



WELCOME ABOARD

Training Center Petaluma

A guide for
service
members
and their
families

Courtesy of the
TRACEN Petaluma
Ombudsmen
Edited May 2020

Welcome

Welcome to Training Center (TRACEN) Petaluma! We are here to provide the finest support to all those living and working in our Coast Guard community.

You are now a member of the TRACEN community, the best place to live, work, and train in the Coast Guard.

We offer many programs geared toward families, as well as single service members. Our location in Sonoma County, California offers numerous recreational activities for you to enjoy. As with any assignment, it is only as good as you make it. We invite you to become active in our community, please get involved!

Again, welcome to your new home in Northern California! We hope you have an exciting and enjoyable experience.



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Base Phone Numbers:

Emergencies: 911

OOD: 707 765-7034

OOD CELL: 707 775-5863

Police 24 Hr Non-Emergency: 707 765-7215

General Information: 707 765-7000

Barber Shop and Salon: 707 765-7311

(CDC) Child Development Center: 707 765-7334

Chapel: 707 765-7330

Clinic: 707 765-7200

Consolidated Club: 707 765-7245

Sea West Credit Union: 707 765-1075

Education Center: 707 765-7112

Exchange: 707 765-7256

(EOW) Engineer of the Watch: 707 765-7184

Facilities Engineering (FE): 707 765-7301

Fire Department: 707 765-7355

Front Gate: 707 765-7058

Gym: 707 765-7348

Guest Lodging Reservations: 707 765-7248

Housing: 707 765-7145

ID Cards: 707 765-7354

Legal: 707 765-7760

Library: 707 765-7580

Movie Theater: 707 765-7346

MWR Ticket Office: 707 765-7341

Work Life: 1-800-872-4957

Ombudsman: 707 888-7290

Facebook

We encourage you to follow the Petaluma Ombudsman on Facebook at:

<http://www.facebook.com/groups/Petaluma.ombudsman>

KEEP SAFE CONNECTIONS

Suicide

National Suicide Prevention
Lifeline 800-273-8255
CG SUPRT 855-247-8778
Crisis Line 800-309-2131
Teen Line 800-309-2131

Domestic Violence

800-562-6025
FAS 707-765-7045

Sexual Abuse / Rape

SARC 510-437-5981
877-995-5247

Child Abuse

866-363-4726
Children's Services 510-780-8936

Chaplain

TRACEN Chaplain 707-765-7331
PACAREA Chaplain 510-437-3067
D11 Chaplain 510-437-3078

Legal

TRACEN LEGAL 707-765-7760
D11 Legal 510-437-5891

Ombudsman



Ombudsman is a person/or people designated by the Commanding Officer, serving as a link between the command and families. The ombudsman is here to:

- Provide resources to families
- Share information about the Coast Guard and command policies
- Serve as an advocate for family members
- Assist with the relocation process

Ombudsman are bound by a strict code of confidentiality. ONLY the following topics will be communicated to command, ALL other topics will remain CONFIDENTIAL.

- All suspected or known situations of child abuse or neglect
- Alleged domestic abuse
- Suspected or potential homicide, violence, or life endangering situations
- All suspected or known suicide risks
- Any criminal activity
- Any severe financial issues

TRACEN Petaluma has two Ombudsman who work together to serve families both on and off base. We are here as a resource for you, please let us know how we can be of assistance.

Petaluma Ombudsman - Petalumaombudsman@gmail.com 707 888-7290

Pacific Area Strike Team Ombudsman (Novato) - pstombudsman@gmail.com



TRACEN Petaluma Families Facebook (FB) page serves as the ombudsman's main source of sharing information. The FB page is consistently updated with the most recent information of USCG TRACEN on-base events, local community events, military discounts, health insurance changes, training opportunities, camps, photos, and much MORE!

Housing Information

Should you be assigned to TRACEN Housing here are some things to know

Housing office: Monday – Friday, 7:30 – 4 pm 707-765-7145

Moving in but your HHG haven't arrived yet?
We've got you covered with Aloha Boxes.

We have things to help get you settled until your Household Goods arrive! Boxes include: pots, pans, silverware, cups, dinnerware, children's cutlery, plates and bowls and other essentials.

Aloha Boxes are available for check out at the Housing Office

Per housing manual the following are not permitted in housing:

Trampolines, Fire Pits, Swimming pools (kiddie pools less than 12" in depth are approved), hot tubs, spas, inoperable / project vehicles, home built play sets (i.e. swing sets, jungle gyms, playhouses, tree houses, etc.). Personally owned play equipment is *DISCOURAGED* but must be commercially purchased and shall not be anchored in cement.

Some pets – Barnyard or exotic species are strictly prohibited, as are the following (or mix of) breeds of dogs: Pit Bulls to include American Pit Bull Terrier, American Staffordshire Terrier, Staffordshire Bull Terrier, as well as Rottweiler and Chow breeds. Any dog displaying the majority of physical traits of any of the above breeds, or dogs exhibiting those distinguishing characteristics which substantially conform to the standards established by the American Kennel Club, are prohibited.

Electric vehicles – Housing Manual states electrical services are not to be used to charge personal vehicles.

Firearms- Personal Firearms are permitted in government owned housing. ALL Firearms MUST be registered at TRACEN Police Department. Firearms CANNOT be fired or discharged on the TRACEN base.

Please note: Generators ARE permitted and can be very useful during potential outages.

Housing Guests

Residence Housing guests are welcome to stay in housing at any given time. However, the following guest visit guidelines must be followed based on the length of visit. To sponsor an international guest, you need to give security at least 30 days advance notice.

Front Gate Security open 24 hours 707-765-7058

13 Days or less:

If guest is driving their own vehicle, resident MUST notify security gate in advance of guest arrival. A visitor request form can be dropped off or faxed to the Main Gate Fax # 707765-7818. It is not necessary to advise housing office.

Over 14 days:

Must contact housing office to gain approval for Guest Authorization Request.

Over 30 days:

Must obtain written approval from Commanding Officer. Contact housing office for additional information.

Guest Lodging

Guest lodging at TRACEN has 13 available rooms. There are 5 VIP rooms with a combination of a suite with one king size bed, small microwave & refrigerator combination, private bath, cable TV, coffee maker and maid service every day.

There are also 8 standard rooms located in the Consolidated Club. Each has one queen bed, small microwave and refrigerator combination, coffee maker, private bath, cable TV and maid service Monday through Friday.

Reservations can be made via phone or in person at our office. A one-night deposit is needed to hold each room and a 48 hour -cancellation policy is in effect.

707-765-7248 or 707-765-7177

M-F 0800-1700

Check-in: Mon-Fri 2 pm-5 pm in Lodging Office.

After 2 pm check-in with Club bartender.

After 11 pm your key will be taped to the Lodging Office door.

Sat-Sun 5 pm - 11 pm check in with the Club bartender.

TRACEN Cottage

To book call 707.765.7248

Pet-friendly, family-style lodging at TRACEN Petaluma

A fully furnished, newly remodeled house that sleeps 10 people & includes three bedrooms, one large bathroom, a fully equipped kitchen, living room and laundry room. All furniture is brand new!

Rates \$150/night for Active Duty military (including Guard and Reserve), \$160 for all other MWR eligible patrons. Pet fee is \$10/night or \$50/week.

2-night minimum stay Thursday-Saturday nights. Check-out time is 11 am and check-in is 2 pm.

Reservations To book the Cottage, call 707.765.7248. Civilians (with military ID) can reserve 15 days in advance, Retired military can reserve 30 days out, Active Duty (including Guard and Reserve) can reserve 60 days out, members on PCS orders can reserve 90 days out, and members on TDY orders are encouraged to provide as much notice as possible.

House layout

Master Bedroom - King bed with 1 chair that folds out into twin bed, pack 'n play, small child sleeping cot, 2 large armoires and cable TV.

Medium Bedroom - Queen bed with closet.

Kids Bedroom - Trundle bed that expands to 2 twin beds and TV with DVD player and X-Box.

Living Room - 2 full size couches with 1 expanding into a Queen bed and 2 chairs that fold out into twin beds, 55" TV with DVD player and PlayStation.

Dining Room - table seats 6.

Additional dining/seating area - seats 4.

Additional features

Central heat and air conditioning, ample parking, beautiful and quiet setting a short walk from all base services (restaurant, movie theater, gym etc), propane barbecue with tools, partial-blackout blinds, sound machine, 3 televisions (2 connected to cable and 1 connected to Wi-Fi), video game consoles (Xbox and PlayStation - no games included), books and magazines, 2 DVD players, 3 AM/FM clock radios, community USB charging station, Wi-Fi, 12 cup drip coffee maker with screen filter and drip coffee traveler maker, USB power outlets throughout house, fully stocked kitchen (pots, pans, baking sheets, tupperware, dishes, wine/beer glasses, wine key, spoons, whisks/spatulas etc), extra linens (pillows, blankets, sheets, towels etc.), dish soap and laundry detergent, paper towels, and more!

Neighborhood Advisory Board

The purpose of the Neighborhood Advisory Board (NAB) is to help meet the objectives and goals of the CG Housing Program, community services, and the Command by effectively managing the family housing resources at TRACEN Petaluma while meeting the inherent needs and recreational preferences of the assigned families.

The NAB primarily serves as a collective body of active duty residents of Family Housing, member dependents, the Housing Office, Engineering Maintenance, Fire and Police Departments, the Morale, Well-Being & Recreation (MWR) Community Services Section and the Ombudsman. The Board identifies and assists the Command in prioritizing projects, initiatives, programs, and activities to improve family housing and community living. The NAB also addresses upcoming community events and how to bolster involvement, addresses any issues with maintenance in housing, and addresses any issues with enforcement of regulations and responsibilities in housing.

All housing units have an active duty NAB member who represents and lives within their zone. For questions, concerns, and meeting dates please speak directly with your zone representative. If you do not know your zone representative, contact the housing office.

*Meetings are held once a month and are open to all dependents to participate.

