



“SERVICE CONTINUES”

Capital Area Coast Guard Retiree Council Newsletter

Council co-chairs: CDR Bruce Russell and YNCS Mike White

Issue 9

June 30, 2007

The Council Wishes all a pleasant Summer

Your Council continues to be active, meeting 29 June 2007 at USCG HQ. Key issues discussed were:

- Comments by Commanding Officer of the Headquarters Support Command
- Recruiting of additional Council Members (civilian retirees and USPHS retirees)
- Retiree Help desk report:
- Capital Area Coast Guard Retiree Council WEB site
- 2007 holiday party planning
- Report on status of discussion groups
- CIAO (Commandant's Intent Action Orders) Progress Report
- Report on the 2007 National Coast Guard Retiree Council meeting
- Report on Survivor and decedent affairs information:
- By Laws Charge Regarding Retired USCG Civilians

A copy of the Council meeting Agendas and minutes will be posted on the Council web site or may be requested from CAPT Chuck Glass, ph (301) 598-6590 or E-Mail: cjglass@verizon.net.

Our objective is to publish a quarterly newsletter and provide you, the **Capital Area Coast Guard Retiree**, with information on Council activities and items of interest to Retirees in the Washington DC, Maryland and Northern Virginia Council area. In addition, we may send out items that are time-critical using our E-Mail list.

All are invited to contribute to the **Newsletter**, attend a meeting, and welcome to communicate with us prior to our Council meeting, or to provide informational items of interest to retirees. Please send an e mail, call, or write to our Council Co-Chairs, CDR Bruce Russell and YNCS Mike White, Council Secretary, Chuck Glass, or to our **Newsletter** editor, (Norm Lemley) 528-1660; e-mail: nlemley2@comcast.net. Please “Pass on” this Newsletter to other, USCG military and civilian, retirees that may be interested. We welcome additional e-mail /or snail mail addresses and phone numbers for our mailing list.

We look forward to serving all Coast Guard Retirees and continue to extend an invitation to attend our meetings and participate in Council projects and to keep us informed of your issues and concerns.

Council Meeting Schedule for 2007

Fri. SEP 28, 2007

Fri. DEC 07, 2007

Fri. MAR 28, 2008

Fri. 27 June, 2008

Meetings are normally held at USCG Headquarters in Conference Room B718 beginning at 0900.

A list of Council members is attached below.

Items/Activities of Interest

USCG retired civilians to be included in the Capital Area Coast Guard Retiree Council AOR and for membership on the Council

The Council, in keeping with action of the National Retiree Council, voted to amend its By Laws to include a USCG retired civilian as a Council member. The Council will be seeking a member to represent this segment of the Capital Area Coast Guard Retiree community. Capital Area Coast Guard civilian retirees interested should let a Council member know of their interest. Also, Capital Area Coast Guard civilian retirees what you like to be included on the Council mailing list (usually by e mail) should contact CAPT Chuck Glass, ph (301) 598-6590 or E-Mail: cjglass@verizon.net.

The Commandant's Coast Guard National Retiree Council 2007 Meeting.



2007 National Council

The Commandant's Coast Guard National Retiree Council met at Coast Guard Headquarters. [Commandant Instruction 1800.5E](#) provides guidance for the Commandant of the Coast Guard National Retiree Council (CCGNRC) program, outlines council purposes and objectives, describes procedures for council formation, identifies funding and support responsibilities, and explains the relationship between the Coast Guard and the national and regional retiree councils.

Attendees

RADM Fred Ames CCGNRC Co-Chair
MCPOCG Vince Patton CCGNRC Co-Chair
RADM Bert Kinghorn Pacific Northwest
CDR Bruce A. Russell Capital Area
SCPO Dennis (Mike) White Capital Area
CAPT Bill Wilkens North Coast
MCPO Ib Andersen Cape May
CAPT William Lehr Tidewater

CAPT Gerald O. Lesperance Hawaii
MCPO Mark M. Fagenbaum Greater Miami
CWO Edward Weiss Jacksonville
MCPO Adrian H. Rymer Yorktown
CDR Salvador Romo Jr. Northern California
CWO Fred Siegel Council-At-Large
Mr. Jarvis Kolen CCGNRC Liaison

The Meeting.. The three day, jam-packed, meeting is the Commandant's primary method to interact with the Coast Guard military retiree community.



