

SECTOR SCOOP

UNITED STATES COAST GUARD

SECTOR SAULT SAINTE MARIE

February 2008

PLEASE SEND MARCH SECTOR
SCOOP SUBMISSIONS TO NANCY NLT
20 FEB 08



Welcome Aboard and Fairwinds

OS3 Bathgate, Hails from A-School

DC3 Meyer, Hails from the Buckthorn

DC3 McCauley, Hails from STA Oregon Inlet

Mr. Andy Nadolny, Hails from Ann Arbor, MI

Bravo Zulu!



Achievement Medal
YNCS Nancy L. Seely
BM2 Jeffrey Woolman



Letter of Commendation
MK2 Richard B. Toledo
MK1 Joseph D. Zrelak



Good Conduct Medal
DC2 Robert Gruner, DC2 Dylan Hagberg,
BM3 Che Cuellar, SK1 Ray McLennan,
MK2 Jodie Bray—Cummings

Sailor of the Quarter, DC2 Dylan Hagberg

Advancements:

BM3 Jennifer Shieber to BM2
MK3 Richard A. Hill to MK2
MK3 Matthew P. Johnston to MK2
Justin D. Urig to BM3

Designation as Reserve Command Senior
Chief, Western Section, YNCS Nancy L. Seely

Designation as Reserve Command Chief,
Eastern Section, YNC Heather Caskey

National Military Family Association Joanne Holbrook Patton Military Spouse Scholarship Program

The National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniformed Services members to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount from \$500 to \$1,000. The number awarded each year varies depends on funding.

Scholarship selection is based on the completion of some survey questions that will help NMFA advocate for education changes, short-answer questions, and an essay question. To be considered, applications must be completed by midnight March 15, 2008. For more information or to apply, go to www.nmfa.org/scholarship.

Sector Sault Weather Line

Please call 635-3311 for closings & delays. The line is updated every morning by 0600.

FEBRUARY 2008

National Wear Red Day

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Bowling and Pizza	2
3	4	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18 President's Day	19	20	21	22 Sport's Day	23
24	25	26	27	28	29 Leap Day	

Everyone (men too!) can support the fight against heart disease in women by wearing red on February 1, 2008- **National Wear Red Day**. It's a simple, powerful way to raise awareness of heart disease and stroke. By joining together with thousands of women, companies and organizations, and cities across America, you'll help the American Heart association support ongoing research and education about women and heart disease. For more information go to GoRed-ForWomen.com



Morale

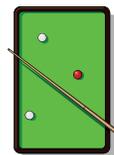
1 Feb 08 / 1130: Bowling and Pizza,
Dondee Lanes



22 Feb 08 / TBD: Sport's Day, LSSU
(POC: Chief Ek)



7 Mar 08 / 1130: Pool and Poker
Tourney, American
Legion (POC's: DC2 Hagberg/
LCDR Knowles)



EMCS Mundy is
the new Morale
Property
Custodian
Check Out
Monday–Friday
0730–1600
635-3252

MARCH 2008

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7 Pool and Poker	8
9	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

Who Was St. Patrick?

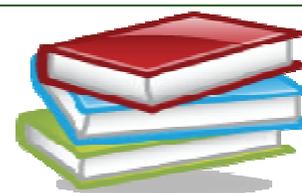
St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling. St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century.

Did You Know?

There are 34.7 million U.S. residents who claim Irish ancestry. This number is almost  nine times the population of Ireland itself (4.2 million). Irish is the nation's second most frequently reported ancestry, trailing only those of German ancestry.

Free Books Through E-Mail

Sign up for a free account at www.dailylit.com and you will receive one installment of a book every day through e-mail. Choose from classics by Agatha Christie, Herman Melville, and more!



30 Things To Know and Have

THINGS TO KNOW	THINGS TO HAVE
<ul style="list-style-type: none"> • How to relieve stress by laughing and having fun. • You get more fiber from fruit than from juice. • Exercise is the best medicine. • Healthful menu choices at the fast food counter. • When to have your vital signs checked by your provider. • Driving without distractions can save your life. • How to get a good night's sleep. • Your first line of defense against catching colds is clean hands. • How to use your head instead of your back when lifting. • Symptoms that require emergency care. • A clean kitchen can prevent food poisoning. • A high-energy breakfast helps control weight. • Warning signs of cancer. • How to make the most of your leisure time. • Longevity is 10% genes and 90% maintenance. 	<ul style="list-style-type: none"> • Daily doses of fruits and vegetables. • A current medical self-care guide. • An inspiring cookbook with healthful recipes. • Supportive friends who make you laugh. • A habit of reading labels on foods and medications. • Cardiopulmonary resuscitation (CPR) training. • An exercise routine you actually enjoy. • Sense to use sunscreen with a minimum SPF of 15. • A file on your medical history. • A healthy relationship with your health care provider. • A love of learning. • Time to develop your creative talents. • A healthy body image. • Routine dental care. • A daily relaxation period to renew your good spirits.

