

News & Views

*The Official Newsletter of the
Coast Guard Spouses' Association of Southeastern Conn.*
<http://www.cgspouses-sect.org>

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AUGUST 2009

TIFFANI KAMINSKI, EDITOR

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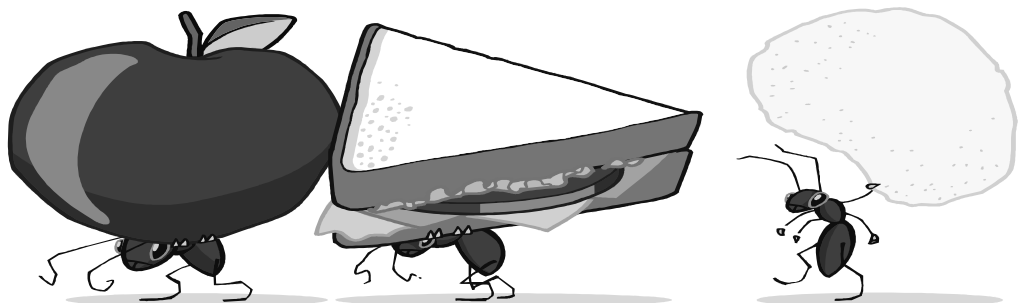
CGSA's Annual Welcome Aboard Picnic Saturday, August 15, 11AM-2PM

The Annual Welcome Aboard Picnic is right around the corner! Join us at the Stonington Lodge for food, fun, and prizes on Saturday, August 15, from 11AM-2PM! There will be a bounce house for the kids and fun activities for everyone. Current members are asked to bring a dish to share. If your last name begins with A-L, please bring a side dish. Members M-Z, please bring a dessert. The club will supply hot dogs and hamburgers with all the fixings.

If you know of any prospective new members, please pass their names along to Kim Davis at 2snowdogs@comcast.net or (860) 434-7047 so we can welcome as many newcomers as possible! This is a great way to see those who have been away on vacation and meet new people as well!

RSVPs are appreciated by August 10 to Christy Newell at (860) 287-2282, cnewell925@comcast.net, or Joellen Podoll at (231) 818-0769, jat_22@hotmail.com.

Directions to Stonington Lodge, 396 Taugwonk Road, Stonington, CT, can be found on our website at <http://cgspouses-sect.org/directions.html> .



Activities & Events

General Membership Meeting

Our next monthly membership meeting will be held on **Tuesday, August 11 at 7PM**. This month's meeting will be held in the Munro Hall living room at the CGA. Our meetings are open to all current members as well as those who may be interested in joining the CGSA. If you have a friend who may be interested in what we do, please bring them along! RSVP to Christy Newell at (860) 287-2282 or cnewell925@comcast.net.

We are switching from the normal Thursday meeting day to allow for last minute Welcome Aboard Picnic planning. Future meeting days and times will be decided upon review of members' replies on the membership forms to ensure that we can accommodate as many members' schedules as possible. Look for a list of future meeting dates in the September newsletter.

Summer Playdate

Bring the kids, pack a cooler, and meet us at North Lake at the Sub Base on **Tuesday, August 18 at 10AM**. North Lake is a manmade, maintained lake with a sandy beach. No floatation devices allowed unless they are CG-approved Type I or II life vests. RSVP to Christy Newell by August 17 at (860) 287-2282 or cnewell925@comcast.net.



Lunch Bunch at Costello's Clam Shack

Labor Day is just around the corner. Join us at Costello's for a last dose of summer fun on **Wednesday, August 26, at 12:00PM**. Costello's provides casual outside (picnic tables) dining on the water. Their address is 145 Pearl Street, Noank (In Noank shipyard). Their website: www.costellosclamshack.com (driving directions on website).

Please RSVP to Sharnel Duarte at (860) 326-5405 or sharchar5@yahoo.com.

August Care Package Theme: Comfort Foods

The theme for August's care package, being sent to the CG Cutter ADAK in Bahrain, is **comfort foods**. Snacks and non-perishable microwavable foods will be sent to boost morale of the Coasties on board the cutter.

If you would like to donate items for this care package, some ideas are: cup of noodles, individual cups of macaroni and cheese, single serving packages of cookies or chips, etc. Please note that pork or pork by-products are prohibited in care packages going to the Middle East. Also, no chocolate or items that will melt are allowed. Please bring them to the General Membership meeting on **Tuesday, August 11, at 7PM**.

The sponsor for this month's package is Laura Egan. Please contact her at ilegan@tvconnect.net or (860) 405-8114 if you have any questions or suggestions.

