United States Coast Guard

Sector Scoop

March 2011

Sector Sault Sainte Marie

Sector Sault Weather Line

635-3311

Please call this number during inclement weather to determine base closure and staffing hours. Any closures and delays will be posted by 0600.

March Listening Group Meetings

Please come to the meeting with an open mind, ideas, concerns, and solutions.

Warrants

8 March at 1000

POC: CWO Thornhill

O-4—O-5

8 March at 1030

POC: LCDR Duren

E-4's

22 March at 1000

POC: HS3 Gilbert

E-3's and Below

22 March at 1030

FN Walbecq

LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck as determined by your Point of Contact.

GUESS WHO!

Last Month's Guess Who:

Brian Streichert

WINTER SNOW REMOVAL

Just a friendly reminder that winter is upon us and snow removal from the parking lots will most likely occur on a daily basis. Please keep the following in mind:

If you are going TAD, please carpool or have your significant other bring you to work. If you need to park on base, please leave your keys with someone.

Exercise extreme caution when transiting around snow removal equipment; be patient and give them plenty of berth as it is hard to see behind machinery.

Please watch your speed coming down the hill. The maximum speed limit on base is 10 MPH!

Do not park on the snow piles; machinery or snow may slide and damage vehicles.

Upper NW Parking Lot: Vehicles have been crowding the walkway and stairwell by the guard shack. If you park in that area, please provide enough room to allow for snow removal from the walkway and stairs.

NW Parking Lot: Ice buildup occurs in the parking spaces on the hill between the big pine tree and contractor's dumpster. In previous years, cars and trucks have slid into each other while parked.

Please remove all snow and ice from government and personal vehicle windows, headlights, signal lights and license plate before getting underway.

Thank you in advance for your assistance and cooperation; it is very much appreciated!

V/R MKC Bolin

City Winter Parking Rules The City of Sault Ste Marie bans motor vehicle parking on streets between 0300 and 0600, 1 Dec - 1 Apr

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Things to Do

March 4th - 6th, 2011
CopperDog 150 Race
Calumet
www.copperdog150.com

March 4th - 6th, 2011
UP Builders Show
Superior Dome, Marquette
www.upbuildershow.com
marqbx@marquettebx.org
Phone: 906-225-1216

March 5th, 2011
Motorsports Trade Show/Swap Meet
UP State Fairgrounds, Escanaba
www.deltami.org
www.upinternationalraceway@gmail.com
Phone: (906)-450-5112

March 5th, 2011
UP Ice Chip Golf Scramble
Wild Ice of Moran Bay, St Ignace
www.stignace.com

March 11th, 2011
Junior Bear Chase
Houghton
www.keweenawtrails.com/skitigers/junior.html

March 11th - 12th, 2011
The Fab Four
Island Resort & Casino, Harris
Phone: 877-ISL-SHOW

March 12th, 2011
31st Annual Portage Health Great Bear Chase
Calumet
www.bearchase.org

March 14th, 2011
Buck Cherry, Papa Roach & My Darkest Days
Kewadin Casino, Sault Ste Marie
www.kewadin.com
Phone: 800-KEWADIN

March 15th, 2011
Pink Floyd Experience
Kewadin Casino, Sault Ste Marie
www.kewadin.com
Phone: 800-KEWADIN

March 19th, 2011
UPPERacing Sno-X Races
Zellar's Meadows, Newberry
www.upperacing.com

March 25th - 26th, 2011
Eric Church
Island Resort & Casino, Harris
Phone: 877-ISL-SHOW

March 25th - 27th, 2011
Dome Recreation Show
Superior Dome, Marquette
Phone: 906-228-7749

March 26th, 2011
UP Cagefighting
Marquette
Phone: 906-228-7749

March 29th, 2011
Peking Acrobats
Rozsa Center, Houghton
www.rozsa.mtu.edu
Phone: 906-487-3200

The Charlevoix, Cheboygan, Emmet County Office of Emergency Management in conjunction with the National Weather Service, is offering free **Skywarn Spotter** training to anyone 18 or older who is interested in being trained in severe weather identification, protection, and reporting procedures. Those who complete the training will receive a Skywarn Spotter identification card with special contact information that trained spotters may use to communicate weather related reports directly to National Weather Service forecasters and local emergency responders.

