



BUY YOUR ADULT HOLIDAY PARTY TICKETS

Tickets Sold
MWR Ticket Office – GYM
Monday – Friday 1000-1330 | 1400-1600

**SATURDAY, DECEMBER 1st
5PM - Midnight**

- SOCIAL HOUR 5 – 6 PM (raffle ticket sales)
- DINNER SERVED AT 6 PM
- ENTERTAINMENT BEGINS AT 7 PM

WILLIAMSBURG HOTEL AND CONFERENCE CENTER
50 KINGSMILL RD, WILLIAMSBURG, VA (757)-220-2500
(THE HOTEL FORMERLY KNOWN AS WILLIAMSBURG MARRIOTT)

**DINNER * DANCING * PRIZES
CELEBRITY ENTERTAINER
BUY TICKETS NOW**

BUY WITH A CHANCE TO WIN A 1-NIGHT STAY (1 DEC)
WILLIAMSBURG HOTEL
AND CONFERENCE CENTER
BREAKFAST INCLUDED

Room Draws: 9, 16, 23 November
Results posted on TCY e-Bulletin Board

E-6 & BELOW/ GS-8 AND BELOW/ & NAF	<u>\$15</u>
E-7 – 03/ GS-9 AND UP	<u>\$20</u>
O4 & UP, TRACEN PERMANENT CONTRACTORS	<u>\$25</u>
NON-TraCen Yorktown Personnel FULL PRICE/AT COST TICKET	<u>\$40</u>



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation



Food, at least a three-day supply of non-perishable food



Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both



Flashlight and extra batteries



First aid kit



Whistle to signal for help



Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place



Moist towelettes, garbage bags and plastic ties for personal sanitation



Wrench or pliers to turn off utilities



Can opener for food (if kit contains canned food)



Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready 



Federal Emergency Management Agency
Washington, DC 20472



TraCen Yorktown MWR - CFC

48220

"Give a Little. Help a Lot"

Combined Federal Campaign (CFC)

The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all Federal employees the opportunity to improve the quality of life for all.



What's Happening

MWR AT COAST GUARD TRACEN YORKTOWN



Limited Time

TCY Adult Holiday Party/Buffer/Dance

Event: 1 December

Ticket Sales at MWR Gym

Monday-Friday 10-1330 | 1400-1600

Student Intramurals—See attached flyers.

Free Movies at Washington Auditorium: DVDs are received about 30 days before Studio release to the home video market. Many bases have a 35mm program and receive movies faster, but at a cost to the customer.

CFC Employee Fund-Raising: TraCen Yorktown MWR Code **48220** “Give a Little. Help a Lot”

Military Discounts throughout America.
Always Ask.

DisneyWorld & Disneyland Military Salute and DHS/DOD Civilian Tickets available. 856-2130 prepay/order service.

Water Polo: Wednesdays at 2000, TCY Pool.

Universal Studios Florida—Free Mil. Salute
Support a Wounded Warrior Project
www.cartingforacause.org

No Government Endorsement

Morale Committee Events: See Base Outlook E-Board and TCY Homepage Morale Minutes.

Web seek MWR: CG Yorktown MWR

On-going

Tickets to nation-wide locations: 14 days notice; prepayment required. Prices online or at Gym. www.uscg.mil/tcyorktown/Support/MWR/default.asp

Cyber Café: Buy 9 coffees, get 1 Free. Ask about double stamp day/times. 856-2085

Hero Salute Free Visit: Go to SeaWorld, Busch Gardens, WaterCountry USA, Aquatica, or Sesame Place free: Active Duty restrictions apply. www.herosalute.com

Students Fish Free—Base Pier: Must have pass from Outdoor Recreation. 856-2279

Students Bike Free 1100-1300
Monday-Friday. See Outdoor Recreation.

Liberty Lounge II: Pool, Open Mic, Cards, NFL Ticket, Great Food and Beverages. 856-2325

All Ranks Club - Escape Your Day!

