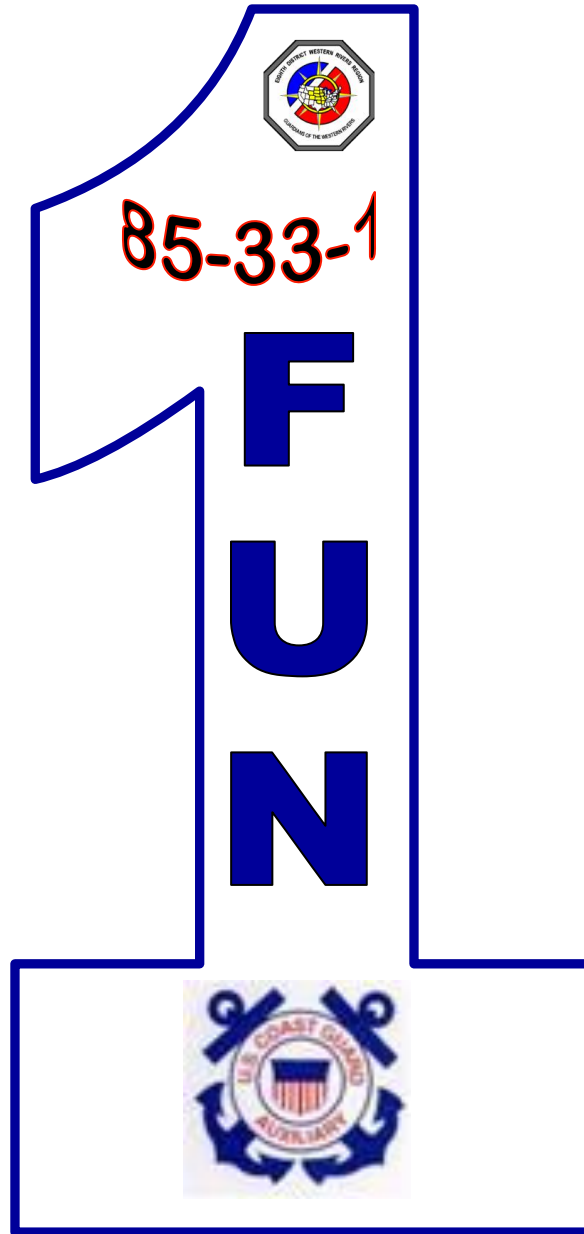


# “The Fun One”

VOLUME 4, NUMBER 8 AUGUST 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  
Human Resources (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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U.S. Coast Guard or U.S. Coast  
Guard Auxiliary.

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

## SCHEDULE OF EVENTS

03 Aug	Coast Guard Birthday Celebration at Lake Manawa, Site #6
11 Aug	QE at Dodge Park
19 Aug	Flotilla 1 Meeting
07 Sept	World O' Water - Wehrspann Lake
13 - 15 Sept	Operation Focus Lens
16 Sept	Flotilla 1 Meeting

**See the calendars for possible patrol dates**

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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



### AUGUST 2013

The change of command ceremony held at the Coast Guard station support facility for the USCGC Gasconade was very impressive. A Coast Guard chaplain offered a prayer at the start. The families of several of the men were present and the weather was very pleasant for a July day in Nebraska. In the excellent tradition of “improvise, adapt and overcome” one of the men used fishing line to tie the top of the flagstaff holding our nation’s flag to the lower cross arm of the canopy thus keeping our flag from toppling over in the slight breeze present. I had the very pleasant opportunity to meet the new master chief and his family, along with the wives and family of several of the others assigned to the Omaha area. While having been around the military most of my life, I don’t believe I have met a finer bunch of people. Just knowing them and the dedication to duty they show makes me proud to be associated with them. All in all I look forward to a successful relationship between the local members of the Auxiliary flotillas, Master Chief Willey and his crew in the future.

Respectfully,

Jim Westcott  
FC, 8WR-33-01



## Change of Command for the USCGC Gasconade

Pictures by Jim Westcott



## The following article is from the February 2013 copy of the “MILITARY OFFICER”

### *Signs of a Stroke*

More than two-thirds of people who have a stroke don't recognize it. Learn the symptoms, and know when to seek help for yourself or someone else.

By Rear Adm. Joyce Johnson, D.O.

**Few medical conditions are a real emergency**, but having a stroke is. If you or someone with you thinks you are having a stroke, call 911 immediately. Getting to the hospital within an hour of the onset of symptoms and receiving specific treatment within three hours greatly improves your long-term prognosis.

Strokes, also called cerebral vascular accidents (CVAs) are dangerous and difficult to recognize unless you suspect them. A stroke usually begins suddenly and progresses very quickly. Immediate emergency care is essential. Unfortunately, a third of those with a stroke delay treatment for at least a day.

About 800,000 people have a stroke each year – and almost 150,000 die from one. Many who survive have serious disabilities. Though more common in older, strokes can happen at any age,

During a stroke, part of the brain doesn't get enough oxygen, due to a clot or to blockage of a blood vessel or to a bursting vessel that results in bleeding inside the brain. Stroke symptoms are determined by the part of the brain affected and generally include weakness or paralysis, difficulty with speech, or severe headache.