March 5	Cheboygan	10:30 a.m.
March 5	Emmet	2:30 p.m.
March 31	Charlevoix	6:00 p.m.

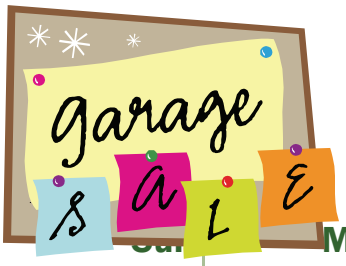
CONTACT:
To request additional information, please contact the CCE Office of Emergency Management public information line at 231-753-6190 or eoc@cceoem.net.

Listening Group Meetings

Sector Sault Sainte Marie will be holding Listening Group Meetings. Please come to the meeting with an open mind, ideas, concerns, and solutions.

LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck (TBD).

January	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
February	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
March	Warrants	2nd Tuesday at 1000
	O4—O-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
April	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
May	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
June	Warrants	2nd Tuesday at 1000
	O4—O-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
July	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
August	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
September	Warrants	2nd Tuesday at 1000
	O4—O-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
October	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
November	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
December	Warrants	2nd Tuesday at 1000
	O4—O-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030



Save the Date
14 May 2011
Coast Guard Housing Spring Garage Sale

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Things to Do

April 1st, 2011
Wine and Hops "Taste of Hope"
6:30 PM To 9:30 PM
Pine Grove Country Club
Iron Mountain
www.habitatmr.com
development@habitatmr.com
906/779-7360

April 2nd, 2011
King of the Cage
Kewadin Casino
Sault Ste Marie
www.kewadin.com
800-KEWADIN

April 8th - 9th, 2011
Bret Michaels Custom Built Tour 2011
8:00 PM
Island Resort & Casino, Harris
www.islandresortandcasino.com
877-ISL-SHOW

April 8th -10th, 15th – 17th 2011
Dome Soccer Tournament
Superior Dome, Marquette
www.superiordomesoccertournament.com
906-869-5965

April 13th - 16th, 2011
Peter Pan
7:30 PM
Forest Roberts Theatre, Marquette
webb.nmu.edu/ForestRobertsTheatre/SiteSections/SeasonPerformances/Tempest.shtml
906-227-2082

April 14th, 2011
Cinderella
7:00PM
Kewadin Casino
Sault Ste Marie
www.kewadin.com
800-KEWADIN

April 22nd - 24th, 2011
23rd Annual Spring Fling
White Fish Point Bird Observatory, Whitefish Point
www.wpbo.org

April 22nd - 24th, 2011
Players de Noc presents: "Escanaba in Love"
8:00 PM/2:00 PM
William Bonifas Fine Arts Center, Escanaba
www.playersdenoc.org
The hilarious prequel to the legendary Escanaba in da Moonlight is set in the Soady deer camp during WWII and outfitted with a whole new cast of wacky Yoopers.
906/789-7468

Don't forget to submit your photos for the Sector Scoop! The photo contest has been discontinued for 2011; however, I welcome and will include photos submitted. Send photos to Nancy.A.Keck@USCG.MIL

Education Service Officer

For most schools, the semester is half over and you are probably thinking one of two things:

1. What class am I going to take next?

2. Why didn't I take a class this semester?

The options are really endless in the current setting. We have the opportunity to select 2-3 more classes for on-base instruction for the summer and 2-3 more classes to select for the fall semester. As always, interested parties should contact me as soon as possible to let me know which courses you feel would benefit us the most.

As it stands, this summer will have Math 084, 085 and 086 and that is the limit of our confirmation to date. Most of the personnel enrolled in the first math module, 081-083 are doing quite well and are looking forward to the second set of modules. Attendance applies to any active duty, reserve, civilian employee and spouse/children as well.

The tuition rate is will remain at 250.00 per credit hour but you must complete a USCG Verification form that can be obtained through my office and it must be submitted for each semester. This is applicable again to all USCG members and their immediate families!

