue operations. Photo by CWO Andrew Matthews

MIDDLE: Coast Guard Lt. Cmdr. Sarah Ernst and Lt. Cmdr. David Twomey (left) work from the Portsmouth Federal building in Portsmouth, Va., Sept. 1, to support Hurricane Harvey response efforts in Texas and Louisiana. More than 250 Coast Guard members were actively participating in a response effort in the Tidewater area of Virginia and more than 50 active duty and reserve personnel from the Tidewater area were deployed to the affected areas of the Gulf Coast. Photo by PA2 Nate Littlejohn

BOTTOM: Aircrews from ATC Mobile operating in Houston hoist a wheelchair during search and rescue operations Aug. 29.



The call center at Coast Guard Headquarters, which was taking and triaging phone calls of wellness checks and information assistance for Irma survivors.

READY FOR THE CALL

Reservists respond to back to back to back Hurricanes

Story and photos by Lt. Jonathan Hsieh

The Coast Guard National Command Center (NCC) maintains situational awareness of all major Coast Guard operations worldwide and all significant activities with potential Coast Guard or Department of Homeland Security interest. NCC employs ten reservists as qualified duty officers who stand 12-hour watches. They drill alongside the active duty counterparts and represent a diverse array of civilian occupations. Most importantly, they pride themselves on being indistinguishable from the active duty watchstanders.

Following the landfall of Hurricane HARVEY in late August, NCC reservists were involuntarily recalled for active duty on Title 14 orders. At this point, Hurricane HARVEY had caused massive flooding in Houston and Port Arthur, Texas, and the Coast Guard was conducting urban search and rescue in those affected areas. The public had turned to social media to find phone numbers for emergency assistance, which ultimately led to an unprecedented number of phone calls to the Coast Guard.

Five NCC reservists took over the call center at Coast Guard Headquarters, which was taking and triaging phone calls for Sector Houston-Galveston and Marine Safety Unit Port Arthur. The reservists became the watch captains, managing more than 300 military and civilian volunteers. They provided consistency, continuity and training for the volunteers, and they made quick decisions, triaging cases and working with units to coordinate responses.

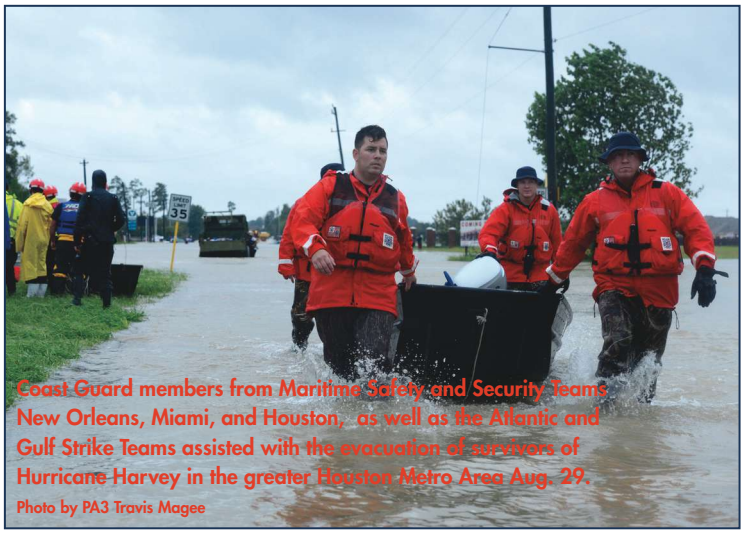
When Hurricane IRMA hit a few weeks later, the reservists stood up another call center. Using lessons learned, they worked to create checklists and job aids, researched phone numbers and developed standard operating procedures. At first, the call center took overflow calls from the Coast Guard District Seven command center, which was located in a continuity of operations (COOP) site in St. Louis. Word soon spread on social media sites, and the call center flooded with requests for wellness checks for Irma survivors. NCC's reservists once again assumed leadership roles, handling thousands of calls that had been taken by 160 military and civilian volunteers over four days.

Reservists are vital force multipliers to the National Command Center. They led two call centers that fielded nearly 10,000 calls and directly assisted over 30,000 people and their pets. Overall, these call centers provided peace of mind to those that needed a compassionate professional on the other end of the line during a perilous situation. ≋

IMAGES FROM HURRICANE HARVEY

Watchstanders in the Coast Guard Atlantic Area Command Center in Portsmouth, Virginia, monitor search and rescue cases Sept. 1.

Photo by PA2 Nate Littlejohn



Coast Guard members from Maritime Safety and Security Teams New Orleans, Miami, and Houston, as well as the Atlantic and Gulf Strike Teams assisted with the evacuation of survivors of Hurricane Harvey in the greater Houston Metro Area Aug. 29.

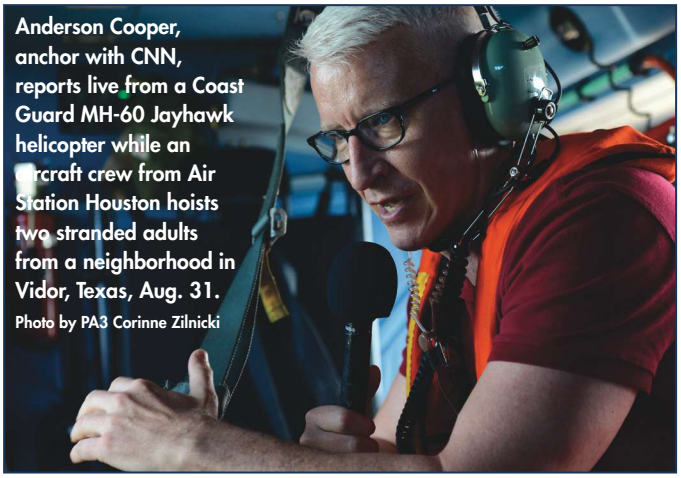
Photo by PA3 Travis Magee

Coast Guard Petty Officers 3rd Class Eric Gordon and Gavin Kershaw pilot a 16-foot flood punt boat through a flooded neighborhood in Friendswood, Texas, Aug. 29. Flood punt teams from Marine Safety Unit Paducah, Kentucky, have rescued over 850 people.

Photo by PA3 Corinne Zilnicki

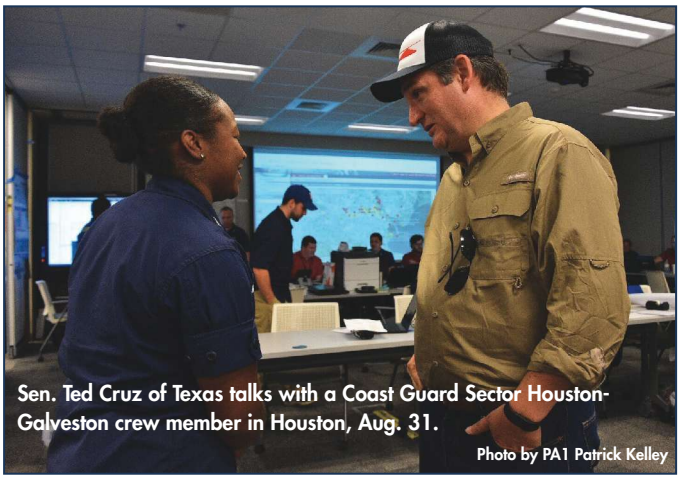
Adm. Paul F. Zukunft visits members from the Eight Coast Guard District Area Command in New Orleans to recognize their Hurricane Harvey response efforts Sept. 15.

Photo by PA3 Travis Magee



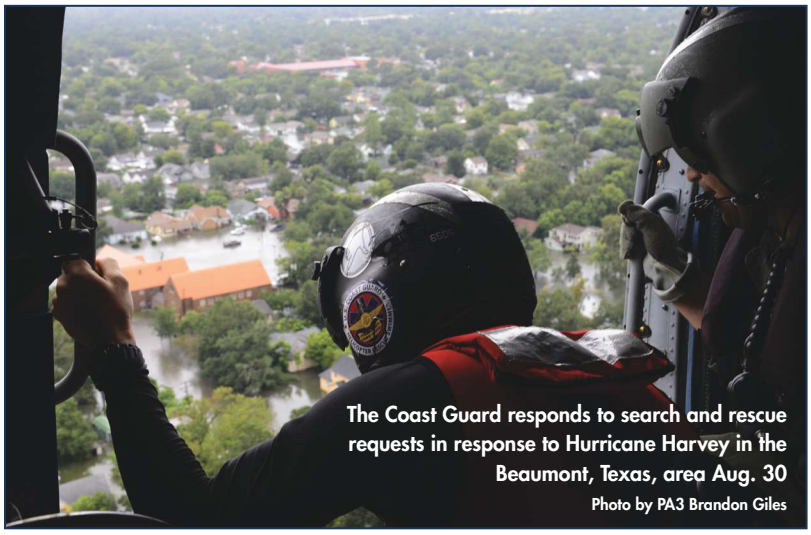
Anderson Cooper, anchor with CNN, reports live from a Coast Guard MH-60 Jayhawk helicopter while an aircraft crew from Air Station Houston hoists two stranded adults from a neighborhood in Vidor, Texas, Aug. 31.

Photo by PA3 Corinne Zilnicki



Sen. Ted Cruz of Texas talks with a Coast Guard Sector Houston-Galveston crew member in Houston, Aug. 31.

Photo by PA1 Patrick Kelley



The Coast Guard responds to search and rescue requests in response to Hurricane Harvey in the Beaumont, Texas, area Aug. 30

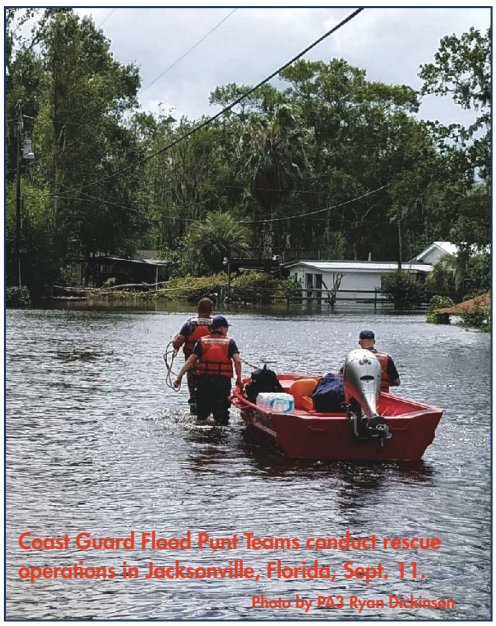
Photo by PA3 Brandon Giles

"I CANNOT THANK THE U.S. COAST GUARD AND FIRST RESPONDERS ENOUGH FOR PUTTING THEMSELVES IN HARM'S WAY TO RESCUE LIVES. TEXAS IS GRATEFUL TO ALL FOR COMING TO OUR AID"

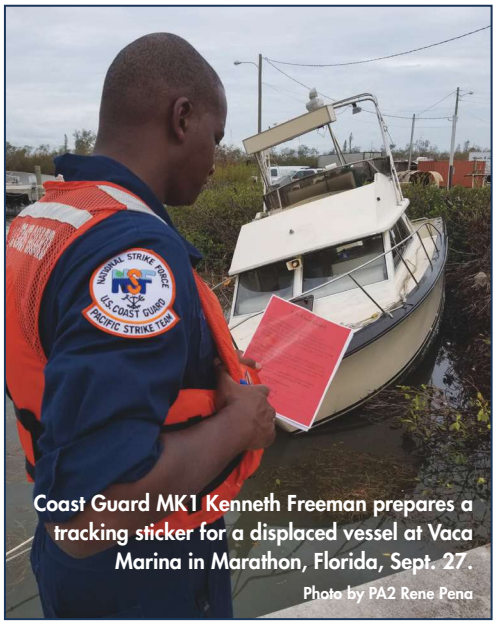
– SENATOR TED CRUZ

IMAGES FROM HURRICANE IRMA

The Coast Guard Cutter VALIANT crew transported more than 95 adults, kids and pets off St. Thomas to the cutter during Hurricane Irma response and relief efforts in the U.S. Virgin Islands, Sept. 12.
U.S. Coast Guard photo



Coast Guard Flood Punt Teams conduct rescue operations in Jacksonville, Florida, Sept. 11.
Photo by PA3 Ryan Dickinson

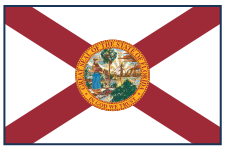


Coast Guard MK1 Kenneth Freeman prepares a tracking sticker for a displaced vessel at Vaca Marina in Marathon, Florida, Sept. 27.
Photo by PA2 Rene Pena

"THANKS TO THE HARDWORKING MEN & WOMEN OF THE U.S. COAST GUARD FOR ALL YOU DO TO PROTECT OUR NATION."

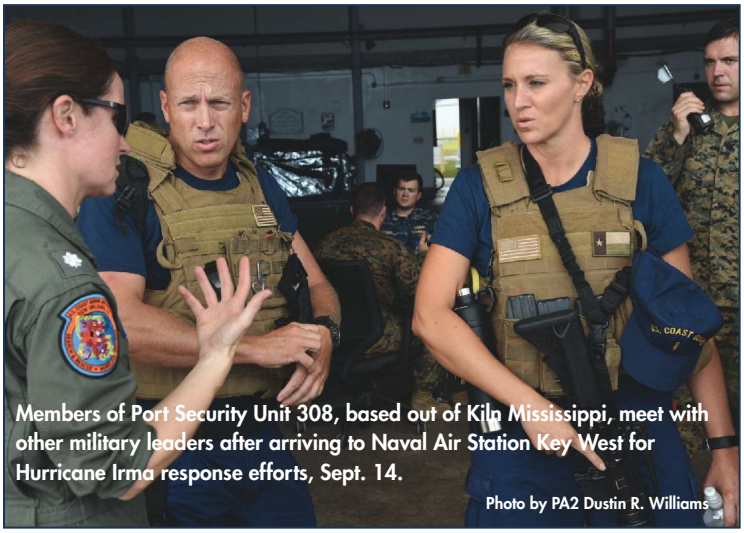
— SENATOR MARCO RUBIO

Primary storm impact locations



Adm. Paul Zukunft, Commandant of the U.S. Coast Guard, meets with Sector Lower Mississippi River flood punt team members Thursday, Sept. 14.

