



## Summary

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Congratulations CDR J. Andrew Williamson for over 22 years of service!



## Congratulations to the Coast Guard Rugby Team!

For winning the open bracket of the Todd Miller 7's tournament in Orlando, FL 24Jun17!  
CG Island was well-represented by LCDR Keith Wilkins (MIFC PAC) and YN2 Alex Vinkavich (Base Alameda)

CAPT Jon Hickey  
BASE Alameda

## 5K (3.1) Run and 3 K (1.8 mi.) Walk around CG Island

Lots of prizes for next week's fun run/walk! Please pass the word around. And hope to see you. These days it's important to drink water and wear a shady hat if you're outside in the sun a lot.

WHAT: 5K (3.1) Run and 3 K (1.8 mi.) Walk around CG Island

WHEN: 1130 JUNE 28

WHERE: Event starts at Gazebo area on street adjacent to Bldg. 50.

WHO: Active duty personnel, civilian employees, family members, retirees, reservists, auxiliary

WHY: Fun, Fitness & Prizes!

All participants eligible for raffle prizes.

Beverages and fruit for all participants.

**More Info: JUST SHOW UP. YOU DON'T NEED TO PRE-REGISTER**

Contact Chris Cerles, ext. 3461

# Lucky Bag Opening!



WENESDAY, JUNE 28th  
11:30-12:30

**What:** Lucky bag open for FREE uniform shopping! And we will have pizza for a generous donation of \$5 you get 2 slices and a drink.

**Where:** BLDG 4 between PT. welcome and Gresham Hall.

**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

\*\*\*You can also drop off uniforms you would like to donate\*\*\*

POC: DC1 BROWN  
X 3288

# CGI Announcements

## Fourth of July - 5K Race

The city of Alameda will be hosting The Ralph Appazzato Charity Event (R.A.C.E.) The race is a 5K (3.1 Mile) run and walk benefiting the Midway Shelter for Women and Children in Alameda, California. It starts at 9 AM; an hour before the Mayor's 4th of July Parade at 1417 Park Street in front of the Bank of Marin. The course follows the route of the Mayor's 4th of July Parade to the finish line at the cross streets of Webster and Haight.

If you are interested in registering, please go to the link below and click on the option for "Active Duty Military". Registration fee for the race is \$20. To off-set the race fee, please fill out the attached Sports Grant Application for reimbursement. Be sure to wear your Coast Guard Unit shirt or Coast Guard bib/jersey in the race!

What: 5K Race/Walk

Where: Alameda - Start of race is at 1417 Park Street

When: July 4th, 2017 at 0900

Race registration link and additional information:

<http://www.alamedarace.com/RACE/>

If you have any questions please contact YN2 Alex Vinkavich at (510)437-3419 or [Alexander.m.vinkavich@uscg.mil](mailto:Alexander.m.vinkavich@uscg.mil)



COME JOIN US IN  
CELEBRATION AT  
ALAMEDA POINT



# THE INAUGURAL COAST GUARD FESTIVAL

*Enjoy live music, Mayor remarks & CG remarks  
Parade awards and recognition. Food & beverages*

*Activities and games:  
Line Toss Challenge, Rock Climbing Wall,  
Spider Bounce Zone & Adventure Bounce*

*Coast Guard Mission Displays:  
CG Helicopter, MSST and Whaleboat Displays CG Cutter Pierside  
Tours CG Rescue Swimmer Demo CG Silent Drill Team Demo*

**CELEBRATING OUR COAST GUARD CITY  
@ ALAMEDA POINT | ALAMEDA, CA  
JULY 4TH | 12-4PM**





# 7<sup>th</sup> ANNUAL NAVY LEAGUE GOLF TOURNAMENT



Sponsored by the Alameda and Oakland Navy League Councils

**MONDAY, AUGUST 7, 2017**  
**Chuck Corica Golf Complex**

1 Clubhouse Memorial Rd, Alameda, CA 94502  
510.747.7800 • AlamedaGolf.com



Join us for a fun round of golf. Funds raised support our adopted Navy, Marines, and Coast Guard Units. Limited to 80 Golfers! Please register by July 14<sup>th</sup>.

7:00 AM Registration (\$95 per Person • \$75 Military Officers • \$65 Military 04 & below)

8:30 AM Shotgun start. We will have 2 flights: *Handicap & Blind Bogey*.

There will be 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place awards in both flights as well as a Lowest Gross score. We will also have *Longest Drive* for men & women and *Closest-to-the-Hole* prizes on all par 3's.