I have also been working with the Student Services director and Admissions to create a Veterans/ Military-friendly department. The purpose of this department is to make the transition to college less worrisome and less stressful. It will have a designated person available for you to speak to in order to resolve issues quickly and efficiently without the "runaround" that often yields little or no results. There will be a liaison that is responsible for properly directing students of military background and their family members through the labyrinth of college processes from admissions to graduation. Once admitted, they too can direct you through an abbreviated orientation that focuses on your needs and areas of interest.

Finally I would like to remind all LSSU students affiliated with the Coast Guard, of the opening of the Amy Ignatowski Award. It is an award you can apply for of up to 500.00 for course materials, books etc. I highly recommend that if you intend on attending LSSU for the next school year, Fall 2010 and Spring/Summer 2011 that apply for this award. It is a one-page essay that is submitted to a panel of chiefs to decide one to two students who best fit the descriptions that the questions ask. Yet another means of attending school and not paying a dime!

If you are completing a FAFSA application for the upcoming school year, in order to secure your best chance for Pell Grant, you should have your application completed by March 1st. Remember, FAFSA (free application for financial student aid) is there to assist you with your college career as well and makes college funding even that much more simple. It is to help cover any costs associated with attending school in order to make your life a little less stressful from the financial side of college.

Should you have any questions concerning your college pursuit or any other educationally-related queries, please let me know.

Thank you.

Mr. Brian Streichert

635-3355

Brian.D.E.Streichert@uscg.mil

Wellness: HSC Jose Lefebre, 635-3225

How to Fight Depression: Daily Habits Can Make All the Difference

Depression is an illness, and like any illness, it attacks mind, body, and spirit. In order to fight depression, you need to heal the whole person. Your doctor can help you fight depression with medication. What can you do to help yourself?

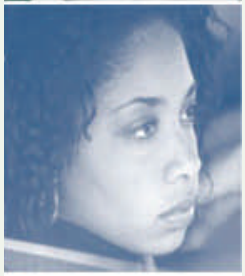
You may believe that you're powerless to fight depression. You're not.

How to fight depression, step 1: Create a "wellness checklist."

A wellness checklist should address the needs of mind, body, and spirit by providing realistic daily goals. It's meant to encourage you as you fight depression, not overwhelm you, so keep it simple. Stick to a single page. Use a "friendly" font in an easy-to-read size. If black and white is too stark, try a font in a soothing color. Print a new copy of the list each day.

How to fight depression, step 2: Make good nutrition easy.

Good nutrition is essential when you need to fight depression. This is tricky, since depression tends to disrupt the appetite. In order to fight depression, you need to take in enough calories and nutrients to give your body and mind strength.



Preparing a meal may be a daunting task when you're depressed, and it'll seem pointless if you're not interested in eating. If you make healthy eating as easy as possible, you'll not only fight depression, you'll be better able to resist junk food. Sugar highs and the crashes that inevitably follow will only make you feel worse.

Fight depression by buying healthy, appealing foods that require little or no preparation: soups, fruit, string cheese, yogurt, whole-grain cereal, etc. If you can't manage to eat full meals, you can still get a good portion of the calories you need daily from nutritious snacks and light meals. If you tend to overeat when depressed, better to have the healthy stuff around for grazing. You'll be less likely to reach for the box of donuts.

How to fight depression, step 3: Try to get an adequate amount of sleep every night.

Sleep provides the armor you need to fight depression. Without adequate sleep, you're more susceptible to those negative messages swirling around in your mind, and less able to do good things on your own behalf.

If you're struggling with insomnia, make sure your bedroom is "optimized" for sleep. It should be a place for rest, not stimulation. Get rid of anything related to work and other sources of worry, such as paperwork and bills. If you keep a TV or computer in your bedroom, move it somewhere else. Fight depression by making the hours before sleep as peaceful as possible.

How to fight depression, step 4: Get exercise - any way you can.

It's hard enough for most of us to exercise regularly. It's really hard when you're trying to fight depression. Depression steals energy, so it may be hard to imagine how on earth you'll ever drag yourself to the gym, let alone work out once you get there.