Photo by PA3 Ryan Dickinson



Members of Port Security Unit 308, based out of Kiln Mississippi, meet with other military leaders after arriving to Naval Air Station Key West for Hurricane Irma response efforts, Sept. 14.

Photo by PA2 Dustin R. Williams

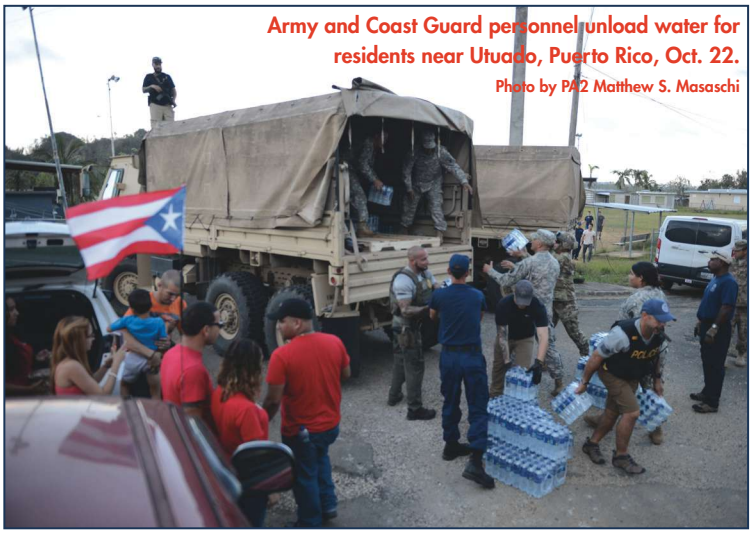
Lt.j.g. Samantha Cardoza and MK1 Brian Moehler, members of the Atlantic Strike Team located in Fort Dix, New Jersey, inspect a row of displaced vessel on the shoreline of the Naval Air Station Key West, Florida, Oct. 2.

Photo by PA2 David Weydert

IMAGES FROM HURRICANE MARIA

A Coast Guard MH-60 Jayhawk helicopter crew assesses humanitarian need in Puerto Rico, Sept. 29. The helicopter crew flew over Aguadilla, Comerio, Ponce, Peñuelas, Cabo Rojo, Comerio and Guanica.

Photo by Coast Guard Auxiliarist Vicente Vélez



Army and Coast Guard personnel unload water for residents near Utuado, Puerto Rico, Oct. 22.

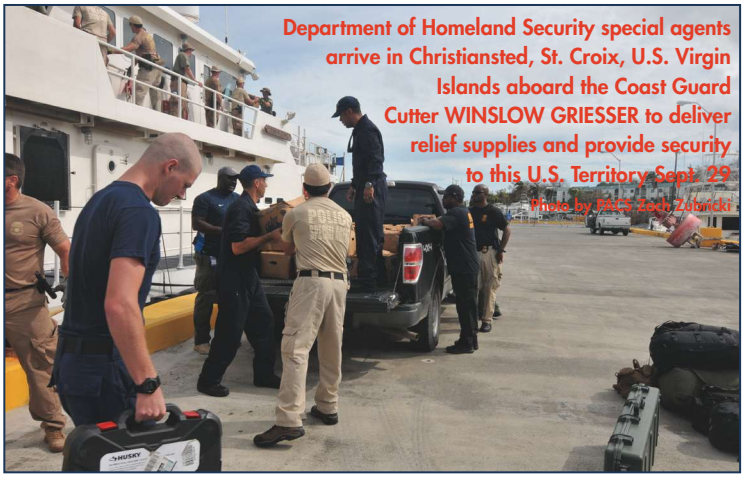
Photo by PA2 Matthew S. Masaschi

Gov. Ricardo Rossello, Pres. Donald Trump, First Lady Melania Trump and the Governor's wife Beatriz Areizag Rosello meet at Luis Muniz Air National Guard Base.

U.S. Air National Guard Photo by Capt. Matt Murphy

Primary storm impact locations

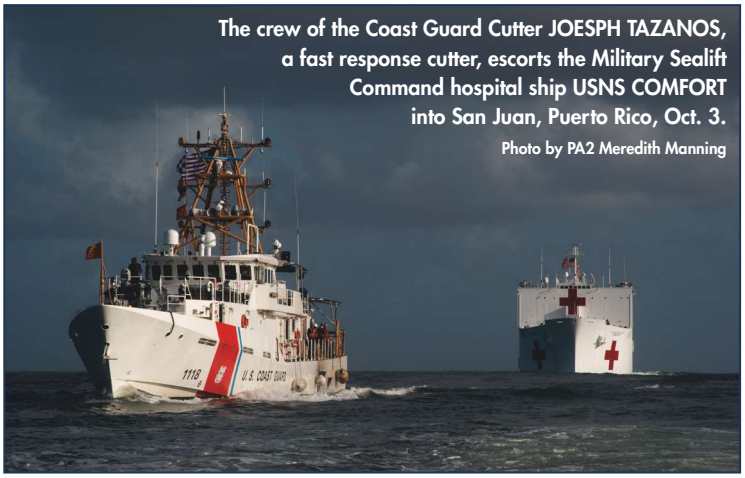
Coast Guard Commandant Adm. Paul Zukunft addresses the media during a press conference at the emergency operations center in San Juan, Puerto Rico, Sept. 25. Photo by PA1 Patrick Kelley



Department of Homeland Security special agents arrive in Christiansted, St. Croix, U.S. Virgin Islands aboard the Coast Guard Cutter WINSLOW GRIESSER to deliver relief supplies and provide security to this U.S. Territory Sept. 29. Photo by PA1 Zach Zabrocki

"A LOT OF PEOPLE GOT TO SEE THE REAL COAST GUARD DURING THIS INCREDIBLE TROUBLE... I THINK IT WAS INCREDIBLE WHAT THEY DID. SO THANK YOU ALL VERY MUCH... WE APPRECIATE IT. REALLY APPRECIATE IT"

– PRESIDENT DONALD TRUMP



The crew of the Coast Guard Cutter JOESPH TAZANOS, a fast response cutter, escorts the Military Sealift Command hospital ship USNS COMFORT into San Juan, Puerto Rico, Oct. 3. Photo by PA2 Meredith Manning

The Coast Guard Cutter JAMES serves as a command and control platform in San Juan, Puerto Rico, Sept. 25. Photo by Cmdr. Pete Melnick

FEATURE STORY

SERVING

IN A PSU

STORY SUBMITTED BY
LT. BENJAMIN GROSS,
PSU 309

PHOTO BY
PA2 MATTHEW S. MASASCHI,
FIFTH DISTRICT

Port Security Units (PSU) are part of the Coast Guard's Deployable Specialized Forces (DSF) and have become the pinnacle of the national defense mission, which spawned the formation of the Coast Guard Reserve itself. PSUs are self-sustaining active duty units that are primarily staffed by reservists and a handful of full time-staff that support logistical and administrative functions for the entire PSU, similar to Reserve Force Readiness System (RFRS) staff at a Sector or SERAs at stations.

PSUs need highly-motivated members in the boatswains mate (BM) and maritime enforcement specialist (ME) ratings to fill critical billets in Waterside and Shoreside Security Divisions, which are necessary to meet the Coast Guard's readiness conditions for overseas deployments supporting maritime security operations. Tactical boat crew, tactical coxswain, and engineer billets are crucial in Waterside Security Divisions. These qualifications are an extension of traditional boat crew member and coxswain qualifications with additional competencies and tasks essential for expeditionary missions. Crucial Shoreside Security billets at include fire team member, fire team leader and squad leader billets. These qualifications are comprised of a mixture of traditional law enforcement competencies and tasks, in addition to basic infantry and anti-terrorism / force protection tactics and skills.

Capt. Matthew Wadleigh, commanding officer of PSU 309, said "The experiences of PSU members capture an expeditionary culture and pride. An assignment with a PSU guarantees hard work, great opportunities, fun and rewarding teamwork with significant leadership roles at all levels. PSUs receive great support, and interest comes from all areas of the Coast Guard, especially PACAREA, FORCECOM, DOL and SMTC, which ensures a PSU is resourced, trained and ready for mission requirements."

If you are interested joining the PSU community, contact a Reserve Assignment Branch (RPM-2) assignment officer for your District, or visit the RPM-2 website.

THE WATERSIDE PERSPECTIVE

As a BM at a station, I experienced challenges when it came to completing and maintaining qualifications while in a drilling status. I decided to move to a PSU without knowing fully what to expect, but being stationed at the PSU was the best possible thing to ever happen to me. The main difference between a reservist at a sector or station and a reservist at a PSU is a PSU is an entire unit based around the Reserve members. Reservists come into the unit and run it over a drill weekend and during their ADT period. There's no need to compete for underway time for currencies or qualifications. This helps BM3s succeed in getting certified as coxswains and advance in their career, as well as earning other qualifications at the same time.

Members get out of it what they put into it; there's by lots of opportunities during a year to come in and run boats at the pace of the active component. If you like to travel, then you'll get the chance to see the world. I deployed to Kuwait, Cuba, and South Korea, in support of joint-service operations.

In the Waterside Security Division, a BM is expected to work towards qualification as a boat crew member, engineer, tactical crew, coxswain, and tactical coxswain, as well as qualify and maintain certification on the .50 cal M2HB, M240B, M-16, M-870 shotgun and the Sig 229 9mm. Earning required qualifications usually takes twelve to eighteen months sometimes less depending on members existing qualifications.

PSU reservists can also work towards earning the PSU insignia pin by completing the PSU Basic Skills Course at Camp Lejeune, N.C., which covers the many different facets of port security.

PSUs are a demanding type of Unit with many chances to be recognized and rewarded with team, individual, and Joint Service awards. These greatly influence advancement with award points towards the Service Wide Exam.

The camaraderie at a PSU exists not only throughout the crew and community, but also extends to a member's family while at home or deployed. I have experienced some long days and challenges at the PSU, but all are well worth the satisfaction that I have received out of knowing that as Reserve BM, I am running a Waterside mission that mirrors those of the active duty MSST, MSRT, and TACLET teams throughout the Coast Guard as well as the Maritime Expeditionary Security Forces within the Navy Expeditionary Combat Command structure. I fully believe that any BM who intends on making the Coast Guard Reserve a career should at some point in their career try a tour at a PSU.

— Chief John Anderson
PSU 309 Waterside Security Division Chief

THE SHORESIDE PERSPECTIVE

I was first introduced to the PSU in college by another student that lived a few rooms down from me. He would always come back from drill weekend and tell me about life at the PSU and how different it was when compared to other Coast Guard units. The stories I heard about the training and the missions that the PSU supported were so interesting to me that I enlisted. That was fourteen years ago and during that time I've advanced from seaman apprentice to chief petty officer, all while serving at a PSU.

The duties of an ME in the Shoreside Security Division include: first line Unit Force Protection; high-value asset (HVA) protection from landside threats; and inspections of vehicles and personnel attempting to enter base entry control points.

If you enjoy traveling, the PSU is the place to be. As a member of the PSU, you are also a member of the Coast Guard Deployable Specialized Forces. PSUs are self-sustaining Reserve units that maintain readiness to deploy anywhere in the world for contingency, emergency, and planned operations. Since joining the PSU fourteen years ago, I've deployed to Kuwait, Cuba and South Korea.

Upon assignment to the PSU Shoreside Security Division, an ME is expected to become qualified as a fire team member and fire team leader. Additionally, you can work towards your PSU insignia pin, which can only be achieved by being assigned to a PSU. You will spend a lot of time working with various firearms (qualification and proficiency are a must on all weapons systems). Every Shoreside Security member will learn how to set up an entry control point, defensive fighting positions, conduct patrols and setup overwatch positions. You'll learn these tasks while on-the-job, as well as through the PSU Basic Skills Course held at Special Missions Training Center at Camp Lejeune, NC.

The commitment at the PSU is great, but it comes with rewards too. In addition to the team awards and medals that I have earned while stationed at the PSU, there are other advantages. As a reservist, my Post 9-11 GI Bill program was different than that of an active duty member, but I was able to increase my eligibility benefits through my deployments. Since then, I also maximized my GI Bill entitlement and transferred my eligibility to my daughter. This provides her with 36 months of tuition for college.

The PSU community is close, and it quickly became my family. The PSU has taken me all around the world, and I've gotten to be a part of the Coast Guard that few people experience.

— Chief Matt Shearn
(former) PSU 309 Shoreside Security Division Chief

WHAT TO KNOW BEFORE YOU GO:

TOP FIVE THINGS TO KNOW BEFORE APPLYING FOR A PSU DEPLOYMENT

STORY SUBMITTED BY LT. MICHAEL OSATTIN, PSU 309
AND LT. JENNIFER WONG-REISS, PSU 305

It's amazing how quickly information spreads throughout Reserve network when a Port Security Unit (PSU) receives a warning order to deploy. Reservists from every corner of the country start searching volunteer bulletin boards, calling friends, and emailing PSU staff. The great news is there is almost always a need for surge staffing support when a PSU deploys – opportunities abound to get in the game. However, before you make a phone call, send an email or ask your friends to recommend you to their command, there are a few things you should know.

1. WHAT IS A PSU?

PSUs are part of the Coast Guard's Deployable Specialized Forces, primarily comprised of reservists, and designed to meet the Coast Guard's Defense Readiness Mission. They are trained and equipped to provide land and waterside physical security, maritime interdiction, and point defense of strategic shipping, critical infrastructure, and high value assets, primarily in an expeditionary environment. They have organic medical, logistics, and communications capabilities and can deploy with Naval Expeditionary Combatant Command assets to support geographical combatant commanders or assist with humanitarian missions throughout the world.

