

U. S. Coast Guard Auxiliary

FLOTILLA 3-10

Callao, Virginia



Division 3, 5th Southern

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Boating
Safety

Bridge Talk

June, July, August 2020

Hi 3-10 shipmates. As we progress through this most difficult of years in our personal, professional and Auxiliary lives, I want to thank each of you for your patience and understanding. When people volunteer, as we have in the Auxiliary, it is usually with the intent to work at something, to accomplish something, to see something tangible from our efforts.

Well, the COVID-19 stand-down has interrupted most things in our lives – Auxiliary work notwithstanding. While everything the Coast Guard has done during the pandemic has been for our own safety and well-being, it is still frustrating to not meet, not have fellowship, and not perform those duties we have trained for.

Practically speaking, with the uptick in COVID cases around the country, it looks like our stand-down on most

activities will continue indefinitely. This does not mean “a lost year” by any means. While we will continue to have telephonic monthly meetings, and maybe bi-monthly “wellness checks” from me, we can still perform at a level we choose. There are many online training opportunities the Auxiliary offers. I encourage you to take any courses or prepare for any qualifications like Instructor, Program Visitor, Boat Crew, Vessel Examiner, and the like. We WILL be back in action some day and there will be contributions we can make then.

In the meantime, hang in there. Our patience and adherence to Auxiliary constraints will pay off some day.

Thanks for all you do and will do in the future. Please stay safe and well.

Tom Panther, FC

Summer Boating Heat Safety Precautions

Stay Hydrated

One of the most basic, but often forgotten, ways to keep your body cool on hot days is by keeping yourself hydrated. When it's hot, you perspire as a way to regulate your body temperature. So, you need to frequently replenish liquids in order to remain hydrated on extra hot days. Even if you don't feel thirsty, you need to drink plenty of water in order to keep your body cool. If you don't drink enough fluids, you may run the risk of getting sick with sun or heatstroke. Drink at least one quart of water every hour. Avoid alcohol and caffeine.

Avoid The Hottest Times Of The Day

If you can, avoid going out during the hottest parts of the day (11 AM to 4 PM).

Protect Your Eyes

It's very important to protect your eyes from intense UV rays out on the water. Polarized lenses can help cut down on the sun's glare on the water.

Use Sunscreen

Being out on a boat all day under the hot sun can be extremely dangerous. With no precautions in place, it can lead to sunburns, skin damage and, in some cases, skin cancer. You need to use sunscreen on a regular basis if you want to protect your skin from harmful UV rays. Even during cloudy conditions, you're still at risk.

Wear Protective Clothing

Some companies make clothing engineered to not only wick away sweat, but also to offer 15 to 35 SPF protection from UV rays. You can also find good choices in the clothes you already have.

- Opt for light, loose-fitting, breathable fabrics in light colors.
- Don't forget long-sleeve tops or long pants. By keeping these on hand, you can give your arms and legs a break from the sun while staying cool.
- Don't wear shoes or socks. They're known to trap heat. Instead, wear a pair of sandals or open-toed shoes.

- Wear a hat, even a simple baseball hat, to keep the sun off your face, neck, ears and shoulders. The wider the brim, the better!

Use The Buddy System

Don't go out boating or fishing alone on a hot day. Bring along a friend or relative so you can watch out for each other in case someone gets sunstroke.

Bring A Mister

While you're out the water portable misters are just the thing to cool you down and keep the summer heat at bay. Fill it up with ice cold water and ice cubes at the beginning of the day and you'll be set for the rest of your boating day trip.

Take Cover

If it's extremely hot, sometimes it's best to just stay out of the sun . If your boat has a cabin or shaded area, take breaks whenever you can. If your boat doesn't have any shade, consider dividing up your boating trip with a mid-day break and going back to shore for lunch or a nice nap.

Take A Dip

A great way to cool off when the sun gets to be too much is by simply jumping in the water. It's all around you, why not take advantage of it? By taking frequent dips, you'll stay cool all day long.

And remember, hot weather is never an excuse for not wearing your life jacket!
Used with permission of the Virginia Department of Wildlife Resources





COVID-19: Cleaning and Storing Your Life Jacket

March 29, 2020 by National Safe Boating Council

If you think your life jacket has been exposed to a virus, clean as recommended by the manufacturer and then let dry in warm, low humidity environment for at least 72 hours before reuse.

Manufacturer's recommendations from the Life Jacket Association for cleaning your life jacket or personal flotation device (PFD):

CLEANING AND STORING YOUR PFD: To clean your inflatable PFD, hand wash or sponge down in warm, soapy water, taking care not to submerge the inflator. Rinse your PFD with clean water and hang to dry on a plastic coat hanger. Do not dry-clean, use chlorine bleach, or apply direct heat. Always store your fully dried PFD in a warm, dry, well ventilated place out of direct sunlight.

