

BOATING SAFETY
ADVOCATE

Newsletter



FLOTILLA 3-10



CALLAO, VA

August



2017



Erik Amato FSO-PB



Three hours after the Eclipse occurred, members of Flotilla 3-10 and guests gathered at the home of Charlie Thomas for their annual summer picnic, overlooking the beautiful Yeocomico River.

The event was filled with handshakes and hugs, and the festive mood made it evident that this small flotilla puts a high priority on Fellowship.

The members were very appreciative that Jeremy Timothy BM1 and James Bonner BM2 made the arduous drive from CG Station St. Inigoes to be with us.



Ed Gray Flotilla Commander 3-10

As I write this we are deep into our preparations for our annual flotilla picnic when we have the opportunity to all get together and share a good time. The food and drink are important but it is the fellowship that is the true reward. A

meeting that includes the spouses, retiree's and friends is valuable for us all. We thank all for their preparation of 'goodies' and their attendance.

I recently attended the Division 3 meeting in Richmond. It was very sparsely attended but we covered a wealth of material and accomplished our goals for the meeting. One thing we did was reflect on our 2017 Goals and Objectives. They may seem familiar to all of us as they were actually written by me but they are fitting for any Flotilla or Division. How do we grade out on the Goals and Objectives?

1. Do your job - As a FSO, SO, VE, PV, etc. are we doing the reports, visits, follow-ups that are required or are we just getting by?
2. Give yourself credit for what you do - Are you counting the hours you invest and reporting them?
3. Training - What training have you been involved in this year? What would you have to do to become an instructor, a VE, a PV, a Coxswain or Crew? Exactly how close are you to earning your AUXOP pin? Is there something you want we have not offered? Is there something you could offer that others may want or need?
4. Fellowship - Is there more we could do as a Flotilla Family?
5. Be a TEAM and a TEAM player - What we accomplish we accomplish together as a TEAM.

I review these Goals and Objectives occasionally and I grade us and myself. Some places we do great, some we do well and some could use a little more

effort but that could always be said. Overall we have a great group of members that are very involved and we are growing. Since December we have 5 new members and I understand we have some just waiting for that final motivational call to get them to a meeting. My congrats and thanks to all who talk up the USCG Auxiliary and especially to Gary Palsgrove for all his recruiting efforts. Let's all continue those efforts.

As the days get shorter and the weather begins to change we continue to work on our tasks at hand. We still have PE classes scheduled, patrols that will be scheduled and Goals and Objectives through the end of the year. As a TEAM let us continue to do our best and plan for the future as well.

Ed

GOT POWER?



If two or three motors are good, then eight are better – or at least that's what this drug smuggler thought. (He was caught, nevertheless.)

For most boatmen, the fewest engines necessary to achieve the required horsepower and hull speed is best.

from boatTEST.com

RECOGNIZE WHAT DROWNING REALLY LOOKS LIKE

There is very little splashing, no waving, and no yelling or calls for help of any kind when someone is actually drowning.

What to watch for . . .

Look for these signs of drowning:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs - vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sport fishing charter boat and the beach.

"I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know - from 50 feet away - what the father couldn't recognize from just 10?

Drowning is not the violent, splashing call for help that most people expect. The captain was trained by experts and had years of experience to recognize



drowning. The father, on the other hand, had learned what drowning looks like by watching television.

If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound.

As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response - so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind.

To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents). Of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch the child do it, having no idea it is happening.

Drowning does not look like drowning. Dr. Pia, in an article in the Coast Guard's On Scene magazine, described the Instinctive Drowning Response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.

RECOGNIZE WHAT DROWNING REALLY LOOKS LIKE (cont.)

2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water can not stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer or reaching out for a piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick.

Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

This doesn't mean that a person who is yelling for help and thrashing isn't in real trouble - they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long - but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc. So if a crew member falls overboard and everything looks OK - don't be too sure.

Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all, they probably are. If they return a blank stare, you may have less than 30 seconds to get to them.

And parents - children playing in the water make noise. When they get quiet, you get to them and find out why.

Article By Mario Vittone - Slate @
www.newsobserver.com/2013/06/11/2954473/what-drowning-really-looks-like.html#storylink=cpy

FLOTILLA SEPTEMBER CALENDAR

All Month Complete all reports due, plan Summer VSC and RBS events

September

15-17 - Fifth Southern D-Train @ Double Tree, Williamsburg, VA

16 - ABS Class (Boating Safety), Bella Pizza - Tappahannock, VA 0900-1600

18 - Flotilla Meeting @ Good Shepherd Lutheran Church Callao, VA

30 - FSO Reports and Calendar additions due

All Month Give thanks to all spouses and friends for their support

BE CAUTIOUS – VIBRIOSIS IS A SERIOUS INFECTION

I recently attended a class at Riverside Tappahannock Hospital on the Vibrio Bacteria that was very informative. I was never aware of the seriousness of this bacterial infection although I certainly knew of it. I have made a presentation to Flotilla 3-10 and we have discussed prevention, awareness and treatment. This is certainly a subject we should be aware of and openly discuss with our members.

