

# “The Fun One”

VOLUME 12, NUMBER 7, JULY, 2021



**The 2017 Winner of  
the 8th Western Rivers Region  
"Best Flotilia Newsletter" Award**



**Omaha Ne Flotilla  
2500 Bellevue Medical Center Drive  
Bellevue, NE 68123  
Conference Room D**

## FLOTILLA 33-1 OFFICERS

Flotilla Commander (FC) - James Wolfe  
 Vice Flotilla Commander (VFC) - Barclay Stebbins  
 Immediate Past Flotilla Commander (IPFC) - Jim Westcott  
 AUX Scout - Warren Koehler  
 Communications (FSO-CM) - Jim Westcott  
 Communication Services (FSO-CS) - Barb Westcott  
 Diversity (FSO-DV) - Jim Westcott  
 Treasurer (FSO-FN) - George McNary  
 Human Resources (FSO-HR) - Jim Westcott  
 Information Services (FSO-IS) - Barclay Stebbins  
 Materials (FSO-MA) - Bernie McNary  
 Marine Safety (FSO-MS) - Doug Ives  
 Member Training (FSO-MT) - Warren Koehler  
 Aids to Navigation (FSO-NS) - Shane Wilson  
 Operations (FSO-OP) - Barclay Stebbins  
 Public Affairs (FSO-PA) - Jim Westcott  
 Publications (FSO-PB) - Barb Westcott  
 Public Education (FSO-PE) -  
 Program Visitor (FSO-PV) - Cannon Kinchelow  
 Secretary (FSO-SR) - Barclay Stebbins  
 Vessel Examiner (FSO-VE) - Cannon Kinchelow

## SCHEDULE OF EVENTS

04 July	Independence Day
10 July	Flotilla Meeting & Fellowship
24 July	Division Meeting & Fellowship at the Narrows Park in Iowa
16 August	Flotilla Meeting

**8WR DISTRICT MONTHLY TRAINING  
 LOOK AT THE  
 DISTRICT CALENDAR ON THE  
 WOW WEBSITE TO FIND THE DATES**

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

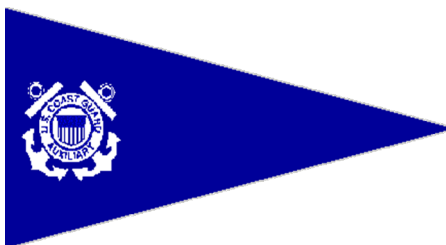
**Please remember to check out the  
 website at:**

<http://a0853301.wow.uscgaux.info>



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## FLOTILLA COMMANDER'S MESSAGE



### *Commander's Notes July 2021*

Our Flotilla has been approved for the following activities for the month of July PV, VE, PA and PE. We have also been approved for our Summer Social and meeting on July 10. At the time of this printing, operations is also considering an activity.

We are actively looking for a location for to hold a PE class, please let me know if you have any suggestions. Please keep this in mind for a place to hold our regular monthly meetings.

I have been informed that occasionally people that are interested in joining the Auxiliary have not been contacted back, Fortunately that is not the case in our AOR. If you have been approached by anyone that is interested to join or even learn more about our Flotilla or the Auxiliary in general, please forward their information to our FSO-HR (Jim Westcott) who will be contacting them.

Thanks to all of you.

BZ to all.

Jim Wolfe FC 085-33-01



# THE DIVERSITY MINUTE

Barb Westcott, DCDR, SO-PB, FSO-CS/PB

This information was printed in the "Diversity Matters" Newsletter

## Unity in Diversity

**Asian and Pacific Islander History Edition**

By William H. Thiesen



Asian-American men and women have participated in the U.S. Coast Guard for over 165 years, playing an important role in the history of the service and its predecessor services.

Cultural contact with Asian peoples came only as the nation's borders expanded to the Pacific Rim. The first documented case of an Asian man serving aboard a Coast Guard asset took place in 1853, when the San Francisco-based cutter Argus rescued the lone survivor of the dismantled junk Yatha Maru, fed and clothed him, and enlisted him into the crew. The cutter's commanding officer, Lt. William Pease, phonetically spelled this first Asian recruit's name as "Dee-Yee-Noskee."

Cutter muster roles tell the rest of the story of Asian participation in the 19th century. Ethnically Asian names begin to appear on cutter muster rolls just after the Civil War. Expanded revenue cutter operations in the Pacific and the purchase of Alaska in 1867 presented an opportunity for more Chinese, Japanese and Filipino men to enter the rolls on West Coast cutters. As with other minorities, these men initially filled positions in food service or non-ranking enlisted rates. By the end of the century, virtually every Pacific-based cutter employed Asian crew members.