RADM Fred Ames chaired meeting



RADM Pearson (CG-1) gave "Welcome Aboard" and an update on Personnel and Workforce Issues.



VADM Norb Ryan, USN, President of MOAA - RADM Fred Ames, CCGNRC Co-Chair, VADM Vivien Crea, CG-09 and MCPOCG Vince Patton, CCGNRC Co-Chair stand for a photo just before the MOAA Luncheon in the Flag Mess.

A MESSAGE FROM THE COMMANDANT

From: Allen, Thad Admiral

Subject: Commandant's Intent SITREP #3

To the Men and Women of the Coast Guard:

On Wednesday our Commander in Chief told the Coast Guard Academy Class of 2007, "Trust in the power of freedom...show leadership in freedom's defense, and character in all you do. Be ready for anything." His words underscore the guidance I provided you one year ago today at my change of command. I pledged to the American public that our Coast Guard would strive for mission excellence in all we do. As I told you then, "we cannot, nor will we, retreat from our commitment to mission execution. Together, we will sustain the high level of performance that Americans have come to expect from their Coast Guard."

In the last twelve months you have done just that; from the evacuation of hundreds of passengers from the cruise ship EMPRESS OF THE NORTH near Juneau, to the courage of Master Chief Michael Leavitt and BM3 John Duncan in rescuing an individual swept off the jetty in Humboldt Bay, to the selfless acts of Petty Officers John Peters and Michael Damren in saving a woman and her child from a burning building while off duty in Michigan. I thank you.

Together we have also done the hard things that are required by those who "guard our coasts." Faced with the reality that our operational forces are sometimes in a stern chase with available resources, you have managed risk and made those countless day-to-day decisions that ultimately save lives. In the process we have become more transparent and demonstrated we have the courage of our convictions. We are accountable for our performance, not only to the nation we serve, but most importantly to our shipmates and ourselves. You have demonstrated honor, respect and devotion to duty, often in ways you probably did not realize. Again, I thank you.

However, no one can see the future in a ship's wake ... nor will I steer by it. The demands of the present and the press of operations do not relieve me, or you, of the responsibility to create our future. We owe it to those who will follow. During my State of the Coast Guard Address, I told you that we needed to make some important changes. We are making those changes:

We published the Coast Guard Strategy for Maritime Safety, Security, and Stewardship.

We completed the reorganization of Headquarters into numbered staffs to align with our DOD partners and unify Coast Guard operating programs.

In the month of July we will stand up our new acquisition organization, CG-9, and the command element of the Deployable Operations Group.

We are prototyping new small boat logistics support systems at Sector Baltimore and Sector San Francisco. These leading efforts are part of our transition to a bi-level system of maintenance for the Service.

We are changing the course of Deepwater to improve oversight and performance of this vital program. I have reasserted the Coast Guard's position as the customer. I walked the decks of the National Security Cutter yesterday and met with our people on site. The BERTHOLF is the best "first of class" cutter that has ever been built. We must now demonstrate by performance that this cutter is up to the task ... we will.

We are also modernizing other critical systems through Rescue 21 and the Nationwide Automated Identification System programs to enhance our capabilities across all our missions.

Over the next year we will finalize the structure of our new field and mission support organizations. At the same time we will assess staffing at Sectors to see if any adjustments are needed as we transition to a mission execution focused organization.

In short, we are modernizing our Coast Guard.

We are underway, making way and this is an "all hands" evolution. As we navigate our course into the future, we need everyone onboard. Whether you are a Reservist deployed in the Arabian Gulf, a civilian at the Finance Center, an Auxiliarist conducting a fishing vessel safety exam in port, or a helo pilot prosecuting a case in the Bering Sea, each of you plays an important role in moving the Coast Guard forward. Just as the Commanding Officer issues Night Orders to the watch, this is what I need from each of you.