I will not pretend to know all the particulars on this infection so I invite any and all to do their own research and investigation to expand on this before passing it along. The most important thing is to be aware of it when/if it occurs.

Vibriosis infects up to 80,000 people a year nationally and there are 100 deaths per year. From 2011-2015 Virginia has averaged 42.4 cases per year and in 2016 Virginia had 40 cases.

May through October, the warmer water months, are when it is most prominent. It appears in brackish and/or salt water and can be induced through any simple bodily wound. Although it is thought to be more a “waterman's” disease it can happen to anyone. Recently there was a lady in Essex County, Virginia who was scratched on a finger by her cat and became infected after swimming in the Rappahannock River. The last I heard she may have to have the finger amputated to control the spread of the infection.

Exposing a wound, any wound, to brackish or salt water may cause this bacteria to enter your body. Normally healthy people are less susceptible but not always. Anyone with a compromised immune system is more susceptible.

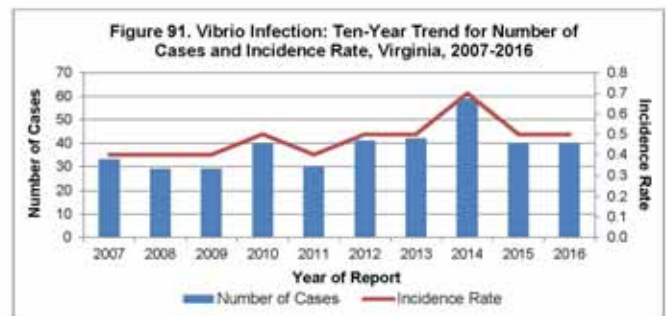
Ed Gray FC 3-10

More Information:

Vibrios are naturally occurring bacteria found in salt and brackish water. The bacteria may be found in the ocean, the Chesapeake Bay and rivers that empty into the bay or ocean. People with vibriosis become infected by consuming raw or undercooked seafood, by exposing a wound to seawater, receiving a cut

while in the water, or from items taken from the water such as cutting one's hand while shucking an oyster. Most infections occur between May and October when water temperatures are warmer.

A slight increase in the number of vibriosis infections has been reported in Virginia over the past decade, as shown in the attached graph. From 2012-2016, an average of 44.4 cases of vibriosis were reported annually. During this same time frame, the number of deaths annually has ranged from zero to four. The slight increase in vibriosis cases reported in Virginia over the last ten years may be due to better disease surveillance and reporting by physicians, hospitals, and laboratories.



Other reportable diseases may be spread via water-borne transmission; however, vibriosis would most likely affect recreational fisherman and boaters.

VDH actively monitors beach waters for bacterial levels, harmful algae blooms, and contaminant's that affect fish consumption. Warnings and advisories are provided to the public when warranted. VDH vibriosis resources are available for the public on the agency's website and provide information on the disease and how to protect oneself from infection.

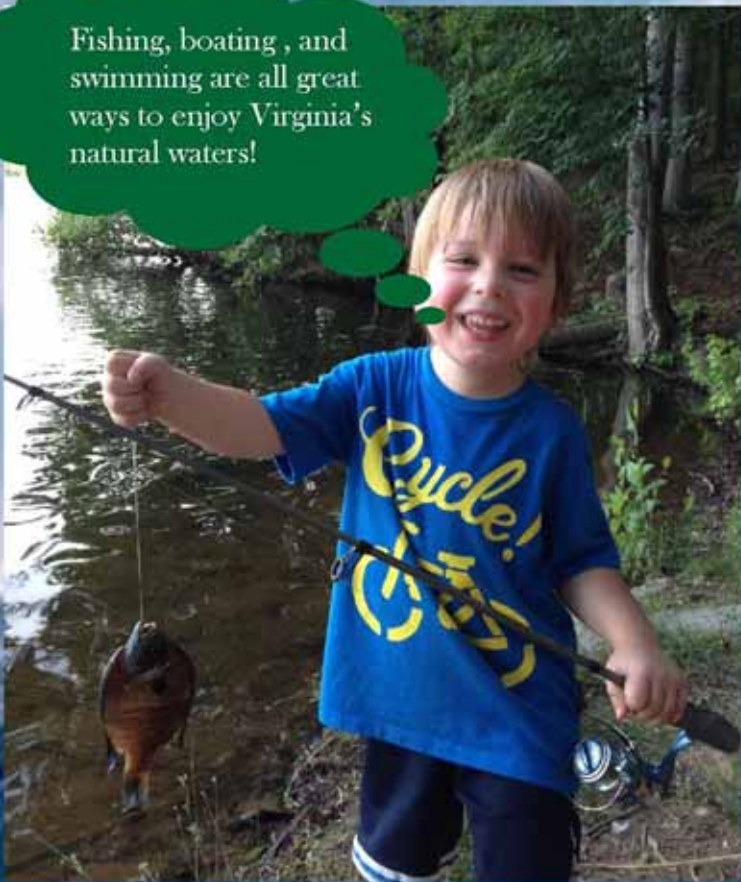
[\(www.vdh.virginia.gov/environmental-epidemiology/waterborne-hazards-control-program/vibrio/\)](http://www.vdh.virginia.gov/environmental-epidemiology/waterborne-hazards-control-program/vibrio/)

