



Capital Area Coast Guard Retiree Council Newsletter

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

Issue 11

December 10, 2007

HAPPY HOLIDAYS



Your Council continues to be active, meeting 7 December 2007 at USCG HQ. Key issues were

- Comments by representative of the Headquarters Support Command
- DC Council Program
- 2007 holiday party de-brief
- Recruiting and membership outreach
- Status of the DC Retiree Council Google Group List
- Help desk status follow up:
 - FAQs and reporting requirements.
 - Training of Help desk watch standers.
- Capital Area Coast Guard Retiree Council WEB site update
- Selection of Council officers
- Benefits and Entitlements Comprehensive Guide Project -Status Report
- 2008 Annual National meeting DC Council Attendee(s) Selection
- Coast Guard Exchange Privileges for Retired Civilian Employees- Getting the word out on retired civilian use of exchanges.
- 2007 Holiday Greeting Card preparation

The Council has undertaken a project, development of a comprehensive guide for Caregivers on annuitant Benefits and Entitlements. Project leaders are Bruce Russell and Bud Schneeweis.

The Council unanimously elected Norman Paulhus as an Honorary Capital Area Coast Guard Retiree Council member in recognition of his tireless efforts to keep the Coast Guard Community informed of news, issues and events of Coast Guard interest.

A copy of the Council meeting Agendas and minutes are posted on the Council web site, <http://www.uscg.mil/ccs/carc>, and can be downloaded, 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, military and civilian**, 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 Council meeting, and are welcome to communicate with us prior to the Council meetings, 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, the Council Secretary, Chuck Glass, or to our **Newsletter** editor, (Norm Lemley) 703 528-1660; 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.

All are urged to look at the Capital Area Coast Guard Retiree Council a WEB site, <http://www.uscg.mil/ccs/carc>. The Council believes that access to this WEB site will enable Retirees to become better informed on the current Coast Guard organization and operations. Suggestions for items to be posted are welcome!!!! Send them to the Retiree Council web master, CAPT Bob Warakomsky, at bpwarakom@cox.net

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

Council Meeting Schedule for 2007-2008

Fri. 28 MAR 2008
Fri. 27 June 2008
Fri. 26 SEPT 2008
Fri. 5 DEC 2008

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

Retiree Council Holiday Party a Great Success

The Council sponsored a Holiday Party at Vinson Hall on 4 - 6:30, 1 December 2007. There was a large turnout and old friends and shipmates had a good chance to reminisce and renew acquaintance. ADM Allen and Master Chief Petty Officer of the Coast Guard Bowen attended.



**ADM Allen and Attentive Attendees
The Council wishes All a Happy Holiday Season.**

NORAD Confirms Santa Sleigh Test Flight A Success

North Pole and NORAD officials conducted a full-blown test flight with Santa and all nine reindeer on Nov. 23, 2007, at 5:30 p.m. at the Pueblo, Colo. Holiday Lighting Extravaganza. The test flight included Santa's journey from the North Pole into Pueblo and confirmed NORAD's ability to track the jolly old elf and his team of reindeer.

"Last year's test was such a success that NORAD requested the North Pole consider the opportunity to conduct a similar test again this year," said Major Stacia Reddish, NORAD Tracks Santa Project Officer. "This year we tested three of the four methods of our Santa tracking system. The test was a phenomenal success with Santa officially launching from the North Pole at approximately 5:30 p.m. and arriving in Pueblo at approximately 6:00 p.m. "The test flight definitely assures us our precision tracking of St. Nick is right on target for his yuletide trip around the world on December 24."

The NORAD Santa sleigh test flight began with lift off at the North Pole; NORAD radar detected Santa mere seconds after his lift off. After that, radars then indicated Santa zipped over the Northwest Territories to the Yukon. About 200 miles from the Yukon-Alaskan border, two CF-18s from Canada's Air Force intercepted and escorted Santa to Alaska where they handed him off to two American F-15s. The F-15s then flew with Santa for 200 miles, at which time Santa increased his speed to Christmas-Eve-Velocity en route to the Pueblo Riverwalk where he was met by hundreds of children. From lift off until Santa's return to the North Pole, NORAD tested the satellite systems used to track the infrared signature of Rudolph's bright nose.