Please Drink Responsibly

Port of York Sunday Brunch 1000-1400; All Ranks. 856-2331

CG Lodging: www.uscg.mil/mwr

Travel Services: www.govarm.com

Code: CG TraCen Yorktown MWR

World-wide Lodging: Code #270
Call: 800-724-9988

No Government Endorsement of Public/Private Entities Listed

* Free Drawings: USCG Personnel & Command Contractors

TEAM FITNESS & WELL-BEING

USCG TRAINING CENTER YORKTOWN

SHALLOW WATER RUNNERS COMPLETE COLONIAL 200 RELAY

USCG TRACEN Yorktown put together an all Coast Guard Team to run in the second annual Colonial 200 relay on September 28-29, 2012.

The Colonial 200 is a unique, overnight, endurance running adventure in which the 11 member team covered 200 scenic miles. The course spanned from Western Albemarle County through wine and horse country to the North and East of Richmond and finally joined with the Capital Trail to finish at the Jamestown Beach Park in Williamsburg Virginia.

The team consisted of a wide variety of members and represented the US Coast Guard well. The following members were on the team:

LT Juan Gutierrez, LT Matthew Mitchell, CWO Britton Henderson, DCCM Athan Kramer, BMCS Charles Salls, MST1 Jason Spence (Team Captain), BM1 Sunny Holman, ME1 Daniel Merrick,

MST3 Jessica Grell, YN3 Ben Bailey, and Aaron Kramer.

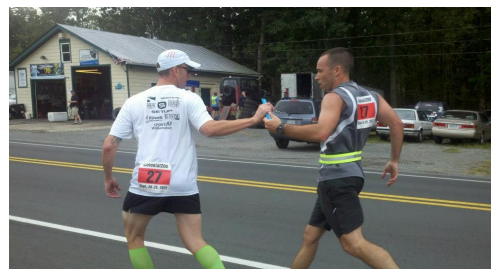
The team completed the 206 mile journey in 29 hours and 23 minutes, and averaged an 8:23 min/mile pace.

Team results:

1st Place in the Military Category
4th Place in the Full Mixed Team Category
12th Place Overall

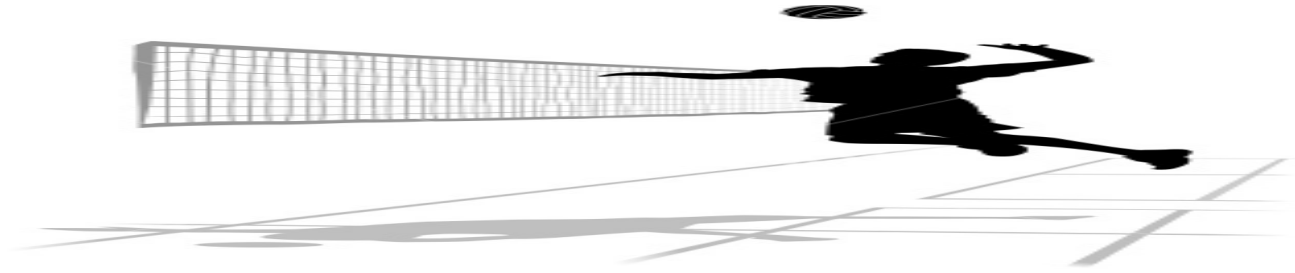
We would like to give a big THANK YOU to our sponsors for all your support!!

TRACEN Yorktown MWR provided funding and logistical support/ TRACEN Command provided logistical support/ CGEA colonial Branch provided logistical support.



NOVEMBER 13th-15th

Time: 17:00-20:00 Daily



**STUDENT
VOLLEYBALL
TOURNAMENT**

6 on 6

Maximum 8 Teams

Best 2 out of 3 on Set Play

Rally Scoring to 21 (win by 2)

Roster must be turned in NLT Nov. 7th @ 17:00

*Sign up your team for a few days of fun
@ TRACEN YORKTOWN*

Bracket will be posted Nov. 9th

Contact Billy Hogge @ 757-856-2132 For more Info

Student Basketball Intramurals

Nov. 20th – Dec. 13th 2012

Games every Tuesday & Thursday 18:00-20:00



H OOPS

- Maximum of 8 teams will be accepted
- School team entries must be submitted by COB on 14th Nov.
- Each team is to provide one team captain and one advisor.
- Intramurals will consist of a regular season & playoff.

