



# Coast Guard Seattle

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



**Serving the  
Thirteenth Coast Guard District**



# Welcome Aboard

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**Paul F. Zukunft**  
**Commandant of the Coast Guard**



**Steven W. Cantrell**  
**Master Chief Petty Officer of the Coast Guard**



**Rear Admiral Richard T. Gromlich  
Commander  
District Thirteen**



**CMC Sean M. McPhilamy  
Command Master Chief  
District Thirteen**



**CAPT Stanley Romanowicz  
Commanding Officer  
Coast Guard Base Seattle**



**CMC Arthur Gittins  
Command Master Chief  
Coast Guard Base Seattle**



# **SEATTLE PIER 36 UNITS**

## **Units Aboard CG Base Seattle**

CG Base Seattle

Sector Puget Sound

Maritime Safety and Security Team 91101

CG Station Seattle

CG Aids To Navigation Team Puget Sound

Pacific Area Armory Seattle

## **Vessels Homeported at CG Base Seattle**

USCGC POLAR STAR (WAGB 10)

USCGC POLAR SEA (WAGB 11)

USCGC HEALY (WAGB 20)

USCGC MELLON (WHEC 717)

USCGC MIDGETT (WHEC 726)

## **FREQUENTLY ASKED QUESTIONS**

**What uniform do I report in?**

Tropical Blue

**What uniform is normally worn during the workday?**

ODUs with Sleeves rolled up - April – September

Sleeves rolled down - October– March

**Is messing available?**

There is a galley that is open from 0600-0730 for breakfast

1100-1230 for lunch

Not open for dinner

Weekends 0730-0830 for breakfast

1100-1230 for lunch

Not open for dinner.

**Are there any special housing requirements?**

All members reporting to units in PACAREA are required to obtain a release from mandatory assignment to government quarters prior to receiving BAH. A release is required before members may rent, lease, or purchase community housing. Failure to obtain a release from mandatory assignment to government housing will result in the forfeiture of BAH until all government owned housing in the local commuting area exceeds 95% occupancy. For more information see: <http://www.uscg.mil/BaseSeattle/personnel/housingmemberresources.asp> or contact the Local Housing Office at (206) 217-6483. There is no CG owned housing in the Seattle area, but the housing office can assist with finding suitable housing.

-Check your BAH entitlement: Zip Code 98134

<https://www.defensetravel.dod.mil/site/bah.cfm>

Check with your current unit's Yeoman about receiving advance dislocation allowance (DLA). Advance DLA is authorized and highly recommended as you will need cash on hand for housing and utility deposits.



# FREQUENTLY ASKED QUESTIONS

## (continued)

**What are the ratings present at Base Seattle?**

BM, DC, EM, ET, MK, SK, IT, YN, ME, MST and HS.

**What military facilities are in the Puget Sound area?**

Joint Base Lewis McChord (JBLM) – The merge in 2010 of Army’s Fort Lewis and McChord Air Force Base

Naval Base Kitsap—It was created in 2004 by merging the former Naval Station Bremerton and Naval Submarine Base Bangor.

Naval Station Everett

Naval Air Station Whidbey Island

There is a Medical and Dental Clinic on CG Base for active duty members. Family members will need to be enrolled in TriCare and receive medical care in the local community.

**Location of nearest exchange?**

There is a small Coast Guard exchange on base. (See page 28 for more.)



### **Introduction:**

This book is designed to assist active duty members with orders to Coast Guard Base Seattle.

### **Emergency :**

In case of an emergency while aboard Coast Guard Base Seattle, Pier 36 , dial 8-911. If you encounter any security problems while on base, please call security at the front gate guard shack at ext. 6990 and explain your situation.



