

## **WELCOME ABOARD**

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Congratulations on your orders to CGC ALDER! Your assignment here is certain to be an exciting and rewarding part of your Coast Guard career.

Contact the cutter at your earliest opportunity to establish a firm reporting time and date. The best time to contact us is weekdays between 0700 and 1600 pst. In the event that ALDER is underway, please call the ships cellphone.

If you haven't been assigned a sponsor yet, you should be assigned one shortly.

Tropical Blue Long is the uniform for reporting aboard.

Your servicing personnel office is Base Alameda. Their office hours are weekdays between 0800 and 1600 pst, and can be reached at 510 769-0831.

Base Alameda has government housing (both leased and CG-owned). Ensure you contact the Base Alameda Housing Officer at 510 769-0831 to discuss your housing options. Release from government housing may be given on a case-by-case basis, but we will be unable to start bah for you without a written release from Base Alameda Housing Office.

We look forward to your arrival. Welcome aboard!



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## GENERAL INFORMATION

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**Unit Information** ALDER is located on Yerba Buena Island. Also on the base are Sector San Francisco, ANT San Francisco and Station San Francisco. U.S. Coast Guard Cutter ALDER is the eighth cutter built in the new Juniper Class Sea Going Buoy Tender fleet. She was built at Marinette Marine Corp in 2000-2001, launched on April 21, 2001, accepted by the Coast Guard on September 28, 2001, and commissioned on January 24, 2002. ALDER is one of the most technologically advanced cutters in the Coast Guard fleet. ALDER is homeported in San Francisco, Ca. Her crew compliment is 42 enlisted and 8 officers. ALDER is responsible for 76 aids in her area of responsibility, stretching from the Oregon-California border down south to San Diego.

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**Mailing Address** COMMANDING OFFICER  
USCGC ALDER (WLB-208)  
1 Yerba Buena Island San Francisco,  
CA 94130-5013

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**Telephone Numbers** Quarterdeck: 218-297-0000

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**If the Ship is underway, Report to** Sector San Francisco  
1 Yerba Buena Island San Francisco  
San Francisco CA  
(415) 399-3415

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**Typical Watch Rotation**

- Inport CDOs: 1:13
- Underway OODs: 1:5
- Underway EOWs: 1:7
- Inport Duty Section: 1:10

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**Nearest Major Military Installations**

- Base Alameda- 20 miles
- Travis AFB- 50 miles

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**Is it a good idea to have a car or motorcycle**

- A vehicle is a good idea due to the commute and limited taxi services
- A motorcycle is a good form of transportation with heightened traffic hours.

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**Personal Storage Space aboard the Cutter**

- Enlisted: A rack and a locker that is approximately six feet tall, two and a half feet wide, and deep enough to store uniforms.
- Chiefs: One locker and one composite desk and drawer per rack.
- Officers: Two lockers and one composite desk and drawer per rack.

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# ALDER RULES, REGULATIONS, AND POLICIES

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## Uniforms

The normal uniform of the day aboard ALDER is the Operational Dress Uniform. The wearing of standard coveralls is encouraged for extremely dirty work. The following clothing items are authorized for wear aboard ALDER:

- (1) Inport:
    - (a) The Operational Dress Uniform (ODU) will stand as the normal uniform of the day. Sleeve up/down will be based on D11 guidance and Commanding Officer approval, and will be available on the Plan of the Day/Week.
    - (b) The ODU blouse may be relaxed inport due to weather conditions. The standard blue Coast Guard T shirt or current unit T shirt is authorized. Once the member is out of the environment re-donning of blouse is required. No member shall depart the unit without re-donning the blouse.
    - (c) Thermal Underwear: Crew neck, dark blue or black in color. May be worn under the long sleeve Operational Dress Uniform. Underwear sleeves may not show below the length of the sleeve of the outer garment.
    - (d) Overalls: Thermal work jackets, overalls, and coveralls shall be issued for general wear on deck while working.
    - (e) Foul Weather Parka II (FWP II): To be worn on bridge and Quarterdeck watch, at Quarters, and when departing YBI in uniform. Depending on weather, the ODU Utility Jacket may be worn in lieu of the FWP II.
    - (f) The cold weather cap and knit watch cap may only be worn when wearing authorized outerwear.
  - (2) Underway:
    - (a) T shirts and Sweatshirts: The standard blue Coast Guard T shirt and current unit T shirts and sweatshirts (current unit) are authorized as outerwear while the cutter is underway. Thermal underwear shirts may be worn underneath the long sleeve shirt and sweatshirts.
    - (b) Buoy Deck Clothing: Additional clothing items and personal protective equipment may be worn on the buoy deck as authorized by the Buoy Deck Supervisor and First Lieutenant.
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**Smoking**