2. WHERE WOULD YOU FIT AND WHAT RATINGS EXIST?

Port Security Units are staffed by approximately 150 members. The command structure consists of a commanding officer, executive officer, and command senior enlisted leader, all of whom are reservists. The unit is made of three departments:

OPERATIONS DEPARTMENT:

- **Communications Division (OS, IS, ET)**
- **Shoreside Security Division (ME, BM)**
- **Waterside Security Division (BM, MK, ME)**

ENGINEERING DEPARTMENT:

- **Maintenance Division (MK, ET, DC)**
- **Weapons Division (GM)**

LOGISTICS DEPARTMENT:

- **Administration Division (YN)**
- **Supply Division (SK)**
- **Medical Division (HS)**

3. ARE YOU QUALIFIED?

PSUs require additional skill sets beyond the regular Reserve boat forces competencies, but requirements will depend largely on the positions that need to be filled. You don't have to be tactically certified to apply. Additional training requirements will be met when you join the unit for pre-deployment training. Although there is no requirement for boarding officers (BO) or boarding team members (BTM) at a PSU, solicitations may request these competencies to ensure that members can meet the PSU's basic physical fitness and firearms qualifications requirements.

Waterside Security Division positions require strong boat forces background to meet the mission of providing waterside anti-terrorism and force protection (ATFP).

Requirements:

- Be a coxswain and/or boat crew member on any platform, or an RB-M engineer (PSUs will provide training toward tactical competencies);
- Be a good swimmer in order to pass water survival training program;
- Possess current M-16 and/or Sig Sauer P229 DAK qualifications;
- Desired (not required) skills include: previous PSU experience, previous tactical certifications and current weapons qualifications on the shot gun, M240B and/or MH2B (.50 caliber).

Shoreside Security Division positions will benefit greatly from those with Law Enforcement or tactical experience and strong firearms proficiency to meet the mission of providing shoreside ATFP.

Requirements:

- Possess current M-16 and Sig Sauer P-229 DAK qualifications
- Desired (not required) skills include: BO or BTM certification, Fire Arms Instructor (FAI) competency, and current weapons qualifications on the shot gun, M240B and/or MH2B (.50 Caliber);

Opportunities for all ratings in the other divisions are almost always available as well.

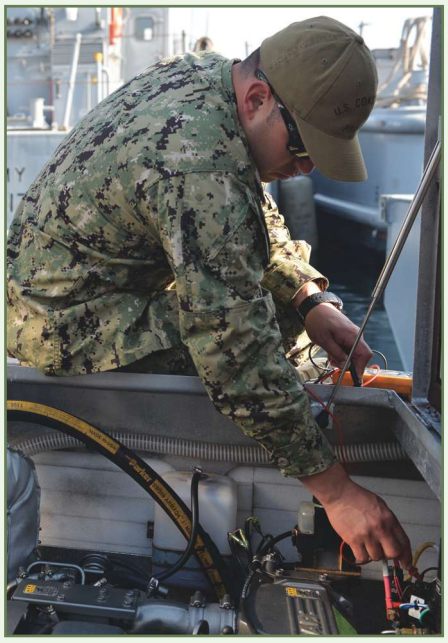
4. DO YOU MEET THE MEDICAL REQUIREMENTS?

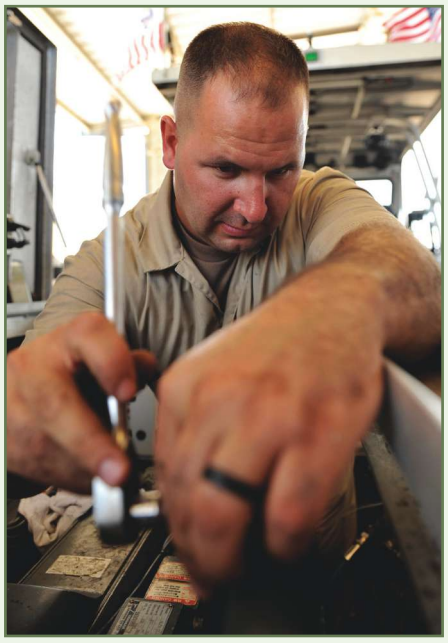
As a reservist, you are constantly training to mobilize in support all of the Coast Guard's missions. As a part of your participation standards, you should be medically ready and have completed your periodic health (PHA) and dental assessments. Any other requirements, including additional vaccinations, will be addressed prior to deployment. It's important to note that applicants must not have any pre-existing conditions or injuries that could be aggravated on deployment, be prescribed any disqualifying medications, or be unwilling to take vaccinations. If you're in doubt, contact your servicing medical clinic for further information.

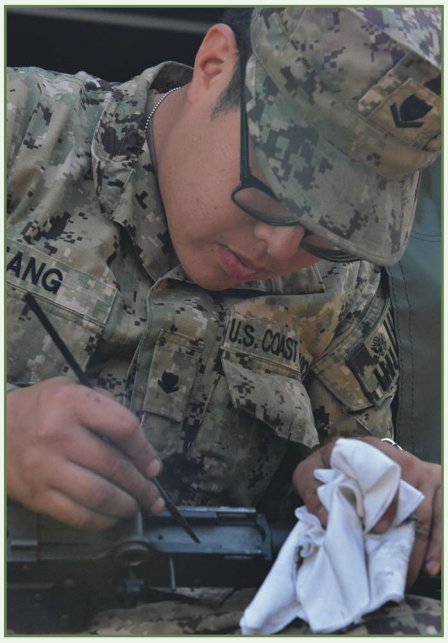
5. DO YOU MEET THE ADMIN READINESS REQUIREMENTS?

Just as with medical requirements, administrative readiness is a necessary part of your normal participation standards. These include: mandated training and annual screening questionnaire completion, possession of a government travel charge card and security clearance, and weight or body fat compliance. Additionally, deploying members must not have over 16 years of active duty, have not completed over 1,095 days of ADOS in the last 1,460 days, and be within limitations for Boots on Ground (BOG) and Dwell. BOG and Dwell may be waived if you are willing to accept voluntary orders.

The work of the PSUs is mentally and physically demanding, but it's also incredibly rewarding. If you're up for the challenge and want to have a little fun with some great reservists, then apply. We'd love for you to join us! If you have further questions or want to get a realistic preview into what lies ahead, feel free to contact the POCs listed in the solicitation, or get in touch with your local Reserve Force Readiness System (RFRS) staff.







2016 Admiral Russell R. Waesche Award
(<600 members)
Ninth Coast Guard District

The 2016 Admiral Russell R. Waesche Award (Category 1) is presented annually by the Reserve Officers Association (ROA) in recognition of Districts, the Director of Operational Logistics (DOL) and Pacific Area-13 (PACAREA-13) for Port Security Units and Navy Coastal Riverine Force units that are judged to be most supportive of a totally integrated Coast Guard military force as demonstrated by its effective use and support of the Reserve component during the previous fiscal year. The award is named for Adm. Russell Waesche, who established the Coast Guard Reserve to bolster readiness during World War II.

The Ninth District, which covers the Great Lakes and the Saint Lawrence Seaway, received the award July 22 in Arlington, Va.

Overcoming numerous challenges in FY16, which included funding constraints and billet moves, the Ninth District continued with steady improvement in participation rates and readiness levels. Its reservists maintained an Inactive Duty Training (IDT) participation level of 93 percent. During the busy summer boating season, reservists participating in the Summerstock program assisted in or conducted 268 search and rescue cases, as well as 1,361 vessel boardings, accumulating more than 3,100 underway hours.

Working alongside their active duty counterparts all summer helped these reservists master their craft and prepare for future mobilizations. Sector Buffalo provided over 30 reservists who staffed crucial ICS positions during the 2016 Republican National Convention, coordinating numerous local, state and federal resources to suavely execute security missions through the eight-day event. ≋

2016 Admiral Russell R. Waesche Award
(600+ members)
Pacific Area, Deployable Specialized Forces Support Branch

Congratulations to the Pacific Area, Deployable Specialized Forces Support Branch (PAC-13) on receiving the 2016 Admiral Russell R. Waesche Award (Category 2).

In FY16, PAC-13 deployed two Port Security Units (PSUs) and five Coastal Riverine Squadron (CRS) members in direct support of Overseas Contingency Operations (OCO). Ongoing PSU support of U.S. Southern Command (SOUTHCOM) Joint Task Force Guantanamo Bay, Cuba, expanded from partial unit to full unit deployments, increasing the number of in-theater reservists from 75 to 115.

In a pioneering effort, Coast Guard Pacific Area overcame numerous operational and administrative hurdles to transition responsibility of the seaward-facing defensive fighting positions in Guantanamo Bay from the Army to the Coast Guard, with PSU 307 becoming the first Coast Guard unit to staff these positions.

The crew of PSU 307 distinguished themselves during their deployment and received the 2016 Reserve Family Readiness Award presented by the Department of Defense. In addition, one member was selected as JTF's Senior Enlisted Person of the Quarter, and 20 more enlisted members were recognized as JTF Motivators or the Week.

Other integrated activities between Coast Guard PSUs and interagency partners included significant support of the annual BOLD ALLIGATOR exercise (PSU 305), JOINT LOGISTICS OVER THE SHORE exercise (PSU 311), and exercise PATRIOT HOOK (PSU 309 and PSU 311).

Providing exceptional support, PAC-13 staff effectively managed training resources toward competency attainment and operational readiness spending 99.98% of the $3M allocated for Reserve training. ≋

2016 Rear Admiral Bennett "Bud" Sparks Award
(<100 members)
Station Fort Myers Beach

Coast Guard Station Fort Myers Beach, Fla., received the 2016 Rear Admiral Bennett "Bud" Sparks Award (Category 1) from the Reserve Officers Association (ROA) July 22 in Arlington, Va. Rear Adm. Bennett "Bud" Sparks, a member of the Reserve for five decades, championed the integration of Reserve and active duty work forces to achieve overall unit readiness.

This award is presented annually to the unit that is judged to be most supportive of an operationally-ready Coast Guard Reserve force, as demonstrated by its effective use and support of the Reserve force during the previous fiscal year.

Station Fort Myers Beach displayed seamless integration and cooperation between their active duty and reserve forces, and the unit served as a strong example for others. The station's reservists play an integral role in the unit's ability to consistently maintain two ready boat crews.

A remarkable 92% of reserve members hold boat crew certifications, and 84% are boarding officer or boarding team member certified.

The station was able to maintain the highest level of mission effectiveness and fostered unit cohesion. Station reservists were integrated into all facets of station operations and were incorporated every weekend of the year to staff a 24-hour "ready watch." They also provided training to different duty sections each month.

Using this model, reservists responded to the SAR bell 33 times, resulting in more than 30 lives saved or assisted. In addition, reservists supported 64 boardings, two agency assists for boating under the influence and 10 terminated voyages due to safety or regulator non-compliance.

"I believe this award is due to the cultural change and how active duty and reservists train, operate and interact with active duty personnel," said Chief Petty Officer David Tillman, a reservist at Station Fort Myers Beach. "Our success directly correlates to reservists augmenting active duty operations, and how augmentation is a huge key in becoming mobilization ready. We are actually doing the job we are trained to do."

— Submitted by PA1 Michael De Nyse
PADET St. Petersburg

Cmdr. Kirsten Trego Sector Delaware Bay's Senior Reserve Officer, and Capt. Scott Anderson, Sector Delaware Bay's Commanding Officer, accepted the 2016 Sparks Award during the 2017 ROA National Symposium.

2016 Rear Admiral Bennett "Bud" Sparks Award
(100+ members)
Sector Delaware Bay

Coast Guard Sector Delaware Bay received the 2016 Rear Admiral Bennett "Bud" Sparks Award (Category 2) from the Reserve Officers Association (ROA) July 22 in Arlington, Va. Dale Anderson, U.S. Navy (ret.), presented the award to Sector Delaware Bay's commanding officer, Capt. Scott Anderson, and senior reserve officer, Cmdr. Kirsten Trego, during the 2017 ROA National Symposium. This is the third award for the Sector, known locally as "DelBay."

Located in Philadelphia, Sector DelBay optimized Reserve operational readiness and leveraged Reserve support to augment active forces during daily operations, as well as high profile events, including the 2016 Democratic National Convention - an evolution planned by a sector reservist. The reservists at Sector Delaware Bay's stations responded to 15 SAR cases and completed more than 20 boardings. Reservists in the Incident Management Division stood more than 50 days of duty and responded to 12 pollution cases. In the Sector Command Center, reservists stood 107 watches coordinating 109 response cases resulting in 15 lives saved, 62 lives assisted, and $3.3 million in property saved or assisted. Overall, the Sector Reserve force attained a readiness score of 95.11%.

Anderson highlighted the combined efforts of the active duty and Reserve staff in maintaining a high level of readiness and integration. "The tremendous leadership and hard work of the SRO in FY16, Cmdr. Scott Hale, our Reserve Silver Badge, Master Chief Mike Rowan, the RFRS, especially Lt. Luke Maleski and the active duty leadership across the Sector all come together to make this possible. Looking around our command post during the DNC, I witnessed the combined efforts of the entire Coast Guard family. That unity of effort is critical to achieving mission excellence." Trego said, "Sector Delaware Bay reservists excelled at being a flexible, responsive operational force that was 'always ready' with the competencies to provide increased capacity to the command, the service and the American people."

The Sparks Award (Cat 2: more than 100 reservists) is presented annually by the ROA to recognize a unit other than a District, DOL, or PACAREA-13, judged to be most supportive of an operationally ready Coast Guard Reserve force. Sector Delaware Bay previously received the Sparks award in 2012 and 2014.

— Submitted by Lt. Cmdr. Stephanie Fiori, Sector Delaware Bay

2016 Coast Guard Reserve Chief Warrant Officer of the Year & Recipient of ROA's CW4 Michael J. Novosel Award

CWO2 Cynthia Oliver,

Base Miami Beach, Fla.

The Reserve Officers Association (ROA) of the United States of America annually presents the Reserve Outstanding Chief Warrant Officer of the Year Award to the Coast Guard Reserve Chief Warrant Officer who has made notable contributions to the Coast Guard and/or ROA, demonstrated leader-ship in civic and profession activities, and shown dedication to lifelong learning, training, and education.

The Coast Guard Reserve Outstanding Chief Warrant Officer of the Year is also the Coast Guard Reserve's Nominee for the ROA's CW4 Michael J. Novosel Award.

According to retired Navy chief warrant officer and ROA Warrant Officer Committee Chair Dale Andersen, the Novosel Award has been presented to the top warrant officer (from any of the five services) who has displayed initiative, character, leadership and community involvement.

"I was surprised to be nominated, and certainly never thought I would win," said a humbled Oliver, who accepted both awards June 21.

