



OUR MISSION

To train and develop our workforce to support and execute all Coast Guard missions

OUR VISION

The best place to live, work, and train

OUR STRATEGIC GOALS

- Provide valid, reliable, and performance based training*
- Employ all resources efficiently and effectively*
- Ensure facilities, operations, and maintenance are environmentally friendly*
- Provide superior care and quality of life for the TRACEN community*

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November 1st - SWE E5/E6

Welcome to TRACEN Petaluma's Plan of the Week! (PLEASE NOTE: When viewing the PDF version, use the arrow keys at the top/left of the screen to jump from page to page.)

The SWE will be administered on Thursday, November 1st

For advancement to E-5 : 0745

For advancement to E-6 : 1245

Location : Building 570, Room 215

Uniform will be ODU's or Trops

You must have your military ID (as well as be currently eligible) to sit for the exam.

No electronic devices, including cellular phones, radios, and palm pilots or any recording device are permitted in the exam room. If a command cell phone is required to be carried, it must be left in the possession of the SWE officer during the exam.

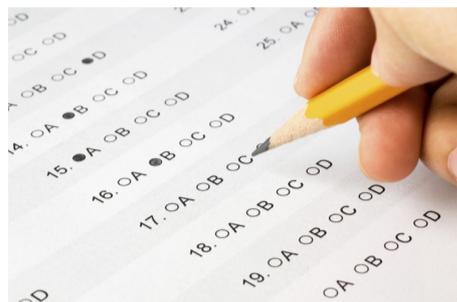
Only non-programmable calculators are authorized. Bring your own calculator as the exam administrator may not be able to provide you with a calculator.

BM and OS candidates may use, and I will provide, the following tools during the exam: Rolling plotter (wheems), Compass, Divider, and Maneuvering Board.

For questions regarding the SWE, please contact Chuck Walter, the Education Services Officer.

707-765-7112 Office
leslie.c.walter@uscg.mil

[TRACEN Cape May's "Studying & Test-Taking"](#) web page has many great tips to help prepare for the exam.



October 31st - This Day in Coast Guard History

1984 - The tanker *Puerto Rican* exploded outside of San Francisco Bay. Coast Guard units responded.



South Side Galley Closure



The [South Side \(Student Side\) Dining Facility](#) will be closed starting Monday 1 October, for undetermined length of time.

Please abide by the following set times during the closures -

- 1100 - "A" School Students will start
- 1130 - "C" Schools, Permanent Party, and Civilian Employees
- 1215 - Dependents and Retirees

Please ensure that "A" School students are given front of the line privileges during the meal hour

To contact us:

Coast Guard Training Center Petaluma
 599 Tomales Road
 Petaluma, CA 94952

For Questions/Submissions to the POW
 Please Call/Email -
 YN3 Craig A. (Spike) Sikes
 (707) 765-7889
Craig.A.Sikes@USCG.mil

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October 29th - November 4th, 2012

Monday - [IT A 04-13 Commences](#)

[OS A 04-13 Commences](#)

Tuesday -

Wednesday - **Happy Halloween!**

[OS A 01-13 Graduation](#)

XO's Request & Complaint Mast (1500-1600)

Thursday - [SWE E5/E6](#)

Ethics Training in the Theater - 0900 & 1030

Friday - [FS A 02-13 Graduation](#)

Saturday -

Sunday - [Divine Hours/Chapel Services](#)

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- [Medical / Dental](#)
- [Police Station](#)
- [Sea West](#)

- [Morale and Well Being](#)
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- [Bowling Center](#)
- [Guest Lodging](#)
- [Consolidated Club](#)
- [Gymnasium](#)
- [Lake Recreation](#)
- [Library](#)
- [Movie Theatre](#)
- [Recreation Rentals](#)
- [Two Rock Coffee Co.](#)
- [Two Rock Pizza](#)

Other Coast Guard Links

- [Coast Guard Official Website](#)
- [CG SUPRT](#)
- [RAPIDS \(ID Card Site\)](#)
- [Move.mil](#)

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IMPORTANT NUMBERS:

Emergencies: 911

OOD CELL: 707-775-5863

TRACEN Mailing Address :

Coast Guard Training Center Petaluma
599 Tomales Road
Petaluma, CA 94952

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Useful Phone Numbers

- Barber Shop:** 707-765-7311
- Chapel:** 707-765-7330
- Clinic:** 707-765-7200
- ESO:** 707-765-7112
- Exchange:** 707-765-7256
- FE Customer Service:** 707-765-7301
- Fire Station (non-emergency):** 707-765-7355
- Front Gate:** 707-765-7058
- Gym :** 707-765-7348
- Housing:** 707-765-7145
- ID Cards:** 707-765-7354
- Mini-Mart:** 707-765-7252
- Movie Theatre:** 707-765-7346
- MWR:** 707-765-7341
- OOD:** 707-765-7034
- OOD Cell:** 707-775-5863
- Police:** 707-765-7215
- Subway:** 707-765-7788
- Tailor Shop:** 707-778-8701
- Teen Center:** 707-765-7266
- Two Rock Coffee:** 707-765-7340
- Two Rock Pizza:** 707-765-7247

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Keeping Children Safe Online - Part II

Children present unique security risks when they use a computer - not only do you have to keep them safe, you have to protect the data on your computer. By taking some simple steps, you can dramatically reduce the threats.

What can you do to prevent these dangers?

Be involved - Consider activities you can work on together, whether it be playing a game, researching a topic you had been talking about (e.g., family vacation spots, a particular hobby, a historical figure), or putting together a family newsletter. This will allow you to supervise your child's online activities while teaching them good computer skills.

