

Sample Newsletter

MSST 91109 SAN DIEGO

OMBUDSMAN NEWSLETTER

Summer 2012
Volume 1, Issue 2



1650 Henderson Avenue, Building 310
San Diego, California 92140

Command Corner

By CDR Eric M. Cooper, Commanding Officer



Greetings to everyone and welcome to the new members of our MSST family.

It is great to be back home after our 6+ month deployment to Guantanamo Bay! The team was wildly successful throughout the deployment thanks to the extremely hard work performed by every member of the crew. In recognition of the team's efforts, the team was awarded the Global War on Terrorism Expeditionary Medal, the Overseas Service Ribbon and a Meritorious Team Commendation. As always, the team demonstrated that Maritime Safety and Security Team San Diego remains one of the pre-eminent teams throughout the Deployable Specialized Forces Community. Bravo Zulu!

During the time that the team was deployed and beginning this summer, we have had more than 1/3 of our crew transfer out and be replaced by new members of our family. I am excited to get to know each of you individually and meet your families. We will be having a Family Day in the middle of July, which will be planned by our Morale Committee and Ombudsman. I encourage

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each of you to get your names and email addresses to the Ombudsman, so at a minimum, you can receive some of the information and benefits available to military members here in San Diego. She is also the conduit through which deployment information and opportunities to help with Morale events flow.

Deployments for the team will begin to occur more frequently as we finish up our training and rest periods. As deployment information becomes releasable to families, I will ensure that everyone has maximum visibility. If you ever have questions, Mrs. Satter has my direct line so that you can get the information that you need in a timely manner.

I look forward to seeing everyone at the Family Day event!



Sample Newsletter - Message from the XO and Ombudsman

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Ombudsman Newsletter

Meet the XO

By LCDR Aaron Roe, Executive Officer

Hello, my name is Aaron Roe and I just took over as the Executive Officer here at MSST San Diego.

It is truly a great honor to be a part of this unit and to be living here in Sunny San Diego. My wife Erin and I moved from Washington DC where I was stationed at the Deployable Operations Group as the Training Operation Officer.

I have been in the Coast Guard for 14 years and before moving to Washington DC I lived in Seattle, Pensacola & Alameda. My father is a retired Coast Guard Chief Petty Officer, so before I attended the



LCDR Roe and Erin Roe visiting the ombudsman's table at the YRE

Coast Guard Academy I moved around from Mobile to Puerto Rico, Sacramento, Kodiak and Cape Cod.

This first month has been a very rewarding and eye opening experience and I am looking forward to meeting you all in the near future.

A Note From Your Ombudsman

By Amanda J. Satter, Ombudsman

I am looking forward to another great year as the MSST's ombudsman!

As your Ombudsman, I am available to help you with a variety of challenges as an information and referral resource, and a communication link. I am a Coast Guard spouse and a volunteer, and am appointed by the Commanding Officer to be a point of contact and resource for all military families, including spouses, parents, extended family, and others. So please ensure that all of your family members are aware that I am here for them!

I have information on local and national resources that can help with financial support, food resources, furniture, counseling, spouse employment, volunteer opportunities, deployment support, and much more! There are a variety of support programs, both in San Diego and throughout the nation, and I can help you find the organizations to meet your needs for almost any problem. If you're just curious about what's out there, give me a call and I will be happy to share

my resource information with you.

I am also your communications link with the command, especially during deployment. Throughout the months ahead, I will be the official source of command information, which I will pass on through our newsletters and email trees. I can also contact the command in emergencies, to get messages to crew members and for assistance. Also, I am a listening ear and support for each of you - so please contact me anytime!



Admiral Papp with MSST 91109 Ombudsman Amanda J. Satter 2011 Ombudsman of the Year

Sample Newsletter - Message from the Chaplain

Chaplain's Corner

By Chaplain Daniel Owens, District 11 South

First, I want to thank each one of you for your service to our nation overseas the past six months. Our prayers were with each one of you during that time. As each one of you transition back to "normal" please be assured there are many services available to you within the Coast Guard.

Many times we are reluctant to seek them out because we feel they are unnecessary or ineffective. Please be assured that many of these programs are time tested and can provide vital assistance to you and your family.

Please do not hesitate to contact me if you have any questions about a service or where to go for assistance. I would be honored to sit down with you and your family to discuss them.



*Coast Guard Transition and Relocation Manager
Jennifer C. Conole with Chaplain Owens.*

My phone number is (619) 246-6371. Have a great summer and look forward to seeing each one of you in the upcoming days.

Chaplain Corps Vision Statement:

"Mission ready Coast Guard men and women and their families, demonstrating spiritual, moral, and ethical maturity supported by innovative delivery of religious ministry and compassionate pastoral care."



The members of MSST 91109 on the Guantanamo Bay deployment.

CG SUPRT PROGRAM

1-855-CG SUPRT (247-8778)

The Coast Guard implemented a new program on May 1st titled "CG SUPRT". This program is the new and revamped EAP (Employee Assistance Program) with a support phone number to call 24/7, 365 days a year!

