

SATURDAY, APRIL 29, 2017

COAST GUARD BALL SAN FRANCISCO MARRIOTT MARQUIS

Celebrating Our History



Honoring Our Roots

See your local Plan of the Week
or one of the links below for more information



WWW.FACEBOOK.COM/CoastGuardBall
WWW.USCG.MIL/PACAREA



- Pg2 22FEB—Black History Month Celebration
- Pg3 27FEB—Free Books! Gresham Hall Breezeway *Correction*
- Pg4 28MAR—2017 Bay Area Women's Leadership Symposium
- Pg5 29APR—All Services Retiree Seminar
- Pg6 29APR—Coast Guard Ball—Ticket Sales Dates
- Pg7 Additional Coast Guard Ball Ticket Information
- Pg8 **Chaplain's Corner****—Mass Offering—ASIST Class Offerings
- Pg9 Everyone is a Recruiter!
- Pg10 Columbia College Course Offerings
- Pg11 MWR Class Offerings
- Pg12 Please Do Not Text and Drive! / Blended Retirement

BLACK HISTORY MONTH

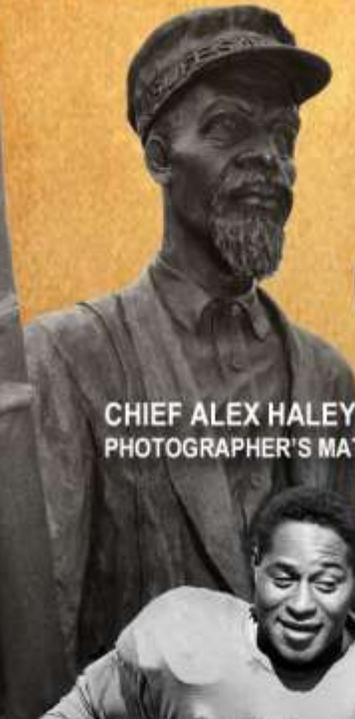
FEBRUARY 2017

“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



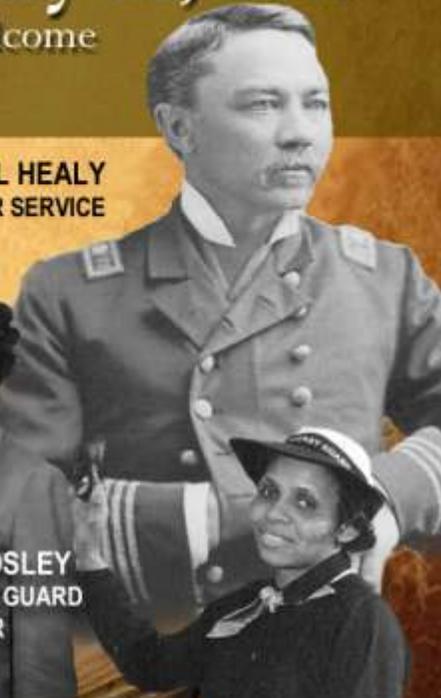
CHIEF ALEX HALEY
PHOTOGRAPHER'S MATE



D. WINIFRED BYRD
U. S. COAST GUARD
SPAR



CAPT MICHAEL HEALY
U. S. REVENUE CUTTER SERVICE



JULIA MOSLEY
U. S. COAST GUARD
SPAR



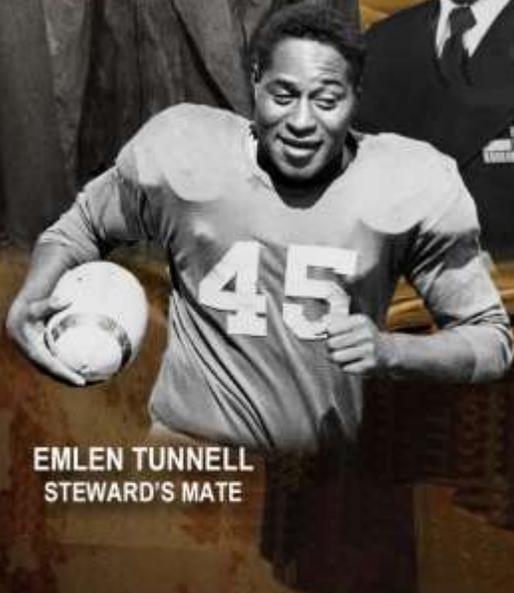
YN2 OLIVIA HOOKER
U. S. COAST GUARD

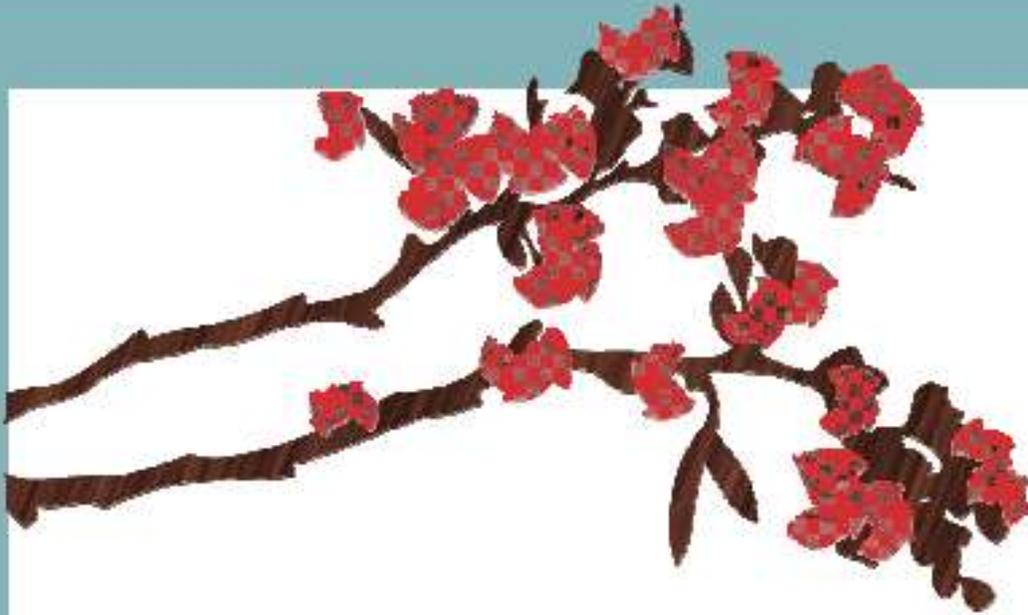


MASTER CHIEF VINCENT PATTON
MASTER CHIEF PETTY OFFICER OF THE
COAST GUARD



EMLN TUNNELL
STEWARDS MATE





BOOKS, BOOKS, BOOKS

FREE BOOK DAY AT BASE ALAMEDA

LOCATION: BREEZE WAY
GRESHAM HALL BETWEEN AND
POINT WELCOME ROOM

*****DATE CORRECTION!*****

FEBRUARY 27 2017

TIME: 10:00 TILL 14:00

BASE ALAMEDA,

lakemerrittus@gmail.com

FOR MORE INFORMATION CONTACT: CONTACT NAME @ TELEPHONE

BAY AREA WOMEN'S LEADERSHIP SYMPOSIUM

"Charting Your Course While Helping Others Navigate Theirs"

Tuesday, March 28, 2017

Coast Guard Island, Alameda, CA

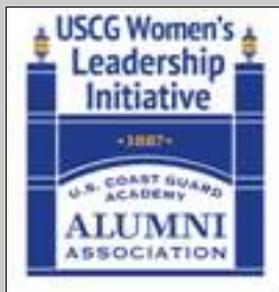
The agenda will feature a diverse panel discussion titled "On the Course to Your Success" focused on achieving success in various communities and in the Coast Guard, a dynamic keynote speaker, Ms. Liz Wiseman, author of the best-selling book "Multipliers - How the Best Leaders Make Everyone Smarter", 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!](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.



ALL SERVICES RETIREE SEMINAR



Presented by the
Northern California Coast Guard Retiree Council

SATURDAY: 29 April 2017

GRESHAM HALL - COAST GUARD ISLAND, ALAMEDA, CA
(Military ID Card Required at the Gate)

0730-0800 hrs: **REGISTRATION & Continental Breakfast**

0800-1200 hrs: **Speakers & Presentations on the
following subjects of interest:**

Tri-Care and Tri-Care for Life - Retiree Legal Issues
Fraud and Identity Theft Protection - Space "A" Travel Recent
Legislation Affecting Military Retirees
and more!!

Information Tables from a variety of organizations of interest
to retirees will be available from 0800-1100hrs.