Club Notes

Attention Committee Chairs

At our June meeting we discussed the club by-laws and decided to re-instate the requirement that all committee chairs and board members submit a written monthly report to the president outlining their tasks and responsibilities for the month. Doing so will make it much easier on those who take over your job when you're gone, and also help us all keep track of what you've done or may need volunteers to help with. It doesn't have to be anything long or formal-- a short email will suffice. Please submit your reports to the President, Christy Newell, at or before the General Membership Meeting each month.

Crafts Committee

The future of the Crafts Committee lies with you! As our membership and lives are constantly changing, so are our members' interests. We've had a Crafts Committee in the past to organize group projects and lessons such as beading, knitting, pottery painting, and most recently, tissue-pocket sewing to create items to sell at our Ways & Means events. Last year several events were planned without many members attending.

Do you have a special talent that you'd like to share with the group? Are you interested in becoming our new Crafts chairperson and steering the committee in a new direction? If so, please contact Christy Newell at (860) 287-2282 or cnewell925@comcast.net. If there is not much interest shown in this committee, we may disband it for the coming year.

Reporting-In Day 2009 - a big THANK YOU

We wanted to take the opportunity to thank those wonderful ladies who helped making Reporting-In Day a success: **Christina Allen, Megan Bennett, Sharnel Duarte, Laura Egan, Allison McSorley, Becky Noreen, Jo Wood, and Sarah Zaglifa.** We raised approximately \$1444 between Cadet Cakes and Ways & Means sale.

Next month, we will need your help again. Please mark your calendar for September 25-26, Friday & Saturday, for Parent's Weekend. Details will be posted in our next newsletter. We truly appreciate your support!

Way & Means committees,
Marion Gesele & Pat Simpson

Cadet Cake Volunteers Wanted

The Spouse's Association is seeking volunteers to bake, frost, and deliver cadet birthday cakes during the 2009-2010 school year. If you are interested in volunteering, please contact Allison McSorley at (860) 885-9640 or mcsorley@ct.metrocast.net.

MWR Website

Looking for something to do this weekend? Want to know what military discounts are currently available in our area? Check out the Coast Guard Academy's new MWR website at

http://www.cgamwr.com/mwr_office.html
for up-to-the minute local deals and activities.

Club Notes

Coast Guard Spouses' Association of Southeastern Connecticut General Membership Meeting • June 12, 2009 • Christy Newell's Home Ledyard, CT

Present: Jill Billiau, Christy Newell, Melissa Brown, Sharnel Duarte, Christina Allen, Allison McSorley, Marion Gesele, Pat Simpson, Megan Bennett

Call to Order: Christy Newell called the meeting to order at 1030.

Report of the Recording Secretary: Laura was unable to attend. Melissa Brown was the proxy. Christy provided copies of May's minutes. No changes to the minutes are needed. Melissa accepted the published recordings and Christina seconded the motion.

Report of the Treasurer: Jill Billiau provided a summary of the current CGSA Treasurer's Report. Scholarship monies were awarded. Income deposit forms were distributed and explained. Eventually, they will be available on the club website.

Report of the Corresponding Secretary: Melissa Brown brought the mail from the CGSA mailbox. We received a thank you note for the book award given to a local high school junior. She also shared the finished welcome brochure to be distributed when new members come aboard to area units. She was asked to create a cover letter to send out with the brochures and membership forms. She will find out the addresses of the local commands from Erika Lund.

Report of the Vice President: Christina Allen reported. Our next meeting will be Tuesday, August 11 at Munroe Hall at 7:00pm. The meeting will be held on the 11th to allow additional time before the Welcome Aboard Picnic on the 15th.

June 20: Wine Tasting at Stonington Vineyards,

June 25: Lunch Bunch; Paul's Pasta, Groton

June 29: Reporting-In Day,

August 1: Membership Form Contest Due Date;

August 15: Welcome Aboard Picnic, Stonington Lodge.

Report of Standing Committees:

Awards and Scholarships – Jill Billiau will be the Committee Chair for 2009-2010.

Cadet Cakes- Megan Bennett has agreed to co-chair this committee. The procedures for cake selling at Reporting In Day were discussed.

Hospitality/Luncheons and Socials- Joellyn Podell has volunteered to chair this committee. Jill Billiau will contact her to discuss the duties of this position. Volunteers are needed for the Welcome Aboard Picnic.

Membership- Kim Davis was unable to attend. A reminder about the early bird contest was given.

