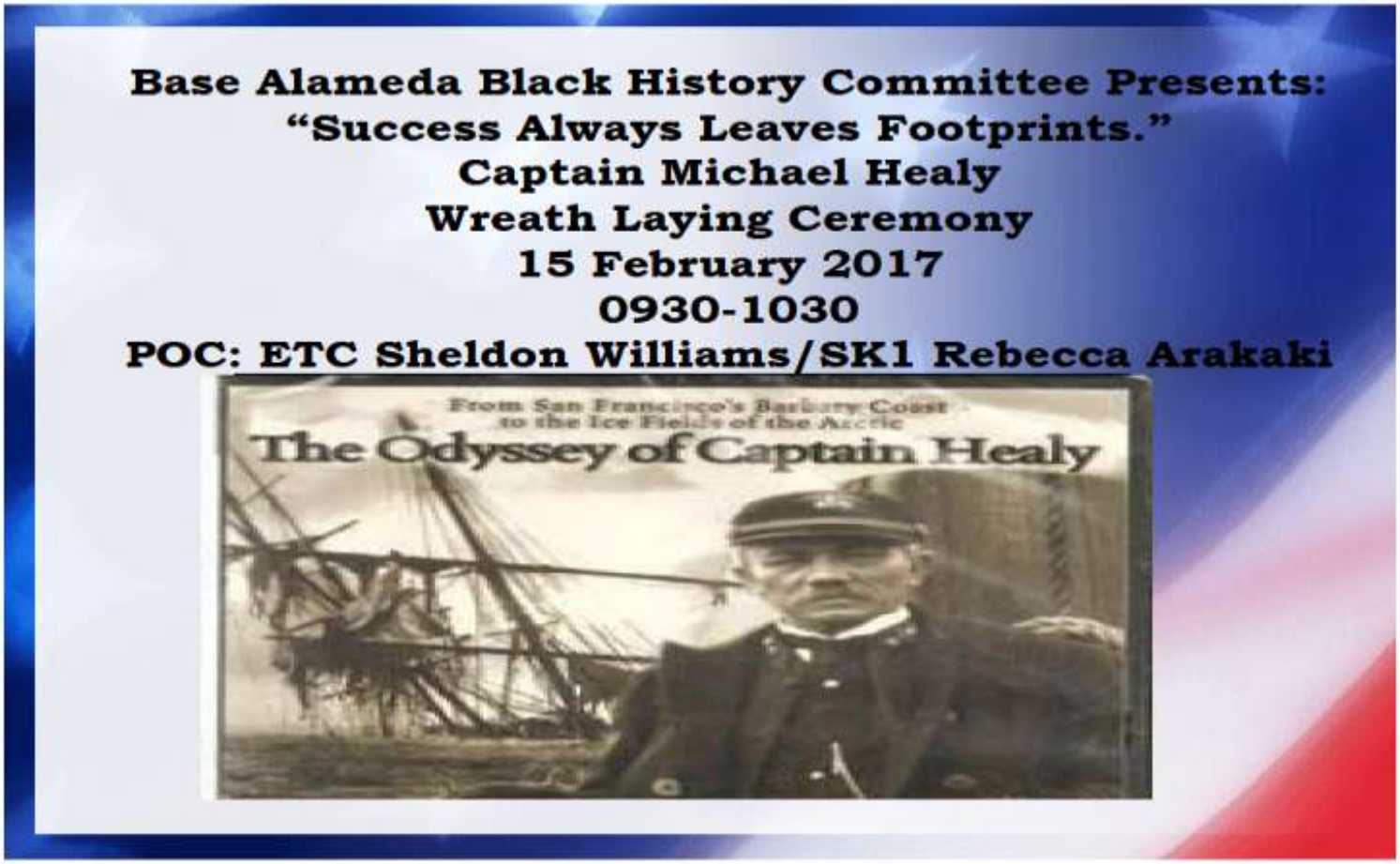
Bay Area Newsletter 14FEB to 17FEB



Pg2 15FEB—CGEA Open Lucky Bag and Pizza Sale
Pg3 16FEB—Moving Forward Life Coaching Workshop
Pg4 16FEB—CG SUPRT Life Cycle Financial Wellness Series
Pg5 20FEB—Free Books! Gresham Hall Breezway
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Please send all POW requests to YN3 Perry (jon.m.perry@uscg.mil)

Lucky Bag opening

Wednesday, FEB 15th
11:30-12:30

What: Lucky bag open for FREE uniform shopping!