Remember that exercise provides your brain with a natural high and releases the stress that otherwise stays coiled in your body. Exercise is like a magic antidepressant that works immediately. Consider it your knock-out punch as you fight depression.

Walking is a great way to fight depression: 10 minutes at a moderately brisk pace can be enough to rouse you from a slump. Yoga is my own activity of choice. Using a yoga DVD for a mere 20 minutes gets me breathing, stretching, and yes, even relaxing.

You may not believe you can fight depression. In fact, you are your own number one ally. You can fight depression - and win.

This article is not intended as medical advice. If you're depressed, seek help from a competent mental health professional. Your primary physician can assist you with referrals.

Reprinted from http://www.associatedcontent.com/article/145602/how_to_fight_depression_daily_habits_pg2.html?cat=72

Healthy Tips

Fitness Basics

Starting a fitness program may be one of the best things you can do for your health. After all, physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — even boost your self-esteem. And the benefits are yours for the taking, regardless of age, sex or physical ability.

When you design your fitness program, consider your fitness goals. Think about your fitness likes and dislikes, and note your personal barriers to fitness. Then consider practical strategies for keeping your fitness program on track. Starting a fitness program is an important decision, but it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can make fitness a healthy habit that lasts a lifetime.

Stretching and Flexibility

Stretching is a powerful part of any exercise program. Most aerobic and strength training programs inherently cause your muscles to contract and flex. Stretching after you exercise promotes equal balance. Stretching also increases flexibility, improves range of motion of your joints and boosts circulation. Stretching can even promote better posture and relieve stress. As a general rule, stretch whenever you exercise. If you don't exercise regularly, you might want to stretch at least three times a week to maintain flexibility (* it is a good idea to warm up your muscles prior to stretching). When you're stretching, keep it gentle. Breathe freely as you hold each stretch. Try not to hold your breath. Don't bounce or hold a painful stretch. Expect to feel tension while you're stretching. If you feel pain, you've gone too far.

Aerobic Exercise

Regular aerobic exercise can help you live longer and healthier. After all, aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. Better yet, aerobic exercise can be done in short bursts or longer sessions. So what are you waiting for?

For many people, walking is a great choice for aerobic exercise. In fact, walking is one of the most natural forms of exercise. It's safe, it's simple — and all it takes to get started is a good pair of walking shoes and a commitment to include aerobic exercise in your daily routine. Of course, there's more to aerobic exercise than walking. Other popular choices include swimming, bicycling and jogging. Activities such as dancing and jumping rope count, too. Get creative!

Strength Training

Strength training can help you tone your muscles and improve your appearance. With a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories more efficiently. Better yet, strength training doesn't take as long as you might think. For most people, two to three strength training sessions a week lasting just 20 to 30 minutes are sufficient. Strength training can be done at home or in the gym. Free weights and weight machines are popular strength training tools, but they're not the only options. You can do strength training with in expensive resistance tubing or even your own body weight. With proper technique, you may enjoy noticeable improvements in your strength and stamina in just a few weeks.

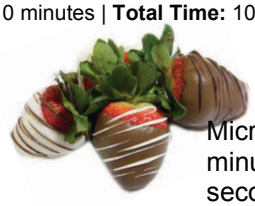
Sports Nutrition

What — and when — you eat can affect your performance and how you feel while you're exercising. Brushing up on sports nutrition basics can help you make the most of your exercise routine. Sports nutrition often focuses on carbohydrates. Generally, you'll feel better when you exercise if you eat foods high in carbs and low in fat. If you're training for an endurance event, loading up on carbs in the days before the event may even boost your performance. Protein for muscle repair and growth is another important aspect of sports nutrition.

Information submitted by:
Jody L. Carman, MPH
Regional Health Promotion Manager
(2 1 6) 902-6354

Strawberries Dipped in Chocolate

4 servings | **Active Time:** 10 minutes | **Total Time:** 10 minutes



Ingredients

2 ounces high-quality dark chocolate

12 strawberries

Nutrition

Per serving : 3 Strawberries/133 Calories; 4 g Fat

Preparation

Microwave chocolate in a small bowl on medium for one minute. Stir, then continue microwaving on medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted. Dip strawberries in the melted chocolate.