Newsletter- Tiffani was unable to attend. It was stated that July 20 is the deadline for the August edition. It was discussed how to continue with the newsletter as Tiffani has a difficult time gathering article submissions. It was decided we will continue in the same manner for the August issue, but may go to less frequent or quarterly issues in the future, as it seems many new members and current members are online, using Facebook and our club website to gather information about future events. A blog for the club was also discussed.

Sunshine- Allison McSorley was in touch with Peggy Edwards; she is very appreciative of the sunshine freezer meals she received. Allison also discussed the Angel Meals idea. Christy, Melissa and Joellyn have volunteered to be on call for Angel Meals.

Ways and Means – Pat and Marion said that volunteers are needed for Reporting In Day. Best sellers and most profitable items will be restocked. Accepting credit cards in the future was discussed.

Report of Special Committees:

Audit Committee- Christina Allen will serve as this chair of this new committee, set up to double check all deposits and withdrawals for banking purposes.

Babysitting A volunteer is still needed. Jill organized a babysitter for today's meeting, and Marion will get a babysitter for Reporting In Day.

Care Packages- Allison McSorley shared her movie night care package and gathered contributions from members. The total spent for this box before shipping was \$60. Shipping costs average around \$15. We have not heard a reply from the CGCADAK as of yet. Laura will be in charge of August's box. Melissa will send her a reminder email.

Crafts A volunteer is needed for this committee, if it is to continue. Last year's chair did not get a good response/turnout at crafting events.

Family Support Fund- Jill Billiau will be the new chair of this committee. A meeting is needed to look at adjusting the bylaws so outside approval is not needed for using these funds.

Historian – Christy will have the photo book available to peruse at the Picnic and the Wine and Cheese Social.

Lunch Bunch – This chair position is vacant. Christy has organized June's Lunch Bunch to Paul's Pasta.

MWR Representative- Pat Simpson was present. Pat has started receiving emails from the MWR. Coast Guard Day in August is a big event for the MWR. Members are encouraged to attend.

OCS Representative- The chair for this committee is to be determined.

Retiree Representative Sue Branagan was unable to attend. She will be contacted to see if there is any new information regarding the retirees.

Secret Pals - Melissa was in attendance, but had no news to report.

Website – Jill is working on updating the website. She is having problems so the site is not current.

Old Business: Assistance for the Edwards Family Peggy could not attend the meeting, but appreciates the meals that have been delivered. Betsy Burhoe and Stephanie Brown will be contacted to set up a possible Lia Sophia jewelry fundraiser on the CGA campus.

New/Upcoming Business: Proposal of review of Bylaws Special Bylaws Committee shall be formed and a meeting date is proposed for the month of September.

Job descriptions Responsibilities of each executive board member were distributed, so each member was aware of the details of her job.

Monthly Report – Each Committee Chair and Executive Board Member will need to submit a monthly report of what she did each month to serve as a record for future generations.

Adjournment: Christy made a motion to adjourn the meeting at 1145. Melissa seconded the motion.

*Respectfully Submitted June 22, 2009
Melissa Brown, proxy for Recording Secretary*

USCG Spouses' Association of Southeastern Connecticut Membership Form 2009-2010

CGSA Goal: To provide a friendly atmosphere that promotes the morale and welfare of our Coast Guard personnel and their families.

Please complete both sides of this form and return it with your annual dues by **October 1, 2009**. The membership fee covers your dues for the club year, August 2009-June 2010. Make checks payable to **CGSA of SE CT**. Please **mail** the membership form and payment to:

Kim Davis • CGSA Membership Chair
One Dogwood Avenue • Old Lyme, CT 06371

Membership Type (check one):

- Regular \$25** [All spouses of CG Members & Public Health Service Workers (active, reserve, retired, deceased); CG Members (active, reserve, retired); Spouses of personnel of other services on active duty with the Coast Guard and any other person interested in the purpose of the club, including CGA faculty]
- Personal Business advertisement in directory and on website \$10** [In addition to Regular, Associate, or Honorary Membership, include business card for ad]
- Honorary Free** [Spouses of former Admirals and Superintendents of CGA residing in CT; Current area cutter Ombudsmen]

Please print the following information:

Please check here if you would NOT like your name to appear in the Directory

Name _____ Birthday (month/day) _____

Address _____

City _____ State _____ Zip _____

Email address _____

How would you prefer to receive the association's monthly newsletter? (Check one)

- Mail Email *(For email, please be sure to include it in the space indicated above)*

Phone Number _____ Cell Phone Number (optional) _____

Spouse's name _____ Rank/Rate (optional) _____

Duty station _____ What year is current tour to be completed? _____

List child(ren). If child is interested in providing babysitting, they can be added to our Babysitter list.