Who: ALL CG members welcome

WHY: *So you do not have to dirty those brand new uniforms you can save and keep clean and they are FREE!*

Where: Outside of Gresham Hall

Cost: Items are free, but we accept cash donations

Pizza and a drink will also be offered for a $5 suggested donation

POC: DC1 BROWN
X 3288

"MOVING FORWARD"

Problem-Solving Training to Help Achieve Life's Goals

Thursday, 16 February 2017
0800 – 1100
VADM Johnson Training Room
Building 4 (Galley Complex)

What? *MOVING FORWARD* is an educational life coaching workshop which teaches practical problem-solving skills to help manage stress, build resilience, and overcome life's inevitable problems that may stand in the way of your dreams.

Why? When problems and stress build up over time they can prevent you from reaching your goals, lead to confusing and overwhelming emotional distress, and even cause physical health problems. *MOVING FORWARD* was developed to help you reach your goals, manage stressful situations, and successfully overcome life's challenges and problems.

How? *MOVING FORWARD* teaches practical problem-solving skills to help you set reasonable life goals, be creative in coming up with good solutions, make better decisions, and know what steps to take when things are not going well. It can also help you overcome low motivation, negative moods, and negative attitudes.

The more successful you are in overcoming obstacles, the less stress you will experience. The less stress you have, the better your overall physical and mental well-being. *MOVING FORWARD* will teach you how to better handle all kinds of stressful problems including:

- PCS move
- Financial difficulties
- Getting married, parenthood, or divorce
- Thinking optimistically about the future
- Transitioning to civilian life and a new career
- Coping with negative deployment memories
- Maintaining good relationships with family and friends
- Handling painful feelings that no one seems to understand
- Life in general…

When: Thursday, 16 February 2017 from 0800 – 1100

Where: Building 4 – VADM Johnson Training Room (Galley Complex)

Who: **** Workshop limited to the first 20 registrants ****
Active-duty military, reservists, veterans, retirees, and GS employees are eligible to participate

To REGISTER or for more information, send an email to:

Chaplain John Tarr, LT, USN
John.W.Tarr@uscg.mil
Office: (510) 437-3140

CG SUPRT Life Cycle Financial Wellness Series

STAGE II: Planning, Prioritizing, & Protecting Your Finances

This stage has two classes that address financial challenges typically encountered in the middle of one's career. These challenges may include circumstances like growing families, debt obligations, and career responsibilities.

- Class 1: Balancing Life & Finances in the Middle of Your Career
- Class 2: Building a Foundation for Career Advancement & Retirement

16 FEB

Date: February 16, 2017
Time: 0800-1100 or
1200-1450
Classes 1 & 2 offered in both sessions

Coast Guard Island,
Base Alameda
Location: Building 21, Room 115

WIN!

Attend For a Chance To Win!
$50 Gift Card

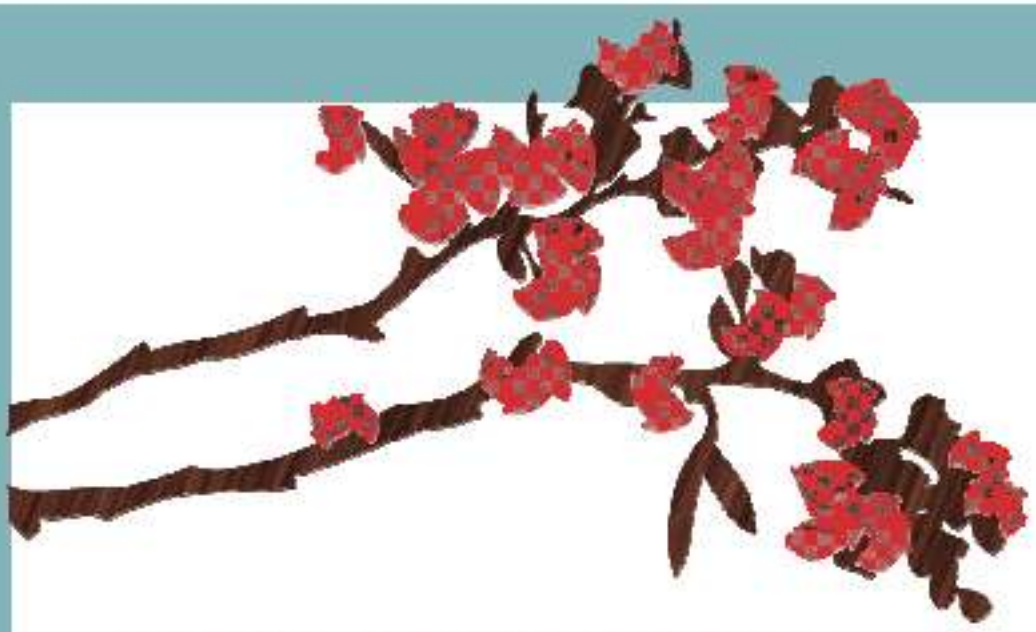
Contact for information:
CFS Lena Gavello
[E] Lena.M.Gavello@uscg.mil
[T] 510-437-3237

