

# “The Fun One”

VOLUME 8, NUMBER 8, AUGUST 2017



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

## FLOTILLA 33-1 OFFICERS

Flotilla Commander (FC) - James Miller  
Vice Flotilla Commander (VFC) - Jim Westcott  
Immediate Past Flotilla Commander (IPFC) -  
Barb Westcott  
Secretary (FSO-SR) - Jean Goble  
Treasurer (FSO-FN) - George McNary  
Communications (FSO-CM) - James Wolfe  
Communication Services (FSO-CS) -  
Barb Westcott  
Information Services (FSO-IS) -  
Barclay Stebbins  
Diversity (FSO-DV) - Jim Westcott  
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) - James Miller  
Human Resources (FSO-HR) - Richard Goble  
Program Visitor (FSO-PV) - James Wolfe  
Vessel Examiner (FSO-VE) - Doug Wells

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

## SCHEDULE OF EVENTS

19 August	Boating Safety Class
04 August	US COAST GUARD DAY
19 August	Boating Safety Class
21 August	Flotilla Meeting
09 September	World 'O Water

**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/WOW\\_signin.php?](http://wow.uscgaux.info/WOW_signin.php?unit=)  
[unit=](http://wow.uscgaux.info/WOW_signin.php?unit=)**



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## FLOTILLA COMMANDER'S MESSAGE



### Commander's Note August 2017

Shipmates, it's been a busy summer so far and we still have half of it to go.

We have two members going to Camp Dodge to complete their 3-year qualification and another member completing his 3 year qualification locally. We have one member in West Virginia representing the Coast Guard Auxiliary at the National Boy Scout Jamboree. We've provided safety briefings for about a 100 scouts as they begin their Tri-State High Adventure canoe trip down the Missouri River.

It's been a lot of work, volunteer work. It's been a commitment of lots of hours for many members. And yet there is still more we can do. There are vessel safety checks, and Partner Visits we can perform. World of Water is coming up. As the boating season begins to wind down, opportunities for PA events will materialize. And it would be great to be able to represent the CG Auxiliary in different venues than we are used to. How about Holiday Boutiques? How about going to the VA Hospital and share some of our opportunities with the veterans? The opportunities are only limited by our imagination.

August 5th we will enjoy fellowship with the crew of the Gasconade. If you plan to attend, please let me know how many will be attending. I need your RSVP by July 30 because I have to give the number to the Division Commander on the 31st. And volunteers are needed to help set-up and tear down. This is an opportunity to bond with the gold side.

I've asked a lot of you all and you've stepped up. I couldn't be more proud of the accomplishments Flotilla One has made so far this year. You are an awesome group of individuals. I can't thank you enough for all you have done.

Until next month.  
James Miller, FC  
085-33-01





# THE DIVERSITY MINUTE

By Jim Westcott, VFC, FSO-DV/PA

## Diversity: a little word with a huge impact

But what does it mean? It can mean many things to many people however; I ask, what does it mean to you?

Good question isn't it! I have no intention, nor desire, to speak for anyone other than myself. To me diversity means seeing. Yes we all look but do we see. Are we seeing the potential in our fellow human-being? So, yes, my fellow shipmates, we have to look and observe the person in order to see the potential hidden inside.

Could a person in a wheelchair make a viable member on board an auxiliary vessel as crew? Perhaps, however he/she just might make the best public education presenter in your flotilla. Likewise that strong robust person that can tie a bowline blindfolded may get flustered in front of a classroom. I wouldn't put a person with a speech impediment into the communications program but they just may make an excellent vessel examiner. Remember that we ALL have strengths AND weaknesses.

Look past those things that we perceive as a weakness, and nurture those positive things that the person has to offer. As a result our Auxiliary will grow. As a result, each and every one of us will reap the benefits, thus making the Coast Guard, the Auxiliary and ourselves the better for it.



## 2017 Division 33 Picnic w/Gasconade Coast Guard Day Celebration

Saturday, August 5, 2017

Picnic 11:30 - 16:00

Coast Guard Station Omaha

9800 JOHN J. PERSHING DRIVE  
OMAHA, NE 68112-1503

Join in the food, fun, and fellowship. We will  
have a bounce house, and other fun activities.

Family and Friends Welcome!

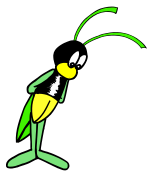
Hamburgers, Hot Dogs, Brats,

Chips, Soda/Water, provided at No Cost  
Auxiliarist provide: Appetizers and dip,  
Side Dish to share, Fruit or Dessert, BYOB.

RSVP not later than July 30, 2017 to your FC.  
FC's to DCDR McNary - [gmcnary@creighton.edu](mailto:gmcnary@creighton.edu) by 7/31



**Alcoholic beverages are BYOB**



# ***BY THE INFORMATION BUG***

*By Barb Westcott*

## ***AUGUST NOTES***

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

### **Key Safety Tips**

- 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.
- Never leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- 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. Stay on the lowest floor out of the sunshine if air conditioning is not available.

Check the weather/listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

### **Safety Tips If You Have To Go Outside**

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- 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 sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

Continued on the next page



## Additional Safety Tips

- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages.
- Avoid extreme temperature changes.
- 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.

Download the [FEMA App](#) for heat advisories and safety tips.

Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).

## Safety Tips Before Extreme Heat Arrives

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Know those in your neighborhood who are older, 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.

## Tips To Prepare Your Home

- 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.

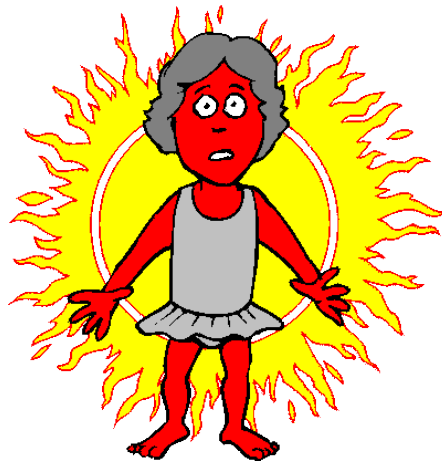
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## Heat Related Terms

**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.
- **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).





# August 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 US COAST GUARD DAY	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 
20	21 Flotilla 33-1 Meeting Forty & Eight Club	22	23	24	25	26
27	28	29	30	31		

# September 2017



**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

					1	2 
3	4	5	6	7	8	9 WORLD 'O WATER 
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