Name(s) _____	Year of birth _____	Babysitter Y / N
_____	Year of birth _____	Babysitter Y / N
_____	Year of birth _____	Babysitter Y / N
_____	Year of birth _____	Babysitter Y / N

Help us meet your needs by answering the following questions, in a scale where 1 is your best selection:

- Are you more likely to attend events that include: __ Members Only, __ Spouses, or __ the Entire Family?
- Do you prefer to attend club meetings at the __ Coast Guard Academy, __ Local Eateries, or __ Members' Homes?
- Monthly General Membership Meetings: Do you prefer Tuesday __ AM or __ PM, or Thursday __ AM or __ PM?
- What are you hoping to get out of being a part of the CGSA: __ Socializing with and meeting fellow CG spouses, __ Volunteer service in the community, __ Learning about the area, or __ Other: _____

Please complete activities and interests on back of the form [OVER]

USCG Spouses' Association of Southeastern CT Membership Application 2009-2010

In order to plan the 2009-2010 membership year, we have developed a list of activities with a focus on four categories. Please indicate which activities in which you would be **most** interested participating.

FAMILY

- | | |
|---|---|
| <input type="checkbox"/> Pumpkin Patch, Hay Ride, Apple Picking | <input type="checkbox"/> Essex Steam Train |
| <input type="checkbox"/> Ice Rink | <input type="checkbox"/> Roller Rink |
| <input type="checkbox"/> Ski Trip | <input type="checkbox"/> Caroling, Hot Cider, Cookie Exchange |
| <input type="checkbox"/> Other: _____ | |

COUPLES

- | | |
|---|--|
| <input type="checkbox"/> Dinner & Show | <input type="checkbox"/> Vineyard, Wine Tasting |
| <input type="checkbox"/> Boat Ride to Ledge Light | <input type="checkbox"/> CT River Dinner Theater |
| <input type="checkbox"/> Scavenger Hunt | <input type="checkbox"/> Goodspeed Opera House |
| <input type="checkbox"/> Lasertag | <input type="checkbox"/> Sweetheart Luncheon |
| <input type="checkbox"/> Other: _____ | |

MEMBERS ONLY

- | | |
|---|--|
| <input type="checkbox"/> Tour of CG Research & Development Center and/or International Ice Patrol | <input type="checkbox"/> Museums - Slater, Lyman Allyn, Shaw Mansion, Florence Griswold, Stonington Lighthouse |
| <input type="checkbox"/> Boat Ride to Ledge Light | <input type="checkbox"/> Shopping Trip - Outlets |
| <input type="checkbox"/> New York City or Boston Day Trip | <input type="checkbox"/> Spa Day |
| <input type="checkbox"/> Girls Night Out | <input type="checkbox"/> Tour of the EAGLE and/or CG Museum |
| <input type="checkbox"/> High Tea Outing | <input type="checkbox"/> Tour of Avery Point Lighthouse |
| <input type="checkbox"/> Other: _____ | |

CRAFTS / CLASSES / MISCELLANEOUS

- | | |
|---|--|
| <input type="checkbox"/> Floral Design | <input type="checkbox"/> Rubber Stamping |
| <input type="checkbox"/> Scrapbooking | <input type="checkbox"/> Woodworking |
| <input type="checkbox"/> Guided Bird Watching | <input type="checkbox"/> Get Fired Up - paint your own pottery |
| <input type="checkbox"/> Financial Planning | <input type="checkbox"/> Guest Speakers – Personal Organizer, Interior Decorating, Local History, Work/Life Rep. |
| <input type="checkbox"/> Personal Safety | |
| <input type="checkbox"/> Other: _____ | |

Please check any of the committees or groups below that you would be interested in participating:

- | | | |
|--|----------------------------|--------------------|
| _____ Cadet Cakes Bake/Frost | _____ Secret Pals | _____ Ways & Means |
| _____ Crafts | _____ Sunshine Meals | _____ Bowling |
| _____ Hospitality, Luncheons, Socials | _____ International Dinner | _____ Lunch Bunch |
| _____ Care Packages to CG Cutters overseas | | |

Cadet Cakes is a major fundraising activity for the CGSA and we hope everyone might volunteer to bake/frost cakes. Please indicate month(s) you would be willing to bake/frost cakes: _____

The CGSA also welcomes your suggestions for club activities, meeting speakers and meeting topics. Please let us know if you are interested in heading up an activity or event. We will do our best to accommodate your suggestions: _____

