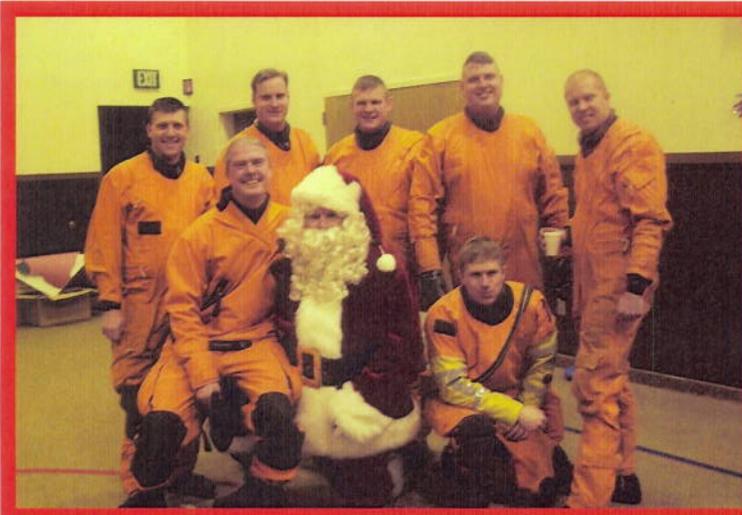


KODIAK



BEAR

**KODIAK OFFICERS SPOUSES ASSOCIATION
SANTA TO THE VILLAGES!
WHAT A GREAT SUCCESS!**



Teen Center Clubs In January

● Sports Club

January 9th @ 4:30

Help plan events for February

Learn about the "Invent-a-Sport" Challenge



● Babysitter Club

January 16th @ 4:30

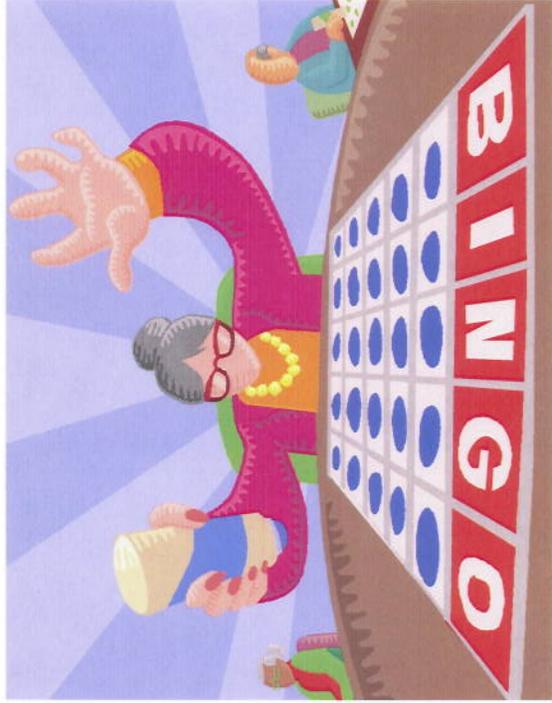
Talk to others about babysitting concerns

Learn new activities to entertain children



Friday Night Fun At The Teen Center

- Bingo!
January 11th @ 4:30



- Movie Night
January 18th @ 4:30
"Pirates of the
Caribbean 3"-PG 13

Youth Basketball Skills/Draft Day

- January 5, 2008
- 11:00-12:30 pm
- In the Gym
- Bring your BB shoes and show us what you can do.
- Coaches will be present and will form teams afterward.