A storekeeper by trade, Oliver served 10 years of active duty, then joined the Reserve to balance career and education. She feels the time spent working with a combination of active duty and Reserve members at the Coast Guard's Special Mission Training Center on Marine Corps Base Camp Lejuene, N.C., gave the perspective she needed to succeed as a Reservist.

Today, she is regarded as an energetic and caring leader. She prides herself on the successes of her people, and credits her command in Miami for giving her enough latitude to supervise her people as she felt necessary.

While at Coast Guard Base Miami Beach, Oliver was responsible for maintaining the training and readiness of more than 75 assigned Reserve members. In addition, she served as the alternate accountable property officer for more than $31 million in property and supervised 49 property custodians.

"CWO Oliver is, without question, one of the most high performing and dependable officers in the Coast Guard," said Cmdr. Mike Vaughn, senior reserve officer for Base Miami Beach. "I can always count on her to get the job done."

After only two years in Miami, Oliver volunteered to fill a critical Active Duty for Operational Support (ADOS) position in Portsmouth, Va. There, she's working on the design and implementation of customer service communication processes to solve the challenges of the service's newly commissioned Financial Management and Procurement Services.

At the Reserve Officers Association (ROA) 91st Annual Convention, held June 21 in Crystal City, Va., Chief Warrant Officer Cynthia Oliver, was honored as the Coast Guard Reserve Chief Warrant Officer of the Year and the ROA's Chief Warrant Officer 4 Michael J. Novosel Award recipient.

"I want to give everything I can give back the storekeeper field because that is the rate that raised me," said Oliver.

Despite the distance, Oliver organized an all-hands event for more than 200 South Florida Reserve members.

Oliver believes her leadership style was influenced from the network of mentors she has met along the way who have not only knew her worth, but also whom she learned to lean on during tough times. She wants to be there for others in the same way, and to pass that legacy on to the next generation of members.

— Submitted by PAC Jennifer Johnson
Seventh District

Reserve Outstanding Junior Officer Award (ROJO)

Lt. Benjamin Gross,

PSU 309

The Reserve Officers Association presented the Reserve Outstanding Junior Officer (ROJO) Award to Lt. Benjamin Gross, a native of Jackson Center, Ohio, during the ROA annual conference July 22, in Washington, D.C. This award is presented to the Reserve junior officer judged to exemplify those characteristics expected of an outstanding junior officer during the past fiscal year.

Gross joined the Coast Guard in 2012 and currently serves as the shoreside security division officer at Port Security Unit 309 in Port Clinton, Ohio.

The ROA recognized Gross for several notable accomplishments over the last year, including his role as the liaison officer during the 2016 Republican National Convention in Cleveland. He also coordinated and led all the planning operations for PSU members during the high-profile RNC.

"I was fortunate to have the opportunity to lead the planning and execution of the first ever application of the PSU's unique expeditionary capabilities to a domestic Coast Guard mission set that included anti-terrorism/force protection, food services, communications and medical response," said Gross.

Ensuring his members at PSU 309 are trained, qualified and certified to carry out essential anti-terrorism/force protection measures both at home or in an expeditionary environment anywhere in the world the military operates is essential. In addition to mobilization readiness for his division, Gross is also responsible for physical security.

"The mission is of vital importance to national security because we live in a volatile world and we must stand ready to protect and defend critical assets and personnel" said Gross. "PSU Shoreside Security Division contributes to the PSU mission by continuously training and standing ready to deploy and operate in a joint operation alongside the Navy, Marine Corps, Air Force, and Army."

Gross also serves as the public affairs officer for the unit responsible for promoting the Coast Guard brand by communicating the PSU missions to the public.

After eight years of prior service experience as an enlisted member of the Army, Gross joined the Coast Guard because of the diverse mission set and the positive impact that the Coast Guard has on maritime safety, security and environmental stewardship in U.S. ports and waterways.

In his civilian career, he is an IT Governance, Risk, and Compliance Manager at Honda.

— Submitted by PA2 Matt Masaschi
Fifth District

INCREASE YOUR FINANCIAL RESILIENCE

What enables people to deal with financial hardship? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps. Financial resilience is "bouncing back" from difficult times and being better prepared to handle unexpected problems in the future.

Did you know that through CG SUPRT, you have convenient access to a network of certified specialists that can help you take the steps toward financial resilience just by calling a toll free number? The staff of financial professionals has an average of twenty years of relevant professional experience, and each possess multiple certifications from the financial services industry. Designations and accreditations include Certified Public Accountant, Certified Credit Counselor, Certified Tax Coach, Certified Mortgage Planning Specialist, and Certified Financial Planner Professional.

90 Day Money Coaching

A Money Coach assists and guides with the end goal of teaching members new habits. Their sole focus is helping members improve their financial lives through one-on-one confidential and unbiased coaching relationships.

Sessions are held by phone, are typically 30 minutes in length, and occur every week – 2 weeks for a period of 90 days. They are totally free to you and can be scheduled Mon-Fri 0900-2200 ET by calling CG SUPRT and specifically requesting a Money Coach.

The Money Coaches provide help with:

- Budgeting
- Credit matters
- Estate planning
- Retirement planning
- College funding
- Investment subjects
- Tax issues
- Insurance-buying strategies
- Debt counseling
- Divorce planning
- Bankruptcy
- Mortgages
- Loans
- Identity Theft

Eligibility

CG SUPRT services are free and confidential to all USCG Active Duty members, menbers of the Selected Reserve, civilian employees, and their families.

Two Ships Passing in the Night

Story by PA2 Emaia Rise, CG-1313

A thunderous cheer from the class of 1995 announced the completion of four years meant to educate and prepare students for the challenges of life, but nothing could have prepared Mark Hiigel and Joanna Beste for the challenges that come with being married to another service member.

The couple started dating during their senior year and after graduation, Mark and Joanna received orders to neighboring states. With their love holding steady, they married six months later. A day that most young brides would agonize over was planned by their parents with less than two weeks for the ceremony and honeymoon between deployments.

"It was nice not to stress about the details," said Joanna with a laugh.

Living 230 miles apart, the newlyweds saw each other one or two days a month for the first two years —Mark on the Coast Guard Cutter STEADFAST in Astoria, Ore., and Joanna on the Coast Guard Cutter ACTIVE in Port Angeles, Wash.

It was a time where they seemed to be "two ships passing in the night," she said, noting how they waited for their vessels' in-port schedules to line up for a chance to spend time together. They made the effort to stay in touch, albeit without the modern conveniences of smart phones.

The first five years of a relationship can be the most difficult to weather without consistency. Statistics show that dual-military marriages that see long deployments, care-giving challenges, or a lack of a community support, more often end in divorce.

Even though Joanna and Mark's relationship seemed to face an uphill climb, their dedication to each other kept them on track. Their love for each other competed only with their love of service.

"I truly love what I do," said Mark, who came from a military family.

He spent summers along the Oregon coast watching Coast Guard helicopters and boats patrol the air and sea without realizing that, years later, he would be in the pilot's seat.

While her husband attended flight school in Pensacola, Fla., Joanna received orders as the officer-in-charge of a Coast Guard Law Enforcement Detachment Team (LEDET) out of Mobile, Ala. Commanding a LEDET was a bit intimidating, but from this vulnerability, strength emerged, fueling Joanna's diligence and success.

"It was not uncommon to be the only woman onboard a US or Dutch naval ship with four or five hundred men," Joanna, said. "I was in charge of a team of six big, burly men. It was a defining moment when I realized they had my back as I had theirs. We all had our role, and with a supportive team, we learned that we can accomplish difficult tasks."

Mark said that they always seemed to be commuting in opposite directions, living somewhere between distant units. After 18 grueling months of long commutes, endless hours studying, and almost daily evaluations, Mark completed flight school, and immediately left for Air Station Port Angeles on the west coast. Once again the couple became "geo-bachelors" until Joanna transferred to Seattle, three hours away.

The couple was thrilled to be together again, but shortly before the five-year mark of fulfilling their obligation to the Coast Guard, the Hiigels were faced with a decision. With news that they were expecting their first child, Joanna made the bittersweet transition into the Coast Guard Reserve as her husband "spread his wings" as a Coast Guard aviator. She missed active duty, but she opened her arms to embrace the role of motherhood.

Joanna and Mark Hiigel celebrate her July promotion to the rank of captain, along with Mark's parents, Ken and Bunnie Hiigel, and their three daughters, Tana, 17, Ellie (in uniform), 15, and Kendra, 10. Mark's promotion, also held at Air Station Port Angeles, Wash., followed one month later.

Photo courtesy of the Hiigel family.

Joanna said even though being a service member gave her more insight than most military spouses, transitioning to the Reserve presented challenges. The mission, lingo and even administrative procedures of Reserve were much different. She had to recalibrate her thought process and how she interacted with her fellow service members and their families. Relating to spouses the majority of the time was, at first, uncomfortable, but it presented an opportunity to become a liaison between the military and dependent world. Joanna helped explain the intricate ins and outs of the service to family members, like what a "good" year is, or what educational and work life resources were available to military members and their families.

"These stripes on my shoulders, I use them to remove stumbling blocks that are placed in the path of others," said Joanna. "That is how I see my role as a leader in the Coast Guard."

The decision to continue her career in the Reserve has not come without personal sacrifice. Deployments and military obligations inevitably resulted in missed precious moments in her children's lives. One key element that allowed the Hiigels to deploy and continue their Coast Guard service was a strong support system. The silver lining of their sacrifice became their children's grandparents' advantage, nurturing a very special and indestructible bond between generations.

"At the drop of a hat, Grandma and Grandpa have always been willing to fill in," said Mark.

"They travel to us, they take over the role of full-time parents," Joanna said. "Instead of going on vacations, their time off work is spent getting the kids off to school and making sure they eat dinner."

An act of kindness that began two decades ago, continues to this day.

"It's a win-win situation for everyone, and all credit goes to my in-laws," said Joanna. Mark remembered many great friends and neighbors who lent a hand with everyday routines and family responsibilities.

"The old adage 'it takes a village to raise a child' has rung true for our family over the years," said Mark.

Now, with half a century of Coast Guard experience between them, they've returned to the northwest where they began as young ensigns. Promoted to captain within a month of each other, the Hiigels have taken senior roles in the Coast Guard. Mark returned for a second tour at Air Station Port Angeles as the commanding officer, and Joanna is attached to Pacific Area command as a liaison within the Pacific Outreach-Joint Interagency Coordination Group.

"I have been truly blessed by my association with the Coast Guard," said Mark.

Joanna agreed. "Thanks to the Reserve, I have the best of both worlds," she said. "I'm grateful that I did not give up my commission because I would have missed my association with the Coast Guard."

Through the years they've learned how to trust, support and encourage each other even when the duty phone rings, again, in the middle of dinner.

"I believe you have to be supportive and understanding," said Joanna. "It's the secret to our successful careers and family."

The Hiigels make a point to unplug and remove themselves from the grid; they like to be in nature, hiking or camping. Joanna said with all of the added responsibility and family obligations, they realize time is precious, and they ensure that the time spent together strengthens their relationship.

The love of country, love of Coast Guard and love of family have kept these two ships sailing strong through a twenty-three-year relationship, including more than fifteen Coast Guard units and the raising of three beautiful daughters. They continue to safely navigate though the sea of life, bringing with them the next generation as their daughters embark on their own voyages -- possibly even following their parents through the halls of the Coast Guard Academy. ≋

BM1 Jose Christopher Trujillo-Daza relaxes on the deck of a 32-foot transportable port security boat with shipmates from PSU 313 in Everett, Wash.

Photo courtesy of ME2 Crane.

There is *ALWAYS* a better way

Policymakers, researchers consider approaches to reducing Reserve suicides

Story by Chief John D. Miller, Fifth Coast Guard District
Photos courtesy ME2 Natalie Crane, PSU 313

The last drill weekend that she saw Petty Officer 1st Class Jose Christopher Trujillo-Daza alive, Petty Officer 2nd Class Natalie Crane ate lunch with her coxswain and section leader.

"He was sitting on the boat, and we were eating, and he said, 'This right here, being on a boat with buddies? This makes it all worth it,'" Crane remembered.

A week later, Trujillo-Daza was dead; a victim of suicide. Crane and her fellow reservists at Port Security Unit 313 in Everett, Wash., were stunned. What had happened in the intervening days? What else could they have done to prevent it?

In the last five years, ten Coast Guard reservists have died by suicide, an average of two a year. That percentage is lower than that of other military branches and on par with the civilian suicide rate. It's also small enough that statisticians and health professionals have difficulty pinpointing patterns that would provide Trujillo-Daza's shipmates reliable answers or contexts.

Yet even one death has a disproportionate enough impact on a unit—not to mention a challenge to the Coast Guard's commitment to its people—that policymakers at Coast Guard Headquarters and civilian researchers continue to study how to improve suicide prevention programs, including for reservists.

"He knew that the resources were there," said Petty Officer 1st Class David Pierce, Trujillo-Daza's friend and shipmate at PSU 313, referring to the Coast Guard-sponsored mental health programs. "He just felt that [suicide] was his only way out."

Beyond the chain of command or chaplains, the current Coast Guard Employee Assistance Program (EAP) is CG SUPRT. Advertised through flyers, general mandated training and on the service's website it is available via a toll-free phone number 24 hours a day and seven days a week (including to reservists on- or off-duty). CG SUPRT is designed "to assist Coast Guard employees with a wide range of mental health and other life concerns, such as depression, relationship issues and work stress," according to the website.

When members call CG SUPRT, "they'll have an opportunity to speak with a licensed clinician with experience in these topics

and with [a military] population," explained Adrienne Wright-Williams, the Coast Guard's Employee Assistance Program Manager, Office of Work-Life Behavioral Health Services Division.

"An assessment is done on the phone, and then they'll refer the caller to medical services if it's an emergency," said Wright-Williams, "but if not, they'll continue with appointments and follow-up services for the members: call-backs and check-ins—checking in on them, asking, 'can I provide you with more information, how are you doing?'—but also an appointment if necessary."

Yet in spite of the mandated suicide prevention training and the promotion of CG SUPRT, Wright-Williams acknowledges there may be some people, like Trujillo-Daza, who may not be reached by—or reach out to—those services.

