

COAST GUARD Community Services Command Personnel

Commanding Officer
U. S. Coast Guard
Community Services Command
Battlefield Technology Center 1
510 Independence Parkway,
Suite 500
Chesapeake, VA. 23320
Tel: (757) 420-2480
Fax: (757) 420-0569



ENG

Adm. Robert J. Papp, Jr., USCG
(awaiting Senate approval)
Commandant

Capt. Edward N. Eng, USCG
Commanding Officer

Commander William A. Fox, USCG
Executive Officer

MWR DIVISION

Gary Scheer
Director, Coast Guard MWR Program
(757) 842-4903

Robert Davis
MWR Specialist
(757) 842-4926

CW02 William Pfeiffer
Financial Analyst
(757) 842-4929

Ron Ray
Program Resources Specialist
(757) 842-4927

CW04 R.T. Downs
Program Analyst
(757) 842-4928

Marta E. Denchfield
Child Development Program Manager
(Washington, D.C.)
(202) 475-5160

Petaluma MWR the Heartbeat of Community

Morale, Welfare and Recreation (MWR) programs and facilities at CGTC Petaluma, Calif., one of the Coast Guard's most important training centers, provide a sense of community and a level of quality of life that is unsurpassed.

"One of the four elements of the vision for this command is to make this the best place to work and live in the Coast Guard," says Commanding Officer Capt. Chris Hall. "Becoming a community is a really important aspect of that for us, and to provide all of the things a community needs, MWR is the perfect organization to be at the heartbeat of that."

Hall points out that Petaluma is different than most Coast Guard land units, due to its size and mission. "Our mission sort of separates us from everyone else because of the fact that we have roughly 650 students here on any given day, plus 600-650 people who work here, and roughly 450 people who live in housing," he explains. During the day there is anywhere between 1,500 and 1,800 on base, and approximately 1,000 – 1,200 sleep at Petaluma every night.

"The slogan I use with my folks here and the program we work with here is — 'the other 16 hours of the day,'" says Hall. "In most Coast Guard operational units, people go home at night. We are a remote base — 10 miles from town — and since we are an apprentice-level school, people don't have cars, so that 'other 16 hours of the day' really matters for us in meeting our mission. So the living condi-

tions, the housing, the barracks, are vital to what we consider our core mission, and having adequate facilities, including the gym, pool, theater, club, library, cyber café, restaurants, recreational lake area, for example — these are the places that we can keep them invigorated, happy and they can enjoy life while they are here for that other 16 hours in the day.

"We think MWR directly contributes to the success of our students plus pushes us closer to our goal to make this the best place to live and work in the Coast Guard.

"We are really lucky because Gary Scheer and Capt. Eng, who run the MWR program for the Coast Guard, are just tremendous and have been incredibly helpful and supportive of us. And our own MWR Director Larry Streeter, who has been here a long time, is a great asset."

One of the most recent facility improvements was done at the Hub, which is the MWR center of operations at the geographic center of base called Town Square. The Hub includes the library, free movie rentals, a cyber café, MWR ticket sales, MWR Support Counter, a brand new coffee shop and a soon-to-be-opened deck on the back. ADA-compliant bathrooms are also being added.

The Hub also offers free Internet terminals, and recently doubled the bandwidth and created free hot spots on base. "We run our own cable, Internet and TV," notes Hall.

In the area of fitness, Petaluma has three major gym projects in the works. The first one, which was just completed, is



New Teen Center.

COAST GUARD

a complete renovation of the men's locker room, going from 68 lockers to almost 200. The second project is the redoing of the women's locker room, going from only 26 lockers to over 100. Next year Petaluma is going to do a significant expansion of the facility, to be able to accommodate more fitness equipment.

"We took one racquetball court already and turned that into an aerobics room and it has spin bikes and all of the aerobic gear," notes Hall. "We will have a free weight room, a strength and cardio room, an aerobics room/spin room plus our two racquetball courts back. Plus we have four tennis courts and an indoor basketball court."

One of the biggest happenings at the gym is the start up of a new fitness program to help the Petaluma community meet new Coast Guard health and fitness standards.

"In my first year as CO seven people were processed out for weight issues," notes Hall. "And with the new Coast Guard standards announced last year we decided to be a prototype unit, and months prior to the official weigh in, we weighed and measured everyone and found that over 1/6th of our population would not have passed."

To remedy this problem, Hall oversaw the creation of a dramatic health and fitness program focusing on three components: emotional wellness, nutri-

tion and physical fitness.

"At the October 2009 weigh-in we had less than one percent — only five people — who came in overweight. The Coast Guard average was closer to 5 percent, so we are really happy with our results," notes Hall.

Petaluma also has a lake recreation area and 830 acres with some ideal locales to enjoy recreationally. The rec area has a RV campground and a pavilion, and there are some extensive renovations planned including a new equipment-rental facility and a new ADA-compliant shower and bathroom facility.

"We are restarting a waterfall at the lake, to make it a living lake by creating enough air turnover so it aerates the water, so we can re-stock it with fish," notes Hall.

The outdoor pool has seen rejuvenation with the hiring of a new highly experienced aquatics director, who has "done an incredible job starting our master swim program for adults and youths." The pool also redid its lockers rooms, offices, and the solar heating for the pool.

Other improvements include renovations to the theater, to guest lodging, and the bowling center, which added a new scoring system from QubicaAMF. One big upcoming project is a new \$1.4 million Child Development Center (CDC).

-GRF



Your Sign Service since 1968



Since 1968, military bases around the world have chosen Stewart Military Signs for their signage needs. We offer a turnkey solution with expert onsite installation. Our signs are dynamic, reliable and backed by a Lifetime Warranty. Call today or visit us online for more information.

FREE
consultation
and site
evaluation!



1-800-237-3928
www.stewartsigns.com



**YOU HELP YOUR EXERCISERS
REACH THEIR GOALS**

**WE DO THE SAME
FOR YOU**



Life Fitness
WHAT WE LIVE FOR

Start with a comprehensive line of proven products, designed and engineered to meet the needs of every exerciser. Then back them with the expertise of an organization dedicated to tailoring a solution that ensures your success. It all adds up to a company that's been a leading name in fitness for more than 30 years. Life Fitness. It's...

WHAT WE LIVE FOR.



Life Fitness
Cardio



Life Fitness
Strength



**HAMMER
STRENGTH**

800.494.6344 / lifefitness.com / LF GSA#GS07F9380G

©2010 Life Fitness, a division of Brunswick Corporation. All rights reserved. Life Fitness and Hammer Strength are registered trademarks of Brunswick Corporation. 075V-014-101