HOW DO I GET STARTED?

Call today 1-855-CG SUPRT (247-8778)

www.cgsuprt.com

*For questions about the CG SUPRT Financial Wellness Program, please contact your EAP-C or PFMC within your local Health, Safety, and Work-Life Regional Practice.



BOOKS, BOOKS, BOOKS

FREE BOOK DAY AT BASE ALAMEDA

LOCATION: BREEZE WAY
GRESHAM HALL BETWEEN AND
POINT WELCOME ROOM

FEBRUARY 20TH, 2017

TIME: 10:00 TILL 14:00

BASE ALAMEDA

lakemerrittus@gmail

FOR MORE INFORMATION CONTACT: CONTACT NAME @ TELEPHONE

Black History Month
February 2017

"Success Always Leaves Footprints."

Booker T. Washington

Help us celebrate Black History Month on

Wednesday, February 22, 2017

at **1030** in Gresham Hall & Point Welcome

CAPT RICHARD ETHERIDGE
U. S. LIFESAVING SERVICE

CAPT MICHAEL HEALY
U. S. REVENUE CUTTER SERVICE

CHIEF ALEX HALEY
PHOTOGRAPHER'S MATE

D. WINIFRED BYRD
U. S. COAST GUARD SPAR

JULIA MOSLEY
U. S. COAST GUARD SPAR

YN2 OLIVIA HOOKER
U. S. COAST GUARD

EMLEN TUNNELL
STEWARD'S MATE

MASTER CHIEF VINCENT PATTON
MASTER CHIEF PETTY OFFICER OF THE COAST GUARD

BAY AREA WOMEN'S LEADERSHIP SYMPOSIUM

"Charting Your Course While Helping Others Navigate Theirs"

Tuesday, March 28, 2017

Coast Guard Island, Alameda, CA

The agenda will feature a diverse panel discussion titled "On the Course to Your Success" focused on achieving
success in various communities and in the Coast Guard, a
dynamic keynote speaker, Ms. Liz Wiseman, author of the
best-selling book "Multipliers - How the Best Leaders Make Everyone Smarter",
and a follow-on workshop to apply the concepts to our every day workplace. Check out a quick video for just a small glimpse into Multipliers at:
https://www.youtube.com/watch?v=Wmk8bhKJbfM!

Also, if you are interested in volunteering to assist with logistics and management on the day of the Symposium, please contact LCDR Morgan Holden (Morgan.T.Holden@uscg.mil)

Additional details for the 2017 Women's Leadership Symposium coming soon!

Registration for the event will be available soon...

Hosted by CG Women's Organization for Recognition, Leadership, and Development (CGWORLD), CG Women's Leadership Initiative (WLI), and Training Center Petaluma.

https://www.uscg.mil/pacarea/cgball/2017_CG_Ball_Fact_Sheet-18Jan17.pdf

CG Ball Ticket Sales will be happening at the Galley on the following dates:

Feb 16 1100-1200
Feb 23 1100-1200
Mar 2 1100-1200
Mar 9 1100-1200
Mar 16 1100-1200
Mar 23 1100-1200
Mar 30 1100-1200

You can pay with cash, check or credit card. There is a $3 processing fee for each ticket if you pay with credit card.