Zone 1-Units: 301, 305, 306, 308,309,330, 331

Zone 2- Units: 400, 401, 402

Zone 3- Units: 403, 404,405,410,411

Zone 4- Units: 413, 414, 415, 416, 417, 418

Zone 5- Units: 430, 431, 432, 433

Zone 6- Units: 701,702,703,704,705,706, 707,708

Zone 7- Units: 709,710,711,712,713,714,715

VEHICLE REGISTRATION

You are required to have liability coverage on your vehicle. If you do not have proof of insurance in your possession or do not have insurance, you will not be allowed to drive your vehicle onto the base. You will be required to park your vehicle next to the Pass and ID building until you can show proof of insurance.

The vehicle does not need to be registered in your name, but your name must appear on the insurance policy. You will need a copy of the Rental Car agreement.

Those driving motorcycles must contact TRACEN Police Dept. for requirements before driving on base.

Note: USCG Privately Owned Vehicle (POV) decals are no longer required to enter base as of 7/1/13.

GAS STATION

The on base gas station offers regular, mid-grade and premium fuel. Automotive supplies and area maps can be purchased at the CG Exchange.

Pay at Pump 24 Hours, credit cards only.



LIGHTHOUSE CHAPEL

ON BASE SUNDAY SERVICES:

Non-Denominational: 10:30am

Catholic Mass: 6:00pm

The Command Religious Program (CRP) is available to the TRACEN community for your spiritual and religious needs. A U.S. Navy Chaplain and civilian support personnel facilitate the free exercise of religion as they administer the CRP through:

1. Facilitating worship opportunities for YOUR faith traditions expression.
Provide spiritual supplies and assistance as you connect with other members of your faith group.
2. Caring for all members of the command - EVERYONE has a Chaplain.
3. Provide worship/spiritual growth opportunities in accordance with the chaplain's faith group teaching and practices.
4. Advise the command regarding READINESS
- 5.

Lighthouse Chapel hosts several special events throughout the year such as:
Vacation Bible School (VBS),
Men & Women's Bible Studies,
Specialized Classes.

Contact the Chapel for more information

- spiritual, moral, personal and professional.

Resources and details for faith denominations visit:

<https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Petaluma/Base-Services/Command-Religious-Program/>

Phone: 707 765-7330 & 707 765-7331 Fax: 707 765-7335

DINING

GALLEY AT HALEY HALL

The galley offers a wide variety of meal options during your dining experience. There are several mainline menu options, create your own salad, fresh fruit, dessert case, ice cream, and multiple hot and cold beverage choices available. The galley is open to all active duty, dependents, retirees, and guests. The menu changes weekly. To see the most current menu visit:

<https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Petaluma/Base-Services/Galley/>



HOURS OF OPERATION:

Monday-Friday:

Breakfast: 6:00am-7:15am

Lunch: 11:00am-12:30pm

Dinner: 4:30pm-5:45pm

Weekends and Holidays:

Breakfast: 8:00am-10:00am

Brunch: 11:00am-12:30pm

Dinner: 4:30pm-5:30pm

PRICING

Breakfast: Standard \$2.55 / Full \$4.10

Brunch and Lunch: Standard \$4.65 / Full \$7.70

Dinner: Standard \$4.65 / Full \$7.70

Standard: Active Duty
& Dependents E5 &
Below

Full: Other Eligible
Patrons

The galley accepts cash, check, and credit cards.

Please Note: Checks are made payable to the USCG.

CG TRACEN DOES NOT ENDORSE ANY ONE BUSINESS OR EDUCATION OPTION OVER ANOTHER

Two Rock Pizza



Conveniently located at the Club/Bowling Center, Two Rock Pizza (TRP) offers weekly specials, pizzas, burgers, gyros, smoked brisket sandwiches, salads and much more in a retro 50's-style diner.

Menu: <https://www.petalumamwr.com/two-rock-pizza>

Hours: Lunch: Mon-Fri 11:00-1:00

Dinner: 7 Days a Week 5:00pm - 9:00pm

Call ahead for take-out: 707-765-7247

Catering Options are available for your next event!



Two Rock Coffee Company

Two Rock Coffee Company (TRCC) is located at the HUB and offer weekly drink specials, a selection of specialty coffees, teas & smoothies as well as donuts, muffins, sandwiches and MORE!

Menu: <https://www.petalumamwr.com/two-rock-coffee-company>

Hours: Mon-Fri 6:00 am - 2:00 pm

Sat - Sun 8:00 am - 2:00 pm

Holidays 8:00 am - 2:00 pm

TRCC Phone 707-765-7764

BASE SHOPPING

THE MISSION OF THE COAST GUARD EXCHANGE IS TO PROVIDE QUALITY MERCHANDISE AND SERVICES OF NECESSITY AND CONVENIENCE TO OUR COAST GUARD MEN AND WOMEN AS WELL AS AUTHORIZED PATRONS AT COMPETITIVE PRICES



CG EXCHANGE

The exchange carries clothing, accessories, housewares, electronics, greeting cards, jewelry, gift options, tobacco products, beer, wine, liquor, calling cards, gift cards as well as basic grocery items such as ice, canned items, milk, eggs, bread, snacks, pet food, and toiletries.

SHOPCGX.COM

HOURS

Mon-Fri

7:00am-7:00pm

Sat-Sun

9:00am-7:00pm

707-765-7526



TRACEN'S TREASURES

Tracen's Treasures (TT) is a consignment store operated by the Coast Guard Spouses Association Petaluma (CGSAP). TT has many items for sale at great prices. TT accepts items as donations and on a consignment basis. Please check out TT website for more information on what is and is not accepted.

WWW.TRACENTREASURES.WEEBLY.COM

TT is run by volunteers, so store hours vary from week to week. TT accepts Cash, Checks and Credit Cards.

LOCATED IN THE GAS STATION COMPLEX

Kids Closet



The Kids Closet is a FREE service to help lift financial burden off military families. Children grow and change rapidly. In the Coast Guard we are constantly moving; wouldn't it be nice to get some of the items your child needs from others who don't need them anymore at no cost? Or to give items to kids who need them? Now you can at the Kid's Closet!

Kids Closet is in the annex with TT and accepts donations of new and used: bedding, cribs*, mattresses, strollers, car seats* baby carriers, high-chairs, swings, bottles, toys and books, and clothing of all sizes. If it survives your kids, is free of stains, and is in working order Kid's Closet needs it for others.

*Cribs donated must be the fold-down and not the drop-down-side type.

*Car seats must be within expiration (found on the bottom of the seat.)

Kids Closet is operated and maintained by volunteers so hours will vary. If you have any questions or would like to make an appointment please email coastguardspousep@gmail.com.

Barber Shop

Contact for appointments 707 765-7311

The Barber shop is a full-service salon at Mace Hall.

Services include:

- Cuts (Men's & Women's)
- Colors
- Highlights
- Massage therapist
- Full Nail Services
- Waxing

Monday-Friday 10:00am-7:00pm

(other appointment times available based on advance request)

Post Office

Located in the Hub, the US Postal Service is a full-service post-office offering: package shipping, a large selection of stamps, flat rate boxes, Express and Priority mail shipping, and money orders are available with your debit card, package pick up for residents living on base, address change forms, and any other postal needs.

Mail delivery problems and other issues should be addressed at the Casa Grande location:
1601 Corporate Circle, Petaluma 707 769-5353.

Monday-Friday 10:00am -2:00pm



Tailor



Located in the Hub, Nature's Best Cleaners provide dry-cleaning for all uniform related garments, civilian garments, and household items, such as comforters, cushion covers, etc.

Tailoring is available for all uniforms and civilian garment; includes shortening, hemming, take-ins, patches, tapes, and insignia.

Same day service is available for emergency patches and insignia!

Emergency dry cleaning is available, with pick-up being available the following afternoon.

Happen to be in town and need cleaning service or missed us at the base? Drop off at our retail store location in town and pick up on base. Our retail store is located at 915 Lakeville St., Petaluma 707 769-8248.

Just like TRACEN, Natures Best is proud of the fact they are a Green Leader. Natures Best is recognized by Sonoma County as the One and ONLY cleaner who has received an Environmental Award and is Green Business Certified.

Visit the link for more information www.nbcleaners.com

Phone: 707 762-1277

Monday-Friday: 11:00am-2:00pm; 3:30pm-5:00pm

(Civilian garments are discounted 20% from regular prices.)



SEA WEST BANKING



Sea West was founded by, and for the members of, the United States Coast Guard and offers a full array of financial services to those in the Coast Guard and their families. There are several advantages to choosing Sea West Coast Guard F.C.U.

\$5.00 deposited in a new savings account starts your membership and makes you eligible for all their financial services, including savings, checking, MasterCard and debit cards.

Worldwide ATM access at www.co-opnetwork.org.

Credit Union Service Centers provide nationwide convenient access to your funds. Free Online Banking and Bill Pay services.

Low rates on loans and personal lines of credit.

Low rates on Visa Card. Choose from Classic, Gold or Platinum with or without a rewards program.

Hours of operation: Mon - Fri 8:30 am - 4:30 pm

24-hour ATM

Contact phone number: 707 795-1075



Sea West Mobile App with Mobile Deposit

- Make deposits on the go
- View your accounts
- Make transfers & loan payments
- Access Bill Pay services

Download your **FREE** App from the **iTunes Store** or **Google Play Store**





[Click For More Details >>](#)

Ticket Office & Library



Library

Located in the HUB, the library offers a limited selection of books, DVD's, and popular magazines; along with a children's reading area. A Youth Summer Reading Program is offered.

The library's media center provides free public access computers. The computers are not linked to CG intranet; personal email can be accessed for your recreational computing and internet needs.

Library 707 765-7580

Monday thru Friday

8:00 - 5:00

Saturday

11:00 - 4:00

Wednesday story time preschool 10-10:30am

MWR Ticket Office

The MWR Office offers several important services:

Discount Ticket Sales
(Disneyland, Six Flags, etc.)

Local brochures

Planned events information

Cable TV Service (HBO, Starz,
ESPN, Disney, etc.)