- (1) The only designated smoking area aboard ALDER is the fantail. At no time shall smoking be inside the skin of the cutter, on the Quarterdeck, or any areas with flammable materials or hazards. Individuals who choose to smoke onboard must use the receptacles provided on the fantail to dispose of their cigarette or cigar butts.
  - (2) The smoking lamp shall be extinguished throughout the cutter while taking on, pumping off, or transferring fuel or lube oil between tanks. In addition, the smoking lamp shall be extinguished while handling any ammunition, pyrotechnics, or other flammable or hazardous materials. The OOD and Quarterdeck watch stander shall be informed prior to any of the above mentioned activities and the appropriate pipe shall be made over the 1MC every 15 minutes.
  - (3) Smokeless tobacco and other smoking analogs (i.e. electronic cigarettes) shall only be used in designated smoking areas.
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**Pay**

Pay is made by direct deposit from PSC Topeka, KS on the first and fifteenth day of the month, or as soon thereafter as possible. It is the member's responsibility to verify correct pay and allowances via monthly review of the Leave and Earnings Statement available in Direct Access. Any irregularities resulting in underpayment or overpayment shall be reported promptly to the Yeoman.

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**Medical**

Base Alameda operates a medical/dental clinic. It is run on an appointment only basis. For any questions concerning appointments, contact the Independent Duty HS onboard ALDER.

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**Emergency  
Medical  
Treatment**

In case of an emergency resulting in injuries requiring immediate treatment, medical care can be obtained from the Local Emergency Room. TRICARE will only cover bills from the Emergency Room.

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**Ombudsman**

The Ombudsman program is a way for dependents to stay in touch with ship's events and other ALDER dependents. The Ombudsman is designated by the command and is the commands link to the dependents. Through this network, dependents are kept aware of ALDER schedules, port calls, and social functions affecting the ship. If you have family that you feel should be kept aware of ALDER events, contact the Ombudsman.

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**Honors and  
Ceremonies**

Colors, the ceremonial hoisting and lowering of the National Ensign, shall be conducted at 0800 and sunset daily.

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All persons in the Coast Guard and in uniform, upon boarding the cutter, shall salute the National Ensign if it is flying. He or she shall stop on the upper end of the brow, face the National Ensign, and render a hand salute, after which he or she shall salute the Officer of the Deck or Quarterdeck watch stander, as appropriate. When departing the cutter, he or she shall render the respective salutes in reverse order. The OOD or Quarterdeck watch stander shall return both salutes in each case.

All persons stationed aboard ALDER shall salute all officers senior to themselves on each occasion of meeting or passing near or when addressing or being addressed by such officers except that on board the cutter itself salutes shall be dispensed with after the first daily meeting, except for those rendered to the Commanding Officer and officers senior to the Commanding Officer, to visiting officers, to officers making inspections, and to officers when addressing or being addressed by them.

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**Visitors**

- (1) Personnel may receive visitors aboard at any time between 0800 and 2000, so long as it does not interfere with their work, duty, or the cutter's routine. Normally, unofficial visitors shall not be allowed aboard during working hours.
- (2) Visitors shall not be allowed access to restricted areas, berthing areas, heads, shower rooms, or engineering spaces. All visitors, including Coast Guardsmen from other commands on official business, shall be escorted while on board.
- (3) Personnel planning to have guests aboard for meals should notify the duty CS in advance. In no case shall visitors be fed unless there is food in excess of that required for assigned personnel.

