



## Coast Guard Island PLAN OF THE WEEK

Brought to you by  
**USCG Base Alameda**



*Committed to Taking Care of People, Communication & Teamwork*

14—20 Oct 2012

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

### THIS WEEK & NEXT:

Mon 15 Oct: EBCGSC  
Healthy Bake Sale at CGX  
1000-1400 (supports layette/  
scholarships)

Mon 15 Oct: S.F.  
Hispanic  
Celebration



[The old "Blue Section"](#)

[What's cooking at the galley?](#)

Disclosure: Some hyperlinks may have to be copied/pasted into a browser to open.

### SAVE THE DATE:

Thu 25 Oct:  
Admiral's Cup



Thu 25 Oct: **3M** Day at AIB  
Store 0900-1100

Fri 26 Oct: Harvest Festival

Mon 29 Oct: Breast  
Cancer Brown Bag



Wed 31 Oct:  
CDC Halloween  
costume Parade!



Thu 8 Nov: Salute to CG Viet-  
nam Veterans

Tue 13 Nov: Outreach to An-  
tioch Elementary School

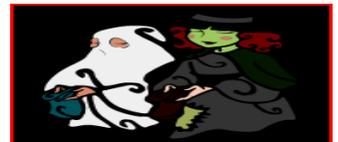
Fri 9 Nov: Base Alameda  
Chiefs Cup

Sat 17 Nov: Scouting for Food  
Drive in Alameda

## MWR HOSTS 2012 HARVEST FESTIVAL 26 OCT



The Coast Guard Island Harvest Festival is right around the corner. On Friday, 26 Oct from 1700-2100, Coast Guard Island will be decorated for a spooky and fun Harvest Festival (FREE!). Here is a flyer listing the night's festivities. Also, the USCG WAESCHE will be hosting both a children's and an adult's haunted ship maze. Hope to see you all there in your scariest costume!



## WHAT HAPPENS TO MY OLD UNENCRYPTED EXTERNAL HARD DRIVE?

IAW ALCOAST 436/12, your old unencrypted external hard drive must be wiped of all data and then destroyed. An application called "Eraser" located on all CG Standard Workstations is the recommended means of data deletion. Once the drive is wiped, complete a DD-1149 and ship/deliver to ESU Alameda, Bldg 21, Rm 122. ESU Alameda will coordinate the destruction of all unencrypted external hard drives. Unencrypted external hard drives shall not be donated to local schools, taken home for personal use, or reused within the Coast Guard or any other government agency. For complete instructions, click on the hard drive. Please contact Ms. Susan Rinda (510-437-3377) or Mr. Joseph Ching (510-437-5368) if you have any questions.

*Submitted by CDR Eric Rubio, ESU Alameda CO*



## PACAREA STAFF LDAC CALENDAR

In an effort to increase visibility of leadership and diversity meetings, training and events in the area, the PACAREA Staff Leadership and Diversity Advisory Council (LDAC) has been collecting important calendar events from our different focus groups (i.e. ANSO, CGWORLD, NNOA, etc) and is now making a Unified Calendar available to all on CG Island. Here is the calendar's location. <http://d11ms-zeswss01/sites/PACAREA/LDAC-PACStaff/Lists/Calendar/calendar.aspx> Please feel free to peruse through it so that you are in the loop for all future events!

*Submitted by LT Brenda Chrysler*



**OUTREACH VOLUNTEER OPPORTUNITY**  
**Annual Veterans Day Celebration at Antioch Diablo Vista Elementary School**

It's Tue 13 Nov. First you get to attend their celebration at the school and then speak to groups of kids about what it's like to be in the Coast Guard. Lots of Veterans also attend. This volunteer outreach is to kids of widely, varied ethnic groups. We need Guardsmen of different rates and rank, especially if you've had an interesting assignment. Initially, Audra Jacques is the POC for this event, but as the list of Guardsmen grows, the senior enlisted attendee will be asked to 'take over' the coordination. Some people drive from their residence directly to the school if they have supervisor permission. Others carpool from CGI and back. A van is reserved for that day but we don't have a driver yet. Email Audra Jacques to sign up!

