

AUGUST 2014

# FORCECOM NEWSLETTER

HAPPENINGS AND INFORMATION FOR FAMILIES



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Howdy!

**Happy 224<sup>th</sup> Birthday to the Coast  
Guard!**



**FORCE READINESS COMMAND**



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## COAST GUARD CITIES

Did you know there are 16 designated Coast Guard Cities? Certain cities have been officially designated as a Coast Guard City by Congress for their dedication to the Coast Guard and families stationed in the area.

The cities (with designation date) are:

- Grand Haven, Michigan (November 13, 1998)
- Eureka, California (June 3, 2000)
- Mobile, Alabama (July 4, 2002)
- Wilmington, North Carolina (July 25, 2003)
- Newport, Oregon (March 28, 2005)
- Alameda, California (April 14, 2006)
- Kodiak, Alaska (September 15, 2007)
- Rockland, Maine (June 16, 2008)
- Portsmouth, Virginia (November 17, 2009)
- Traverse City, Michigan (April 7, 2010)
- Astoria, Oregon (May 1, 2010)
- Sitka, Alaska (February 14, 2011)
- Clearwater, Florida (December 23, 2011)
- Newburyport, Massachusetts (December 23, 2011)
- Sturgeon Bay, Wisconsin (January 23, 2014)
- Camden County, Georgia (January 23, 2014)

To become a CG City (community or county), an area has to show a special relationship with the Coast Guard and the families, making them feel more at home and welcomed to the area. The city must be nominated, approved by the Commandant, and then go before a congressional committee.

[http://www.uscg.mil/community/Coast\\_Guard\\_Cities.asp](http://www.uscg.mil/community/Coast_Guard_Cities.asp)

## SPOTLIGHT: USO

-The USO (United Services Organization) was created in 1941 by President Roosevelt. The mission of the USO is to 'lift the spirits of America's troops and their families.'

-The USO provides support to transitioning troops, deployed troops, military families, wounded/ injured/ ill troops, and support to families of fallen troops.

-The USO has over 160 locations in 27 states and 14 countries, including several airports.

-The USO provides entertainment to troops deployed, and to troops and their families at home (states or overseas). The first entertainer was Bob Hope in 1941.

-The USO is a nonprofit, private organization that relies on donations from individuals, organizations, and corporations.

-USO partners include AT&T, Coca-Cola, American Airlines, JCPenney, Jeep, Kroger, and many more.

-For more information, visit <http://www.uso.org/>





#### USEFUL LINKS

[www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do](http://www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do)

[www.uscg.mil/worklife/default.asp](http://www.uscg.mil/worklife/default.asp)

[www.uscg.mil/mwr](http://www.uscg.mil/mwr)

[www.uscg.mil](http://www.uscg.mil)

[www.trcare.mil](http://www.trcare.mil)

[www.Ready.gov](http://www.Ready.gov)

<http://www.uscg.mil/worklife/ready.asp>

## Coast Guard Exchange

Did you know the CG has an Exchange, and that if you don't live near a physical CGX, you can shop online? In addition to their larger Base locations, the CGX also supplies small operations with basic needs for remote locations, cutters, and even has a mobile unit when the Coast Guard is working disaster response. The CGX profits help to provide financial support to CG MWR. Visit <http://www.cg-exchange.com/> for more information and sign up to receive emails for great deals, including deals with free shipping.

## From the Commandant...

<http://coastguard.dodlive.mil/2014/08/sharing-the-coast-guards-story/>

## LINKS TO INFORMATION

Coast Guard Support: available 24 hours a day, 7 days a week. Toll free number: 1-855-CGSUPRT (247-8778)

Confidential professional counseling, education, and referral services to help you with variety of issues:

- |                          |                         |
|--------------------------|-------------------------|
| -marital problems        | -depression and anxiety |
| -work concerns           | -career transitions     |
| -child care              | -adoption               |
| -K-12 education concerns | -moving and relocation  |
| -pet care                |                         |

<https://www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do>

Health, Safety, and Work Life Service Center (HSWL) There is an app available at the app store (iPhone and Android). The app has lots of great information to get you connected to many resources, as does the website.