



Coast Guard Island PLAN OF THE WEEK

Brought to you by

USCG Base Alameda

Committed to Mission Support Excellence



2 - 8 Sep 2012

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

Customer Service ID Card Hours: (510) 437-3827 / 3829 / 2916 / 2924 on 0700 – 1530 (walk-ins); Tue, Wed, & Fri – **By Appointment Only** 0700 – 1530 (closed for lunch 1130-1230), Thu – **By Appointment Only** 0700 – 1200 (Afternoon Closed for Training Purposes)
 Third Saturday of every month 0800–1530 **Appointment Only**
 More info & Admin hours: <http://www.uscg.mil/baseAlameda/PSD/PSB.asp>
Medical / Dental/Pharmacy: All are closed Thursday afternoons
 Medical - Please call for an appt 510-437-3581/3582
 Dental - Call for an appt 510-437-3615
 Pharmacy: 0630-1130 & 1230-1500 (510-437-3602)
 Optometry – Call for an appt 510-437-5988
 MWR Ticket Office: (510) 437-3578 Hours: Mon-Fri 1000-1530
 Gym Hours: M-F: 0545-2100; Sat/Sun/Holiday: 0800-1800

GALLEY INFO
 Galley: Mon-Fri Breakfast 0630-0800 \$2.45; Lunch 1100-1300 \$4.55;
 Dinner 1630-1800 \$4.55
 Sat-Sun: Breakfast 0700-0800 \$2.45; Lunch 1115-1230 \$4.55;
 Dinner 1730-1830 \$4.55

CGI Shuttle Schedule

www.uscg.mil/basealameda/docs/ShuttleSchedule16July.pdf

YBI Shuttle Schedule

<http://www.uscg.mil/basealameda/docs/YBI-ShuttleSep2011.pdf>

Exchange (510) 437-3165 Hours: Mon-Fri 0800-1800; Sat 0900-1700;
Sun 1000-1600; Gas Station is Self Service

Barber Shop (510) 437-3160 Hours: Mon-Fri 0800-1600

Need a marquee message?

Type "D11-DG-CGI-Marquee" into Outlook email for requests

NEW LINK: Monthly Health Classes at Work Life

<http://www.uscg.mil/baseAlameda/WLS/HealthPromotion.asp>

WEB-BASED TIME AND ATTENDANCE SYSTEM ROLLOUT

The Office of Civilian Human Resources, COMDT (CG-121), will begin Coast Guard-wide deployment of WebTA to the employee level.

<http://www.uscg.mil/basealameda/docs/WEBTA.pdf>

Great Race for Clean Air Has Started!

If you commute, telecommute, bike to work, or park at CGI and use the shuttle to go to OFB, *please* consider registering on this site to enter your commuting—do it daily or every Friday from 1 Sep to 31 Oct. Logging In: Your employer name is "Coast Guard Island".



<http://www.uscg.mil/basealameda/docs/GreatRace-LogIn.pdf>
<http://www.uscg.mil/basealameda/docs/GreatRace-Article.pdf>
<http://www.uscg.mil/basealameda/docs/GreatRace-FAQ.pdf>
<http://www.uscg.mil/basealameda/docs/GreatRace-Flyer.pdf>

Submitted by Will Robinson and Audra Jacques, Base Alameda

VOLUNTEERS NEEDED FOR



Haven't heard of the East Bay Stand Down? Put eastbaystanddown.org into any search engine to find their site. EBSD is a biennial event organized to provide support and services to "down and out" veterans. It is designed to give those who have served the ability to reconnect with their military service in a safe environment. Military personnel, use this address on a CG computer to sign up:

<http://d11ms-zeswss01/BaseAlameda/Shared/Documents/Forms/AllItems.aspx>

CG Civilians and Retirees need to sign up on the eastbaystanddown.org site. CG Civilians also need to take leave to participate.

<http://www.uscg.mil/basealameda/docs/EBSB-CmdEnd.pdf>

<http://www.uscg.mil/basealameda/docs/EBSB2012.pdf>

<http://www.uscg.mil/basealameda/docs/DifferentJobs.pdf>

We need Corpsmen (Thu-Sat), Bailiffs (Chiefs – Fri-Sat), at least one Assistant Tent Leader, Safety (Can use for all four days, but Thu all day and Sat morning especially), Female personnel to work in the Women & Children's tent, Info Tech help (especially for setup Wed and Thu).

Submitted by CGI Coordinator for EBSD, MSTC Parrington

Are you still using an unencrypted external hard drive?

