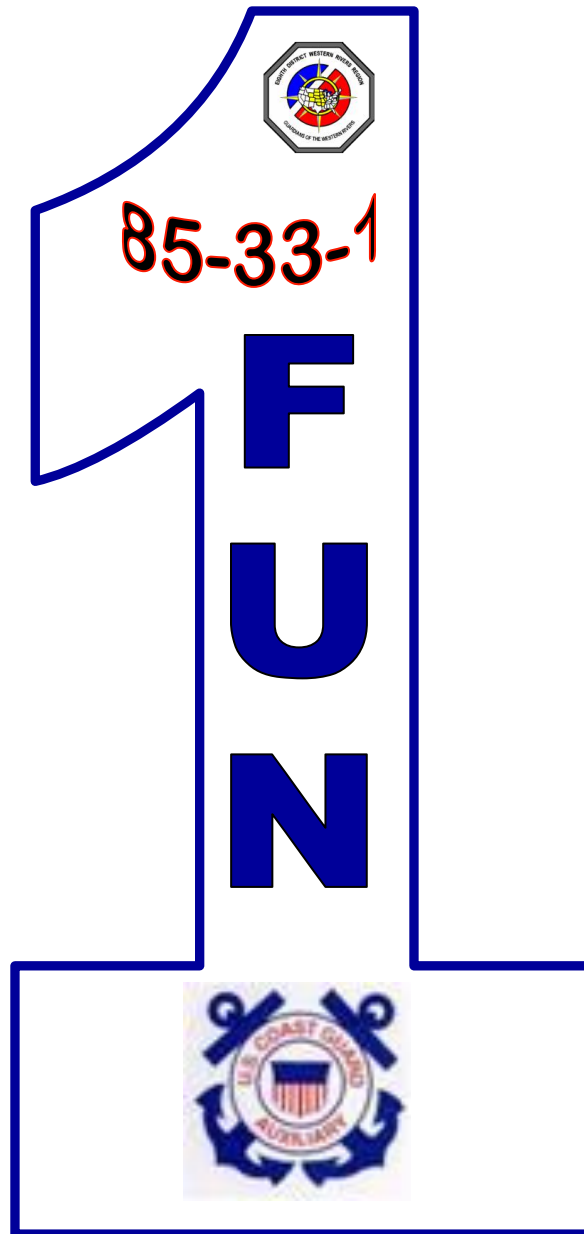


“The Fun One”

VOLUME 4, NUMBER 7 JULY 2013



**Flotilla 33-1
40 & 8 Club
3113 S. 70 St.
Omaha, Nebraska**

FLOTILLA 33-1 OFFICERS

Flotilla Commander (FC) - Jim Westcott
Vice Flotilla Commander (VFC) -
Ralph Tomlinson
Immediate Past Flotilla Commander (IPFC) -
Barclay Stebbins
Secretary (FSO-SR) - Barb Westcott
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) - Bernie McNary
Marine Safety (FSO-MS) - Tom Spieker
Aids to Navigation (FSO-NS) - Tom Spieker
Member Training (FSO-MT) - Ralph Tomlinson
Operations (FSO-OP) - Warren Koehler
Public Affairs (FSO-PA) - Barb Westcott
Publications (FSO-PB) - Barb Westcott
Public Education (FSO-PE) - Richard Goble
Personnel Services (FSO-HR) - George McNary
Program Visitor (FSO-PV) - Suzanne Tomlinson
Vessel Examiner (FSO-VE) - Suzanne Tomlinson

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Guard Auxiliary 8th Western
Rivers Region. Opinions
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Guard Auxiliary.

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

SCHEDULE OF EVENTS

04 Jul	Independence Day
13 Jul	Farewell Dinner for Master Chief Smith of the Gasconade
15 Jul	Flotilla 1 Meeting
03 Aug	Coast Guard Birthday Celebration at Lake Manawa, Site #6
19 Aug	Flotilla 1 Meeting

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Want to see more pictures?
Please remember to check out the website at:
[http://wow.uscgaux.info/WOW_signin.php?](http://wow.uscgaux.info/WOW_signin.php?unit=)
unit=



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FLOTILLA COMMANDER'S MESSAGE



JULY 2013

Today's history lesson. What do you know about the USCGC *Gasconade*? Where was she built? What year was she built? How many crew serve on her? Who is the commanding officer? Well I am glad you asked. I found the following information to be interesting and available on the internet (so it must be true Bonjour).

The **USCGC *Gasconade*** is a *Gasconade* class 75-foot (23 m) river buoy tender which was built in 1964 at Saint Louis, Missouri where she was initially home ported. In 1965 she was assigned a homeport of Omaha, Nebraska.