TRACEN Theater Movie Passes

High Speed Internet Service

Teen Center Field Trip Sign-Up

Youth Camp Registration

RV & Camping Reservations,
Registration & Check-Out

<https://www.petalumamwr.com/store>

Boys and Girls Club of USCG Training Center Petaluma

Contact Information

Facility Phone: 707-217-2429

BGC/Youth Services Director: 707-765-7381 (Jamie Smith)

Email Address: Jamie.M.Smith@uscg.mil



General Description:

The Boys & Girls Club (BGC) of USCG Training Center Petaluma is housed in the Community/Teen Center facility located aboard TRACEN. The facility is on Pennsylvania Avenue across from the Lakeside Recreation Picnic Area/Park. This BGC is offered through the Coast Guard's Petaluma MWR branch under Youth Services.

This BGC offers a variety of programs that support eligible dependents from Kinder to 12th grade. Eligible dependents are outlined in the MWR Manual. These programs are separated into two programs: a Youth Program & a Teen Program. The Youth Program is offered for all dependents Kinder to 6th grade and follows the Two Rock Union School District's calendar year. The Teen Program is offered for all dependents 6th - 12th grade and follows the Petaluma City School District's calendar year. Parents/guardians of 6th graders between the ages of 11-12 have an option between the two programs. This is in recognition of the ranged development seen within these two years, as well as the program support needs of parents/guardians. Those wishing to place their 6th graders between the ages of 11 & 12 within the Teen Program must first contact the BGC/Youth Services Director.

Youth Program:

The Youth Program consists of a Mon-Fri after school program and seasonal camp sessions. The after-school program is offered at no cost and includes a snack/drink for each child. Additionally, the Youth Program offers seasonal kids camps during school breaks with full day hours of operation: Spring Break, Summer Break, Thanksgiving Break, and Winter Break Camp. The camp sessions are offered for a fee and do not include meals. The Youth Program also offers extended after school program hours as needed.

Teen Program:

The Teen Program consists of a Mon/Thu/Fri after school program with evening hours after the Youth Program concludes. The after-school program is offered at no cost and includes a snack/drink for each teen. The Teen Program also offers a summer camp, which features multiple field trips each week during summer break around the local community and popular tourist attractions. The field trips are offered at various fees or at no cost depending on the field trip.

Registration and Attendance:

There are separate registration forms for the Youth/Teen after school programs and seasonal camp sessions. Registration must be completed and received by the BGC before any child or teen is allowed into the program. The after-school programs are drop in/drop out and do not require sign ups to attend after registration, unless otherwise indicated on the schedule of events. Seasonal camps require registration and sign ups in advance.

Hours of Operation/Additional Information:

Hours of operation for the Youth and Teen programs, detailed program information, and current calendars can be found by contacting the BGC/Youth Services Director or online at:

<http://www.uscg.mil/hq/cg1/TracenPetaluma/services/MWR/CCTC.asp> The

BGC is closed on Federal Holidays.

Education Center

707 765-7112

Mon-Fri 7 am-4 pm

The Education Center can assist in providing you information about educational opportunities tailored to your needs, interests, and desires.

Services are available to active duty and dependents. The education center is experienced in a wide variety of guidance areas from higher education, serving as a liaison with colleges and universities, improving your ASVAB scores to attend a specific "A" school, or vocational and certification programs. Other services offered include:

*Provide information on a wide variety of colleges and universities, education and training programs.

*Provide information on grants, scholarships, and other financial aid for education.

*Administer End of Course Tests (EOCTs), Advancement Qualification Exams (AQEs), and Service Wide Exams (SWEs).

*Administer ASVABs, CLEPs, DSSTs, SATs, ACTs, and College exams.

*Review and submit Tuition Assistance (TA) forms.

Licensing & Certification Reimbursement Program for Spouses of Active Duty Members

Qualified relicensing costs include examination and registration fees that are imposed by the state of the new duty station to secure a license or certification to engage in the same profession the members spouse engaged in while in the state of the original duty station.

These fees must have been paid or incurred by the member or spouse to secure the license or certification from the state of the new duty station after the date on which the orders directing the reassignment, and is retroactive to all assignments with an effective PCS departure date after 12 Dec 2017. Complete, Claim for Members for Expenditures on Official Business optional form - 1164 to file for reimbursement.

Please email any questions or comments to Compensation@uscg.mil (subject: SLR)

DID YOU KNOW?

High school students can attend Santa Rosa Jr. College as concurrently tuition free.

<https://admissions.santarosa.edu/high-school-dual-enrollment-students>

Spouses and dependents can attend colleges in states as residents regardless of residency due to the Higher Education Residency Act HR4137 section 114

www.govtrack.us/congress/bills/110/hr4137/text

Get FREE tutoring, test prep and more through **Tutor.com**.

Online tutoring 24/7 in over 50 K-12 subjects, college level and job search help!

Recreation & Leisure

Here at TRACEN Petaluma, our goal is to ensure it is the BEST place to live, work, and train. With a wide variety of recreational and leisure activities offered year-round there is something for everyone.



AQUATIC SPORTS CENTER

The TRACEN Petaluma Aquatic Sports Center has a 2 ½ to 5 feet deep, 6 lane, 25-yard lap swimming pool and an attached 11 ½ foot deep end with a rock-climbing wall. The Aquatic Sports Center also offers a spa and a 1 ½-foot wading (kiddie) pool. The pool has restrooms and shower facilities on site. The Pool also hosts BBQ's and pool parties.

Also Available: Lap Swim, Youth Swim Team, Private Swim Lessons (fees apply), & Lifeguard Certification.

For pool schedule and more details about programs offered call

707 765-7483 or visit

www.uscg.mil/hq/cg1/TracenPetaluma/services/MWR/pool.asp

The pool is always staffed with certified lifeguards

RECREATION RENTALS

The MWR has numerous items available for issue, such as:

- Bicycles
- Canoes (on base ONLY)
- Coolers
- Golf Clubs
- Kayaks (on base ONLY)
- Lanterns
- Sleeping Bags
- Tents
- Two Burner Stoves

Note: Equipment may be reserved at the Gymnasium during normal hours.

WALKING/RUNNING TRAILS

Around the base there are many walking/running trails. There are various routes and distances including 1.5mi, 2.0mi, 2.5mi, 3.0mi, 4.5mi, 5.0mi, and 6.5 miles. Please see pages 51-52, to map your route out

SALAMANDER CANYON

Salamander Canyon is tucked away in the woods of the TRACEN base. Featuring a large pavilion with picnic tables, a charcoal pit, and a bonfire pit on site. To use the bonfire pits a burn permit must be obtained from the TRACEN Fire Department. The Canyon is a perfect place to host a BBQ. There is no fee to use the facility. Please note there are no restroom facilities on site. However, there are several rental companies that rent outhouses. They will deliver, set up, and pick up the unit; for approximately \$125/ weekend.

To Reserve the facility, contact the Gym. 707-765-7348

TENNIS COURTS

There are 2 tennis courts available based on first come, first served basis at the gym.

Lake Recreation Area & Camping

The area includes a 5-acre lake, playgrounds, picnic areas, six 50' cement pad hook-up RV sites, tent camping sites, canoes and kayaks, and sports activity areas, including horseshoes and volleyball.

Canoes and kayaks can be checked out for boating on base. Paddles and canoes are stored in the boat shack at the lake. You must come up to the gym to check out the keys for the boat shack and get life jackets.

Thirty (30) day advance notice suggested, reservations are required and camping fees will apply. Campers must check in at the MWR ticket office located in the Library at the HUB.

<https://www.petalumamwr.com/lake-recreation-area-campground>

Playgrounds

There are five playgrounds and one skate park on base for the children's enjoyment.

RAINBOW PARK located in front of Oregon Ave housing

ORANGE PARK located in front of 400's housing on Pennsylvania

400'S PLAYGROUND located next to 401 & 402 housing units

700'S PLAYGROUND located in the 700's housing

LAKE PLAYGROUND located at along the lake/recreation area

SKATE PARK located near TRACEN Cottage



Gym & Fitness Center

The gymnasium offers a large selection of programs for health and fitness needs. There is one racquetball court, two tennis courts, a full-length basketball court, and softball fields. The latest in aerobics and weight training equipment is available, variety of instructional classes, with wellness experts to answer questions. There is equipment available (e.g. basketballs, volleyballs, racquets, and so on) to use free of charge. Gym has showers and saunas in the men and women's locker rooms available for use.

Visit them online to check calendar of classes, schedules, and activities offered at the gym each month.

HOURS

Monday-Thursday

5:30am-10:00pm

Friday

5:30am-9:00 pm

Saturday-Sunday

8:00am-8:00pm

Closed on Thanksgiving,

Christmas & New Year's Day

707-765-7348

<https://www.petalumamwr.com/gym-fitness-center>

Movie Theater

The movie theater shows current new release movies. A concession stand offers fresh popcorn, cold sodas, and a great selection of favorite candy to complete the movie experience. Current movie show times can be checked at <https://www.petalumamwr.com/movie-theater>

MOVIES SHOWN NIGHTLY MONDAY-SUNDAY 7:00PM

Adults \$5

Children (6-11) \$3

Ages 5 & Under - FREE

MATINEES SHOWN: SATURDAY & SUNDAY 2:00PM

Adults \$3

Children (6-11) \$2

Ages 5 & Under - FREE



Summer Matinees Available.

Family and individual member subscriptions available. Contact MWR office for more information.

Consolidated Club & Bar

The club caters to all active duty members, reserves and dependent spouses, ages 18 and older offering a large selection of both traditional and non-alcoholic beverages. No matter where home is, while you are here you can watch your favorite team play with NFL Sunday Ticket, MLB Extra Innings, NBA League Pass, and NASCAR Hot Pass. The Club also hosts live music, Texas Hold'em, Thursday night Karaoke, Trivia Nights, Bingo, and many other events. The monthly schedule can be picked up at the MWR ticket office or viewed online at:

www.uscg.mil/petaluma/Services/MWR/club.asp

*Must be 21 years or older to drink alcohol.