1. Be flexible. Modernizing means adjusting to new ways of doing things, and that is not always easy. For the Coast Guard to remain agile, flexible and responsive, you need to be agile, flexible and responsive as well.
2. Trust in leadership. We have made great progress in the past year planning how we will modernize the Coast Guard. I committed to being transparent in this process. However, we are not to the level of mapping changes to billets and positions yet. Accordingly, I need you to accept some ambiguity in exchange for this transparency. As we develop the details of this change I will provide them.
3. Understand what we are doing. You need to understand what it is we're doing and how we will improve mission support and mission execution to better serve the Nation. Take a look at CG Central to learn more about where we are going. If you are new or returning to the Coast Guard, ask your supervisors about these initiatives and what you can do. The State of the Coast Guard speech and my remarks at the Coast Guard Academy in January are available in video format.
4. Talk about it. If you are a Commanding Officer, Officer in Charge, or supervisor, it's your duty you to personally educate your folks on their role in this modernization. In addition, talk to your community about the Coast Guard and explain to your partners why this modernization is necessary. We will continue to update CG Central with the most recent materials and information we have to support you in your efforts to engage all of your stakeholders.
5. Be professional. Always remember that we serve the American people. As Alexander Hamilton charged, "Keep in mind that your countrymen are free men and as such are impatient of everything that bears that least mark of a domineering spirit." The Coast Guard's superb reputation today, just as it was back in 1790, is built upon your competence, professionalism, and a humanitarian spirit. We cannot ever take that for granted. Security is critically important in today's threat environment, but we have enduring safety and stewardship roles and a public that expects us to remain competent and responsive.

6. Stay focused on the mission. All of our missions are critically important. The technology is changing; the way we support our missions is changing; and we have a new strategy. However, our purpose will never change. We are America's lifesavers and guardians.

7. Most importantly - take care of each other; take care of your family and take care of yourself.

Thank you for your service. I will continue to seek your support and earn your trust. I will continue to travel and meet with you personally. In this first year, I have met with over 16,000 of our people in every district and in Iraq, China, and Japan. Whether you are standing the watch or enjoying time with family and friends this Memorial Day, keep in mind those who have gone before us to preserve our freedom and make the Coast Guard what it is today.

Admiral Thad Allen
Semper Paratus!

All Hazards...All Threats...Always Ready

Death of An Honored, Notable World War II Coast Guard Veteran, Marvin J. Perrett

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SUBJ: DEATH OF AN HONORED CG VETERAN

1. I ANNOUNCE WITH REGRET THE DEATH OF A NOTABLE WORLD WAR II COAST GUARD VETERAN, MARVIN J. PERRETT. HE WAS 81.

2. AS A VETERAN PROUD OF HIS SERVICE WITH THE UNITED STATES COAST GUARD, MR. PERRETT HAD LONG SERVED AS AN AMBASSADOR OF OUR SERVICE. HE TRAVELLED THROUGHOUT THE NATION SPEAKING WITH PRIDE TO VETERANS GROUPS AND SCHOOL CHILDREN ABOUT THE USCGS IMPORTANT ROLE IN WORLD WAR II. PROUDLY DRESSED IN HIS WWII UNIFORM, MR. PERRETT RECOUNTED THE D-DAY INVASION AND HIS OTHER WARTIME SERVICE IN SPELL-BINDING DETAIL.

3. BORN ON SEPTEMBER 17, 1925 IN NEW ORLEANS, LOUISIANA, MR. PERRETT WAS SWORN INTO THE COAST GUARD ON SEPTEMBER 18, 1943. AFTER BEING DESIGNATED A COXSWAIN FOR LANDING CRAFT, VEHICLE, PERSONNEL (LCVP), MR. PERRETT WAS ASSIGNED TO THE COAST GUARD-MANNED ATTACK TRANSPORT USS BAYFIELD. DURING THE D-DAY INVASION OF NORMANDY, FRANCE ON JUNE 6 1944, MR. PERRETT CONDUCTED TWO TRANSPORTS OF TROOPS TO UTAH BEACH WHILE UNDER HEAVY FIRE. TWO MONTH LATER, MR.

PERRETT ALSO SERVED AS A COXSWAIN DURING THE INVASION OF SOUTHERN FRANCE IN OPERATION ANVIL. AFTER PARTICIPATING IN THE EUROPEAN THEATRE, MR. PERRETT TRANSFERRED TO THE PACIFIC THEATRE OF OPERATIONS, WHERE HE PARTICIPATED IN THE INVASION OF IWO JIMA AND THE OPERATIONS AGAINST JAPANESE-HELD OKINAWA.

4. AFTER HE LEFT THE COAST GUARD, MR. PERRETT EXHIBITED GREAT DEDICATION IN ENSURING THAT THOSE WHO BRAVED ENEMY FIRE TO LAND TROOPS ON HOSTILE FOREIGN SHORES WOULD NOT BE FORGOTTEN. HIS BRINGING THEIR HISTORIES TO LIFE BROUGHT HONOR TO THE COAST GUARD.