NEW ENTRIES

COASTMASTERS TOASTMASTERS

"Meeting Site Has Changed"

Beginning Wed 5 Sep, the Toastmasters Coastmasters weekly meeting venue will permanently change from the Galley special function room to the Bldg. 14 Conference Room (Sector Prevention Bldg. on the ground floor). The day and time remains Wednesdays from 11:30 to 12:30. If you have any questions or are interested in joining the Toastmasters please contact Bill Meyn X3980.

CPEC ORIENTATION TRAINING

Commandant's Performance Excellence Criteria (CPEC) Orientation is coming to CG Island October 16-17. This 2-day course teaches how to interpret and use the CPEC as a leadership and management improvement tool at your unit and within your work environment. This course will cover the areas of leadership, planning, customer focus, measurements, human resources, process management, and getting results.

Target audience: E-6 to E-0, W-2 to W-4, O-1 to O-6, GS-9 to GS14, and Auxiliary Members. High performers in other pay grades are also encouraged to attend with supervisor approval. Students are expected to be in TAD status on these training days.

POC is Kristy Camacho (Kristy.l.camacho@uscg.mil)

CDC SEPTEMBER NEWSLETTER

www.uscg.mil/basealameda/docs/CDCSept.pdf

LOST—WOMAN'S TAN COTTON JACKET

Please contact Base front office (x5371) if you have found a woman's tan cotton jacket. *Thanks!*

WILL-ESTATE TRAINING FOR E-5 & ↓

Legal Services Cmd is providing Will and Estates training for E-5 & Below (E-6 & ↑ can attend too). 4&6 Sep is in Pt Welcome; 11-13 Sep is in Columbia College classroom in Bldg 4. Click to find the date for your unit.

www.uscg.mil/basealameda/docs/WillSchedule.pdf

S.F. FLEET WEEK 4-8 OCT

Interagency activities include CGI Softball tournament (10/4), TRX Training competition (10/7) & Heritage Parade/Iconic Photo (10/8). The Full events calendar is at http://www.fleetweek.us/page_events.html. Additional volunteer opportunities include SF General Children's Hospital Visit & SF Zoo Clean-up (10/5), VA Hospital & Palo Alto Hospital Visits (10/6), US Park Service Clean Up. Sign-up spreadsheet will be placed on Base SharePoint site soon. *Base POC is LCDR Max Jenny.*

While you're in San Francisco, why not go see the mural called Veteran's Alley created by Veterans. Type "sfvetsmuralnames" in your search engine to learn more.

RECURRING FEATURES

CGI GALLEY MENU

<http://www.uscg.mil/baseAlameda/galley-menu.asp>

SEA WEST CREDIT UNION – News for You

"How to Establish Credit"

Sea West Coast Guard Federal Credit Union is pleased to provide financial education to those dedicated to serving us by serving in the U.S Coast Guard. Today, qualifying for a credit card is easier than before. Establishing a positive credit record, however, requires dedication and patience.

\$ ↓ \$ ↓ \$ ↓ \$ ↓ \$ ↓ \$ ↓ \$ ↓
www.uscg.mil/basealameda/docs/EstablishCredit.pdf

CGI FOOTBALL LEAGUE 2012

Team registration due by 3 Sep.

www.uscg.mil/basealameda/docs/2012FootballLeague.pdf

CGI SPORTS-Updated List as of 16 Aug

Click to see the many sport/exercise activities available:
(Includes Zumba/Yoga schedule)

www.uscg.mil/basealameda/docs/CGI-Sports.pdf

EDUCATION

The Early Fall session has been updated. Registration for Early Fall is now in progress (classes began 13 Aug).

<http://www.uscg.mil/basealameda/docs/CC-EarlyFall.pdf>

Incident Command System (ICS) courses updated as of 1 June 2012. ↗

<http://www.uscg.mil/basealameda/docs/Updated-ICS-Courses.pdf>

NEWS AT THE SPEED OF LAW

"The Trap of Pay-Day Loans"

In such a tight-money situation, when unexpected or emergency expenses arise, many military personnel who only a few hundred dollars may consider a payday loan. Before you go to a predatory lender, please read this:

<http://www.uscg.mil/basealameda/docs/PayDayLoans.pdf>

JOBS & JOB SEARCH (updated 16 Aug)

Nothing new to report.

