



Coast Guard Island PLAN OF THE WEEK

Brought to you by

USCG Base Alameda

Committed to Mission Support Excellence



9 – 15 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>

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH "Pledge to Prepare"

Visit <http://www.ready.gov/today> (copy/paste into browser) to see simple steps you can take, including assembling an emergency kit of supplies, making an emergency plan, and becoming more informed about hazards in your area. Go to this site to watch a short video from DHS & FEMA:
http://www.fema.gov/medialibrary/media_records/9508

Sign Up for the Great Race for Clean Air!

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

CDC BOOK FAIR THIS WEEK

The CDC Parents Advisory Committee will host a Scholastic Bookfair in the CDC lobby (Bldg 2) from 10-14 September, 1500-1700 each day. The bookfair is a great way to support the CDC.

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

FY-13 OFFICER PROGRAM APPLICATION PROCESS BRIEFING

FY-13 Officer Program Application Process Briefing" BM1 Kurt Kuntzmann of the CG Recruiting Office San Francisco will host a brief for those prospective applicants on the FY-13 Officer Program Application Process. He will address changes and provide pointers. If your applying this year or next, this is a great opportunity to get expert advice on the process. Friday September 14th in Bldg 100 First Floor Conference Room @ 1300 on Yerba Buena Island
 Submitted by Richard Lopez, Sector San Francisco

PATRIOT DAY OBSERVANCE

Following colors on Tue 11 Sep at the quad will be a CGI observance of Patriot Day.

EAST BAY STAND DOWN MESSAGE

Volunteers need to arrive around 0730 and I (LCDR Neeley) have reserved a GV on Thu 13 Sep to take those that are coming from CGI. If someone wants to join me, they can e-mail or call (x3755). This will be on a first come, first served basis.

POC is LCDR Kristine Neeley, PAC-544

NEW ENTRIES

CFC KICK OFF!

CFC Kickoff 7th Street, San Francisco, 1130 - 1200, 13 September

CFC Kickoff Oakland Federal Building Plaza, 1301 Clay Street, Oakland, 1130 - 1200, 14 September

CFC Kickoff Coast Guard Island, 1000 - 1100, Base Gymnasium, 02 October

Bay Area Outreach and Recreational Program (BORP), Wheelchair basketball demonstration and scrimmage 1130 - 1400, Base Gymnasium, 02 October. The 4th Combined Federal Campaign (CFC) Golf Tournament (Scramble 4-person best ball tournament), Moffett Field Golf Course, 12 October. Your 2012 CFC NORCAL Loaned Executives are LCDR Matt Pickard and CWO Josue Mendez.

CGBAGA SEPTEMBER

This month's golf tournament will be held on 19 Sep Wed at the Eagle Vines Golf Course in beautiful Napa. With your cost, lunch is included! Please contact me to sign up no later than Fri 14 Sep. Liz Ayala at 510-437-3224 or Liz.K.Ayala@uscg.mil.

Here is the schedule for the remainder of the season:
Thu, Oct 25 (The Admiral's Cup) - Hiddenbrooke
Thu, November 15 - Boundary Oak

Hope to see you all out there! Tell your friends!
www.uscg.mil/basealameda/docs/CGBAGA19Sep.pdf

EXTERNAL DATA STORAGE MESSAGE

Starting 1 OCT 2012, the Coast Guard will begin blocking all non-approved/non-waivered external USB devices (including unencrypted external hard drives) attached to USCG standard workstations; these devices will be rendered inoperable. While there are approved encrypted external hard drives and waived exceptions, this essentially means that the only other devices you can plug into your workstation's USB port are a mouse, keyboard and a standalone printer without a flash card reader. If you are still using an unencrypted external hard drive, you should ensure your data has been backed up to an approved device before the October 1st deadline. Please contact Ms. Susan Rinda (510-437-3377) or Mr. Joseph Ching (510-437-5368) if you have any questions.

If your job requires you to have external data storage, you must use an approved encrypted device. More information about external encrypted hard drives can be found at:
<http://itccb.uscg.mil/FAQ/Main/BrowseSingle?faqid=123>

Submitted by CDR Rubio, CO, ESU Alameda

OCC SEPTEMBER CALENDAR

<http://www.uscg.mil/basealameda/docs/OCC-Sept.pdf>

RECURRING FEATURES

CGI GALLEY MENU

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

SEA WEST CREDIT UNION – News for You **“Planning for Retirement”**

Many Americans are being forced to work well beyond retirement age or are struggling to cut expenses beyond what they had expected in order to retire. Sea West Coast Guard Federal Credit Union encourages you to utilize the free retirement savings calculator available on our website at www.seawest.coop. \$ ↓ \$ ↓ \$ ↓ \$ ↓ \$
www.uscg.mil/basealameda/docs/PlanForRetirement.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

CPEC Orientation Training:
<http://www.uscg.mil/basealameda/docs/CPEC.pdf>

No new ICS classes right now.

NEWS AT THE SPEED OF LAW

“10 Questions for Renters to Ask”

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/10Questions.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 07 Sept:
<http://www.uscg.mil/basealameda/docs/VolunteerOpportunities.pdf>

COAST GUARD BALL 2013 NEWS

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

S.F. FLEET WEEK 4-8 OCT

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

THIS WEEK

0800 Tue 11 Sep: Patriot Day Observance at the Quad
Tue 11 Sep: FERS/CSRS Retirement Class in SF
Paste into browser:
<http://snowseminars.com/register/SanFrancisco/1113>
Wed 12 Sep: CDC Annual Open House 1700-1815
<http://www.uscg.mil/basealameda/docs/OpenHouse.pdf>
Thu 13 Sep: Concord Telecommute Ctr closed noon-1700
Fri 14 Sep: CGEA Root Beer Floats!!!
<http://www.uscg.mil/basealameda/docs/RootBeer.pdf>
13-16 Sep: EBSD 2012 Alameda County Fairgrounds
1000 Fri 14 Sep: Base Morale Committee Bldg 21 rm 115

SAVE THE DATE!

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
Sat 19 Sep: Free Admission at some Museums:
<http://www.smithsonianmag.com/museumday/>



REPEATED ITEMS



WEB-BASED TIME AND ATTENDANCE

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

CDC SEPTEMBER NEWSLETTER

<http://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!

COASTMASTERS TOASTMASTERS

Now meets in Bldg. 14 Conference Room (Sector Prevention Bldg. on the ground floor). The day and time remains Wed 11:30 to 12:30. If you have any questions or are interested in joining the Toastmasters please contact Bill Meyn X3980.

WILL-ESTATE TRAINING FOR E-5 & ↓

Held in Columbia College classroom in Bldg 4
<http://www.uscg.mil/basealameda/docs/WillSchedule.pdf>

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

Flu vaccines for active duty/ready reserves have started. The times are: Mon, Tue, Wed and Fri: 0700-0900 and 1300-1400. Thu: 0700-0900 ONLY. This is an annual requirement for all active/ drilling reservist. Note: Only 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>

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/e-vent-facilities.asp>
There's an equipment request form to fill out & submit.

MORE NEW ENTRIES

The Naval Sea Cadet Corps is celebrating their 50th Anniversary. Please come and see what the Sea Cadet Corp does. On Saturday 08 Sept 2012 from 0800 - 1700, the NSCC Sea Cadet Division for Region 12 will be conducting their annual Pass in Review drill on Coast Guard Island. You are cordially invited to come and see the events the cadets will be participating in on Coast Guard Island.
<http://www.uscg.mil/basealameda/docs/SeaCadets.pdf>
<http://www.uscg.mil/basealameda/docs/Flver.pdf>