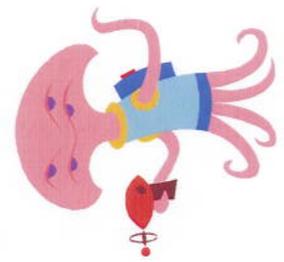


Youth Activities In The Gym



■ **Rock Climbing** – Wednesday 2nd
4:00-5:00 Ages 9 and below 5:00-6:00 Ages 10 and up

■ **Dodge Ball** – Friday 4th 4:30



■ **Laser Tag** - Saturday 19th 4:00
4:00-5:00 Ages 12 and below 5:00-6:00 Ages 13 and up

■ **Wallyball** - Wednesday 23rd 4:30



■ **Skate Night** - Friday 25th 6:30-8:00

■ **Flag Football** - Wednesday 30th 3:00

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

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Closed 	2 Rock Climbing 4:00 up to age 9 5:00 10 and over 	3	4 Dodgeball 4:30 - Gym 	5 Basketball Skills/Draft Day 11:00-12:30 -Gym 
6 	7 	8	9 Sports Club 4:30 - TC 	10	11 Bingo 4:30 - TC 	12 Kids Day Out
13 	14 	15	16 Babysitter Club 4:30-TC 	17	18 Movie Night "Pirates of the Caribbean 3" 4:30-TC 	19 Youth BB Laser Tag @ Gym 4:00 up to age 12 5:00 13 and over
20 	21 	22	23 Wallyball 4:30 - Gym 	24	25 Skate Night 6:30-8:00 @ Gym 	26 Youth BB 
27 	28 	29	30 Flag Football 3:00-4:00 Gym 	31		



Our Mission Statement:

“Providing Protection and Security for the Team Kodiak community” approximately 950 active duty members & 1200 dependants

Jurisdiction

Concurrent with Alaska State Troopers (AST) on 22,000 acres of Coast Guard property

FY 2007 Year at a Glance:

From October 2006 to October 2007, we responded to: 2511 calls

Auto Accidents	57	Assaults	8
Traffic Stops	346	Animal Control	117
Traffic Citations	322	Medical Assists	78
Crash Alarms	14	Alcohol/Drug (MIP/DWI)	22
Domestic Violence	6	Missing persons/runaways	13
Suicide Interventions/Threats	8	Suspicious Activities	48
General	373	Assisting vehicles/people	170
Law Enforcement Assists	42	911	04
911 Hang ups	20	Lockouts	137
Bear Sighting	67	Theft	22

KODIAK RELOCATION PROGRAM

The Department of Defense (DOD) has moved all relocation information from the outdated SITES program 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 the Homefront program. We should start to see various Coast Guard installations and larger units become available on this page in 2008.



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.

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

New members and spouses relocating to Kodiak can contact me through the toll free number for 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

FUN WITH KIDS

From: PRESCHOOL PRESS

Winter and snow offers unique experiences for language and learning. Any adventure in the snow can be a language opportunity when you talk about what you are seeing, feeling and doing. Even getting dressed to go outside can be an opportunity to talk about clothing, body parts, sequence of getting dressed and talking about what you will do when you go outside.

Here are some fun snow activities:



Catching snowflakes: To catch a snowflake, use a dark piece of construction paper so you can see them. Then talk about them, bigger/smaller, same/different.

Angels in the Snow: Lie on your back in the snow. Spread your legs in the snow to make a skirt and wave your arms in the snow to form wings. Stand up carefully. Count the number of snow angels you make.

Shoveling and measuring snow: Give your child a small shovel so he/she can help you. If you don't have a shovel, use a dustpan, pancake turner, or toy shovel. Talk about what you are doing such as push, scoop, toss, bend, throw, etc. You can measure the snow using a ruler or stick. Talk about deep, shallow, more snow and less snow.

Sledding: Use words like: fast, slow, up, down, bumpy, smooth, go and stop.

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.



Coast Guard Official Passport & Visa Newsletter



Volume 2, Issue 1

July 2007

Please Note:

ALCOAST 113/07 has been released. It contains a lot of information regarding official, diplomatic, and no-fee dependent passports.

Visas:

Members traveling to a foreign country may be required to obtain a visa before entering the country. Please visit the Department of Defense Foreign Clearance Guide (DOD FCG) to verify country requirements before departure.

www.fcg.pentagon.mil

Inside this issue:

ALCOAST & Visas	1
PCS Transfer to or from Alaska	1
Requesting Passport Status	1
DOD Passport Agents	2
Question and Answers	2

PCS Transfer to and from ALASKA

It is once again transfer season and for those members conducting a Permanent Change of Station (PCS) to or from Alaska there is a chance their dependents will need no-fee dependent passports. Canada does not require active duty members to have an official passport to enter or travel through the country. Canada does require eligible family members to obtain a no-fee dependent passport when traveling through Canada en route to Alaska.