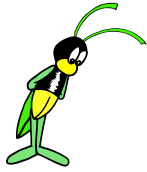
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Several acronyms have been developed to help determine whether someone is having a stroke. The National Stroke Association developed FAST (for face, arms, speech, and time): Signs of a stroke show on your face (your mouth droops when you try to smile); in your arms (when you raise them, one drifts downward); and in your speech (it can be slurred, or words won't come out when you try to speak). You also might have a difficulty understanding the speech of others. The final element of the acronym – time – is critical: Get immediate help. Call 911 if a person has at least one of these signs or something similar.

A stroke usually affects one side of the body, because the blockage or bleed generally affects one side of the brain. There can be weakness or numbness affecting one side of the face, or one arm or leg. Someone experiencing a stroke might stumble or fall. Some strokes cause a headache – described as the most serious headache ever. A stroke can cause a sudden change in vision, such as double vision, blurriness, or an inability to process what one is seeing (e.g., looking at words in a book without understanding them). Some feel nauseated or vomit. Some lose consciousness. Though there are many possible symptoms, an individual might only display one of them.

When stroke symptoms last less than 24 hours, this is called a transient ischemic attack (TIA). TIAs can be a warning sign of a more serious problem. Even if your stroke symptoms go away, see your doctor immediately for a full assessment.





# ***BY THE INFORMATION BUG***

## AUGUST 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.ready.gov/thunderstorms-lightning>

## **Lightning Strikes – Stay Safe**

Thunderstorms are dangerous due to lightning. Although lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top three storm-related killers in the United States. Most lightning deaths and injuries occur when people are caught outdoors in the summer months in the afternoon and evening. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Be smart this summer to help reduce your risks. Below are a few tips to start:

- Postpone outdoor activities when a storm is being forecasted.
- Unplug electronic equipment before the storms begins.
- Remember the 30/30 Lightning Safety Rule: The first “30” represents 30 seconds. If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you.
- During a storm, use your NOAA Weather Radio for updates from local officials
- Avoid contact with any metal – tractors, motorcycles, bicycles, and golf clubs
- Avoid contact with plumbing. Do not wash your hands, do not take a shower or wash dishes and do not laundry. Plumbing and bathroom fixtures can conduct electricity.

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## **Know the Terms**

Familiarize yourself with these terms to help identify a thunderstorm hazard:

**Severe Thunderstorm Watch** - Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

**Severe Thunderstorm Warning** - Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

Continued on the next page



## Before Thunderstorm and Lightning

- To prepare for a thunderstorm, you should do the following:
- To begin preparing, you should build an emergency kit and make a family communications plan.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

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## Facts about Thunderstorms

- They may occur singly, in clusters or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.
- Warm, humid conditions are highly favorable for thunderstorm development.
- About 10 percent of thunderstorms are classified as severe – one that produces hail at least an inch or larger in diameter, has winds of 58 miles per hour or higher or produces a tornado.

Continued on the next page



## Lightning Safety When Outdoors

IF YOU ARE:	THEN:
In a forest	Seek shelter in a low area under a thick growth of small trees.
In a open area	Go to a low place such as a ravine or valley. Be alert of flash floods.
On open water	Get to land and find shelter immediately.
Any where you feel your hair stand on end (which indicates that lighting is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over you ears and your head between your knees . Make yourself the smallest target possible and minimize your contact it the ground. DO NOT lie flat on the ground.



# World O! Water

World O! Water is a **FREE** annual event, aimed at educating the public about water conservation, quality and recreation. Come learn what you can do to ensure this invaluable resource is here for us to enjoy now and for future generations. Join us for:

Demonstrations ■ Science Experiments ■ Lunch ■ Games ■ Canoeing ■ Face Painting

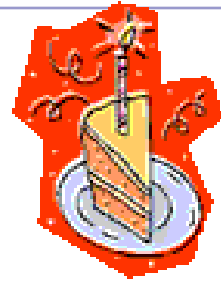
**SATURDAY, 7<sup>th</sup>** **NOON to 4PM**  
**SEPTEMBER** Rain Or Shine

Location: Papio-Missouri NRD at Wehrspann Lake, 8901 S. 154th Street, Omaha



[www.worldowater.com](http://www.worldowater.com)

# AUGUST 2013



**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

				1	2	<b>3 Division 33</b> Meeting and Coast Guard Birthday Celebration Lake Manawa, Site #6
4	5	6	7	8	9	10
11 QE at Dodge Park Starting at 1130	12	13	14	15	16	17
18	19 1930 hrs Flotilla 33-1 Meeting	20	21	22	23	24
25 Patrol - please con- tact Warren Koehler	26	27	28	29	30	31 Patrol - please contact Warren Koehler



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Patrol - please contact Warren Koehler	2 LABOR DAY	3	4	5	6	7 World O' Water - 1200 to 1600 at Wehrspann Lake
8	9	10	11	12	13 OPERATION	14 FOCUS
15 LENS PART 2	16 1930 hrs Flotilla 33-1 Meeting	17	18	19	20	21
22	23	24	25	26	27	28
29	30					