"We don't want to think that, but sometimes there are conditions beyond our control," she said. "But that shouldn't stop you from trying to make [zero suicides] happen."

The question then becomes what to do differently. Researchers say that looking beyond stereotypes is an important first step.

"There's a natural instinct to think that a combat deployment would be a consideration in suicides," explained Dr. Jackie Maffucci, research director for the non-profit Iraq and Afghanistan Veterans of America. However, "according to Army research, only a third of those who died by suicide had ever been in combat."

Likewise, though anxieties about losing a security clearance or being negatively perceived by shipmates and superiors may still deter some people from asking for help, education since 9/11 on the psychological and emotional effects of military service have lessened the perceived stigma associated with mental issues. "There is still some stigma, but it doesn't seem to be much of a factor as we used to think," said Dr. Craig Bryan, executive director of the National Center for Veterans Studies at the University of Utah. "Our research suggests that the reason people do not get help is not because of stigma, but whether the treatment is convenient and will really help."

With respect to convenience and effectiveness, Bryan and Maffucci say that what may work for active duty personnel may not work for reservists like those in PSU 313 and other units.

"When it comes to Reserve versus active duty, you should be approaching prevention programs in different ways," explained Bryan. "'One size fits all' means one size fits nobody. The information can be the same, but it needs to be tailored."

That's because reservists experience stress in different ways. For example, instead of working every day with shipmates who may be trained to identify signs leading to suicide, reservists may demobilize from deployments or return from drills to homes far from their duty station. Perhaps the only service member within their community, perhaps in rural areas with access to few counseling resources, perhaps dealing with the stress of balancing a civilian career with a part-time military one, reservists may face a gradual, potentially deadly, accumulation of anxiety and stress.

And that can be hard to detect on drill weekends.

"It's pretty easy to put on a happy face for a two-day drill weekend and act like everything is fine," says Petty Officer 1st Class Collin Woods, another shipmate and friend of Trujillo-Daza.

Trujillo-Daza pauses to enjoy a moment with his sister and his mother.

Photo courtesy of ME2 Crane.

"In the Reserve, you can't really see what's going on with people in between drills," said Woods. "You may say, 'Hi, how you doing?' and make small talk, but then you're getting underway, so you can't really feel them out. No one is going to jump in and start talking about their problems just because you say good morning."

Not to mention that leaders, like Trujillo-Daza, may camouflage their problems well.

"He was also of the type that didn't give out obvious clues," said Pierce. "Some people will let you know about their suicide ideation or come out and say 'I'm going to commit suicide.' High performers like him aren't going to let you know that."

Because of these and other limitations, researchers advocate for a model of prevention for reservists that encourages early intervention to eliminate the causes of factors that historically result in suicide.

"I think we have to look at prevention from more of a community perspective, which we do a horrible job of in the U.S.," said Bryan. "We've tended to . . . teach what warning signs to look for, what questions to ask, and, when there is a problem, who to call. What needs to happen is we need to move away from that model to one that's focused on a day-to-day basis of maintaining health overall and not wait until we are in a crisis."

Maffucci agreed. "There are a host of risk factors," he said. "In over half of the cases of suicide, there is a mental health issue or illness there . . . but it could also be a build-up of a number of things—dealing with chronic pain, your spouse just left you, or your finances are problematic. And that's the tough thing about suicide—it builds up over time. So we need to try and figure out the triggers early and get that trouble handled—refer someone to financial counseling or relationship counseling, for instance."

Gaps in staffing have hampered continuity in prevention efforts, said Wright-Williams, including thinking about strategies and programs tailored for Reserve members. New to the position, she is now capitalizing on up-to-date research and data, including that shared by Department of Defense counterparts. She has already stood up a Suicide Prevention Charter Group that is at "the ground level now."

Until a new, holistic, perhaps Reserve-specific, suicide prevention training and policy is rolled out, experts and enlisted personnel agree that communication is the best preliminary way that commands and peers can identify potential risk factors and locate that early help to remedy them.

"Leaders should check in constantly," recommended Wright-Williams. "Send emails or reach out between drills—ask people how they're doing, what's going on."

But Maffucci cautions that efforts need to be frank and sincere. "Part of it is leading by example," he said. "The more leaders talk about this, especially the leaders right in front of you . . . , the more you'll be saying it's okay to ask and receive help."

Crane, Pierce and Woods still puzzle about how they could have gotten help for their friend and shipmate Trujillo-Daza. They knew he was mourning his mother, who died of cancer; that he had concerns about his career.

"We just didn't put the puzzle all together," said Pierce. "It's up to us members to keep our eyes open and to keep talking to each other. We all need to talk." ≋

CG SUPRT
www.cgsuprt.com

Maintaining your mental and emotional wellness is key to suicide prevention. Relationship stress, financial problems, trouble sleeping, worries about the future, and difficulties at work are all issues that can trigger an emotional crisis. It is important to be prepared for difficult times before they arise, to maintain readiness, in order to be resilient during the storm.

If you are in a turbulent time right now or you simply want to be more prepared, just reach out. We are not meant to fix these things on our own. **CG SUPRT** has free and confidential services available to you and your family including:

- Money Coaching
- Counseling
- Health and Wellness Coaching
- Daily Living Resources
- Legal Consultation

To set up services or get more information, call 855-CG-SUPRT (247-8778) or visit www.cgsuprt.com

You can also contact your Employee Assistance Program Coordinator in your Work-Life Office for more information on CG SUPRT and other services through the office.

WWW

JUST

REACH OUT

CG SUPRT is available 24/7. If you or someone you know is experiencing an emotional crisis, depression, or suicidal thoughts, please call **CG SUPRT** at **855-247-8778**.

Reservist moonlights as… reservist

Alexandra Costescu is excited to have her nights and weekends back again. That means more time to spend with her three-year-old son, Lucas.

"He would ask me, 'Mommy, are you going out on the boat tonight?'" she said, remembering all the time she spent away from him over the last 18 months, pursuing a goal – her coxswain qualification.

Costescu, a reserve boatswains mate, spent the last two years on active duty contracts, first for the Cyber Cat Crisis Action Team Delta, and then, as an administrative specialist at Coast Guard Headquarters. She currently serves as a logistics coordinator for the Cyber-CIO-C4IT* Transformation Program Integration Office. All her active duty jobs were out-of-rating, and the lack of training within her rating meant she had no way of advancing.

Originally a reservist from Coast Guard Station New York, N.Y, she'd completed her boat crew member qualification on the 25-foot Response Boat-Small I. After two years in New York City, she had been only a few steps away from her coxswain qualification, and she spent a few months driving back and forth from D.C. to New York, trying to finish it.

Unfortunately, the stress of balancing the trips, her full-time Coast Guard job and time with her son at home, got to be too much. Still, the time she'd invested called to her.

With permission from her command at Headquarters, she reached out to Station Washington, D.C., less than three miles away.

Commanding Officer of Station Washington, Lt. Brian Miller, said he and his crew receive lots of requests to train at the station from those stationed at nearby units in the National Capital Region, but due to their high operational tempo, they can only take five candidates into their training program per year. This is not unlike requests made to the stations located near districts or areas.

Though the Station doesn't receive additional resources to handle these requests, Chief Jill Browne, operations officer for Station Washington, said her unit works with these members to complete certain competencies. Browne said, in return, the trainees commit to supporting station operations, in addition to their full-time jobs, by taking certain shifts underway as coxswains or crew throughout the year.

"We put them through the same rigorous training as any one of our permanent staff," said Miller. "We certify them with the same level of confidence as our active duty."

But as a reservist seeking to transfer to the station, Costescu was different. At the time, the over-billeted station had very few qualified reserve coxswains, and he recognized the return on investment in a committed, local reservist.

"We saw how dedicated she was, and we said, 'If you want to do this, we'll help you,'" said Miller.

Costescu continued to spend her nights and weekends away from her son Lucas, but she could finally see a light at the end of the tunnel. Over the next year, the active and Reserve members of the crew of Station Washington helped her begin work on her BCM qualification, this time on the 29-foot RB-S II. She progressed quickly toward coxswain, having done many of the tasks, albeit on the RB-S I in New York.

She passed her board with flying colors, but stumbled at the first check ride -- a huge blow after committing so much off-duty time. Costescu took to heart the feedback from her Station DC mentors, active and reserve, and passed her checkride two weeks later, earning her coxswain certificate in July.

"Boat handling was the hardest part," said Costescu. "Coming from zero experience on boats to being able to proficiently use the boat like it's second nature… most people don't realize how much stuff is learned in theory. Active duty [members] learn on the job; their day-to-day missions cover so much of what we need to know, whereas reservists learn it

in black and white. We train, but to actually understand a real-life coordination effort is hard if you're not live. We can go through the steps, but to really know how it works in real time is really different."

Costescu pointed out her appreciation for the more experienced members of both components walking her through the "gray" areas of the job, while still operating safely and within the Coast Guard's boundaries.

Miller said his newly-minted coxswain's first mission was to take Rear Adm. Meredith Austin, Commander of the Fifth Coast Guard District, on a tour of the Potomac River. At the conclusion of the AOR familiarization trip, Austin presented Costescu with her coxswain certificate, as well as a district commander coin in appreciation of Costescu's extreme dedication to Reserve readiness.

Thought she accepted one more year at headquarters, Costescu hopes to transfer to Station Washington in October 2018, and she'll be walking in the door with a coxswain qualification – a boon to a station with almost 20 reservists who need to be out, training on the water. But first, she had her son pin on her new second class crows. ≋

(***Note**: *The name of Costescu's command is an acronym of acronyms: CIO is Chief Information Officer, and C4IT is Command, Control, Computers, Communications Information Technology.*)

Alexandra Costescu with her then three-year-old son, Lucas.

Welcome aboard new PSU 305 members

ME2 Keith Teehan

Petty Officer 2nd Class Keith Teehan joined the Coast Guard last fall, bringing with him decades of law enforcement experience from both the military and the civilian sector.

After a friend told Teehan about his own reserve military career in the Coast Guard, it sparked Teehan's interest. Research led him to the maritime enforcement specialist (ME) rating, which would use focus on his knowledge of law enforcement and security. (The duties of MEs include traditional maritime law enforcement, anti-terrorism/ force protection, and port security and safety.)

Teehan, 42, has more than 21 years of law enforcement under his belt. He's also no stranger to the military, having spent five years serving his country between the Army National Guard and the Air National Guard.

"I'd been wanting to come back into the Reserve for a while. I missed the camaraderie of it," he said. "I enjoy the structure, too."

The friend put Teehan in touch with reservists from the Hampton Roads Sector Boarding Team (SBT) in Sector Hampton Roads, Va.

"The people I talked to were very squared away guys. They were cops, so there was a comfort level there."

Teehan decided to enlist. In December, he reported to his first unit – the Hampton Roads SBT, where he's now doing maritime law enforcement, adding one more facet to his career of service. ≋

SN Melissa Rideout

With family members in the local and state police, Virginia native, Seaman Melissa Rideout, 20, knew since she was little that a career in law enforcement was the only path for her.

Though still a college student, she heard about the Coast Guard Reserve through a friend of a cousin. "It made me think, 'I kind of want to look into that!" Rideout said.

She did some research and ended up enlisting. Rideout left for Training Center Cape May last summer, and she went through traditional eight-week program alongside active duty members. She said her company commanders were tough. "It was literally the best experience of my whole life," said Rideout.

Upon graduation, she was surprised to discover she'd finished at the top of her company, earning both the honor graduate ribbon and the best shipmate award.

Rideout continues to attend Tidewater Community College, but she has her sights set on Old Dominion University. She recently reported to Port Security Unit 305 to begin her first tour in the Reserve.

"When I graduate college, I want to be a police officer," said Rideout, "so this just gets me one step closer to doing what I want to do." ≋

SN Melissa Rideout during basic recruit training at Training Center Cape May.

Undated photo of the Gay Head Lighthouse and keeper's quarters with keepers standing on each catwalk. Coast Guard Collection

The Gay Head Wampanoags and Keeper Charles Vanderhoop

Story by William H. Thiesen, Ph.D., Historian, Coast Guard Atlantic Area

Native Americans from a variety of tribes and locations have participated in the Coast Guard's predecessor services since the early nineteenth century, representing the second earliest minority group to serve in the Coast Guard.

The first Native Americans to participate in the predecessor services typically came from coastal tribes whose members were expert watermen. These tribes included the Wampanoag in Massachusetts, who were the first Native Americans known to serve in the Coast Guard. In the early 1800s, Ebenezer Skiff, the lighthouse keeper at the Gay Head Light on Martha's Vineyard, hired members of the Wampanoag Tribe to support lighthouse maintenance and operations. In an 1815 letter to his superiors, Skiff reported: "When I hire an Indian to work, I usually give him a dollar per day when the days are long and seventy-five cents a day when the days are short and give him three meals." It was common for Gay Head keepers to hire Wampanoag tribal members as assistants because they proved more reliable than local white residents.

Of all events associated with Native American service, the 1884 S.S. CITY OF COLUMBUS rescue stands out. The passenger steamer plied East Coast waters from Boston

to New York and ran aground off Gay Head on a bitterly cold night in January 1884. One hundred passengers and crew drowned within twenty minutes of the grounding. Led by Gay Head Lighthouse's white keeper Horatio Pease, Wampanoag tribal members volunteered to brave the wind and weather and launched a surfboat into the waves. In their first attempt, the surfboat capsized in the heavy seas, but the crew returned to shore safely. The surfmen tried again and reached the survivors still huddled on the steamer's deck. On the return trip, the overcrowded surfboat capsized again, but all the crew and survivors made it to shore safely.

Overnight, the Wampanoag lifesavers became heroes, risking their own lives to rescue nearly thirty CITY OF COLUMBUS passengers and crew. The members of this Native American volunteer force received medals and cash awards from the Massachusetts Humane Society, and several of them later served at the Gay Head Lighthouse and the Gay Head Life-Saving Service station when it was established in 1895. In reporting the story of the rescue, the press believed them "deserving of all praise and the fund for their benefit and encouragement should assume large proportions. Without any expectations of reward they periled their lives for others."