Contact the sports office for more information

Billy Hogge- 856-2132 or Betty Gaines- 856-2312

William.c.hogge@USCG.MIL

Group Exercise Class Schedule

LUNCHTIME

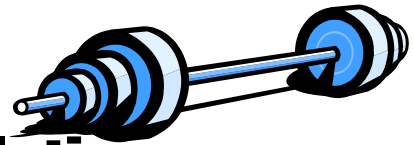
1145 - 1245

Monday /Wednesday - Spinning



Tuesday /Thursday -

Barbell Weight Lifting/Sculpting



EVENINGS

1900-2000

Monday/Wednesday - ZUMBA



Spinning

November spinning schedule:

Thurs.	Nov. 8
Tues.	Nov. 20
Tues.	Nov. 27

December spinning schedule:

Tues.	Dec. 4
Tues.	Dec. 11
Tues.	Dec. 18



Open Mic Night!!!

Hosted by: MKC Kovacevich



@the Liberty Lounge II

- Musicians, Songwriter, Poets & Comedians bring your talents (or lack thereof).
- Audience bring your requests...maybe we will play them.
- Nightly slots will be first come first serve.
- This is not Karaoke. The equipment and instruments are limited.

Every Tuesday 1900-2300

Any questions, contact Mr. Antonio Jones (2325)





TEXAS HOLD-EM TOURNAMENT



**\$50 Value
Prize
For
1st Place!!!**

**Every Thursday Night
1900-2200**



@the Liberty Lounge II

Any questions, you can contact Mr. Antonio Jones (2325)



8-BALL POOL TOURNAMENT



**\$50 Value
Prize
For
1st Place!!!**

Every Friday Night 1900-2200

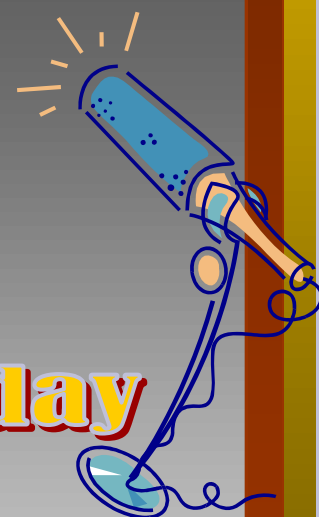
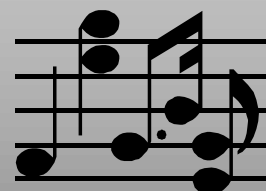
RULES OF PLAY

- **Double Elimination Tournament.**
- **All shots must be called.**
- **8 Ball pocketed off break results in instant victory.**
- **Cue ball pocketed off break results in regular scratch.**
- **No "Ball in Hand" rule. Following a scratch, the cue ball will be placed behind the foul line.**
- **Pocketing of the 8 ball prematurely or in other than object pocket results in immediate loss.**
- **Pocketing of the cue ball while shooting on the 8 ball results in immediate loss.**

@the Liberty Lounge II

Any questions, you can contact Mr. Antonio Jones (2325)

KARAOKE!!!



**Every Saturday & Sunday
1900-2200**

@the Liberty Lounge II

Any questions, contact Mr. Antonio Jones (2325)

NFL SUNDAY TICKET

A photograph of NFL players in a huddle on a field. The players are wearing blue jerseys with orange and white accents. One player in the foreground is wearing a blue jersey with the number 5. The background is slightly blurred, showing other players and the field.

Come and watch your favorite team
on 6 BIG flat screen TVs!!!

Starting September 2nd
Lounge Opens At 1230 !!!

PreSeason starts August 5th

Regular Season starts September 5th !!!