The famous fourth method of Santa Tracking – SantaCams – was not used in the Santa test flight as they are used by NORAD exclusively on Christmas Eve.

The NORAD Tracks Santa Web site, www.noradsanta.org, went live on November 16, 2007, and has already received over 97,000 visitors to the site. For more information on

the NORAD Tracks Santa program, please contact NORAD Public Affairs, at (719) 554-6889.

RADM Rochon, USCG RET, Director of the Executive Residence for the White House Looking for White House Holiday Tree

RADM Rochon, the Director of the Executive Residence for the White House, led a federal expedition in Ashe County, NC., following the First Lady's orders to find the perfect Christmas tree. A national competition among tree growers led the party to Joe Freeman's Mistletoe Meadows Tree Farm. The follow link gives a view of this starting effort to find the right tree.

<http://www.myfoxwqhp.com/myfox/pages/Home/Detail?contentId=4655166&version=2&locale=EN-US&layoutCode=VSTY&pageId=1.1.1>

Coast Guard Conducting First North Pole Flight

A U.S. Coast Guard C-130 recently departed Barrow, Alaska to fly 1,183 miles to the North Pole as part of an increase in Arctic orientation flights.

"The northern reaches of the Arctic is a new area for us to do surveillance," said Rear Adm. Arthur E. Brooks, commander of the Seventeenth Coast Guard district based in Juneau, Alaska, which is at the forefront of the service's Arctic operations. "We are expanding our patrols because we are seeing increased activity in the region and we need to know what is going on up there."



The Coast Guard is the principal U.S. federal maritime enforcement agency in the Arctic with broad safety, security and environmental stewardship missions. The Service expects its responsibilities in the Arctic will increase in coming years, as increased access brings additional needs for traditional missions such as search and rescue, pollution response, fisheries law enforcement, marine safety, waterways management, maritime security and oceanographic operations. To meet these increased demands it is considering the establishment of a forward operating base in Barrow by next spring to monitor and respond to maritime traffic in the region

The Arctic region is the focus of increasing interest as a shipping route between the Atlantic and Pacific Oceans, offering a potential route between Europe and Asia that is 4,000 miles shorter than a transit through the Panama Canal. Among the needs the Coast Guard has identified is the potential for a traffic routing system to define shipping lanes in rapidly changing waterways.

ADM Allen has encouraged ratification of the Convention on the Law of the Sea, which provides an international framework for defining the rights and responsibilities of nations in their use of the world's oceans and marine natural resources. In a speech Sept. 27 before the Institute for Foreign Policy Analysis, Allen discussed emerging access to the Arctic region and the need to work cooperatively to address challenges and opportunities arising from changes in the region. The speech can be found online at <http://www.uscg.mil/comdt/>.

"As polar ice coverage recedes, previously impassable channels are becoming open waterways for at least part of the year," said Capt. Jim McPherson, chief of public affairs. "These newly open waterways in some of the harshest maritime operating environments on earth are, in many cases, uncharted and present safety of navigation issues that must be resolved."

"The growth in all Coast Guard missions above the Arctic Circle has already begun," said Brooks. "We are already seeing more mineral, oil, and gas exploration, more vessel traffic, and more scientific missions. We expect this trend to increase dramatically as the United States and other nations focus on the Arctic as an accessible waterway and a rich source of natural resources."

"The Arctic is a pristine and environmentally sensitive region that must be protected. We as a nation must understand the challenges and opportunities these changes in the environment might present," said Brooks. "The Coast Guard is well-suited to address new challenges and opportunities in this predominantly maritime domain."

The Coast Guard brings over a century of experience in the Arctic region. The service is marking the 50th anniversary of three cutters breaking through ice to cross the Bering Strait and into the Arctic Ocean to determine the feasibility of the Northwest Passage as a route for cargo vessels to re-supply the early warning radar network - a critical front for national defense at the height of the Cold War. The cutters' three-month voyage across the northern edge of the North American continent helped resolve much of the uncertainty about the 4,500 miles of semi-charted waters through which they sailed.

