

KODIAK



BEAR

February 2008

Serving Kodiak since 1941
US COAST GUARD

Kodiak, Alaska



Aviation Survival Technician First Class Willard "Wil" Milam, USCG (Phoenix, Arizona)

Petty Officer Willard "Wil" Milam entered the Coast Guard in 1992, after serving six years in the Navy. Upon completing his first assignment, Petty Officer Milam decided to change career paths and become a rescue swimmer. In 1993, Petty Officer Milam was assigned to Coast Guard Air Station Astoria, Oregon, where he served for four years, and he was selected the Coast Guard District Thirteen's Enlisted Person of the Year in 1996. In 1997, Petty Officer Milam transferred to Coast Guard Air Station Kodiak, Alaska. He is assigned to the Alaska Patrol division and routinely deploys aboard Coast Guard cutters. On February 10, 2007, Petty Officer Milam responded to a distress signal in the Bering Sea. When arriving on location, he located a life raft from a boat that had sunk an hour earlier. Petty Officer Milam deployed into the 40-degree water to rescue four individuals who were mildly hypothermic. Even though Petty Officer Milam began to feel numbness in his legs due to the cold water, he was able to successfully rescue all four survivors in the life raft. Petty Officer Milam's military decorations total nearly 45 awards, including the Meritorious Service Medal, Air Medal, two Coast Guard Achievement Medals, three Letters of Commendations, the 2007 Coast Guard Foundation Award for Heroism, and 2007 Captain Frank Erickson Aviation Rescue Award.

Bratwurst & Hot Dogs



LOOKING FOR SOMETHING DIFFERENT?

Kodiak CPOA is bringing new flavors to
Kodiak.

Quantities are limited, get yours fast!!

What is a “Brat”? The ultimate German street and barbecue
food. Thick and juicy grilled sausage served on a bun.

What is an “Old Fashioned Hot Dog”? Possibly the world's most
famous sausage! Made from finely minced pork, then cold
smoked to perfection, and served on a bun.

Saturday February 9
From 10:00 a.m. to 4:00 p.m.
Commissary Parking lot

Make your German experience complete with Düsseldorf mustard
and sauerkraut.

Bratwurst or Hot Dogs with all the extras – only \$5.00
Includes a soda

Weather Conditions Permitting

Sponsored by
Chief Petty Officers Association

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The ISC Human Relations Council
endorses this program and
encourages you to take part in this
event as your workload and life
allow

ART SHOW

In celebration of

NATIONAL
WOMEN'S HISTORY MONTH

WOMENS ART - WOMENS VISION

MARCH 8, 2008

Gerald C. Wilson Auditorium Foyer

Art Show and Demonstrations 1:00 p.m. - 5:00 p.m.
Artists' Reception
3:00 p.m.

SOROPTIMIST INTERNATIONAL OF KODIAK

Kodiak Relocation Program:

The Department of Defense (DOD) has moved all relocation information from SITES to **Military Homefront**; a state of the art one stop shop web page for military families. Check out the future of military relocation services at <http://www.militaryhomefront.dod.mil> Click on Military Installations. The Coast Guard relocation program is planning to add relocation information to **Military Homefront**. We will start to see Coast Guard installations and larger units become available on this page in 2008.



Don't forget to attend a Smart Move Workshop if you are on PCS orders out of Kodiak. Schedule of classes was posted the 2nd week of January.

If you are acting as a **Sponsor** to new unit personnel you can contact my office for the following items: Sponsor Handbook, Relocation Package, and Spouse Handbook.

New members and spouses relocating to Kodiak can contact me through the toll free number or e-mail (information listed below) or through the **Team Kodiak Relocation Web Page** at <http://www.uscg.mil/teamkodiakrelo>

Kodiak Work-Life Transition Relocation Manager (TRM) working for a better program with you in mind! Debbie Bower at 907-487-5525, Ext. 275 or toll free at 800-872-4957 Ext. 563 then Ext. 275.

Debbie.J.Bower@uscg.mil

VALENTINE'S DAY

By Jerome K. Jerome, Volunteers of America

The first thing that comes to my mind about February is not Valentine's Day. With the additional sunshine, I tend to think along the lines, "Spring is coming!!!" but I guess it is still relatively far off. And since I am still reeling from Christmas and New Year's candy, I am not even looking forward to feasting on more chocolate! But, I will attempt to write about Valentine's Day...

