

KODIAK BEAR



April 2008

Serving Kodiak since 1941
US COAST GUARD

Kodiak, Alaska

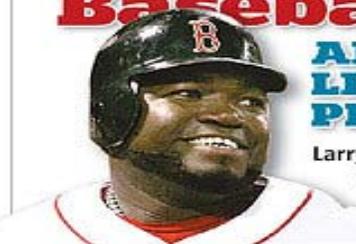


NCAA Tournament BOUNCED CAN COUGS TAKE THE NEXT STEP?

Tar Heels roll to 68-47 win | Melancholy goodbye for WSU's senior trio

SPORTS > C1

Baseball '08 AMERICAN LEAGUE PREVIEW



Larry Stone's opening day premonitions

SPORTS > C1, C8-C10

FRIDAY, MARCH 28, 2008

The Seattle Times

METRO EDITION



SNOW/RAIN.
High 44, low 33.
> LOCAL B8

50¢ King, Pierce, Snohomish, Island, Kitsap and Thurston counties | TSC elsewhere



INDEPENDENT AND LOCALLY OWNED SINCE 1896 | seattletimes.com

A nightmare at sea, a harrowing rescue

FINAL MOMENTS ON SHIP

Federal observer says ill-fated Alaska Ranger was poorly maintained

BY HAL BERNSTON
Seattle Times staff reporter

UNALASKA, Alaska — The Alaska Ranger was pitching wildly. Its lights had cut out. And its engine — sputtering a death rattle — had lurched into reverse, sending the Seattle-based factory ship further out of control.

That's when Gwen Rains, a federal fishery observer and the only woman aboard, heard the call: Abandon ship.

A life raft — big enough for 20 people clad in survival suits — was quickly launched. But just as quickly, the painter line attached to the raft snapped under tension. It vanished along with the raft in the predawn darkness on Easter Sunday.

"I was standing right there and watched it break. There went my life," Rains said.

Please see > SINKING, A20

For rescue crew, no time to think of risk — just act

BY JACK BROOME
Seattle Times staff reporter

Perched at the cabin door of a Coast Guard helicopter hovering over the Bering Sea, Petty Officer 2nd Class O'Brien Holloway had only a moment to think about his own situation.

"One thought that went through my head was, 'Am I going to make it back into the helicopter?' But then you revert to your training and do what you need to do."

Just before Holloway, 33, descended into the pre-dawn darkness Sunday toward the Alaska Ranger crewmen bobbing below, he turned to his own three rescues.

Please see > RESCUERS, A20



Aboard the Coast Guard Cutter Munro, Seaman Gregory Crane and Seaman Nathan Cramer assist a rescued crew member from the Alaska Ranger.



Approximate site where the factory trawler Alaska Ranger sinks

DUTCH HARBOR (Base for the Alaska Ranger): Rescued crew of the Ranger reunites

A life raft from the Alaska Ranger bobs in the ocean on Easter Sunday.



U.S. COAST GUARD



GETTY IMAGES
In Baghdad in 2002, U.S. Rep. Jim McDermott gets into a car, a Saddam poster behind him.

The story behind McDermott's controversial Iraq trip

A SEATTLE ACTIVIST AND A STRANGER'S MONEY

Feds now say Saddam spies behind surprise offer to pay

BY DAVID POSTMAN
Seattle Times chief political reporter

The alleged Saddam Hussein spy money that paid for Rep. Jim McDermott's trip to Iraq in 2002 came after a stranger called a Seattle anti-war activist and offered to finance the prewar visit.

The Seattle activist, Bert Sacks, said he was making arrangements for the trip at McDermott's request when he got the call out of the blue from a man who identified himself as a concerned Iraqi-American.

Federal prosecutors believe the money was illegally funneled from Saddam's intelligence officials, through an unnamed intermediary, and to a Dearborn Heights, Mich., activist named Muthanna Al-Hanooti.

The Justice Department has said McDermott and two other Democratic congressmen on the trip did not know Saddam's regime paid for it. They have not been accused of any wrongdoing.

Please see > MCDERMOTT, A21

Showdown puts Iraqi, American officials in bind

WHO'S TO BLAME? | Even as confrontations with Shiite militias escalate, government officials insist cleric Muqtada al-Sadr's Mahdi Army is not the problem.

BY TENA SUSMAN
Los Angeles Times

BAGHDAD — In a sign of growing rage against the Iraqi and U.S. governments, tens of thousands of Shiites marched in their strongholds across Baghdad on Thursday to protest a crackdown on Shiite militiamen that has led to more than 125 deaths.

The government announced a curfew across the capital until Sunday in an attempt to quell violence, which has spread to several cities since the offensive began Tuesday in the southern city of Basra.