HOURS OF OPERATION

Sun-Wed 5:00pm-11:00pm Thu-Sat 5:00pm-12midnight

Sunday's during the NFL Season 10:00am-11:00pm

Bowling Alley

The bowling center offers 6 automatic lanes with computerized score keeping. Tight Wad Tuesday! FREE bowling every Tuesday.



HOURS OF OPERATION

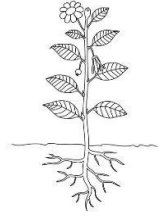
Sun-Wed 5:00pm-11:00pm Thu-Sat 5:00pm-12midnight

Bowling Parties Available (Sat, Sun) 2:00pm-5:00pm

To reserve the bowling alley for a party call 707 765-7610.

Community Garden

If you have a green thumb or are looking to experiment growing fruits and vegetables, the base has garden plots available. The community garden offers residents the opportunity to have an assigned area to grow. Contact the housing office for more information. Please note: Space is limited



<https://www.facebook.com/groups/995264383988239/?ref=mentions>



Community Teen Center

The Community/Teen Center offers a variety of programs that support adolescents 5 to 17 years of age through the Boys & Girls Club. The center provides the opportunity to socialize with peers and engage in age-appropriate activities. Activities are designed to offer a relaxing, warm atmosphere while providing mental and physical challenges. Programs are specifically developed to promote active participation in a fun environment that can enhance peer camaraderie, create new friendships, and boost personal confidence. <https://www.petalumamwr.com/youth-teen-program>

*Center can be rented for private events. For reservations or inquiries, contact the facility operator at 707-765-7381.

Coast Guard Spouses Association Petaluma

The Coast Guard Spouses Association (CGSAP) is involved in a range of services for our community & the Coast Guard family. Services include TRACEN Layette, Sunshine Program, annual yard sale & TRACEN's Treasures. The Spouse Association has many fun and exciting social events throughout the year for both members and non-members.

To learn more and find out about upcoming events email

coastguardspousep@gmail.com or visit [petaluma.spouses@facebook.com](https://www.facebook.com/petaluma.spouses).

Sunshine Meal Train Program

The Sunshine Committee offers dinner for up to three days for anyone that has had a baby, a loss in the family, or surgery. The CGSAP Sunshine Program would like to provide you and your family meals when in need. Please let the Ombudsman know how they can cater to your family. For more information, please email petalumaombudsman@gmail.com.

Volunteers are always needed and greatly appreciated. If you are interested, or willing to cooking meals for families when in need, please email the Petaluma Ombudsman at the above address.

TRACEN Petaluma Layette Program

The Layette Program is a service funded by the Coast Guard Spouses Association Petaluma's TRACEN's Treasures profits. The program gifts 1 layette per newborn or newly adopted child. If you know someone who is expecting, please email us at petalumaombudsman@gmail.com.

CGMA Layette Program

Coast Guard Mutual Assistance (CGMA) Layette Program provides a package of baby items to new and expecting parents. The package includes a receiving blanket, outfits and other essentials for a newborn child.

Visit, <http://www.cgmahq.org/programs/layette.html> and download the application by selecting CGMA - 07 from the online tab at the bottom of the page under applications.

Phone: 800-881-2462



Work Life is a program to keep Coast Guard members and their families physically, psychologically, spiritually, and financially healthy. They provide support in the areas of:

Marriage	Sexual Assault Prevention
Parenting	Transition Assistance
Relationships	PCS Relocation, Ombudsman
Financial	Health Promotion
Special Needs	Employee Assistance Program
Education	Spouse Employment
Suicide Prevention	Legal Aid
Critical Incident Stress Management (CISM)	Free counseling & coaching.
Post-Traumatic Stress Disorder (PTSD)	

For more information, contact TRACEN work life coordinator 707 765-7045 or stop by the TRACEN work life office, Located: H Complex 2nd floor, room 203.

www.uscg.mil/worklife

1-855-CGSUPRT (247-8778)

Emergency Resources

Living in Northern California, we are subject to natural disasters such as wildfires, earthquakes & unscheduled power outages. We have local resources to help us plan & prepare. Please become familiar with the following:

Nixle.com** - Notification system that offers local police and county emergency updates to residents via phone, email, and web.

PGE.com** - Stay up to date on scheduled power outages in the summer. Due to our high temperatures and high winds during the summer months PG&E can potentially secure power to prevent wildfires.

****If you live on base, when checking these websites, you MUST enter the base address, to get accurate information: 599 Tomales Road, Petaluma, CA 94952. Entering your personal address on base will result in error.**

Ready.gov – Is a national public service campaign designed to educate and empower Americans to prepare for, respond and mitigate emergencies. It is full of useful information, such as how to talk to your kids about emergencies & natural disasters, how to prepare an evacuation plan, what to pack in a go bag and knowing *when* to evacuate.

CDC.gov – Is the nation’s health protection agency, their website has a wealth of information regarding public health and safety, as well as resources on disease prevention and personal protective equipment, such as DIY face masks and personal hygiene guidelines.

TRACEN Facebook Page - TRACEN Petaluma has an official Facebook page where the Command posts updates and other information that can be helpful during emergency events. They are searchable as @TRACEN Petaluma.

Ombudsman Facebook Page – The ombudsmen host page where we post daily updates and resources, information and contacts that can be helpful during emergency events. We are searchable as “TRACEN Petaluma Families”.

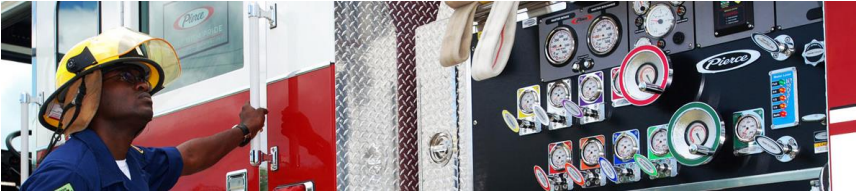
TRACEN Petaluma Housing Manual – Has information on Earthquake safety and preparedness on page G-1

IF YOU ARE ORDERED TO EVACUATE:

In the event of a fire or other emergency were to displace you from your home, military dependents receive Evacuation Orders and should evacuate to the designated Safe Haven Area (which will be communicated beforehand, usually 200-250 miles). If they stay outside of the Safe Haven, they will be reimbursed at the standard “Rest of US” rate, which is generally lower than the Safe Haven rate. Similarly, mileage reimbursement will not exceed what would have been paid to and designated safe haven area. All personnel and dependents are expected to find their own accommodations within the Safe Haven Area; TRACEN does not make hotel reservations.

Save receipts for expenses of \$75.00 and over and all motel/hotel receipts (even if under \$75.00). Hotel/motel receipts must be itemized (hotels.com receipts are not acceptable). Meals are reimbursed at a fixed daily rate, so receipts for meals are not required.

Each authorized evacuated traveler is entitled to a daily per diem rate (actual lodging cost + Meals and Incidentals (M&IE), dependents under 12 receive only 50% of the daily M&IE rate.



The **Fire Department** “Coast Guard Fire” responds to 911 calls on base and off base. The Fire Department oversees housing and base fire alarm inspections. They offer complementary car seat installations and hold a fire safety week every year early in the fall.

For more information, contact the fire department at **707 765-7355**.

EMERGENCY CALL 911

The **Police Department** protects life, property, individual rights, and performs law enforcement at the training center. The department conducts bicycle safety classes, motorcycle safety, and advanced rider course. The Police Department hosts an annual TRACEN Public Safety Day, and assists various local jurisdictions holding special events.



For non-emergency Police service, call 707 765-7215

Nearest Hospitals to TRACEN Petaluma

Petaluma Valley Hospital 707 778-1111
400 North McDowell Blvd. Petaluma, CA 94954

Santa Rosa Memorial Hospital 707 525-5300
1165 Montgomery Dr., Santa Rosa CA 95405

Please Note: Ralph Nixon Jr. Clinic on base is ONLY available to active duty personnel.

Facilities & Engineering

707-765-7301

Facilities & Engineering (FE) has a variety of homecare products available to you, just stop in or call to get what you need!

Ant Spray

Ant Stakes

Light Bulbs

Stovetop Drip Pans

Toilet Paper Holder Rods

Grass Seed

Wood for Fences

Sand Bags

Screen Door Latches

And more!

Lawn Mowers, weed trimmers, grass edgers, and some gardening tools, available at the Housing Self Help shed. Gas is not included and is resident responsibility.

TRACEN Clinic

707-765-7200

USCG TRACEN Petaluma OTC Medication Program. Limit 2 items per family per week. The following medications are available:

Actifed Tablets, 24

Maalox 5 oz

Actifed Syrup, 4oz

Robotussin DM 4 oz

Analgesic Balm, 33gm

Saline Nasal Spray 50 ml

Antifungal Cream 1%, 15 gm

Sudafed Syrup, 118 ml

Antifungal Powder, 45 gm

Sudafed Tablets, 24

Antifungal Topical Soln, 10 ml

Tylenol Tablets, 24

Bacitracin-Ointment, 15 mg

Tylenol Infant, 15 ml

Cepacol Lozenges w/ Benzocaine, 9

Tylenol Chewable, 80 mg

Condom (with Nonoxynol-9), 3

Tylenol Oral Soln, 160 mg/5ml

Calamine Lotion

Chapstick

Choosing the Right School

Finding the right school for your children in a new town can be overwhelming & challenging. To ensure success and growth for our school-aged, military kids choosing the right school is critical; here is a list of local schools to aide your research. Please contact individual schools for age requirements.

PRESCHOOL

TRACEN Child Development Center (CDC)

599 Tomales Road, Petaluma
707-765-7334

The CDC offers four full-time programs for children aged six weeks through 5 years of age, one part time School Age program, and drop in services.