What is a no-fee dependent passport?

A no-fee dependent passport is issued by the Department of State for dependents to travel in the direction of the government (U.S. Coast Guard). Once the dependents arrive to the new duty station they are required to turn the no-fee dependent

passport into the unit.

How do I know if my dependents have to apply for a no-fee dependent passport?

If a member and their dependents are traveling through Canada via the Alaskan Marine Highway (AMH), driving or flying they must have a no-fee passport. Active duty members need to have their Military Identification Card and their PCS orders.

How do my dependents apply for a no-fee passport?

Please view the CG-001 website for passport requirements. If there is a certified Coast Guard Passport Agent in the member's area we strongly encourage the member utilizes the agent. In the absence of a Coast Guard Agent we recommend the member use a local Post Office that provides pass-

port services.

Can my dependents use their no-fee dependent passport to travel back to the CONUS U.S. or other countries?

If dependents are traveling back to CONUS U.S. or foreign countries for liberty purposes they are not authorized to travel on the no-fee dependent passport. Dependents MUST use their tourist passport to perform liberty travel.

If dependents perform travel to CONUS U.S. or foreign countries for government purposes they are authorized to use the no-fee dependent passport.



Requesting Passport Status

The passport and visa staff at CG-001 understands a customer's need to check the status of their passport application. Our office processes over 200 passport applications a week. We would like to respond in a timely manner to all passport status questions. In order to serve our customers we request all passport status

requests be sent via email. All e-mails should contain the passport applicant's name and date of birth.

Please do not send a passport status request until 6 weeks have passed since receiving a notice that your application was received by CG-001.

Our goal is to respond to the

status request within 2 business days.





Class Dates

January 29, 2008
January 30, 2008
February 11, 2008
February 12, 2008
March 25, 2008
March 26, 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:
Debbie.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

**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.

MWR

Activity
Notice

New In January

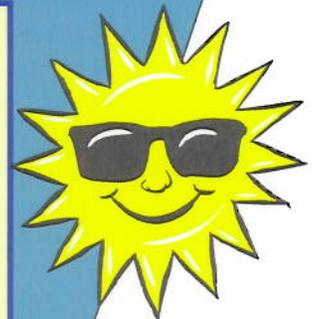
For information on
MWR activities and
events visit
www.KodiakMWR.COM

MWR your one stop, Sun shop!



Buy 1 Tan and get 1 FREE:

During the month of January, the
Active Duty Military Member
Only, buy 1 tan and get 1 FREE.
For more information, please
contact MWR at 487-5108.



MWR AT A GLANCE

MWR AUTO HOBBY 487-5844
TUESDAY & WEDNESDAY CLOSED
MONDAY 11:30a.m. - 10:00p.m.
THURSDAY - SATURDAY 11:30a.m. - 10:00p.m.
SUNDAY 1:00p.m. - 8:00p.m.

BILLIKEN THEATRE - MOVIE LINE 487-5884

SHOWTIMES
WEDNESDAY - FRIDAY 7:00p.m.
SATURDAY 2:30p.m. & 7:00p.m.
SUNDAY 2:30p.m.

**NO MATINEE FIRST
WEDNESDAY OF EVERY
MONTH**

GOLDEN ANCHOR BANQUET ROOM 487-5798

MONDAY - FRIDAY 8:00a.m. - 1:00a.m.
WEEKEND & HOLIDAYS 8:00a.m. - 1:00a.m.

AVAILABLE BY RESERVATION ONLY,
CONTACT LINDA PENA @ 487-5059.

GOLDEN ANCHOR SPORTS PUB 487-5798

SUNDAY - WEDNESDAY CLOSED
THURSDAY 5:00p.m. - 9:00p.m.
FRIDAY - SATURDAY 5:00p.m. - 12:00p.m.
GRILL HOURS 5:00p.m. - 9:00p.m.