@the Liberty Lounge II

Walt Disney World Armed Forces Salute

Promotion 2012-2013

Request and Prepay through Coast Guard Training Center Yorktown (TCY) – MWR
Allow up to 14 days for Tickets

Walt Disney World Armed Forces Salute Program, 2012-2013. This promotion will run during the period of **1 October 2012 thru 28 September 2013**. This promotion entitles “Eligible Service Members” to receive, up to a maximum of 6 promotional products.

“Eligible Service Members” defined: Active or Retired members of the U.S. Military, including activated members of the National Guard and Reservists as well as active and retired members of the United States Coast Guard. ONLY!

During the offer period, **4-Day Disney’s Armed Forces Salute tickets** with or without options may be purchased only by “Eligible Service Members” (or their spouse, but not both), for their family and friends. **4-Day Disney’s Armed Forces Salute tickets** are limited to (6) per (check special provisions sheet for clarification) **“Eligible Service Members”**.

All **Walt Disney World Armed Forces Salute** tickets are exchange certificates and will need to be exchanged/activated at the Main Entrance theme park ticket windows (no later than 25 September 2013) in order to be used fully. **Disney’s 4-Day Military Promotional Tickets (including any options) expire and may not be used after September 28, 2013. In addition, these Tickets (including any options) may not be used on the following blackout dates: December 24, 2012 to December 31, 2012 and March 2013 to April 4, 2013 at all Walt Disney World® Theme Parks and other gated attractions; and July 4, 2013 at Magic Kingdom® Park only.**

Walt Disney World Armed Forces Salute Tickets may be ordered as follows:

	TCY – MWR Customer
E866 4D Salute PH	\$151
E867 4D Salute Base/WTR	\$151
E868 4D Salute PH/WTR	\$179

PH = Park Hopper WTR = Water Parks

Please read and understand all of the Special Provisions attached.

Ticket not listed? Check attached CG TCY MWR-AF CTP sheet, if listed, call for prices

- Price Match any MWR; bring sheet for consideration; price cannot fall below Net Cost to MWR.

Walt Disney World Special Provisions

- During the period from August 17, 2012 to September 25, 2013 (the "Offer Period"), Disney's 4-Day Military Promotional Tickets may be purchased at participating U.S. military sales outlets ONLY by Eligible Service Members (defined below) or their spouses (but not both), for themselves and other family members and friends, in accordance with these "Special Provisions." These Tickets may not be otherwise transferred, distributed or resold.
- **"Eligible Service Members"** are active or retired members of the U.S. military, including active members of the National Guard or Reservists and active or retired members of the U.S. Coast Guard.
- Participating military sales outlets must require that Eligible Service Members (or their spouses) present valid military identification to purchase Disney's 4-Day Military Promotional Tickets.
- Eligible Service Members (or their spouses) who purchase Disney's 4-Day Military Promotional Tickets for themselves and their family members and friends will be required to activate those Tickets at *Walt Disney World*® theme park ticket windows, no later than September 25, 2013, in order for those Tickets to be used. Valid military identification will be required.
- **No more than six (6) Disney's 4-Day Military Promotional Tickets may be purchased and activated by any Eligible Service Member and/or spouse (regardless of the place of purchase and whether purchased by that person or that person's spouse), and all six (6) must be purchased at the same time.** Accordingly, no Eligible Service Member (or spouse) may purchase Disney's 4-Day Military Promotional Tickets at any military sales outlet if that person (or that person's spouse) previously purchased Disney's 4-Day Military Promotional Tickets (whether at that same military sales outlet or at any other military sales outlet or at any other place). In addition, one of the six (6) Tickets purchased must be for use by the Eligible Service Member or his/her spouse.
- Disney's 4-Day Military Promotional Tickets will not be valid unless and until activated (no later than September 25, 2013).
- Each Disney's 4-Day Military Promotional Ticket must be used by the same person on any and all days. Disney's 4-Day Military Promotional Tickets may be used ONLY by the Eligible Service Members, spouses, other family members or friends for whom they are purchased. In addition, a valid military ID may be required for admission.
- **Disney's 4-Day Military Promotional Tickets (including any options) expire and may not be used after September 28, 2013. In addition, these Tickets (including any options) may not be used on the following blackout dates: December 24, 2012 to December 31, 2012 and March 24, 2013 to April 4, 2013 at all Walt Disney World® Theme Parks and other gated attractions; and July 4, 2013 at Magic Kingdom® Park only.**
- The above limitations must be disclosed to each Eligible Service Member (or spouse) before that Eligible Service Member (or spouse) is permitted to purchase any Disney's 4-Day Military Promotional Tickets.
- Each Eligible Service Member (or spouse) will be asked to confirm, before purchasing Disney's 4-Day Military Promotional Tickets, that neither that person or that person's spouse has purchased any other Disney's 4-Day Military Promotional Tickets at any other military sales outlet or place.
- Any Eligible Service Member (or spouse) who purchases Disney's 4-Day Military Promotional Tickets from any military sales outlet in excess of the six (6) per Eligible Service Member (spouse) limit (e.g., any Eligible Service Member or spouse who purchases those Tickets at one military sales outlet after having previously purchased those Tickets at any other place) will be permitted to return the excess (unused) Tickets to that outlet for a full refund, and we will not be entitled to payment from you for any such excess (unused) Disney's 4-Day Military Promotional Tickets returned to us.