**ALL U.S. Military Services ID Card - and DEERS Update
Services - will be available by appointment beginning at
1200 hrs. Call 510-437-2924 for an Appointment**

Seminar Reservation is NOT required. Spouses are Welcome!

**LUNCH Reservations ARE REQUIRED for the Coast Guard
Galley after the Seminar. Pay \$7.70 at the door w/reservation.**

For Lunch Reservations, contact LCDR Art Curtis, USCGR (ret) at:
awcurtis@comcast.net or Call 415-350-0531 (Leave a message)



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

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

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

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

For those of the Christian faith who celebrate Ash Wednesday, there will be two services offered onboard CGI 1 MAR:

A Roman Catholic service will be held at Gresham Hall starting at 1100.

A Lutheran/Episcopal (Protestant) service will be held at the 911 Meditation Room (Bldg. 4) starting at 1130.

If you have any questions, contact PACAREA Chaplain, CAPT Swanson at john.a.swanson@uscg.mil.

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
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 th
First Day of Classes	Monday, February 27 th
Last Day of Classes	Saturday, April 22 nd
Term End Date	Saturday, April 22 nd

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

For *online* course schedules, visit 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

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



***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

Texting + Driving = Ticket

First time \$159+



THE UNIFORMED SERVICES
**BLENDED
RETIREMENT
SYSTEM**



ARE YOU OPT-IN READY?

BRS Opt-In Eligible?



Active Component as of
Dec. 31, 2017, with Less
than 12 Years of Service?



CY 2018: Opt-In Eligible
Service Members Decide
Which Retirement Plan
to Choose



There are Resources to Help You:

- Opt-In Course on JKO
- Installation Personal Financial Managers and Counselors
- www.militarypay.defense.gov/BlendedRetirement
- www.militaryonesource.mil



- Eligibility

- Active component with less than 12 years of service as of Dec. 31, 2017
- Reserve component who have accrued less than 4,320 retirement points as of Dec. 31, 2017

- Opt-In Period

- You can opt into BRS anytime between Jan. 1, 2018 to Dec. 31, 2018

- Resources:

- Mandatory opt-in course on Joint Knowledge Online (JKO)
- Installation Personal Financial Managers/ Counselors
- MilitaryOneSource.mil
- Militarypay.defense.gov/BlendedRetirement

Reserve Component in a
paid status and as of
Dec. 31, 2017 with Less
than 4,320 Retirement
Points?



Make an Informed Decision for
your Financial Future

- Anyone serving as of Dec. 13, 2017, is grandfathered into the legacy retirement (high-3) system
- The opt-in window for BRS is Jan. 1, 2018 - Dec. 31, 2018