MWR GUEST HOUSE / RV LOT 487-5446

OPEN 24 HOURS A DAY / 7 DAYS A WEEK
RV LOT CLOSED FOR THE WINTER

NORTHERN LIGHTS RECREATION FACILITY

487-5272

MONDAY - SATURDAY 5:30a.m. - 9:30p.m.

Massage Therapy:

Our Massage Therapist is Cathy Friday. Massage appointments will be available on Tuesday, Thursday and Saturday's. Please contact the Gear Issue Desk at 487-5272 for more information or to schedule an appointment.

Jewel Beach Gazebo: (100 cap.):

The Gazebo is an outdoor facility located next to Tsunami Lanes Bowling Center. There is a volleyball court, batting cage, horseshoe pit, and a barbecue available to use. Reservations are taken at the MWR Office, Call 487-5108.

There is no rental fee to reserve this area.

Pool / Pizza Party:

Special party package includes 1 hour of pool time, 2 large one topping pizzas, and drinks for only \$70.00. Additional one topping pizzas can be purchased for \$16.00 each. Pizzas can also be double cut if requested. The pizzas and drinks are provided by the Pizza Parlor and would be consumed in the Pizza Parlor dining area. This special is provided for groups up to 20 people. To make a reservation or for more information, please contact Jim Willis, Pool Manager, at 487-5391.

MWR PIZZA PARLOR 487-5988
MONDAY - THURSDAY 6:30a.m. - 8:00p.m.
FRIDAY 6:30a.m. - 9:00a.m.
SATURDAY 11:00a.m. - 9:00p.m.
SUNDAY 12:00p.m. - 6:00p.m.

TSUNAMI LANES 487-5401
MONDAY - TUESDAY CLOSED
WEDNESDAY - SATURDAY 11:30a.m. - 10:00p.m.
SUNDAY 1:00p.m. - 8:00p.m.

BEAR VALLEY GOLF COURSE 487-5323
Closed for the season, see you next year!

MWR BOAT HOUSE 487-5047
MONDAY - FRIDAY 8:00a.m. - 4:00p.m.

MWR POOL 487-5391
SEE POOL SCHEDULE FOR DETAILS

MWR TEEN CENTER 487-5250
TUESDAY - FRIDAY 2:00p.m. - 7:00p.m.
SATURDAY 1:00p.m. - 7:00p.m.

We're on the Web!
www.kodiakmwr.com

Military Ticket Program:

MWR now carries discounted tickets for Disney World, Disney Land and Sea World. Tickets can be purchased at the MWR Office located on the 2nd floor of the base gym. If you are interested in obtaining tickets for other locations including hotel vouchers, please stop by the MWR Office or call MWR at 487-5108 for additional information.

Solar Therapy Room:

Is open to active duty, dependents, civilian employees, and retired military. To make an appointment, call the Gear Issue Desk at 487-5272.
COST: \$4-per tan, \$8-"First Timers Pkg,
\$10-5 Tan Punch Card,
\$20-10 Tan Punch Card
\$40-20 Tan Punch Card, Tan Punch Cards can be purchased at the Gear Issue Desk.

Valentine's Day Dinner

Thursday, February 14th

Golden Anchor



Candlelight Dinner
5:30p.m. – 9:30p.m.



Filet Mignon Dinner \$31.00 per person (\$34.00 per person after February 1st) or Grilled Chicken Almandine Dinner \$24.00 per person (\$27.00 per person after February 1st).

Tickets go on sale January 7th at the MWR office.

Each lady will receive a Rose!

Menu

- ✚ Appetizer: Fresh, warm mini loaf of bread, and dinner salad.
- ✚ Dinner: Filet Mignon or Grilled Chicken Almandine, baked potato, and green bean casserole.
- ✚ Dessert: Two timing chocolate cake.

For more information, please contact MWR at 487-5108.

Pizza Parlor

New Sunday Hours!