<http://www.uscg.mil/basealameda/docs/Jobs.pdf>

VOLUNTEER OPPORTUNITIES

Click to see the many opportunities updated on 30 August:

<http://www.uscg.mil/basealameda/docs/VolunteerOpportunities.pdf>

THIS WEEK

Wed 5 Sep: DC RFMC Roadshow 0900 Gresham Hall

Wed 5 Sep: September Fun Run! 1130 near Gazebos

Wed 5 Sep: Last Stress Mngt Cass 1130 Banners Club

Thu 6 Sep: Weight Class at Work Life x5924

[SAVE THE DATE!](#)

Tue 11 Sep: FERS/CSRS Retirement Class in SF

Paste into browser:

<http://snowseminars.com/register/SanFrancisco/1113>

Wed 26 Sep: Excelsior College Military Advisor at Bldg 3

<http://www.uscg.mil/basealameda/docs/Excelsior.pdf>

Mon 17 Sep: Navy League Sausage 'n Suds for Base Alameda

17-18 Sep: IT/ET Roadshow



REPEATED ITEMS



[NEW MWR DISTRIBUTION LIST](#)

<http://www.uscg.mil/basealameda/docs/MWR-DG.pdf>

[SEPTEMBER HEALTH CLASSES](#)

Pre-registration is required for all classes so that we may be adequately prepared for you. Please call the Work-Life office to enroll in a class at (510) 437-5924 or 5746.

www.uscg.mil/basealameda/WLS/HealthPDF/Sept2012.pdf

[FLU VACCINATIONS & PHA NEWS](#)

Medical has started the influenza vaccine for active duty and ready reserves. Stop by during the following times: Monday, Tuesday, Wednesday and Friday: 0700-0900 and 1300-1400. Thursday: 0700-0900 ONLY. As a reminder this is an annual requirement for all active and drilling reservist. Note: We are only doing the Flu Mist nasal at this time. PHA's and Physicals are now by appointment only at 510-437-3581/3582 from 0700-1100 M-F.

[FY12-13 TAP SCHEDULE](#)

<http://www.uscg.mil/basealameda/docs/TAPScheduleFY12-13.pdf>

[WAYS TO STOP BEDBUGS WHILE TRAVELLING](#)

The National Pest Management Association's Vice President of Public Affairs, Missy Henriksen, shares the following tips for avoiding these pests while traveling.

www.uscg.mil/basealameda/docs/StopBedbugs.pdf

[FREE STRESS MANAGEMENT CLASSES](#)

Held on Wednesdays thru 5 Sep excluding 8 Aug in the Banners Room 1130-1230. (Aug 1, 15, 22, 29 and 5 Sep)

<http://www.uscg.mil/basealameda/docs/StressMngtClass.pdf>

**FE Work Request Link is only on Base Alameda Portal
(No longer on internet—FE Portal page.)**

[USS HORNET MUSEUM SEEKING CG MEMORABILIA](#)

Mr. Gianni LaRosa, Curator of the HORNET's CG Exhibit, wants you to part with your Coast Guard artifacts and memorabilia dating from WWII to the present. The HORNET already has a SPAR room and now they are creating a separate display honoring the Coast Guard. Contact Mr. LaRosa at giannilarosa@sbcglobal.net.

[COAST GUARD BALL 2013 NEWS](#)

The Navy League is sponsoring the next ball on April 20, 2013 at the Grand Hyatt Hotel, San Francisco. Mark your calendar and watch for updates on cost, ticket sale locations, child care, volunteer opportunities, and many more details in the coming weeks. As the first order of business, the Navy League is sponsoring a contest to find a theme for the ball. Winning suggestion will get two free tickets to attend the ball. 10 words or less. Submissions due to Christopher Stacy at Christopher.g.stacy@uscg.mil no later than September 18, 2012. As an example, the theme for the 2011 ball was "Honoring the Past...Charting a Course for the Future".

[DONATE UNIFORMS TO AUXILIARY](#)

[Tucked ODU's unauthorized after 01 July](#)

Consider supporting our 1600+ Auxiliary members in CG District Eleven-Northern Region by donating uniforms that are in serviceable condition including SDBs, Trops and ODUs that you no longer need. Uniforms can be dropped off at Building 50-2 from 0730-1600 Mon-Fri.

[GETTING READY TO RETIRE FROM USCG?](#)

The Northern California Coast Guard Retiree Council invites retirees from all military branches (Enl & Off) to join NCCGRC. They meet 6-7 times a year on CG. Please contact the council at nccgrc@gmail.com.

[COAST GUARD MONUMENT RESTORATION](#)



The DC Chapter of the CPOA is leading the way in support of restoration efforts to this monument located on CG Hill, Arlington National Cemetery.

<http://www.uscg.mil/basealameda/docs/CPOALetter.pdf>

Paste this websites into your browser for more info:

<http://wdccpoa.org/> or

<http://kristinaklinky.wix.com/coast-guard-hill>

[Making a Facility Reservation?](#)

Check out the updated page on the Base site:

<http://www.uscg.mil/baseAlameda/PSD/MWR/evnt-facilities.asp>

There's an equipment request form to fill out & submit.