*For the in-home safe sitter babysitting list contact Petaluma Ombudsman petalumaombudsman@gmail.com

Two Rock Elementary Transitional Kindergarten Program

5001 Spring Hill Road, Petaluma
707-762-6617
www.trusd.org

STARS

5001 Spring Hill Road, Petaluma
707-865-0223
www.starspreschoolsonoma.com

Shoreline Acres Preschool

40 John St, Tomales
707-878-9442
www.shorelineacres.com

ELEMENTARY

Harvest Christian School K-8

Private School

3700 Lakeville HWY Suite 210,
Petaluma
707 763-2954
www.harvestpetaluma.org

River Montessori TK-6

Charter School

3880 Cypress Drive, Petaluma
707 778-6414
<http://rivermontessoricharter.org/>

Live Oak Charter School K-8

Charter School

100 Gross Concourse, Petaluma
707 762-9020
<http://liveoakcharter.org/>

Loma Vista Spanish Immersion Academy TK-6

Charter School

207 Maria Drive, Petaluma
707 765-4302
<http://oldadobe.org/domain/9>

Two Rock Union School K-6

5001 Spring Hill Road, Petaluma
707 762-6617

*This school is adjacent to TRACEN,
many base kids attend Two Rock School
www.trusd.org

Liberty Elementary School K-6

Charter School

170 Liberty School Rd, Petaluma
707 795-4380
www.libertysd.org

Mary Collins School K-8

Charter School

1001 Cherry Street, Petaluma
707 778-4740
www.cherryvalleyelementary.org

McKinnley Elementary K-6

110 Ellis St, Petaluma
707 778-4570
<http://www.petalumacityschools.org/mckinley>

Spring Hill Montessori 1-6

Private School

211 Spring Hill Road, Petaluma
707 763-9222
www.springhillmontessori.org

Cinnabar Charter School TK-8

Partial Charter School

286 Skillman Lane, Petaluma
707 765-4345
<http://www.cinnabar.k12.ca.us/>

Tomales Elementary K-8

40 John St., Tomales
707 878-2214
www.tomaleses.shorelineunified.org

HIGH SCHOOL *These schools are bussed form base, subject to change

Petaluma Jr. High* 7-8

700 Bantam Way, Petaluma
707 778-4724

www.petalumajuniorhigh.org

Sonoma Academy 9-12

Private School

This is a co-ed college preparatory school. School does offer discounts based on household income.

2500 Farmers Lane, Santa Rosa
707 545-1770

www.sonomaacademy.org

Carpe Diem High 9-12

(located within Sonoma Mountain Parkway High School)

Programs for kids with ADD and Autism:

- a one-on-one setting
- students who struggle in traditional school setting
- Approx. 30 Student Magnet School

199 Fair Street, Petaluma
707 778-4796

www.carpediemhigh.org

Tomales High School 9-12

3850 Irvin Street, Tomales
707 878-2286

www.tomaleshs.shorelineunified.org

Petaluma High School* 9-12

Manufacturing Technology Program
ONLY National Institute for Metal Working Skills accredited HS in CA.
201 Fair Street, Petaluma
707 778 4652

www.petalumahighschool.org

Casa Grande High School 9-12

333 Casa Grande Road, Petaluma
707778-4677

www.casagrandehighschool.org

- Health Career Pathway
- Visual and Performing Arts
- Culinary Programs
- AP and Honors Courses
- 7 different languages
- School has great sporting programs

Please note: If your child is currently in honors classes or tests above grade level outside CA. It is recommended that you obtain a letter of recommendation from previous teachers for your child to be placed in honor or AP classes.

SPECIAL NEEDS

Anova Center for Education

1142 State Farm Drive, Santa Rosa

707 527-7032

www.anovaeducation.org

Provides behavior analysis, social skills, support in home and at school. Services include, Assessment, Behavior/Social Skills, Education, Speech & Language, Recreation, Therapy, and Summer Camps. Anova has locations in Napa, Sonoma, and Marin Counties.

Matrix Parent Network & Resource Center

94 Galli Drive, Ste. C, Novato

(800) 578-2592

www.matrixparents.org

To empower families of children with special needs to successfully understand and access the systems that serve them. Matrix serves the counties of Marin, Napa, Solano, and Sonoma with offices in Novato and Fairfield. Services: Helpline, Parent advisors, Trainings, Birth to 3, Special Events, Referrals, and Support Groups.

North Bay Regional Center (NBRC)

10 Executive Court, Suite A, Napa - 707-256-1100

2351 Mendocino Ave, Santa Rosa - 707-569-2000

www.nbrc.net

NBRC believes that all people with developmental disabilities should have the same opportunities as are available to all other citizens. In keeping with this premise, it is NBRC's philosophy that efforts be directed to promoting normalization, least restrictive alternative and dignity of risk for citizens with developmental disabilities and their families in Napa, Solano and Sonoma Counties. Services include, advocacy legal, assistive tech/access, behavior/social skills, dental and health, early intervention, education, family support/child-care/respite, mental health, recreation, therapy, transition to adulthood and work.

California for Disability Rights Foundation

909 12th Street, Suite 200 Sacramento
(916) 447-2237

www.disabilityrights-cdr.org/cdrfoundation.html

To improve the quality of life for all persons with any disability through education and training by working to remove barriers through advocacy and change in public policy. Services: Education, Financial, Transition to Adulthood and work. Serving Marin, Napa, Solano, and Sonoma county.

Sonoma County Special Education Local Plan Area (SELPA)

5340 Skylane Blvd. Santa Rosa
707 524-2750

www.sonomaselpa.org

SELPA mission is to support special education students in achieving a high level of academic/functional performance according to national, state, and local standards. To assure this outcome, the SELPA department will provide information, resources and support to students, parents, and all school staff. Services: Early Intervention, Education, Transition to Adulthood and Work, and support classes.

Other Resources:

US Department of Education
www.idea.ed.gov/explore/home

California's Association for Gifted (CAG)
www.cagifted.org

Medical & Dental Information

MEDICAL

TRICARE West Region

877-988-WEST (9378)



United Healthcare Military & Veterans is the TRICARE West Region program for military service members and their families in the 21-state western region. Once you're in California call 877-988-WEST (9378) to register with United Health Care, update your address, and find a provider. TRICARE offers three programs: Prime, Extra, and Standard.

For more information about TRICARE, visit www.tricare.mil

NURSE ADVICE LINE

1-800-TRICARE (1-800-874-2273)
Option 1



The Military Health System (MHS) Nurse Advice line is available 24/7 by phone, video or web chat to ask urgent care questions, get health advice, find a doctor, get an online “sick slip”, access summary of your care, and schedule appointments. **If you need immediate medical attention, call 911- or go to an emergency room.**

MHSNurseAdviceLine.com

UNITED CONCORDIA®

UNITED CONCORDIA DENTAL INSURANCE

1-844-653-4061

United Concordia is TRICARE's voluntary Dental Program contractor. The dental program covers:

- Exams, cleanings, fluoride treatment, sealants & X-rays
- Fillings (white fillings on back teeth)
- Root canals
- Gum surgery
- Oral surgery and tooth extractions
- Crowns and dentures
- Orthodontics and braces

For a more extensive list of coverages and to find contracted civilian dentists visit the United Concordia TRICARE Dental Program at www.uccitdp.com.

You must enroll in TRICARE Dental separately from TRICARE Medical and premiums apply.



Pets

Can't forget our furry friends! Here is some information on local dog parks, pet friendly locations, boarding and veterinarians to help them get settled into their new home too.

BASE REGULATIONS

Pets living and visiting the TRACEN base are the responsibility of the owner, they must always be under control. Dogs MUST remain on leash when outside of their residence or gated area; this includes the lake area. It is required residents and guests clean up after their pets.

TRACEN Residents must register their pets through the housing office with up to date vaccination records within 10 days of arrival.

Please note: TRACEN base does not allow certain dog breeds refer to page 8 for more information.

VETS AND BOARDING:

Pet Friendly Parks

Dillon Beach, Doran Regional Park, Lucchesi Dog Park, Rocky Memorial Dog Park
To find additional local doggie parks & pet friendly businesses visit www.bringfido.com

There are numerous veterinarians and boarding facilities throughout the area. A few facilities CG families have used are:

Travis Airforce Base 707-424-3010

It's a Dog's Life 707-773-3647

Play Dog Play 707-763-3664

La Plaza Veterinarian 707-794-1299

VCA Animal Care Center

707-387-0571 ([Emergency Care](#) - 24/7)

Two Rock Dog Ranch 707-763-3997

Banfield Pet Hospital 707-585-1327

Animal Hospital Cotati 707-792-0200

Grocery

TRAVIS AFB COMMISARY- 707-837-5553 M-F 9-8 S&S 9-6 *1H15M

COSTCO, ROHNERT PARK

5901 Redwood Dr., Rohnert Park

707 540-9118

*Distance: 10.2 miles; 24 min

FOODMAXX, ROHNERT PARK

605 Rohnert Park Expy W.

707 584-1200

*Distance: 9.4 miles; 20 min

GROCERY OUTLET - 2 locations

80 E Washington, Petaluma

707 763-2700

*Distance: 10.3 mi; 19 min

6335 Commerce Blvd., Rohnert Park

707 588-9485

*Distance: 11.2 mi, 25 min

LUCKY, PETALUMA

1000 Petaluma Blvd N., Petaluma

707 763-2469

*Distance: 8.8 miles; 19 min

SPROUTS MARKET

401 Kenilworth Dr., Petaluma

707 789-4976

*Distance: 11 Miles; 20 min

TRADER JOE'S, PETALUMA

169 N McDowell Blvd., Petaluma

707 769-2782

*Distance: 10.2 miles; 24 min

SAFEWAY - 3 LOCATIONS

373 S McDowell Rd., Petaluma

707 762-7872

*Distance: 10.9 miles; 25 min

701 Sonoma Mt Pkwy, Petaluma

707-765-1198

*Distance: 10 miles; 21 min

6340 Commerce Blvd., Rohnert Park

707 584-8942

*Distance: 10.2 miles; 27 min

WHOLE FOODS, PETALUMA

(15% discount Military discount)

621 E Washington St., Petaluma

707 762-9352

*Distance: 9.2 miles; 20 min

Schwan's Home Delivery

Schwan's delivers every other Wednesday on base. Advance orders can be placed online at www.schwans.com or by calling (866) 208-1540.