Loyalists of Shiite cleric Muqtada al-Sadr rejected U.S. and Iraqi assertions that the Basra operation was aimed at rogue militiamen and insisted it was targeting al-Sadr's Mahdi Army militia. A statement re-

Please see > IRAQ, A11

A revamped section — NWTicket

The Northwest life section and Ticket sections become one streamlined section today — NWTicket. Along with all the great entertainment, movie and restaurant information, NWTicket now also offers daily features including comics, puzzles, Ask Amy and TV listings. Look for more detail about the changes on Page 3 of the section.



Newsline

A quick look at today's news. For updates: seattletimes.com

Girl's death: Parents who prayed rather than take their daughter for medical treatment are being investigated by police. > A5

Makahs: Three whalers pleaded guilty in a rogue hunt. > Local B1

Ferry: The sole bid for a new vessel came in at least \$9 million over a state estimate. > Local B2

Seahawks: The team signed kicker Olindo Mare. > Sports C2

Leaving Seattle: Aerospace firm Korry Electronics announced plans to relocate near Paine Field in late 2009. > Business D1

Opinion: The give-and-take of ideas makes this election exciting, writes Ryan Blethen. > B6

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THE BACK YARD

April 2008

Base-wide Construction ~ Construction Season 2008

Steam System and Utility Repair Project: Work will be done from the A/S Fuel Farm to Building 10 (Roads and Grounds). Sidewalks will be removed and paving will occur. STORIS Drive may be closed for periods of time to allow for construction. Target June/July. POC: John Miller 487-5320, ext, 267.



Building 20 Rehab (Hangar II): Various contracts will perform a variety of work in the building over the next several years. The overall result will move the BOSS contractor out of some of their current spaces and into Building 20. This summer, the clerestory panels on the East side of the building will be replaced. Separate updates will be provided to affected individuals/organizations. POC: John Miller 487-5320, ext, 267.

Housing Projects:

Lake Louise: yard work (hydro-seeding) will be done on the units which were completed last year. Also; addresses 8000 thru 8018 Lake Louise Drive (Buildings 812 to 817) will get new decks, fences, lots of site work, new above ground fuel tanks, and other building work. The rear yards of these units will be reworked in a similar fashion to last year's project on adjacent units. POC: John Miller 487-5320, ext, 267 A fuller "Backyard" edition is being forwarded which describes this project's plans in detail.

Paving/Civil/Demolition Projects: POC John Miller 487-5320, ext, 267.

- Nymans Waterline: A drainage and water line project will be accomplished along the road from the Boathouse to the Steam Plant. Expect work to start in mid-March. Some traffic rerouting will be required.
- Paving 518: A pavement cap will be placed on the gravel area adjacent to Building 518 (small building next to MWR boat launch area).
- AKDOT Sewer Line: A sewer and water project will run new utilities from the AKDOT facility across the highway to the Self-help building. **This project will temporarily close Rezanoff Drive and traffic will need to be re-routed onto Tom Stiles Road.** This will affect everyone commuting to and from work. An all hands email will be sent out when we have construction start dates.

- **Waterfront Paving:** Paving and other site work will occur around the Cutter Storage building. Parking and storage in and around the area will need to be temporarily displaced during construction.
- **Demolish Building 554 (Old Work Life Building) and Demolish Building 12B (Steam Plant annex).** These demolition projects will occur this summer.

Fuel Pier Rehab Project: The Fuel pier will undergo a major rehab. The pier will be out of commission 15 June to 15 November. POC John Miller 487-5320, ext, 267.

Firehouse Remodel: The fire house will undergo a major rehab to eliminate the squad bay berthing area and create smaller berthing modules. This work should start by the end of summer, and finish up this fall/winter. POC John Miller 487-5320, ext, 267.

Building 26 Elevator Replacement: The passenger elevator will be replaced. Target construction in late April, early May. Those using the exchange during this time frame will be required to use the stairs. POC John Miller 487-5320, ext, 267

Clinic Remodel: Several spaces in the clinic will be reworked including the main reception area. Please be patient as work takes place. Expect construction to start in March and complete in April. POC John Miller 487-5320, ext, 267

Bunker 124 Rehab: The bunker will be excavated, repaired and security fencing installed. Expect construction to start in July and complete by September. POC John Miller 487-5320, ext, 267

Energy Savings Performance Contract Project (ESPC): There are several projects happening around the base and housing for energy savings upgrades. These upgrades will vary from building. The majority of facilities upgraded will involve water efficiency upgrades, boiler and steam upgrades, ventilation cleanings and upgrades, and lighting upgrades. As much as possible, work for each building is scheduled concurrently to minimize the impact of tenants and residents. The schedule is fluid due to operational and planning requirements. LT Para will work directly with commands for the ESPC construction schedule. For questions, contact LT Eric Para 487-5320, ext, 262