The Coast Guard cutter Healy, an icebreaker based in Seattle, completed a mission in September with the National Oceanic and Atmospheric Administration to map the sea floor in the Arctic region. The cutter will return to the region in the spring.

Coast Guard Exchange Shopping Privileges for Civilian Employees (NAF and APF) Retiring From The Coast Guard with 20 Years Federal Government Service

A recent ALCOAST provided notice that Coast Guard civilians retiring with 20 years of service with the Federal Government have Coast Guard Exchange limited shopping privileges. You can review the USCG exchange information at www.cg-exchange.com It is requested that readers forward this notice to CG civilian retirees that they know.

Assistant Secretary of Defense for Homeland Defense Keynotes 2007 Maritime Domain Awareness Day

Paul McHale, assistant secretary of defense for homeland defense and America's security affairs, delivered the Oct. 29 keynote address at the Maritime Domain Awareness Day event in New Orleans as part of the 2007 Coast Guard Innovation Expo.

Other speakers included the Navy's senior director for intelligence and the directors of global maritime intelligence integration and global maritime situational awareness and the Coast Guard's director of maritime domain awareness and project manager for the automatic identification system. Representatives from the Naval Research Lab, the Maritime Administration, and Naval Forces Europe also made presentations.

Maritime domain awareness is a national effort involving the collection and fusion of information from unclassified sensors, open source data and state, local, and international partners in both the public and private sectors.

Retired Coastie - DCC Mitch Penneau Repels Would Be Robber

DCC Mitch Penneau proudly mentioned in his TV interview that he credited his Coast Guard MLE training in how he fought with the gunman.



It was a violent struggle captured on surveillance video that has now captured the attention of the nation.

The manager at a Statesville Kentucky Fried Chicken restaurant has been interviewed by MSNBC.

He tried to open the safe for the masked man that was pointing a gun at his head. But when the store's alarms started going off and the safe didn't immediately open, the gunman pointed the 22 at the manager's head and pulled the trigger. "When I heard that click I knew no matter what I did from that point on he was gonna shoot me," said Mitch Penneau. "It's just luck. It was just lucky for me that it happened."

The gun apparently jammed and Penneau says he decided immediately to fight for his life. "I had to fight back and I had to fight back hard," he said. "I just wanted to be alive to go home to my family."

Cameras inside the restaurant captured much of the fight. It was an intense life and death struggle that went on for five and a half minutes. It went through the kitchen, the drive thru and ended out in the parking lot.

The restaurant manager and father of three said, "My whole focus was keeping that gun from being pointed at me."

Penneau, an avid hunter who owns his own 22, managed to get the last bullet out of the gun.

"As soon as that shell hit the ground in the parking lot, I let him go," he said. The robber got away with no money, but got a lot more than he likely expected from a KFC manager who just wanted to live to see his family.

"I just wanted to go home," Penneau said. WCNC police are getting a lot of leads from the video. People have told police that they think they know the masked gunmen because of his mannerisms and the way he moved.

Coast Guard's Carson Says Goodnight

If there was ever a fitting ceremony for someone who worked in public affairs for 13 years, this was it. Chief Warrant Officer William G. Carson, public affairs officer for the U.S. Coast Guard Training Center, (TRACEN) Cape May, retired Nov. 9 after a 30-year Coast Guard career.

There were four television cameras in the training center's gymnasium, three or four photographers and a bevy of reporters. His retirement ceremony included a performance of the Coast Guard Silent Precision Drill Team.

Carson was the Coast Guard's contact person for the media, quick to return a reporter's phone call and willing to set up an interview with a Coast Guard officer or visiting celebrity.

He was no stranger to celebrities, having met Walter Cronkite, Merv Griffin, Gary Collins. Mary Ann Mobley, Miss America 2006 Jennifer Berry, Henny Youngman, Lionel Hampton, Willie Mays, NFL Coach Tony Dungy and broadcaster Bob Costas, not to mention President Bill Clinton and Vice President Al Gore.