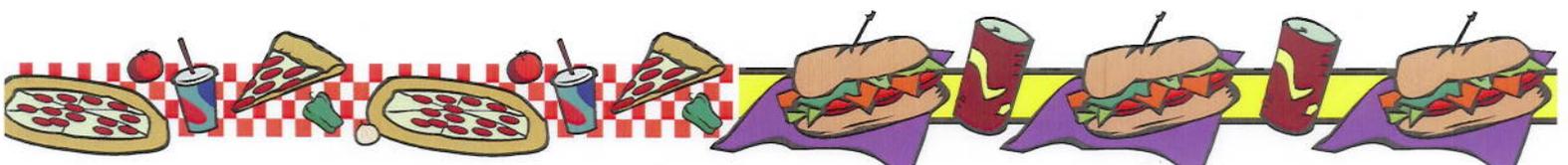
Beginning January 6th the Pizza Parlor will be OPEN every Sunday from 12:00p.m. - 6:00p.m.

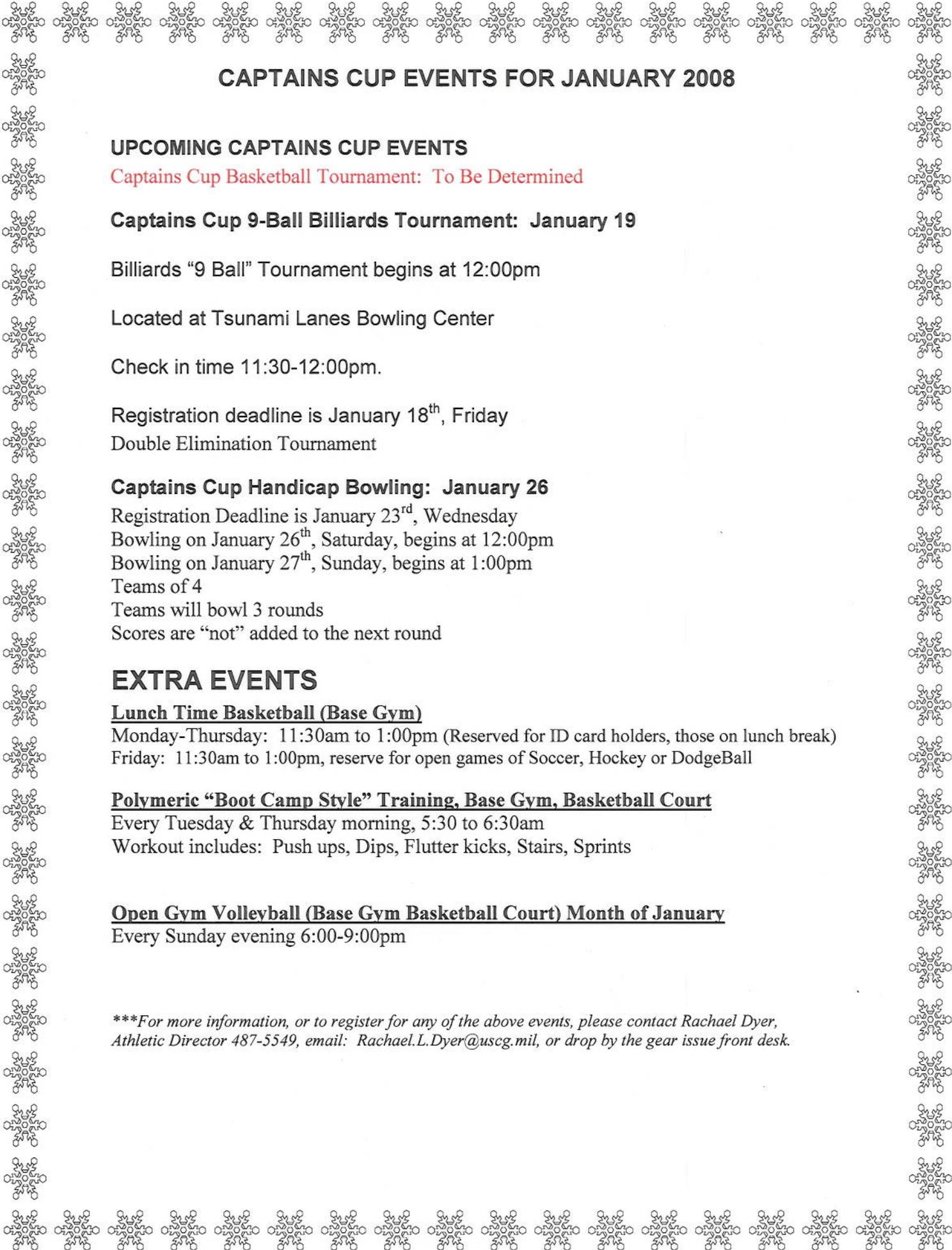
Join us on Sunday, January 6th for our Sunday Hours Kick off Celebration!