Coast Guard
MWR Recreational Lodging
Facilities Guide www.uscg.mil/mwr/
(Recreational Lodging & Travel Link)



USE CODE: 240



Resort Condominiums

MWR authorized patrons

www.afvclub.com

USE CODE: 240

Leisure and Travel Services

MWR authorized patrons

at www.GovArm.com



Breezes Inclusive Resorts and Spas

Coast Guard Discount

S1016228

Call 1-800-467-8737

www.armymwr.com/portal/travel/traveldeals

Armed Forces
Recreation Center
Shades of Green
www.shadesofgreen.org



Golf Packages of the Carolinas

All Eligible Coast Guard MWR Patrons

May Receive 5% Off Regular Golf Packages

www.golfvacationpackages.com/uscg.htm

Call: 1-877-732-6999



Coast Guard TraCen Yorktown and Air Force Central Ticket Program

Ticket Availability **Valid as of 13 April 2012**

Attractions

Aquarium of the Pacific
 Disneyland
 Legoland
 Sea Life (Legoland)
 Universal Studios California
 World Famous San Diego Zoo
 Safari Park
 Sea World California
 San Diego Harbor Excursion
 6th Flags Discovery Kingdom
 Battle of the Dance

Location

Long Beach CA
 Anaheim CA
 Carlsbad CA (near San Diego)
 Carlsbad CA (near San Diego)
 Hollywood CA
 San Diego CA
 San Diego CA
 San Diego CA
 San Diego CA
 San Diego CA
 Vallejo CA
 Anaheim, CA.

Sea Life Arizona Aquarium

Tempe AZ

Georgia Aquarium

Atlanta GA

Six Flags Over Georgia

Austell GA

National Museum Crime & Punishment Washington DC

Walt Disney World

Orlando FL

Universal Studios Florida

Orlando FL

Sea World Florida

Orlando FL

Ripley's Believe It or Not

Orlando FL

Pirate's Dinner Adventure

Orlando FL

Busch Gardens Tampa

Tampa Bay FL

Gatorland

Orlando FL

Kennedy Space Center

Orlando FL

WonderWorks

Orlando FL

Titanic the Experience

Orlando FL

Arabian Nights

Orlando FL

Legoland

Winter Haven FL (near Orlando)

Cedar Point Amusement Park

Sandusky OH

Sesame Place

Langhorne PA

SilverWood Theme Park

Athol ID

Six Flags Over Texas

Arlington TX

Special Order Tickets are non-refundable; please allow 14 business days; payment in full when ordered

