

# BLACK HISTORY MONTH

FEBRUARY 2017

## CG Bay Area Newsletter— 6FEB to 10FEB



**Ensign Merle J. Smith, Jr., USCG**

Ensign Merle J. Smith, Jr. (left) is congratulated by his father, Colonel Merle J. Smith, Sr., AUS (right) upon his graduation from the Coast Guard Academy in 1966. Admiral Willard J. Smith, Commandant, is in background. Ensign Smith was the first African-American graduate of the U.S. Coast Guard Academy.

[https://www.uscg.mil/history/articles/h\\_Africanamericans.asp](https://www.uscg.mil/history/articles/h_Africanamericans.asp)

- Pg2 Bay Area Announcements
- Pg3 14FEB—CGEA Singing / Candy Gram Fundraiser
- Pg4 15FEB— Open Lucky Bag
- Pg5 16FEB—CG SUPRT Life Cycle Financial Wellness Series
- Pg6 22FEB—Black History Month Celebration
- Pg7 28MAR—2017 Bay Area Women's Leadership Symposium
- Pg8 29APR—Coast Guard Ball—Ticket Sales Dates
- Pg9 Coast Guard Ball Ticket Information
- Pg10 **Chaplain's Corner**—Mass Offerings—ASIST Class Offerings
- Pg11 Everyone is a Recruiter!
- Pg12 Columbia College Course Offerings
- Pg13 Active Duty Ski Deals 2016-2017
- Pg14 MWR Class Offerings

Please send all POW requests to YN3 Perry (jon.m.perry@uscg.mil)

# Bay Area Announcements

The Base Alameda Gym basketball/volleyball court will be CLOSED February 10 - 12, 2017 (Friday, Saturday, Sunday) due to resurfacing of the court.

The basketball/volleyball court will be taped off and labeled COURT CLOSED for the application of the new surface and to allow the new surface to set-up and dry.

Alameda Municipal Power will be on island to finish installing their second electrical feeder and connect it to our exiting electrical infrastructure. They will primarily work the week of February 6th with the possibility of additional work later in the month. However, electrical work is not possible in wet weather, so the schedule may change due to inclement weather. Alameda Municipal Power may have additional work to perform in late February and early March. If this is the case, we will provide updates.

The following areas will be affected:

February 6-10 - Harriett Lane and Parking Closed

February 7-10 - Six Parking Spot Closed by Pier

FYSA, the only electrical outage anticipated is for the north end of the pier on 8FEB17.

Announcement Message from COMMANDANT (CG-1112) OFFICE OF WORK LIFE Family Support Services Program Manager, Ms. Lisa J. Johnson

\* Coast Guard Foundation Scholarships season will be open from 1 March - 15 April 2017. Click here to apply.

<https://1coastguardfoundationscholarships.communityforce.com>

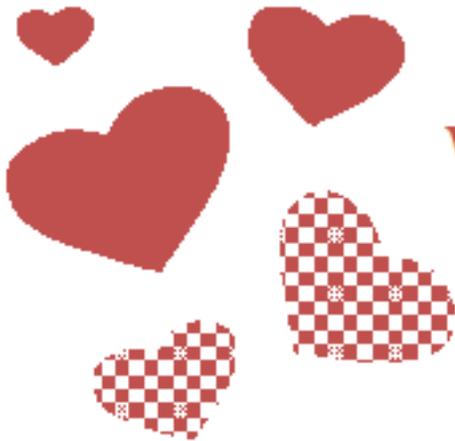
\* ONLY online applications will be accepted. No mail, fax, or email applications will be accepted.

\* Applicants who previously received a Coast Guard Foundation scholarship should NOT complete the online application. Those applicants should complete the Renewal Scholarship Application Form, which will be available 1 March 2017.

\* Applicants that do not have access to computers can access them through libraries, public schools, local community colleges, and family/friends.