She pushes a specific-use 90-foot (27 m) aid to navigation maintenance barge, with a crane and buoy service gear. The vessel has a 22-foot (6.7 m) beam, 4-foot (1.2 m) of draft and displaces 141 tons (full load). She is powered by 2 diesel engines turning 2 shafts with 600 bhp, giving the vessel a capability of 8 knots. *Gasconade* is commanded by a master chief boatswain's mate with a crew of 13 assigned. Her area of operation includes the Missouri River from Glasgow, Missouri to Sioux City, Iowa.

The *Gasconade* is based at the Corps of Engineers facility on John J. Pershing Road in Omaha, Nebraska, where she has been home ported since 1965.

Respectfully

Jim Westcott
FC, 8WR-33-01



MEET OUR NEW MEMBERS

JAMES MILLER

I don't know what I can say that would be of interest to others.

I served 10 years in the Navy as a radioman and 13 years in the Army as a trainer for the National Guard.

I served three tours in Vietnam.

I'm married, have one daughter and one grandson.

Mary, my wife, and I are both ham radio operators.

I work for West Corporation as a Credit and Collection Manager.

I have had a lot of experiences over my lifetime. Some would call me a Jack of All Trades. I have to remind them I'm a master of none.

I am interested in the USCG Aux because I might be able to provide some skills and some experience. If I can do that and help others I will feel that I've fulfilled my goals.

DAN GROENEDYK

I am married to Jacque Groenendyk who recently retired as a sixth grade math teacher in Michigan. We have two children, Jordan, who is 18 and heading to college this fall at the University of Findlay in Findlay, Ohio. We also have a son, Gerrit, who is 15, and will be attending Millard West High School as a freshman. We recently moved from Holland, Michigan to Omaha for my job. I am an Account Manager for Hologic, Inc. I cover the states of Nebraska, Kansas and western Iowa. I sell medical imaging equipment that deals primarily in mammography and the treatment of breast cancer. I travel frequently with my job and love what I do. I am a former Marine and did several tours overseas as an infantryman. I then attended Central Michigan University graduating in 1986 with a bachelor's degree in American History. I went on to graduate school and obtained a Master's degree in Management in 1993 and another Master's degree in Education in 2005. We have two dogs and one cat named Elvis!

I learned about the Auxiliary when I purchased my first boat and took a boating class several years ago. I became an instructor and vessel examiner and really enjoy working with the public on keeping them safe on the water. Three years ago I became a U.S. Coast Guard Academy Admissions Partner as our Sector Commander, an Academy graduate, was leaving for Washington D.C., and we had no one to replace him. I enjoy doing the college fairs and Congressional events representing the Academy as well as the Auxiliary. During the summer months, if time permits, I attend one of the AIM sessions at the Academy. I have held several positions over the years with the Auxiliary. I was a Flotilla Commander, FSO-PE, SO-PE and a ADSO-VE. I also was the Auxiliary Unit Coordinator (AUC-R) and a Watchstander for USCG Station Holland, in Holland, Michigan.

We are very grateful to be in Omaha. The people in eastern Nebraska are amazing and very welcoming. We look forward to our new adventure and meeting everyone!

The following is an article that was written by Richard Goble, SO-PE



We continue to be successful in Nebraska at teaching the Nebraska State Boating Safety course as we have been for at least the last 12 or more years. We have seen improvements in the DVD/video and in the textbook. I would liked to see at some point an update of the Game and Parks video "Boating the Starboard Way."

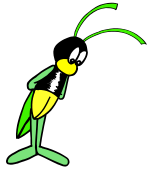
I have spent a lot of time and effort as have Jean Goble and Frank Reiss, trying to figure out how to get people to take the Boating Skills and Seamanship course. In 2009-2010 Jean and Frank developed an online version of this course. Very few students signed up for it, and those that did sign up for the course, failed to complete it. The course was put together as a self-study course. One wonders if perhaps it might work as a webinar course.

I have tried, without much success, to find out how other divisions and districts are marketing the BS&S course. What I have found out is that the BS&S course is being taught with very few students in the class and to classes that are mainly Auxiliary members. My personal opinion is that every Auxiliarist should take the BS&S course as it will give them a very strong knowledge base for our missions in the Auxiliary. There is a lot of information regarding recreational boating that is not covered in boat crew training or the AUX OP specialty courses. Taking the BS&S course gives the Auxiliarist a strong foundation in boating knowledge to study for Boat Crew and AUX OP. In some divisions the course is being cut down to just the first few chapters and sold as being the BS&S. I don't really care for that, as it is just turning a solid in depth advanced course into a boating basics course.