## Location

Welcome to the Beautiful Pacific Northwest and Puget Sound. Coast Guard Base Seattle is located on Pier 36 in the south end of downtown Seattle which is referred to as the SODO district. The base is located two blocks west of Safeco Field, home of the Seattle Mariners major league baseball team. The city of Seattle has a municipal population of 592,800 and a metro population of over 4million people. Seattle's current official nickname is the "Emerald City", the result of a contest held in the early 1980s; the reference is to the lush evergreen trees in the surrounding area. Seattle is also referred to informally as the "Gateway to Alaska", "Rain City", "Coffee Town", and "Jet City", the latter from the local influence of Boeing. Seattle residents are known as *Seattleites*.

Seattle is considered a military friendly area because of the large presence of military bases surrounding Puget Sound and the strong ties with Boeing Aviation.

## History

The first cutters came to the Northwest in the 1850's and home ported in Port Angeles and Port Townsend. Cutters rarely came into Seattle until the late 1800's. Up through World War II the cutters were home ported all along the Seattle waterfront. After the war, cutters still tied up at Pier 70 and other moorings, in addition to the Navy's Pier 91 and the old "North Base" on the south side of the Ship Canal just inside the Locks acquired with the integration of the Lighthouse Service in 1939.

What is now known as CG Base Seattle (Pier 36) was built in 1925 by the Pacific Steamship Company. The federal government acquired the location in 1940 for use as a regional Port of Embarkation. Pier 37 was constructed in 1941 to expand port facilities. In 1960, the facility was taken over by the Army Corps of Engineers and used as their district headquarters. In 1965, the Port of Seattle took title to both piers 36 and 37. In 1966, the Coast Guard acquired the Pier 36 complex from the Army and made a "home" for all of the Seattle based units that were scattered throughout Seattle.

In 1999, the Coast Guard took title to the building 7 warehouse from the Army Corps of Engineers. The former Pacific Steamship's building (BLDG 1) continues to be a hub for business at the facility. In 2007, the CDR Ray Evans Shore Operations Building was constructed. This building houses the cutting edge Joint Harbor Operations Center (JHOC) to enhance Maritime Domain Awareness and facilitate Homeland Security while increasing interoperability with federal, state and local maritime stakeholders.



# **GETTING TO CG BASE SEATTLE**

## **ARRIVING BY PLANE**

**Seattle Tacoma International Airport (SEA)**

**<http://www.portseattle.org/sea-tac/Pages/default.aspx>**



## **DIRECTIONS FROM SeaTac AIRPORT**

Seattle is served by the SeaTac International Airport located approximately 15 miles south of Seattle. Currently members transiting from SeaTac airport to the Coast Guard base have several options. They can use either Taxi or Shuttle Express Vans.

Shuttle Express has regular runs to the base for a standard rate.

How to find Shuttle Express at SeaTac Airport:

Once you get your luggage in Baggage Claim, cross a sky bridge and go to the 3rd floor of the parking garage. Follow the Ground Transportation signs—the booth is in the center of the 3rd floor, between the orange and purple elevator banks (next to the airport's ground transportation office). You may use the 24-hour check-in by phone hotline (425) 981-7000 or make reservations online at <http://www.shuttleexpress.com>.

There is also an option to use Light Rail trains which service passengers from the airport to the downtown area. Disembark the Light Rail at the 'Stadium' stop and you will have a 1/3 of a mile walk past SAFECO Field to the waterfront and the Coast Guard Base.

If you are driving to the Coast Guard Base in Seattle it is located at 1519 Alaskan Way South, Seattle, WA 98134-1102, simply follow the signs leading you to I-5N and then follow the signs to Safeco Field and continue two blocks west (towards the water) to Alaskan Way and you're there.



## USO-NW SeaTac International'l Airport

The USO Northwest's Center at the SeaTac International Airport provides military and their families with 24/7/365 travel assistance and access to all the comforts of home. Hot food and snacks, big screen TV, bunk room, lounge, a shower, free Internet access and a family room. Each month the USONW SeaTac Center serves more than 8,000 service members and their families, reservists and retired military. The USO SeaTac Center is located outside security, above Delta Air Lines ticketing counters, on the Mezzanine Level.

