

# **“The Fun One”**

VOLUME 2, NUMBER 7 JULY 2011



**Flotilla 33-1**

**40 & 8 Club  
3113 S. 70 St.  
Omaha, Nebraska**

## FLOTILLA 33-1 OFFICERS

Flotilla Commander (FC) - Barclay Stebbins  
Vice Flotilla Commander (VFC) -  
Jean Goble  
Immediate Past Flotilla Commander (IPFC) -  
Richard Goble  
Secretary (FSO-SR) - Tom Correll  
Treasurer (FSO-FN) - George McNary  
Communications (FSO-CM) - Jim Westcott  
Communication Services (FSO-CS) -  
Barb Westcott  
Information Services (FSO-IS) -  
Barclay Stebbins  
Materials (FSO-MA) - Bernard McNary  
Marine Safety (FSO-MS) - Tom Spieker  
Aids to Navigation (FSO-NS) - Pete Petersen  
Member Training (FSO-MT) - George McNary  
Operations (FSO-OP) - Warren Koehler  
Public Affairs (FSO-PA) - Damien Petersen  
Publications (FSO-PB) - Barb Westcott  
Public Education (FSO-PE) - Richard Goble  
Personnel Services (FSO-HR) - Jean Goble  
Program Visitor (FSO-PV) - Richard Goble  
Vessel Examiner (FSO-VE) - Warren Koehler

Send articles for "The Fun One" to:  
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Published by and for members  
of Flotilla 33-1 U.S. Coast  
Guard Auxiliary 8th Western  
Rivers Region. Opinions ex-  
pressed herein are not necessar-  
ily those of the U.S. Coast  
Guard or U.S. Coast Guard  
Auxiliary.

**On Facebook we are found at:  
USCGAUX Flotilla 85-33-01**

## SCHEDULE OF EVENTS

9 Jul	Boating Class - Cassling
18 Jul	Flotilla 1 Meeting

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## **FLOTILLA FINANCE OFFICER'S MESSAGE**

All:

### **FIRST NOTICE**

III. 2. The annual dues, including Flotilla, Division, District and National shall be levied on each member on a calendar year basis and shall be payable during the month of July for the following calendar year. A notice shall be sent to each member on July first and a second notice on August first to members who have not paid their dues. If a member has failed to pay their dues by September first, either the Flotilla Personnel Officer or the Flotilla Commander shall contact them. If dues are not paid by September fifteenth, a Change of Membership Status Form will be sent to the member(s) by the Flotilla Commander. The names of members who have not paid their dues shall be submitted to DIRAUX on October 15<sup>th</sup> with a recommendation that they be disenrolled from the Auxiliary for non-payment of dues

Dues Checks in the amount of \$40.50 for 2012 can be mailed to my Address:

George W. McNary  
2118 So. 87<sup>th</sup> Ave  
Omaha, NE 68124-2104

Or hand delivered to FC Stebbins at the July 18 meeting, as I will be on vacation.

George W. McNary  
FSO-FN 33-1

Flotilla 33-1  
2011 Performance Goals

Marine Dealer Visits:	100
Member Training:	All members complete required annual training timely.
New Members:	2
Patrol Hours:	300
Public Affairs Hours:	60
Public Education:	
BS&S Course:	
State Classes:	10
Vessel Examinations:	60
Copies of the approved minutes of meetings sent monthly to DCDR and DIRAUX	
Meet every month with a quorum present.	
Flotilla Social Events:	Two, one in the summer and the Christmas Party.

**2011 Watch Words/Mission Statement/Goals:**

Educate	–	Educate our members
Evolve	–	Evolve processes
Excel	–	Excel in our missions

Through member education and process evolution, we will excel in the missions outlined by the four cornerstones of the Auxiliary: VSCs, Public Education, USCG Operations and fellowship.

Goals – Need to be:

- 1) Achievable
- 2) Measurable
- 3) Further our missions.

Frank Reiss  
DCDR 33 8WR



## Updates



<http://users.mo-net.com/district8wr/members/index.htm>

# *District 8WR*

## *Fall Business Symposium*

*September 16 & 17, 2011*

Please go directly to the members' website above to book your reservation.

### **Training workshops**

**Airport Marriott Hotel  
775 Brasilia Ave.  
Kansas City, MO 64153**

### **Tentative Class Descriptions – Fall Business Symposium**

- **Meet the OTO**
- **Social Media and the Auxiliary**
- **WebEx Seminar**
- **Auxiliary Testing**
- **Uniform Workshop**
- **W.O.W. – Websites Without Webmasters**
- **Auxiliary Incident Management System (AIMS)**
- **Auxiliary Computing Q&A**
- **Team Building Workshop**

As always, these classes are subject to change. If you have any questions or suggestions, please contact the DSO-MT at [barisman@yahoo.com](mailto:barisman@yahoo.com).

Thanks, and hope to see you there!