- **ESPC – Housing Area Work** – Approximately 190 houses will receive one or more replacement toilets this summer; Aviation Hill and Lake Louise are affected. POC: John Miller 487-5320, ext, 267.
- **ESPC – DECCA Cold Storage Building Upgrade:** The cold storage units in Building 27 will receive an efficiency upgrade. May 6th-July 14th. POC: LT Eric Para 487-5320, ext, 262.
- **ESPC – New Compressor in Building 26 (Exchange):** Building 26 will receive compressor upgrades to the refrigeration system. May 8th-August 16th. POC: LT Eric Para 487-5320, ext, 262

- **ESPC – Galley Air Handling Unit and Hoods Replacement:** The galley will receive new hoods in the kitchen area and a new air handling unit for the building. This will cause the galley to be relocated to the Golden Anchor from May 6th through July 10th. POC: LT Eric Para 487-5320, ext, 262.
- **ESPC – Connect Administration Building and Clinic to Steam System:** The Clinic and the Administration Building will be connected to the steam building. This will result in the main road in front of the clinic (Cape Sarichef) to be closed for several weeks. The alternative driving plan will be posted prior to construction. May 1st through July 30th. POC: LT Eric Para 487-5320, ext, 262.

Steam Plant Chemical Feed System: The steam plant will receive mechanical upgrades for several systems. The base should not see any disruption in service from this work. POC John Miller 487-5320, ext, 267

Cargo Wharf (South End) Electrical Upgrade: The electrical shore tie system on the South end of the Cargo wharf will be rewired. Expect work to begin in April/May, with extended outages needed. POC John Miller 487-5320, ext, 267

Cargo Pier Pile Repair: The Cargo Pier received damage during this winters storm. Several damaged piles will be replace/repared. Schedule TBD. POC: LT Eric Para 487-5320, ext, 262.

Replace Air Station Fuel Stand Canopy: The fuel canopy for the Air Station refueling canopy will be replaced. Schedule TBD. POC: LT Eric Para 487-5320, ext, 262.

There are always new projects working their way thru the pipeline. As the schedule and impact of these projects become known, information will be provided thru future Backyard notices. POC: LT Eric Para 487-5320, ext, 262.

If you have specific questions please call the POC's. If you have any general questions or comments please contact LCDR Jeff Good, ISC Kodiak Facilities Engineering at 487-5320 ext. 226.

THE BACK YARD

Construction at specific Lake Louise Housing units
As of 4 April 2008



Lake Louise Buildings 812 to 817 (addresses 8018, 8016, 8014, 8012, 8002 and 8000 Lake Louise Drive) will have a construction project this year.

The work will be very similar to what happened last year in your neighborhood.

You get new fences, lots of site work, new above ground fuel tanks, and other building work. The units with front decks, will get the decks replaced.

Roofs will get cleaned, attic insulation will be adjusted, and new eave soffits will be installed, and trim will be painted. When we work in the attics, access to your houses will be required. But, this access should be only needed for a day or so.

The rear yards of these units will be reworked, and reseeded. Self help fences will be removed, and new chain link fences installed.

The perimeter of the buildings will get new gravel borders.

The wood decks behind building 812 (8018) will remain.

We expect the carpentry work to start within the next month. The major earthwork might start in May, with work continuing until September.

Some plantings and other landscape features may be removed (and not replaced) as part of our work. Before you do your spring landscaping and spend a lot of effort, please give us a call.

Since we are removing the existing wooden fences, those folks won't have a fenced yard for a period of time during construction.

And, all yards will experience bare dirt and, since it's Kodiak - mud - during the construction.

Children will be out and about, and I know they will be interested in the work.

The contractor has worked in housing areas, and knows the dangers. Whatever you folks can do to help will be much appreciated.

Looking forward to a safe project- Thanks again -

Please call if you have questions. POC: John Miller 487-5320 x 267



Happy Mother's Day
From
Cabin Cache

We will have a Mother's Day Special on 26 April, from 12:00 pm until 6:00 pm in the foyer of the commissary. Bring the kids and make your own personalized cards for Mom, Grandma, Wife or someone special for only \$2.50 or make a nice gift basket while you shop.

Cabin Cache is a great place to get that special gift for Mother's Day. We have beautiful jewelry, candles, bath and body, embroidery, and so many more wonderful items to see.

You're invited to

Earth Day

Prizes!
Movie Tickets
Pool Passes
Bowling Passes



Prizes!
Movie Tickets
Pool Passes
Bowling Passes

Poster Contest

Express the purpose of Earth Day

Reduce • Reuse • Recycle

Judging Categories

Ages 7-9 Ages 10-12 Ages 13-15

Winners will be announced at ISC Kodiak's Earth Day event on May 2, 2008 and displayed in the Commissary lobby for all to see! Prizes for 1st and 2nd place finishers.