\* Additional resources can be obtained by clicking Additional Scholarship Resources

[http://www.uscg.mil/worklife/docs/pdf/Additional\\_Scholarship\\_Resources.pdf](http://www.uscg.mil/worklife/docs/pdf/Additional_Scholarship_Resources.pdf)



**CGEA Presents**  
**Valentine's Day**  
**Candy Grams &**  
**Singing Grams!**



Proceeds will go towards helping CG members in need, OMI Scholarships, The Coast Guard Island Speed Mentoring Event, and The Black History Month Celebration

**Make someone smile! Send a candy gram to anyone on island or take one home! \$3 SUGGESTED DONATION or two for \$5.**

**Want to go above and beyond to make someone smile? Send someone on island a live singing gram which includes a candy gram! \$20 SUGGESTED DONATION.**

**Sign up/ Pick up: February 8-13  
1100-1230 in front of galley**

**Candy grams/ Signing grams will be delivered 14FEB.**

**Live Singing Grams are first come first serve basis.  
Limited spots available!**

**POCs: YN3 Perry & YN3 Medeiros**



# Lucky Bag opening



Wednesday, FEB 15th  
11:30-12:30

**What:** Lucky bag open for FREE uniform shopping!

**Who:** ALL CG members welcome

**WHY:** *So you do not have to dirty those brand new uniforms you can save and keep clean and they are FREE!*

**Where:** Outside of Gresham Hall

**Cost:** Items are free, but we accept cash donations

**POC: DC1 BROWN  
X 3288**



## CG SUPRT Life Cycle Financial Wellness Series

### STAGE II: Planning, Prioritizing, & Protecting Your Finances

This stage has two classes that address financial challenges typically encountered in the middle of one's career. These challenges may include circumstances like growing families, debt obligations, and career responsibilities.

- Class 1: Balancing Life & Finances in the Middle of Your Career
- Class 2: Building a Foundation for Career Advancement & Retirement

16  
FEB

Date: February 16, 2017  
Time: 0800-1100 or  
1200-1450

Classes 1 & 2 offered in  
both sessions

WIN!

Attend For a Chance To Win!  
\$50 Gift Card



Coast Guard Island,  
Base Alameda  
Location: Building 21, Room 115



Contact for information:  
CFS Lena Gavello  
[E] [Lena.M.Gavello@uscg.mil](mailto:Lena.M.Gavello@uscg.mil)  
[T] 510-437-3237

HOW DO I GET STARTED?

5



Call today 1-855-CG SUPRT (247-8778)



[www.cgsuprt.com](http://www.cgsuprt.com)



\*For questions about the CG SUPRT Financial Wellness Program, please contact your EAP-C or PFMC within your local Health, Safety, and Work-Life Regional Practice.

# BLACK HISTORY MONTH

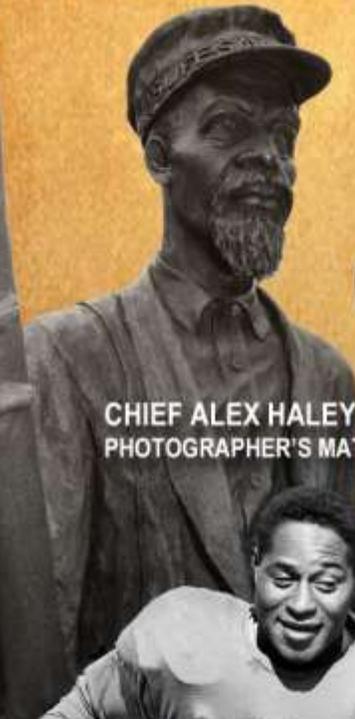
FEBRUARY 2017

“SUCCESS  
ALWAYS LEAVES  
FOOTPRINTS.”