- Inherently buoyant PFDs (foam) are cleaned in the same manner except they may be fully submerged.

If you must reuse your product within 72 hours, the following precautionary guidance is suggested.

- COVID-19 virus may exist 3 days on or in clothing. Virus can exist longer on porous surfaces.
- Synthetic fabrics, plastic and metal surfaces may harbor the virus longer.
- Buckles, zippers, other hardware and hook/loop fasteners (e.g. Velcro®) are hard to clean due to crevasses and metal/plastic construction.
- Using 60 – 90% solutions of alcohol sprayed/wetted on these components is acceptable.
- Avoid spraying inflatables with specific disinfectants that are detrimental to the fabric. e.g. bleach-based products.
- Do not machine launder life jackets.
- Life jackets should be hand-washed with gloved hands – wash as hot as possible (< 60C) to kill virus.
- Ensuring complete drying is critical, heated air drying is encouraged < 60C
- Virus likes moisture and can survive in cold – virus dies by drying out and by heat, which some fibers can enhance.

COVID-19: Cleaning and Storing Your Life Jacket cont.

- This pandemic is a new challenge and it is truly not known how all materials and the virus respond to laundry.
- If hang to air dry, allow 72 hours (3 days) before reuse.
- Do not share garments.

DISCLAIMER: Remember it is not possible to carry out or guarantee complete disinfection, the goal is to minimize risk.

Used with permission from Life Jacket Association





BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680
www.texmed.org | [f](#) [t](#) [@texmed](#) | [@wesretma](#)

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2019 Outstanding Member Achievement Awards

The Coast Guard Unit Commendation Ribbon

USCG 80th Anniversary, All 22 members (5 ribbons and 17 Gold Star)

District Commodore Letter of Recognition

Salvatore J. Puglisi

Linda K. Steele

Annual Service Performance Awards (Director of Auxiliary, D5SR)

Gary M Whelan, (OPS)

Salvatore J. Puglisi, VSC

Karen M. Whelan, (OPS)

Joseph C. Riley, PV, OPS

Frederick E. Woodard, (PE)

Charles B. Thomas, OPS

Outstanding Member Achievement Awards

Karen M. Whelan

Erik H. Amato

Charles B. Thomas

Gary M Whelan

Joseph C. Riley

Frederick E. Woodard

G. Edward Gray, Jr.

Salvatore J Puglisi

Linda K. Steele

Member Mission Award and Flotilla Certificate of Achievement

Erik H. Amato

2019 Outstanding Member Achievement Awards (cont.)

Flotilla Certificate of Appreciation

Philip K. Landry

Donald Chamberlain (2)

Glen R. Thomason (2)

Frederick E. Woodard

Flotilla Certificate of Appointment

Philip K. Landry

Donald Chamberlain(2)

Glen R. Thomason(2)

Charles B. Thomas

Certificate of Member Activity

Erik H. Amato (2)

Philip K. Landry

Auxiliary Clergy Support Program

R. Lee Farmer

Sustained Auxiliary Service Award

Donald Chamberlain

Flotilla 3-10 Auxiliarist of the Year

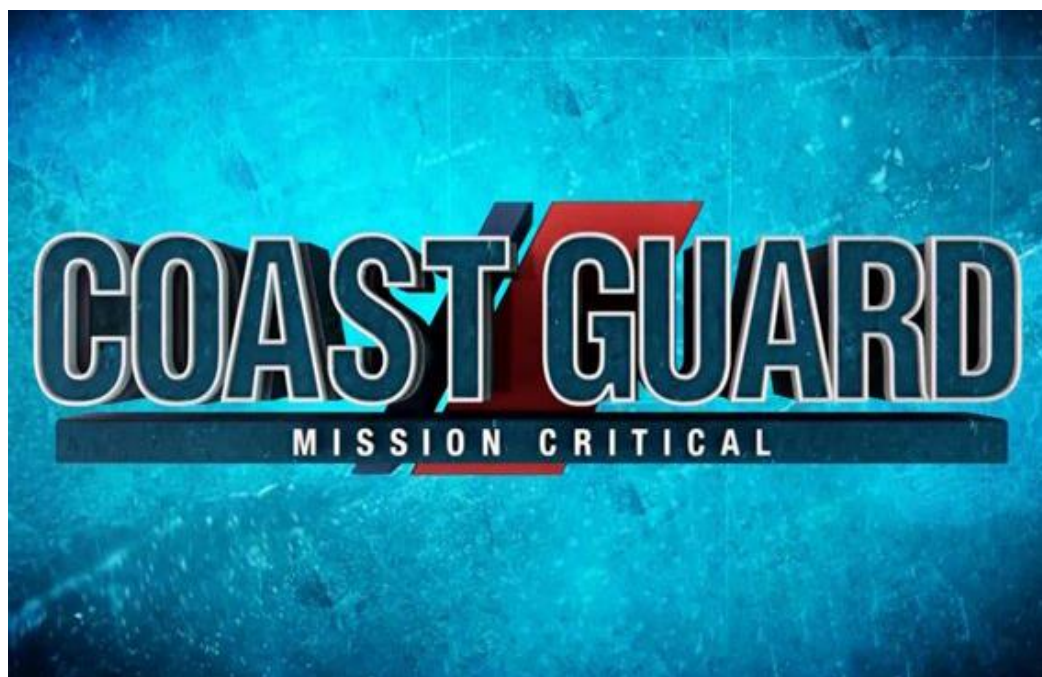
“Carl and Jane Vogt Award” Flotilla Award