Delaware Maritime Hall of Fame Inducts Five New Members, Including Two Coasties

Five men whose maritime experiences span the era of sailing ships, the beachhead landings of troops during World War II, docking of super freighters in a city port and the knowledge of sailing from 200 years ago, are now a part of nautical history. Two served in the USCG. (or a predecessor)

The Overfalls Maritime Museum Foundation (OMMF) created the Delaware Maritime Hall of Fame as part of the foundation's mission to collect, preserve, honor and teach the maritime history of the Delaware Bay and coastal region.

The Delaware Maritime Hall of Fame honored Milton W. Cooper, Capt. David W. Hiott IV, Robert F. "Bobby" Senseny, Washington A. Vickers and Capt. John Penrose Virden, at an inaugural induction banquet Saturday, Oct. 6, at the Lewes Yacht Club.

Two honorees, Cooper, 93, of Bethany Beach and Senseny, 79, of New Castle, are thought of as living legends. No less legendary are the three men who were honored posthumously.

"These are people with deep connections to the sea," said Dennis Forney, master of ceremonies, about the inductees. "Lewes has an historic and intimate relationship with the sea," Forney said.

USCG Inductees include:

Milton W. Cooper

"I'm really overwhelmed. I'm 93 years old," said Milton W. Cooper, first to be inducted into the Delaware Maritime Hall of Fame. Cooper, of Bethany Beach, began work as a waterman at age 9. He served in the U.S. Coast Guard for 22 years and, to be closer to home, once served aboard the Lightship Overfalls, which was then based in Cape May, N.J.

During World War II, he operated a beach landing craft taking the first wave of U.S. Marines ashore at Guadalcanal. "I would like to ask if there's anybody in the crowd that served aboard the Overfalls Lightship? There's no one? I'm the only one?" said Cooper in mock surprise to audience laughter and applause.

Cooper said life aboard the Overfalls was rough. "It's some duty out there - 50 mile per hour northeast winds. When you get out of your bed, you don't put clothing on," said Cooper.

Washington A. Vickers

Dick Peebles never had an opportunity to meet his great-grandfather, Delaware Maritime Hall of Fame inductee Washington A. Vickers. But Peebles had heard a few stories told by his grandmother, Louisa, about Vickers and the times in which he lived.

Born in Seaford in 1842, Vickers worked his way up through Life Saving Service ranks to become a keeper. In 1903, the general superintendent of the U.S. Life Saving Service commended Vickers at a ceremony in Washington, D. C. Peebles said his grandmother would spend summers at Bethany Beach visiting Vickers at his duty station.

But Milton Cooper gave him the facts.

Peebles said Vickers fought for the Confederacy during the Civil War, enlisting in Maryland. "He was wounded in the left wrist and he didn't fight anymore," said Peebles.

Perhaps Vickers saw greater value in saving lives, as he then went on to work as a hospital attendant. He took his first life saving station job in Chincoteague. Later he moved on to the Indian River and Bethany Beach life saving stations. Vickers died in 1930.

Each Maritime Hall of Fame honoree or family member received a stained-glass trophy designed and crafted by Lewes artist Connie Ballato of Sun Glass Studio. The trophies feature an image of "Old Ironsides," the USS Constitution, the oldest commissioned warship in the world still afloat.

Gov. Ruth Ann Minner signed a Delaware Maritime Hall of Fame Day proclamation marking the event. "This year's Maritime Hall of Fame inductees are all recognized for giving generously of their skill, energy, heart, and time while helping build and preserve Delaware's maritime heritage," the proclamation states.

Captain Domenic Calicchio USCG, RET Given Special Recognition by USCG

The Coast Guard presented its first Captain Domenic Calicchio Award Friday 9 November at the Coast Guard Training Center, Yorktown, Va. The award will be presented to the

Investigating Officer Course graduate who, as elected by fellow classmates, most exemplifies the personal and professional qualities exhibited by Calicchio.

Captain Domenic A. Calicchio, for whom the Calicchio Award is named, was one of the Coast Guard's unsung heroes whose service embodied the Coast Guard's core values of honor, respect and devotion to duty. He was born in 1926 in Boston to a seafaring family and knew well the hazards of working on board ocean-going vessels. Calicchio began his career in World War II at 16, served 23 years in the merchant marine and ended his merchant marine career as master on board ships of the United States Lines.