When talking to other Divisions that are located in states where an on-line boating course is available, they are teaching the Auxiliary course "About Boating Safely." In states where an on-line course is offered, it is a real challenge to get students to attend a classroom course.

Richard Goble, SO-PE / FSO-PE
Division 33, Flotilla 33-01 8WR





BY THE INFORMATION BUG

JULY Notes

As this section is not just for boating, here is some information from an internet article:

Information for this fact sheet was provided by :

<http://www.bt.cdc.gov/disasters/extremeheat/faq.asp>

Frequently Asked Questions (FAQ) About Extreme Heat

What happens to the body as a result of exposure to extreme heat?

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

Who is at greatest risk for heat-related illness?

Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Continued on the next page

What should I do if I see someone with any of the warning signs of heat stroke?

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

What is heat exhaustion?

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

What are the warning signs of heat exhaustion?

The warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

What steps can be taken to cool the body during heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.



Continued on the next page

What are heat cramps and who is affected?

Heat cramps are muscle pains or spasms – usually in the abdomen, arms, or legs – that may occur in association with strenuous activity. People who sweat a lot during strenuous activity are prone to heat cramps. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion. If you have heart problems or are on a low-sodium diet, seek medical attention for heat cramps.

What should I do if I have heat cramps?

If medical attention is not necessary, take the following steps:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

What is heat rash?

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children. Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

What is the best treatment for heat rash?

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort.

Can medications increase the risk of heat-related illness?

The risk for heat-related illness and death may increase among people using the following drugs:

- psychotropics, which affect psychic function, behavior, or experience (e.g. haloperidol or chlorpromazine);
- medications for Parkinson's disease, because they can inhibit perspiration;
- tranquilizers such as phenothiazines, butyrophenones, and thiozanthenes;
- diuretic medications or "water pills" that affect fluid balance in the body.

How effective are electric fans in preventing heat-related illness?

Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness. Consider visiting a shopping mall or public library for a few hours.

Continued on the next page

How can people protect their health when temperatures are extremely high?

Remember to keep cool and use common sense. Drink plenty of fluid, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, stay cool indoors, schedule outdoor activities carefully, use a buddy system, monitor those at risk, and adjust to the environment.

How much should I drink during hot weather?

During hot weather you will need to drink more liquid than your thirst indicates. Increase your fluid intake, regardless of your activity level. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Avoid drinks containing alcohol because they will actually cause you to lose more fluid.

Should I take salt tablets during hot weather?

Do not take salt tablets unless directed by your doctor. Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to do this is through your diet. Drink fruit juice or a sports beverage when you exercise or work in the heat.

What is the best clothing for hot weather or a heat wave?

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool. If you must go outdoors, be sure to apply sunscreen 30 minutes prior to going out and continue to reapply according to the package directions. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin.

What should I do if I work in a hot environment?

Pace yourself. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
This information provided by [NCEH's Health Studies Branch](#).



2013 Division 33 Picnic Coast Guard Day Celebration

Saturday, August 3, 2013

Brief Division Meeting at 1100—no reports

Picnic NOON-????

**Lake Manawa State Park Shelter 6
Council Bluffs, IA**

**Join in the food, fun, and fellowship
Family and Friends Welcome!**

**Hamburgers, Hot Dogs, Brats, Chicken,
Chips and dip, Side Salad, Mixed Fruit, Soda/Water
provided**

\$8.00/person

**RSVP not later than July 30, 2013 to Jean Goble, DCDR
402-397-2916 or e-mail njgoble@cox.net**





**Can you help at the Cabela's store in
LaVista on July 13, 14, 20 or 21 for their
Life Jacket Fitting Check
1000 - 1800**

**Please contact Barb Westcott at:
barbwestcott@cox.net if you are able to assist.**



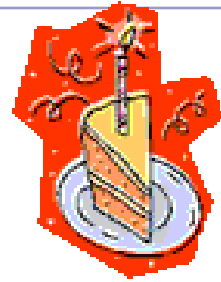
JULY 2013



Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4 Celebrate America	5	6
7	8	9	10	11	12	13 Cabela's Life Jacket Fitting Check 1000 - 1800
14 Cabela's Life Jacket Fitting Check 1000 - 1800	15 1930 hrs Flotilla 33-1 Meeting	16	17	18	19	20 Cabela's Life Jacket Fitting Check 1000 - 1800
21 Cabela's Life Jacket Fitting Check 1000 - 1800	22	23	24	25	26	27
28	29	30	31			

AUGUST 2013



Sun Mon Tue Wed Thu Fri Sat

				1	2	3 Division 33 Meeting and Coast Guard Birthday Celebration Lake Manawa, Site #6
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 1930 hrs Flotilla 33-1 Meeting	20	21	22	23	24
25	26	27	28	29	30	31