

United States Coast Guard Ethos

COMMANDANT'S GUIDING PRINCIPLES:

- **Steady the Service**
- **Honor our Profession**
- **Strengthen our Partnerships, and**
- **Respect our Shipmates**



SENE Plan of the Week: 22 October 2012

- Weekly Event Summary 22– 26 October 2012:
 - **Upcoming D1 Commander Visit**
 -  **Tuesday 23 October 2012 - Fall Clean Up – POC: FSC Souza**
 - Campus wide **field day** and **office space clean up**
 - For cleaning supplies/gear see FSC Souza, or Mr. Wolf.

- **Upcoming Events/Activities/Information, and other Items of Interest:**



- **Military Voting Assistance Information**

- **September is DHS National Preparedness Month 2012**
 - **“Pledge to Prepare”**



- **2012 HURRICANE PREPAREDNESS**



- **MEMA - Start of Hurricane Season News Release**
- **Hurricane Tips: Property - Power Outages - Disaster Kit**
- **Hurricane Pet Safety**
- **After the Storm**

- **Upcoming Training Info:**

- **Employee Summary Sheet**
 - <<CLICK>> “Skills” tab at the top left of the page.
 - <<CLICK>> “Summary Sheet” located under “My Skills”
- **2012 Sector SENE Training Schedule** POC: LT White
Sector SENE October 2012 Training:
MT-A: **PRIVACY AWARENESS - ANNUAL**
MT-B: **RESERVE MOBILIZATION/DEMobilIZATION ANNUAL (RESERVISTS)**
*Be sure to check **CGBI** for your training status and complete any other training due*
Click “Personal Tab” the “Skills Tab” then view status by clicking “detail” on MT-A

- **ENLISTED RATING ADVANCEMENT TRAINING SYSTEM (ERATS)**

- IMPLEMENTATION RATINGS WILL TRANSITION TO ERATS ACCORDING TO THE FOLLOWING SCHEDULE AND WILL BE PRECEDED BY ALCOAST ANNOUNCEMENT:
 - A. MAY 2012: MST - IN EFFECT
 - B. OCT 2012: IV - UPCOMING
 - C. NOV 2012: OS – UPCOMING

- **Health and Wellness:**

- **15OCT12 – 15NOV12**  **Biggest Loser Contest**
 - Teams have to have a minimum of 2 people to participate
 - POCs: See PERS2 Engle or HSC Ramirez to sign up.

NEW

- **Flag Voice #358 Weight and Body Fat Standards Update**
 - **Summary of Weight Manual Changes**
-  **Ms. Veronica Murry, appointed as Sector SENE Ombudsman**
 - As of Thursday, 30 August, she may be reached at 774-392-2660, or by email at secseneomb@gmail.com.

-  **Employee Assistance Program - (CG SUPRT)**
 - You can contact a consultant at: 855-CG SUPRT(247-8778)

- **Suicide Prevention Month:**

- Suicide Prevention Link: [CG SUPRT Achieve Solutions](#)
- Suicide Prevention Link: [Work Life Programs – Suicide Prevention Program](#)

- **Weekly Scheduled PT:**

- **Woods Hole Campus** –
 - Run, Push-Ups, Sit-Ups, MMR Otis Gym Tuesdays 0730-0830
- **East Providence Campus** –
 - Healthtrax Gym Wednesdays 1500 – 1600

-  **Important Medical Information from HSC Ramirez:**
 - Tri-care Dental Plan for Dependants switched to [Met Life](#)
 - Refer to [TDP Health Matters Newsletter](#) for information
 - ER Visits - Following any ER Visit you Must Notify HSC Ramirez, and Kaehler Clinic
 - First Line Supervisor Notifications - Please keep your supervisor informed on Status
 - HSC Ramirez contact number: 774-437-1023

- **Sector SENE Area Morale Welfare and Recreation**



- **The Woods Hole campus** **Halloween festivities** will be on October 31st from 1100-1400 in the big barn! Start planning your costumes now!! Lunch will be a pot luck with each office being required to sign up for an item NLT Friday 19OCT. The sign-up sheet is located in the SPO; offices are listed as follows: COMCEN, INTEL, Command, RFR shop, Response, Admin, Supply, Naval engineering, and Civil engineering.

- 1. **Costume**  **contest!**
- 2. **Fear factor!** (sign-up sheet located in the SPO)
- 3. **Chili**  **cook-off!** (sign-up sheet located in the SPO)
- 4. **Buffalo**  **wing cook-off!** (sign-up sheet located in the SPO)
- 5. **Pumpkin**  **carving contest!** Morale will provide each office listed above a pumpkin to carve.
- 6. **Pie Throw**  **Down!** 10 CENT A VOTE (no limit on number of votes)- submit all votes through YN1 Barnes (Anyone can buy a vote, but for the sake of trying to have an organized event, please only vote for members at the Woods Hole campus & MSD Cape Cod. The top two members with the most votes will be the receiver of a pie in the face by the winners of the Fear Factor contest and the best costume recipient. Voters will be anonymous, but watch out because members can match their votes and put someone else in their place. An email tally of the votes will be sent out on the 26th, giving members the opportunity to match their votes and put someone else in their place.

