

U. S. Coast Guard Auxiliary

FLOTILLA 3-10

Callao, Virginia



Division 3 5th Southern

Andris Baltins, FC apbaltins@msn.com

Linda Steele, Editor steelelk59@gmail.com

***Boating
Safety***

**Advocate
Newsletter**

April, 2018

BRIDGE TALK

Getting Credit for a Job Well Done

by Andris Baltins, FC

The question still remains. How do we accomplish that which is either necessary or required. The first response should be, have a goal!

We have to know what we want to accomplish. My goal as commander of the flotilla is to get everyone involved in the missions of the flotilla in order to achieve growth. Through growth we will achieve our mission. We have new members that are eager to learn and move forward.

There are existing members that are members in name only. Collectively we need to invite them to the occasion. I always liked

pg. 1

the 85 to 15% rule, 15% effort to achieve 85% of the task, and 85% effort to achieve the last 15% of the task. This is what it will take. We have to start with the easy things like reporting hours and making it to meetings. Often times when asked what we can do, we reply with comments and complaints about that which we have no control. We need to work on the last 15%.

Respectfully, Andris Baltins, FC



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



I WANT YOU!
FOR THE U.S. COAST GUARD
AND COAST GUARD AUXILIARY

St. Patrick's Day Pot Luck

by Linda Steele



POT LUCK

Flotilla Members and their families took part in a pot luck dinner for the March meeting. There was plenty of food including corned beef and cabbage of course. An abbreviated meeting was held after

the dinner. An auction of member donated items run by Alvin Lynn was held to raise money for flotilla

activities which raised over \$130. It was a good time of fellowship.

Julian Everly to Retire

Special Congratulations to Julian Everly on his retirement, having spent many years serving the U. S. Coast Guard and Auxiliary. In a future newsletter there will be an in-depth article about Julian. He will be missed by all.



How to Protect yourself from Waterman's Disease This Year

by SAMUEL LANTZ Re-printed with permission Westmoreland News

Calling waterman's disease - vibriosis - dangerous is a grave understatement. While not all that common, it has a mortality rate of twenty-five percent according to the Centers for Disease Control (CDC). Jane Durvin of Dunnsville contracted the disease last year while swimming in the river with a small cat scratch at the tip of her finger.

Eating uncooked shellfish, such as raw oysters, is the most common way to contract vibriosis. Another way to contract the disease is swimming in salt water or brackish water, where salt water and fresh water mix, with an open wound. "Even a paper cut or a popped pimple count as an open wound." said Doctor James Dudley of the Riverside Walter Reed Hospital Emergency Room (ER). "If you have an open wound, staying out of the water is the best course of action."

"There are 75 to 80 types of vibrio that live in the water," Dudley said. "The vast majority are no big deal." *Vibrio Vulnificus* belongs to a group of a bacteria called vibrio, named by Italian scientist Filippo Pacini in 1854. He called them vibrio because when he observed them, they looked like they were vibrating.', he said.

When the water warms, the colonies of vibrio explode. Swimming in the river during warmer months, therefore, is when you have the highest chance to contract vibriosis. About 80,000 cases of vibriosis are reported in the US according to CDC. "There are about 200 deaths per year," said Dudley. "And only two-three cases per year in this area."

Vibriosis can have two side effects, depending on how a person comes in contact with the bacteria. If the bacteria gets into a cut after swimming or handling raw shellfish, the bacteria causes a skin infection and blisters, the skin appearing to peel off with ease and, in the worst cases, result in the amputation of the affected limb. Should the bacteria be ingested, such as eating raw shellfish, it can result in vomiting, nausea, fever. and chills.

"The best way to avoid the worst of the disease," said Dudley, "Is to be young and healthy." It is important to maybe avoid swimming in the river at summer time if you have a liver disease or a weakened immune system. Another option is to cook shellfish, or as Dudley said, "ruin it."

The best time to get to the ER would be when symptoms start appearing: redness, swelling, and shivers. "Robust wound care at that time is the best thing," said Dudley. A waterman got a puncture wound at 4 p.m. and at 10 p.m. he was shaking. At 2 a.m. when he came into the ER, he had a blister and the skin was just kind of peeling off." Medication is very effective, especially when taken early according to Dudley.

"There's a saying," said Dudley, "Only eat oysters in months with an 'R' in them." Late spring through late summer is when the vibrio population expands, infecting more oysters and crabs. During fall and winter, when the temperature has fallen, the population has died back down, meaning it is less likely eating raw oysters will affect you.

The best thing to do, should you contract waterman's disease, is get to the doctor. The earlier you receive treatment, the higher your chances of surviving the infection.

Ways to protect yourself:

Don't eat raw oysters or shellfish, especially in warmer months. Cook them before eating.

Wash your hands with soap after handling raw shellfish.

Stay out of salty or brackish water if you have an open wound.

If you have liver disease or a weakened immune system, you are more susceptible to vibriosis and should take extra precautions.

