



Coast Guard Island PLAN OF THE WEEK

Brought to you by
USCG Base Alameda



Committed to Taking Care of People, Communication & Teamwork

16—22 Sep 2012

Uniform of the Day is Tropical Blue. ODUs, when authorized IAW ALCOAST 291/1, will be worn sleeves up.

THIS WEEK:

1130 Mon 17 Sep: Navy League Sausage 'n Suds for Base Alameda & crew of STRATTON at Chiefs Hut

Fri 21 Sep: Kick off meeting for Hispanic Celebration at 0830 in Civil Rights 54B Conference Room. POC is Ms. Trina Anderson.

SAVE THE DATE:

Wed 26 Sep: Excelsior College Military Advisor at Bldg 3
<http://www.uscg.mil/basealameda/docs/Excelsior.pdf>

Sat 29 Sep: Free Admission at some Museums:
<http://www.smithsonianmag.com/museumday/>

30 Sep: Supervisor Course 50201 is due! See back page

Tue 2 Oct: CGI CFC Kick-Off 1000-1100 in the Gym

2-4 Oct: Civ H/R Specialist Visit to CGI

Tue 9 Oct: Hispanic Heritage Month Celebration in Gresham Hall. More details soon!

PROTOTYPE POW IN PUBLISHER— HOW DO YOU LIKE ME NOW?

Base Alameda wants to serve you better and it was suggested to create the newsletter in Publisher. What do you think? This edition is a first step in the right direction. We want your input, ideas, and maybe even assistance in making the newsletter more readable, user friendly & useful. Please contact Audra.F.Jacques@uscg.mil with your comments.

OAKLAND MILITARY INSTITUTE ASSEMBLY

Please join me in visiting Oakland Military Institute (OMI) next Tuesday 18 Sept at 0830 for their Middle and High school assembly.

This will be a great chance to take a tour of the school, meet the students and learn about the CG Island

Partnership in Education (PIE) mentorship program.

Logistics: The plan is to leave from CG Island at 0800 and arrive at the school no than 0830. The assembly promptly starts at 0855.

For more info please contact, OSC Jared

Friedman-Torres (PAC-6) at 510-437-3571.

OMI is located at 377 Lusk St, Oakland.

RSVP at your earliest convenience so that I have a head count to provide to the school.

Hope to see you there!

PINK FUN RUN WED 26 SEP

October is National Breast Cancer Awareness Month. In recognition, we are making this month's Fun Run a pink-themed event. We will have a few breast cancer awareness tie-ins and special themed raffle prizes. For those who have never attended a fun run/walk,

they typically are held on the last Wednesday of the month, begin at 1130 near the gazebos at the corner of Wake Field and Eagle. There are two options: a 3.1 mile run, or a 1.5 mile walk. Just show up on Wed 26 Sep at 1130! It's a lot of fun. Click on shoes.



Don't forget to wear your pink!



DISCOUNT RAIDERS TICKETS



The Broncos and Chiefs were added recently. The Saints game is almost sold out so I brought some tickets in advance for the below games on the (\$60 for 100 level sideline seats:
Tampa Bay game - 20 tickets
New Orleans game - 30 tickets
Cleveland game - 20 tickets

Please contact me or you can order from MWR.
CWO3 Rodney.C.Cates@uscg.mil

**BIRDIES FOR THE BRAVE GOLF TOURNAMENT
HOSTED BY TPC HARDING PARK**

Birdies for the Brave, a military outreach initiative proudly supported by the PGA TOUR. This year's event will take place on Sat 6 Oct during San Francisco's Fleet Week and hosted by TPC Harding Park. The proceeds from this year's events will benefit eight national military homefront groups supported by Birdies

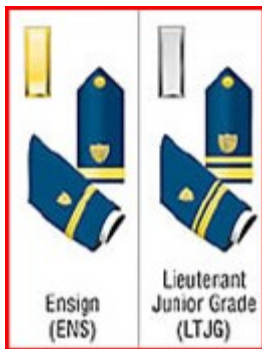
for the Brave including the Wounded Warrior Project, Navy SEAL Foundation, Military Warriors Support Foundation, Green Beret Foundation, Special Operations Warrior Foundation, United Through Reading, Homes for Our Troops, and Operation Homefront. Players can sign

up online at <http://www.golfnow.com/sanfrancisco/tournaments>. Individuals interested in participating may contact Jake Ferreira at jake-ferreira@hotmail.com or 617-233-2294. The park's address is 99 Harding Road, SF CA 94132.

[Save the Date flyer](#)



<http://www.birdiesforthebrave.org/>



LOOKING FOR BAY AREA O-1 & O-2

The TRACEN Petaluma Chiefs are looking for ENS and LTJGs to participate in their CCTI this October. Approximately 16 more JOs are needed.

There are lots of optional events going on during the month of September (mud run, beach clean-up, burrito sales, etc.) and the big events are on the 11th and 12th of Oct. This is a great

PRODEV opportunity, and should be a lot of fun. I am happy to organize car-pools up to the area. If interested, please contact LTJG Kristina Butler.

2012 CGBAGA ADMIRAL'S CUP

The Annual Coast Guard Bay Area Golf Association Admiral's Cup is Thu 25 Oct 2012 at Hiddenbrooke

Golf Club in Vallejo. Please register and pay by 17 October. Reservations are not confirmed until pay-

ment is received. PayPal is preferred method of payment. Click on golf ball for more info!