Keep your computer in an open area - If your computer is in a high-traffic area, you will be able to easily monitor the computer activity. Not only does this accessibility deter a child from doing something she knows she's not allowed to do, it also gives you the opportunity to intervene if you notice a behavior that could have negative consequences.

You should also talk to your children about the dangers of the internet so that they recognize suspicious behavior or activity. Discuss the risks of sharing certain types of information (e.g., that they're home alone) and the benefits to only communicating and sharing information with people they know. The goal is not to scare them; it's to make them more aware. Make sure to include the topic of cyber-bullying in these discussions.

Monitor computer activity - Be aware of what your child is doing on the computer, including which websites they are visiting. If they are using email, instant messaging, or chat rooms, try to get a sense of who she is corresponding with and whether they actually know them.

Keep lines of communication open - Let your child know that they can approach you with any questions or concerns about behaviors or problems they may have encountered on the computer.

Next week we'll identify what you can do as a parent or guardian to eliminate or curb these dangers.

To learn more or subscribe to US-CERT, visit the subscription system at: <https://forms.us-cert.gov/maillists/>

Security related topics will appear regularly in the TRACEN POW. Do you have a suggestion or thought about Operations Security (OPSEC), Information Security (INFOSEC), Communications Security (COMSEC), Physical Security (PHYSEC), or Personnel Security (PERSEC)? I would like to hear from you.

Feel free to contact the Command Security Office (CSO) staff; [Mr. Steve Countouriotis](#), (CSO), Mr. [James Connors](#) (ACSO) at X7690 or [Paul E. Cheney](#), Personnel Security Administrator (PSA), X7691 with your questions, concerns or suggestions.

Avoid The Pay Day Loan Trap

Date: 10/24/2012

Pay Day loans are NEVER a good idea but everyone seems to be offering them. The "Get Cash Until Pay Day" offer that you so often hear about offers short-term, high rate loans under a variety of names: pay day loans, cash advance loans, etc. No matter what you call these loans they are a bad idea.



Usually a borrower writes a personal check payable to the lender for the amount they wish to borrow plus a fee. The lender gives the borrower the cash, minus the fee. Fees charged on these loans are normally a percentage of the face value of the check or a fee charged per the amount borrowed, i.e. per each \$50 or \$100 borrowed. And, it gets worse, if you extend or "rollover" the loan for an additional week or two you will pay fees for each extension.

These are alternatives:

- Military Credit Unions may offer small loans at a fraction of the cost of pay day loans.

- Many military relief societies offer low interest rate loans and grants in cases of urgent financial need.

- Credit card advances can provide you with needed funds at about one-tenth the cost of pay day loans or less. Just be sure to look for a credit card that comes with no cash advance fees and an extremely competitive credit card rate.

- Work out a plan with creditors. Utility companies, credit card companies and landlords often allow extra time to pay if you contact them to explain your financial hardship before it becomes a problem.

Of course, the best alternative to a pay day loan is having a solid financial plan, including a budget and a savings account.

Sea West Coast Guard Federal Credit Union is dedicated to supporting members of the United States Coast Guard and want to help educate you on how to become financially fit for life. If you would like more information on financial education please contact Julio Blea at 510-563-6341 or juliob@seawest.coop.

Stop. Think. Connect. Cyber Tips

Date: 10/24/2012

In keeping with the Coast Guard's recognition of October as **National Cyber Security Awareness Month**, the following Cyber Tips from the Department of Homeland Security's age on "**Stop.Think.Connect**" are provided herein:

Quick Tips -

The majority of cybercriminals do not discriminate; they target vulnerable computer systems regardless of whether they are part of a government agency, Fortune 500 company, small business, or belong to a home use. However, there are steps you can take to minimize your chances of an incident:

Set strong passwords, change them regularly, and DO NOT share them with anyone.

Keep your operating system, browser, and other critical software optimized by installing updates.

Maintain an open dialogue with your friends, family, colleagues and community about internet safety.

Use privacy settings, and limit the amount of personal information you post online.

Be cautious about offers online – if it sounds too good to be true, it probably is.

Incident Response -

The extent, nature, and timing of cyber incidents are impossible to predict. If you are a victim of a cyber incident, follow the steps below to respond and recover from the incident.

Immediate Actions -

Check to make sure the software on all of your systems is up-to date.

Run a scan to make sure your system is not infected or acting suspiciously.

If you find a problem, disconnect your device from the internet and perform a full system restore.

If at Home -

Disconnect your device from the Internet to prevent an attacker or virus from being able to access your system.

If you have anti-virus software installed on your device, update the virus definitions and perform a manual scan of your entire system. Install all of the appropriate patches to fix known vulnerabilities.

If at Work -

If you have access to an IT department, contact them immediately.

If you believe you might have revealed sensitive information about your organization, report it to the Command Security Officer and your network administrators.

If at a public place (school, library, coffee shop, etc.) -

Immediately inform the librarian, teacher, or manager in charge. If they have access to an IT department, contact them immediately.

Incident Reporting -

As identified in your TRACEN Security Arrival Brief, reporting is your responsibility. After taking immediate action, notify the proper authorities:

File a report with the local police so there is an official record of the incident.

Report online crime or fraud to your local [United States Secret Service \(USSS\) Electronic Crimes Task Force](#) or [Internet Crime Complaint Center](#).

Report identity theft and consumer fraud to the [Federal Trade Commission](#).



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