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**Ship's Recall Status**

Recall Procedures. While inport, ALDER's recall status may range from B-2 to B-24, or the cutter may assume Charlie status, during which time recall is not expected except in extreme circumstances. For each status, crew members must be able to return to the cutter in half the time of status (i.e. 3 hours for B-6). Recall shall usually be initiated by order of the Commanding Officer or Executive Officer and shall be executed by the CDO. Recall contact information can be found in the Inport Binder, kept on the Quarterdeck. Each crewmember is responsible for updating their recall information as changes occur. In the event of a recall, all personnel in a liberty status without an approved exemption chit shall be required to return to ALDER.

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**Drugs & Alcohol**

- (1) In accordance with Coast Guard and Federal regulations, the possession, sale use or transportation of a controlled substance, illegal drug or alcoholic products without proper written authority is an offense of the UCMJ. Violations will result in Mast, administrative discharge and/or court-martial at the direction of the command and the severity of the offense.
  - (2) The following is a brief synopsis of the Coast Guard Drug and Alcohol policy derived from Chapter 20 of the Personnel Manual.
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- (a) A drug incident is defined as:
  - (1) Possession , use or distribution of an illegal drug
  - (2) The improper use of /or abuse of a prescription drug.
  - (3) A confirmed positive urinalysis test.
  - (4) Any member E-1 through O-10 will ordinarily be separated from the Coast Guard after a first drug incident.
  
- (b) An alcohol incident is defined as:
  - (1) Any violation of the UCMJ involving the excessive use of alcohol.
  - (2) Any violation of state of federal law in which the excessive use of alcohol was a factor.
  - (3) Any member may be retained in the service after one alcohol incident providing; the member shows strong potential for further service.
  - (4) Any member will be processed for discharge after a second alcohol incident.

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**Arrest, Civil &  
Military**

- (1) If arrested or detained by civil authorities, you shall immediately notify the CDO and state the facts concerning such arrest or detention. The CDO shall relay the report received to the Executive Officer as soon as possible.
  
  - (2) Only the Commanding Officer (CO) or his/her designated representative shall have authority to order any member attached to the cutter into detention, including restriction, arrest, or temporary physical restraint. The degree of restraint imposed shall in every case be the minimum required providing for the immediate safety to life, health, and property of the ship.
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## **COAST GUARD AND COMMAND SUPPORT PROGRAMS**

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<b>General</b>	Listed below are just a few of the Coast Guard and ALDER Support programs available to crewmembers. If you have any further questions or need assistance in any of these areas contact your Division Officer or Chief for more information.
<b>Education Service Officer (ESO)</b>	The ESO will help members order U.S. Coast Guard Institute courses. The ESO will proctor tests and is a liaison between members and the USCG Institute. The ESO has information on College Level Examination Procedures (CLEP) and Defense Activity for Non-Traditional Education Support (DANTES), and will help members obtain tuition assistance and military equivalency transcripts. The ESO is your point of contact for all of your educational needs.
<b>Housing Officer</b>	All Coast Guard Owned and Leased Housing is maintained and operated by Base Alameda Housing. Coast Guard members with dependents should contact the Base Alameda Housing Officer for more information and application process for housing waiting list. Housing Officer phone number is: 510 769-0831.
<b>Coast Guard Mutual Assistance</b>	Coast Guard Mutual Assistance (CGMA) is an independent, non-profit, charitable organization, providing financial assistance to the Coast Guard community. CGMA programs are available to all Coast Guard members and their dependents that qualify for their loan programs. CGMA provides assistance through six programs: Emergency Loan Program, General Assistance program, Education Assistance Program, Medical Assistance Program, and Debt Management Program. Examples of these programs include interest free loans for major car repairs, moving expenses, emergency travel, and most important, pay and allotment problems. Re-payment of loans is easy by way of paycheck allotment. CGMA also offers new Education loans, and grants each year for you and your dependents.
<b>Civil Rights Officer</b>	The Civil Rights Officer (CRO) is the Commanding Officer's representative regarding the protection of individual civil rights, prevention of sexual harassment and hazing, and the promotion of a healthy work environment. Eight hours of Civil Rights training is required every three years for each Coast Guard member, and will be scheduled by the CRO. In addition, the CRO provides guidance and counsel to members with questions regarding Coast Guard Civil Rights policies and programs, and is able to sign off practical factors pertaining to them.
<b>Policies</b>	When you come aboard CGC ALDER, you should expect to be welcomed warmly and treated as a team member from the day you cross the brow. Hazing and discrimination are simply not permitted. As a shipmate, we look after and take care of each other, both inport and underway.