Submit your poster by Wed, April 23, 2008 to the base gym. Ensure child's *name*, *age*, and *phone number* is on the back. Prizes include "Family Passes" to Billiken Theatre, Swimming Pool, and the Bowling Center. MWR Eligible children between the ages of 7-15 may enter one poster per child. Make up day due to weather is May 9, 2008.

Maximum poster size 22in x 28in

POC: LTjg Eric Golder or CWO Steve Allbee
(907) 487-5320 Ext 257

Chief Warrant Officer's Association



Kodiak has a new CWOA chapter and the name is Emerald Isle COWA. The chapter officers were sworn in on March 14, 2008 by the XO.

The new chapter will focus its efforts on one or two community events per year, work to build camaraderie within the Warrant Officers Corps at ISC at all Tenant commands. The events our chapter will adapt are yet to be determined by the chapter. The chapter will hold its regular meetings monthly on the first Thursday of each month at 1400 and 1600, on an alternating basis in the golden Anchor.

President: CWO Mark Moore
Vice President: John Kimmel
Secretary/Treasurer: Joe Bower

Our next two meetings are on April 3rd at 1400 & May 1st at 1600 in the Anchor.



ISC Kodiak is constantly striving to improve our services to better satisfy YOU -- our customer. We NEED your continuous feedback to help us improve our services. Please take a minute to share your thoughts and concerns with us at the following link: <http://cgweb.milcpac.uscg.mil/ISCSurvey/>. Your feedback is reviewed on a daily basis. If you wish to receive a reply to your comments or input, we need your contact information. Please contact (Annette Ecret 487-5256) if you have any questions or feedback on the customer comment card.

For those of you that are unable to take the survey on-line we are placing hard copy cards and drops boxes throughout the base. A sample card is provided below.

Dear Customer: At Integrated Support Command (ISC), we are constantly striving to improve our services to better satisfy YOU -- our customer. We NEED your feedback to know how we are doing. Please take a minute to share your thoughts and concerns with us. Thank you.			
Servicing ISC	ISC Kodiak	Service Type	Required Field
Requesting Unit	Required Field	Service Category	Required Field
Command Cadre	(If Yes, Position)	Customer Type	(Service, Active or Reserve)
Request Date		Provided Date	
Please let us know how we are doing in each category below, using a scale of 1-5, with 1 being lowest and 5 highest.			
Importance	How important was this product or service?		(Number)
Timeliness	How would you rate delivery of product or service (as expected or agreed to)?		(Number)
Quality	How would you rate the product or service (delivered as expected, accurate information, well made)?		(Number)
Responsiveness	How would you rate the representative on being courteous?		(Number)
Reliability	How would you rate the representative on being able to help you resolve your issue/need?		(Number)
Value	How would you rate ease of doing business (reasonable cost, cost was appropriate compared to quality)?		(Number)
Repeat Value	Given a choice would you select this product or service again from this ISC?		(Yes/No)
Optional Information - Please be advised that if you desire a reply to your comments, the information requested is required.			
Name:		Email:	Phone Number:
COMMENTS: What could we do to serve you better? What did we do well? Please be specific.			

Kodiak Relocation Program:

The Department of Defense (DOD) has moved all relocation information from SITES to **Military Homefront**; a state of the art one stop shop web page for military families. Check out the future of military relocation services at <http://www.militaryhomefront.dod.mil> Click on Military Installations. The Coast Guard relocation program is planning to add relocation information to **Military Homefront**. We will start to see Coast Guard installations and larger units become available on this page in 2008.



If you are acting as a **Sponsor** to new unit personnel you can contact my office for the following items: Sponsor Handbook, Relocation Package, and Spouse Handbook.

New members and spouses relocating to Kodiak can contact me through the toll free number or e-mail (information listed below) or through the **Team Kodiak Relocation Web Page** at <http://www.uscg.mil/teamkodiakrelo>

Kodiak Work-Life Transition Relocation Manager (TRM) working for a better program with you in mind!
Debbie Bower at 907-487-5525, Ext. 275 or toll free at 800-872-4957 Ext. 563 then Ext. 275.
Debbie.J.Bower@uscg.mil

Considering Retirement or Separation?

Then consider:

Transition
Assistance
Program
Seminars

For all separating personnel and spouses

(TAP's is career information for anyone considering departing active duty service. Members should attend 2 years before retirement or 1 year before their end of enlistment.)