Come in for a bite to eat and you could walk away with FREE MWR POOL PASSES!

Spend \$10.00 at the Pizza Parlor on January 6th and receive 2 FREE Pool Passes!

For more information, please contact MWR at 487-5108 or the Pizza Parlor at 487-5988





CAPTAINS CUP EVENTS FOR JANUARY 2008

UPCOMING CAPTAINS CUP EVENTS

Captains Cup Basketball Tournament: To Be Determined

Captains Cup 9-Ball Billiards Tournament: January 19

Billiards "9 Ball" Tournament begins at 12:00pm

Located at Tsunami Lanes Bowling Center

Check in time 11:30-12:00pm.

Registration deadline is January 18th, Friday

Double Elimination Tournament

Captains Cup Handicap Bowling: January 26

Registration Deadline is January 23rd, Wednesday

Bowling on January 26th, Saturday, begins at 12:00pm

Bowling on January 27th, Sunday, begins at 1:00pm

Teams of 4

Teams will bowl 3 rounds

Scores are "not" added to the next round

EXTRA EVENTS

Lunch Time Basketball (Base Gym)

Monday-Thursday: 11:30am to 1:00pm (Reserved for ID card holders, those on lunch break)

Friday: 11:30am to 1:00pm, reserve for open games of Soccer, Hockey or DodgeBall

Polymeric "Boot Camp Style" Training, Base Gym, Basketball Court

Every Tuesday & Thursday morning, 5:30 to 6:30am

Workout includes: Push ups, Dips, Flutter kicks, Stairs, Sprints

Open Gym Volleyball (Base Gym Basketball Court) Month of January

Every Sunday evening 6:00-9:00pm

****For more information, or to register for any of the above events, please contact Rachael Dyer, Athletic Director 487-5549, email: Rachael.L.Dyer@uscg.mil, or drop by the gear issue front desk.*

Golden Anchor Events

January 18th - Live DJ 8:00p.m. To 12:00a.m.
 January 19th - Closed for a private party.
 January 21st - Closed for Martin Luther King Jr.
 Holiday



Coming to the Anchor in February:

February 3rd - Super Bowl Sunday at the Anchor, free appetizers, drink specials and bar menu specials; opens at Noon.
 February 14th - Filet Mignon Dinner \$31.00 per person (\$34.00 after February 1st) or Grilled Chicken Almandine Dinner \$24.00 per person (\$27.00 after February 1st). Tickets go on sale January 7th at the MWR office.



MWR Facility Closures New Year's Day & Martin Luther King Day 1 Jan 08 & 21 Jan 08

Auto Hobby	Closed / Closed
Billiken	Closed / Closed
Boat House	Closed / Closed
MWR Office	Closed / Closed
Pizza Parlor	Closed/1200p.m.- 6:00p.m.
Golden Anchor	Closed / Closed
Golf Course	Closed / Closed
Guest House	Open / Open
Gym	Closed / 5:30a.m. - 9:30p.m.
Pool	Closed / Closed
Teen Center	Closed / Closed
Bowling Center	Closed / Closed



Saturday Swim lessons

January 19 - February 9,
 4 weekends, 10 - 10:45 a.m. & 11 - 11:45
 a.m.; Levels 1 & 2.