## Pictures of the Missouri River

Pictures by Rick Anderson of Omaha



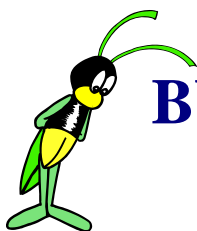
Freedom Park



Dodge Park



Surfside



# ***BY THE INFORMATION BUG***

## July Notes

As this section is not just for boating, here is some information from MedicineNet.com

### **Heat Exhaustion - What it is & How to Treat**

#### **What is heat exhaustion?**

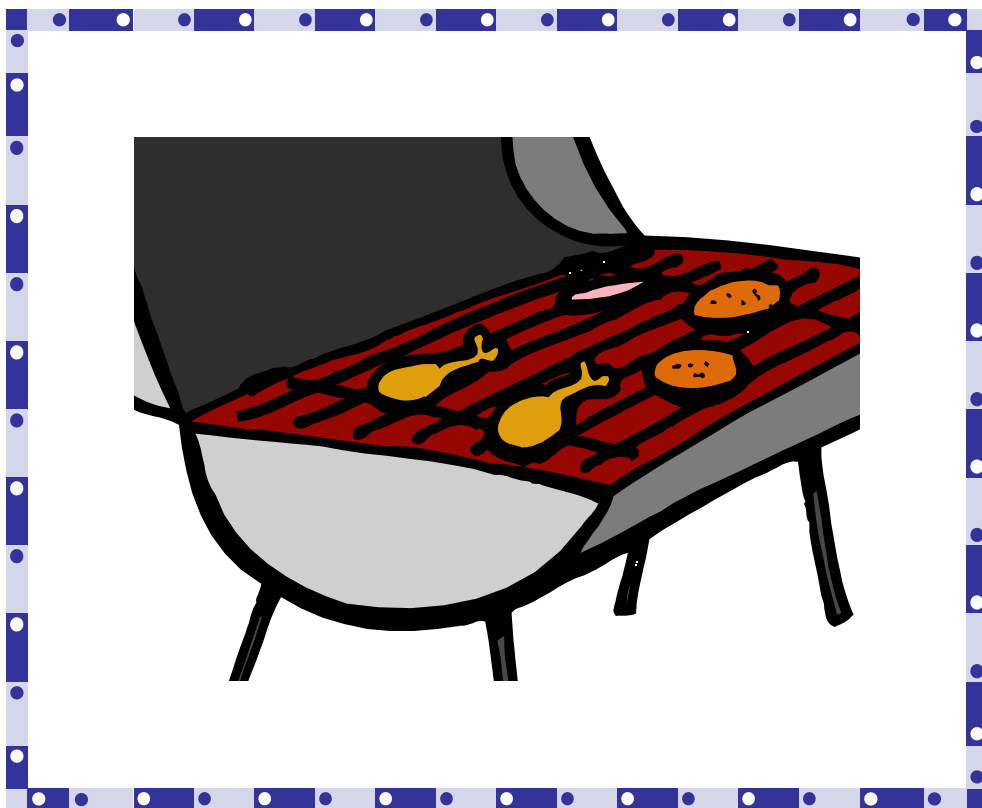
The body cools itself most efficiently by sweating and then the sweat evaporating. Should sweating be unable to meet the cooling demands of the body, heat-related illness can occur. This is a spectrum of conditions with minor symptoms such as prickly heat or [heat rash](#), progressing to heat cramps, then heat exhaustion, and finally to heat stroke, a life-threatening medical condition. The line between each diagnosis is not sharply drawn. Heat cramps tend to involve involuntary spasm of the large muscles of the body while heat exhaustion has more systemic complaints. These can include profuse sweating, weakness, nausea, vomiting, headaches, and [muscle spasms](#). The affected individual may have a low grade [fever](#). Heat stroke is a life-threatening situation where the body's cooling system fails. The body temperature spirals out of control usually greater than 106F (41C), sweating stops and there are mental status changes like [confusion](#), [seizure](#), or [coma](#).

Heat exhaustion occurs when a person exercises or works in a hot environment and sweating cannot dissipate the heat generated within the body. Often [dehydration](#) occurs because the person hasn't replaced the water lost by sweating.

#### **How is heat exhaustion treated?**

- Cooling and rehydration are the cornerstones for treating heat exhaustion. The affected individual should stop their activity and then move from the hot environment to a cooler environment. The person may be placed in the shade or taken to an air conditioned environment (don't forget that cars have air conditioning). Clothes may be removed to help with air circulation across the body. Misting the skin with cool water also helps by stimulating evaporation and cooling the body.
- Rehydration is the next important step in treating heat exhaustion. This may be a challenge if the person begins to suffer from nausea and vomiting. Small sips of water, a mouthful at a time, might be tolerated even if some vomiting persists. Water, sports drink and other electrolyte replacement drinks are reasonable options.
- If oral rehydration fails or if symptoms persist, intravenous fluids may be required to replace the water loss because of the excessive sweating. Hydration continues until the patient begins to urinate, a signal that the kidneys have sensed that there is enough fluid in the body, and it no longer retains fluid.

Muscles cramps and pain may be treated with over-the-counter medications like [ibuprofen](#) and [acetaminophen](#).





# JULY 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 1930 hrs Flotilla 33-1 Meeting	19	20	21	22	23
24	25	26	27	28	29	30
31						

# AUGUST 2011



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Division Picnic
7	8	9	10	11	12	13
14	15 1930 hrs Flotilla 33-1 Meeting	16	17	18	19	20 World of Water
21	22	23	24	25	26	27
28	29	30	31			