BOOKER T. WASHINGTON

*Help us celebrate Black History Month on*  
**Wednesday, February 22, 2017**  
at 1030 in Gresham Hall & Point Welcome

**CAPT RICHARD ETHERIDGE**  
U. S. LIFESAVING SERVICE



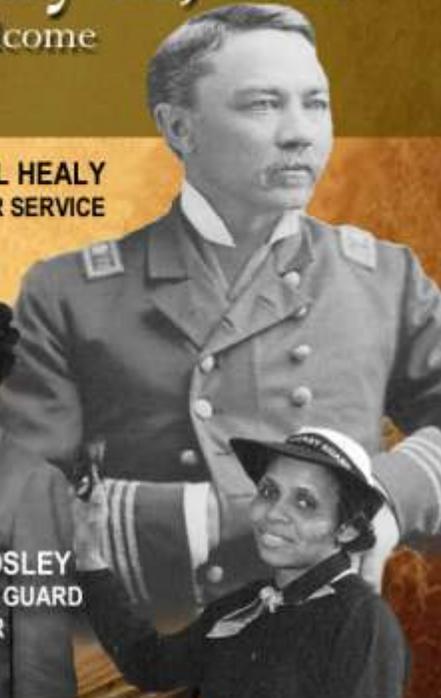
**CHIEF ALEX HALEY**  
PHOTOGRAPHER'S MATE



**D. WINIFRED BYRD**  
U. S. COAST GUARD  
SPAR



**CAPT MICHAEL HEALY**  
U. S. REVENUE CUTTER SERVICE



**JULIA MOSLEY**  
U. S. COAST GUARD  
SPAR



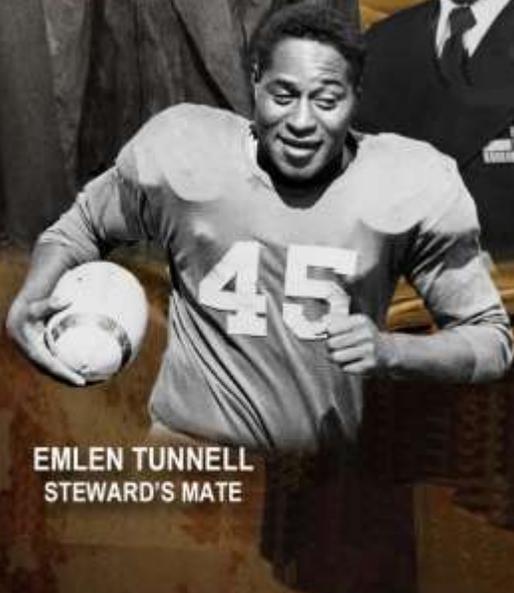
**YN2 OLIVIA HOOKER**  
U. S. COAST GUARD



**MASTER CHIEF VINCENT PATTON**  
MASTER CHIEF PETTY OFFICER OF THE  
COAST GUARD



**EMLN TUNNELL**  
STEWARDS MATE



Designed by DDCM - Defense Equal Opportunity Management Institute



# BAY AREA WOMEN'S LEADERSHIP SYMPOSIUM

*"Charting Your Course While Helping Others Navigate Theirs"*

**Tuesday, March 28, 2017**

**Coast Guard Island, Alameda, CA**

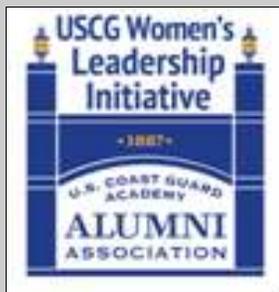
The agenda will feature a diverse panel discussion titled "On the Course to Your Success" focused on achieving success in various communities and in the Coast Guard, a dynamic keynote speaker, Ms. Liz Wiseman, author of the best-selling book "Multipliers - How the Best Leaders Make Everyone Smarter", and a follow-on workshop to apply the concepts to our every day workplace. Check out a quick video for just a small glimpse into Multipliers at: <https://www.youtube.com/watch?v=Wmk8bhKJbfM!>

Also, if you are interested in volunteering to assist with logistics and management on the day of the Symposium, please contact LCDR Morgan Holden (Morgan.T.Holden@uscg.mil )

\*\*\*Additional details for the 2017 Women's Leadership Symposium coming soon!\*\*\*

Registration for the event will be available soon...

Hosted by CG Women's Organization for Recognition, Leadership, and Development (CGWORLD), CG Women's Leadership Initiative (WLI), and Training Center Petaluma.



