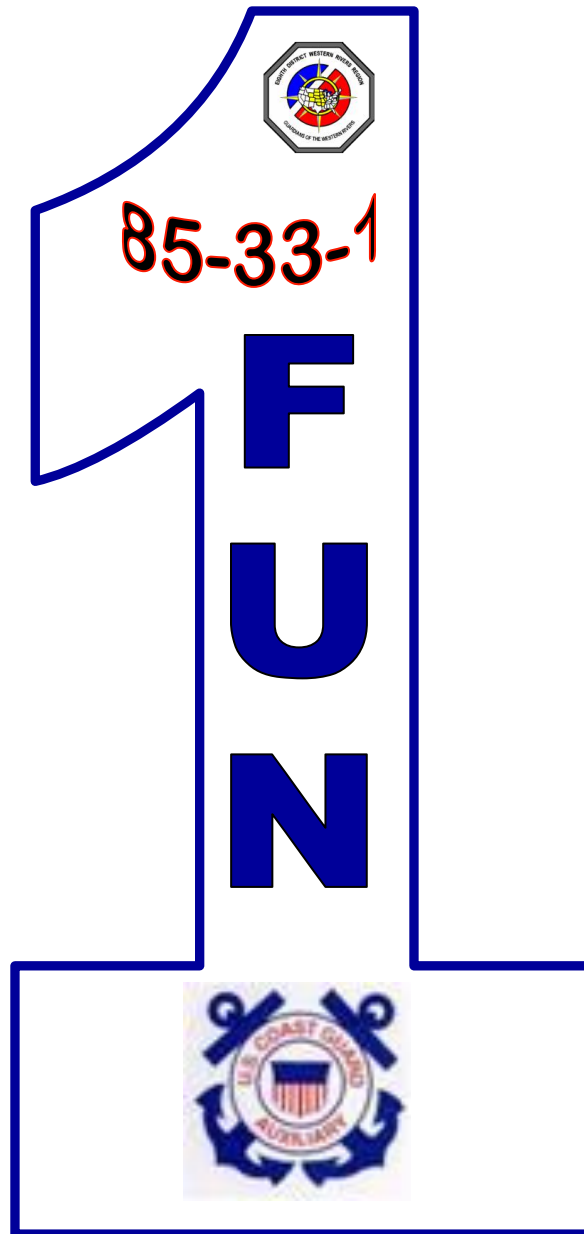


# “The Fun One”

VOLUME 5, NUMBER 5 MAY 2014



**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) -  
Barb Westcott  
Immediate Past Flotilla Commander (IPFC) -  
Barclay Stebbins  
Secretary (FSO-SR) - Barclay Stebbins  
Treasurer (FSO-FN) - George McNary  
Communications (FSO-CM) - James Miller  
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) - Dan Groenendyk  
Publications (FSO-PB) - Barb Westcott  
Public Education (FSO-PE) - Richard Goble  
Human Resources (FSO-HR) - Richard Goble  
Program Visitor (FSO-PV) - Dan Groenendyk  
Vessel Examiner (FSO-VE) - Dan Groenendyk

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Guard Auxiliary 8th Western  
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necessarily 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

3 May	Life Jacket Fitting at Cabela's
10 May	Boating Safety Class
17 & 18 May	Display @ Cabela's in La Vista
17 - 23 May	Safe Boating Week
26 May	Boating Safety Class
7 Jun	Flotilla Steak Fry at Goble's

**See the calendars and check our website  
for possible patrol dates and other changes**

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**Want to see more pictures?  
Please remember to check out the website at:  
[http://wow.uscgaux.info/WOW\\_signin.ph](http://wow.uscgaux.info/WOW_signin.ph)**



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## **FLOTILLA COMMANDER'S MESSAGE**



### **MAY 2014**

**As the old saying goes, April showers bring May flowers, as a result the darn things should be blooming all over the place by the time you read this. Unfortunately many of our citizens have been affected by the storms currently going on. Which brings me to the Coast Guard's Motto of "Simper Paraitis." Keep a "weather eye" out and remember that we must play by Mother Nature's rules and she is a harsh task mistress. Have a safe place at home to get to. If you are out on patrol, be aware of your surroundings and what the weather may be trying to surprise us with. We all joined this fine organization for a lot of reasons; among them to help our fellow citizens. In order to do that we must be prepared. "Nuff" said. Please contact Warren with your availability for patrol duties so that he can get a schedule out by our next meeting. We also need to schedule several QEs for members as well as on-water training. It should be a busy month.**

**Stay safe!**

**Jim Westcott FC  
8WR 33-1**



Pictures of the Gasconade taken April 28, 2014 on the Missouri River  
by Dan Groenendyk



## How do you build a first aid kit for your pet?

By [Janet Tobiassen Crosby, DVM](#)

First Aid Kit

**Question:** How do you build a first aid kit for your pet?

**Answer:** A pet first aid kit is the first step in being prepared should an animal emergency happen. It is also a hard question to answer because I don't think there is a "one-size-fits-all" answer.