Wellness

In A Heartbeat

Guardian of the rhythm of life, your heart is an extraordinary machine. Each quiet beat of this small, muscular organ sparks a series of complex chemical, electrical, and mechanical events. The purpose: to pump and propel a tiny tidal wave of life-giving blood out into the 60,000-mile network of vessels that is your circulatory system. With each beat, the pump on the right side of your heart sends blood to your lungs, where it picks up oxygen. The blood returns to the left side of your heart, which pumps it out through the large arteries to the rest of your body. The large arteries branch into smaller ones, then into capillaries, a network of tiny blood vessels surrounding your body cells. Reaching the capillaries, the blood unloads its oxygen, which the cells then use to make energy and do their various jobs. The more oxygen available, the healthier your cells, and the healthier you are in general. Each powerful pulse, lasting less than a second, occurs about 100,000 times a day within your body. It's a miracle you may take for granted until the process is disrupted, threatening your heart, your health, and your life. **Many factors can affect the strength of your heartbeat.** Generally, the disease that leads to heart attack and permanent heart damage is progressive. Most often it is due to excess: too much cholesterol, alcohol, smoking, weight, stress, or inactivity.

That's where you come in ... By controlling the risk factors listed below, you can help keep your heart beating strong. In return, it will increase your chance of living a long and active life.

Check the controllable heart attack factors below that apply:

- I smoke.
- I accumulate less than 30 minutes of daily moderate exercise.
- My blood pressure is often higher than 120/80; I have Type 2 Diabetes
- I weigh more than 20% above my ideal weight.
- My cholesterol level is high-risk (a total of 240 or higher or HDL below 40, or both).

Having two or more factors could place you at high risk for developing coronary artery disease. These factors can also put you at risk for a heart attack, depending on your age and family history. **Heart disease is often invisible** – you can be healthy on the outside but sick on the inside from elevated cholesterol, blood pressure, or blood sugar levels. If you are a man or woman over age 50 and have not had these "vital signs" checked in a while, see your provider. **Happy Heart Month**



Are you thinking about QUITTING tobacco use?

The Mayo Clinic Tobacco Quitline for the Coast Guard

1-888-642-5566

- *Develop a personalized quit plan*
- *Overcome urges by providing ongoing telephone support*
- *Fight withdrawal symptoms with **free nicotine replacement therapy** (patch, gum, lozenges) mailed directly to your home*
- *Achieve your goals to be tobacco free – at no cost to you!*

Hours (CST): Monday – Friday, 7:00 a.m.-11 p.m.
Saturday 9:00 a.m. – 6:00 p.m.
Sunday 10:00 a.m. - 4:00 p.m.

Eligible Participants include: Active duty members and dependents, reservists and civilian employees of the Coast Guard.

Contact your Regional Health Promotion Manager for more information.



Did You Know?

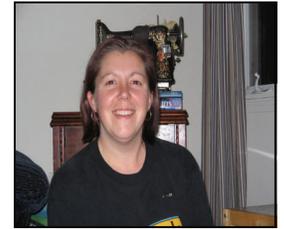
Checkout counter impulse buying can pack on pounds. Items women typically buy at checkout add up to about 14,300 calories a year—enough for a four pound weight gain. Items men buy average 11,000 calories per year—a three pound gain.





The Ombudsman Page

Your Ombudsman: Neva Gruner



Home Phone: 635-1388 ~ Cell Phone: 916-502-4335 ~ nevagruner@hotmail.com ~ 2513 Tahoma Way

Greetings from the Ombudsman,

As we know, winter is not over yet. Below is a new list of ideas to beat the cabin fever blues. The Mighty Soo has a lot to offer all year around. Many of the activities have little or no cost involved and are great opportunities to experience something new. If you have any ideas that you want to share, write or call and I'll add them to the list.

My job as the Ombudsman is to help members and spouses make an easy transition to a new environment and for those families to enjoy their tour here in the UP. Part of that job is to have information available about programs that could help in a time of need. WIC (Women, Infant, Children—federal grants to states for supplemental foods, health care referrals, and nutrition education), the Bridge Card (Food Assistance Program - a better updated version of food stamps that works like an ATM card), local food pantries, and clothing assistance are available for those that qualify. Some of the area organizations may offer heating or rent assistance on a case by case basis. I am here to point you in the right direction; please feel free to call me with questions or concerns. I do keep everything confidential; no one needs to know what is being asked for or why.