**THANKS TO ALL WHO VOLUNTEERED AT THE  
2012 EAST BAY STAND DOWN**



Almost 2,000 volunteers overall volunteered to help about 500 homeless veterans and their families 13-16 September in "tent city" at the Alameda County Fairgrounds. Several Guardsmen helped in areas of retreat, reveille, security, bailiffs, and the Women's and Children's Tent. A few CG civilians were lending a hand also. The picture below is from retreat one evening at the stand down. Marching to chow and rendering honors to the colors help to instill pride and a sense of purpose to the veterans. Hot showers, good food, a haircut and a new set of clothes to include shoes also help them feel good about themselves. While at the stand down, they receive a myriad of services to assist them get back on their feet, such as, medical, dental, spiritual, legal, DMV, housing, rehab if desired, and employment. Thank s to all who volunteered at the 2012 EBSD. Next one is in 2014. Here is a link from the Mercury News

containing sixteen pictures from the event. Picture #12 features the Coast Guard.

<http://photos.mercurynews.com/2012/09/14/east-bay-stand-down-helping-veterans-in-pleasanton/> (copy/paste in new browser)

**ANNOUNCING 2013 COAST GUARD BALL THEME:**

Congratulations to ENS Katherine Howes, PSC Det Alameda, for her winning theme submission of "Honoring Heroes...Inspiring Generations". For her winning entry, she will receive two tickets to attend the Ball at the Grand Hyatt in San Francisco on April 20, 2013. And thank you to the other participants for their ideas.

*Submitted by CDR Michael Smith, 2013 CG Ball Committee*

**FEDERALLY EMPLOYED WOMEN "FEW"  
ARE YOU A MEMBER?**

**Going in the Right Direction with FEW!**



Federally Employed Women (FEW) is a private membership organization working as an advocacy group to improve the status of women employed by the federal government and by the District of Columbia government. Membership is open to both female and male federal employees. To all my CG civilian shipmates, I ask you to learn more about FEW and possibly consider joining this organization that not only advocates for you at the federal and congressional levels, but also offers some terrific training to assist in your professional and personal goals. The local chapter is the East Bay Chapter which meets every other month on the second Thursday at 1730. Prior to holding a training seminar, we may meet two months in a row. We are involved in one and sometimes two-day seminars held on work days either locally or with a little travel involved. Networking with employees from many different federal agencies really pays off professionally and often lasting friendships are made. You might even find a mentor! Enter 'few.org' in any search engine to see the main site.



*Submitted by FEW Member, Audra Jacques*



**SEA WEST CREDIT UNION-NEWS FOR YOU**  
"What To Do With Your Computer"

When you have a computer no longer serving your needs or ready for retirement, can't you just throw it out with the trash? Definitely not! There are environmental and security issues to consider. Computers contain heavy metals which pose environmental hazards when disposed of improperly. Likewise, you also should not sell your computer on eBay, on Craigslist, at a flea market, or donate it to charity without taking some basic precautions. Your computer contains personal and private information you would not want to fall into the wrong hands. Important information is contained not only in the files on your computer, but also in the registration keys of installed programs, and cached credit card numbers and login information retained in your web browser. It is imperative to be mindful of security risks when disposing of an old computer.

**The first course of action is** to copy all the data from your old computer onto a USB drive, DVD, CD, or external hard drive. Copy everything, as it is better to have too much data than to wish you had copied something you will no longer have access to later. Old files can then be transferred to a new computer as needed.

**Protect Yourself:** The most common way to ensure your old computer really is clean is to erase or "wipe" the hard drive with a software program specifically designed to destroy all the information resident on the drive. Perform an online search for secure file or disk deletion tools, hard drive erasure utilities, secure erase applications, or programs that ensure the blocking you need. Many of these options are free, but some may have a nominal cost.

**Disposal Options:** Resell, Recycle, Donate or Give It Away. Click the picture for these options to consider.



**In conclusion:**

The bottom line? Never toss a computer out with the trash. Given the numerous alternatives, there is certainly an option that will work for your situation. Regardless, be sure to back up then wipe the computer completely using one of the free or low cost options available.

These helpful tips are provided by Digital Defense, Inc., a computer security company working with **Sea West Coast Guard Federal Credit Union** as a responsible member of the community to help insure the privacy and security of our nation's financial information.

**NEWS AT THE SPEED OF LAW— LARGE TAX BILLS & SHORT-SELLS**

Written by Polyana da Costa:

**A SHORT SALE COULD BEGET HEFTY TAX BILLS.** The tax clock is ticking for homeowners considering short sale and those facing foreclosure. If they don't officially get rid of their mortgages by the end of the year, they could receive jaw-dropping tax bills -- unless Congress acts soon.