Be Red Cross Ready

Flu Checklist

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.

Know the Difference

Seasonal Flu—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Epidemic—The rapid spread of a disease that affects some or many people in a community or region at the same time.

Pandemic—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 (swine flu)—H1N1, referred to as "swine flu" early on, is a new influenza virus causing illness in people. In the United States, this new virus was first detected in people in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

It is important to stay informed about changes to guidance issued by the Centers for Disease Control and Prevention (CDC). The CDC Web site posts regular updates to public health recommendations regarding a number of public health threats, including H1N1 (swine flu).

H5N1 (avian flu)—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

What should I do to avoid getting sick?

Get your flu shot every year for the best chance of protection.

- ❑ Always practice good health habits to maintain your body's resistance to infection.
  - Eat a balanced diet.
  - Drink plenty of fluids.
  - Exercise daily.
  - Manage stress.
  - Get enough rest and sleep.
- ❑ Take these common sense steps to stop the spread of germs:
  - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
  - Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
  - Stay away from others as much as possible when you are sick.
- ❑ Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).
- ❑ Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death. Two shots will be needed for the 2009 flu season – one for seasonal flu and one for H1N1 flu.

Do I have the flu?

The flu usually begins with the rapid-onset of a high fever and body aches. Be aware of other common flu symptoms:

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*

Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

What should I do when someone is sick?

- ❑ Designate one person as the caregiver.
- ❑ Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- ❑ Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- ❑ Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- ❑ Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- ❑ Wear disposable gloves when in contact with or cleaning up body fluids.

Terminology defined

Immunity to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

Quarantine is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

Isolation is a state of separation between persons or groups to prevent the spread of disease.

Social distancing is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

American Red Cross

For more information on disaster and emergency preparedness, visit **RedCross.org**.

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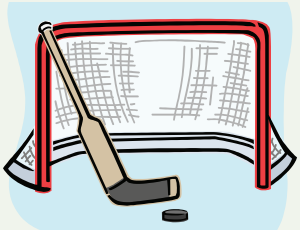
Sector Sault Sainte Marie Skating Rink

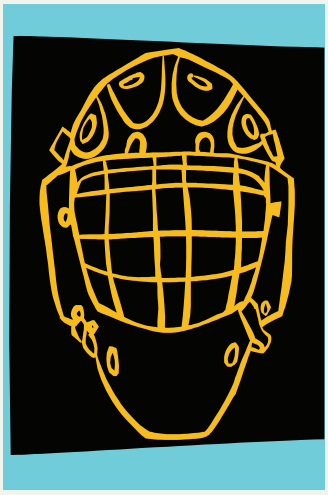
SAFETY!

Safety is the top priority. Your safety and the safety of your dependents are ultimately your responsibility. Ice skating and ice rink related sports can be dangerous. Therefore, you should carefully consider the risk associated with the use of the ice rink, and ensure that you and your children always wear appropriate safety gear.



If you notice any safety deficiencies or would like to offer recommendations to improve safety at the ice rink or within housing, please contact a Safety Manager:

CWO Aaron Julch
635-3265
CDR Joe Paitl
748-8414



HOURS OF OPERATION

0700 to 2100 Hours

If the gate is locked, do not climb the fence or access the rink—it is CLOSED

First Come, First Served

The rink is open on a first-come, first served basis; however, please treat others neighborly and share the ice with other users. When other skaters are waiting to use the ice, please limit your use to no more than one hour. If you would like to schedule use of the rink for a special event (i.e. broom ball, adult hockey, skating party), please contact an Ice Custodian to reserve the rink.

Ice Custodians

If you have any questions or concerns regarding the rink, please contact one of the following Ice Custodians:

MKCM Bret Jacobson, 906-748-0032

SKC Jeff Center, 906-630-1789

DO NOT SKATE ON SNOW COVERED ICE

Please shovel any snow from the ice before you use the rink

Safety Officer CDR Joe Paitl, 635-3211 **Safety Manager** CWO Aaron Julch, 635-3265