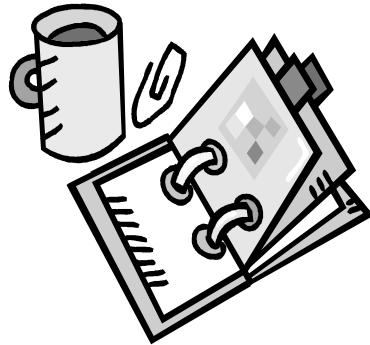
Please list something you've seen a club (ours or another) do that you think would be fun to try: _____

Please list any ways you can think of which might increase meeting and activity participation: _____

President's Corner

How can it be August already? This summer has flown by, in part due to our much cooler than normal weather. There's still time to enjoy all of the summer activities New England has to offer. From berry picking, to visiting the beach, to being a tourist in your own backyard at all of the amazing attractions that surround us, don't forget to make time to take advantage of living in such a great location before winter returns!

August also means the return of our annual Welcome Aboard Picnic. Thanks to new Hospitality, Luncheons & Socials chair Joellen Podell, this year's picnic plans are shaping up to be fabulous. Look for great family activities, delicious food, and several prize giveaways. This is a great opportunity to catch up with friends you haven't seen all summer, as well as meet some new ones. Please be sure to invite new-to-the-area Coast Guard families that you may know to join us at the picnic and learn what we're all about. The CGSA is a great resource for those new to New England life, whether it is offering a few minutes of your time to meet for coffee or a suggestion of a place where the kids can expend some energy on a rainy day. It was my first stop for help when I moved here two years ago, and I hope that we can all reach out to those transferring to the area to offer our vast



wealth of local knowledge.

The early-bird membership contest has ended, but it's never too late to renew your CGSA membership. I hope you don't hesitate to renew, as you are what makes our club so great! All members may not be interested in or able to attend all of our events, but we hope that we offer a little something for everyone to enjoy and benefit from. A new year brings new opportunity to suggest event ideas that interest **YOU**. Please don't hesitate to tell us what you'd like to see happen within the CGSA this year. With our membership constantly changing due to the needs of the Coast Guard, our interests and needs change as well. Want more activities where kids are invited? Day-trips? Couples-only events? Have a fundraiser idea? Let us know! Get involved!

I hope to see everyone at this month's General Membership Meeting on Tuesday, August 11. We are meeting earlier in the week so that we will be able to help out with last-minute picnic planning details.

Sincerely,
Christy Newell
President

2008-2009 Leadership Roster

Honorary President

Betsy Burhoe

Executive Board

President	Christy Newell	287-2282
Vice President	Christina Allen	245-5150
Treasurer	Jill Billiau	391-5601
Recording Secretary	Laura Egan	405-8114
Corresponding Secretary	Melissa Brown	(517) 974-4417

Standing Committees

Awards & Scholarships	Volunteer Needed	
Cadet Cakes	Allison McSorley	848-3798
	Volunteer Needed	
Luncheons/Socials/		
Hospitality	Joellen Podoll	(231) 818-0769
Membership	Kim Davis	434-7047
News & Views	Tiffani Kaminski	(401) 348-8789
Parliamentarian	Kim Davis	434-7047

Sunshine	Allison McSorley	848-3798
Ways & Means	Pat Simpson	739-4033
	Marion Gesele	444-8620

Special Committees

Volunteer Needed

Babysitting	Janice Norton	437-3671
Bowling	Melissa Brown	(517) 974-4417
Care Packages	Christy Newell	287-2282
	Kim Davis	434-7047
Crafts	Jill Billiau	391-5601
Family Support Fund	Christy Newell	287-2282
Historian/Publicity	Sharnel Duarte	326-5405
Lunch Bunch	Pat Simpson	739-4033
MWR Representative	Christine O'Connor	(401) 823-8707
OCS Representative	Sue Branagan	691-1285
Retiree Rep.	Melissa Brown	(517) 974-4417
Secret Pals	Jill Billiau	391-5601
Website		

**COAST GUARD SPOUSES' ASSOCIATION OF
SOUTHEASTERN CONNECTICUT**

Coast Guard Spouses' Association
USCGA Chase Hall, Box A-25
15 Mohegan Avenue
New London, CT 06320

First Class Postage

Be sure to add info@cgsouples-sect.org to your email address book to ensure that all CGSA emails and newsletters always go straight to your inbox.

Mark Your Calendar!

August 11 General Membership Meeting

August 15 Welcome Aboard Picnic

August 18 Summer Playdate

August 26 Lunch Bunch

SAVE THE DATE: September 17 Wine & Cheese Social