Selected by the Flotilla Commander and Flotilla Vice Commander of the year of record (2019). The award is given to the member whose, accomplishments, activities, dedication and service to the Auxiliary and Flotilla 3-10 and its programs for the year merit this special recognition:

Linda K. Steele

Something to watch while social distancing:

While scrolling through my Dish network guide I came across this show that might interest our Flotilla members. Check the History channel or fyi, (that’s a channel at least on Dish and affiliated with the History channel), and look for “Coast Guard: Mission Critical”. It highlights real activities the Coast Guard is doing and is actually current activities as one was addressing the corona virus and using Personal Protective Equipment while extracting a woman off a cruise ship. Hope you find this interesting and can find it. You can stream it from the History channel, too.



NEW REQUIRED TRAINING Addendum to page 10

ALL MEMBERS BLOOD BORNE PATHOGEN - #100293

All members are required to complete by 15 September the Blood Borne Pathogen. This course is accessed on-line using the Learning Management System (LMS) - <https://auxlearning.uscg.mil/>. Instructions for accessing and completing the course is included in the attachment. Completion of the course is a requirement before being able to join a patrol.

The Blood Borne Pathogen training course should take about 30 minutes to complete. The format is a video presentation with a short test at the end.

No longer required for Aux personnel - EMERGENCY RESPONSE, FIRST RESPONDER AWARENESS - #501538

Thank you for taking the time to complete this training. The knowledge gained will further enhance efforts to ensure the health and safety of Auxiliary members.

If you have questions or need assistance, please contact the SO-MT.



U.S. Coast Guard AUXILIARY District 5SR

During COVID-19

Let's Stay Engaged! Online Training



Roll your mouse over the
icons for more info
about classes!

As easy as ...

1. Click 2. login 3. learn

WEBSITE LINKS

AUXLMS: <https://auxlearning.uscg.mil/>

NTC: <http://ntc.cgaux.org/>

FEMA: <https://training.fema.gov/emi.aspx>

Auxiliary Training Directorate: <http://wow.uscgaux.info/content.php?unit=t-dept>

BQC: <http://wow.uscgaux.info/content.php?unit=T-DEPT&category=basic-qualification>

LEADERSHIP: <http://wow.uscgaux.info/content.php?unit=AUX 60>

ONLINE CLASSROOM: <http://classroom2.cgaux.org/moodle/>

FLOTILLA 3-10 CALENDAR

August

- 1 - Division meeting via telephone, or Zoom
- 17 - Flotilla meeting – Telephonic, (Picnic canceled)
- 31 - FSO Reports and Calendar additions due

September

- 18-20 - D-Train Canceled
- 21 - Flotilla meeting – Telephonic, (most likely)
- 30 - FSO Reports and Calendar additions due

UNITED STATES COAST GUARD AUXILIARY



***America's
Volunteer
Guardians***

Promoting Boating Safety, Security and Stewardship since 1939



**District 5 Southern Region Flotilla 3-10
Elected and Appointed Officers 2020**

Flotilla Commander	Thomas M. Panther
Flotilla Vice Commander	Gary M. Whalen
Communications	Donald Chamberlain
Communications Services	Karen M. Whelan
Finance	Joseph C. Riley
Human Resources	Salvatore J. Puglisi
Information Services	John F. O'Neil
Materials	Linda K. Steele
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	Thomas M. Panther
RBS Program Visitor	Philip K. Landry
Secretary/Records	Gary M. Whalen
Vessel Examinations	David J. Brack


Published by the USCG Auxiliary at No Expense to The U.S. Government

Reminder to all Flotilla members and visitors

When we can meet again, Flotilla 3-10 regular meetings are on the third Monday of each month at Good Shepard Lutheran Church in Callao, Virginia. The meetings are via telephone until further notice. Fellowship starts at 1900 with the meeting at 1930. 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