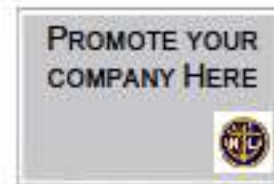
1:30 PM Lunch, Awards & Raffle

Fill in your names here: If you don't have a foursome, we will make one up for you. If you are playing in the **HANDICAP FLIGHT**, Please include your GHIN # next to your name.

1) Name / GHIN#: Phone / email:	3) Name / GHIN#: Phone / email:
2) Name / GHIN#: Phone / email:	4) Name / GHIN#: Phone / email:

## Become a *HOLE SPONSOR!*

Promote your company and help support our adopted Bay Area Navy, Marines, and Coast Guard Units for only \$50. Or donate raffle prizes and be recognized during the drawing. Fill in the name you want on your sponsor sign (call us if you would like to include a logo):



Make Checks payable to: **Oakland Navy League**  
Mail to: Kurt Libby • 1715 Broadway • Alameda, CA • 94501

Players
Total \$:
Hole
Sponsor \$:

Questions/Additional Information? Contact:  
Michelle Langford, Alameda Council (510) 749-9175  
Lou Lozano, Oakland Council (510) 733-5240

# Feds Feed Families

Federal Employees Help Knock Out Hunger

June 1 – August 31, 2017



## feds feed families



**Look for the large red bins conveniently placed around Coast Guard Island.**

**For questions please contact ETC Williams.**

# OPERATION DIGNITY



Operation Dignity assists homeless veterans and their families. They provide emergency, transitional and permanent housing for homeless in Alameda County, California. They also offer support services, nutritious meals and a strong peer community. Their goal is to help veterans rediscover hope and provide the tools needed to live a self-sufficient and stable life.

**Operation Dignity is always in need of items for their Homeless Mobile Outreach and our Housing Programs, such as:**

HYGEINE ITEMS	NEW CLOTHING	FOOD/WATER
Toothbrushes	Socks	Bottled Water
Soap	Underwear	Ensure
Shampoo	T-Shirts	Individually Packaged Nuts
Combs/Brushes	Sweatshirts	Granola Bars
Feminine Hygiene Products	Heavy Jackets	Coffee/Tea
Ect.	Ect.	Ect.

**A collection basket can be found at the entrance to BLDG 50-2.**

For more information regarding donations and volunteer services visit <http://operationdignity.org>





# RUGBY

**WHAT:** Learn to Play Rugby (Touch Rugby: NO contact)

**WHEN:** Tuesdays and Thursdays (1130 –1230)

**WHERE:** Soccer Field (Alternate - Field by Gazebo's)

**WHO:** EVERYONE! No experience needed!!

Pictured Left: MK1 John Curtiss

Pictured Middle: LCDR Keith Wilkins

Pictured Right: AST3 James Chandler



**If interested, please email/contact:**

**YN2 Alex Vinkavich (510) 437-3419,**

**LCDR Keith Wilkins (510) 437-3743,**

**LT Rick Mozolic (510) 437-5658**

# Helpful Information for PCS Transfer

The easiest part of your PCS to a new location should be moving your personal data and IT resources! Follow the four steps listed below to have your Coast Guard Standard Workstation account moved.

1. Submit a CGFIXIT ticket at least two weeks prior to departure
2. Copy your personal user files and documents
3. Transfer Ownership of Email Distribution Group or Security Groups
4. Turn in your USCG Mobility (e.g. Goodlink) device, ALT-Tokens or any other Government Furnished Equipment (GFE) before departing, unless you have previously obtained permission to keep the device during your transition

**NOTE:** Not following these steps could lead to a loss of your personal files, as well as a delay in your ability to login at your new unit.

Resources to help you complete the above steps are found here: <https://cg.portal.uscg.mil/units/c4itsc/FSD/SitePages/PCS-Account-Transfer.aspx>

Account Transfer resources are also available by clicking the "CGTech Tips" lifesaver icon on your Standard Workstation's desktop or by following this link: <https://cg.portal.uscg.mil/units/c4ITSC/FSD/SitePages/CGFixIt.aspx>

When transferring, keep in mind:

- Once you arrive at your new unit and have received an email notification confirming that your transfer has been completed, login to a workstation and update your new unit Global Address List (GAL) information through the "My Account" option of the EDMS Self-Service Portal located here: <https://edms.uscg.mil/SelfService>

**NOTE:** All User Accounts will be disabled after 45 days of inactivity.

**CAUTION:** Update your GAL information **AFTER** you arrive at your new unit and have received an email notification that your transfer is complete. If you change it before your transfer is complete, your entries will cause the user account transfer service to fail and delay your ability to login.