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Two notable Asian service members defied the West Coast pattern and enlisted on the East Coast. Chiaio-shung Soong emigrated from China to Boston as a teenager to work in his un-cle's teashop. Dissatisfied with this work, Soong enlisted aboard the cutter Schuyler Colfax in 1879 and transferred to the North Carolina-based cutter Gallatin a year later. After his brief career in the U.S. Revenue Cutter Service, Soong attended Duke and Vanderbilt universities before returning to China as a missionary. In addition, April 1904 saw 37-year-old F. Miguchi, of Kobe, Japan, enlist as a cook aboard the cutter Gresham. Before he left the service in December 1905, he had advanced in rate from ship's cook to wardroom steward; saved the life of a drowning cutterman; and received the first Silver Lifesaving Medal awarded to a minority Coast Guardsman. Little else is known about Miguchi and even his first name remains a mystery to this day.

Wars in the Pacific had a major influence on Asian-American service in the Coast Guard. During the late 1800s and early 1900s, Asian recruits continued to serve mainly on cutters based out of the West Coast. However, the 1898 Spanish-American War altered the service's recruiting and the early 1900s saw countless Asian enlistments from captured territory, primarily the Philippines. After the 1941 attack on Pearl Harbor, Hawaii, Japanese-Americans were excluded from participating in the Coast Guard bringing to a temporary close an 85-year record of ethnically Japanese service members. That policy was later rescinded and Japanese-Americans returned to the service.

During World War II, Filipinos comprised the largest Asian group to serve in the Coast Guard. Native Filipino Florence Finch worked for Gen. Douglas MacArthur's intelligence office before the Japanese invasion of the Philippines. After the fall of the island nation, she smuggled supplies to American prisoners-of-war and Filipino guerrillas.

The Japanese arrested Finch, but American forces freed her in early 1945 and she boarded a Coast Guard-manned transport bound for the U.S. She next enlisted in the Coast Guard Women's Reserve, or SPARs, becoming the first Asian-American woman to don a Coast Guard uniform.

Asian-Americans were also the first minority graduates of the Coast Guard Academy. In 1949, Chinese-American Jack Ngum Jones became the first minority officer to graduate from the Academy. Native Chinese Kwang-Ping Hsu graduated from the Academy in 1962. He was the first foreign-born Academy graduate and one of the Coast Guard's first minority Coast Guard aviators, flying missions primarily in the Arctic and Antarctic.

The year 1980 saw Japanese-American Moynee Smith become the first minority female graduate of the Academy. In 1986, Hung Nguyen became the first Vietnamese-American graduate of the Coast Guard Academy.

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Recent decades have seen Asian-American service members enter senior officer and enlisted levels in all branches of the service. For example, 1958 saw Manuel Tubella transfer from the Marine Corps to become the service's second minority aviator and advanced to the rank of captain. In 2013, Rear Adm. Joseph Vojodich became the Coast Guard's first Asian-American flag officer and, in 2016, Rear Adm. Andrew Tiongson became the service's second Asian-American flag officer.

For over 165 years, thousands of ethnically Asian men and women have served with distinction in the U.S. Coast Guard. They have been diligent members of the long blue line and they will play an important role in shaping the service in the 21st century.

# Unity in Diversity





## INFORMATION BUG JULY 2021

The information for this article can be found at:

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

### **14 Symptoms Of Heatstroke Everyone Should Know About LittleThings.com**

Summer is the season to enjoy the great outdoors — swimming, camping, or [relaxing on the beach](#). And although it seems like fall is just around the corner, we still have a while to go before the weather really cools down. Spending time in the sun can be fun, but hot weather can sometimes lead to heatstroke, a potentially deadly condition.

When temperatures are 90 degrees or higher and the humidity is 60 percent or higher, you can take some simple steps to [avoid](#) heatstroke: Avoid going outside in the hottest part of the day (usually 12 to 4 p.m.); wear light-colored, loose-fitting clothing and a hat; and drink plenty of fluids.

Even if you follow these steps, you can still experience a heat-related illness. Observe your body for any symptoms of heatstroke, and seek immediate medical attention if you experience anything unusual. If you aren't sure of the symptoms, read on to find out major signs of heatstroke and how to relieve them.