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All members of the Coast Guard have the right to work in an environment free from the threat of sexual harassment and assault. Sexual harassment and assault has no place in the Coast Guard. We are professionals that shall treat each other with fairness, dignity, and respect. We shall take action that prevents our shipmates from making bad decisions and celebrate those who display the ethical strength and courage to intervene. All members have a responsibility to look after their shipmates. It is important for all members to be aware of the actions of their peers and note any behavior or actions that could lead to a sexual assault. If there is a suspected or actual sexual assault, members have an obligation to report.

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**Public Affairs Officer**

The Public Affairs Officer (PAO) shall coordinate the cutter's activities with local organizations, news media, and internal authorities.

- (a) Do not give out sensitive information, including classified material and any information that pertains to ongoing investigations. If someone asks you to reveal sensitive information, do not reply with "no comment." Simply explain why you are unable to provide the information (i.e. It is part of an ongoing investigation).
  - (b) Do not give your opinions to the media. They will take them as the opinions of the Coast Guard. Do not talk off the record. Everything we do and say is a matter of public record.
  - (c) If you are ever in doubt about anything related to public affairs, please ask the Public Affairs Officer for clarification.
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**Morale Officer**

The Morale Officer is in charge of the morale committee, which consists of six crewmembers, two from each department. The Morale Officer helps to coordinate crew's morale activities and events while in home port and away from homeport. The morale committee meetings are open to all hands. All requests, recommendations, and feedback are welcomed.

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## **THE GREATER SAN FRANCISCO AREA**

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**San Francisco** The **San Francisco Bay Area**, popularly referred to as the **Bay Area** or simply the **Bay**, is a populous region surrounding the San Francisco, San Pablo, and Suisun Bay estuaries in Northern California. Although the exact boundaries of the region vary depending on the source, the Bay Area is defined by the Association of Bay Area Governments to include the nine counties that border the aforementioned estuaries: Alameda, Contra Costa, Marin, Napa, San Mateo, Santa Clara, Solano, Sonoma, and San Francisco. Other sources may exclude parts of or even entire counties, or expand the definition to include neighboring counties that do not border the bay such as San Benito, San Joaquin, and Santa Cruz.

Home to approximately 7.75 million people, Northern California's nine-county Bay Area contains many cities, towns, airports, and associated regional, state, and national parks, connected by a complex multimodal transportation network. The larger combined statistical area of the region, which includes fourteen counties, is the second-largest in California (after the Greater Los Angeles area), the fifth-largest in the United States, and the 41st-largest urban area in the world with 9.67 million people. The Bay Area's population is ethnically diverse: for example, roughly half of the region's residents are Hispanic, Asian, African American, or Pacific Islander, all of whom have a significant presence throughout the region

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**Weather** The Bay Area is located in the relatively rare warm-summer Mediterranean climate zone that is a characteristic of California's coast, with moist mild winters and dry summers. It is largely influenced by the cold California Current, which penetrates the natural mountainous barrier along the coast by traveling through various gaps. In terms of precipitation, this means that the Bay Area has pronounced wet and dry seasons. The wet season, which roughly runs between November and March, is the source of about 82% of annual precipitation in the area. In the South Bay and further inland, while the wet season is cool and mild, the summer dry season is characterized by warm sunny days, while in San Francisco and areas closer to the Golden Gate strait, the dry season is periodically affected by fog.