No Implied Endorsement

Coast Guard TraCen Yorktown and Air Force Central Ticket Program

Ticket Availability **Valid as of 13 April 2012**

Sixth Floor Museum	Dallas TX (Arlington area)
Legoland Discovery Center	Grapevine TX (Dallas area)
Sea Life Aquarium	Grapevine TX (Dallas area)
Fort Worth Zoo	Fort Worth TX (Arlington area)
Ripley's Believe It or Not	Grand Prairie TX (Arlington TX area)
SpeedZone	Dallas TX
Sea World San Antonio	San Antonio TX
Fiesta Texas	San Antonio TX
Ripley's Believe It or Not	San Antonio TX
Ripley's Haunted Adventure	San Antonio TX
Guinness World Record Museum	San Antonio TX
Tomb Rider	San Antonio TX
Mirror Maze	San Antonio TX
Natural Bridge Wildlife Ranch	San Antonio TX
Buckhorn Saloon & Museum	San Antonio TX
Natural Bridge Caverns	San Antonio TX

Six Flags St. Louis	St. Louis MO
Titanic Museum	Branson MO
Ride the Ducks	Branson MO
Silver Dollar City	Branson MO
White Water	Branson MO
Dixie Stampede	Branson MO

Busch Gardens	Williamsburg VA
Colonial Williamsburg	Williamsburg VA
Jamestown/Yorktown	Williamsburg VA

Water Parks

Wild Rivers Water Park	Irvine, CA
Adventure Island	Tampa Bay FL
Wet'N' Wild	Orlando FL
Aquatica	Orlando FL
Wet 'N Wild Emerald Point	Greensboro NC
Wet'N'Wild Phoenix	Phoenix AZ
Six Flags Hurricane Harbor	Arlington TX
SplashTown	San Antonio TX
Water Country USA	Williamsburg VA
Six Flags White Water	Austell GA
Legoland Water Park	Carlsbad CA (near San Diego)

Location

Sports & Entertainment Location

Sleuth Mystery Dinner	Orlando FL
Disney Quest	Orlando FL
Medieval Times Dinner Theater	Buena Park CA
Medieval Times Dinner Theater	Myrtle Beach SC
Medieval Times Dinner Theater	Schaumburg IL
Medieval Times Dinner Theater	Lyndhurst NJ
Medieval Times Dinner Theater	Hanover MD
Medieval Times Dinner Theater	Kissimmee FL
Medieval Times Dinner Theater	Dallas TX (Arlington area)

Special Order Tickets are non-refundable; please allow 14 business days; payment in full when ordered

No Implied Endorsement



TRACEN Yorktown Spouse's Network

“Sharing the Experience”

The TRACEN Yorktown Spouse's Network (TSN) believes that just because we're a large base doesn't mean we shouldn't have a way to reach out and meet each other. Our members are comprised of Coast Guard spouses and active duty personnel. Our goal is to provide an avenue of communication to share information and friendship through our Coast Guard experience.

We know just how hard it is to move to a new area, especially one as densely populated and geographically spread out as the Hampton Roads area. We are not a social “club” but rather an organization that facilitates a way for spouses to meet each other and share information about the area and things happening on base.

So, do you want to...

- Learn more about all the resources available at TRACEN?
- Get inside info on good places to live, schools, fun activities, etc?
- Have access to a wealth of Coast Guard knowledge and experience?
- Be provided opportunities to grow and learn about the USCG and its benefits?
- Nurture professional and personal relationships within a group?

If you answered yes to any of those then TSN is for you!

The best part is it's open to all spouses regardless of rank or title, there's no joining fee, dues, obligated service hours or anything other than sharing your experience, knowledge, talent and friendship. We are here for you!

If you're interested or have any questions please feel free to contact us at coastguardtsn@yahoo.com

Facebook Search: TSN (TRACEN-Yorktown Spouse Network)

Congratulations on your orders and we hope you're excited to be stationed here; it truly is a wonderful place to live, work and play. Hope to see 'ya soon!

Newsletter available now!



MWR

MOBILE

- 1. See This:** Scan for MWR, menu, video, etc.



- 2. Do This:** Download a QR code (app), if not installed.

- 3. Snap it:** Open app, take snapshot of code. Enjoy content.

More on the Shore