Currently Scheduled in Kodiak :

April 21-24, 2008
August 4-7, 2008

**(Includes a brief on VA Benefits and
Tricare in Retirement)**

Questions Contact Transition and Relocation Manager Debbie Bower at
907-487-5525 Ext. 275 or Debbie.J.Bower@uscg.mil to register.

Offered by ISC Kodiak Work-Life Division

See Commandant Instruction 1900.2



IN 1986 CASPER WEINBERGER ESTABLISHED APRIL AS:



The CDC will be holding activities throughout the month to celebrate the important role military children play in the community. Children make daily sacrifices and overcome many challenges while parents are deployed and when transferring from station to station.

Please plan to join us for some of our activities.

CHILD ABUSE AND NEGLECT ASSOCIATED WITH INCREASED RISK OF DEPRESSION AMONG YOUNG ADULTS

CHICAGO—People who were abused and neglected during childhood have a higher risk of major depression when they become young adults, according to a report in the January issue of Archives of General Psychiatry, one of the JAMA/Archives journals.

Child abuse has been linked to depression in clinical populations and community surveys, according to background information in the article. But few prospective longitudinal studies have examined the relationship between abuse or neglect in childhood and depression in adulthood.

Cathy Spatz Widom, Ph.D., then of the New Jersey Medical School, University of Medicine and Dentistry of New Jersey, Newark, and now of John Jay College of Criminal Justice, New York, and colleagues conducted a prospective study to determine whether abused and neglected children were at elevated risk of major depressive disorder (MDD) and psychiatric illness, compared with matched control subjects, when followed up into young adulthood. The study included 676 children with substantiated cases of physical and sexual abuse and neglect before the age of 11. They were matched based on age, race, sex, and approximate family social class with 520 non-abused and non-neglected children. All were followed up into young adulthood (average age: 28.7).

“The current results show that childhood physical abuse was associated with increased risk for lifetime MDD,” the authors write. “We also provide new evidence that neglected children are at increased risk for depression as well.”

Child abuse and neglect were associated with a 51 percent increased risk for current MDD in young adulthood. Children who were physically abused had a 59 percent increased risk of lifetime MDD. Those who experienced multiple types of abuse had a 75 percent increased risk of lifetime MDD. The risk of current MDD was 59 percent higher for those who were neglected.

Childhood sexual abuse was not associated with an elevated risk of MDD. “However, childhood victims of sexual abuse reported significantly more depression symptoms than controls,” the authors point out.

“In addition, these findings reveal that onset of depression began in childhood for many of the children,” they write. **“Our age-at-onset findings reinforce the need to intervene early in the lives of these abused and neglected children, before depression symptoms cascade into other spheres of functioning.”**

(Arch Gen Psychiatry. 2007;64:49-56.)

ALL PERSONNEL PLANNING ON MOVING PERSONAL PROPERTY THIS YEAR

When the moving company comes to your home on the assigned dates to pack and pickup your household goods, it is your responsibility to ensure any pets are out of the packing area. *Even the gentlest pet can bite when confronted with a large number of strangers in their territory.*

You or your assigned agent must be packing and pickup of your property. old. If you leave the residence while will have to be pulled from your job. pack/pickup date; this could take up to the attempted pickup.



present during the entire day for all of the An assigned agent must be at least 18 years the packers are still there, the packing crew This will require rescheduling a new two weeks. Additionally you can be billed for

You are responsible for ensuring a safe in. This includes a clean/clear sidewalk and stairways.

environment for the packing company to work

If the movers cause any damage to your personal items or your house during pack out or delivery, please contact the Transportation Office immediately. Our numbers are 487-5180 ext 181, 156, 185 or 188.

Enlisted Employee Review System

Enlisted Employee Review System (EERS) has been designed to serve several specific purposes:

1. To set standards by which to evaluate the performance and behavior of all enlisted members.
2. To inform enlisted members of the performance standards they will be measured against.
3. To provide a means by which enlisted members can receive feedback on how well they are measuring up to the standards.
4. To capture a valid, reliable assessment of enlisted members' performance, so the Coast Guard may advance and assign members with a high degree of confidence.
5. To provide critical information that may affect discharges, re-enlistments, good conduct, advancement eligibility, and reductions in rate. The enlisted employee review is not only used to document an individual's past performance, but more importantly, to provide a road map for future improvement.

Enlisted Employee Review (EER) is the series of web pages contained in Direct Access used to report the performance of all enlisted personnel. The purpose of the EER is to set standards to evaluate performance during the marking period, and provide a means by which enlisted members can receive feedback on performance standards.

Appeals – The employee review is designed to be as objective as possible. However, when the member perceives no difference in performance from one period to the next, small variations in marks can occur. The Appeals process is designed to review marks the evaluatee believes were based on incorrect information, prejudice, discrimination, or disproportionately low marks for the particular circumstances. However, the recommendation for advancement portion on the review may not be appealed.