The history of Valentine's Day is shrouded in mystery. Legend states that Valentine was a priest during third century Rome. The Emperor, Claudius II, decided that single men made better soldiers than men with wives and families so he outlawed marriage for young men. Valentine saw the injustice of this decree and nobly continued to perform marriages in secret...



There are other legends about this popular Saint. One says that Valentine was in prison and fell in love with a woman who visited him. Before his death, he wrote a letter signed, 'From your Valentine' (an expression still used today).

According to the Associated Press, when asked what one thing makes youth happy, 73% of adolescent's age 13-24 years old said their relationship with their parents makes them happy. Another 20% mentioned spending time with family makes them happy more than anything else. How's that for a "Happy Valentine's Day"!

You Asked for it...You Got it! The New, Improved:



CG Alaska Fit For Life Award Program *Motivational Physical Activity Program*

The Work Life Kodiak Health Promotion Program and ISC Kodiak MWR have teamed up to present the FIT FOR LIFE AWARD PROGRAM. The program encourages Coast Guard personnel- active duty, civilian employees and dependent spouses at CG units in the Kodiak, Alaska AOR -to make physical activity a part of their everyday lives.

The FIT FOR LIFE AWARD PROGRAM shows you how to make a commitment to get physically active, stick to it and helps you set and achieve realistic goals to encourage physical activity for a lifetime.

You may choose from all kinds of physical activities- not just sports- to gather points. You earn awards when you reach the activity milestones. For example, by meeting the Surgeon General's physical activity guideline of 30 minutes a day at least 5 days per week you can earn your first award in about one month!

Starting **January 29th 2008** FFL participants may now:

1. Log ALL activities, but still earn a maximum of 3 points per day.
2. Earn 21 points per 7 days period
3. Have the chance to win FREE Subway sandwiches (in Kodiak only), wraps and salads by regularly logging in.
4. Receive inactivity notices to remind them to log in after 30 days of inactivity.



Exercise & Win



Log in Today, it's easy, it's fun

www.cgalaskafitforlife.com

Chief of
Military
Police:

CWO Mark
Gilmore



Assistant
Chief:

CPO Patrick
Haughey

911 or 487-5555

Military Police/Fire Calls for Jan 2008:

Accident Private Vehicle	10	L/E Assist	3
Animal Control	8	Lock Out	11
Assault Verbal/physical	1	Medical Asst	6
Breach of Peace	1	MedEvac	18
Call outs	34	Power Outage	2
Cash Escort	4	Property Damage	5
Crash Alarm	1	Suspicious Activity	5
Earthquake/Tsunami	1	Theft	2
Fire Alarm	4	Traffic Violations/Tickets	21
General	51	Unsecured Bldg	2
Hazardous Materials spills	3	Vehicle/personnel Assist	15
Intrusion alarm	1		

Military Police staffing:

ISC Kodiak Military Police is staffed with 24 active duty members, one Chief Warrant Officer, one Chief Petty Officer, 5 First Class Petty Officers and 19 Petty Officers.

Military Police Officer Training.

Upon arrival all new officers complete a 5 to 6 month in-house training and qualification process. Training covers all aspects of police work: taking 911 calls, introduction to Alaskan state law, the Uniform Code of Military Justice, investigations, defensive tactics, weapons qualifications and report writing. Officers are also placed on school list to attend either the 15 week basic police training course at the Federal Law Enforcement Training Center (FLETC) in Glencoe, GA., or the 12 week military police course at the U.S. Army Training Facility at Aberdeen, MD.

We recently had two officers return from training: our new Assistant Chief, Chief Haughey successfully completed training at FLETC and Officer Lutz received training with the U.S. Army. Two additional Officers recently departed for training with U.S. Army and will return in approximately 2 months.

TRANSITION & RETIREMENT UPDATES:

Pre-separation Counseling: Pre-separation Counseling is congressionally mandated for all active duty members departing military service. Your units Administrative Office can provide you with a Pre-separation Guide, work with you to complete and sign a DD-2648 Pre-separation Counseling Checklist for your personnel file, and provide information referrals. Public Law 101-510 requires this counseling to take place 90 before separation, whoever it is recommended that you set up an appointment for counseling at least 180 days in advance of departure from service.