## REPORTING ABOARD

Coast Guard Base Seattle is located in the Puget Sound area, located in the emerald city in the Beautiful Pacific Northwest. The base is located at Pier 36, on the waterfront of Elliot Bay, just minutes from downtown Seattle and within walking distance of SAFECO Field, home of the Seattle Mariners baseball team, and CenturyLink Field home of the World Champion Seattle Seahawks football team.

Being stationed here offers you a fantastic place to work while also giving you plenty of opportunities to have fun and enjoy the beautiful surroundings of Washington state.

### Unit Missions:

Officer of the Day (OOD):	(206) 510-7858
Command Cadre	(206) 217-6363
Command Master Chief:	(206) 217-6422
Servicing Personnel Office:	(206) 217-6739
Admin :	(206) 217-7614
Admin YN1:	(206) 217-7609

# REPORTING ABOARD

## **Prior To Reporting**

Keep in contact with your sponsor.

## **Credit Card**

Please ensure, prior to departing your old permanent duty station, you change your government travel charge card hierarchy to CG Base Seattle by visiting your current Government Charge Card Coordinator.

## **Check in Process**

Please report to the Administration Office during normal business hours from 0800-1530, Monday through Friday. *You are strongly encouraged to check in during business hours, the best time being during the morning.* If you are checking in after hours or during weekend/holidays, please contact the Officer of the Day at (206) 510-7858

Special Procedures for reporting after hours: The best thing to do is be in contact with your sponsor so that your arrival in Seattle goes smoothly. If you are not able to contact your sponsor or you do not have a sponsor, call the commercial phone number for assistance during working hours. You may also call the Operations desk at (206) 510-7858 after hours for assistance.

When you are officially checking in to CG Base Seattle you must report in the Uniform of the Day (Tropical Blue).



# ADMINISTRATION



## OVERVIEW

Welcome to the Administration Branch at CG Base Seattle. Our staff is here to assist you with "in processing", T-PAX/travel guidance and personal qualifications while assigned, and "out-processing" when it's time to leave. If we can be of any assistance to you please don't hesitate to contact our staff.

## STAFF INFORMATION

Feel free to call us or stop by anytime for service. The following administration personnel can be reached at:

CWO (206) 217-6407

YNCS (206) 217-6513

YN1 (206) 217-6443

## **ADMINISTRATION**

### **YNCS's Favorite Websites**

T-Pax: Travel Claim Website, <http://cgweb.fincen.uscg.mil/travel.htm>

TQC: Info about 'A'-schools and other training. [www.uscg.mil/hq/tqc](http://www.uscg.mil/hq/tqc)

PPC: Info about T-Pax, Direct Access, LES's and other items related to pay.  
<http://cgweb.psc.uscg.mil/default.asp>

CG Directives: <http://cgweb2.comdt.uscg.mil/CGDIRECTIVES/>

### **Mutual Assistance:**

Coast Guard Mutual Assistance has been "looking out after our own" since 1924. Last year over 9,000 people received over \$7 million dollars as loans or grants. Over \$6 million went towards personal loans, while over \$1 million was given as grants.

Unit Mutual Assistance Representative Phone: (206) 217-6798

### **Pay At CG Base Seattle**

**Basic Pay:** Visit the following website to determine your current basic pay  
<http://militarypay.defense.gov/pay/bp/index.html>

**BAH:** The BAH rates for the Seattle area can be viewed at this website. The ZIP code for the area is 98134 [www.defensetravel.dod.mil/perdiem/bah.html](http://www.defensetravel.dod.mil/perdiem/bah.html)

**BAS:** Officers: \$246.24

Enlisted: \$357.55

**COLA:** There is currently no COLA authorized for the Puget Sound area.

### **Deployability**

**Credit Card Training:** In order to be deployable you need to have a government travel card. Before you will be issued a card you will have to take the credit card training. The DHS travel card training course is available on the Coast Guard Learning Portal and is accessible from any computer with an internet connection. It is located under **Miscellaneous Training** courses in the course catalog.

**Red Passport:** If your billet requires to travel overseas for official reasons you'll need to fill out the paper work and have your picture taken to receive a red passport. You will not be deployable until you receive your passport, which takes 6-8 weeks to arrive from the day the application is submitted.