* If anyone from the Woods Hole campus or MSD Cape Cod is passionate about not being involved in the Pie throw down please let me know and I will take you off the list before we start accepting Votes.

Thank you! -YN1 Barnes



- **30NOV12 Time: 7:05pm [Sector Night with the Providence Bruins](#)**
- **MMR Otis Roxy Movie Theater Schedule**
- **Sector SENE Events Photo gallery:** (Morale Event pictures will be published for each event)
 - Photos at Woods Hold Campus (Login required: Contact HSC Ramirez)
 -  **“NEW 2012” [Special Olympics Photos](#)**
-  **National Park Service Free Military Pass Program**
 - **National Parks Mini-Poster**

- **Leadership and Diversity Initiatives:**
 - **Leader of the Month: Signalman First Class Douglas A. Munroe**



- "Douglas Albert Munro was born in Vancouver, Canada, of American parents, on October 11, 1919, but spent his entire life previous to his enlistment in South Cle Elum, Washington." Munro was also awarded, posthumously, the Purple Heart Medal, and was eligible for the American Defense Service Medal, the Asiatic-Pacific Area Campaign Medal, and the World War II Victory Medal.
- "Official U.S. Coast Guard Biography:
Douglas A. Munro, a signalman first class of the United States Coast Guard, died heroically on Guadalcanal September 27, 1942, after succeeding in his assignment, for which he had volunteered, to evacuate a detachment of Marines from a point where enemy opposition developed beyond anticipated dimensions. Munro's final words were "Did they get off?"



- **(LDAC) Leadership Diversity Advisory Council Links:**
 - [The USCG Office of Diversity \(CG-12B\)](#)
 - [The Leadership & Professional Development \(CG-133\)](#)
 - [The Diversity Reading List](#)
 - [Commandant's Reading List](#)
 - [Leader of Leaders Reading List](#)
 - [Master Chief Petty Officer of the Coast Guard's Reading List](#)
 - [Leadership Section Reading list](#)
 - [28 Leadership Competencies \(with descriptions\)](#)
 - [Part 1: RADM Neptun, Commander CGD ONE, Discusses the War of 1812](#)
 - [Part 2: Master of the Revenue Cutter Commodore Barry](#)
 - [Part 3: Sisters of Scituate Light](#)
 - [Part 4: The Revenue Cutter Vigilant](#)
 - [Part 5: CAPT Frederick Lee](#)
 - [War of 1812 Bicentennial Presentation PDF](#)

- **Good Order and Discipline:**
 - [USCG WIDE GOOD ORDER AND DISCIPLINE](#)
 - [Quarterly - Sector SENE Good Order and Discipline](#)



- **Education:**
 - [Lighthouse U* \(Educational Newsletter\)](#)

- **Chaplains Corner:**
 - [Chaplains Message](#)
 - [Food Pantry Assistance Information](#)
 - [Otis Civilian Advisory Council presents Chaplain Bowden with over \\$10,000 in food cards to assist military families.](#)



- **October Birthday** **Recognitions:**
 - SM1c Munroe, Douglas A.
 - CAPT Gifford, Verne B.
 - CDR Lattanzi, Paul R.
 - LCDR Bowden, Jennifer
 - MAT3 Nelson, Paul L.
 - OSC Caianiello, Michael
 - DC2 Stratton, James A.
 - SK1 Bonham, Jessica L.
 - YN2 Bryant, Phillip A.
 - MST3 Hill, Tariq A
 - MST3 McCall, Dennis J.
 - EM3 McGhee, Michael N.

- **From the Deck Plate:**



- **Communicate any Best Practices, Ideas or Tips to your Shipmates.**

Draft a submission and approve it through your supervisor by Wednesday at noon. Send the item to the Webmaster (Dane.C.Smith@uscg.mil; Richard.R.Murphy@uscg.mil; joey.r.dore@uscg.mil) in MS Word or PDF format. Include a short title and brief description of the item in the email.

- **Galley Information:**

- [Galley Menu](#)
- [Galley Menu Next Week](#)
- [2012 Galley Meal Rates](#)
- [Galley Meal Hours](#)
- [Galley Feed Back Form](#): Have a meal you really enjoyed or one you did not care for? Share your input with the Galley and help make the place you eat better by filling out the Galley Feed Back Form. Submissions are anonymous, however, please provide constructive feedback so that improvements can be made.

- **Submitting an Item for the P.O.W.**

- POW Link will be sent out each Friday.
- Draft a submission and approve it through your supervisor by Wednesday at 12:00 hours.
- Send the item to the [Webmaster](#) in MS Word or PDF format
- Include a short title and brief description of the item in the email.

- **Useful Messages, and Information:**

- [USCG Internet Releasable General Messages](#)
- [D1 Instructions](#)