Hours: Monday-Friday 9:00am-8:00pm

Local and Organic Foods:

Farmers Markets

SANTA ROSA FARMER'S MARKET

50 Mark West Springs Rd

Wednesdays & Saturday 8:30 am -1:00pm

www.thesantarosafarmersmarket.com

PETALUMA FARMER'S MARKETS

Lucchesi Park, 320 N Mc Dowell Tuesdays 10 am - 1:30 pm (year-round)

Walnut Park, Saturdays 2 pm - 5pm (May - November)

Theatre District, 2nd & B St, Wednesdays 4:30 pm- 8 pm (June-August)

www.petalumafarmersmarket.com

WINDSOR CERTIFIED FARMER'S MARKET

Sundays 10am - 1 pm (April- December)

Thursdays 5pm - 8 pm (May-September)

www.windsorfarmersmarket.com 707-838-5947

701 Mc Clelland Dr Windsor

To find local ranches, farms, stores, restaurants and markets that sell organic grass-fed meats and dairy products visit

www.eatwild.com/products/california.html

Travel

AIRPORTS CLOSEST TO THE TRACEN

Santa Rosa (STS) - 25 miles- approx. travel time 31 minutes

San Francisco (SFO) - 62 miles- approx. travel time 1 hour 22 minutes

Oakland (OAK) - 62 miles- approx. travel time 1 hour 16 minutes

AIRPORT TRANSPORTATION

Sonoma County Airport Express offers transportation to SFO and OAK airports www.airportexpressinc.com/contact.php

(800) 327-2024

Pick up locations:

Petaluma Fairgrounds Terminal, Doubletree Hotel Rohnert Park, Park & Ride Santa Rosa, & Sonoma County Airport.

Tickets can be purchased online in advance with Credit Card (must print your own ticket) or on bus day of ride (please note: CASH only accepted at location).

Marin Airporter offers scheduled service between Marin County & SFO; charter service available. For schedule and information call (415) 461-4222 or visit www.marinairporter.com.

Petaluma Fairgrounds Parking Available for Passengers of Airport Express. Must obtain parking pass from an attendant on duty.

No parking at the Petaluma Fairgrounds during Sonoma Marin Fair check website for dates. (Typically, June)

RENTAL CAR

Contact Enterprise for pricing and more information at 707- 778-7100 or www.enterprise.com. Please inform them you are associated the CG and give CG Discount Code FGN230.

Hiking

California's wine country is the perfect backdrop for some outdoor exploration. Check out these amazing trails!

Armstrong Redwoods

Hiking trails on oceanside allow access to small, sandy coves and spectacular scenic bluff top views. High cliffs offer excellent vantage points to observing migrating whales.

www.parks.ca.gov/?page_id=450

Helen Putnam Region Park

Hiking trails offer panoramic views of Sonoma County and Marin County.

www.sonoma-county.org/parks/pk_helen.htm

Muir Woods National Monument

Hiking/walking trails offer views of thousands of old-growth coast redwoods, the tallest living trees.

www.visitmuirwoods.com

Petrified Forest

Step back in time, over 3 million years, and follow the trail of majestic petrified redwood giants arrayed before you in a fascinating grove in beautiful California Wine County.

www.petrifiedforest.org

Golfing

Adobe Creek Golf Club

1901 Frates Rd, Petaluma

(707)765-3000

This 18-hole links-style course features 5,743-yard forward tees, 6,886-yard back tees, meandering stream, 5 lakes & 72 bunkers. Grass driving range, chipping/putting green, & practice bunker. Offers a military discount.

Rooster Run Golf Course

2301 E. Washington St.
Petaluma

(707) 778-12110020

This is an 18-hole course with over 7,000 yards; the par 72 championship layout features four lakes. Rooster Run has a café and bar. Military discount offered.

Washoe Creek Golf Course

1475 W. Sierra Ave, Cotati

(707)664-8771

This is a 9-hole, par 3. Discount tickets available at MWR office.

Local Beaches

Drakes Beach - Inverness

Dillon Beach

Doran Beach, Bodega Bay

Hearts Desire, Point Reyes

Limantour Beach, Point Reyes

Tomales Beach

Museums

Exploratorium Museum

Piers 15/17, San Francisco

(415) 528-4360

www.exploratorium.edu/visit

A museum of science, art, and human perception. There are hundreds of explore-for-yourself exhibits.

Bay Area Discovery Museum

East Fort Baker 557 McReynolds Rd,
Sausalito

(415)339-3900

www.badm.org

The mission of the Bay Area Discovery Museum is a none-of-a-kind indoor and outdoor children's museum to engage, delight, and educate children through exploration of and connection with the local environment and the diverse communities that live here.

Depot Park Museum

270 1st Street W, Sonoma

(707)938-1762

www.vom.com/depot/page4.html

Local historical exhibits and special events. Free admission. Open Wed-Sun 1:00pm-4:30pm

Charles M. Schulz Museum

2301 Hardies Ln,
Santa Rosa

(707)579-4452

www.schulzmuseum.org



More than 6,000 square feet of gallery space with permanent and changing exhibitions of original strips and memorabilia illustrating Schulz's career and influence on the art of the comic strip genre. Recreation of Schulz's studio work area, outdoor gardens and exhibits, including the kite-eating tree and theatre featuring animated specials and documentary. Research Center library and archives, education room with hands-on activities and classes, Peanut gift shop onsite. Camps and kids classes.

Habitot Children's Museum

2065 Kittredge St., Berkeley

(510)647-1111

www.habitot.org

Habitot Children's Museum offers exciting hands-on exhibits, drop-in classes and an Art Studio that are perfect for helping curious young kids become creative and confident learners. Camps, workshops, support groups, and birthday parties available.

Healdsburg Museum

221 Matheson St. Healdsburg

(707)431-3325

www.healdsburgmuseum.org

Indian artifacts, antiques; call about other exhibits.

Pacific Coast War Museum

2230 Becker Blvd, Santa Rosa

(707)575-7900

www.pacificcoastairmuseum.org

Founded in 1989, the Pacific Coast Air Museum (PCAM) is a non-profit organization dedicated to promoting the acquisition, restoration, safe operation, and display of historic aircraft, and provides an educational venue for students and the community.

Each year the museum hosts the annual Wings over Wine County Airshow. Facilities can be reserved for parties & get together.

The Randall Museum

199 Museum Way, SF

(415)554-9600

www.randallmuseum.org

The Randall Museum offers youth and adults opportunities for active involvement and recreation in an integrated program of arts and sciences. Focusing on the cultures and environment of the SF Bay Area, the museum strives to inspire creativity, curiosity, and appreciation of the world around us. Offers camps, classes, & birthday parties.

West Coast Museum

261 S. Main St., Sebastopol

(707) 829-6711

Restored train depot with exhibits on early county history. Museum exhibits change 2-3 times a year and focus on West Sonoma County history. Past exhibits have explored movies filmed in Sonoma County, historical toys, early lighting devices, etc.

Petaluma Historical Museum20 4th St, Petaluma

(707)788-4398

www.petalumamuseum.com

The Petaluma Historical Museum is dedicated to the history of Petaluma and environs, hosting tours, concerts, and more.

Children's Creativity Museum

221 4th St. San Francisco

(415)820-3320

www.creativity.org/about/

The Children's Creativity Museum is an interactive art and technology museum for kids. Their mission is to nurture the 3C's of the 21st Century skills - Creativity, Collaboration and Communication. They believe that the ability to think critically, collaborate broadly, communicate effectively, and generate and prototype multiple solutions, is the core of a 21st Century education. (Classes, workshops, teen programs, summer camps, and birthday parties offered)

Local Restaurants

Cucina Paradiso-Italian

114 Petaluma Blvd N

(707) 782-1130

Central Market-Mediterranean

42 Petaluma Blvd N

(707)778-9900

Graffiti - Contemporary

101 2nd Dt. #190

(707) 765-4567

Seared - steakhouse

170 Petaluma Blvd N

(707) 762-5997

Rosso Pizzeria

151 Petaluma Blvd S

(707) 772-5177

Mozzarella made in house

Risibisi - Italian

154 Petaluma Blvd N

(707) 766-7600

Tea Room Cafe

316 Western Ave

(707) 765-0199

cash/check only

Wild Goat -Deli

6 Petaluma Blvd N

(707) 658-1156

Lombardi's BBQ & Deli

3413 Petaluma Blvd N.

(707)773-1271

Parks

Howarth Park

623 Summerfield Rd. Santa Rosa

Carousel, miniature train, pony rides, petting zoo,

Kenilworth Park

Drinking fountain, picnic areas, playground, sand volleyball

Lucchesi Park

320 N. McDowell Blvd, Petaluma

Family picnicking, BBQ pits, little league fields, fishing, playground, duck pond, fountain, walking paths, tennis courts. Park hosts summer night movies.

McNear Park

F St. & 11th, Petaluma

Lighted softball fields, lighted tennis courts, soccer fields, playground, BBQ areas, alcohol permitted with permission.

Prince Park

E. Washington St, Petaluma

Bicycling, baseball & football fields, park

Leghorns Park

320 N. McDowell Blvd, Petaluma

Multiple play structures for various ages, swing sets, Bocce ball courts, tennis courts, BBQs, picnic area, basketball courts

Sports

Baseball

Petaluma National Little League

www.petalumanational.org

There are 5 Divisions in the PNL, each according to age and ability. The age range is between 6-12 years old. The season begins in February and ends in May. Please check website as each division has different information. The website has a specific boundary map for which area you live in. Major//AAA Division//AA Division//A Division//Jr. Division 12

Cal Ripken Jr

Babe Ruth program, Rohnert Park

www.rohnert-park-cal-ripen.sportssignup.com/site/

Basketball - North Bay Basketball

Academy

Multiple locations: Petaluma, Santa Rosa, Sonoma

www.northbaybasketballacademy.com/index.php

Boys & Girls Club

Lucchesis Park Clubhouse & Business Offices

203 Maria Dr. Petaluma

(707)769-5322
www.petalumagbc.org

Offers a wide variety of youth sports, summer programs, and after school programs.