GREATER SAN FRANCISCO BAY AREA

# Coast Guard Ball

SATURDAY, APRIL 29, 2017  
MARRIOTT MARQUIS SAN FRANCISCO



SAVE  
THE  
DATE

**TICKETS ON SALE STARTING DECEMBER 5, 2016**

[https://www.uscg.mil/pacarea/cgball/2017\\_CG\\_Ball\\_Fact\\_Sheet-18Jan17.pdf](https://www.uscg.mil/pacarea/cgball/2017_CG_Ball_Fact_Sheet-18Jan17.pdf)

CG Ball Ticket Sales will be happening at the Galley on the following dates:

Feb 10 1100-1200  
Feb 16 1100-1200  
Feb 23 1100-1200  
Mar 2 1100-1200  
Mar 9 1100-1200  
Mar 16 1100-1200  
Mar 23 1100-1200  
Mar 30 1100-1200

You can pay with cash, check or credit card. There is a \$3 processing fee for each ticket if you pay with credit card.



2017  
*Greater San Francisco  
 Bay Area Coast Guard Ball  
 Saturday, 29 April 2017  
 Marriott Marquis  
 San Francisco*

**SAVE THE DATE!**

**BUY  
 EARLY**  
 –  
**Before  
 the  
 event  
 sells  
 out!**

**TICKET SALES**

*Coast Guard Island Galley 1130 – 1300: Thursday, 9 February & 16 February  
 Thursday, 2 March & 9 March  
 Friday, 10 March*

*Training Center Petaluma Galley 1130 – 1300: Friday, 17 February  
 Friday, 17 March*

*Or by email to [alamedanus@gmail.com](mailto:alamedanus@gmail.com) or mail to US Navy League Alameda  
 Council – Coast Guard Ball PO Box 1056, Alameda, CA 94501*

Tier	Ticket Prices	Grade/Scale
I	\$45	<ul style="list-style-type: none"> <li>▪ E4 and below</li> <li>▪ GS, WG, and NAF Scales 5 and below</li> </ul>
II	\$65	<ul style="list-style-type: none"> <li>▪ E5-E6</li> <li>▪ GS, WG, and NAF Scales 6-7</li> </ul>
III	\$95	<ul style="list-style-type: none"> <li>▪ E7-E9</li> <li>▪ CWO 1-3</li> <li>▪ O1-O3</li> <li>▪ GS, WG, and NAF Scales 8-11</li> </ul>
IV	\$115	<ul style="list-style-type: none"> <li>▪ CWO4</li> <li>▪ O4-O5</li> <li>▪ GS, WG, and NAF Scales 12/13</li> </ul>
V	\$135	<ul style="list-style-type: none"> <li>▪ O6 and above</li> <li>▪ GS, WG, NAF scales 14 and above</li> <li>▪ USCG Auxiliary</li> <li>▪ U. S. Navy League</li> </ul>
VI	\$190	<ul style="list-style-type: none"> <li>▪ Friends of the Coast Guard</li> </ul>
BUS		<ul style="list-style-type: none"> <li>▪ \$15 /person</li> </ul>
DRINK TICKETS		<ul style="list-style-type: none"> <li>▪ \$13.50 each</li> </ul>

CASH,  
 CHECK  
 or  
 CREDIT  
 CARD  
 accepted

Fee for  
 CC of \$3  
 per ticket

*Info: Anne Gooch 510-537-5900  
 Maria Galman 510-437-3446  
 YN2 Stacy Pagozański  
 510-437-2780*

# Chaplain's Corner

## Roman Catholic Holy Days of Obligation Services @ CGI

We plan to make these opportunities available for those non-holiday Holy Days of Obligation that fall mid-week:

Thursday, 25 May "Ascension of Jesus"

Tuesday, 15 August "Assumption of the Blessed Virgin Mary"

Wednesday, 1 November "All Saints Day"

Friday, December 8 "Feast of the Immaculate Conception"

While not a Holy Day of Obligation, Ash Wednesday will be 1 MAR 2017. We will offer Ash Wednesday services at Noon for both Catholics and Protestants that day.

