



Coast Guard Island PLAN OF THE WEEK

Brought to you by

USCG Base Alameda

Committed to Mission Support Excellence



26 Aug - 1 Sep 2012

[Uniform of the Day is Tropical Blue. ODU's, 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>

NEW MWR DISTRIBUTION LIST

An email distribution list just for announcing MWR specials is being created and will go in effect 1 October. There is one list for @uscg.mil addresses and a separate one for non-CG email addresses. You'll never miss an announcement for free or reduced tickets and other special events offered by MWR.

If you have an uscg.mil address and want to be added to the USCG MWR distribution list, email your name to Ms. Veronica.N.Whitehead@uscg.mil. Please don't send it again to her if you already have.

If you would like to receive these same MWR emails at your non-CG email address, use that address to send your request to MWRTickets@gmail.com.

MWR also has a FACEBOOK page: USCGAlamedaMWR. If you "like" us, you will receive information via FACEBOOK.

Submitted by "Miss V", MWR Ticket Office

FLU VACCINATIONS

"It's that time of year again!"

Medical will be starting 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.
 Submitted by HSC Mindy Tucker, Clinic Supervisor

Do you have your ISS Training done yet?

Great Race for Clean Air Starts 1 Sept!

Have you registered yet in the friendly commuter competition for 2012? The Coast Guard won last year for Highest CO2 Saved per Participant and it was our first time competing. Let's win more than one category this year! If you commute, telecommute, or bike to work, 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>
 Submitted by Will Robinson and Audra Jacques, Base Alameda

VOLUNTEERS NEEDED FOR



East Bay Stand Down

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.

<http://www.uscg.mil/basealameda/docs/EBSD2012.pdf>
 Submitted by CGI Coordinator for EBSD, MSTC Parrington

NEW ENTRIES

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

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".
Submitted by CDR Michael Smith, PAC-331

MORE CLINIC NEWS

PHA's and Physicals are now by appointment only at 510-437-3581/3582 from 0700-1100 M-F.

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

EBSD NEWS Continued

We could use US Coast Guard personnel in the following areas: Corpsmen (Thur-Sat), Bailiffs (Chiefs – Fri-Sat), at least one Assistant Tent Leader, Safety (Can use for all four days, but Thursday all day and Saturday morning especially), Female personnel (Mil & Civ) to work in the Females/Children's tent, Info Tech help (especially for setup Wed and Thur).

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

THIS WEEK

Mon 27 Aug: Navy League Golf Tournament

<http://www.uscg.mil/basealameda/docs/NLGolf27Aug.pdf>

Fri 31 Aug: Base Alameda All Hands & PI

SAVE THE DATE!

Wed 5 Sep: DC RFMC Roadshow 0900 Gresham Hall

Wed 5 Sep: September Fun Run! 1130 near Gazebos

Thu 6 Sep: Weight Class at Work Life x5924

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

RECURRING FEATURES

CGI GALLEY MENU

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

SEA WEST CREDIT UNION – News for You **“ATM and Debit Card Misuse”**

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. For many criminals, it is easier to steal information from places where you leave it unattended than it is to hit you over the head at the ATM machine. While you should always be fully alert to those around you when using an ATM machine, you should not let down your guard after you have completed your transaction. \$ ↓

www.uscg.mil/basealameda/docs/ATM-Misuse.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

“Political Activities by Members of the Armed Forces-Part II”

Last week we went over the rules and general policy of what a member of the Armed Forces on active duty or federal civilian employees' are able to do regarding political activities. This week we focus on what active duty members and federal civilian employees' ARE NOT ALLOWED to do. Read more about it here:

<http://www.uscg.mil/basealameda/docs/Voting-2.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 27 July:

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



REPEATED ITEMS



FY12-13 TAP SCHEDULE

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

ARMED SERVICES YMCA SCHEDULE

POC is Ms. Hana DePriest at 510-769-0660

<http://www.uscg.mil/basealameda/docs/ASYMCA-Fall.pdf>

COMMISSARY CASE LOT SALE AT MOFFETT FIELD

“Bargains by the Case” 31 Aug, 1-2 Sep 0900-1800

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

DONATE UNIFORMS TO AUXILIARY

Tucked ODUs 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.

VEAP ROGRAM PRESENTS

“Bridge to Engineering for Veterans”

Good news! It's for military veterans AND their spouses. No cost to qualified candidates.

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

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>

COAST GUARD HISTORY NEAR YOU!

Looking for something interesting to do this summer? Sea West CG Credit Union sent in this list of CG artifacts and memorabilia located in California.

www.uscg.mil/basealameda/docs/CG-NearYou.pdf

CDC PROJECT CARE WAIT LIST

Will you need child care, but don't know exactly when? The Alameda CDC Projected Care Wait List may be for you. If you are interested, please read our policy and complete the Request for Care Record.

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

<http://www.uscg.mil/basealameda/docs/DD2606.pdf>

Submit to Melissa Proctor at the CDC, Building 2. If you have any questions call 510-437-2743.

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.

Making a Facility Reservation?

Check out the updated page on the Base site:

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

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