

“The Fun One”

VOLUME 7, NUMBER 6 JUNE 2016



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

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Flotilla Commander (FC) - Barb Westcott
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James Miller
Immediate Past Flotilla Commander (IPFC) -
Jim Westcott
Secretary (FSO-SR) - Jean Goble
Treasurer (FSO-FN) - George McNary
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Communication Services (FSO-CS) -
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Information Services (FSO-IS) -
Barclay Stebbins
Diversity (FSO-DV) Shane Wilson
Materials (FSO-MA) - Bernie McNary
Marine Safety (FSO-MS) - Shane Wilson
Aids to Navigation (FSO-NS) - Shane Wilson
Member Training (FSO-MT) - George McNary
Operations (FSO-OP) - Warren Koehler
Public Affairs (FSO-PA) - Jim Westcott
Publications (FSO-PB) - Barb Westcott
Public Education (FSO-PE) - Richard Goble
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Vessel Examiner (FSO-VE) - Dan Groenendyk

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

SCHEDULE OF EVENTS

14 June	Flag Day
19 June	Father's Day
18 June	Flotilla Meeting & Picnic
04 July	Independence Day
18 July	Flotilla Meeting

**See the calendars and check our website
for possible date changes**

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**Want to see more pictures?
Please remember to check out the website at:
http://wow.uscgaux.info/WO_W_signin.php**



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FLOTILLA COMMANDER'S MESSAGE



JUNE 2016

Boating season has begun and our patrols are underway, we are also involved in several public affairs events in the next few months. With busy weekends, fun events, and vacations all happening soon, remember to take time to take care of yourself and have fun.

It is with mixed emotions that the members of our flotilla say "safe voyage" to Dan Groenendyk and his family as he moves back to Michigan. We all know that he will be highly involved in the Auxiliary in that area. We wish Dan and his family the best.

Stay Safe

Barb

Barb Westcott FC
8WR 33-1



Dan Groenendyk, FSO-VE/PV, spent a day talking to the preschool children at Walnut Creek Elementary School in Papillion, NE. The teachers and parents of the children gave permission to post these pictures.

Photos taken by unknown



Secretary Johnson Announces New DHS Mission Statement

Source: Official website of the Department of Homeland Security

I am pleased and proud to release to the public today our new mission statement for the Department of Homeland Security:

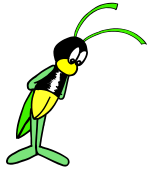
“With honor and integrity, we will safeguard the American people, our homeland, and our values.”

This statement is intended to reflect the views and the values of our employees, and to be in their voice, not mine. Almost 3,000 of our people answered my call for ideas for our mission statement, and we received many thoughtful answers. Across all components, the three words most often invoked in the submissions were “honor,” “integrity,” and “safeguard.” These words are contained in the statement. The word “values” was included to reference, among other things, our missions to preserve and promote this Nation’s immigrant heritage and humanitarian spirit, as well as the freedoms and civil liberties we must balance and preserve in the pursuit of our security mission. We wanted to limit the statement to one sentence.

In the development of this statement, I was pleased to consult all three former Secretaries of Homeland Security.

This statement is intended for all our components and all our approximately 226,000 personnel across the entire Department. My hope is that our people will see it as the capstone of our Unity of Effort initiative, and our unifying mission statement for now and long after I am Secretary of Homeland Security.





BY THE INFORMATION BUG

By Barb Westcott

JUNE NOTES

<https://www.ready.gov/heat>

Extreme Heat



Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

Continued on the next page

Before Extreme Heat

To prepare for extreme heat, you should:

To begin preparing, you should build an emergency kit and make a family communications plan.

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.

Get trained in first aid to learn how to treat heat-related emergencies.

Know the Terms

Familiarize yourself with these terms to help identify an extreme heat hazard:

Heat Wave - Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

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Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke - Another term for heat stroke.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

During Extreme Heat

What you should do if the weather is extremely hot:

Listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.

Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

Continued on the next page

- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Avoid extreme temperature changes.

Check on your animals frequently to ensure that they are not suffering from the heat. Go to a designated public shelter if your home loses power during periods of extreme heat. Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).

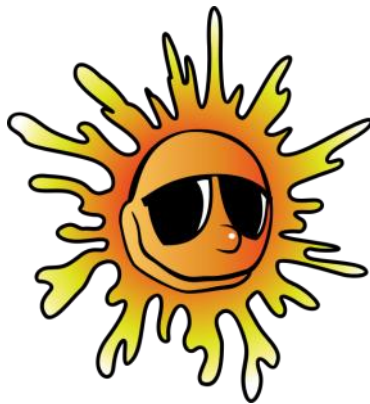
Resources

[American Red Cross](#)

[National Integrated Drought Information System](#)

[Center For Disease Control and Prevention](#)

[Extreme Heat Safety Social Media Toolkit](#)



June 2016



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 Flotilla Picnic 
19 Happy Father's Day	20 No Flotilla Meeting 	21	22	23	24	25
26	27	28	29	30		

July 2016



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 Flotilla 33-1 Meeting Forty & Eight Club	19	20	21	22	23
24	25	26	27	28	29	30
31 						