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**Transportation** Transportation in the San Francisco Bay Area is reliant on a complex multimodal infrastructure consisting of roads, bridges, highways, rail, tunnels, airports, ferries, and bike and pedestrian paths. The development, maintenance, and operation of these different modes of transportation are overseen by various agencies, including the California Department of Transportation (Caltrans), San Francisco Municipal Transportation Agency, and the Metropolitan Transportation Commission. These and other organizations collectively manage several interstate highways and state routes, two subway networks, two commuter rail agencies, eight trans-bay bridges, transbay ferry service, local bus service, three international airports (San Francisco, San Jose, and Oakland), and an extensive network of roads, tunnels, and paths such as the San Francisco Bay Trail.

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**Consumer Information**

For food, there are several grocery stores, the Coast Guard Exchange and Commissary, a community cooperative store, fresh vegetable markets and fish markets, a health foods store, and numerous “quick stop” markets. Many variety stores are also in the area, including Fred Meyer and Costco. Other local businesses include: auto dealerships, marine supplies, pet supplies, camera, photography and framing shops, office supplies, furniture stores, and an array of personal services. Suburban indoor shopping malls are located in Portland and Longview/Kelso, and a small outlet mall is located in Seaside.

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**Cost of Living**

The cost of living is very high in the Bay Area which has one of the highest BAH rates in the country. Groceries and gasoline are moderate to high. Housing is moderate to high and reduces the further outside of San Francisco you go. Electricity is less expensive than in most parts of the country. State property and income taxes are in the high range.

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**Recreation**

The Bay Area has an ideal climate for outdoor recreation, such that activities like hiking and cycling are popular among locals. There are more than 200 miles (320 km) of bicycle paths, lanes and bike routes just within San Francisco, and the Embarcadero and Marina Green are favored sites for skateboarding. Public tennis facilities are available in Golden Gate Park and Dolores Park, as well as at smaller neighborhood courts throughout the city. San Francisco residents have often ranked among the fittest in the U.S. Boating, sailing, windsurfing and kitesurfing are among the popular activities on San Francisco Bay, and the city maintains a yacht harbor in the Marina District. The St. Francis Yacht Club and Golden Gate Yacht Club are located in the Marina Harbor, while the South Beach Yacht Club is located next to Oracle Park.

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**Hiking**

Many opportunities exist for hiking in the Bay Area. The Marin Headlands, North of the Golden Gate Bridge, has a variety of scenic hikes. The most famous are in Muir Woods which features towering old-growth redwood trees. Boarding the East Bay Area are the Oakland Hills which hundreds of trails throughout the pine woods. In addition, famous National Parks like Yosemite and Lake Tahoe are only a three hour drive away.

ALDER has several hiking guides available to check out.

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**Bicycling**

Road biking is most popular in the Marin Headlands, featuring challenging hill climbs in dense forests. Mountain biking is also available in the Mount Diablo area. Riders will experience rolling green cow pastures and wide dirt paths.

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**Beaches**

Walking the ocean beaches can be rewarding. A short drive to Pacifica and Half Moon Bay and you can find some of the World's best surf spots. The famous surf movie *Chasing Mavericks* was filmed at Half Moon Bay. Clams, shells, sand dollars, and driftwood offer much to the seeking eye. Alameda Beaches offers tide pools to examine during low tide. Starfish, barnacle colonies and sea anemones delight the curious observer. During migration periods, whales can often be seen off shore.

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**Swimming**

San Francisco has several excellent indoor pool facilities. The ocean is cold for all but the hardest swimmer. Wet suited surfers ride the waves at the Cove in Seaside, and sea kayakers surf the waves as well. Wind surfers frequent the Golden Gate Bridge as well as Alameda in the inner-bay.

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**Other  
Entertainment**

Alameda has two amazing public libraries. Rock climbing gyms are prevalent in San Francisco as well as Berkeley. The San Francisco ferry network makes the city easily accessible without having to find parking in the city. The Golden Gate Park has several museums as well as a disk golf course. There are parades and festivals happening in the city all year round.

