



News and Notes From District 7 Staff Ombudsman



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I AM AN OMBUDSMAN

I am not a crutch, but I can support you
 I am not a counselor, but I know how to reach one
 I am not a taxi driver, but I can steer you in the right direction
 I am not a rescuer, but I can help save lives
 I am not a baby sitter, but I can refer you to a caregiver
 I am not a gossip, but I am a great listener
 I am not an enabler, but I can provide tools to empower you
 I am not a master of anything, but I know many experts who understand your needs
 I am not a Recreation or Health Specialist, but I am concerned about
 your morale, well being, and health
 I am not a busybody as I've been called, but I am a Coast Guard Ombudsman
 I am a Coast Guard Family Ombudsman, and I am of service to you
 The Coast Guard Family

A note from your Ombudsman

Stephanie Kruse

Happy April!!! Spring is here. That means beautiful weather. This is the perfect time for outside family activities. There are many family oriented events that are happening in South Florida all the time. From friendly relay races to local amusement parks, there is always something to do here. We hope that our newsletters will help you to discover where you live as well as get some good family time in. If you need help finding information on activities in the area please feel free to contact me by phone or e-mail.

Home 954.450.5535 Cell 314.359.2357 or
 stephkruse@hotmail.com

Patricia Pruettt

Hello,

Happy Spring! With spring comes a lot of changes for those of us in the Guard. Transfer season is upon us. If there is anything I can help with give me a call. If you know someone coming into the District let them know about us. If you are leaving us Fair winds and Following seas. Enjoy the spring but keep in mind hurricane season starts soon. Start getting everything together soon. A hurricane packet is coming soon. Any questions or comments email me at triciapruett@aol.com or give me a call home (954) 432-8618 or cell (510) 593-3784

The CO's Desk

FAMILY HURRICANE PREPAREDNESS -

No matter where we live, there are challenges to be faced to keep ourselves safe due to extreme weather or other natural events. Each year, the months from June through November are known as the "hurricane season" in Florida and along the Gulf Coast. It is a fact of life in our semi-tropical climate, that we enjoy warmth and sun nearly year-round. However, for all of our good weather, we never can really know from one year to the next how peaceful or impacting the year's hurricane season will be. Nobody has yet found a way to prevent hurricanes from occurring in Florida. So how do we native and transplanted Floridians best cope with this recurring uncertainty?

The key to coping successfully during hurricane season is by learning about hurricanes and taking steps to prepare everyone on what best to do when a hurricane is forecast for our area. Preparation is equal to peace of mind. There are many resources available locally, including the local Red Cross, to advise families how to best prepare for this upcoming hurricane season. To help you plan, we also maintain a web site devoted to hurricane preparedness with information as well as links to other useful web sites, which can be found at <http://www.uscg.mil/d7/HurricanePreparedness.htm> . This site addresses a wide range of topics, including hurricane evacuation zones, weather sites, tools to cope with stress, and Coast Guard-specific safe haven information, evacuation entitlements, and much more. Please feel free to use this site. We are interested in your feedback on information you find useful, or that you feel can be improved. Our Ombudsman, Ms. Stephanie Kruse, and Mrs. Patricia Pruetz, have received training on hurricane preparedness, and are excellent resources to contact with your concerns.

At the Seventh District office, we are preparing for hurricane season by updating our hurricane plans, training our people, and replenishing supplies, including food and water to support those who stand watch during and after a hurricane. We will conduct a mock hurricane exercise in early May to ensure our staff understands their responsibilities in the event we need to respond to a hurricane within our district boundaries.

The Coast Guard's motto, "Semper Paratus" means "Always Ready". The District Commander, Rear Admiral Kunkel, and I, are confident in the Seventh District's readiness and preparation for this upcoming hurricane season, and we hope you are also fully prepared, to remain Semper Paratus this year!

by CAPT James A. Watson, Chief of Staff



Heroes and Legends

It never hurts to learn a little

Josiah Sturgis

Captain Josiah Sturgis of the U.S. Revenue Marine was the commanding officer of the revenue cutter *Hamilton* that gained notoriety along the coast of New England. He rescued hundreds of people and many ships in his career. He received many testimonials from Boston merchants and was so well known that a piano piece was written about his ship entitled the "Hamilton Quick Step."

Transfer Season

Transfer season is approaching fast. If you haven't checked out the finance centers HHG page it is a great source of information. Everything you need to know about how to move your stuff. Please make sure you read the It's Your Move pamphlet before your movers come. It can tell you step by step how to have a successful move. To all who are leaving we wish you a happy and uneventful move.

Here are some links to the USCG Financial Center

<http://www.fincen.uscg.mil/hhg.htm>

http://www.fincen.uscg.mil/HHG_files/ItsYourMove.pdf

Phone Numbers You Might Need

Work Life	305-278-6660	E.A.P. (employee assistance)	305-278-6675
Chaplain	305-415-6675	F.A.P. (family advocacy)	305-278-6670
Health Promotion Program	305-278-6664		
Education Services Office	305-535-4592		
Legal Assistance	305-415-6950	EAP Confidential Counseling	
Special Needs	305-278-6674	for members ,spouses, and families	
		1-800-222-0364	

Season's Eating's Happy Moms Day

PEACH COBBLER

1 cup sugar
1 cup flour
1 cup milk
1 stick butter, melted
1 can peaches (or any favorite fruit), drained