While there are many pre-made kits that may be purchased for pets ([view/compare prices](#)), building your own kit, or adding to a pre-made one, may be the best way to have a kit customized for your pet's lifestyle and needs.

There are, however, first aid items that are necessary for any kit, which I will list here. I have included a description of each item to help with your kit choices. For building a pet-specific first aid kit, please see the tips at the end of this FAQ.

### Items to Include in Your first aid Kit

- **Scissors** - for cutting out things matted in fur, freeing your pet from entanglements.
- **Sterile eye wash** - make sure it is eye wash, not contact lens solution.
- **Tweezers** - to remove splinters, or other foreign materials from wounds.
- 
- **Tick remover tool** - if you are in a tick-infested area, consider one of many tools to easily remove ticks and reduce additional damage or infection during removal. My review of the [Tick Twister](#) Tool. [\\*View and compare prices](#) on tick remover tools
- **Ear wash** - speak to your vet about what one would be best for your pet.
- 
- **Toenail trimmer** and styptic pencil - for [torn toenails](#). Cornstarch also works for torn nails, but not for skin wounds.
- [QuikClot](#) or similar - to stop bleeding (wounds).
- **Tape** - preferably the 1" white medical tape. Easy to tear off and holds well.
- **Roll Gauze** - used for bandaging, an aid to stop bleeding, and padding for splints.
- **Vet Wrap** - this is a conforming bandage wrap used over a telfa pad or roll gauze that comes in many colors and two sizes (2" and 4" - pick one that best fits your pet). It clings to itself and is semi-watertight. Caution is advised to not wrap this too tight. It is best to unwrap it from the roll, then use it for the bandage with very light tension. It can be purchased at many

[Continued on the next page](#)

- **Telfa pads** - non-stick dressings for bandaging a wound.
- 
- **Bandage Scissors** - these scissors have a blunted blade to easily slip between skin and bandage material and not cut the patient's skin.
- **Antiseptic wash or wipes** - look for non-stinging preparations such as chlorhexidine or betadine. Rubbing alcohol is not good for open sores or wounds.
- **Antibiotic ointment** - over-the-counter "general purpose" antibiotic ointment for light use with minor skin wounds. Not for eye use. Caution is advised for animals that may ingest by licking. The antibiotics are absorbed via the skin, remaining ointment may collect debris or actually slow healing in some cases. Use with discretion.
- **Vet-prescribed pain relief (NSAID)** - speak to your vet about obtaining as-needed first aid kit pain relief. Do not use human prescription or over-the-counter pain medications for pets. *Some medications, like Tylenol, are poisonous and may be fatal to pets.*
- **Latex or plastic exam gloves** - for your protection and your pet's protection - use when the situation is messy
- **A muzzle** - or materials to make a muzzle. Even the most well-trained animals [may bite](#) when injured or afraid.
- **Thermometer** - know the normals for [dog](#) and [cat](#) vital signs and how to use the thermometer.
- **Water-based lubricating jelly** - for use with rectal thermometers.
- **Ice and hot packs** - cool down skin after a burn or keep an animal warm if hypothermic. Always use a cloth between the pack and skin and check frequently for redness or irritation.
- **Extra towels, wash cloths and a blanket** - use for washing, keeping warm/cool, and if necessary, a way to transport the injured pet (sling).
- **[Diphenhydramine \(aka Benadryl\)](#)** - for stings and allergic reactions - speak with your vet first about proper dosing.
- **Syringe or large eye dropper** - to flush wounds or administer fluids by mouth.
- **A list of phone numbers** - your regular vet, the emergency vet, animal control, and animal poison control numbers. *Another tip:* [program these numbers in your cell phone](#).
- **A sturdy box** - ideally plastic or metal - to hold all of your supplies and is easy to carry and pack with you will complete your kit.