If you are considering completing your enlistment and departing service or retirement, a **Transition (TAP) Workshop** will help you with your transition and better prepare you for civilian employment. Active duty members can enroll in a TAP class one year before departure from service, retirees can enroll two years prior to anticipated retirement date or sooner on a space available basis.

For more information or to sign up for a class contact Debbie Bower, Transition Relocation Manager at Work Life 487-5525 Ext. 275.

Transition Information and Guide in available on line at:

http://www.uscg.mil/hq/g-w/g-wk/wkw/work-life_programs/transition_assistance.htm

Are you looking for a rewarding career?

Do you want to work at home?



*Are you ready to serve as a role
model for young children and Offer
a much-needed service to the Coast
Guard Community?*

*Do you desire training and assistance towards earning your Early
Childhood degree (ECD)?*

***Join the network of Providers that have made a difference,
Become a Family Child Care Provider!***

***Call now to get
started!***

Karen Perkins

Family Resource Specialist

487-5525 x 274



CHILD CARE SUBSIDY PROGRAM

The Coast Guard Child Care Subsidy Benefit program was created to assist Coast Guard members who use any Federal Child Care Center, or any state **licensed** child care facility in the Continental US (CONUS) and outside the Continental US (OCONUS) which includes child development centers as well as in home child care providers to provide childcare for their children. The benefit is available to Active Duty Crew members and Active Duty Reservists called to action for 180 days or longer and do not have access to a US Coast Guard Child Development Center, (CDC). Those members who work or live on or near a US Coast Guard base, where there is a US Coast Guard CDC do not qualify for this benefit and will be required to use that child care facility unless you are on a waiting list at the CDC. Families with a Total Family Income (TFI) between \$0 and \$75,000 will qualify for subsidy benefits. In addition, only families where both spouses are employed full-time, or in which the spouse of the CG member is working at least 30 hours per week, or is a full-time student, will be eligible for the program.

	Maximum	Yearly	Subsidy
Annual TFI	Child #1	Child #2	Child #3
0-\$45,000	\$4,500	\$2,000	\$1,000
\$45,001-\$55,000	\$3,000	\$1,500	0
\$55,001-\$65,000	\$2,000	\$1,000	0
\$65,000-\$75,000	\$1,000	0	0

The amount of subsidy is calculated as the difference between the Child Care Provider's actual tuition rate charged and the rate the Coast Guard member would pay in a Coast Guard operated child development center.

Income	CG Member Minimum Payment
\$0-28,000	\$70.00 Weekly
\$28,001-34,000	\$85.00 Weekly
\$34,001-44,000	\$95.00 Weekly
\$44,001-55,000	\$108.00 Weekly
\$55,001-70,000	\$120.00 Weekly
\$70,000+	\$132.00 Weekly

For more information, contact Ms. Judy Gonzales at 1-866-508-0371 or by e-mail at USCOASTGUARDCHILDCARE@GSA.GOV

U.S. COAST GUARD CHILD CARE INFANT SUBSIDY

A subsidy program is available for children in The CG Child Development Center. To qualify children should be under two years of age, enrolled in CG or DoD special needs program or from low income families in a uniformed service or civilian employees of the Coast Guard.

For more information, contact Marta Denchfield, Dependent Care Program Manager at 202-475-5160 or e-mail Marta.E.Denchfield@uscg.mil

KODIAK COLLEGE COURSE OFFERINGS ON BASE:

Kodiak College and the Education Center have been offering lunch time classes over the past few years. This effort has met with success in offering options for active duty, dependents and civilians to take classes twice a week during their lunch time and when eligible have tuition assistance pay for the course.

We are interested in what lunch time courses you would like to see offered during next semester (September 2008). In the past we have offered General Education Requirements (GER) or core classes most people need to finish their degree programs. However, Kodiak College is willing to offer other classes if enough interest is generated and there is an instructor available.

If you have suggestions or any education questions please contact Mr. Gary Dorman at 487-5394 or SCPO Christescu at 487-5395.

WIRELESS NETWORK INFORMATION / SECURITY

Increasingly, computer users interested in convenience and mobility are accessing the Internet wirelessly. Today, business travelers use wireless laptops to stay in touch with the home office, vacationers beam snapshots to friends while still on holiday; and shoppers place orders from the comfort of their couches. A wireless network can connect computers in different part of you home or business without a tangle of cords and enable you to work on a laptop anywhere within the network's range.