HIS ORAL HISTORY CAN BE FOUND AT

[HTTP://WWW.USCG.MIL/HISTORY/WEBORALHISTORY/MARVIN PERRETT ORAL HISTORY.HTML](http://www.uscg.mil/history/weboralhistory/marvin_perrett_oral_history.html).

HIS PASSING IS A GREAT LOSS FOR ALL OF US.

6. ADM THAD ALLEN, SENDS.



VADM Thomas J. Barrett, USCG (Ret.) appointed by President Bush as Deputy Secretary of Transportation

Vice Admiral Thomas J. Barrett, USCG (Ret.) appointed by President Bush as Deputy Secretary of Transportation. He assumes the dual responsibility of serving as Deputy Secretary while continuing his duties as Administrator of the Pipeline and Hazardous Materials Safety Administration (PHMSA).

At a Members Request Lest We Forget - The SPAR Song

Oh when a Coast Guard girl walks down the street
she looks 100 per from head to feet;

She has a style, a smile, a winning way
and when you look at her, you'll recognize her and you'll say
" Now there's a girl I'd like to know"

She's got that Coast Guard "spirit pep and go,"
and just to look her is quite a treat!

You'll love to meet, a girl from the Coast Guard SPARS.

TRICARE Redesigned Beneficiary Site Launches to Rave Reviews

Beneficiaries don't have to worry about sorting through tons of information for answers to their TRICARE questions. The redesigned My Benefit portal at www.tricare.mil offers the same great information with a more user-friendly layout and an updated look, while providing up-to-date TRICARE benefit information in seconds.

The My Benefit portal's simplified navigation system makes using the site easier than ever before. A key feature of the redesign is that users will now receive personalized information about their health care benefits by answering a few simple questions about their location, beneficiary status and current TRICARE plan.

The Web site seems easier to navigate—the information is displayed in a way that should make it easier for the beneficiaries to find what they need,

The site includes several new features. Beneficiaries are able to search the 'Is It Covered?' section to find out what benefits TRICARE covers. The Plan Wizard eliminates the guesswork for new beneficiaries who may not be sure which TRICARE plan they are enrolled in and offers a list of plans for which they may be eligible.

Additionally, the site allows users to download multiple sections of content from anywhere on the site to create a personal benefits e-book. The new site also has a glossary and a consolidated forms section, as well as a benefit updates section.

TRICARE completed the two-year project with beneficiary participation and feedback guiding the design. An online tutorial is available at www.tricare.mil/overview.

TRICARE Management Activity, the Defense Department agency that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide.

CG Auxiliary Celebrates 68 Years

The Coast Guard Auxiliary will celebrate its 68th year of honorable service to the Coast Guard and the American people Saturday June 30.

Congress passed legislation in 1939 that established the Coast Guard Reserve, its volunteer civilian component, to promote boating safety and to facilitate the operations of the Coast Guard. Groups of boat owners were organized into flotillas and these into divisions within Coast Guard Districts around the country. Members initially conducted safety and security patrols and helped enforce the provisions of the 1940 Federal Boating and Espionage Acts. Then in February 1941, a military reserve was created and the volunteer Reserve was renamed the Coast Guard Auxiliary.

The Coast Guard Auxiliary has more than 30,000 volunteers. The Auxiliary assists the active duty and reserve Coast Guard in search and rescue/assistance missions, environmental protection, marine safety, and patrolling regatta and marine events. It's members perform safety patrols often in conjunction with regular Coast Guard units and provides verification of private aids to navigation.

"The Auxiliary is an integral part of the Coast Guard and they assist with virtually every Coast Guard mission. We couldn't do what we do without them," said ADM. Thad Allen, "The U.S. Coast Guard Auxiliary provides an invaluable service to our Nation. We rely on their generosity and patriotism to help keep Americans safe and secure all around the country,"

The U. S. Coast Guard Auxiliary is the largest volunteer marine safety organization in the world and has fostered similar ones in foreign countries. During its 68 years, it has lived up to its motto of- "A Proud Tradition, A Worthy Mission."