Submitted by Liz Ayala, PAC-6



**SEA WEST CREDIT UNION-NEWS FOR YOU
“TIPS TO AVOID CREDIT CARD FRAUD”**

It pays to be cautious when using your credit card to make Online purchases.

Sea West Coast Guard Federal Credit Union is dedicated to protecting the finances of the U.S. Coast Guard and offers the following tips to help you avoid becoming a victim of fraud:

- * Don't give out your credit card number(s) Online unless the site is a secure and reputable site. Sometimes a tiny icon of a padlock appears to symbolize a higher level of security to transmit data. This icon is not a guarantee of a secure site, but might provide you some assurance.
- * Don't trust a site just because it claims to be

secure.

- * Before using the site, check out the security/ encryption software it uses.
- * Make sure you are purchasing merchandise from a reputable source.
- * Do your homework on the individual or company to ensure that they are legitimate.
- * Try to obtain a physical address rather than merely a post office box and a phone number, call the seller to see if the number is correct and working.
- * Send them e-mail to see if they have an active e-mail address and be wary of sellers who use free e-mail services

where a credit card wasn't required to open the account.

- * Consider not purchasing from sellers who won't provide you with this type of information.
- * Check with the Better Business Bureau from the seller's area.
- * Check out other web sites regarding this person/company.
- * Don't judge a person/ company by their web site.
- * Be cautious when responding to special offers (especially through unsolicited e-mail).
- * Be cautious when dealing with individuals/ companies from outside your own country.
- * The safest way to pur-



chase have items via the Internet is by credit card because you can often dispute the charges if something is wrong. It's also smart to keep one credit card just for use when making Online purchases.

- * Make sure the transaction is secure when you electronically send your credit card numbers.
- * You should also keep a list of all your credit cards and account information along with the card issuer's contact information. If anything looks suspicious or you lose your credit card(s) you should contact the card issuer immedi-

NEWS AT THE SPEED OF LAW—TRICARE: RECENT CHANGES

TRICARE Management Activity (TMA), under the Department of Defense (DoD), has managed the TRICARE health care program for active duty members and their families, retired service members and their families, National Guard/Reserve members and their families, survivors and others entitled to DoD medical care.

TRICARE Management Activity (TMA) recently announced that it would transition to a new contract with a new support contractor, UnitedHealth Military and Veterans Services, in the West Region. UnitedHealthcare will provide health care under the new contract beginning

April 1, 2013. North and South Regions beneficiaries are not directly affected by the change in the West.

Following the recent announcement that UnitedHealthcare Military & Veterans will replace TriWest Healthcare Alliance as the TRICARE West Region health care contractor, beneficiaries and health care providers have been asking how this change will affect them.

The basic structure under the new contract is very similar to the current West Region contract, and beneficiaries may see some enhancements offered under the new contract. As in all TRI-

CARE contracts, benefits may be adjusted throughout the life of the contract period in accordance with legislative and policy guidance.

There is no direct effect until the transition is complete on April 1, 2013, but, after the transition, there may be some changes for beneficiaries in the West Region. TriWest, the current managed care contractor for the West, will continue to serve the West region beneficiaries during the transition period. For continued customer service assistance under TriWest, contact a West Region TRICARE Service Center by calling 1-888-TRIWEST (1-888-874-9378) or go the TriWest

Website: www.triwest.com.

A substantial number of medical providers currently in the TRI-CARE West Region network also have arrangements with UnitedHealth. Continued efforts made during the transition will ensure the UnitedHealth network offers TRICARE beneficiaries continuity of quality care. Until April 1, 2013, the claim process remains unchanged. UnitedHealth will provide new contact and mailing information closer to the start of health care delivery on April 1, 2013. Pharmacy, dental benefits and TRICARE for Life are benefits that are managed under separate contracts, and are not affected by this new West Region contract with UnitedHealth.

Further info can be found at <http://www.tricare.mil/mybenefit/home>



Coast Guard Island

Plan of the Week for 16—22 Sep 2012

Repeated Items: www.uscg.mil/basealameda/docs/RepeatedItems.pdf

Recurring Items: www.uscg.mil/basealameda/docs/RecurringItems.pdf

USCG BASE ALAMEDA

- Taking Care of People
- Communication
- Teamwork

Please note: This section was quickly formatted in order to make the publishing deadline of Friday 14 September. Actually the entire page four was rushed to make the debut this week. Suggestions are very welcome. Base Alameda may be the source of this newsletter but it really is *your* newsletter.

It is a privilege to be of service,

Audra Jacques

Coast guard Civilian

Make the POW a favorite!

www.uscg.mil/basealameda/pow.asp



DHS CONTINUOUS SUPERVISORY LEADER DEVELOPMENT COURSE DUE BY 30 SEPT!

The DHS Continuous Supervisory Leader Development Course (course code 50201) is now live to self-report completion of the annual 12 hours leader development and 12 hours of leader as teacher give back. To access the course go the Learning Management System (LMS), <https://elearning.uscg.mil/catalog/> and click on "Leadership/Management and

Communications Courses," then click on "502801 DHS Continuous Leader Development" it will ask you to affirm you have completed the training. There are two responses "yes" or "no". Depending on your response you will either receive a completion notification or be directed to the Cornerstone website for additional instructions. The LMS will track completion, so you will

not need to do anything else. All training and self-reporting must be completed by 30 Sep 12. For additional information, please contact Alice Fleming at 202-475-5513 or Mike Maher at 202-475-5512.



Click here
to read AL-
COAST
384/12

*Submitted by LCDR
Kelly Coughlin, PAC-7*