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**Nearby Cities  
and Towns**

<u>Town and State</u>	<u>Distance</u>	<u>Population</u>
Oakland, CA	8	429,000
Freemont, CA	28	237,000
San Jose, CA	42	1.03 M
Stockton, CA	63	311,000
Sacramento, CA	75	508,000
Modesto, CA	78	215,000
Fresno, CA	161	530,000
Reno, CA	187	250,000

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**Chamber of  
Commerce**

San Francisco Chamber of Commerce  
Russ Building – 235 Montgomery Street #760  
San Francisco, CA 94104  
(415) 392-4520

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**Banking  
Institutions**

Bank of San Francisco  
575 Market St. #900  
San Francisco, CA 94104  
(415) 744-6700

Metropolitan Bank  
1351 Powell St.  
San Francisco, CA 94133  
(415) 986-6999

Chase Bank  
2270 Otis Dr.  
Alameda, CA 94501  
(510) 864-3325

Wells Fargo Bank  
1095 University Ave.  
Berkeley, CA 94710  
(510) 647-0282

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**Pet Kennels**

Pet Camp San Francisco  
525 Phelps St.  
San Francisco, CA 94124  
(415) 282-0700

Wag Hotels  
39 4<sup>th</sup> St.  
Oakland, CA 94607  
(888) 924-5463

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**Emergency  
Services**

SAN FRANCISCO  
FIRE DEPARTMENT STATION 1  
935 Folsom St  
San Francisco, CA 94107  
(415) 558-3200

INGLESIDE POLICE STATION  
1 Sgt John V Young Ln,  
San Francisco, CA 94112  
(415) 404-4000

SAN FRANCISCO POLICE DEPARTMENT  
1251 3<sup>rd</sup> St.  
San Francisco, CA 94158  
General Purpose: (415) 553-0123

SAN FRANCISCO FIRE DEPARTMENT STATION 13  
530 Sansome St.  
San Francisco, CA 94111  
(415) 558-3200

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**Schools in the  
Area**

A list of schools in the San Francisco area can be found here:  
<https://www.sfusd.edu/schools-search>

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**San Francisco/  
Bay Area  
History**

The earliest archaeological evidence of human habitation of the Bay Area dates to around 10,000 B.C. (Coyote Hills Shell Mound) along the shores of the bay, with evidence pointing to even earlier settlement in Point Reyes in Marin County. The Miwokan and Costanoan Ohlone people, who were living in the Bay Area at the time of first European contact, were possibly descended from Siberian tribes who arrived at around 1,000 BC by sailing over the Arctic Ocean and following the salmon migration. The Ohlone lived in about forty or so tribes spread throughout the lands adjacent to the San Francisco Bay and as far south as Point Sur near Monterey Bay.

In 1575, a Spanish exploration party led by Sebastião Rodrigues Soromenho landed in Drakes Bay near Point Reyes and was the first European settler to claim land in the Bay Area. He was soon followed in 1579 by Sir Francis Drake, who also landed in Drakes Bay and claimed the land for England. The San Francisco Bay itself remained undiscovered by Europeans until a Spanish expedition led by Gaspar de Portolà sailed through the Golden Gate Strait in 1769. Further expeditions by Spanish explorers in the following years include those led by Juan Bautista de Anza who colonized the Presidio, and Gabriel Moraga who started at the Presidio and led expedition parties to San Jose and over the Pacheco Pass, as well as reaching the San Joaquin Valley. In 1821, Mexico gained its independence from Spain and the Bay Area became part of the Mexican province of Alta California, a period characterized by ranch life and visiting American trappers. Mexico's control of the territory would be short-lived, however, and in 1846, a party of settlers occupied Sonoma Plaza and proclaimed the independence of the new Republic of California. That same year, the Mexican–American War began, and American captain John Berrien Montgomery sailed the USS *Portsmouth* into the bay and seized San Francisco, which was then known as Yerba Buena, and raised the American flag for the first time over Portsmouth Square

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**WELCOME ABOARD SHIPMATE, WE  
LOOK FORWARD TO YOUR ARRIVAL!**