During his merchant marine years, Calicchio served as a member of the Coast Guard Reserve and in 1968 he accepted a commission as an active duty lieutenant commander. Calicchio's adherence to strict safety requirements, regardless of their cost to the shipping industry, sometimes put him at odds with the shipping lines whose safety he regulated.

Calicchio's greatest achievement was the investigation into the marine casualty of the Marine Electric. The Marine Electric was a T-2 bulk cargo carrier built during World War II and intended to fill Allied war-time needs for bulk cargo and fuel shipments. Numerous T-2s found employment in shipping lines after the war, even though they had been designed only to serve the duration of the hostilities. The T-2s proved so brittle that during the war, several produced stress fractures or split in two before they set sail on their maiden voyage.

Like many of its T-2 sister ships, the Marine Electric saw service well beyond its life expectancy and on a stormy evening in February 1983 the tanker sank off the coast of Delaware. Of the 34 crew members who went into the frigid ocean waters only three survived. The Coast Guard convened a formal Marine Board of Inquiry, which included Calicchio and two other Coast Guard marine safety officers, to investigate the disaster. However, it was Calicchio's determination to uncover the causes of the wreck that led to a criminal indictment of the Marine Electric's owners.

The case was a landmark event in U. S. marine safety because it led to greater safety standards for older vessels, such as the T-2s, and led indirectly to the scrapping of about 70 vessels no longer able to meet safety regulations. It also led to regulations requiring the adoption of survival suits on board vessels navigating in cold water environments. Lastly, the tremendous loss of life in the Marine Electric disaster focused attention on the Coast Guard's rescue swimmer program and spurred support for the fledgling program.

Captain Calicchio retired from the Coast Guard in 1985, not long after the Marine Electric board of inquiry released its report. He set up a successful practice as a cruise ship safety expert in Fort Lauderdale, Fla. Calicchio passed away in March 2003, but his honor and integrity, devotion to duty and high regard for those who go to sea in ships have set the standard for all Coast Guard personnel tasked with overseeing marine safety.

National Security Cutter, USCGC BERTHOLF on Her First Underway Trial.

Great shot of the new National Security Cutter, USCGC BERTHOLF on her first underway trial. **BERTHOLF** was using a single main diesel engine, with speed of 17.9 kts.



Coast Guardsmen Train for Emergencies

From the Cape Cod Times



A Coast Guard boat cuts through the choppy seas in Cape Cod Bay during training drills.

Coast Guardsmen on board threw a large, neon orange barrel over the side of the vessel, watching it splash up as the container broke the surface of Cape Cod Bay. Inside the

barrel: a water pump for a boat in crisis that's taking on water. But there was no crisis — it was only a drill.

In choppy seas outside the east end of the Cape Cod Canal, two boats from the Coast Guard's station Cape Cod Canal in Sandwich trained for an array of scenarios.

The station, made up of 29 Coast Guardsmen, has three main responsibilities: training, law enforcement and search and rescue.

Coast Guard adopts CPO mission, MVGP

Charles "Skip" Bowen, Master Chief Petty Officer of the Coast Guard (MCPOCG), announced his service's intent to adopt the Navy Chief Petty Officer (CPO) Mission, Vision and Guiding Principles (MVGP).

Through a standing order sent out to all Coast Guard CPOs Aug. 25, Bowen said the leadership philosophy outlined in the MVGP highlights the values Coast Guard chiefs have taken to heart for years.

"It's the perfect document," said Bowen. "It's exactly what I want our chiefs to be. Deck plate leadership is the core of who chiefs are no matter what service they're in. I expect our chiefs to mentor, train and enforce standards."

Bowen and Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr., have traveled together on two occasions in the last six months, once to visit Sailors and Coastguardsmen in California last winter; then to the Central Command area of operations in July.

"We've been in chiefs' messes at sea and ashore in San Diego.

We've been to Iraq, Afghanistan and Bahrain and you could sense the energy coming from those Guiding Principles."

Deck plate leadership, active communication, loyalty, a sense of heritage, institutional knowledge/technical expertise, professionalism and character comprise those principles; which Bowen said he has no intent to change.