**SPONSOR’S SIGNATURE**

All Sponsors must be present with their dependents, or have their dependent bring in a DD Form 1172 (Application for an ID Card) signed by the Sponsor before an ID card can be issued. For more information regarding requirements please contact the ID Card Staff.

**ID CARDS**

Identification Cards are property of the U.S. Government. If your I.D. card is lost or stolen you are required to file a police report with the local police department. A copy of the report will be required for issuance of a new ID card. (See list of required documentation on next page).

**ID Card locations:**

<p><b>CG Base Seattle</b>                  (206) 217-6700 (by Appointment Only)                  DEERS/Armed Forces Identification Card (AFID)                  issuing office is located on the 1st floor of building 1.</p>	
<p>Online appointment scheduler for other DEERS/AFID locations:  <a href="https://rapids-appointments.dmdc.osd.mil">https://rapids-appointments.dmdc.osd.mil</a></p>	
<p>1. Army Corps of Engineers Seattle                  (206) 764-3416 (by Appointment Only)</p>	<p>2. Pacific Marine Center Seattle                  (206) 553-7656 (by Appointment Only)</p>
<p>3. Naval Station Everett                  (425) 304-4256 (by Appointment Only)  <a href="https://es.cac.navy.mil">https://es.cac.navy.mil</a></p>	

**Enrolling Your Family Member in DEERS**

The following documentation is required to enroll a family member into DEERS:

**Spouse**

- Marriage Certificate or state certified/sealed marriage license
- Social Security Card.
- Birth Certificate

**Child** (Under age 21; includes adopted children and stepchildren)

- Social Security Card
- Marriage Certificate for Stepchild is required.
- Birth Certificate, or Certificate of Live Birth, or Hospital
- Certificate of Live Birth, or VA Form Letter 27-656b for children of deceased DAV, or Adoption Decree, Adoption Papers,
- Adoption Certificate or Adoption Registration.



**YOU MUST HAVE TWO VALID FORMS OF ID**

The following are the only acceptable forms of ID in order to receive an ID card. Expired ID cards are not a valid form of ID.

Group A
Unexpired US Military card
Unexpired US Military dependents ID card
Driver's license or ID card issued by a state or outlying possession of the US provided it contains a photograph
ID Card issued by federal, state, or local government agencies or entities provided it contains a photograph
US Passport
US Coast Guard, Merchant Mariner Card
Permanent Resident Card of Alien Registration Receipt Card with photograph (INS Form I-151 or I-551)
Unexpired Temporary resident Card (INS Form I-688)
Unexpired Employment Authorization Card (INS Form I-688A)
Unexpired Employment Authorization Document issued by the INS which contains photograph (INS Form I-688B)

Group B
Certificate of US Citizenship (INS Form N-560 or N-5611)
Certificate of Naturalization (INS Form N-550 or N-570)
Foreign Passport
Unexpired Reentry Permits (INS Form I-327)
Unexpired refugee Travel Documents (INS Form I-571)
School ID with a photograph
Voter's registration card
Native American tribal document
Drivers license issued by a Canadian government authority
US Social Security card issued by the Social Security Administration
Certificate of Birth Abroad issued by the Department of State (Form FS-545 or Form DS-1350)
Original or certified copy of a birth certificate issued by a state, county, municipal authority or outlying possession of the US bearing an official seal.
US Citizen ID Card (INS Form I-197)
Unexpired employment authorization document issued by the INS
For persons under the age of 18 who are unable to present a document listed above:
School of record or report card
Clinic, doctor, or hospital record
Day-care or nursery school record



# MEDICAL

## Medical Clinic Location

The medical clinic is located at CG Base Seattle Bldg. 1, 2nd Floor.

**Clinic Hours:** Monday—Friday

0630 -1515 by appointment.

1300-1515 Wednesday afternoon we are open for urgent care only due to staff in-service training.