**The Mortgage Forgiveness Debt Relief Act,** which was enacted in 2007 to provide special tax exemptions for underwater homeowners, expires Dec. 31. If the law is not extended, homeowners will have to pay federal taxes on the balance left on their mortgages after a

foreclosure or short sale. "It would affect a lot of people," says Tony Hutchinson, a senior policy representative at the National Association of Realtors. The trade group has been pushing for the extension of the law.

**How much money is at stake?**

Without the law, many homeowners could be hit with tax bills for tens of thousands of dollars. For Example: If a homeowner with a mortgage balance of \$300,000 decides to go through a short sale and the lender allows the homeowner to sell the house for \$200,000 through a short sale, the

homeowner would **pay federal income tax on \$100,000.**

In the eyes of the Internal Revenue Service, housing debt that is forgiven or written off is the same as income. **If the law expires, forgiven mortgage debt will be taxable.** The same applies to foreclosures and to loan modifications in which principal is reduced. "I've had short sales where more than \$200,000 is written off," says Patty Da Silva, a short-sale specialist and owner of Green Realty Properties in Davie, Fla. "For someone in the 30 percent (tax) bracket, that's \$60,000 in taxes."

Congress will likely approve an extension in the

eleventh hour, Hutchinson says. But when it comes to Congress and politics, there is always a risk, especially with the looming fiscal cliff and the pressure the government faces to reduce spending. A one-year extension of the bill would cost the government about \$1.3 billion, according to a congressional estimate. "We need to make sure there is some action taken on this," Hutchinson says. Housing advocates are betting their hopes on a broad bipartisan bill approved by a Senate committee in August. If the bill makes its way through Congress, it would extend the tax break for one year.

(Click to finish article.)





## USCG BASE ALAMEDA

- Taking Care of People
- Communication
- Teamwork

### Coast Guard Island

### Plan of the Week for 14-20 Oct 2012

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#### **Repeated Items:** [www.uscg.mil/basealameda/docs/RepeatedItems.pdf](http://www.uscg.mil/basealameda/docs/RepeatedItems.pdf)

Repeated articles include signing up for the Great Race, Recent Changes in Tricare, Free Franklin Covey classes, TAP schedule, Admiral's Cup, CGBI Training, Columbia College schedule, External Storage Data info and more.

#### **Recurring Items:** [www.uscg.mil/basealameda/docs/RecurringItems.pdf](http://www.uscg.mil/basealameda/docs/RecurringItems.pdf)

Please email POW announcements and articles to [Audra.F.Jacques@uscg.mil](mailto:Audra.F.Jacques@uscg.mil) by noon on Thursdays.

**NOTE:** Gym lobby will be closed on 16 OCT 2012 from 0800-1600 for stripping and waxing the lobby floor. For access the gym please enter the East Bay door located on Campbell Blvd.

Make the POW a favorite!

[www.uscg.mil/basealameda/pow.asp](http://www.uscg.mil/basealameda/pow.asp)



Click the pumpkin for October issue of the CDC Newsletter.

### **SALUTE TO COAST GUARD VIETNAM VETERANS (UPDATED)**

Have you marked your calendar yet? For Veterans Day this year we honor CG Vietnam Veterans. Base Alameda may be the host unit, but a gala this size couldn't be done without the "time, talent and treasure" of the local chapters of: Coast Guard Officer Association (CGOA), Chief Warrant Officer Association (CWOA), Chief Petty Officers Association (CPOA), Coast Guard Enlisted Association (CGEA), East Bay Coast Guard Spouses Club, (EBCGSC), Coast Guard Auxiliary, the Northern California Coast Guard Retiree Council (NCCGRC), and the Coast Guard Historian (PEH).

No RSVPs needed for attendees seated in the "nose bleed" section (ie, you only plan to attend the festivities, don't plan to have lunch and don't mind sitting in the back). Veterans and their guests are priority (naturally) for RSVP'ing for lunch. CG personnel are encouraged to attend. RSVP to [Audra.F.Jacques@uscg.mil](mailto:Audra.F.Jacques@uscg.mil). Space for being seated at a table is limited. Cocktail tables in the back are provided and lots of "theater style" seating is available. Once in a lifetime event!

You can help out even if you are not a member of the above mentioned groups; call Audra at 510-437-5371 for more info.

Wed 17 Oct is the CDC Children's Morale Event from 0830 to 1030. The plan is to divide the children by having the PreToddlers & Toddler 1 participate first (8:30-9:30am) and then the T2 and Preschool classes (9:30-10:30am). The Infant Class will go at their convenience. Please feel free to join in on the fun. There will a bounce house, pumpkins, a pumpkin decorating station and more. Contact the front desk at 510-437-2743 if you have any questions.