"Replace 'Sailor' with Coastguardsman and it applies across the board. Those values are precisely what I believe our CPOs should embrace," said Bowen.

"I was struck by just how much we have in common when we visited (USCGC) Chase in San Diego. We talked to chiefs in that mess and it could have been any Navy ship. They have the same candor and sound communication. Every chief has a voice and an impact," said Campa.

Both master chiefs agreed that using the Mission, Vision and Guiding Principles as a bridge between the two services has the potential to enhance an already positive relationship.

Bowen said he plans to aggressively populate it among his chiefs, then monitor its integration through feedback from junior Coastguardsmen, officers and senior enlisted leaders.

Read the Chief Petty Officer Mission, Vision and Guiding Principles at http://www.navy.mil/navydata/mcpon/MCPON_M-V-GP1.doc.

New Web Sites Added To Newsletter List (See Attachment 1 Below)

Some new web sites have been added to the NEWSLETTER listing. NEWSLETTER readers are invited to submit sites that they think should be added.

Today in USCG History: http://www.uscg.mil/history/Chronology_Nov.html

Coast Guard Visual Imagery Database, your link to Coast Guard video, photos, art, graphics and audio: <http://cgvi.uscg.mil/media/main.php>

Seapower Magazine: http://www.navyleague.org/sea_power/

Coast Guard News Channel: <http://www.coastguardchannel.com/index.shtml>

Coast Guard video available at - <http://www.youtube.com/uscgimagery>

Navy Times: <http://www.navytimes.com/>

The DoD "Early Bird" news clips <http://ebird.afis.mil/>

Office of Auxiliary and Boating Safety: www.USCGboating.org

Chief Warrant Officer Association: www.cwoauscg.org ficer Association:
<http://www.uscgcpoa.org/> <<http://www.uscgcpoa.org/>>

COAST GUARD FLAG VOICES: <http://www.uscg.mil/hq/g-w/flagvoice/list.htm> THE
LEADERSHIP NEWS: <http://www.uscg.mil/leadership/newshome.htm>

USCG Office of Leadership and Professional Development
<http://www.uscg.mil/leadership/home.htm>

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>

Today in USCG History: http://www.uscg.mil/history/Chronology_Nov.html

Coast Guard Visual Imagery Database, your link to Coast Guard video, photos, art, graphics and audio: <http://cgvi.uscg.mil/media/main.php>

Seapower Magazine: http://www.navyleague.org/sea_power/

Coast Guard News Channel: <http://www.coastguardchannel.com/index.shtml>

Coast Guard video available at - <http://www.youtube.com/uscgimagery>

Navy Times: <http://www.navytimes.com/>

The DoD "Early Bird" news clips <http://ebird.afis.mil/>

Office of Auxiliary and Boating Safety: www.USCGboating.org

Chief Warrant Officer Association: www.cwoauscg.org ficer Association:
<http://www.uscgcpoa.org/> <<http://www.uscgcpoa.org/>>

COAST GUARD FLAG VOICES: <http://www.uscg.mil/hq/g-w/flagvoice/list.htm> THE
LEADERSHIP NEWS: <http://www.uscg.mil/leadership/newshome.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

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

FREE HANDBOOKS <http://www.militaryhandbooks.com>

Commissary Info <http://www.commissaries.com>

USCG Exchange Information www.cg-exchange.com Attachment 2

Attachment 2

CAPITAL AREA COAST GUARD RETIREE COUNCIL MEMBERS

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

Mrs. Susan Baicar
263 Long Point Road
Crownsville, MD 21032-1853
TEL: (410) 923-3597
Cell:: (301) 518-5448
Email: susanbaicar2@mac.com

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

Mrs. Lula Carpenter
6809 Huntsman Blvd.
Springfield, VA 22152
TEL: 703-913-7390
E Mail: leecarp@aol.com

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, USCGR (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, USCGR (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

Member Emeritus
CAPT Bob Houle, USCG (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

Honorary Member
Norman G. Paulhus, Jr.
18816 Muncaster Road
Rockville, MD 20855-1430
Tel 301) 948-3262
Cell (301) 461-6394
E mail otterx@earthlink.net