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CGHR: On the Radar Screen

January 10, 2017

Welcome to CGHR: On the Radar Screen, the monthly newsletter of CG-1, the Coast Guard Human Resources Directorate.



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NOTE: Links on this page will open in a new browser window.

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ON THE HORIZON

CG SUPRT Financial Wellness webinar



New Year, New You! 10 Financial Resolutions You Can Keep!

Are you tired of making New Year's resolutions that seemingly end before they've even begun? Our presentation is timed to have you thinking about how you can make this New Year special. We'll discuss the relationship between health and finances. Creating an action plan will help you identify your goals while setting timelines, and a budget will help you gauge your progress along the way. Join us as we offer ten financial resolutions that you can actually keep.

Wednesday, January 18 • 12:00 p.m. EDT *

[Join the webinar](#)

Wednesday, January 18 • 3:00 p.m. EDT *

[Join the webinar](#)

* Note: These webinars do not require registration but space is limited so please open the link 10 minutes prior to the webinar in order to secure a spot. Since there is no registration there is also no reminder. You will not receive a reminder, so please add the webinar date/time/link to your Outlook calendar. The webinar is accessible from either personal computer, tablet, or the CG Network.

Also, if you are not able to attend a webinar or you want a 1:1 approach, 90 Day Money Coaching is also available as a free service through CG SUPRT. Money Coaches can assist and guide you with the end goal of teaching you new habits to increase your bank balances, lower debts, improve credit,

and decrease financial stress. Coaching is available over the phone at times convenient for your busy schedule. Call CG SUPRT at 1-855-CG-SUPRT (247-8778) to schedule your first consultation today.

Prosci Change Management Webinars



Change Management Webinar series

<https://www.prosci.com/change-management/webinars>

American Management Association webcast (registration required)



2017 Career Planning Clinic

If you're like most people, you'll change careers several times over the course of your life. How successful you'll be in making those transitions can at least be partially attributed to the amount of planning and preparation you've done.

Wednesday, February 15 • 12:00 p.m. EDT

To register, go to <http://www.amanet.org/training/webcasts/2017-Career-Planning-Clinic.aspx>

ARTICLES AND RESOURCES

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13 Leadership Skills You Didn't Need A Decade Ago That Are Now Essential

<http://www.forbes.com/sites/forbescoachescouncil/2016/12/13/13-leadership-skills-you-didnt-need-a-decade-ago-that-are-now-essential/>

10 Principles of Strategic Leadership

<http://www.strategy-business.com/article/10-Principles-of-Strategic-Leadership>

The Value of Integrating Change Management and Project Management (registration required)

<http://empower.prosci.com/value-of-integrating-change-management-and-project-management>

10 resolutions for the servant leader

<http://www.smartbrief.com/original/2017/01/10-resolutions-servant-leader>

State of Employee Engagement

<https://www.officevibe.com/state-employee-engagement>

Best Places to Work 2016

<http://bestplacestowork.org/BPTW/rankings/detail/HS13>

Disney Salutes U.S. Military with Special Ticket and Room Rates for 2017

<http://www.militarybridge.com/blog/2016/9/28/620/just-announceddisney-salutes-us-military-with-special-ticket-and-room-rates-for-2017/>

TIPS AND TRICKS

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Seven Practical Tips For Increasing Empathy

<http://www.anneloehr.com/2016/04/07/increasing-empathy/>

Seven Tips for Managing Unconscious Bias

<http://www.anneloehr.com/2016/05/19/tips-for-managing-unconscious-bias/>

These 6 Career Resolutions Will Transform The Way You Work

<https://www.fastcompany.com/3066770/hit-the-ground-running/these-6-career-resolutions-will-transform-the-way-you-work>

International idioms: phrases from all over the world

http://www.viking-direct.co.uk/specialLinks.do?&ID=blog_uk_article_international-idioms

What Does Sic Mean?