Wampanoag Coast Guardsmen have also served with distinction in time of war. Carlton West, a Wampanoag citizen of Nantucket, served as an enlisted man in World War I and World War II. And, in 1919, Aquinnah Wampanoag tribal member Charles Vanderhoop was assigned as keeper of the Sankaty Head Lighthouse under U.S. Navy control. When he took charge, Vanderhoop became the first known principle lighthouse keeper of Native American ancestry and the first Native American supervisor of a federal installation.

Wampanoag Carlton West during World War I. Native Americans served with distinction in Coast Guard predecessor services since the early 1800s. (Nantucket Historical Association Collection)

Locally famous lighthouse keeper Charles Vanderhoop, of the Gay Head Wampanoag community, who oversaw lights on Nantucket and Martha's Vineyard. Coast Guard Collection

In 1920, the Coast Guard appointed Vanderhoop the keeper at the Gay Head Lighthouse. His duties required around-the-clock supervision of the lighthouse, including cleaning, maintaining and providing fuel for the lighthouse's first-order Fresnel lens. Standing twelve feet tall and weighing several tons, the massive lens incorporated over 1,000 glass prisms. Vanderhoop's daily routine included climbing the narrow spiraling staircase to the lantern room and lit the lamp at nightfall and during any low-visibility days. Each morning, he ascended the stairs again to extinguish the lamp and clean it. He was responsible for polishing all the light's brass appurtenances and resetting the lantern wicks in preparation for the next illumination.

Keeper Vanderhoop was the tenth principal keeper at Gay Head, and he became renowned for providing tours of the lighthouse for visitors. Over the course of his time as keeper, he did so for approximately 300,000 men, women and children, including celebrities such as President Calvin Coolidge. By the early 1930s, Vanderhoop had manned the light through hurricanes and tropical storms and provided local shipping with decades of faithful lighthouse service. However, years of climbing the tower had taken their toll on him physically and he finally retired on disability in 1933 after twenty years in the U.S. Lighthouse Service.

Native American tribal members, such as Charles Vanderhoop, have served in the Coast Guard and its predecessor services for over 200 years. Like all other service members, their efforts have benefitted all who serve in the military, federal government and the nation as a whole. ≋

Five things reservists need to know about TSP

Through recent discussions with Coast Guard reservists, I realized that many are not participating in the Thrift Savings Plan (TSP), the primary tax advantage retirement savings vehicle for federal government workers and military members. Many reservists invest in retirement through private employer plans, but the TSP should also be considered.

In training hundreds of service members over the past few years on TSP, I've developed five points for reservists to understand:

- **You can have two retirement plans.**
  Investing in a 401(k) plan with your private employer and the TSP is allowable by the IRS, as long as your combined contributions for both accounts do not exceed the annual contribution limits ($18,000 limit for 2017, plus $6,000 "catch-up" contribution for those 50 and over).

- **Know which funds you're in.**
  Once you establish your TSP account, all contributions are invested in the ultra-conservative Government Securities Investment Fund (commonly known as the G Fund) . This is the default fund; unfortunately, most members unknowingly keep all of their money in this ultra-conservative, very slow-growing G Fund. There are other options available. (Beginning in 2018, the default fund will change from the G Fund to an appropriate Lifecycle Fund, see next paragraph. If you began a TSP before 2018, check your fund selection – you may be in the G Fund.)

- **Think about the Roth-TSP option.**
  The Roth-TSP became available in 2012 and can be a good option for many military members. While Traditional (pre-tax) contributions are beneficial for some members, Roth (after-tax) contributions offer a substantial advantage for those who are generally in a low tax bracket. Under the Roth option, your contribution is taxed during the current year and your TSP will grow tax-free in your Roth-TSP account.

- **Lifecycle Funds may be a good option.**
  If you want to put your TSP on autopilot and allow the professionals to rebalance your portfolio based on the recommended balance of stocks and bonds for your investment time horizon, the Lifecycle Funds are a great option. There are five choices based on the year you anticipate withdrawing money from your TSP account: L Income, L 2020, L 2030, L 2040 and L 2050.

  The table below can be used as a guide to help you choose the correct fund.

Choose	If your target withdraw date is:
L 2050	2045 or later
L 2040	2035 through 2044
L 2030	2025 through 2034
L 2020	2018 through 2024
L Income	Before 2018
Source: www.tsp.gov	

- **TSP investing is long-term.**
  While TSP offers substantial tax advantages over the long run, retirement accounts are illiquid assets and there is a significant penalty for withdrawing funds prior to age 59½. The TSP should not be relied upon for short-term expenses (i.e. paying off credit card debt or making a large purchase).

The TSP consistently receives high praise for keeping fees to a minimum, resulting in large savings over time. It is a great option for reservists, and it only takes a few minutes to enroll in Direct Access.

— Submitted by Cmdr. Shad A. Thomas

Cmdr. Thomas currently serves as Financial Management Program Manager at Coast Guard Headquarters. He is a Certified Government Financial Manager and completed the Certificate in Financial Planning Program at Georgetown University.

Just the Facts
Continuation Pay

What Is Continuation Pay (CP)?

- A mid-career, one-time pay out to service members enrolled in the Blended Retirement System at 12 years of service, based on their Pay Effective Base Date (PEBD)
- Active Component (AC): CP = 2.5 times one month's basic pay
- Reserve Component (RC): CP = 0.5 times one month's basic pay
- Cannot elect after 12 years of service
- Must commit to an additional 48 months of service which can be served in concurrence with other service commitments
- CP is in addition to any other career field-specific incentives or retention bonuses

Members who do **not** complete their obligated service are subject to repayment provisions Section 373 of Title 37, U.S.C., and the DoD Financial Management Regulation, Vol 7A, Chapter 2.

Continuation Pay Timeline

CP Eligibility Notification	Prior to completion of 12th Year of Service		Continuation Pay Received
Approximately 180 Days before completion of the 12th year of Service	Complete documentation of service commitment through unit administration	**You MUST elect to receive CP PRIOR to completing your 12th Year of Service and be enrolled in the BRS**	1st Pay Period **AFTER** completion of the 12th Year of Service and providing documentation of service committment

Payment Options for Continuation Pay

Payment Options: Members can choose between a lump sum payment or spread the bonus in equal installments over a two to four year period according to the chart below.

INITIAL YEAR	YEAR 2	YEAR 3	YEAR 4
100%	0	0	0
50%	50%	0	0
33.34%	33.33%	33.33%	0
25%	25%	25%	25%

Carefully choose which installment plan is right for **YOU**!

Understand that CP is **TAXABLE** – subject to both Federal and State Income tax liabilities.

Estimate Your CP

_____ X _____ = _____ - _____ = _____

Monthly Basic Pay (Over 12 Amount)	2.5 0.5 (Reserves)	Gross CP	Taxes (Federal & State)	Net CP (what you take home)

PSU Program Manual gets long overdue rewrite

The first version of the Port Security Unit program manual was published 13 years ago, and it outlined the mission, overview and components of the PSUs. It also provided direction, policy, and guidance.

The Coast Guard, organizationally, has changed many times in many areas, and PSU Program Manager Cmdr. Shawn Lansing from the Headquarters Office of Specialized Capabilities (CG-721) was given the project of modernizing how the PSUs are manned, trained and equipped.

This is similar to how other communities in the Coast Guard have begun modernizing their internal structures, but this update would include multiple Coast Guard components, including the Special Missions Training Center (SMTC), the PSUs, the Navy's Coastal Riverine Squadrons (CORIVERONs) and subject matter experts from Force Readiness Command (FORCECOM). "I came to this job from the Naval War College, and I could speak a little purple," said Lansing.

Policies were referenced in the old, out-of-date manual that had been modernized, such as the weapon ordinance manual and updated training schema. Without updated guidance, the PSUs had been using measured initiative to implement their own temporary solutions. Processes were localized, without being able to take advantage of the Coast Guard's training and supply systems, as well as other standardized systems.

The 10-month-long process of updating the manual was something that had been delayed due to organizational churn. When the Deployable Operations Group was disbanded, the PSU program management went to the Coast Guard's Office of Defense Operations (ODO), and finally moved to Lansing's division at CG-721 three years ago.

With input from the PSUs, the SMTC, and the CORIVERONs, Lansing pulled together the updated version.

There are four significant changes. The new version:

a. *Removes non-policy sections more appropriate in Tactics, Techniques, and Procedures (TTPs) and other formats.*

b. *Establishes a phased training and readiness plan with clear benchmarks and flexibility for meeting operational commitments.*

c. *Establishes unit training program requirements, qualification processes, competency management, and individual certification requirements.*

d. *Aligns PSU operational watch structure with the Navy's Coastal Riverine Squadrons (CORIVERON) for stronger interoperability.*

More instructions and TTP that will complement the PSU program manual are still being developed. These standalone documents will be available by the end of 2018:

- *Shoreside Security Operations TTP*
- *Command and Control TTP*
- *Expeditionary Operations TTP*
- *PSU Personal Qualification Standards Instruction*
- *PSU Competency Qualification Instruction*

EER System revamp slated for spring roll out

In March, a new Enlisted Evaluation System (EES) will be implemented. Master Chief Petty Officer of the Coast Guard Steven Cantrell chartered a working group to improve the current EER System, leading to several major changes including:

- **Number of forms:** With the exception of E1-E3, each pay grade will have a grade-specific form, with performance standards specific to that grade.
- **Fewer competencies:** The proposal will reduce the overall number of competencies by about half, depending on the pay grade.
- **Required Comments**: A comment block for each performance factor has been added. Each mark requiring a comment (1, 2, 3 or 7) will be captured in this comment block, with space for up to two lines of text per competency.
- **Potential Block:** This block, required for pay grades E4 and above, will require specific, succinct comments addressing the member's potential for future leadership responsibilities and potential to serve in special, independent or command cadre assignments.
- **Recommendation:** The changes will also incorporate a new "three-button" system (ready, not ready, not recommended), which will separate individuals who are satisfactorily performing at their current pay grade from those who are not. Only personnel who are marked "ready" will receive a service-wide exam (SWE).

For more information regarding the new Enlisted Evaluation System visit: http://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Personnel-Service-Center-PSC/

From the Office of Boat Forces

Submitted by Mr. Donald P. Hartmayer, Program Analyst, CG-731

RB-S Coxswain Intro Course

05 JUN – 16 JUN 2017

BM3 Dennis Miller	Station Atlantic City
BM3 Erik Sorkness	Station Annapolis

10 JUL - 21 JUL 2017

BM2 Evan Truman	Station St. Inigoes
BM3 Justin Angel	Station Port Canaveral
BM3 Zachary Baxter	Station Panama City

RB-S Boat Crew Member Course

19 JUN – 30 JUN 2017

BM3 Andrew Gustavino	Station Cape May
ME2 Derek Kramer	Station Cape May
ME3 Joshua Lore	Station Cape May

RB-M Operator Course

05 JUN – 16 JUN 2017

BM3 Daniel DiRocco	Station Lake Worth Inlet

10 JUL – 21 JUL 2017

BM3 Alexander Colley	Station Woods Hole

Boarding Officer Practical Course

15 MAY - 26 MAY 2017

ME2 Oleg Lazakovich	Station Washington

6 JUN – 16 JUN 2017

ME2 Jason McElrath	Station Seattle

10 JUL – 21 JUL 2017

ME1 Brian Hancock	Station Wrightsville Beach
ME2 Adrian Soto	Station Port Canaveral
MK2 Martin Eves	Station New York

Boarding Team Member Course

12 JUN – 23 JUN 2017

BM3 Richard Kendrick	Station San Juan

Chief Petty Officer Academy

19 JUN – 30 JUN 2017

BMC William Day	Station Wrightsville Beach
MEC Derek Gawrilow	Station Washington
BMC Adam Nichols	Station Washington
BMC Jennifer Taylor	Station Port Aransas
BMC John Stephanos	Station Niagara

24 JUL – 03 AUG 2017

MEC Richard Ottway	MSU Paducah
BMC Scott Ownby	MSU Paducah
SKC Jeane Hand	Station Woods Hole
BMC Adrian Cheval	Station Washington
BMC Justin Jackson	Station St. Petersburg
BMC Michael Athearn	Station Shinnecock
BMC Gregory Stankatis	Station Portland
BMC Joshua Taitano	Station Honolulu
BMC Alfred Jurison	Station Honolulu
BMC Mathew Cossitt	Station Duluth
MKC Anthony Birds	Station Charleston
BMC Brad Vanderpol	Sta. Cape Disappointment
BMC Matthew Moore	Station Atlantic City

ICS-300

08 AUG – 11 AUG 2017

MEC Rocky Correll	MSU Huntington
BM1 Jonathan Atkins	MSU Huntington
BM3 Zachary Carlson	MSU Huntington

06 JUN – 09 JUN 2017

BM3 William Bryan	Station Belle Isle

ICS-339 DIVS

22 AUG – 23 AUG 2017

BMCS Michael Smith	Station Annapolis

The Office of Boat Forces congratulates the following graduates from the following courses. *BZ to ALL!!*

BOAT FORCES RESERVE
READY TO RESPOND

The FY 2018 "C" School Schedule can be found on the FORCECOM Portal:
https://cg.portal.uscg.mil/units/forcecom/tqc/Pages/Home.aspx

The Boat Forces Reserve Readiness Report (BF3R) and Reserve Underway Hours Report can be found on the Boat Forces Portal:
https://cg.portal.uscg.mil/units/cg731/SitePages/Reserves.aspx

102-Year-Old Great Lakes CG Veteran Honored

By Elizabeth Miller, Great Lakes Today

Seventy-five years ago, the SPARS were created to take the job of thousands of Coast Guardsmen who had to leave their posts to fight in World War II. 102-year-old Mabel Johnson was one of them – she enlisted in 1943 and was first sent to Cleveland. She returned Thursday for a visit.

Mabel Johnson traveled from Kansas for the visit. With her son and daughter at her side, she was honored by Cleveland's Coast Guard unit with a few songs from her time as a SPAR -- including one to the tune of Yankee Doodle Dandy.

"We're the women of the Coast Guard, we're the Yankee Doodle SPARS. The real live nieces of our Uncle Sam, helping to win this war."