The Auxiliary has members in all 50 states, Puerto Rico, the Virgin Islands, American Samoa, and Guam. To join the Coast Guard Auxiliary, call 1-877-875-6296 or visit www.cgaux.org

Gold Ancient Mariner Selection

On 27 April 2007, Vice Admiral Robert Papp, Jr. assumed the title of Officer (Gold) Ancient Mariner from Captain Michael A. Jett during ceremonies in Miami Fl. Captain Jett is retired after almost 40 years of service and more than 17 years of sea duty. VADM Papp will become the thirteenth officer ancient mariner since the inception of the program in 1978.

The ancient mariner award recognizes the officer and enlisted person with the earliest designation as a permanent cutterman and requires a minimum of ten years sea time. The award recipients must personify and uphold the core values of honor, respect, and devotion to duty, along with the professionalism and leadership associated with long service at sea.

USO of Metropolitan New York Announces Shari Redstone and Vice Admiral Vivien S. Crea as Women of the Year

The USO of Metropolitan New York on 27 April, honored Shari E. Redstone and Vice Admiral Vivien S. Crea at the USO 41st annual Woman of the Year Luncheon,

Vice Admiral Vivien S. Crea is the Vice Commandant of the United States Coast Guard and the highest- ranking female in the history of the U.S. military.

Steve Scheffer, Chairman of the USO of Metropolitan New York, "We are fortunate to be able to recognize these two exceptional individuals for their contributions to the community and their leadership.

Virginia Legislature Authorizes United States Coast Guard Plate

Virginia Legislature authorizes issuance of special license plates for members and un-remarried surviving spouses of members of the United States Coast Guard.

Annual PTERO Roost Washington D.C. Sept 27-30, 2007

Mark your calendars and make your reservations. The best roost yet is coming soon. The Roost headquarters is at the Fairview Park Marriott Hotel, 3111 Fairview Park Drive, Falls Church, VA 22042

Make your reservations NOW! there is a limited number of rooms available at the PTERO special rate of \$109/night. You can make your reservations by calling the Marriott toll free reservation line at 1-800-228-9290 or call the hotel directly at 1-703-849-9400, or (best) go on line to <http://cwp.marriott.com/wasfp/ancientorderofthepteros/>

[Need a copy of the Roost Plan? No problem, click here!](#)

Online registration is now open: [Click here](#) to complete your registration online and pay through googlecheckout.

Want to know who is registered? *A link to "members who have registered" will be put up as soon as registrations are received.*

Commandant announced the selection of USCG senior procurement executive/head of contracting activity

Ms. Claire M. Grady has been selected to serve as the Coast Guards Senior procurement Executive/Head of Contracting Activity. Ms. Grady will assume this senior executive service position in July 2007.

Ms. Grady has over sixteen years of acquisition experience with the federal government. She currently serves as the Director of Strategic Initiatives in the Office of the Chief Procurement Officer for the Department of Homeland Security (DHS).

TRICARE Changes

(From the MOAA WEB site) A DoD Task Force on the Future of Military Health Care is also considering changes to TRICARE for inclusion in their interim report which is due for delivery to the Secretary of Defense and Congress by the end of May. Among other things, it is expected that the Task Force report will address:

- Phasing in beneficiary fee increases over 3 to 5 years.
- Establishing a formula for regular fee increases in the future.
- Establishing a tiered fee structure, with members in higher grades paying larger fees.

It is expected that these provisions for TRICARE fee increases will be controversial and will be challenged by military retiree groups after the interim report is delivered to the Congress in May. Final recommendations on these and other issues will be contained in the final Task Group report which is due in December 2007.

Master Chief of the Coast Guard Office Provided Info on website that offers free handbooks on the following topics.

<http://www.militaryhandbooks.com>

2007 United States Military Handbook

2007 U.S. Military Retired Handbook

2007 Getting Uncle Sam to Pay for Your College Degree

2007 After the Military Handbook

2007 Benefits for Veterans & Dependents

2007 Veterans Healthcare Benefits

2007 Children's Scholarship Handbook

Cape's oldest lighthouse turns 150

The oldest lighthouse on Cape Cod — one of the oldest in the country, in fact — celebrated its 150th birthday recently. The present lighthouse was built in 1857 on a high bluff 185 feet above sea level. Now that the lighthouse has been moved back to keep it from falling off the eroding cliff, the light is high enough and powerful enough to be seen 21 miles out to sea on a clear day. Beyond that, the curvature of the earth takes over so no one can see it anyway, said docent Girard Smith.

