

U. S. Coast Guard Auxiliary

FLOTILLA 3-10

Callao, Virginia



Division 3, 5th Southern

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***Boating
Safety***
**Advocate
Newsletter**

May/June, 2018

BRIDGE TALK

Honoring Those Who Gave Their All

We are in the midst of celebrating of what I feel is the most important holiday of the United States, Memorial Day. The day we remember, and honor all those who gave their lives in order that we may enjoy ours. As a refugee who came to this great country at the age of seven years, along with my parents and two brothers, in order to escape the horrors of the war in Europe during the 1940s, I do remember that era very well. I remember the United States soldiers who delivered fresh baked bread to our Displaced Persons (DP) Camp, along with Red Cross and care packages. For we had nothing, save the clothes on our backs, which we were

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made to swap with one another, after each washday, to make us feel we had more. I remember the air raids day and night. After five years in the DP Camps we finally obtained passage to the United States. I will always remember my first sight of the Statue of Liberty as we entered into New York harbor. Again, at the receiving hall were United States soldiers offering me a Milky Way candy bar. Probably to this day, the best tasting candy bar I have ever had. My family was able settle in the new home land, acquiring good educations, careers and now retirement. However, I will never forget the Liberty Ship, USS

General Greely, that brought us to the USA on March 3, 1950. My thoughts have always been, that we were able get passage on her because the soldiers who were delivered to Europe on her had given their very best in Europe. God bless them and God bless the United States. May everyone remember MEMORIAL DAY.

Respectfully,
Andris Baltins, FC



**A PROUD
TRADITION -
A WORTHY
MISSION -**



Division 3 Quarterly Meeting

On May 5 Division 3 held it's quarterly meeting at Osborne Landing on the James River where two boat training was conducted. Along with members of Division 3 in attendance were Commander May USCG 5th Southern DIRAUX and Commodore Adams, Coast Guard Auxiliary, 5th District SR. Commander May explained to all how hard his staff was working to get everything caught up and all paperwork, awards, etc. out in a timely manner. Commodore Adams discussed the members who are inactive and how they are negatively impacting the Division as well as the Auxiliary. After the meeting, and lunch, the training began on the river. By Ed Gray



6 Essential Stand Up Paddleboard Safety Items That You Should Never Be Without

1. Life Jacket or PFD (personal flotation device)

Coming in at number one on our list is [a life jacket or personal flotation device](#). Far too many paddlers overestimate their swimming abilities and disregard this basic safety item, but a life jacket or PFD is something that you should never, ever leave behind when paddling out.

When it comes to flotation, most paddlers typically use a traditional life jacket or inflatable belt PFD when paddling. Both styles have distinct pros and cons, and the one that you ultimately choose will depend largely on paddling conditions and personal preference.

Life jackets are a great choice for the simple fact that they're inherently buoyant and don't require any action on the part of the paddler to activate. You also won't have to worry about purchasing replacement CO2 cartridges, which can be a bit expensive. Of course, the downside to life jackets is the fact that they are bulkier and can be uncomfortable or even interfere with your paddling stroke.

2. SUP Leash

A [paddle board leash](#) is another critically important piece of safety gear, and they're so lightweight and comfortable that you'll never even know you have one on.

SUP leashes prevent you from becoming separated from your paddle board — something that can happen in a split second if you're dealing with windy, choppy conditions and a strong current. This type of mishap can prove to be deadly if you're far offshore, and it

can easily be avoided by simply wearing a leash.



Photo from Unsplash.com

3. Safety Whistle

A SUP [safety whistle](#) is an important little accessory to have on hand in the event that a rescue situation arises. Having the ability to call for help when an emergency arises can save lives. Another reason why you should always have a safety whistle with you when you're out paddling is to warn or communicate with boaters. If a situation arises where a boater is unaware that you're nearby, a safety whistle will give you a way to alert them to your presence.

4. Quick Release Belt (for white water River SUP)

If you're going to be paddling in rivers, it's super important to wear a quick release belt release belt. Wearing a SUP leash around the ankle is one of the biggest river SUP mistakes that people make.

Rather than attach a SUP leash to your ankle, the velcro ankle cuff can be attached to your belt which features a quick release pull cord.

In the event that your leash becomes caught and you cannot break free, just pull the rip cord and the belt will come apart and separate you from the leash.

5. Waterproof Flashlight (if paddling after sunset)

For those times when you're out in the water after sunset with poor visibility, you'll need to bring along a waterproof flashlight. A powerful flashlight will give you the ability to safely alert others in low-light conditions, and it's also very important for nighttime navigation.

6. Sun Protection

Last but not least, protecting your skin from overexposure to the sun's powerful rays is something that might not come to mind when you think of SUP safety, yet it's a serious issue that everyone should take seriously. Protecting yourself with a hat, UPF 50+ rated swim shirt or rash guard, and waterproof sunscreen will help to prevent painful burns that can lead to big problems down the road.

Far from a passing fad, stand-up paddling is one of the fastest growing sports in the world. SUP has quickly emerged as mainstream and even being included in the conversation as a possible full-fledged Olympic sport.



Photo from Unsplash.com

Final Thoughts

We hope that you enjoyed our list of essential SUP safety items. Adding these accessories to your gear bag could prove to be a life-saving decision, and we encourage you to put the things that you learned from this article into immediate practice.

Written by Jason Paul published with permission from SUP Connect at supconnect.com



Spring Member Training

By Joe Riley

When the weather is rough, as it was this past winter and into spring, it is the ideal time to get mandatory training behind us and to re-boot our commitment to proficiency across the broad spectrum of Auxiliary missions.