1. Before writing an appeal the member should request an audience with the rating chain to verbally express any concerns.
2. If this meeting does not lead to an agreement between the Approving Official and the member, the member can appeal in writing and submit the appeal to the Appeal Authority (Persman Chap 10.B.3.1) via the Commanding Officer. The appeal letter must contain the specific competencies in dispute and supporting information indicating how the member met or exceeded the written standards. Attach a copy of the signed employee review sheet as enclosure (1), and other enclosures pertinent to the signed marks.
3. The member must submit the appeal within 15 calendar days after the date of the signed acknowledgment section of the counseling sheet.

EERS Submission Schedule

- E-1, E-2: Deadline due the last day of January (all) and July (AD only)
- E-3: Deadline due the last day of February (all) and August (AD only)
- E-4: Deadline due the last day of March (all) and September (AD only)
- E-5: Deadline due the last day of April (all) and October (AD only)
- E-6: Deadline due the last day of May (all) and November (AD only)
- E-7: Deadline due the last day of September (all)
- E-8: Deadline due the last day of November (all)
- E-9: Deadline due the last day of June (all)

More information is provided in CG Personnel Manual, COMDTINST M1000.6A, 10.B

Chief of
Military
Police:

CWO Mark
Gilmore



Assistant
Chief:

CPO Patrick
Haughey

Emergencies 487-5555 or 911
Non Emergencies 487 5266 ext 110

Military Police/Fire Calls for Mar 2008:

Animal Control	16	Vehicle Accidents	9
Breach of Peace	1	DUI	1
Earthquake/Tsunami	2	Fire Alarms	3
HazMat Spill	1	Lockouts	12
Lost & Found	7	Medical Assist	1
MedEvac	9	Missing Runaway	1
Noise Complaint	3	Suspicious Activity	5
Theft	4	Traffic Violations	56
Trouble Alarms	6	Unsecured Building	3
Vandalism	1	Vehicle/Personnel Assist	9

April is National Lost Child Month. Do you have a kit that has a photo of your child, their finger prints, and a place to put a DNA (hair) sample, physical and personal information? Military Police has free Child Identification kits. Please stop by and get one for each child.

Does island life keep you safe from crime? Over the last month the we have seen a increase of home break-ins from Bells Flats to town. The common theme has been unlocked doors and keys left in the car. Prevention is easy: lock your doors, keep an eye out for unusual activity and call MilPOL for assistance.

Studded Tires - April 15th is the state dead line to have your studded tires off your vehicle. Extension have been granted in the past due to winter weather lingering around the Island. If an extension is granted it will be in the local paper, on the local radio and Milpol will have this information. Please call 487-5555, if you have any questions

Motorcycles - If you drive a motorcycle on base please note the safety requirements established in COMDT INST 5100.47 CH10 pages 10- 11. These safety measures apply to both military and civilian riders.

The Pac Area Computer Trainers will be in Kodiak April 28 –May 2, 2008.

Our training program offers FREE computer related classes to all USCG personnel. Each Class is 3.5 hours in length and covers a variety of learning objectives. Our classes are open to all levels of learners and provide the highest quality technical education to individuals seeking to improve their computing knowledge. All classes are hands-on and are led by experienced instructors.

AM classes are held from 0800 – 1130

PM classes are held from 1230 – 1600

Class offerings:

Monday, 28 April 2008

0800 - No Class

1230 - Adobe Acrobat 7.0

Tuesday, 29 April 2008

0800 - Excel 2003 Level 1

1230 - PowerPoint 2003 Level 1

Wednesday, 30 April 2008

0800 - Excel 2003 Level 2

1230 - PowerPoint 2003 Level 2

Thursday, 01 May 2008

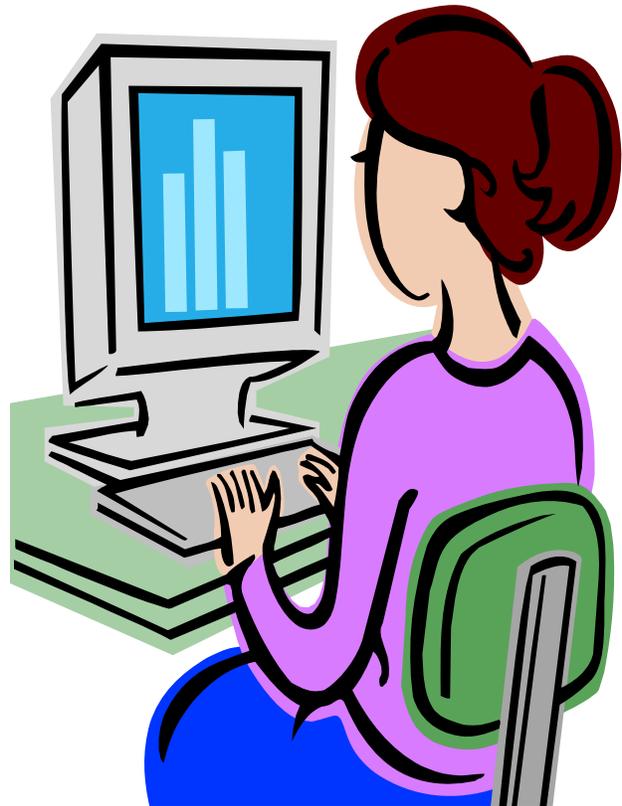
0800 - Excel 2003 Level 3

1230 - PowerPoint 2003 Level 3

Friday, 28 April 2008

0800 - Excel 2003 Level 4

1230 - Excel 2003 Level 5



Pac Area Computer Training Team

Email us at ESUSeattleSWIITRaining@uscg.mil

Call us at 206.217.6196

Visit us at <http://cgweb.pacarea.uscg.mil/Training>

R 251820Z FEB 08 ZUI ASN-A00056000015 ZYB FM COMDT COGARD WASHINGTON DC//CG-11// TO ALCOAST BT UNCLAS //N06010// ALCOAST 091/08 COMDTNOTE 6010
SUBJ: FREE NICOTINE REPLACEMENT THERAPY MEDICATION FOR DEPENDENTS THROUGH MAYO CLINIC TOBACCO QUITLINE A. COAST GUARD HEALTH PROMOTION MANUAL, COMDTINST M6200.1 (SERIES) B. COMDT COGARD WASHINGTON DC 1517462 NOV 07/ALCOAST 532/07

1. IN SUPPORT OF NATIONAL HEALTHY HEART MONTH THE HEALTH AND SAFETY DIRECTORATE IS PLEASED TO EXTEND THE AVAILABILITY OF NICOTINE REPLACEMENT THERAPY (NRT) MEDICATIONS THROUGH THE MAYO CLINIC TOBACCO QUITLINE (MCTQ) TO DEPENDENTS OF ACTIVE DUTY (AD) MEMBERS AT NO COST TO THE ENROLLEE. SPOUSES AND DEPENDENT CHILDREN OF ELIGIBLE AGE WHO ENROLL IN THE TELEPHONIC TOBACCO CESSATION PROGRAM WILL BE ELIGIBLE TO RECEIVE ONE ON ONE COUNSELING SESSIONS WITH A MAYO CLINIC EXPERT AND NRT MEDICATION, WHEN CLINICALLY INDICATED, AT NO COST TO THE ENROLLEE.

2. TO RECEIVE NO COST NRT MEDICATIONS PARTICIPANTS MUST ENROLL IN THE MCTQ BY CALLING TOLL-FREE 1-888-642-5566.

A. ALL TELEPHONIC COUNSELING SESSIONS ARE CONFIDENTIAL ALLOWING CALLERS TO QUIT WITH DIGNITY AND PRIVACY.

B. MCTQ IS ACCESSIBLE THROUGHOUT THE UNITED STATES, MONDAY THROUGH FRIDAY, 0800-2300 EST, SATURDAY, 0900-1800 EST AND SUNDAY, 1100- 1700 EST.

C. ENROLLEES MUST BE AT LEAST 18 YEARS OF AGE TO RECEIVE NRT THROUGH THIS BENEFIT.

3. TOBACCO CESSATION COUNSELING IS PROVIDED BY MAYO CLINIC STAFF WITH SPECIALIZED SKILLS IN TREATING NICOTINE DEPENDENCE. COAST GUARD CALLERS TO THE MAYO CLINIC TOBACCO QUITLINE WILL SPEAK DIRECTLY TO A COUNSELOR WHO WILL HELP THEM WITH THE FOLLOWING:



- A. DETERMINING READINESS TO QUIT,
- B. DEVELOPING AN INDIVIDUAL QUIT PLAN,
- C. PROVIDING TREATMENT RECOMMENDATIONS, AND
- D. PROVIDING ONGOING SUPPORT.

4. IF THE QUITLINE COUNSELOR RECOMMENDS A TREATMENT PLAN TO INCLUDE THE USE OF NRT MEDICATIONS, CORRECT USAGE WILL BE DISCUSSED IN DETAIL. DEPENDENT ENROLLEES OF ELIGIBLE AGE MAY RECEIVE A MAXIMUM OF TWO (2) TWENTY-EIGHT (28) DAY SHIPMENTS OF NRT MEDICATIONS.