2017
Greater San Francisco Bay Area Coast Guard Ball
Saturday, 29 April 2017
Marriott Marquis
San Francisco

SAVE THE DATE!

BUY EARLY – Before the event sells out!

TICKET SALES

Coast Guard Island Galley 1130 – 1300: Thursday, 9 February & 16 February
Thursday, 2 March & 9 March
Friday, 10 March
Training Center Petaluma Galley 1130 – 1300: Friday, 17 February
Friday, 17 March
Or by email to alamedanlus@gmail.com or mail to US Navy League Alameda Council – Coast Guard Ball PO Box 1056, Alameda, CA 94501

Tier	Ticket Prices	Grade/Scale
I	$45	▪ E4 and below ▪ GS, WG, and NAF Scales 5 and below
II	$65	▪ E5-E6 ▪ GS, WG, and NAF Scales 6-7
III	$95	▪ E7-E9 ▪ CWO 1-3 ▪ O1-O3 ▪ GS, WG, and NAF Scales 8-11
IV	$115	▪ CWO4 ▪ O4-O5 ▪ GS, WG, and NAF Scales 12/13
V	$135	▪ O6 and above ▪ GS, WG, NAF scales 14 and above ▪ USCG Auxiliary ▪ U. S. Navy League
VI	$190	▪ Friends of the Coast Guard
BUS		▪ $15 /person
DRINK TICKETS		▪ $13.50 each

CASH, CHECK or CREDIT CARD accepted

Fee for CC of $3 per ticket

Info: Anne Gooch 510-637-5900
Maria Galman 510-437-3446
YN2 Stacy Pagozalski 510-437-2780

Chaplain's Corner

Roman Catholic Holy Days of Obligation Services @ CGI

For those of the Christian faith who celebrate Ash Wednesday, there will be two services offered onboard CGI 1 MAR:

A Roman Catholic service will be held at Gresham Hall starting at 1100.

A Lutheran/Episcopal (Protestant) service will be held at the 911 Meditation Room (Bldg. 4) starting at 1130.

If you have any questions, contact PACAREA Chaplain, CAPT Swanson at john.a.swanson@uscg.mil.

Applied Suicide Intervention Skills Training (ASIST)

Next ASIST workshops on CGI are scheduled for:
29-30 MAR/21-22 JUN

Per COMDTINST 1734.1A (Suicide Prevention Program) all units are encouraged to send representatives to this training. Open to active duty, Aux, reserve, civilian employees and family members age 16 and older.

ASIST is listed as a USCG competency per COMDTINST M5300.2. It is listed in the Competency Dictionary on CGPORTAL.

ASIST is designed to make formal and informal helpers more confident, capable and willing care givers to those who have thoughts of suicide.
Workshop features:

•Presentations and guidance from two USCG LivingWorks registered trainers •A scientifically proven intervention model •Powerful audiovisual learning aids •Group discussions •Skills practice and development •A balance of challenge and safety

To Sign Up: Email Chaplain Swanson (PACAREA):
john.a.swanson@uscg.mil or call 510-437-3067

EVERYONE IS A RECRUITER PROGRAM!!

Recruiting Office San Francisco is requesting YOUR help!

LIBERTY!

LIBERTY!

LIBERTY!

YOU CAN EARN LIBERTY OR EVEN A

LETTER OF COMMENDATION

FOR A REFFERED APPLICANT WHO GRADUATES BOOTCAMP!

The Everyone is a Recruiter (EIAR) Incentive program encourages all Coast Guard personnel, including active duty, reserves, auxiliary and retirees to support recruiting efforts and critical recruiting needs, and provides recognition, awards and incentives based on the significance of the contribution.

What can you do to participate?

-Spread your knowledge about the Coast Guard to friends, family, and the community.

- Refer interested applicants to their nearest Recruiting Office.

-Have your applicants complete the **"Everyone is a Recruiter Referral Contact Sheet"** and give it to their recruiter at their first meeting. (Appendix C of the Everyone is a Recruiter Instruction)

INTERESTED IN BEING A RECRUITER?

Contact Recruiting Office San Francisco to find out about the application process and to be a part of our Ambassador Program!