### **Heatstroke Symptoms**

#### **1. Headache**

After a long day in the sun, you might experience a [throbbing headache](#). According to the National Weather Service, drinking plenty of noncaffeinated, nonalcoholic fluids when in excessive heat can help prevent a heat-related illness. So any time it's really hot, you should keep a bottle of water handy!

#### **2. Dizziness and Light-Headedness**

Dizziness is a common sign of heatstroke. Stop all activity and move to a cooler place if you are feeling dizzy and light-headed.

If you can't find a cooler area, find someplace shady to rest. Take off any excess clothing and try to cool down your body temperature in any way you can — cool water, fans, and ice packs are all great options.

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### 3. Lack of Sweating or Excessive Sweating

Sweating is a [way](#) for the body to cool down. The [Mayo Clinic](#) explains: "In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist."

Make sure your body is able to sweat by wearing loose-fitting clothing when exercising outside. If you are excessively sweating or not sweating despite feeling warm, move into the shade and drink fluids.

### 4. Red Skin

If your skin becomes red and hot to the touch, your body is trying to cool itself down by directing blood flow to the skin. The [Centers for Disease Control and Prevention](#) recommends taking a cool bath and calling emergency services if your skin does not return to normal after one hour.

### 5. Rapid Heartbeat

Rapid heartbeat is another sign that your body is pumping extra blood to cool the skin. "This leaves less blood for your working muscles and, as a result, your heart pumps faster," [says](#) Dr. Carly Day of the Cleveland Clinic.

### 6. Rapid, Shallow Breathing

Rapid and shallow breathing can be a sign you are experiencing heatstroke, [explains](#) the Mayo Clinic. You could be at an increased risk for heatstroke if you take certain medications or suffer any chronic illnesses. Consult with your doctor to check if you should take extra precautions in hot weather.

### 7. Confusion or Disorientation

Any change in mental behavior, such as [confusion](#) or feeling disoriented, could indicate heatstroke. If someone is experiencing confusion, do anything you can to cool the person immediately, such as fanning the air around the person with your hands.

### 8. Slurred Speech

[Slurred speech](#) is another symptom to watch for. If someone you know suddenly can't get words out clearly, it's never a good sign.

**Call 911 immediately** if you or someone you are with is unable to speak clearly.

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## 8. Slurred Speech

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**Call 911 immediately** if you or someone you are with is unable to speak clearly.

## 9. Agitation or Irritation

A person with heatstroke can become easily agitated or irritated. If someone seems to be unusually angry after spending time in the sun, try to cool that person off. [Remove](#) any excess clothing the person is wearing, including shoes and socks, to cool down the body temperature.

## 10. High Temperature

The [main symptom of heatstroke](#) is when a person's body temperature reaches 104 degrees. If you suspect someone is suffering from heatstroke, even if other symptoms are not present, take that person's temperature immediately.

## 11. Trouble Walking

Trouble walking is another sign of the body working overtime to cool down. When the temperature is extremely high, [move](#) to an air-conditioned facility instead of relying on fans, if possible.

## 12. Nausea or Vomiting

If you feel nauseous or you vomit while outside in the heat, you could be suffering from heatstroke. If possible, [avoid](#) outside activity during hottest part of the day (12 to 4 p.m.) when temperatures and humidity are high.

## 13. Pinpoint Pupils

Pinpoint (or constricted) pupils are a serious sign of heatstroke, [according](#) to Dr. Luan E. Lawson of the Brody School of Medicine. **Immediately call 911** if you notice someone in this condition.

Continued on the next page

## 14. Loss of Consciousness

The most extreme symptom of heatstroke is losing consciousness. **Call 911**, then put [cool compresses](#) on the person's head or neck, keeping the head elevated while you wait for emergency services.


Victims of heatstroke often don't realize they are experiencing it until their symptoms progress to needing medical attention. Be observant of symptoms in yourself and those around you in hot, humid weather.

Heatstroke is easily avoidable if you drink plenty of fluids and avoid physical activity in extreme heat. Enjoy the warm weather and be careful!



# July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 	5	6	7	8	9	10 Omaha Flotilla Meeting and Fellowship
11	12	13	14	15	16	17
18	19 Omaha Flotilla Meeting	20	21	22	23	24 Division Meeting and Fellowship
25	26	27	28	29	30	31

**MOVED TO**

# August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 USCG 231st Birthday	5	6	7
8	9	10	11	12	13	14
15	16 Omaha Flotilla Meeting	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				