When you call CG SUPRT, you will speak with an experienced and specially trained counselor who will assist you in getting the help you need. Your participation in the program will be treated confidentially in accordance with all state and federal laws.

CG SUPRT can help in the following ways:

Face-to-face and telephonic non-medical counseling for individuals with a wide variety of psychological/life challenges (up to 12 sessions), FREE.

b. Telephonic assistance, consultation, and referral for a broad range of life events that individuals may need assistance with such as childcare, eldercare, college funding, and moving,



CG SUPRT Contact a Consultant:
855-CG SUPRT (247-8778)

c. Telephonic consultation for supervisors and commands regarding issues that may be impacting their employees/unit,

d. Telephonic health coaching and information for a broad range of health issues such as smoking, weight management, and stress reduction (up to 12 sessions),

e. Education and self-assessment tools on a broad range of behavioral, psychological, and life event topics,

f. Assistance with critical incident responses,

g. Prevention and awareness activities, help with locating pet services, volunteer opportunities, and recreational resources,

h. Financial and legal assistance (30 minutes with qualified professionals), and

i. Tax preparation assistance.

*"It's easy to access,
free, and confidential."*

Local San Diego Resources

Add these to your favorites!

Armed Services YMCA



The San Diego Armed Services YMCA provides comprehensive, ongoing services to military service members and their families through over 40 free programs within four departments: Family Outreach, Military Youth and Community Outreach, Active Duty Programs, and Wounded, Injured and Ill Programs at Naval Medical Center to make military life easier. Check out all they have to offer online at www.militaryymca.org.

San Diego Movie Theaters on Base - FREE

MWR movie theaters are open to all active duty, reservists, retirees, dependents, DoD civilians, contractors and their sponsored guests. Concession stands sell movie theater foods however the movies themselves are FREE. Theaters are located on 32nd Street Naval Base, NAB and NASNI. For a list of what is currently playing check out <http://navylifesw.com/sandiego/movies>.

Post-Deployment Yellow Ribbon Event

June 22-24, 2012



The unit had their Post-Deployment Yellow Ribbon Event the weekend of June 22nd at the Hilton Hotel in Mission Valley. Many families from all over the country were able to join their service members for this reintegration event.

Those in attendance got the opportunity to hear from some great speakers including Jennifer Conole from the local Work Life Office, the Chaplain, the Red Cross, Employer Support of the Guard & Reserve, Hero 2 Hired, Tricare and Military Life Consultant.

Families enjoyed their time together and had a great weekend in San Diego with wonderful weather.

Resources at the Yellow Ribbon Event

Hero 2 Hired - Everything you need to find a job. Tons of job listings, plus much more, all FREE. www.H2H.jobs

Tutor.com - Free homework help and online tutoring for active duty, national guard and reserve families. Free, 24/7 access plus college support.

Red Cross - The Coming Home series helps military families with reintegration after deployments. Go to redcross.org to learn more about this no-cost, confidential program.

All Yellow Ribbon Event photos taken by PA1 Henry Dunphy.



*Yellow Ribbon Event Mission:
To promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle.*



Local Upcoming Events

Get your calendar out!

Summer Family Fitness & Movie Night

Friday, July 27 · 6:30-9:00 pm · FREE · 619-553-4259

Naval Base Point Loma Main Base Fitness Center · Bldg. 1, Outdoor Exercise Area @ Smuggler's Cove
Parents and children of all ages are welcome to join MWR Fitness for a night of outdoor family friendly fitness activities followed by a movie. Presented by MWR and USAA.

Activity Morning on MCRD - Offered the second Tuesday of every month, 9:30am-11am, Building 6E on MCRD

Activity Morning is a fun opportunity for parents and young children (0-5 years old) to play and learn together! It is also a great chance for tots to socialize with their peers. Each month has a different theme and children can choose to engage in a variety of activities such as: story time, arts & crafts, movement activities, snack making, ideas for games at home, and much more. Registration is not necessary and this monthly experience is free of charge.

MCRD BABY BOOT CAMP - Classes are held the 4th Tuesday and Wednesday of each month from 10:00 AM to 3:30 PM

This two-day class is the first step in preparing expectant families to be confident and competent parents. First time expectant parents can benefit from this educational and informative class. Infant development, social and emotional changes in the family, baby safety, diapering, bathing, soothing a crying infant, and community resources are just a few of the topics covered. Current information about infant care and local resources is crucial to build strong families and this class provides a solid foundation for infant care. Please call 619.524.0465 to register.

MSST 91109
Ombudsman
Amanda J. Satter

Phone:
757-284-7673

E-Mail:
Msst91109ombudsman@yahoo.com

The ombudsman distributes frequent emails with pertinent information - please email her to be added to the distribution list!



The MLE/FP Team conducting vertical insertion training with the USCGC Petrel on June 21, 2012.