---

## Applied Suicide Intervention Skills Training (ASIST)

Next ASIST workshops on CGI are scheduled for:  
29-30 MAR/21-22 JUN

Per COMDTINST 1734.1A (Suicide Prevention Program) all units are encouraged to send representatives to this training. Open to active duty, Aux, reserve, civilian employees and family members age 16 and older.

ASIST is listed as a USCG competency per COMDTINST M5300.2. It is listed in the Competency Dictionary on CGPORTAL.

ASIST is designed to make formal and informal helpers more confident, capable and willing care givers to those who have thoughts of suicide.

Workshop features:

**•Presentations and guidance from two USCG LivingWorks registered trainers •A scientifically proven intervention model •Powerful audiovisual learning aids •Group discussions •Skills practice and development •A balance of challenge and safety**

To Sign Up: Email Chaplain Swanson (PACAREA):  
john.a.swanson@uscg.mil or call 510-437-3067

# EVERYONE IS A RECRUITER PROGRAM!!

Recruiting Office San Francisco is requesting YOUR help!

**LIBERTY!**  
**LIBERTY!**  
**LIBERTY!**

YOU CAN EARN LIBERTY OR EVEN A

LETTER OF COMMENDATION



FOR A REFERRED APPLICANT WHO GRADUATES  
BOOTCAMP!

The Everyone is a Recruiter (EIAR) Incentive program encourages all Coast Guard personnel, including active duty, reserves, auxiliary and retirees to support recruiting efforts and critical recruiting needs, and provides recognition, awards and incentives based on the significance of the contribution.

### What can you do to participate?

- Spread your knowledge about the Coast Guard to friends, family, and the community.
- Refer interested applicants to their nearest Recruiting Office.
- Have your applicants complete the "Everyone is a Recruiter Referral Contact Sheet" and give it to their recruiter at their first meeting. (Appendix C of the Everyone is a Recruiter Instruction)

## INTERESTED IN BEING A RECRUITER?

Contact Recruiting Office San Francisco to find out about the application process and to be a part of our Ambassador Program!

### Recruiting Office San Francisco

660 Central Ave, Suite A  
Alameda, CA 94501

Office: 510-769-8187  
Fax: 510-769-8366

Everyone is a Recruiter Instruction:

[HTTP://WWW.USCG.MIL/PSC/HRA/PSCINST.ASP](http://www.uscg.mil/psc/hra/pscinst.asp)

More info about Enlistment/Officer Programs:

[WWW.GOCOASTGUARD.COM](http://www.gocoastguard.com)

GoCoastGuard.com



Apply now  
for **FREE!**

Offer ends 2/27!

Save thousands getting your degree.  
Online and evening classes to fit your schedule.



Get started at [Apply.CCIS.edu](http://Apply.CCIS.edu)  
To save \$35, use code: FAF17



## Late Spring Base Alameda Course Schedule

Spring 2 Session 27 February – 22 April 2017

Day	Time	Course Number	Course Title	Instructor	Credit	Location
Tuesday	4:00 - 8:00 pm	ENVS 115/BIOL 115	Intro. To Environmental Science	J. Petersen	3	Bldg. 3
Thursday	4:30-7:30 pm (Hybrid)	PHIL 330	Ethics	R. Skaggs	3	Bldg. 3

### Late Spring Session Calendar

Term Start Date	Monday, February 27 <sup>th</sup>
First Day of Classes	Monday, February 27 <sup>th</sup>
Last Day of Classes	Saturday, April 22 <sup>nd</sup>
Term End Date	Saturday, April 22 <sup>nd</sup>

**\*All in seat course offerings are dependent upon enrollment and instructor availability.**

For *online* course schedules, visit [www.ccis.edu](http://www.ccis.edu) and select Online Campus

#### Office Hours

Building 3, Room 116

Mon. & Wed. – 8am-5pm

Tues. & Thurs. – 7:30am-5pm

Friday – 8am-4pm

E-mail [coastguard@ccis.edu](mailto:coastguard@ccis.edu)