<https://www.grammarly.com/blog/sic/>

GTCC Newsletter-December 2016 Edition

https://www.uscg.mil/psc/bops/govtrvl/Travel_Card/Travel_Manager/Newsletters/December_2016_GTCC_Newsletter.pdf

GTCC Newsletter-November 2016 Edition

http://www.uscg.mil/psc/bops/govtrvl/Travel_Card/Travel_Manager/Newsletters/November_2016_GTCC_Newsletter.pdf

RECENT FLAG VOICES

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Flag Voice 467: Subsistence Program Update and Rating Name Change

<https://www.uscg.mil/hq/cg1/flagvoice/fv467.asp>

Flag Voice 466: Extended Shipyard Career Sea Pay (CSP) Policy Clarification

<https://www.uscg.mil/hq/cg1/flagvoice/fv466.asp>

All Flag Voices are online at <https://www.uscg.mil/hq/cg1/flagvoice/default.asp>

COAST GUARD ALL HANDS AND COMPASS BLOGS

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New Ink in the Coast Guard's Tattoo Policy

<http://allhands.coastguard.dodlive.mil/2017/01/06/new-ink-in-the-coast-guards-tattoo-policy/>

2017 Commandant's Reading List

<http://allhands.coastguard.dodlive.mil/2017/01/01/2017-commandants-reading-list/>

Partnership in Education is a perfect way to impact the future today

<http://allhands.coastguard.dodlive.mil/2016/12/29/partnership-in-education-is-a-perfect-way-to-impact-the-future-today/>

Pay and Personnel Center (PPC) virtual training held each month in 2017

<http://allhands.coastguard.dodlive.mil/2016/12/27/pay-and-personnel-center-ppc-virtual-training-held-each-month/>

Carbon Monoxide -- Know the hazards this holiday season

<http://allhands.coastguard.dodlive.mil/2016/12/22/carbon-monoxide-know-the-hazards/>

TRICARE and You -- Losing your provider or network doctor

<http://allhands.coastguard.dodlive.mil/2017/01/09/tricare-and-you-losing-your-provider-or-network-doctor/>

TRICARE and You -- Upcoming contract changes

<http://allhands.coastguard.dodlive.mil/2017/01/02/tricare-and-you-upcoming-contract-changes/>

TRICARE and You -- Expanded coverage

<http://allhands.coastguard.dodlive.mil/2016/12/26/tricare-and-you-expanded-coverage/>

TRICARE and You -- Breast cancer prevention and treatment

<http://allhands.coastguard.dodlive.mil/2016/12/19/tricare-and-you-breast-cancer-prevention-and-treatment/>

TRICARE and You -- Reminder: Implemented Pharmacy Changes

<http://allhands.coastguard.dodlive.mil/2016/12/12/tricare-and-you-reminder-implemented-pharmacy-changes/>

Holiday Party Safety: If you choose to drink, drink responsibly

<http://allhands.coastguard.dodlive.mil/2016/12/15/holiday-party-safety-if-you-choose-to-drink-drink-responsibly/>

Human Capital Strategy: Enlisted Assignment Priority Survey

<http://allhands.coastguard.dodlive.mil/2016/12/09/human-capital-strategy-enlisted-assignment-priority-survey/>

Human Capital Strategy: Changes to the Officer Evaluation System

<http://allhands.coastguard.dodlive.mil/2016/12/06/human-capital-strategy-changes-to-the-officer-evaluation-system/>

Save the Coast Guard All Hands blog to your favorites or sign up to subscribe at:

<http://allhands.coastguard.dodlive.mil/>

RECENT MESSAGES

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ALCOAST 003/17: SUBSISTENCE PROGRAM UPDATE AND RATING NAME CHANGE

https://www.uscg.mil/announcements/alcoast/003-17_ALCOAST.txt

ALCOAST 458/16: FY17 SOLICITATION FOR EXCELLENCE IN GOVERNMENT FELLOWS PROGRAM

http://www.uscg.mil/announcements/alcoast/458-16_ALCOAST.txt

ALCOAST 457/16: SOLICITATION FOR FY17 LEADERSHIP DEVELOPMENT PROGRAMS

http://www.uscg.mil/announcements/alcoast/457-16_ALCOAST.txt

ACN 453/16: PROMULGATION OF MILITARY TRANSGENDER SERVICE POLICY

http://www.uscg.mil/announcements/alcoast/453-16_ALCOAST.txt

ALCOAST 450/16: DISABLED VETERAN LEAVE

http://www.uscg.mil/announcements/alcoast/450-16_ALCOAST.txt

ACN 445/16: SITREP 2 - HUMAN CAPITAL STRATEGY INITIATIVE - BLENDED RETIREMENT SYSTEM (BRS) TRAINING COURSES

http://www.uscg.mil/announcements/alcoast/445-16_ALCOAST.txt

ALCGPSC 150/16: UPDATED OFFICER EVALUATION SYSTEM (OES) PROCEDURES MANUAL AND NEW OFFICER EVALUATION REPORT (OER) FORMS

http://www.uscg.mil/announcements/alcgpsc/150-16_ALCGPSC.txt

Messages authorized for internet release are available on the WWW at www.uscg.mil/announcements. The internal message archive is located on CG Portal (via Coast Guard workstation only)

CG SUPRT

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"Ask the Expert" Web Chat (registration required)

The next web chat on January 19th at Noon EST will feature the expertise of Dr. James Meschino. He will be presenting on Starting the year with *Healthy New Habits -- Watch Change Happen*.