In a bowl, combine sugar, flour and milk. Pour mixture over butter, stir and press into pie pan. Add peaches. Cook in bottom of oven at 450 degrees until brown

Mother's Pot Roast

Ingredients:

2 1/2 to 3 pound shoulder or sirloin tip roast
1 (16 ounce) can tomato sauce
1 medium onion, cut into thin strips
2 bay leaves
3 tablespoons all-purpose flour
salt and pepper to taste

Preparation:

1 Spray slow cooker with non-stick cooking spray. Place meat in pot with fat side up. Pour tomato sauce over roast. Place onion rings over all. Toss in bay leaves. Cover and cook 1 hour on high.
2 After 1 hour reduce heat to low and cook 6 to 8 more hours. Carefully lift meat out of pot and remove to a warm platter.
3 Pour drippings through strainer into medium sized saucepan and discard material in strainer. Whisk in flour to liquid. Cook, stirring constantly over medium heat until thickened. Season to taste with salt and pepper, serve alongside roast.

Hurricane season starts June 1st. We are preparing a packet of information to distribute soon. In the mean time please start preparing. If you prepare early you have a better chance of getting what you need.



District 7 Staff Ombudsman



Mother's Day Trivia

George Washington once said, "My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."

Mother Goose is one of the most popular of all children's entertainers. Her books and stories have been loved for many generations.

Mother's Day is now celebrated in many countries around the world. Australia, Mexico, Denmark, Finland, Italy, Turkey, Belgium, Russia, China, Thailand, all have special celebrations to honor Mothers, but not in the same way or on the same day as the United States.

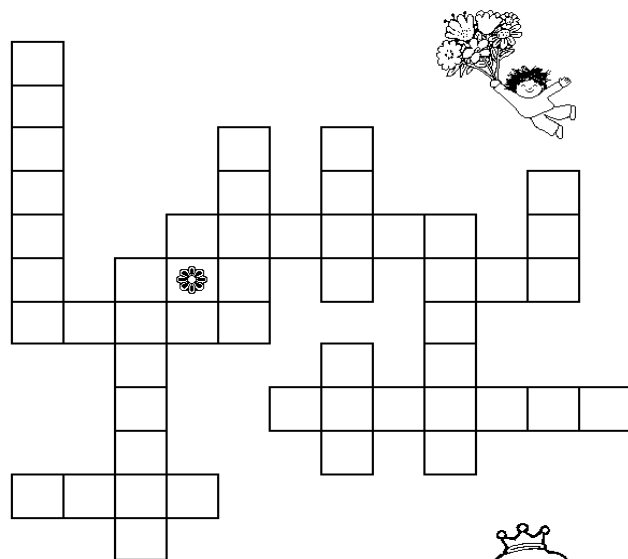
During the 1600's, England celebrated a day called "Mothering Sunday." Servants would go home to see their families, bringing cakes and sweets to their moms. This custom was called "going a-mothering". Each mother would receive a simnel-cake (Latin for "fine flour") and mother's would give a blessing to their children.

Anna Jarvis of Philadelphia began the campaign that brought about the official observance of Mother's Day in the United States. Her mother died, and Anna wanted all mothers to be remembered. She asked that white carnations be the official mother's day symbol. In 1914, President Woodrow Wilson signed the orders that made Mother's Day a national holiday.

August is most popular month in which to have a baby, with more than 360,000 births taking place that month in 2001.

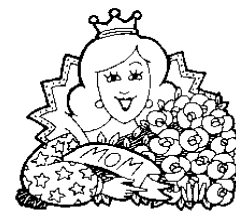
Mother's Day Crossword

M2



MAY
MOM
DAY
HUGS
CARD
HEART

SWEET
SMILES
LAUGHS
HONESTY
MANNERS
JEWELRY



Hey Did You Know...

Salute to Heroes

Budweiser is honored to salute the men and women of our armed forces and their families. Throughout 2007, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Register online at <http://www.herosalute.com>

Parrot Jungle

Have your picture taken with not just one, but five parrots! Or see a "liger" or the largest crocodile in the United States.

1111 Parrot Jungle Trail, from MacArthur Causeway, Miami, FL 33132

Tel: 305-400-7000

Fairchild Tropical Garden

"Ooh" and "Aah" over the 83 acres of its wide range of rare tropical plants.

Child \$10

Adult \$20

Senior \$15

Tel: 305-667-1851

Miami Metro Zoo

See rare and exotic animals from around the world. Learn how they eat, sleep and play. You can even feed a giraffe from your own hand.

Child \$ 6.75

Adult \$ 11.50

Tel: 305-251-0400

*Don't forget to ask for Military Discount.

Barber Shop is open at Causeway Island!!

ISC Miami is happy to announce that the barber shop on Causeway Island (located next to the exchange) has a new barber and is now open daily from 0700-1500 (Monday thru Fridays). The barber, Dee, does both men's and women's hair cuts, but does not do any chemical treatments (hair dye, curl, etc.). She takes appointments and can be reached at 305-535-4477. Cost is \$7.00.

The Annual Air Station Miami Run/Walk is a fun event for personnel and family members!

Air Station Miami XVII Annual Runway 5K

8:00 A.M. Friday, 18 May, 2007 Registration includes t-shirt, awards for top 3 winners in each category, and lunch for all participants. Register no later than 11 May, 2007 to secure your registration at the reduced price. Please see District website plan of the week for registration form.