The lighthouse was the first on Cape Cod, built during a time when up to 1,000 ships passed it in a day, according to a printed brochure from the light's present keepers, the Highland Museum and Lighthouse Inc. Since it was the Cape's first, it took on the generic name, Cape Cod Light, but that was changed to Highland Light later to distinguish it from other Cape lights.

Coast Guard Foundation Raises \$10 Million

The Coast Guard Foundation raised \$10 million in gifts and pledges in 2006.

The foundation raised \$8 million in cash and cash equivalents and secured a \$2 million charitable remainder trust from someone who was rescued by the Coast Guard. The total is a \$1 million increase over contributions in 2005 and \$3 million more than in 2004.

"Their contributions enabled the foundation to increase the number of scholarships awarded to children of enlisted personnel and to increase support for the Coast Guard and Coast Guard Academy in many other ways," Ross Roeder, foundation chairman observed.

November 11, 2007 will mark the 25th Anniversary of the dedication of the Vietnam Veteran's Memorial.

In 1982, some dozen Coast Guard veterans attended. Twenty years later only two recognizable USCG veterans attended for that milestone.

Two Coast Guard Viet Nam veterans, Bill Wells (GMCM, USCG (ret) and Robert McLeod USCG (ret), are spearheading an effort to get increased Coast Guard attendance at the 25th Anniversary. They are encouraging as many Coast Guard people as possible make the trip to Washington this year to highlight the Coast Guard's participation in that conflict. They note that may be the last grand occasion for some and greater USCG participation will provide a platform for greater understanding of the Coast Guard's service in Vietnam .

They are also asking for donations to help defray costs, and note that any funds left over would be donated to the Coast Guard Combat Veterans Association to help retire the debt incurred for the placement of two Coast Guard Vietnam Veteran Memorials.

Bill Wells can be contacted at 258 Meadowlake Drive, Martinez , GA. 30907 or by email, at ronone6970@yahoo.com. Please add the words "The Wall 2007" in the subject line.

There is also a Discussion Group set up for this topic at:

<http://groups.yahoo.com/group/cogardvietnam/>

Capital Area Coast Guard Retiree Council Web Page Being Established

The Capital Area Retiree Council Web Site to be up and running by 25 July 2007. It will include news items of interest to Capital Area Retirees, including this newsletter, proceedings of the National Retiree Council 2007 meeting, newsletter archives, Coast Guard Historian information and links, Help Desk statistics, future events of interest to retirees, Commandant's Intent and Action Order plan and status updates, and links to various important sites, including the Retiree and Annuitant Branch of the Personnel Service Center and other retiree websites. An announcement of the site's availability and URL will be published and distributed via the Google "bang list" email.

Retirees Help Desk Active A Success

The National Coast Guard Retiree Council Headquarters Retiree Program Coordinator's Office Telephone/E-mail "HOTLINE" continues to run smoothly, staffed by members of

the Capital Area Coast Guard Retiree Council, the Cape May Retiree Council, and other DC Area Retiree volunteers. More area volunteers are needed for the watch list.

This Office serves as a Headquarters point of contact for retirees needing assistance to determine whom or where they should direct their inquiries. The Office has quickly become a valuable contact point between the active duty Coast Guard and the Coast Guard military retiree community. This is important in these times of organizational change within the Coast Guard and our changing benefits and programs.

Watch standers who do not have direct access to the Coast Guard network for email receive all email queries via a HQ "retiree" duty watch stander (who monitors the NRHD@uscg.mil) forwards the inquiry to the "action" duty watch stander (who is also monitoring the Help Desk telephone @ 202-475-5381). The "action" duty watch stander takes appropriate action on both the e-mail and phone inquiries. Over 300 queries have been received and processed since the hotline was placed in operation in July 2006.

"Watch standers" are not being expected to be an expert on USCG Programs. If a question cannot be answered, the main task is to direct the "caller" to the right source. Standard Operating Procedures (SOPs) and Frequently Asked Questions (FAQs) files are available to "watch standers", and are good information resources. A "log" of all queries, both email and voice, along with their resolution, is being maintained. Statistics have been generated and published.

All USCG "retirees" are encouraged to contact the Retiree Program Coordinator's

Office by telephone 202 475 5381, 1-866 664 66245 or by e mail. ONRHD@uscg.mil, if they have questions or problems that are not otherwise being addressed or resolved.