Closed on weekends and holidays

For an appointment call (206) 217-6432

## After hours access to health care:

The clinic does not maintain a 24 - hour live watch. If you require after hours medical services please contact the Duty HS at (206) 673-1091.

Contact the Duty HS first before going to the ER or an urgent care office, UNLESS you have an obvious true medical emergency (i.e., chest pain, broken bone, etc.). Once contacted, the Duty HS will assess the situation based on your symptoms and provide guidance on how to proceed.

If you have medical or dental emergencies call 911 or go directly to the closest emergency room

## Check – Ins/Outs

**Check-Ins.** Newly reported personnel need to check-in with our front desk to update their personal data in CHCS.

**Check-Outs.** PCS departing personnel need to insure that they inform Base Seattle Clinic and their Primary Care Manager of their departure and destination so that the health record can be hand carried or forwarded accordingly. For personnel being released from active duty or retiring that desire to have their health record copies certified will need to provide the copies of the medical record to either the Front Desk Supervisor or the Clinic Supervisor for certification.



# **TRICARE WEST**

Your Regional TriCare Options



**UnitedHealthCare Military & Veterans**

(877) 988-9378

[www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)



**PacMed (US Family Health)**

(800) 748-7347

[www.usfhp.com](http://www.usfhp.com)



# MASS TRANSIT BENEFITS PROGRAM

District Thirteen units are eligible for the federal government's Transit Subsidy Benefit program which provides you with a monthly allowance to participate in the public transportation program available in your area. Personnel stationed in the Puget Sound area generally use the region wide ORCA card for payment and ease of use.

The ORCA card is all you need to pay your fare on

- Sound Transit buses
- Central Link Light Rail
- Souder Trains

You may also use the ORCA card on

- Community Transit – Snohomish County
- Everett Transit – City of Everett
- King County Metro Transit – City of Seattle and King County
- Kitsap Transit – Kitsap County
- Pierce Transit – Pierce County

There are special procedures for

- Washington State Ferries – Walk-On Only
- County Van Pools –

(Check with the mass transit benefits officer for the correct forms to get started)

Eligible Participants: Coast Guard military members and civilian employees (including non-appropriated fund employees) who use public transportation and who certify that they are not listed as members or holders of a workplace motorized parking permit issued by a Federal agency, do not use a Government parking space, and do not have the use of a Government vehicle for commuting to and/or from their workplaces.

You can receive more information and all the necessary forms and requirements to get started from the Mass Transit Office located at CG Base Seattle in Bldg 1, 4<sup>th</sup> Floor or (206) 217-6738

# CHOOSING A PLACE TO LIVE

## Desirable Neighborhoods



### Rental Information

<http://www.wpirealestate.com>

### KOMO 4 TV

<http://www.komotv.com>

### King County

<http://seattletimes.nwsourc.com/homes>

<http://www.seattle.com/index.html>

### \*\*\*\* WA School Information

<http://schoolguide.seattletimes.nwsourc.com/?vortex/index?view=map&type=Public&letterIndex>