Going wireless generally requires a broadband Internet connection into your home, called and "access point," like a cable or DLS line that runs into a modem. To set up the wireless network, you connect the access point to a wireless router that broadcasts a signal through the air, sometimes as far as several hundred feet. Any computer within range that's equipped with a wireless client card can pull the signal from the air and gain access to the Internet.

The downside of a wireless network is that, unless you take certain precautions, anyone with a wireless-ready computer can use your network. That means your neighbors, or even hackers lurking nearby, could "piggyback" on your network, or even access the information on your computer. And if an unauthorized person uses your network to commit a crime or send spam, the activity can be traced back to your account.

Steps to take to protect your wireless network and computers:

- 1. Use encryption**
- 2. Use anti-virus and anti-spyware software, and a firewall**
- 3. Turn off identifier broadcasting**
- 4. Change the identifier on your router from the default**
- 5. Change your router's pre-set password for administration**
- 6. Allow only specific computers to access your wireless network**
- 7. Turn off your wireless network when you know you won't use it**
- 8. Don't assume that public "hot spots" are secure.**

For more information and clarification log onto:

Secure Wireless LAN: <http://www.entrust.com/solutions/wlan/index/htm>

2008 Kodiak TRM Class Schedule

Room 509 Work Life Training Room

Sign up to attend now!

Relocation Smart Move Classes:

February 11, 2008	1:30-4:30
February 12, 2008	1:30-4:30
March 25, 2008	1:30-4:30
March 26, 2008	1:30-4:30



Transition (TAP) Classes: For Active Duty Personnel

*****Retirees can attend 2 years in advance.

*****Separating members 1 year in advance

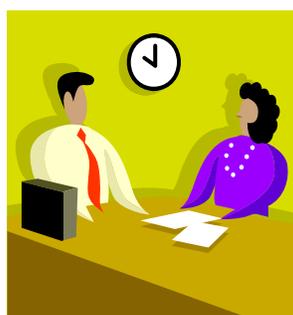
February 4-7, 2008	8:30-4:30	VA-DTAP-TRIWEST & DOL TAP Class
April 21-24, 2008	8:30-4:30	VA-DTAP-TRIWEST & DOL TAP Class
August 4-7, 2008	8:30-4:30	VA-DTAP-TRIWEST & DOL TAP Class*****

***NEW CLASS DATES FOR August 2008 Class.

Retired Pay & SBP Brief by PCS Retired Pay Personnel

(Only date available during 2008)

March 4, 2008	0830-1200	Retired Pay & SBP – Morning Session
March 4, 2008	1300-1630	Retired Pay & SBP – Afternoon Session





Class Dates

January 29, 2008
January 30, 2008
February 11, 2008
February 12, 2008
March 18, 2008
March 19, 2008

Class Location

Work Life Classroom #509
5th floor building N-27
(Commissary Building)

Class Time

1330-1600 (1:30pm-4pm)

**SIGN-UP FOR
WORKSHOP BY
E-MAIL OR PHONE
REQUIRED DUE TO
LIMITED SEATING!**

**SPOUSES
ENCOURAGED TO
ATTEND WITH OR
WITHOUT MEMBER!**

Debbie Bower
Work-Life Office
487-5525 Ext. 275
Or send message to:
12HDebbie.J.Bower@uscg.mil

Include the following:

Name

Unit

Phone Number

Requested Class Date

Number Attending

Workshop Agenda

Sources of Relocation Information

Pay Entitlements

Shipment of Household Goods

Moving & Damage Claims

Housing

Most of all we want to answer questions concerning
YOUR move!

**Don't let time run out on you get involved, attend a
workshop, and make a SMART MOVE this year!**



Many informational handouts will be available at the workshop.

Workshops will be cancelled without notice if no one has signed up to attend.



A new partnership between the National Military Family Association (NMFA) and Fisher House Foundation is helping the NMFA Joanne Holbrook Patton Military Spouse Scholarship Program assist many more deserving spouses:

WHO: NMFA's Joanne Holbrook Patton Military Spouse Scholarships are awarded to military spouses to obtain professional certification or to attend post secondary or graduate school. Spouses of uniformed service members (active duty, National Guard and Reserve, retirees, and survivors) of any branch or rank are eligible to apply.

WHAT: Scholarships normally range from \$500 to \$1,000 and may be used for tuition, fees, and school room and board.

WHEN: Applications are accepted online January 15 through March 15, 2008.

