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**Subject:** May Health Safety and Work-Life News Bullets  
**Date:** Wednesday, May 16, 2018 6:13:58 AM

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**Please switch to HTML:**

Good morning,

Welcome to the May edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link or contact the POC to learn more!

- **Do you want to OPT-IN for the Blended Retirement System (BRS)?** Find more information and how to OPT-IN at [https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Blended-Retirement-System/brs\\_lp/](https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Blended-Retirement-System/brs_lp/) or contact Ms. Angela LeMaster at (206)217-6615
- **What will you do after the Coast Guard?** Join us at the Coast Guard Base Seattle Transition Summit on 31 May to learn more about career industries, self-marketing and resume writing. Register here: <https://www.uschamberfoundation.org/events/hiringfairs?page=1> or contact Ms. Angela LeMaster at (206)217-6615
- **Men and boys are also victims of unwanted sexual contact or assault and their experience can be very different from that of women.** For more information or support, visit: <https://safehelpline.org/information-for-men.cfm> or contact Ms. Jennifer Parrish at (206)217-6675

- **Are you transferring this summer and needs help on navigating the educational school system?**  
<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm> or contact Ms. May Chao at (206)217-6786
- **Are you searching for a safe child care environment?**  
Check out the CHILD CARE CHECKLIST FOR PARENTS at <https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Child-Care/> or contact Ms. Kelly Smitherman at (503)861-6242
- **Did you know everyone at your unit (no matter where they are located) can now “Check-In” with work life and learn all about the resources available.** Follow the link <http://cglink.uscg.mil/SeattleWorkLife> Click on “Other Recourses” and click on “Base Seattle Work Life Check-In with Voice Over” to meet the entire staff!

V/r

Your Work Life Staff

Work Life Web Site:

<http://cglink.uscg.mil/SeattleWorkLife>

Base Seattle Web Site:

<http://cglink.uscg.mil/BaseSeattle>