City of Petaluma

320 N. McDowell Blvd, Petaluma

(707) 778-4380
www.cityofpetaluma.net

Offers a wide variety of programs for children and adults including fitness. Aquatics, sports, classes, tiny tot preschool, kinder ready, youth & adult activities.

Dance -Petaluma School of Ballet

110 Howard Dr. Petaluma

(707) 762-3972
www.petalumaschoolofballet.com

Offers ballet, pointe, tap, jazz, hip-hop, and kid's jazz. They are also home to Zumba (Latin dance fitness classes), Sue White Tap and Capoeira, provides a dance and fitness center for all your family's needs

Gymnastics

Rohnert Park Gymnastics

320 Professional Center Dr. #150 Rohnert Park

(707) 585-9377
www.rpgym.com

Redwood Empire Gymnastics

434 Payran St. Petaluma

(707) 763-5010
www.regymnastics.com

Provides gymnastics instruction. Programs offered from pre-school to adult. REG boasts qualifying individuals and teams to National Championships in Women's gymnastics.

Soccer-Sonoma Adult Coed Soccer League

www.scacsl.net/index.htm

Sonoma County Women's Soccer League

SCWSL offers three different levels of play, which includes recreational, intermediate, and competitive. They currently play on Sunday mornings in fields located in Santa Rosa, Petaluma, and Forestville.

www.eteamz.com/scwsl

Water Sports

Surfing - Bodega Bay Surf

1400 Hwy 1, Bodega Bay

(707)875-3944

Lessons, surfboard & kayak rentals, and more.

Sea Trek Kayaking

85 Liberty Ship Way, Sausalito

(415) 332-8494

www.seatrek.com

Rentals, classes, local tours (half day, full day, and overnight)

Rafting & River Kayaking Trips

You might be into whitewater rafting or kayaking or both, does not matter, in this area there are lot of paddling places.

www.riverfacts.com/rivers/10584.html

Local Things to Do

Ziplining - Sonoma Canopy Tours

(888) 494-7868

www.sonomacanopytours.com

A high adventure and completely unlike anything you've ever experienced. Come enjoy a two-and-a-half hour guided eco tour that includes 7 ziplines, 3 sky bridges, a majestic spiral staircase, a rappel to the forest floor, and the unparalleled beauty of the world-famous California Coastal Redwoods.

Wine Tasting & Vineyard Tours

Petaluma is surrounded by hundreds of incredible vineyards. Each vineyard has something unique and special to offer.

For a list of Sonoma County Wineries, visit www.sonoma.com

For a list of Napa County Wineries visit www.napa.valley.com

Infinion Raceway

Hosts NASCAR's Big O Tires Racing Season, Sprint Cup Series, NHRA Full Throttle Drag Racing Series and IZOD IndyCar® Series, along with a year-round motorsports complex with events scheduled 340 days and 50 weekends a year.

www.racesonoma.com

Petaluma Speedway

Features 360 Winged Sprints, Wingless Sprints, Dirt Late Models, Dirt Modified, Super Stocks, Mini Stocks, and Dwarf Cars. Join them every Saturday night. www.petaluma-speedway.com

Six Flags Discovery Kingdom

Enjoy non-stop thrills, rides, entertainment, animals, swim w/dolphins, fun & food.

www.sixflags.com/discoverykingdom

Tickets sold @ MWR ticket office!

Safari West

It is a world-class destination for the discerning traveler - an African adventure in the heart of California wine country.

www.safariwest.com

Sonoma Square

Shopping, art galleries, wine tasting, restaurants, part historic Sonoma Mission (Mission San Francisco Solano) and barracks.

www.sonomasquare.com

Explore the California Cheese Trail

Visit cheesemakers, take farm tours, and learn about the wide variety of cheese available. It's a tasty adventure waiting for you!

www.cheesetrail.org

Tour San Francisco

Only in San Francisco can you find tours, one-of-a-kind sights and other attractions. There is something for everyone. To play your trip, find out about events, and more, visit:

www.sanfrancisco.travel.com

Looking for additional things to do, visit the TRACEN HUB and check out the area information brochures

Hot Air Balloon Rides

Laser Tag

Horseback Riding

Limo Rides

Roller Skating

Ice Skating

Jazz & Art Festivals

Go Cart Racing

Whether you are coming to town to visit, transferring in, or just looking for something to do for the weekend, check out the below websites for local events, concerts, and more!

www.sonomacounty.com

www.marincounty.org

www.petalumachamber.com

Don't forget to stop by the MWR Ticket Office. Ticket office sells discount tickets to various local businesses and receives promotions throughout the year from various businesses.

Businesses that Offer



- 10%

- 10%

- 20%

- 10%

- 10%

- 10%

- 15%

- 20%

- 20%

- 10%

- \$10 off \$50+

- 10%

- 20%

- 20%

- 10%

- 10%

- 10%

- 10%

- 10%

- 10%

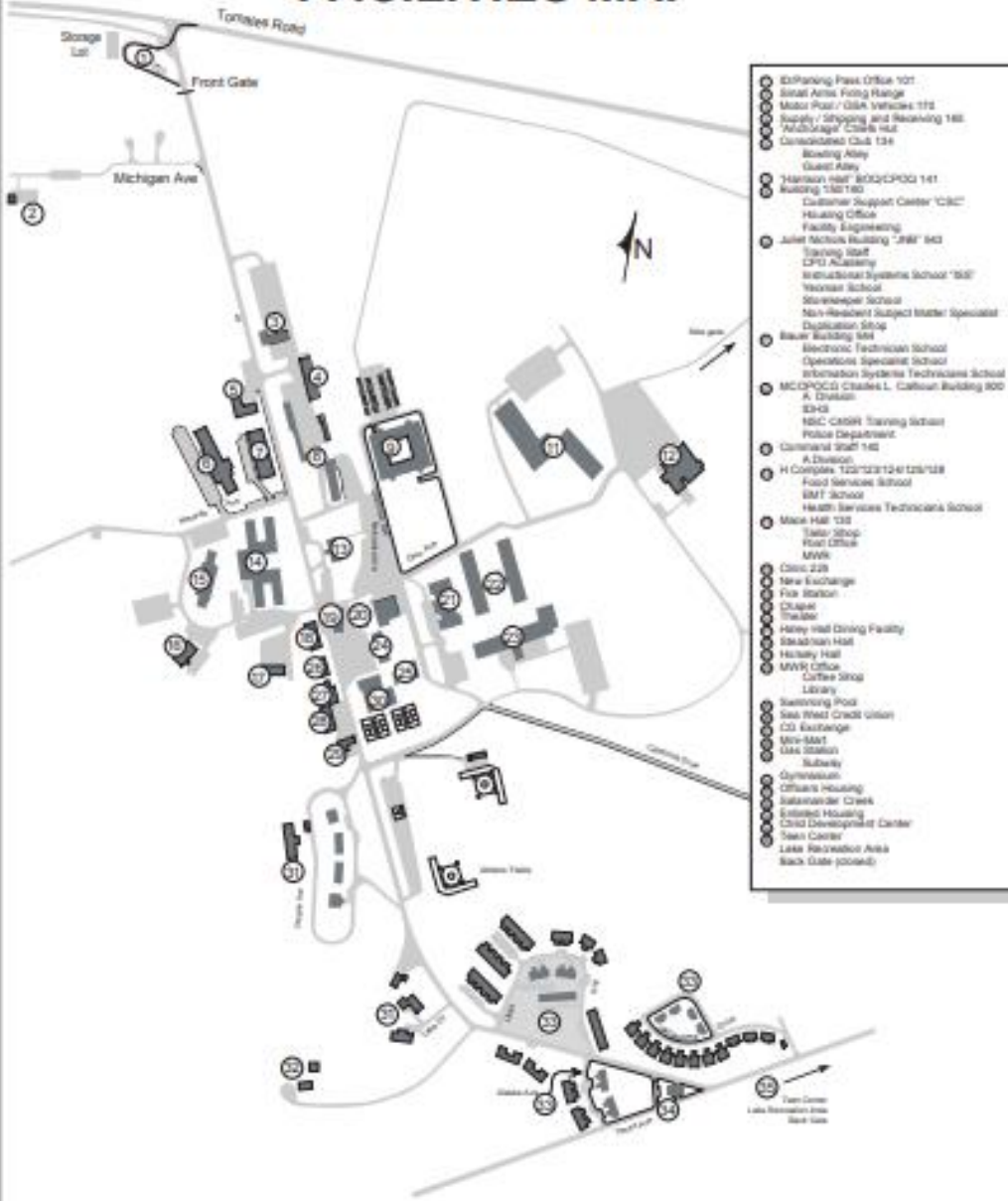
Nine West*	10%
Old Navy (Monday only)	10%
Pac Sun*	10%
Panda Express	10%
Petaluma Market	10%
Pet Boys Auto	10%
Petaluma Market	10%
Sketchers*	20%
Stride Rite Keds Sperry*	10%
Tim Factory Watch Outlet*	10%
Tommy Hilfiger*	10%
Van Heusen*	\$10 off \$50+
Wilson Leather*	10%
Wheel Works	10% off \$100+
Whole Foods	15%