HOW: For more information about the NMFA Joanne Holbrook Patton Military Spouse Scholarship Program or to sign-up to receive education updates, visit www.nmfa.org/scholarship.

OTHER: Local resources for other spouse scholarships include Ms. Karen Perkins (907)487-5525 x 276 and Mr. Gary Dorman (907)487-5394, both members of your Kodiak WL Team.

Applications Available for DeCA 2008 Scholarships for Military Families:

Applications for the Defense Commissary Agency's (DeCA) 2008 Scholarships for Military Children Program are available now in commissaries worldwide or online through a link at <http://www.commissaries.com/> and directly at <http://www.militaryscholar.org/>

The program kick-off each year in November coincides with "National Military Family Month" and the scholarships are a great way for commissaries to get involved with the community and demonstrate support and respect for the contributions of military families. The program has awarded more than \$5.5 million dollars in scholarships to 3,532 of the best and brightest children of military families since it began in 2001.

With college costs soaring, students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many families to afford the tuition and provide an incentive for students to work hard. The \$1,500 scholarships are available to unmarried children under the age of 21 (or 23, if enrolled in school) of military active-duty, retired, and Guard and Reserve service members. Most of the funds are donated by manufacturers, brokers and suppliers that sell groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships. The program is administered by the Fisher House Foundation.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall of 2008, or enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay arguing for or against the following statement: "Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?" Applications must be turned in to a commissary by close of business on Feb. 20, 2008. At least one scholarship will be awarded at every commissary location with qualified applicants.

ISC Command Religious Program

Presents

Crown Financial Ministries

10-week Biblical Financial Study

Topics Covered include:

Getting Out of Debt

Saving

Healthy Spending

Budgeting

Earning Extra Money

Investing Wisely

Giving



Instructors: Bob and Kelly Gaudet

Stress Checkers

Stress can come from good things—perhaps an upcoming wedding or a promotion—or bad things, like out-of-control debt, marital or legal problems. Either way, it can cause physical ailments—such as headaches, sleep disorders, backaches, fatigue, irritability, upset stomach, and high blood pressure—along with mental and emotional symptoms such as depression and anxiety.

Nobody can avoid stress altogether and a certain amount is actually good for you. It helps you react quickly and can be an effective motivator. However, too much stress can have negative affects.

Strategies to help reduce and manage stressors include:

- **Make a list of things in your life that cause you stress.** Becoming aware of your stressors can give you an idea of what causes you to tense up. Then, try to avoid those situations or handle them differently in the future.
- **Put fitness first.** Exercise at least five days a week, but make it enjoyable. Aerobic workouts—walking, cycling, swimming, or running—can help relax those too-tight muscles and produce endorphins which are chemicals in the brain that can help counteract stress.
- **Learn how to relax.** Deep-breathing exercises, meditation, yoga, visualization, or listening to relaxation tapes can help you decompress.
- **Get enough sleep.** Lack of sleep can add to stress levels by increasing fatigue and reducing your ability to cope.
- **Avoid alcohol and drugs.** Using them to unwind only masks symptoms and can worsen stress.
- **Build loving relationships and supportive networks.** The warmth of human connection to friends, neighbors, and coworkers is a great buffer for stress.

Seek Support

You may not always be able to handle stress on your own. If you're often depressed or you drink more alcohol than you should, you could need outside support—especially if your family life is being affected by your behavior.

The key to reducing stress is to prevent it. Getting enough sleep, maintaining a proper diet, exercising regularly, avoiding excess caffeine and other stimulants and taking time out to relax can be very helpful.

Want to learn more? Visit The American Institute of Stress Web site at www.stress.org

WE CARE, JUST CALL

1-800-222-0364

1-888-262-7848 (TTY)

For a wealth of online information on life issues, including how to manage stress, visit the EAP website at www.FOH4you.com.

If you have any questions or concerns about the EAP, please contact the Work-Life Employee Assistance Program Coordinator, John Eaton, at (907) 487-5525 X-276 or e-mail: john.f.eaton@uscg.mil

healthy bodies

sound minds

a safe place to work



**Kodiak
Island
Ball**

1st Annual Kodiak Island

Fire Fighters Ball

U.S. Coast Guard Golden Anchor

February 16 2008

at 6:00 p. m.

Open to all Kodiak Residents

Limited tickets Available at

Alaska National Mortgage

or

907.598.6482

907.942.4351

The Internet and the Intranet.