Neva Gruner

5th Annual Outhouse Race: February 9th, 2008 @ 4:00 p.m. / Portage Avenue, Sault Sainte Marie, MI

It is time once again for the "5th Annual Big Stinker Classic Outhouse Race." This is an annual event. Do you think you have what it takes to be the Big Stinker Champion? Race your outhouse down Portage Ave to win the elusive two-holer outhouse trophies! For more information, contact the Downtown Development Authority at 906-635-6973.

Siberian Husky Dog Sled Races: February 9th - 10th, 2008 / www.shcgd.com/raceflyer.html

Drummond Island Tourism Association - Watch the excitement of the dog sled teams as they start and finish just outside the Winter Sports Center entrance. Teams consist of 4, 6, and 8 dog teams. Warm up in the Winter Sports Center and talk to the racers to learn more about the sport. There is no cost to watch the races. Phone for more information at (800) 999-6343.

Saturday Night February Lantern-lit X-Ski: February 2nd - 23rd, 2008 @ 6:00 p.m. / Tahquamenon Falls State Park

Lantern-lit cross-country skiing will take place every Saturday in February. Take a few laps on the three-quarter-mile lantern-lit cross-country ski loop from 6 p.m. to 8 p.m. The moon-lit view of the falls is fantastic. We'll also have a nice bonfire going so skiers can warm themselves between laps. The program begins at the Upper Falls parking area. Phone for details at (906) 492-3415.

Kinross Classic Sled Dog Race II: February 23rd - 24th, 2008 @ 9:30 a.m / Kinross / www.glsda.com/Kinross_Two_08.html

Speed Sled Dog Racing. Best time combination in two days times is the winner of group competition. Phone for more details (906) 495-5350.

M.U.S.H. Dog Sled Race: February 23rd - 24th, 2008 / Drummond Island, MI / www.drummondislandchamber.com

Drummond Island Tourism Association: Watch the 3, 5, and 7 dog teams start and finish just outside the Winter Sports Center entrance. Watch Junior racers, and the very young, bring their teams across the finish line. Everybody is a winner here. Phone (800) 999-6343 for more information.

SKIING, SLEDDING, SNOWBOARDING, TUBING

Sault Seal Recreation Area

Tuesday–Friday 3:00 pm - 9:00 pm

Saturday & Sunday 12:00 pm - 9:00pm

Sledding: 60' vertical drop; not lighted. Skiing: 80' vertical, 1,000' shoot; lighted Cross Country Ski Trail; not lighted. Tubing: 4 runs of 65' vertical & 3 runs of 90' vertical, lighted.

Brady Park- Water Street

Sledding - No schedule and no lights.

SWIMMING

Lake Superior State University, Norris Center Pool Family Swim Schedule

Monday-Thursday 6:15 a.m. - 7:45 am / 12:00 pm -

1:00 pm / 5:00 pm - 6:00 pm / 7:00 pm - 9:00 pm

Friday 6:15 am - 7:45 am / 12:00 pm - 1:00 pm

Saturday & Sunday 1:00 pm - 5:00 pm



ICE SKATING

Pullar Stadium - 435 East Portage

Tuesday & Thursday Adult Skate

2:00 pm–3:00 pm

Public Skate 3:00 pm–4:30 pm

Family Skate 6:00 pm–7:45 pm

Big Bear Arena & Fitness Center - 2 Ice Circle

Monday - Public Skate 12:00 pm - 1:20 pm

Tuesday & Thursday: Toddler/Adult Skate 12:15 pm - 1:35 pm

Saturday & Sunday - Public Skate 2:30 p.m. - 4:20 p.m.

Lake Superior State University, Taffy Abel Arena

Open Hockey: Monday–Friday 11:00 am - 12:00 pm

Open Skate: Monday–Friday 12:00 pm - 1:00 pm

No skating on Friday Home Games for Laker Hockey

FITNESS & WEIGHT TRAINING

Big Bear Arena & Ice Rink - 2 Ice Circle

Monday - Friday 5:00 am - 9:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 9:00 am - 4:00 pm

Weight training & workout facilities available; call ahead for day pass. Aerobic workout available; call ahead for dates/times. Indoor walking track - free

Lake Superior State University, Norris Center

Weight training and workout facilities available.

Racquetball courts available by calling ahead. Call for times and dates during school breaks & holidays.