The Retiree Program Coordinator's Office team will make every effort to provide an answer or aid in finding the right person with the right answer and place that person in contact with the retiree.

Unique and Useful Tips!

Reheat Pizza

Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.

Expanding Frosting

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar/calories per serving.

Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Newspaper weeds away

Start putting in your plants; work the nutrients in your soil. Wet newspapers put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Broken Glass

Use a dry cotton ball to pick up little broken glass pieces of glass- the fibers catch ones you can't see!

No More Mosquitoes

Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Squirrel Away!

To keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

Flexible vacuum

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gif wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and - voila - static is gone.

Measuring Cups

Before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

Foggy Windshield

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth.

Reopening envelope

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Voila! It unseals easily.

Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dishwashing liquid, mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it "home," & can't digest it so it kills them. It may take a week or so, esp. if it rains, but it works & you don't have the worry about pets or small children being harmed!

Take baby powder to the beach

Keep a small bottle of baby powder in your beach bag. When your ready to leave the beach sprinkle yourself and kids with the powder and the sand will slide right off your skin.

ATTACHMENT 1 List of Useful Websites

CG News www.uscg.mil/news
CG Magazine <http://www.uscg.mil/magazine/>
USCG Home page <http://www.uscg.mil/USCG.shtm>
USCG HOME PORT www.homeport.uscg.mil
USCG Retiree Home page www.uscg.mil/hq/g-w/g-wp/g-wpm/retiree/retiree.htm
USCG Finance Center (for retired pay etc)
<http://www.uscg.mil/hq/psc/index.htm>
USCG Office of Leadership and Professional Development
<http://www.uscg.mil/leadership/home.htm>
USCG Evening Colors <http://www.uscg.mil/hq/psc/eveningcolors/index.htm>
Maritime Security Threat Level <http://www.uscg.mil/USCG.shtm>
USCG Fifth District <http://www.uscg.mil/d5/index.html>
USCG Sector Baltimore <http://www.uscg.mil/d5/sector/sectbalt/index.htm>
USCG Sector Hampton Roads
<http://www.uscg.mil/d5/sector/hamptonroads/index.htm>
USCG Academy www.cga.edu
USCG Auxiliary www.cgaux.org
Coast Guard Magazine <http://www.uscg.mil/hq/g-cp/cb/CGMagazine.htm>
CG Reservist <http://www.uscg.mil/reserve/magazine/magazine.htm>
NAVY Times <http://www.navytimes.com/>
Coast Guard Mutual Assistance www.cgmahq.org
US Coast Guard Foundation <http://www.cgfdn.org/main.html>
USCG Recreational Boating Safety Office <http://www.uscgboating.org/>
USCG Deepwater Program <http://www.uscg.mil/deepwater/>
USCG Directives <http://www.uscg.mil/ccs/cit/cim/directives/welcome.htm>
USCG Personnel World Wide Locator CGlocator@Ballston.uscg.mil
USCG History <http://www.uscg.mil/hq/g-cp/history/collect.html>
USCG Memorial at Arlington Cemetery
<http://www.arlingtoncemetery.net/uscg-mem.htm>
USCG Aviation <http://www.aoptero.org/>
USCG Foundation <http://www.cgfdn.org>
USCG Coast Guard Band www.uscg.mil/band
USCG Auxiliary Northern Va Div. 14
<http://www.uscgaux.org/~05414/index.html>
Air Force Academy <http://www.usafa.af.mil/>
Naval Academy <http://www.usna.edu//homepage.php>
Kings Point <http://www.usmma.edu/>
West Point <http://www.usma.edu/>
What Happened This Day in USCG http://www.uscg.mil/hq/g-cp/history/Chronology_index.html
Department of Homeland Security <http://www.dhs.gov/dhspublic/>
National Personnel Records Center (St. Louis, MO)
[http://www.archives.gov/facilities/mo/st_louis/military_personnel_records/standard form 180.html](http://www.archives.gov/facilities/mo/st_louis/military_personnel_records/standard_form_180.html)
National Association of State Boating Law Administrators <http://www.nasbla.org/>
TRICARE Information Systems <http://www.tricare.osd.mil/faqs/>
TRICARE For Life Beneficiary Letter (<http://tricare.osd.mil/tfl/pdf/carratoletter.pdf>)
TRICARE For Life Brochure (<http://tricare.osd.mil/tfl/pdf/brochure4June.pdf>)
TRICARE For Life Beneficiary Information Card (http://tricare.osd.mil/tfl/tfl_bencard.html)
TRICARE For Life Cost Matrix (<http://tricare.osd.mil/tfl/matrix.html>)