### Buying Information

<http://www.windermere.com>

<http://coldwellbanker.com/>

<http://www.forsalebyowner.com/>

<http://www.fanniema.com/index.html>

### Transportation Information

<http://www.soundtransit.org/riding/fac/link/>

<http://transit.metrokc.gov/>

### WA State Office of Attorney General and Landlord Tenant Law

<http://www.atg.wa.gov/>

### Moving Information

<http://www.homestore.com/move/default.asp?po=homestore>

### Kitsap County Information

<http://kitsapfamily.com/newspapers.html>

<http://www.thesunlink.com/>

<http://www.pickettproperties.com/> <http://www.quorumrealestate.com/>

<http://www.bremertonpatriot.com/> <http://www.portorchardindependent.com/>

<http://www.kitsapgov.com/>

<http://www.lighthouse-cove.com/>



## HELPFUL LINKS FOR RELOCATING

Demographic	<a href="http://quickfacts.census.gov/qfd/states/53000.html">http://quickfacts.census.gov/qfd/states/53000.html</a>
Crime Rate & Home Listings	<a href="http://www.neighborhoodscout.com/wa/crime/">http://www.neighborhoodscout.com/wa/crime/</a> <a href="http://www.seattle.gov/police/crime/onlinecrimemaps.htm">http://www.seattle.gov/police/crime/onlinecrimemaps.htm</a> <a href="http://sem.homelight.com">http://sem.homelight.com</a>
Realtors	<a href="http://www.realtor.com/washington/nbselwa.asp?source=web">http://www.realtor.com/washington/nbselwa.asp?source=web</a> <a href="http://www.apartments.com">http://www.apartments.com</a>
Apartments	<a href="http://www.padmapper.com">http://www.padmapper.com</a>
Daycares	<a href="http://www.childcare.org/">http://www.childcare.org/</a> <a href="http://www.care.com/">http://www.care.com/</a>
Schools	<a href="http://www.schooldigger.com/go/WA/schoolrank.aspx">http://www.schooldigger.com/go/WA/schoolrank.aspx</a>
Map with Zip Codes	<a href="http://www.unitedstateszipcodes.org/wa/">http://www.unitedstateszipcodes.org/wa/</a>
Shopping	<a href="http://www.mallseeker.com/washingtonmalls.aspx">http://www.mallseeker.com/washingtonmalls.aspx</a>
Attractions	<a href="http://www.tripadvisor.com/Attractions-g28968-Activities-Washington.html">http://www.tripadvisor.com/Attractions-g28968-Activities-Washington.html</a>
Vet	<a href="http://local.vcahospitals.com">http://local.vcahospitals.com</a>
Hospital	<a href="http://www.wsha.org/0111.cfm">http://www.wsha.org/0111.cfm</a>
Taxes	<a href="http://dor.wa.gov/content/findtaxesandrates/">http://dor.wa.gov/content/findtaxesandrates/</a>
Traffic & Transportation	<a href="http://www.wsdot.wa.gov/">http://www.wsdot.wa.gov/</a>
Military Bases	<a href="http://militarybases.com/washington/">http://militarybases.com/washington/</a>

## **DRIVERS LICENSE / VEHICLE REGISTRATION**



### **DRIVERS LICENSE:**

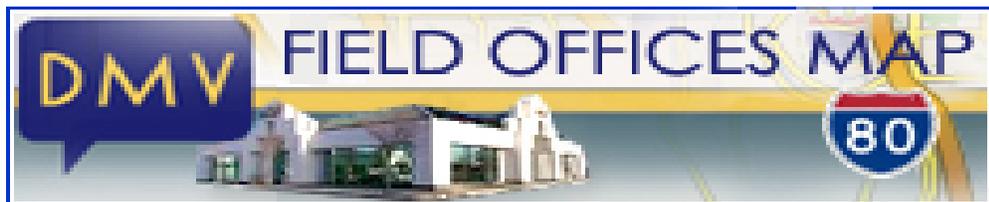
[www.dol.wa.gov/driverslicense](http://www.dol.wa.gov/driverslicense)

(valid for 5 yrs from date of issue)



### **VEHICLE REGISTRATION:**

[http://www.dol.wa.gov/vehicle registration/militaryvr.htm](http://www.dol.wa.gov/vehicle%20registration/militaryvr.htm)



### **DMV OFFICES:**

<https://fortress.wa.gov/dol/dolprod/vehoffices/>

Washington State Department of Licensing

<http://www.dol.wa.gov/>



## ON BASE SERVICES



### COAST GUARD EXCHANGE

There is an exchange located on CG Base Seattle or all your tax free shopping needs.

**(206) 587-0307**

**Hours:**

**Mon thru Fri 0730-1630**

**Sat 0900-1630**

**Sun 0900-1500**



### BARBER SHOP

Shop is located next to exchange.