(1) Podcasts. A podcast is a multimedia file distributed over the Internet using syndication feeds, for playback on mobile devices and personal computers. Coast Guard personnel may participate in podcasts if the requesting Web site pertains to news-gathering activities; if the Web site does not represent a special interest group, blog or other entity with an agenda-setting advocacy role; and if Coast Guard resources are available to support the request. Requests for podcasts should be treated in the same manner as other news media requests.

(2) Blogs. Much debate in media circles focuses on the role of bloggers and whether they should be considered journalists. What makes a journalist a journalist is whether he or she is gathering news for dissemination to the public, not the method or medium used to publish. If a blogger or web-only outlet approaches your unit with a request for an interview or information you should look at the site to determine if it is a “news dissemination” site. If in doubt, contact your district PAO or Commandant (CG-0922).

(3) Reporters that cover the Coast Guard will check your home page frequently for items of interest. District public affairs offices and many individual units maintain a web presence with current news releases.

(4) Information you post on the web must comply with all of the guidance on proper release outlined in this chapter, including security, accuracy, policy and propriety. An improper release of personal information on the Internet, for example, could have very serious consequences for the individual whose privacy was invaded because of the world-wide audience, as well as penalties or sanctions for the individual who released the information.

(5) If your unit supports a web page, remember that it must not represent or appear to represent an endorsement or advertisement for any commercial product or activity. You should be especially careful when establishing “links.” While a link to your city’s web site may help orient newly arriving crewmembers, a link to the Chamber of Commerce provides a list of commercial outlets. This might constitute an unfair endorsement of a product or business, because the Chamber of Commerce’ page lists only the names of member businesses and companies. The same may be true of a link to your local tourism board. Remember, the Coast Guard cannot appear to endorse a commercial enterprise.

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Teen Center Hours: Tues.- Fri. 2-7 Saturday 1-7 Sun & Mon Closed</p>		<p>Organized Activities For Ages 10-17 Questions ??? Call 487-5271 or 5250</p>			1	2 Youth BB 
3 	4 	5	6 Dodgeball 3:30-4:30 @ Gym 	7	8 Sports Club 3:30-4:30 @ TC 	9 Youth BB 
10 	11 	12	13 Inner Tube Water Polo 2-2:30 @Pool 	14 Happy Valentine's Day 	15 Bingo 3:30-4:30 @TC 	16 Youth BB 
17 	18 	19	20 Babysitter Club 4:00-5:00 @TC 	21	22 Racquetball 4:00-5:00 @ Gym 	23 Youth BB 
24 	25 	26	27 Flag Football 4:30-5:30 @Gym 	28	29 Skate Night 6:00-7:30 @ Gym 	March 1 Inner Tube Water Polo 12:30-1:30 @Pool Laser Tag 4:00-7:00 @ Gym Details to Follow



TEEN CENTER



New at the Teen Center



Build with K'nex Kits, Sculpey Eraser Clay, Perler Bead Art, Millefiori Rings

What Do YOU Want To Do?
Every Night Is Craft Night



Don't Forget Bingo – Friday 15th 3:30-4:30

Teen Center Clubs In February

■ Sports Club

February 8th @ 3:30-4:30

Help plan events for March

Learn about the "Invent-a-Sport" Challenge



■ Babysitter Club

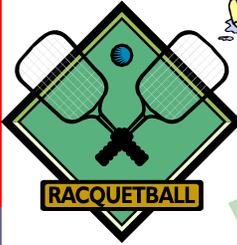
February 20th @ 4:00-5:00

Talk to others about babysitting concerns

Learn new activities to entertain children



February Youth Activities In The Gym



- **Dodge Ball - Wednesday 6th**
3:30-4:30
- **Inner Tube Water Polo- Wednesday 13th**
At the Pool 2:00-2:30
- **Racquetball - Friday 22nd**
4:00-5:00
- **Flag Football - Wednesday 24th**
4:30-5:30
- **Skate Night - Friday 29th**
6:00-7:30

For more info call 487-5250 or 5271
Participants must be MWR Eligible

Laser Tag in the Gym March 1



<u>Grade</u>	<u>Time</u>
K-4	4:00-5:00
5-6	5:00-6:00
7-12	6:00-7:00

Due to popular demand, Laser Tag will run for 3 hours. The scheduled times should allow for multiple games for participants.