Vibrio and Natural Water Safety in Virginia



Vibrios are naturally occurring bacteria in salt or brackish (mix of salt and fresh) water. The presence of Vibrios in water is not a sign of contamination by sewage or pollution. In Virginia, Vibrios may be found in the ocean, Chesapeake Bay, and rivers which empty into the bay or ocean.

Wound infections caused by Vibrios are uncommon in Virginia, but can be serious. Infections can occur when broken or irritated skin comes into contact with salt or brackish water, or when a wound occurs while in the water. Vibrios may also cause ear infections.



Fishing, boating, and swimming are all great ways to enjoy Virginia's natural waters!

Protect yourself:

- If possible, stay out of the water if you have an open wound.
- If you must go in the water with a wound, cover it with a waterproof bandage.
- If a cut or wound is exposed to salt or brackish water, wash the affected area immediately with soap and clean water.
- Use antibiotic ointment as directed after the wound has been cleaned.
- If the wound shows signs of an infection, such as swelling or redness, see a healthcare provider immediately, and notify them of any water exposures.
- Wear protective equipment such as water shoes and gloves when handling raw shellfish or marine items.
- Be cautious when handling items such as fish hooks, crab pots, and fish with sharp spines, as they can cause wounds, increasing the risk of *Vibrio* infection.

Want more information? Visit the VDH waterborne hazards website at: <http://www.vdh.virginia.gov/environmental-epidemiology/waterborne-hazards-control-program/>

THE PLEDGE – ARE WE RECITING IT CORRECTLY?

The Pledge of Allegiance:

We've all heard it thousands of times, reciting the words without giving much thought to the meaning. ***Or the punctuation.***

But there's an interesting little quirk with the Pledge of Allegiance and it all has to do with a comma.

The pledge dates back to 1892 but the words "under God" weren't added until 1954. We now say the pledge like this:



"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation (pause) under God, indivisible, with liberty and justice for all." ***That's not actually correct, though.*** There's no comma- and therefore no pause - in between one nation under God.

The issue comes up from time to time, as it did last year in Utah when the State Legislature was debating a bill to honor the date when the phrase "under God" was added to the pledge.

Someone pointed out that one lawmaker, Sen. John Valentine, said the pledge differently than others. Valentine doesn't pause - it is one nation under God.

"There is no comma," Valentine said. "We are one nation under God. We are not multiple nations, not multiple parts, but one nation under God."

By Leada Gore | lgore@aol.com

NEW MEMBERS SWORN IN



At the August flotilla picnic, Linda Steele-Kirkley and Ed Kirkley took the oath of membership, with the prolog presented by Gary Palsgrove and Flotilla Commander Ed Gray administering the pledge.



Also at the summer picnic, Thomas Panther (left photo) and Karen Whalen (right photo) received their official membership card, member number, and welcome letter from Flotilla Commander Ed Gray



REMEMBER . . .
STAY PREPARED –
IT'S HURRICANE
SEASON!

PASSING THE TIME!

I've had multiple people ask me "what do you do to pass the time while you're recovering from major spine surgery?" Well, beside walking a couple miles each day, I found some small boat projects to keep me occupied, like polishing my propellers so they would be ready to reinstall when my Doc gives me the OK.



Erik Amato FSO-PB 3-10

A LITTLE ADDED BOAT TRAFFIC ON LODGE CREEK



A member of "Chesapeake Seaplanes" dropped in for a short visit with friends at Olverson's Lodge Creek Marina on August 13th. Always fun to see!