**Hours: Barber Shop:**

**(206) 624-6774**

**Mon-Fri 0700-1500/**

**Sat 0900-1200**

## CG Standard Work-Station User Account Transfer Resources

<https://cgportal2.uscg.mil/units/c4itsc/FSD/SitePages/PCS-Account-Transfer.aspx>

(This link is on the CGPortal so you have to be logged on to your workstation to access)



## **OTHER MWR OFFICES**



### **Joint Base Lewis—McChord (MWR)**

JBLM is your place for quality-of-life recreation, educational resources, children's programs, special events & fitness for active duty personnel, families, retirees & DOD civilians

You can find out more by visiting <http://www.jblmmwr.com>

### **Navy Life Pacific Northwest—Everything NorthWest**

Naval Base Kitsap— NavSta Bremerton and NavSubBase Bangor  
Naval Station Everett  
Naval Air Station Whidbey Island

### **Commissaries and Exchanges**

If you're looking for tax free furnishings for your new home or other supplies, either of these would be good places to include in your search. Below are the phone numbers for each to determine their hours.

<b>NBK Bangor</b>	
Exchange—(360) 315-4563	Commissary—(360) 396-6025
<b>NBK Bremerton</b>	
Exchange—(360) 478-5000	Commissary—(360) 405-1971/72/73
<b>JBLM Fort Lewis</b>	
Exchange—(253) 964-3161	Commissary—(253) 966-0181
<b>JBLM McChord AFB</b>	
Exchange—(253) 582-3110	Commissary—(253) 982-3285 X3017
<b>Everett—Smokey Point</b>	
Exchange—(425) 304-4940	Commissary—(425) -304-3409

## WORK LIFE SEATTLE

The Coast Guard's Work-Life Program is managed by the Office of Work-Life, a Headquarters program manager staff within the Health and Safety Directorate, reporting to the Assistant Commandant for Human Resources. This staff is responsible for establishing, developing and promulgating Work-Life policy and interpreting program standards for Coast Guard-wide implementation. The overall objective is to support the well-being of active duty, reserve and civilian employees and family members.

Work-Life staffs are charged to plan, develop, and administer programs affecting the well-being of the Coast Guard workforce through family advocacy, employee assistance, crisis intervention, relocation assistance, financial counseling, child and elder care and other human services. This is accomplished through the active employment of a number of services, resources and programs, targeted at prevention of problems and enhancement of quality of life. For the most part, the staff members are not direct providers of Work-Life services, but rather, serve as overseers and as a clearing house, ensuring that the customers receive the services that best meet their needs. The purpose of Work-Life initia-



tives and programs are to strike a reasonable balance between the needs of the Coast Guard, the needs of the member and their family members' needs.

### Employee Assistance Program

*Confidential Counseling, Health Coaching, Education and Referral*

### Coast Guard Support Program

**(855) CG-SUPRT**

(855) 247-8778

**Web Address**

**<http://cgsuprt.com>**

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# PROFESSIONAL SPORTS TEAMS

Here's a list of Seattle professional sports teams

## Seattle Seahawks

[www.seahawks.com](http://www.seahawks.com)

CenturyLink Field  
Seattle, WA



Super Bowl XLVIII  
Champions



## Seattle Mariners

<http://seattle.mariners.mlb.com/>  
SAFECO Field  
Seattle, WA

## Seattle Sounders FC

[www.soundersfc.com](http://www.soundersfc.com)