SPAR stands for Semper Paratus, Always Ready. 11,000 SPARS joined the Coast Guard during WWII – they started out doing administrative work, but eventually performed more operational tasks.

Women from the District Nine Coast Guard community gather around Mabel Johnson, a WWII SPAR, at Coast Guard Marine Safety Unit Cleveland, Ohio, July 27. Photo by PA3 Lauren Steenson

The SPARS were disbanded after the war, though some – including Johnson – continued to serve.

The legacy of these women still influences the agency today – even inspiring the name of the Coast Guard Cutter SPAR stationed in Kodiak, Alaska. Rear Adm. June Ryan addressed Johnson as they met.

"For us, you are like our founding father," said Ryan. "It's like the opportunity to speak and talk to George Washington, or Alexander Hamilton, who created the Coast Guard."

During her Cleveland visit, Johnson plans to recreate one of her fondest memories – throwing ticker tape out of the 16th floor window of the Keith Building downtown to celebrate V-E day.

This story originally ran in "Great Lakes Today," www.greatlakestoday.org.

Eligibility for the TRICARE Retiree Dental Program includes "gray area" retirees

The TRICARE Retiree Dental Program (TRDP) is available to all military retirees (including "gray area" retirees under age 60) and their eligible family members, unremarried surviving spouses and their eligible children. The program covers cleanings, exams, fillings, root canals, gum surgery, oral surgery and dental accidents on the first day that coverage becomes effective; after 12 months of being in the program, it then covers crowns, bridges, partials, braces and dental implants. (New retirees who enroll within four months after retirement from the Uniformed Services or transfer to Retired Reserve status are eligible to waive the 12-month waiting period for major services; supporting documentation is required)

The TRDP provides every enrollee an annual maximum of $1,300 per person, a $1,200 annual maximum for dental accidents and a $1,750 lifetime maximum for orthodontics. It is important to note that the money that the TRDP pays out for preventive and diagnostic services doesn't count against the annual maximum – those benefits are in addition to the $1,300. Retirees can find more information on the program, as well as enroll online by visiting trdp.org.

CWO4 Andrew Reyes, pictured with MEC Sean Roberts, celebrated his retirement from the Coast Guard at Sector Long Island Sound in May. This marked the closing of a 25-year Coast Guard career.

Submitted by Lt. Cmdr. Amanda Ryan

At a ceremony held in June, Chief Petty Officer Sean K. Springer, pictured with his family, retired from Sector Honolulu after a 20 year career where he served in both the Reserve and active components of the Coast Guard.

Retirement List

RET-1
(Retired With Pay)

DECEMBER 2013
Lt. Jerrold Browne

APRIL 2015
Lt. George Wood

NOVEMBER 2016
MST1 Daryl Baker

DECEMBER 2016
BM2 John Brewer

JUNE 2017
Capt. James Whitley
Capt. Stephen Ohms
Cmdr. James Godsey
Lt. Cmdr. James Green
Lt. Cmdr. Willis Miller
Lt. Cmdr. Ted Richardson
CWO John Dempsey
CWO Charles Kirby
CWO Stephen Pastore
MECM Robert Colbert
PACS Barbara Voulgaris
BMC William Saunders
EMC Daniel Sargent
MEC Raymond Matynka
IT1 Richard Cacace
MK1 Brian Andrews
MK2 Kirby Boudreaux
MK2 Daniel Lovesee
BM2 Kenith Murphy

JULY 2017
Capt. Kenneth Olsen
Lt. Michael Houtz
Lt. Richard Schaefer
Cmdr. John Rascoe
CWO Robyn Kapperman
CWO Stephen Walker
BMCM Randy Lauer
MECM Charles Ferrante
MECS Michael Corfman
YNC Thomas Howard
HS1 Lorenzo Pollard
MK1 Glen Myers
MK1 Wilfredo Rodriguez
OS1 Douglas Lamb
EM2 John Eckl

AUGUST 2017
Capt. Carol Pollio
Cmdr. Jerry Brothers
Cmdr. Theresa Hubbard
Cmdr. Joan Whitehead
CWO Wayne Beals
MECM Glen Fuhs
BMCS David Strader
MKCS Joel Whitney
BMC William Fetty
BMC Francis Mauro
CMC Robert Young
MSTC Roger Calloway
YNC Marciell Reichler
BM1 Edwin MacDonald
BM1 Richard Sapronetti
GM1 Jeffrey Gardner
MK1 Harry Coburn
PS1 Keith Harmon
YN1 Virginia Cassidy
YN1 Bonnie Schulster
MK3 Ralph Hohenleitner

RET-2
(Retired Awaiting Pay)

JUNE 2017
Cmdr. Michael J. Hauschen
Lt. Cmdr. M. E. Burdick-Kusko
Lt. Mark A. Briggs
CWO Percy M. Jenkins
BMCS John N. Key
MKCS David A. Sohlstrom
YNC Michelle L. Pizzulo
ME1 Timothy J. Larese

JULY 2017
Capt. Lane M. Putala
Capt. Geoffrey J. Warren
Cmdr. William S. Benn
Cmdr. Fernando R. Gutierrez
Cmdr. Timothy A. Pasek
Cmdr. Conrad R. Theroux
Cmdr. Michelle R. Watson
Lt. Cmdr. Corneda Y. Boyd
Lt. Cmdr. Eirik T. Kellogg
Lt. Cmdr. Austin J. McGuire
Lt. Brian P. Godkin
Lt. Phillip L. Houlton, Jr.
CWO Angel L. Calderon
BMC Christopher P. Fox
MKC James L. Henderson
BM1 Christopher M. Brawner

AUGUST 2017
Capt. Sean D. Salter
Cmdr. Jerry T. Brothers
Cmdr. Felicia D. Butala
Cmdr. Mary L. Kammerer
Cmdr. Josh C. Peters
Cmdr. Joshua T. Ramey
Lt. Cmdr. Peter A. Arts
Lt. Cmdr. Timothy W. Braun
Lt. Cmdr. Kari L. Crawford
Lt. Manny Puri
Lt. Damon C. Sanders
CWO Joseph J. Scarpelli
BMCM Michael O. Mullins
BMCS Kendall A. Kezdi
FSCS Anthony J. Padavan
GMCS Jack G. Fleming
DCC Scott R. Johnson
HSC Kevin P. Wiles
MEC Keith Ben-Rajab
MEC Robert J. Rowe
MEC Sean K. Springer
MKC Carlene E. Hudson
YNC Cynthia L. Klobuchar
ET1 Elizabeth A. McManus
GM1 Keith D. Miles
ME1 Kyl C. Bernard
YN2 Karen Y. Sescoe
BM3 Michael R. Knudsen

— Compiled by YNC Joseph R. McGonagle, USCGR (ret.)

Bulletin Board

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Do the Math:

Pentagon Unveils Official BRS Calculator

The Blended Retirement System (BRS) is the largest reform to the uniformed services retirement system in decades. Eligible personnel will be able to opt-in to the new system between Jan. 1 and Dec. 31, 2018, seeing benefits in the following pay period. These personnel include members who enter the military before 2018 who have served fewer than 12 years or service members in the Reserve who have fewer than 4,320 retirement points as of Dec. 31, 2017. Service members who join the military after Jan. 1 will automatically be enrolled in the BRS.

In June, the Department of Defense (DoD) released the official BRS comparison calculator. While service members are encouraged to use any tool that will help make them make a retirement plan decision, the DoD comparison tool is the official calculator, as many other calculators may have not received adequate vetting. The BRS comparison calculator assists service members in comparing the current retirement system, often referred to as the "High-3," to the new system, BRS.

The BRS calculator is based on the published military pay chart and will be updated no later than Dec. 31 each year to reflect the exact pay chart.

Prior to using the BRS calculator, service members should take the mandatory BRS opt-in course to familiarize themselves with the new system and know their exact pay entry base date to ensure accuracy when using the calculator.

http://militarypay.defense.gov/calculators/BRS/

MEC Surprise

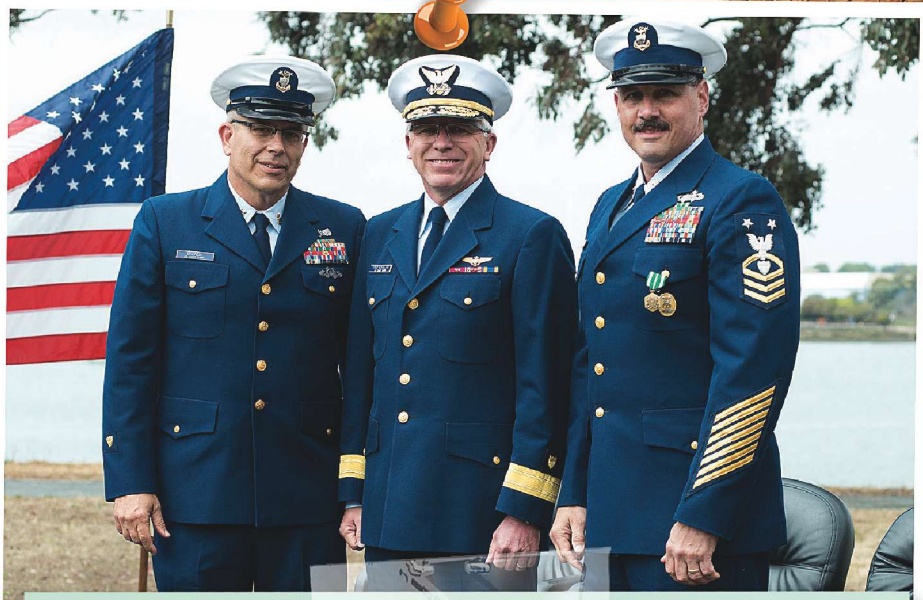
Maritime Enforcement Specialist Chief John Simpson was deployed to Guantanamo Bay, Cuba, with Port Security Unit 305. During his advancement ceremony, he was surprised by his father, John Simpson, Sr., who had flown in for the occasion, and had the honor of placing Chief Simpson's cover.

U.S. Army photo by Spc. Emily Martin.

ROCI Honor Graduate

Rear Adm. Francis Pelkowski presented the George E. MacGarvey Leadership award to Ens. Meredith Overstreet, who was voted the overall outstanding Reserve Officer Candidate by her peers, at the Reserve Officer Candidate Indoctrination (ROCI) Class 1-17 graduation ceremony at the U.S. Coast Guard Academy, July 14.

Photo by Petty Officer 3rd Class Nicole Barger.



District 11 welcomes new RCMC

Master Chief Petty Officer Richard Baenen relieved Master Chief Petty Officer Timothy Beard as the District 11 Reserve Command Master Chief June 30 in San Francisco. The Reserve CMC is responsible for personal and professional development of reservists in District 11.

TO CHANGE YOUR MAILING ADDRESS:

Selected Reservists:

Please use Direct Access
https://portal.direct-access.us
or send your address change to your unit Servicing Personnel Office (SPO).

Individual Ready Reservists (IRR):

Please contact the IRR Personnel Support Unit by:

Email:
ARL-PF-CGPSC-rpm-3-Query@uscg.mil

Website:
http://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Personnel-Service-Center-PSC/Reserve-Personnel-Management-PSC-RPM/RPM-3/Individual-Ready-Reserve-IRR/

Mail:
Commander (rpm-3)
Personnel Service Center
U.S. Coast Guard Stop 7200
2703 MLK Jr. Ave SE
Washington, DC 20593-7200

Retired Reservists:

Please send e-mail to Personnel Service Center (ras) at:
ppc-dg-ras@uscg.mil
or to access Direct Access or use self-service:
http://www.dcms.uscg.mil/ppc/ras/
or call 1-800-772-8724.

Reservist wins San Diego NDIA's 2017 "Twice a Citizen" Award

Coast Guard Chief Petty Officer Shane M. Stidman was the recipient of the 2017 "Twice A Citizen" Award, presented by the National Defense Industrial Association (NDIA) San Diego Chapter. U.S. Navy Capt. Robert Nowakowski, a 2016 recipient, will be presenting the award to Stidman at the Sector San Diego all-hands drill weekend in October.

Nominees for the Twice a Citizen Award are members of the local San Diego Guard or Reserve units who have demonstrated outstanding performance, professionalism, leadership, self-sacrifice, and commitment to the country, both as a citizen and in uniform.

Stidman received the award as a result of his mobilization for the 2017 Presidential Inauguration, as well as volunteering hundreds of hours as a crisis counselor for the Crisis Text Line, where he provides support to victims of domestic violence, substance abuse, depression and eating disorders.

Stidman works in Phoenix, Ariz., as a criminal investigator with the U.S. Army's Criminal Investigation Division, and he serves as a Coast Guard reserve division chief in the Sector San Diego Enforcement Division.

Reserve Leadership Visits Sector St. Petersburg

Rear Adm. Francis Pelkowski visited Sector St. Petersburg, Fla., in May, taking time to meet with active duty members as well as staying for a drill weekend to talk with reservists.

Pelkowski first met with Reserve leadership, visited the Chief's Mess and attended the officers' call. During the subsequent all-hands gathering, he spoke with reservists on a range of topics, including the current budget environment, recapitalization, and the future of the Reserve force. He also spoke about "the four buckets," encompassing PWCS, Expeditionary Warfare, Incident Management and Mission Support.

"Ultimately, the goal of the Reserve is readiness," said Pelkowski, "locally, nationally and internationally."

The admiral took part in several promotion and reenlistment ceremonies, and he concluded his trip with a visit to Station Sand Key.

Thank You for your Support

Actor Esai Morales receives a tour of the Coast Guard Cutter Isaac Mayo, a 154-foot fast response cutter, from Mayo's commanding officer Lt. Dana Prefer and Cmdr. Christopher Douglas, head of response for Sector San Juan, Puerto Rico, and Cmdr. Gregory Duncan, emergency preparedness liaison officer, Coast Guard 11th District, Nov. 2. Morales, a native of Puerto Rico, thanked the Coast Guardsmen for their support during the response to Hurricane Maria.

Photo by CWO3 Anastasia M. Devlin.

Coast Guard Reserve Unit NORTHCOM Changes Command

Capt. Frank Schaefer, commanding officer of Coast Guard Reserve Unit (CGRU) Northern Command (NORTHCOM) was relieved by Capt. Allen Tubbs Aug. 11 in a time-honored change of command ceremony at Peterson Air Force Base, Colorado Springs, Colo. The presiding official was Rear Adm. Melissa Bert, Deputy Director of Operations for Northern Command.