**Take a pet first aid class** - check with your veterinarian, community college or the [Red Cross](#).

Continued on the next page

**Read pet first aid or animal health books** - also a good idea to include one in the kit. *Related:* Book Reviews - [The Complete Healthy Dog Book](#) and [Speaking for Spot](#).

### **Customizing A First Aid Kit for *Your* Pet**

Different species, age groups, and pet lifestyles have different first aid kit needs. For example, a ferret or diabetic pet kit should include honey or Karo syrup in the event of a low blood sugar episode. Pets who take medications regularly should have a couple days supply of all current medications (be sure to rotate meds to make sure they don't expire). A back country or hunting dog kit may also include a meta-splint in the event of a broken leg.

Your veterinarian can help you customize a first aid kit to meet your pet's additional medical needs.

### **Building a First Aid Kit Isn't Enough**

Purchasing or building a kit is a great first step, but won't be a lot of help in the event of an emergency if you are not familiar with how and when to use the items. I would highly recommend any or all of the following to be prepared in the event of an emergency:

**Take a pet first aid class** - check with your veterinarian, community college or the [Red Cross](#).

**Read pet first aid or animal health books** - also a good idea to include one in the kit. *Related:* Book Reviews - [The Complete Healthy Dog Book](#) and [Speaking for Spot](#).

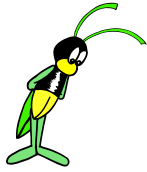
**Use the [Jive Media iPhone app for Pet First Aid](#)** or similar (there are several) - to familiarize yourself and have "on hand" at all times.

**Familiarize yourself with pet emergency clinics** - in your area and to places you travel to. *Related:* [Book Review - Pet ER Guide](#)

Being prepared in the face of an emergency is calming and helps ensure the health and safety of your pets. Stay safe out there.







# ***BY THE INFORMATION BUG***

## **MAY Notes**

### **DO YOU HAVE AN EMERGENCY DISASTER PLAN?**

Information provided by the Bellevue Medical Center

Natural Disasters and other emergencies can take you by surprise. They can strike suddenly, anywhere or anytime. You can help your family be prepared for the worst by doing some advanced planning.

“People who come out of emergencies the best are the ones who have put response plans in place ahead of time,” says Amber Tyler, MD, a family practitioner at Bellevue Medical Center who has advanced training in disaster medicine. “This is especially important for families with small children.”

Dr. Tyler suggests that you include the following steps in your home emergency plan:

- Decide where everyone is going to meet in an emergency. You should have a place to meet outside of the house in case of a fire and inside the home for a tornado.
- Have several alternate escape plans in case the front door is not accessible.
- Identify a place to meet outside of your neighborhood if you are not able to return home or if you are asked to evacuate. Identify responsibilities for each member of the family.
- Choose an emergency contact person who lives outside of the area.
- Keep an emergency preparedness kit on hand. This should include items such as bottled water, nonperishable foods, hand sanitizer, flashlight, cell phone charger, battery-operated radio, land-line corded phone if electricity is out, blankets, clothing and first aid kit. Also include a 30-day supply of any critical medications, such as those for diabetes or heart disease, or an EpiPen for asthma or severe allergies.
- Include pets in your planning. Have special pet foods, medications and vaccine records easily accessible. If you have to go to a public evacuation area, your pet won't be allowed in without the proper tags and proof of vaccinations.
- Keep a carbon monoxide detector in your home as well as several easily accessible fire extinguishers.

Another thing you can do to keep your and your family safe and healthy during an emergency situation is to keep vaccines such as influenza and tetanus up-to-date.

And lastly, practice your plan with the whole family. “Everyone should know what their responsibilities are and how to get to safety,” says Dr. Tyler. “Planning ahead is key and can make a big difference in your outcome.”



# May 2014



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Life Jacket Fittings at Cabela's 1000 - 1600
4	5	6	7	8	9	10 Boating Safety Class @ CQuence Health Services 0900-1600
11	12	13	14	15	16	17
18	19 1930 hrs Flotilla 33-1 Meeting	20	21	22	23	24 Boating Safety Class @ Cabela's La Vista 0900-1600
25	26	27	28	29	30	31

# JUNE 2014

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 <b>Summer Steak Fry &amp; meeting @ Goble's</b>
8	9	10	11	12	13	14
15	16	17	18	19	20	21 <b>Boating Safety Class @ CQuence Health Services 0900-1600</b>
22	23	24	25	26	27	28 <b>Boating Safety Class @ Valley Marine 0900-1600</b>
29	30					