CROSS-COUNTRY SKIING

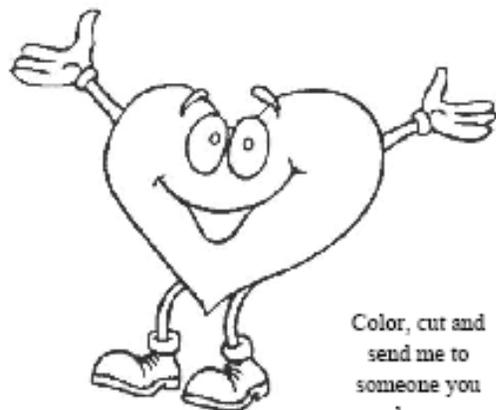
Algonquin Ski Trail— W. 16th Ave

Approximately nine miles of groomed

trail that is lighted for night use.



Kids Page



Color, cut and send me to someone you love.



Love Struck
by Amy S. Mullins
www.gigglepoetry.com
Cupid is stupid!

Look what he's done!
He's made the girls like us
And ruined our fun.
Before, we could chase them
And cause them to fuss.
But since Cupid got them,
The girls all chase us.

Valentines Fact

www.history.com

- 188 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion.
- 1,241: The number of locations producing chocolate and cocoa products in 2004. These establishments employed 43,322 people. California led the nation in the number of such establishments with 136, followed by Pennsylvania with 122.
- The per capita consumption of candy by Americans in 2005 was 25.7 pounds. Candy consumption has actually declined over the last few years; in 1997, each American gobbled or savored more than 27 pounds of candy a year.

A hundred hearts would be too few to carry all my love for you. ~Author Unknown



Make Fudge for the family in the microwave ~ ask an adult for help.

3 cups semi-sweet or milk chocolate chips ~1/4 cup butter ~ 1 (14 oz.) can sweetened condensed milk ~ 1 cup chopped nuts

Place all ingredients except nuts in microwaveable bowl. Microwave at Medium (50%) for 2 minutes (depends on your microwave, go slow). Stir thoroughly. Put back for 2 minutes more. Stir in nuts. Pour into well-greased 8 x 8 inch dish. Refrigerate. (Try something new ~ Substitute peanut butter chips for chocolate chips)

Easy Homemade Valentine

(www.kaboose.com)



Whether you use construction paper or card stock, the results will be charming and your child will be very proud.

What you'll need:

- 8.5 x 11 construction paper or card stock in various colors and/or patterns
- Valentine and/or heart stickers
- scissors
- pinking shears (optional)
- glue stick or white craft or school glue
- glitter (pink, red, white)



1. Begin by cutting a piece of construction paper or card stock into four equal pieces.
2. Fold quartered paper in half to make a card.
3. For the easiest version, appropriate for preschoolers, use stickers to decorate or cut out hearts from a different color of construction paper or card stock to glue onto your cards. Experiment with different patterns, florals look great contrasted with stripes on a solid background.
4. Younger children love glitter! Use a bottle of glue to "draw" on a heart or phrase (such as "Be Mine"). Sprinkle glue generously with pink, red or white glitter and let dry over night. Tap off excess glitter when completely dry.
5. For the older set, let them use pinking shears to cut out heart shapes and glue onto cards. Again, use contrasting patterns and colors to create a charming design.
6. Once glue is dry, cards may curl up a little. Place cards between the pages of a heavy cookbook or phone book and leave over night.

Tips: Finding the perfect paper. Card stock is available in literally hundreds of different designs. The scrap-booking aisle at your local craft store has individual sheets or pads of various colors and patterns. Caution, these papers can get costly, watch for sales or purchase these papers with other projects in mind as well. Construction paper is inexpensive and children love it just as much. Save on stickers. Discount department stores, such as Wal Mart and Kmart carry a large variety of stickers. You may also want to check your local dollar store.

Classifieds

Furnished for your information only. Sector Sault does not endorse or recommend any specific babysitter or service.

PLAYGROUP

If you have a child, 3 years old or younger, and would like to participate in a playgroup during the fall & winter, please contact Nancy Kiffer at nkiffer@charter.net. Please include your name, your child's name & age, and day(s) of the week you will be available to attend

BABYSITTERS

- Brittany Rohlman (15) 253-9402
- Jayne White (19) 253-1316 *
- Shannon Sullivan (17) 253-2217 *
- Meredith Knowles (13) 632-4431

*Completed babysitting class and holds a certificate

MOTHER'S HELPER

Kelsey Huebschman (10) 635-1065
Available in the afternoon

AVON

If you are interested in buying AVON, please contact Heather Caskey @ 253-1502 or caskeycrew1@charter.net



"Loyalty Equal to Honor"