Phone: 510.437.1280

Fax: 510.437.1279

#### TUITION RATES 2016-17 Academic Year

Undergraduate in-seat tuition: \$230.00 per credit hour

Undergraduate online tuition: \$290.00 per credit hour

Active Military Undergraduate online tuition: \$250.00

Graduate online tuition: \$395.00 per credit hour

Lab Fees (when applicable): \$40.00 per course

### Course Catalog Descriptions

#### ENVS 115- Introduction to Environmental Science

3 credit hours

Survey of environmental science, ecosystems, and human impact. Cross-listed as BIOL 115. Course meets multicultural graduation requirement.

*Prerequisite: None*

#### PHIL 330 – Ethics

3 credit hours

Examination of various moral philosophers' attempts to prescribe ethical norms applicable to all humanity.

*Prerequisite: Junior standing*

# Active Duty Ski Deals for Winter 2016-17



1. **Heavenly:** 4,800 acres – Adult \$87; Child \$49 \*see note\* ([www.skiheavenly.com](http://www.skiheavenly.com))
2. **Sierra-at-Tahoe:** 2,000 acres – FREE on Sundays for AD mbrs outside of holiday periods: Dec 26-31, Jan 14-15, Feb 18-19 ([www.sierraattahoe.com](http://www.sierraattahoe.com))
3. **Kirkwood:** 2,300 acres – Adult \$68; Child \$48 \*see note\* ([www.kirkwood.com](http://www.kirkwood.com))
4. **Homewood:** 1,260 acres – FREE for AD mbrs excluding Saturdays & peak dates (Dec 17-Jan 07, Jan 14-16, Feb 04, 18-25); 50% off otherwise & 50% off for depts when accompanied by AD mbr ([www.skihomewood.com](http://www.skihomewood.com))
5. **Squaw Valley:** 4,000 acres – Tahoe Super Pass \$25 for the season for AD mbrs; blackout dates: Dec 26-31, Jan 14-15, Feb 18-19 ([squawalpine.com](http://squawalpine.com))
6. **Alpine Meadows:** 2,400 acres – managed jointly with Squaw Valley (see Tahoe Super Pass deal above)
7. **Sugar Bowl:** 1,650 acres – \$50 lift ticket for AD mbrs ([www.sugarbowl.com](http://www.sugarbowl.com))
8. **Soda Springs:** 200 acres – budget & beginner friendly; no discount known ([www.skisodasprings.com](http://www.skisodasprings.com))
9. **Boreal:** 380 acres – budget & beginner friendly; \$15 Fridays for AD mbrs ([www.rideboreal.com](http://www.rideboreal.com))
10. **Donner Ski Ranch:** 435 acres – budget & beginner friendly; \$10 off lift ticket & \$10 off rental for AD mbrs ([www.donnerranch.com](http://www.donnerranch.com))
11. **Tahoe Donner:** 120 acres – budget & beginner friendly; no discount known ([www.tahoe-donner.com](http://www.tahoe-donner.com))
12. **Northstar:** 2,900 acres – Adult \$90; Child \$52 \*see note\* ([www.northstarcalifornia.com](http://www.northstarcalifornia.com))
13. **Diamond Peak:** 655 acres – FREE Mon-Fri & non-holiday; \$59 for AD weekends & holidays: Dec 19-Jan 01, Jan 14-15, Feb 18-26 ([www.diamondpeak.com](http://www.diamondpeak.com))
14. **Mt. Rose:** 1,200 acres – all days \$59 for AD mbrs ([skirose.com](http://skirose.com))

\* Indicates Vail resort; adult price applies to AD mbrs, spouses & child dependents 13-years-old and up (with dependent ID)



***Monday-Friday @ 1515  
Ext 5324 Intro Class***



**Wed/Fri 1200-1300**



**Monday – Thursday @ 1100-1200**



**Mon/Wed/Fri @ 1130-1230**



**Mon 1200 - 1300  
Tue/Thurs @ 1200-1300p**

Updated 1/30/2017