ENROLLEES WILL ONLY RECEIVE THE SECOND SHIPMENT OF NRT MEDICATIONS IF THEY PARTICIPATE IN SCHEDULED FOLLOW UP CALLS.

5. IN SOME INSTANCES, NRT MAY NOT PROVE SUCCESSFUL IN HELPING TO END A NICOTINE ADDICTION. IN THESE INSTANCES, THE ENROLLEE SHOULD CONSULT THEIR HEALTH CARE PROVIDER FOR ALTERNATIVES WHICH MAY INCLUDE PRESCRIPTION MEDICATION. SUCH MEDICATIONS HAVE BEEN PROVEN EFFECTIVE IN TREATING NICOTINE DEPENDENCE BUT ALL MAY NOT BE COVERED BY THE TRICARE PRESCRIPTION BENEFIT FOR DEPENDENTS.

A. IF MEDICATION IS PRESCRIBED, THE DEPENDENT CAN PURCHASE IT AT A LOCAL CIVILIAN PHARMACY AT THEIR OWN EXPENSE.

B. MANY CIVILIAN INSURANCE PLANS PAY FOR MEDICATIONS USED TO TREAT NICOTINE DEPENDENCE. DEPENDENTS WHO USE A CIVILIAN INSURANCE PLAN FOR THEIR MEDICAL COVERAGE ARE ENCOURAGED TO REVIEW THEIR POLICIES FOR INCLUSION OF THIS BENEFIT BEFORE CONTACTING THE MAYO QUITLINE FOR ITS SERVICE.

6. THE COAST GUARD OFFICE OF WORK-LIFE HEALTH PROMOTION PROGRAM INITIATIVE SUPPORTS A HEALTHY COAST GUARD FAMILY.

7. QUESTIONS CONCERNING THE USE OF MAYO CLINIC TOBACCO QUITLINE CAN BE DIRECTED TO REGIONAL HEALTH PROMOTION MANAGERS (HPMS). CONTACT INFORMATION FOR REGIONAL HPMS IS LISTED BELOW:

A. ISC ALAMEDA, DAN BLAETTLER, 510-437-2736, DAN.P.BLAETTLER(AT) USCG.MIL



B. ISC BOSTON, YVETTE LILLGE, 617-223-3244, YVETTE.LILLGE(AT) USCG.MIL C. ISC CLEVELAND, RHEA DANIELS, 216-902-6354, RHEA.A.DANIELS(AT) USCG.MIL D. ISC HONOLULU, JESSICA DUNG, 808-842-2088, JESSICA.R.DUNG(AT) USCG.MIL E. ISC KETCHIKAN, NANCY HENRY, 907-463-2126, NANCY.S.HENRY(AT) USCG.MIL F. ISC KODIAK, JODY CARMAN, 907-487-5525, X273, JODY.L.CARMAN(AT) USCG.MIL G. ISC MIAMI, MELISSA ROSS, 305-278-6664, MELISSA.A.ROSS(AT) USCG.MIL H. ISC NEW ORLEANS, MICHELLE MURRAY, 504-253-6371, MICHELLE.L.MURRAY(AT)USCG.MIL OR BRAD WELCH, 504-253-6370, BRAD.WELCH(AT)USCG.MIL I. ISC PORTSMOUTH, JEANETT TORRENS 757-686-4031, JEANETT.L.TORRENS (AT)USCG.MIL OR SARAH FROBERG, 757-686-4093,

SARAH.C.FROBERG(AT) USCG.MIL J. ISC SAN PEDRO, JOHN CLAY, 310-732-7581, JOHN.T.CLAY(AT)USCG.MIL K. ISC SEATTLE, BARBARA HERRY, 206-217-6614, BARBARA.L.HERRY(AT) USCG.MIL L. ISC ST. LOUIS, DEAN GINGERICH, 314-539-3900, X2347, L.DEAN.GINGERICH(AT)USCG.MIL M. HEADQUARTERS SUPPORT COMMAND AND TRACEN CAPE MAY, STEPHEN TIMBAL, 202-372-4085, STEPHEN.M.TIMBAL(AT)USCG.MIL 8. FOR QUESTIONS CONCERNING CG TOBACCO POLICIES, REFER TO REFERENCE (A) OR CONTACT AIMEE LABRECQUE, 202-475-5153, AIMEE.E.LABRECQUE(AT) USCG.MIL OR LT JULIA DOWNS, 202-475-5146, JULIA.A.DOWNS(AT) USCG.MIL. ADDITIONAL INFORMATION ABOUT THE NRT SERVICE IS ALSO AVAILABLE IN REFERENCE (B).

9. INTERNET RELEASE AUTHORIZED.

10. CAPT LORI A. MATHIEU, ACTING DIRECTOR OF HEALTH AND SAFETY, SENDS BT NNNN