Sign up is at Gear Issue 487-5272,
 \$20 military, \$25.00 civilian. For class
 information contact Jim Willis 487-5391

After School Activities

Jr. Swim Starts January 15, Tuesday & Thursday
 3:30 - 4:15, open to all children in levels 3, 4 & 5,
 FREE for dependents. A kid healthy activity! We
 incorporate fun in each practice. Bring your
 goggles. Concurrent lap swim is available for
 parents to workout.

EARLY OUT Open Swim: Wednesdays 2:30 - 4
 pm

Saturday Aerobics: NEW TIME 8:30 - 9:30 am

Want to improve your time:
 Stop by at lunch for a tune up
 11:30 - 1:00p.m.

Monday through Friday.
 ISC PT test January 16.



January Events

Pool Activities

WSTHZNBSRUCOISINZCFRUCOY

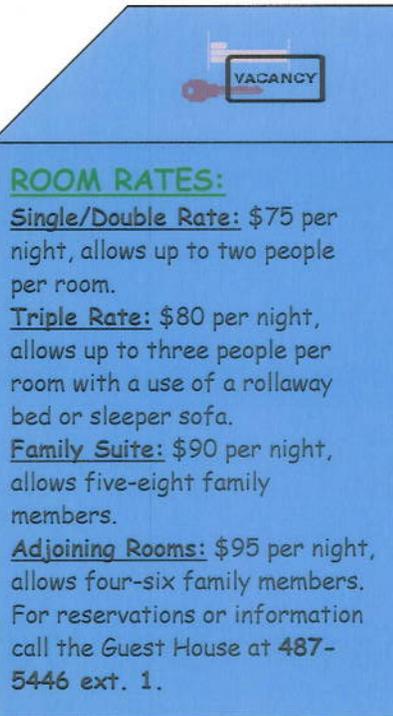
Rental Facilities

Nemetz Gazebo: (100 cap.)

This facility is available to rent for a fee of \$25 per day with a \$75 deposit that is refundable. There are folding tables & chairs, and a standard kitchen.

To make a reservation, contact MWR at 487-5108.

MWR Eligible Patrons Only!



ROOM RATES:
Single/Double Rate: \$75 per night, allows up to two people per room.
Triple Rate: \$80 per night, allows up to three people per room with a use of a rollaway bed or sleeper sofa.
Family Suite: \$90 per night, allows five-eight family members.
Adjoining Rooms: \$95 per night, allows four-six family members.
 For reservations or information call the Guest House at 487-5446 ext. 1.

RV Lot

Closed for the Winter:

The RV Lot is located in the Old Nemetz Housing Area at the end of Barometer Street. The RV Lot is now closed for the winter. For more information or to make springtime reservations (RV Lot opens again May 1st), please contact the Guest House at 487-5446 ext. 1.

Pizza Parlor

Beginning January 6th the Pizza Parlor will be OPEN every Sunday from 12:00p.m. - 6:00p.m.

Join us on Sunday, January 6th for our Sunday Hours Kick off Celebration!



Come in for a bite to eat and you could walk away with FREE MWR POOL PASSES!



www.KodiakMWR.com

and \$10.00 at the Pizza Parlor on January 6th and receive 2 FREE Pool Passes

WSTHZNBSRUCOISINZCFRUCOY

Northern Lights Recreation Facility

Captains Cup

Captains Cup Billiards, 9-Ball tournament:
January 19, 2008



Captains Cup Handicap Bowling:
January 26 and 27, 2008

Captains Cup basketball Tournament: TBD



Changes

Open Volleyball:
Sunday's Only, 6:30p.m. -
8:45p.m.

Open Gym Volleyball
(Base Gym Basketball
Court) Month of January
Every Sunday evening 6:30-
8:45pm

Lunch Time Basketball
(Base Gym)
Monday-Thursday:
11:30am to 1:00pm
(Reserved for ID card holders,
those on lunch break)
Friday: 11:30am to 1:00pm,
reserve for open games of
Soccer, Hockey or DodgeBall



For facility hours
and
additional event
information
please visit us on the
web...

www.KodiakMWR.com

Extra Events