BOATING EDUCATION SAVE LIVES



give me



*TRY THIS CONCEPT
AND
WATCH THE VSC NUMBERS
GROW*



**EVERY VESSEL EXAMINER
GIVE US 5 FULL DAYS DOING VSC's
THEN SPEND THE OTHER 360 DAYS ON OTHER
AUXILIARY MISSIONS**

BE CAREFUL! THIS MISTAKE COULD COST YOU MONEY



Official-Looking Vessel Documentation Renewal Notices Can Lead to Confusion and Higher Costs

ALEXANDRIA, VA, April 6, 2017 - Boat Owners Association of The United States (BoatUS) Consumer Protection Department is advising boaters with vessels having a US Coast Guard Certificate of Documentation to be wary of any letter arriving by US mail offering renewal. An increasing number of BoatUS members have complained that these letters direct them to websites that may be mistaken for the actual US Coast Guard Vessel Documentation Center located in Falling Waters, West Virginia, and appear to show a significant increase in the annual fee to renew US Coast Guard (USCG) documentation.

BoatUS advises that while the USCG does send official annual renewal notices by US mail, other notices being received by members are not from the USCG but rather third-party companies whose name or return addresses may appear similar to that of the official USCG Vessel Documentation Center.

Members of the half-million boat owners group report the letters look like "real" USCG communications. Some examples members have forwarded to BoatUS do not have any disclaimers noting that they are not official USCG correspondence.

While third-party companies may legitimately provide services to assist with vessel documentation renewals, the USCG's own renewal process is simple for most vessels and the price, \$26, is often much lower than what third-party services may charge. To renew, go to the USCG National Documentation Center website at www.uscg.mil/nvdc and click on "instructions and forms."

To be documented, a vessel must measure at least 5 net tons and, with the exception of certain oil-spill response vessels, owned by a US citizen. Boats about 27 feet in length or longer generally meet the weight requirement.

If boat owners wish to file a consumer complaint about this or any other boating-related advertisement or company, BoatUS welcomes boaters to visit <http://my.boatus.com/consumer/dispute.asp> and click on "send us a complaint" button.

BoatUS also advises boaters who may have received mail that they believe is misleading or deceptive may contact the US Postal Inspection Service at 1-877-876-2455 or through its website:

<https://postalinspectors.uspis.gov>.

reprinted from BoatUS.com

ANNUAL FLOTILLA PICNIC AND FELLOWSHIP



**THE COAST GUARD IS REQUESTING THAT WE
DISTRIBUTE THIS FLYER**

REPORT A HOAX!

When someone makes a hoax call:

- **Coast Guard units are pulled away from possible cases where actual lives are in danger!**
- **A Coast Guard HC-130 plane costs approximately \$15,000 an hour to fly, an MH-60 helicopter costs approximately \$10,000 per hour to fly and a 45ft Response Boat-Medium costs approximately \$5,000 an hour! That's taxpayer money wasted!**
- **It's illegal! A federal felony conviction for communicating a false distress signal could result in up to 10 years in prison and a \$10,000 fine.**

**IF YOU HEAR OR KNOW OF
HOAX CALL ACTIVITY,
CALL YOUR COAST GUARD COMMAND
CENTER:
(757)-398-6390**



HAVING FUN . . .

SERVING THE U.S. COAST GUARD and

THE RECREATIONAL BOATING PUBLIC



JOY IN OPERATIONS – Monica Benton Flotilla 3-10, enjoying the satisfaction of completing a successful QE Check Ride

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

PLEASE SUBMIT YOUR ARTICLES AND PHOTOS OF AUXILIARY ACTIVITIES AND ITEMS OF INTEREST TO:
ERIK AMATO FSO-PB 3-10 5SR
trawler@wildblue.net
(Editors Reminder - all that you do is significant and important! Share it with others in this publication.)

Fifth Southern Flotilla 3-10 Elected and Appointed Officers 2017	
Flotilla Commander	G. Edward Gray, Jr.
Flotilla Vice Commander	Andris Baltins
Communications	Donald Chamberlain
Communications Services	Erik H. Amato
Finance	Oliver M. Knight
Human Resources	Gary I. Palsgrove
Information Services	John F. O'Neil
Materials	Glen R. Thomason
Member Training	Gary I. Palsgrove
Navigation Systems	Charles B. Thomas
Operations	Joseph C. Riley
Public Affairs	G. Edward Gray, Jr
Publications	Erik H. Amato
Public Education	Fred Woodard
RBS Program Visitor	Philip K. Landry
Secretary/Records	Andris Baltins
Vessel Examinations	David J. Brack
FSO At Large	Julian Everly
Camaraderie Captain	Pim Montgomery