We are a brand new company and our name is Lethel Clothing Company. LCC is a Coastie-owned and operated T-Shirt and Accessory Company based in the Sault. We have a wide range of custom designed T-shirts, Hats, and Hooded Sweatshirts for both men and women. As well as a line of accessories to complement your gear and to have some fun with! Surfing our site is easy, purchasing is secure, and shipping is fast! Log in today! www.lethelclothingco.com

CREATIVE MEMORIES CONSULTANT

Hello, my name is Nancy Robinson and I am an Independent Creative Memories Consultant. I provide you with products, training, and opportunities that will help you get organized and your photos and memorabilia into safe, beautiful, meaningful keepsake albums. Contact me @ 253-0335 or therobinson@charter.net

NEEDED: CERTIFIED BABYSISTERS

If you are or know of a certified/qualified babysitter, please submit their name and age to the Sector Scoop for advertising.

JOE BANGLES HANDMADE JEWELRY AND ART

We are now online @ www.joebangles.biz! We have a variety of unique pieces made from coral, Czech glass, Swarovski Crystal, gemstones, pearls, and much more. Each piece is handmade by Katrina Ashburn, a Coastie wife. We would love to create those special pieces you can't find anywhere or even make small repairs to ones you already have. Shipping is only 3-4 dollars! We also have our personal Scrapbooking Clocks-they make fabulous gifts. Be sure to visit us at www.joebangles.biz or e-mail questions to katrina@joebangles.biz

ALTERATIONS - MILITARY UNIFORMS

- Patches - \$2.00
- Patches (Bravo Jackets) - \$5.00
- Hemming - \$7.00
- Contact Pollyanna @ 635-8145

ALTERATIONS - SEW MUCH MORE

- Pant hems, name tapes, bravo jackets, missing buttons and more.
- Contact Neva Gruner @ 635-1388

MARY KAY CONSULTANT

Winter is coming, be prepared! Don't forget to winterize your car, your home, and, yes, even your skin. As the weather changes, so does your skin care needs. Visit my website or give me call to discover the right products for you. Be sure to ask about gift ideas and our new men's line! Out of town? Shipping is free! Contact Amy Hicks @ 630-1690, coastiewifehicks@marykay.com, or www.marykay.com

"I believe that we are here on the planet
 Earth to live, grow up and do what we
 can to make this world a better place for
 all people to enjoy freedom." *Rosa Parks*

Classifieds

CHIC HAIR AND NAIL STUDIO

We offer a 20% discount on all hair and nail services and Kenra hair products to first time military clients. Bring in or mention this ad to receive your discount. Special through 15 Feb 08 – 50% off makeup applications with all formal Do's. Located at 1130 E. Easterday Ave. Open Tuesday–Saturday. Call 632-7322 for your appointment with Diane or Pam.

ARTISTRY MAKEUP AND SKIN CARE

Are you are interested in buying artistry makeup/skin care or gift albums? Are you interested in becoming an Independent Business Owner to purchase these products for wholesale cost (and maybe even receive a monthly check back!)? If so, please contact Heather Angelle at JHAngelle@hotmail.com. You can also check out my business websites at:

Makeup and Skin Care

One of the top 5 skin care/makeup lines in the world and recently featured in Redbook Magazine angelle.qbeautyzone.com

Ribbon Gift Albums

Perfect place to purchase a gift for someone who is difficult to shop for: hangelle.ordermygift.com

Vitamins and Supplements

Ranked #1 in the world: jangle.qhealthzone.com



FIRE AND ICE: The Winter War

St. Ignace area Finns are hosting this award-winning documentary film of Finland's unique military history, a story of how this small country fought the Russian giant next door, and for the first time achieved Finland's independence. It was a war fought with little in the way of military machines and weapons, but with an abundance of ingenuity, courage, and determination.

Emmy award-winning director, Ben Strout, Master Work Media, will share how he made this film.

Finnish War Artifact Collections of Joe Strohl of Madison, WI; Jim Kippola of Marquette, MI; and Rudy Hennekes of St. Ignace, MI, will be displayed.

Sunday, February 10, 2008

2:00 p.m.

Little Bear Arena

St. Ignace, MI

Information: 906-643-6065 / No Charge



Congratulations to OS1 John and Colleen Woodard on the new arrival to their family! Colleen delivered a healthy 6 lb 4.4 oz baby girl on January 2nd. They've named her Brianna Mae.

Congratulations to OS3 Michael and Kelly Salizzoni! Miles Syrus Salizzo1, a beautiful baby boy, was born on 15th of January, weighing 7lb 11 oz and 21" long!



Commander

U.S. Coast Guard Sector

337 Water Street

Sault Sainte Marie, MI 49783