CenturyLink Field  
Seattle, WA



## Seattle Storm

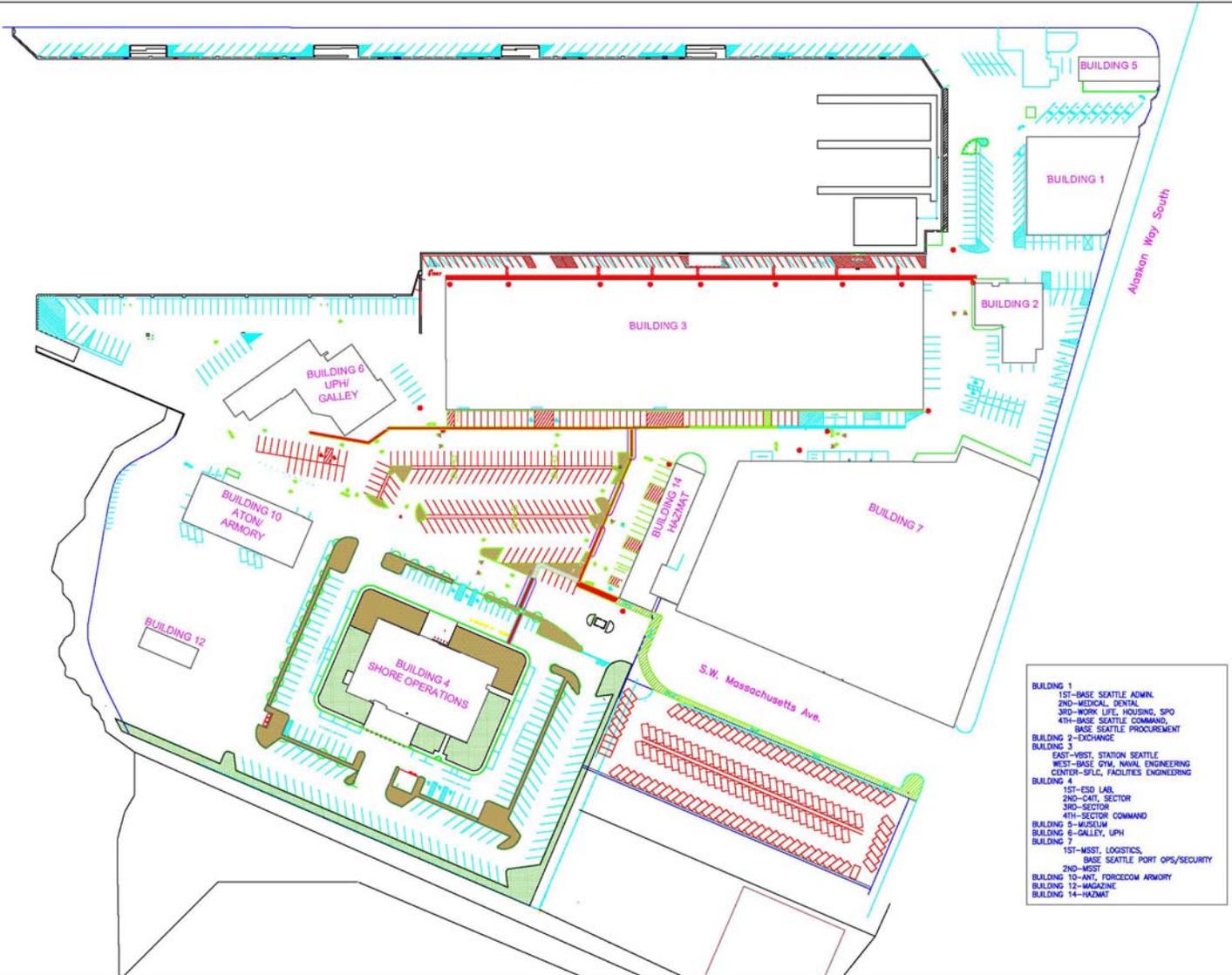
[http://www.wnba.com/storm/index\\_main.html](http://www.wnba.com/storm/index_main.html)  
KEY Arena  
Seattle, WA

## Seattle Reign FC

[www.reignfc.com](http://www.reignfc.com)

Memorial Stadium  
401 5th Ave N  
Seattle, WA







## **UNITED STATES COAST GUARD ETHOS™**

**I AM A COAST GUARDSMAN.**

**I SERVE THE PEOPLE OF THE UNITED STATES.**

**I WILL PROTECT THEM.**

**I WILL DEFEND THEM.**

**I WILL SAVE THEM.**

**I AM THEIR SHIELD.**

**FOR THEM I AM SEMPER PARATUS.**

**I AM PROUD TO BE A COAST GUARDSMAN.**

**I AM A GUARDIAN.**

**WE ARE THE UNITED STATES COAST GUARD.**