*Located at Petaluma Village Premium Outlets

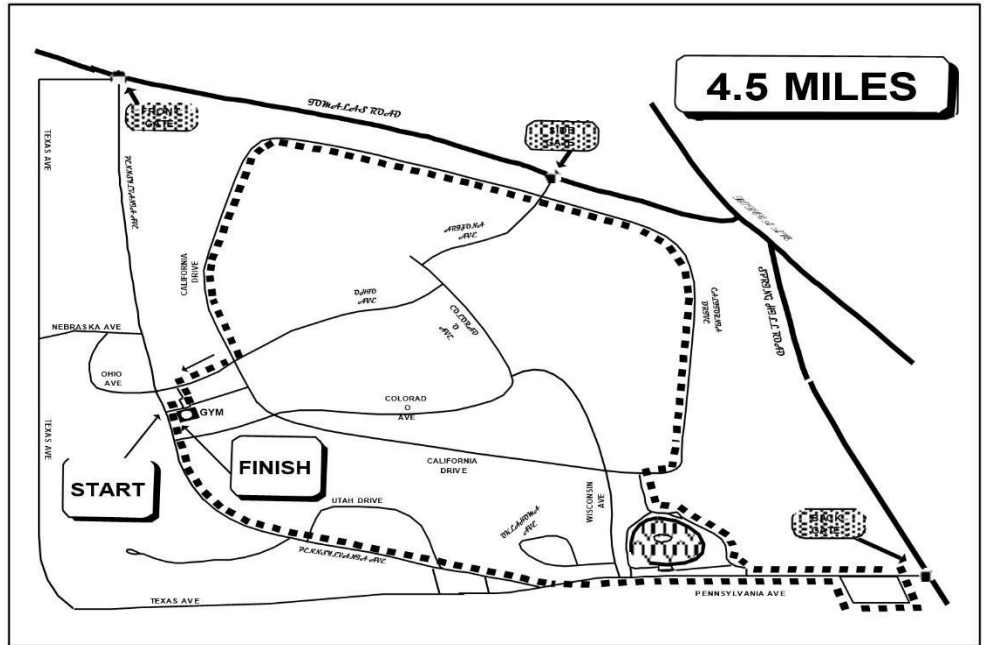
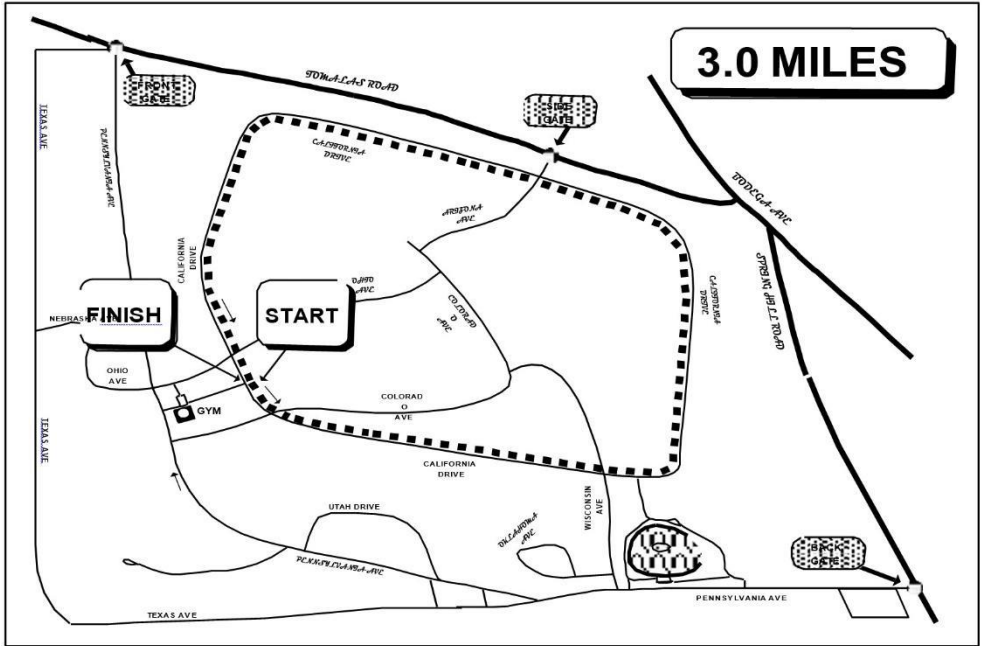
Note: There are several wineries and other businesses in the area who also offer military discounts. Always make sure to ask 😊 .

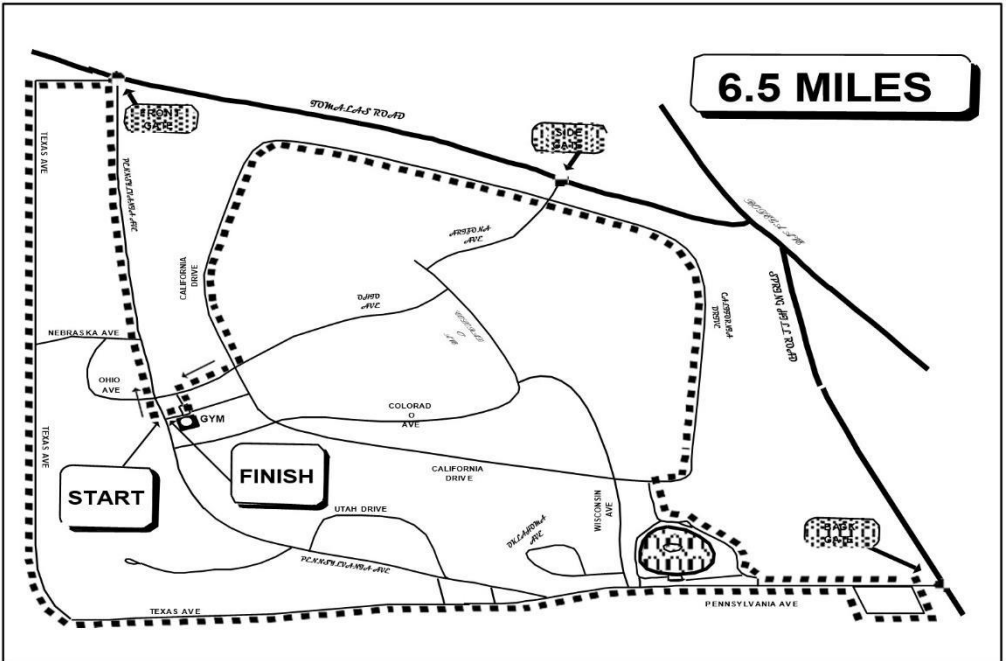
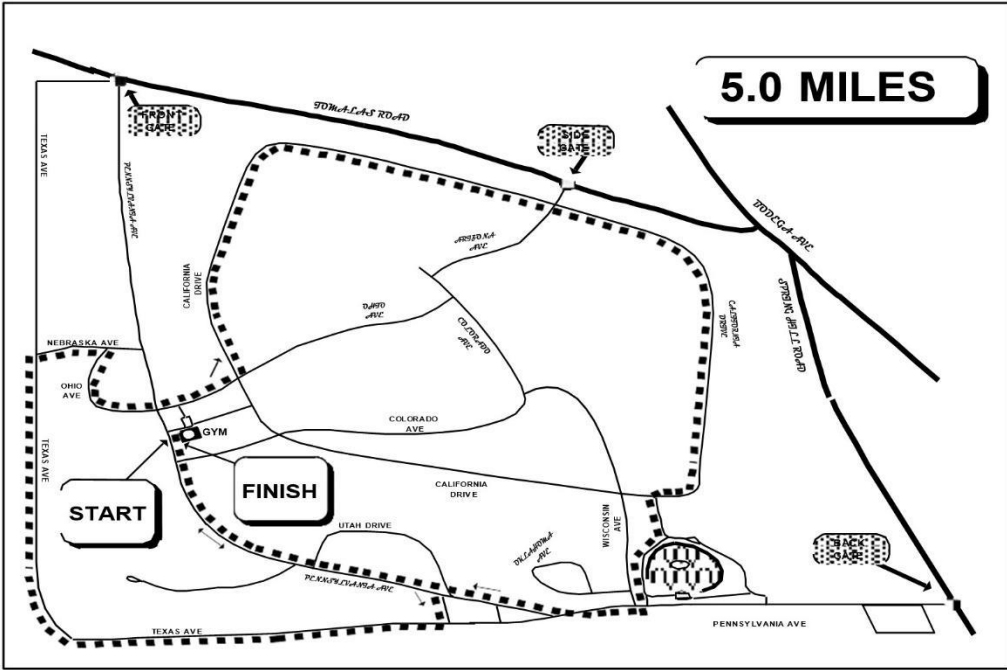
U. S. Coast Guard Training Center Petaluma, California

FACILITIES MAP



- 1. 20 Parking Pass Office 101
- 2. Small Arms Firing Range
- 3. Motor Pool - O&A Vehicles 112
- 4. Supply / Shipping and Receiving 185
- 5. "Midstage" Cooks Hut
- 6. Garages/Shop Club 134
- 7. Bowling Alley
- 8. Guest Alley
- 9. "Harrison Hall" 8032CPOG 141
- 10. Building 136140
- 11. Customer Support Center "CSC"
- 12. Housing Office
- 13. Facility Engineering
- 14. Janet Nichols Building "JNB" 843
- 15. Training Staff
- 16. CPD Academy
- 17. Instructional Systems School "ISS"
- 18. Yeoman School
- 19. Stenographer School
- 20. Non-Resident Subject Matter Specialist
- 21. Discussion Shop
- 22. Bauer Building 844
- 23. Electronic Technician School
- 24. Operations Specialist School
- 25. Information Systems Technicians School
- 26. MCOPOG/CSA's L. Callahan Building 800
- 27. A. Division
- 28. SHO
- 29. NHC-CADSW Training School
- 30. Police Department
- 31. Command Staff 142
- 32. A. Division
- 33. H Complex 122/123/124/125/128
- 34. Food Services School
- 35. SMT School
- 36. Health Services Technicians School
- 37. Mess Hall 102
- 38. Mail/Shop
- 39. Fuel Office
- 40. MWH
- 41. Clinic 229
- 42. New Exchange
- 43. Fire Station
- 44. Chapel
- 45. Theater
- 46. Heavy Hall Dining Facility
- 47. Seaman's Hall
- 48. Holiday Hall
- 49. MWH Office
- 50. Coffee Shop
- 51. Library
- 52. Swimming Pool
- 53. Sea Fleet Craft Union
- 54. CO Exchange
- 55. MVI-SMT
- 56. Gas Station
- 57. Subletty
- 58. Commission
- 59. Officers Housing
- 60. Salamander Creek
- 61. Extended Housing
- 62. Child Development Center
- 63. Swim Center
- 64. LARA Recreational Area
- 65. Back Gate (closed)





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