Resources to help you add a printer at your new unit and upload your personal files onto your new workstation are found here: <https://cg.portal.uscg.mil/units/c4itsc/FSD/SitePages/PCS-Account-Transfer.aspx>

If you have additional computer issues please submit a CGFIXIT request. We hope you find this information useful and that your PCS goes smoothly.

Regards,  
Network Operations Security Center (NOSC)  
Centralized Service Desk (CSD), CGCYBER  
Phone: 855-CGFixIT (855-243-4948)  
CGFixIT Link: <http://cgfixit.osc.uscg.mil/arsys/shared/default.jsp>



Looking for a GREAT JOB?

The CGX Exchange is now hiring! Enjoy each day serving the best customers!

SALES CLERK LEADER/SUPERVISOR  
FULL TIME MANAGEMENT-PERMANENT POSITION

\$15.00 HOUR

SALES CLERK PART-TIME  
20-29 HOURS PER WEEK-PERMANENT POSITION

\$12.25 HOUR

SALES CLERK INTERMITTENT  
2-19 HOURS PER WEEK-PERMANENT POSITION

\$12.25 HOUR

WAREHOUSE WORKER  
FULL TIME-PERMANENT POSITION

\$14.71 HOUR

ALL APPLICATIONS MUST BE SUBMITTED ON-LINE BY GOING TO <https://shopcgx.com> SEE "EMPLOYMENT" THEN FILTER BY LOCATION (ALAMEDA). PLEASE SEE A MANAGER IN THE EXCHANGE FOR QUESTIONS OR SPECIFIC DETAILS.



# Learn the skills to help save a life.

## Suicide is preventable. Anyone can make a difference.

Attend the award-winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- help them stay safe with a life-affirming intervention.

The two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

## Why take ASIST?

**LIFE-SAVING:** Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

**TRUSTED:** ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

**ENGAGING:** ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

**PROVEN:** ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.<sup>1</sup>

**COST-EFFECTIVE:** A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.<sup>2</sup>

Next Applied Suicide Intervention Skills Training (ASIST) is being re-scheduled from 21-22 June to 19-20 July @ Gresham Hall.

When: 19-20 July 2017

Time: 0730-1530 Both Days -- Participants must be in attendance both days for all sessions. Civilian attire authorized.

Cost: Free (Course normally costs up to \$300 if you were to take it in the community)

Who: All active duty, reserve, AUX, civilian employees, and family members age 16 and older.

Learn more at [www.livingworks.net/asist](http://www.livingworks.net/asist)

<sup>1</sup> Gould, M. S., Cross, W., Piant, A. R., Murrain, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43(6), 676-691.

<sup>2</sup> Ashwood, J. S., Britcombe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).

# Chaplain's Corner

Team Coast Guard,

I am gauging interest in two opportunities here at CGI:

1. An Officer Christian Fellowship (OCF) group that would meet 1 or two times each month, perhaps over breakfast or lunch. If interest exists, our chaplains will pursue the idea. If you are already an OCF member, please let me know. Here is a link to OCF if you would like more information: <http://www.ocfusa.org/>

For all those not in the officer category, if you are interested in starting a different type of Bible study, spiritual support group, fellowship or affinity group, let me know as well. Your chaplains are here to support you. If there are groups already meeting on base, let us know and we will help publicize them on our web page.

2. Marriage Enrichment Workshop. This couples workshop would focus on communication skills, conflict resolution skills, promoting intimacy, strengthening commitment and improving teamwork. If you are interested in strengthening your relationship, let me know. Our Cutter Forces Chaplain, LT Tarr, just came from Navy CREDO SE and has a lot of experience with these workshops. If there is enough interest, we will work to make it happen!

FYI, I have updated my PACAREA Chaplain web page with new resources including podcasts, interfaith resources, pre-deployment and presentations on becoming a peak performer and finding the love of your life (pre-marriage info):

<https://www.uscg.mil/pacarea/pch/>

Feel free to check it out and I'm always open to suggestions on how to make it more helpful.

r/ Chaplain Swanson

**MOAA Alameda Chapter Guest Speaker: Rear Admiral Bob Day, US Coast Guard (retired)**

**When:** Aug. 9<sup>th</sup>; Lunch 11:30, Speaker 12:00

**Where:** Coast Guard Island, Building 4

Rear Admiral Robert E. Day Jr., United States Coast Guard (retired) was the Assistant Commandant for Command, Control, Communications, Computers & Information Technology, Chief Information Officer, and Commander of Coast Guard Cyber Command from July 2009 until July 2014. During his 34 year career, he held a broad range of communications and information technology leadership