The 2018 Vessel Examiner workshop was offered to all members as an on-line presentation or in person at a Flotilla function/workshop. Similarly, the Program Visitor Workshop was offered.

The National Operations workshop was required. It was first presented with supplemental Sector MD-NCR specific Navigations standards which were not presented at the Sector Hampton Roads workshops. Eventually it was authorized to present the Sector MD-NCR Navigation Standards to Flotilla members who typically patrol the Potomac River even if the members attended the SHR workshop. In the end, all members of Flotilla 3-10 were presented the full qualifying Operations workshop elements well before the June 30 deadline.

Initial/Recurrent (4 hour) and 1 hour Refresher Team Coordination Training (TCT) was provided to all Operations members, including those in training as crew. Presentations accommodated most members initially but were supplemented with presentations—including the mandatory Operations segments for our “snow birds”, including some from Flotilla 33 as well.

Two members, Charles Thomas and Phil Landry, were presented the Operations Mentor workshop which is required initially of all new Operations mentors and every odd-numbered year for all Operations Mentors.

Four members completed the new Basic Qualification II course (BQC II); this on-line course is available to all members and is recommended for veteran members and new members alike. For veteran members, there is so much one can forget. For new members, in the beginning, there is so much to learn. BQC II serves both groups of members.

TCT is undergoing significant change. There is a new on-line course, called “Introduction to Risk Management”, which introduces students to a new approach to assigning risk and benefits of surface operations in particular. Three members have completed the course.

Tom Panther completed the Vessel Examiner exam and will soon complete five supervised vessel examinations to become fully certified to conduct vessel exams to promote Recreational Boating Safety (RBS).

Linda Steele completed the Program Visitor exam and will soon complete two supervised visits to become fully certified to conduct Program Visits to promote RBS.

Linda Steele and Karen Whelan have undertaken extensive self-development to become proficient in their new offices as FSO-Publications and FSO- Communications Services.

Training doesn't stop just because summer is quickly approaching. Operational proficiency is kicking into high gear with qualifying crew training, two boat exercises, and getting ready for Qualification Examiner checkrides. The need for training NEVER stops. Nor do the opportunities for training, either sponsored or self-initiated.



Team Coordination Training April 2018

May Member Achievement Awards

Linda Steele received her “IQ” status certificate

The following members received the Coast Guard “Sustained Auxiliary Service Awards”:

- Andris Baltins, Second Award, 1500 cumulative hours
- Salvatore Puglisi, Third Award, 2250 cumulative hours
- Alvin Lynn, Fourth Award, 3000 cumulative hours
- Philip Landry, Fifth Award, 3750 cumulative hours
- Charles Thomas, Sixth Award, 4500 cumulative hours
- G. Edward Gray, Tenth Award, 7500 cumulative hours

FLOTILLA 3-10 2018 CALENDAR

June

- 1 – Start of Hurricane Season.
- 1-3 Blue Angels at PAX River NAS
- 2- Potomac River Swim
- 18 - Flotilla meeting – Snacks, Gary Palsgrove
- 30 – FSO Reports and Calendar additions due

July

- 16 - Flotilla Meeting – Snacks, Joe Riley
- 22 – Flotilla 3-10's 41st Anniversary
- 30 – FSO Reports and Calendar addition due

August

- 20– Flotilla Picnic
- 30 - FSO Reports and Calendar additions due

September

- 17 – Flotilla Meeting – Snacks, Phil Landry
- 30 - FSO Reports and Calendar additions due

October

- 16 - Flotilla meeting –Snacks, Sal Puglisi
- 30 - FSO Reports and Calendar additions due

November

- 19- Flotilla meeting – Flotilla Election – Snacks, Andy Baltins
- 30 - FSO Reports and Calendar additions due

December

- 1- Div 3 COW
- Date TBD – Flotilla COW Dinner
- 30 - FSO Reports Due



National Boating Safety Week
19 - 25 May

2018 Public Education Schedule

23 June 2018 - 0900 to 1600
Moose Lodge, Tappahannock,
Virginia

28 July 2018 - 0900 to 1600
Good Shepard Lutheran Church,
Callao, Virginia

Any Flotilla members interested in
taking part please contact:

Fred Woodward, FSO-PE
(lawfew@gmail.com)





**Fifth Southern Flotilla 3-10
Elected and Appointed Officers 2018**

Flotilla Commander	Andris Baltins
Flotilla Vice Commander	Gary I. Palsgrove
Communications	Donald Chamberlain
Communications Services	Karen M. Whelan
Finance	Oliver M. Knight
Human Resources	Gary I. Palsgrove
Information Services	John F. O'Neil
Materials	Glen R. Thomason
Member Training	Joseph C. Riley
Navigation Systems	Charles B. Thomas
Operations	Charles B. Thomas
Public Affairs	G. Edward Gray, Jr.
Publications	Linda K. Steele
Public Education	Frederick E. Woodard
RBS Program Visitor	Philip K. Landry
Secretary/Records	Thomas M. Panther
Vessel Examinations	David J. Brack

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Reminder to all Flotilla members and visitors

Flotilla 3-10 regular meetings are on the third Monday of each month at Good Shepard Lutheran Church in Callao, Virginia. Fellowship starts at 1600 with the meeting at 1630. New members or those interested in joining are welcomed to attend.

PLEASE SUBMIT YOUR ARTICLES & PHOTOS OF AUXILIARY ACTIVITIES AND ITEMS OF INTEREST TO:

Linda Steele at
steelelk59@gmail.com

REMINDER: The Flotilla Web Site is alive and well! All Newsletters, Press Releases and PE Class Flyers will be posted when available – Check it out!

www.Flotilla3-10.org