Schaefer took command of CGRU NORTHCOM in November 2014 and served as the principle advisor to the Director of Reserve Forces NORTHCOM on all Coast Guard Reserve matters. One of Captain Schaefer's lasting contributions to the unit was the development of a Reserve/active duty mentorship program, which was officially recognized as a best practice in the Coast Guard Reserve.

Bert presented Schaefer with the Defense Superior Service Medal, and CGRU NORTHCOM received the Meritorious Unit Commendation Medal for service in support of NORAD and NORTHCOM from November 2014 to September 2016. The award highlighted the unit's contribution of 360 days of direct support to 12 tier one national exercises and eight national special security events (NSSE), to include VIGILANT SHIELD, ARDENT SENTRY, ARCTIC CHINOOK, INTEGRATED ADVANCE, the Democratic National Convention, the Republican National Convention, Super Bowl 50, Nuclear Summit and World Meeting of Families.

Newest Reserve Officers

Members of the U.S. Coast Guard Reserve Officer Candidate Indoctrination (ROCI) Class 1-17 take their oaths of office during a graduation ceremony at the U.S. Coast Guard Academy, July 14. Rear Adm. Francis Pelkowski was the presiding official at the ceremony, in which 40 new Reserve ensigns were presented their commissions.

Photo by PA3 Nicole Barger

Columbia River reservist hangs it up after decades of service

Capt. John M. Caraballo retired from Sector Columbia River (SCR) in Warrenton, Ore., July 8 after finishing a tour as the reserve command advisor. Surrounded by friends and family, Caraballo's service was honored in a ceremony hosted by the SCR reserve cadre, and the event was attended by members of both the active and Reserve components, as well as his shipmates from the Navy. The captain's career, which began in 1976 as an active duty aviation electronics technician, included tours in locations from California to Kuwait.

Capt. Caraballo is pictured with the crew of Sector Columbia River.

Photo by CWO4 Robert Jacobson, USCG (ret.).

BZ to YN2 Wu

Bravo Zulu to Petty Officer 2nd Class Louie Wu, a member of Port Security Unit 311 who was informally recognized Aug. 16 by Rear Adm. Melvin Bouboulis for exceptional service to unit and community.

Wu's command noted that his work is outstanding. He served as one of two approving officers for more than 150 members' travel claims (four times the normal amount), and additionally supported the corpsmen in the medical office. He took time to mentor other members of PSU 311 (of all ranks) in matters of administrative policies and procedures.

In addition to earning his masters degree, Wu also completed more than 100 hours of community service. He volunteers twice a week at the Asian Youth Center in San Gabriel, Calif., tutoring students in both Chinese and English.

In January, Wu is slated to attend Officer Candidate School at the Coast Guard Academy.

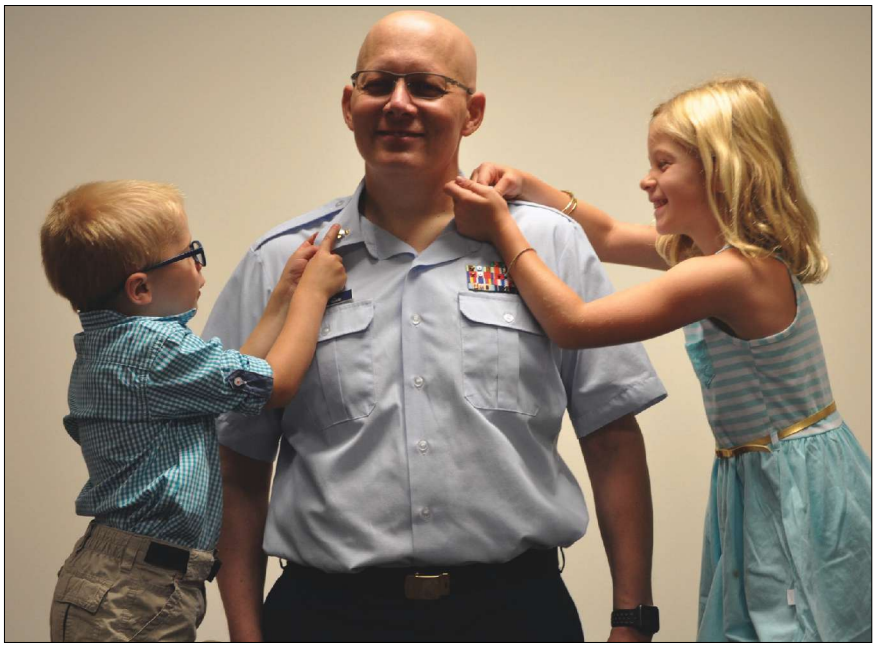
Wu is pictured with Adm. Bouboulis.

Submitted by Lt. Cmdr. Robert Espenship

Advancement a Family Affair

Petty Officer 1st Class Kevin Rofidal is advanced to chief petty officer. His children (George, 4, and Lucy, 6) took the honor of pinning on his new anchors at Marine Safety Detachment St. Paul, Minn.

Photo courtesy of MEC Rofidal



AWARDS

Editor's note: *Let us know who's getting awards! There is no central "award repository;" we publish reservists' awards as we are notified by their individual units. Tell us who's awesome at TheReservist@uscg.mil.*

Defense Superior Service Medal
Capt. Franklin Schaefer

Meritorious Service Medal
Capt. Michael G. Barton

Joint Service Commendation Medal
Lt. Cmdr. Bryan Moore
Lt. Cmdr. Frederick Merritt

Coast Guard Commendation Medal
Lt. Cmdr. Andrew Younkle
Lt. Michael Storino

Coast Guard Achievement Medal
Cmdr. Patrick Limberg
Lt. Cmdr Kelsey Barrion
Lt. j.g. Jeffrey Overcash
MK1 Brian Padgett
MK1 Eric Zupan
Lt. Cmdr. John Massingill
ETC Eluid Garrastegui

Military Outstanding Volunteer Service Medal
Lt. Rebecca Boice

Commandant's Letter of Commendation
BMC Jim Strack
BMC Adrien Cheval
OS1 Matthew Lopez
MK1 Bob Drescher
BM2 John Guercio
BM2 Stephen McPhail
SK2 Peter Dvorsky
ME2 Justin Hunts
ME2 Jason Fisher
DC3 Kerry McGeein

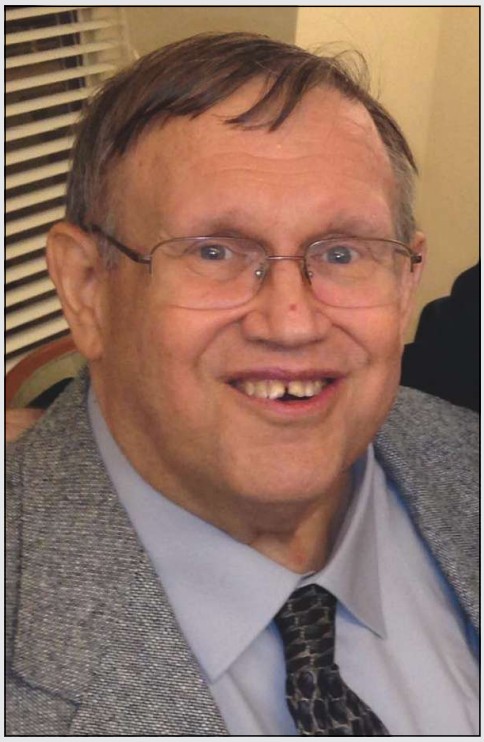
Meritorious Unit Commendation
Coast Guard Reserve Unit Northern Command

Meritorious Team Commendation
ME1 Scott VanNote
BM2 John Patrone

PSU pin
GM1 Forrest Gladman
GM2 Patrick McKenna
BM2 Shane Haupt
DC3 Kerry McGeein
MK1 Virgil Kiger
Lt. Rebecca Boice
Lt. Edward Sandlin
BM2 Bryant Stephens
MK2 Alex Rodriguez
Lt. j.g. Jeffrey Overcash
ME1 Shelton Bartlett
ME1 Brandon Hill
BM1 Adam Ferguson
MK2 James Hurst
ME2 Emily Dunford
BM2 Sarah Ruhlman
BM2 Joshua Cain
ME2 William Brewer
MK2 Matthew Connell
OS3 Stacie Cunningham
BM3 Derek Lecompte

Advanced Boat Forces
LT Michael Carney

TAPS



Norman G. Paulhus, Jr., 67, of Rockville, Md., passed away on August 25, 2017. Son of the late Norman G. Paulhus, Sr. and Kathryn Swartz Paulhus, he is survived by his loving sister, Kathy Fain of Rockville.

Though Paulhus never worked for the Coast Guard during his 35-plus years of government service, Paulhus voluntarily provided an informal Coast Guard communications service which became known as "Norm Net." At its peak, more than 1,000 members of Team Coast Guard, including reservists, active, Auxiliary, civilians, retirees, contractors and family members received media reports, press releases and newsletters about the Coast Guard.

As an employee of the Department of Transportation, Paulhus's office was located next to the Coast Guard's Congressional Affairs Office, and the two offices shared the same mail stop. "Things just took off from there," Paulhus told friends, "and over the years I just got sort of 'adopted' by the Coast Guard family."

Despite severe health problems that took him "offline" for several years, Paulhus stayed up to date through friends, and he celebrated 65th birthday surrounded by his Coast Guard family.

He was celebrated at a funeral Mass in Olney, Md., and interred at Gate of Heaven Cemetery in Silver Spring, MD.

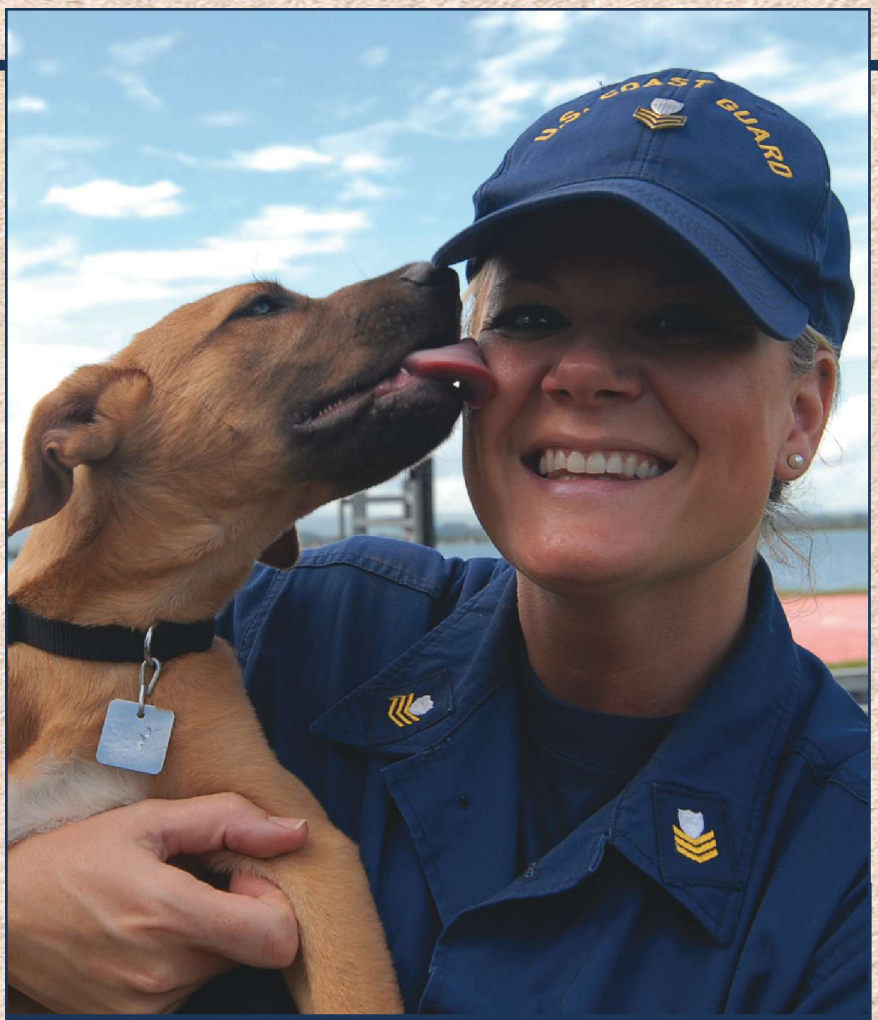
He will be remembered fondly.

The Coast Guard Cutter EAGLE sails from Norfolk, Virginia, to Boston, June 12. The EAGLE is a 295-foot barque sailing vessel used to train Coast Guard Academy cadets in the historic aspects of sailing, leadership, navigation and teamwork.

Photo by Auxiliarist David Lau

"Some of my boats were underway in Gulfport, Miss., when they sent me a weird picture. I, myself, am a past AMT that was stationed at [Aviation Training Center] Mobile when the crash of the 6535 took the lives of several dear friends, so this cloud-shaped phenomenon, taken and sent to me by Petty Officer 1st Class Joshua Smith, took my breath away. So I wanted to share."

— MK1 Josh Dalton,
PSU 308, Gulfport, Miss



Petty Officer 1st Class Jana James plays with her newly rescued dog, Trooper, on the lawn of Sector San Juan, Puerto Rico, Oct. 28, 2018. James, a reservist with Marine Safety Unit Savannah, Ga., deployed to San Juan for 60 days in support of the Hurricane Maria response.

Photo by PA2 Matthew Masaschi.

The U.S. Coast Guard Maritime Security Response Team patrols Boston Harbor, Tuesday, June 20. The team deployed from Chesapeake, Virginia, to provide waterside security for the public and tall ships during Sail Boston 2017.

Photo by PA3 Andrew Barresi

Commanding Officer (mas)
Pay & Personnel Center
444 SE Quincy Street
Topeka, KS 66683-3591

PRSTD STD
Postage and Fees Paid
United States Coast Guard
Permit Number G-157

OFFICIAL BUSINESS
Penalty for Private Use $300

U.S. Coast Guard Reserve

For 76 Years — Always Ready When Needed Most