Social Security Administration Online www.ssa.gov,
Medicare Online www.medicare.gov
FREDS PLACE <http://www.fredsplace.org/>
Military Officers Association of America <http://www.moaa.org/>
ROA [http://www.roa.org/about us/about ov.asp](http://www.roa.org/about_us/about_ov.asp)
FREE HANDBOOKS <http://www.militaryhandbooks.com>

Attachment 2

CAPITAL AREA COAST GUARD RETIREE COUNCIL MEMBERS Updated:

July 7, 2007

LCDR John L. Bagg III, USCG (Ret)
10113 Dundalk Street
Fairfax, VA 22032
TEL: (703)978-5210
E-Mail-W john.L.Bagg@irs.gov

LCDR George D Bond II, USCG (Ret)
1006 Atlantic Drive
Stafford VA 22554
(540)659 – 0118
E-Mail-H:: gdbond@earthlink.net
-W: bondgd@pwcs.edu

LCDR David A. DuPont, USCG (Ret)
409 Golf Course Ct
Arnold, MD 21012
TEL: (410) 626-7251
E-Mail-W: David.A.DuPont@uscg.mil

CAPT Robert Gauvin, USCG (Ret)
COMDT (G-MOC) USCG
2100 2nd ST. S.W.
Washington DC 20593
(202)267-1053
E-Mail-H: rmgauvin@aol.com

CAPT Charles J. Glass, USCG (Ret)
10 Vantage Hill Court
Silver Spring, MD 20906
TEL: (301) 598-6590
E-Mail-H: cjglass@verizon.net

CAPT Stephen E. Goldhammer, USCG (Ret)
4816 Powder House Drive
Rockville, MD 20853
TEL: (301) 570-9613
E-Mail: segoldhammer@aol.com

MCPO Gary Jensen, USCG (Ret)
305 Chapel Green Road
Fredricksburg, VA 22405
TEL: (540) 387-5242
E-Mail: gjensen46@cox.net

LT James N. Koshar, USCG (Ret)
18455 Buena Vista Square
Leesburg, VA 20176
H 703.443.1989
C 703.597.8625
E-Mail: jnfk@comcast.net

CAPT Norman W. Lemley, USCG (Ret)
2724 18th St. N.
Arlington, VA 22201
TEL: (703) 528-1660
E-Mail-H: nlemley2@comcast.net

CDR Bruce A. Russell, USCG (Ret)
7107 Oakridge Ave.
Chevy Chase MD 20815
TEL: (301) 656-1751
E-Mail-H: barussell@verizon.net

CAPT W. G. "Bud" Schneeweis, USCG-Ret.
MOAA
201 N. Washington St.
Alexandria, VA 22314-2539
Tel (W) 703-838-8106, or
(W) 800-234-6622, ext.106
E-Mail-W buds@moaa.org
E-Mail-H wschneeweis@cox.net

CWO4 Elizabeth F. Splaine, USCG (Ret)
5904 Mt. Eagle Drive #1616
Alexandria, VA 22303
TEL: (703) 960-2559

CDR Benjamin J. Stoppe, Jr., USCG (Ret)
3813 Ruben Simpson Ct.
Fairfax, VA 22033-2435
TEL (H): (703) 620-5019
Mobile(H): (703)901-8430
TEL (W):(703)983-7004
Mobile W) (571)436-5072
E-Mail (H): bstoppe@cox.net
(W): bstoppe@mitre.org

CAPT Robert E. Warakomsky, USCG (Ret)
10206 Burke Chase Court
Fairfax, VA 22032
TEL: (703) 323-0891
E-Mail-H bpwarakom@cox.net

YNCS Dennis (Mike) M. White, USCG (Ret)
12720 Brewster Circle
Woodbridge, VA 22192
TEL: (703) 494-5819
Cell: (703)338-8849
E-Mail(W): dwhite03@eds.com
E-Mail(H): mikewhite09@verizon.net

Emeritus Member
CAPT Robert (Bob)C. Houle, (Ret)
14502 Greenview Drive, Suite 206
Laurel, MD 20708
410-792-9419 or 301-498-7900
FAX: 301-498-6563
E-Mail (H): BobHoule@aol.com