positions responsible for acquiring, operating, and maintaining the myriad of advanced capabilities used by the Coast Guard to execute their extensive missions. Rear Admiral Day holds a Bachelor of Science Degree in Electrical Engineering from the United States Coast Guard Academy and a Master of Science Degree in Telecommunications Systems Management the Naval Postgraduate School in Monterey, California. He is currently the Vice President for Cyber Security Operations Services for BlackBerry Corporation where he leads the FedRAMP compliance initiatives and operates a U.S. based Cyber Security Operations Center (CSOC) to monitor all BlackBerry product FedRAMP instances. As the Principal at Bob Day and Associates LLC, an Information Technology and Cyber Security consulting practice, he has assisted a broad range of clients. In 2014, he was selected as the Executive Director of the Commonwealth of Virginia Cyber Commission and serves on the advisory board of numerous private and public technology companies including Cyphort, Dell Federal, Huereka, and AtHoc (a division of BlackBerry).



**MOAA Alameda Chapter Special Event: Watch the Blue Angels on the USS Potomac**

Come aboard the [USS Potomac](#) and watch the Blue Angels practice for Fleet Week while enjoying beer, wine, sodas, water, and heavy hors d'oeuvres. See the best of the bay, aboard the "Floating White House" which served as Franklin Delano Roosevelt's Presidential Yacht until 1945.

Proceeds benefit the ROTC Scholarship fund sponsored by the [MOAA Alameda Chapter](#).

**When:** Thursday, 5 October 2017

**Depart:** Jack London Square at 13:30

**Return:** 16:30 – 17:00

**Cost:** \$90.00 per individual. Includes beer, wine, soda, water, and heavy appetizers

Check in upon boarding at Jack London Square.

Please send checks to: Alameda Chapter MOAA c/o CAPT Warren McDonald; 1430 Wendy Way Menlo Park, CA 94025

For information, contact Capt. Ramona Chávez, [secretary@alamedamoaa.org](mailto:secretary@alamedamoaa.org), (925) 963-2711

# Base Alameda SAPR Response Team

U.S. Department of  
Homeland Security  
United States  
Coast Guard



**24/7 SAPR Response Line: (510) 871-0114**



**Eric A. Barreras**  
**Sexual Assault Response  
Coordinator (SARC)**

(510) 437-3446(office)  
(510) 871-0114(cell)  
eric.a.barreras@uscg.mil

### Restricted (R)

- No Investigation
- Confidential
- Medical Care
- Advocate Assigned
- Can Change to UR
- Legal Assistance
- No Expedited Transfer
- No Military Protective Order (MPO)

### Unrestricted (UR)

- Investigation
- Discreet Need to Know
- Medical Care
- Advocate Assigned
- Cannot Change to R
- Legal Assistance
- Expedited Transfer
- MPO

## VICTIM ADVOCATES



ME2 Stephanie Bickel  
Cell: (732) 320-2058  
Stephanie.A.Bickel@uscg.mil



YNC Jessica Burgess  
Work: (510) 437-3761  
Jessica.L.Burgess@uscg.mil



LTJG Karli Collins  
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Karli.N.Collins@gmail.com



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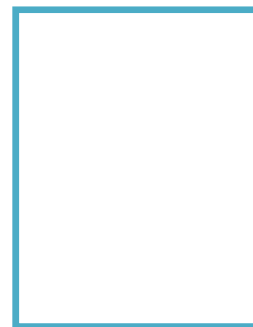
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LTJG Corrine Wright  
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Corrine.E.Wright@uscg.mil  
OAKLAND FED. BLDG



# 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 REFERRED 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!

### Recruiting Office San Francisco

660 Central Ave, Suite A  
Alameda, CA 94501

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

Everyone is a Recruiter Instruction:

[HTTP://WWW.USCG.MIL/PSC/HRA/PSCINST.ASP](http://www.uscg.mil/psc/hra/pscinst.asp)

More info about Enlistment/Officer Programs:

[WWW.GOCOASTGUARD.COM](http://www.gocoastguard.com)

GoCoastGuard.com







**Monday-Friday @ 1515  
Ext 5324 Intro Class**



**Wed/Fri 1200-1300**



**Monday – Thursday @ 1100-1200**



**Mon/Wed/Fri @ 1130-1230**



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

Updated 1/30/2017

## Find Your Voice at Coastmasters Toastmasters

Every Wednesday, 11:30 to 12:30, Bldg 50-7  
Visit soon. For Information, call (510) 437-3980

The Toastmasters program has been dramatically revised  
Receive training and experience in areas of your choice

### Toastmasters PATHWAYS

- Motivational Strategies
- Presentation Mastery
- Leadership Development
- Innovative Planning
- Visionary Communication
- Strategic Relationships
- Dynamic Leadership
- Persuasive Influence
- Effective Coaching
- Team Collaboration



WHERE LEADERS ARE MADE