Everyone is a Recruiter Instruction:
HTTP://WWW.USCG.MIL/PSC/HRA/PSCINST.ASP

More info about Enlistment/Officer Programs:
WWW.GOCOASTGUARD.COM

Recruiting Office San Francisco
660 Central Ave, Suite A
Alameda, CA 94501

Office: 510-769-8187
Fax: 510-769-8366

GoCoastGuard.com

Apply now for FREE!
Offer ends 2/27!
Save thousands getting your degree.
Online and evening classes to fit your schedule.
Columbia College
Get started at Apply.CCIS.edu
To save $35, use code: FAF17

Columbia College
established 1851

Late Spring
Base Alameda Course Schedule

Spring 2 Session 27 February – 22 April 2017

Day	Time	Course Number	Course Title	Instructor	Credit	Location
Tuesday	4:00 - 8:00 pm	ENVS 115/BIOL 115	Intro. To Environmental Science	J. Petersen	3	Bldg. 3
Thursday	4:30-7:30 pm (Hybrid)	PHIL 330	Ethics	R. Skaggs	3	Bldg. 3

Late Spring Session Calendar

Term Start Date	Monday, February 27th
First Day of Classes	Monday, February 27th
Last Day of Classes	Saturday, April 22nd
Term End Date	Saturday, April 22nd

***All in seat course offerings are dependent upon enrollment and instructor availability.**

For *online* course schedules, visit www.ccis.edu and select Online Campus

Office Hours
Building 3, Room 116
Mon. & Wed. – 8am-5pm
Tues. & Thurs. – 7:30am-5pm
Friday – 8am-4pm
E-mail coastguard@ccis.edu
Phone: 510.437.1280
Fax: 510.437.1279

TUITION RATES 2016-17 Academic Year

Undergraduate in-seat tuition: $230.00 per credit hour
Undergraduate online tuition: $290.00 per credit hour
Active Military Undergraduate online tuition: $250.00
Graduate online tuition: $395.00 per credit hour
Lab Fees (when applicable): $40.00 per course

Course Catalog Descriptions

ENVS 115- Introduction to Environmental Science 3 credit hours
Survey of environmental science, ecosystems, and human impact. Cross-listed as BIOL 115. Course meets multicultural graduation requirement.
Prerequisite: None

PHIL 330 – Ethics 3 credit hours
Examination of various moral philosophers' attempts to prescribe ethical norms applicable to all humanity.
Prerequisite: Junior standing

CrossFit

Monday-Friday @ 1515
Ext 5324 Intro Class

Love ZUMBA

Wed/Fri 1200-1300

SPINNING

Monday – Thursday @ 1100-1200

Mon/Wed/Fri @ 1130-1230

Mon 1200 - 1300
Tue/Thurs @ 1200-1300p

Updated 1/30/2017

Texting + Driving = Ticket

First time $159+

THE UNIFORMED SERVICES
BLENDED RETIREMENT SYSTEM

ARE YOU OPT-IN READY?

BRS Opt-In Eligible?

- **Eligibility**
  - Active component with less than 12 years of service as of Dec. 31, 2017
  - Reserve component who have accrued less than 4,320 retirement points as of Dec. 31, 2017
- **Opt-In Period**
  - You can opt into BRS anytime between Jan. 1, 2018 to Dec. 31, 2018
- **Resources:**
  - Mandatory opt-in course on Joint Knowledge Online (JKO)
  - Installation Personal Financial Mangers/ Counselors
  - MilitaryOneSource.mil
  - Militarypay.defense.gov/BlendedRetirement

Active Component as of Dec. 31, 2017, with Less than 12 Years of Service?

Reserve Component in a paid status and as of Dec. 31, 2017 with Less than 4,320 Retirement Points?

CY 2018: Opt-In Eligible Service Members Decide Which Retirement Plan to Choose

There are Resources to Help You:
- Opt-In Course on JKO
- Installation Personal Financial Managers and Counselors
- www.militarypay.defense.gov/BlendedRetirement
- www.militaryonesource.mil

Make an Informed Decision for your Financial Future
- Anyone serving as of Dec. 13, 2017, is grandfathered into the legacy retirement (high-3) system
- The opt-in window for BRS is Jan. 1, 2018 - Dec. 31, 2018