Should you contract the disease, seek medical attention as soon as possible.

AWARDS FOR FLOTILLA 3-10 PRESENTED MARCH 2018

Outstanding Member Achievement Awards

40 or more hours in operations; 100 or more vessel Examinations; 20 or more hours as lead instructor in PE or MT, or 40 or more as aide or combination, 20 or more hours in PA, 40 or more PV's

- Frederick E. Woodard, PE
- Philip K. Landry, RBS PVs, OPs
- Charles B. Thomas, RBS, PVs, Ops
- Oliver M. Knight, OPs
- Joseph C. Riley, MTY, RBS, PVs Ops
- G. Edward Gray, Jr., PA
- Salvatore J. Puglisi, RBS, PVs, VEs
- Erik H. Amato, PA
- Gary L. Palsgrove, Ops, VEs
-

Certificate of Member Activity (200 or more hrs)

- George Edward Gray, Jr. – 1643
- John F. O'Neil – 890
- Joseph C. Riley – 858
- Erik H. Amato – 779
- Gary L. Palsgrove – 626
- Salvatore J. Puglisi – 615
- Frederick E. Woodard – 587
- Andris Baltins - 544
- Charles B. Thomas – 532
- Philip K. Landry – 364
- Alvin L. Lynn, Jr., - 336
- Oliver M. Knight – 302

Member Mission Award (Most hours in a category)

- John F. O'Neil - Outstanding Support and Contributions In CG Administration.
- Erick H. Amato - 552 Public Affairs Hours.

Member Mission Award (Most hours in a category) Con't.

- Gary L. Palsgrove - 203 VEs
- Salvatore J. Puglisi - 141 PVs
- Charles B Thomas - -113 Coxswain Underway hours
- John F. O'Neil – 76 Hours Administrative Support
- Philip K. Landry – 67 Hours Crew Underway Hours
- Joseph C. Riley – 32 Hours Member Training
- Frederick E Woodard – 32 Hours PE Instructor Aid
- Frederick E Woodard – 24 Hours PE Lead Instructor

Auxiliarist of the Year "Carl and Jane Vogt Award"

Selected by the Flotilla and Flotilla Vice Commander of the year of record (2017). The award is given to the member whose activities, accomplishments, dedication and service to the Auxiliary and Flotilla 3-10 and its programs for the year merit this special recognition: Charles Thomas



Staying Connected: Update on a Past Flotilla member Artie Albertsen

One of the nice things about the camaraderie within the Coast Guard Auxiliary is how members stay in touch even after leaving the Flotilla for adventures elsewhere. Or retiring or plain leaving the Auxiliary but not the fellowship-- staying connected.

Past Flotilla 3-10 member Artie Albertsen recently sent a note to Joe Riley, FSO-MT, saying "hello" to everyone here. He shared several photos of his current Auxiliary adventures participating in the AuxAir Program in District 1 South. Artie is currently serving as DCAPT, Sector Long Island. He has definitely been enjoying some fantastic views during his air patrol.





FLOTILLA 3-10 2018 CALENDAR

April

- 1 – Winter Dress Uniform back in the closet- Now in Tropical Blue
- 16 - Flotilla Meeting – Snacks, Tom Panther
- 20-22 S-Train Sector Hampton Roads @ Yorktown Training Center
- 20-21 – Public Affairs C School (San Diego)
- 30 – FSO Reports and Calendar additions due

May

- 19 - 25 National Boating Safety week
- 19 - Boating Safety Class, Good Shepard Lutheran Church, Callao, VA
- 21 - Flotilla meeting – Snacks, Gary Palsgrove
- 30 – FSO Reports and Calendar additions due

June

- 1 – Start of Hurricane Season.
- 1-3 Blue Angels at PAX River NAS
- 2- Potomac River Swim
- 1 -3 Public Affairs C School (Traverse City, MI)
- 18 - Flotilla meeting – Snacks, Gary Whelan
- 30 – FSO Reports and Calendar additions due

July

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



National Boating Safety Week
19 - 25 May

Tentative 2018 Public Education
Schedule

19 May 2018 - 0900 to 1600
Good Shepard Lutheran Church,
Callao, Virginia

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)

Flotilla 3-10's first ABS class is scheduled for Saturday 19 May at Good Shepard Lutheran Church in Callao, Virginia. If you are interested in participating as an instructor or assisting with the class please let Fred Woodard, FSO-PE know at 804-443-1313.

THERE WILL BE FLOTILLA MEMBER TRAINING FOR THE 1 HOUR TEAM COORDINATION TRAINING (TCT) ON APRIL 28TH AT 0900 AT GOOD SHEPARD LUTHERAN CHURCH, CALLAO, VIRGINIA, FOLLOWED BY THE OPS MENTOR TRAINING AT 1000.





**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
 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
 Public Education Frederick E. Woodard
 RBS Program Visitor Philip K. Landry
 Secretary/Records Thomas M. Panther
 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

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