Sign up at <http://cgsuprt.lifespeak.com/> (username: cgsuprt, password: lifespeak)

Please note: users may ask questions in either French or English and choose to view the web chat in any one of a dozen languages.

Shake it Off and Start Fresh

Have the holidays left you tired and worn out? Do you feel like you've been trampled on or stretched beyond your limits? It's hard to get in the mindset of making new goals for 2017 when you haven't recovered from 2016. CG SUPRT has many services that can help you shake off last year's stress start fresh with new visions and plans for 2017. Health and Wellness coaches can assist with helping you set an achievable resolution around weight loss or stress management and then making a plan to reach the goal. A Money Coach can help assist with any resolutions around paying off debt, saving for retirement, buying a home, or setting up a college fund. CG SUPRT also offers counseling for overwhelming stress, family tension, marriage problems, and emotional wellbeing. So if you are still recovering from the holidays and all of the activities of 2016 and would like some help focusing on your goals for 2017, call CG SUPRT. Care managers are standing by 24/7 to help you set up the right services for you and your family. All services are free and confidential for Active Duty, Selected Reserve, Civilians, and dependent family members. Simply call 855-CG-SUPRT (247-8778) or visit www.cgsuprt.com for more information.

H&R Block Free Tax Filing Service offered through CG SUPRT!

Starting January 16th, CG SUPRT offers the H&R Block Tax Software for your 2016 taxes. File your Federal and State taxes online for free!

To learn more about the H&R Block Tax Software, please visit www.cgsuprt.com. *The free offer is only valid through the CG SUPRT site.*

Reminders

- Be sure to access H&R Block Tax Software through the link provided on the CG SUPRT website.
- Remember to wait until you receive all of your W-2s and other tax documents (1098 etc.) before you file your return. Otherwise, you may have to amend your return.
- Make sure you have your Adjusted Gross Income and Electronic Filing Pin from your 2015 tax return before you start your return. You can reset your pin at <http://www.irs.gov/Individuals/Electronic-Filing-PIN-Request>
- Remember that e-filing is subject to the IRS calendar. Though you may be able to complete your return, it will not be submitted to the IRS until the IRS begins accepting e-file returns on Jan 23th.
- If you are prompted for payment, please call CG SUPRT for assistance.
- H&R Block free-file allows for 1 Federal and up to 3 state returns per user.

Eligibility

The following individuals are eligible for the free tax filing service:

- All Active-duty and selected reserve service members of the U.S. Coast Guard.
- Spouses and dependent children of the services noted above, and who are authorized in DEERS.
- All civilian employees of the U.S. Coast Guard (non-contractors)
- Household members and dependents of U.S. Coast Guard civilian employees.

Questions?

If you have questions about this tax service or about your own tax returns, please call 1-855-

CGSUPRT (247-8778) and ask to speak with a CG SUPRT tax consultant. Trained tax consultants are available by appointment Monday through Friday from 9 a.m. to 8 p.m., EST.

If you are experiencing financial difficulty or need advice on money matters, please contact CG SUPRT to work with a Personal Money Coach. Services are free and confidential, within the limits of the law.

INFOGRAPHIC

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44 Overused Words & Phrases To Be Aware Of

<http://www.grammarcheck.net/overused-words-phrases/>

The Visual Guide to English Prepositions, Part 2: Time

<http://www.grammarcheck.net/prepositions-time/>

11 Essential Grammar Rules

<http://www.grammarcheck.net/essential-grammar-rules/>

The next issue of CGHR: On the Radar Screen will be issued on February 7, 2017.

CGHR: On the Radar Screen archives (2006-2012) are located on CG Portal, keyword "CGHR" (via Coast Guard workstation only)

Advisory Notices from Civilian Human Resources (ANCHR) are archived on the CG Portal, keyword "ANCHR" (via Coast Guard workstation only)

