



USCG Auxiliary

Division 3 Newsletter

August 2023

Written by:

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~ " Up in The Air! " ~

In July, those participating in the USCG drone training program faced a challenge when trying to complete the FAA Part 107 Airman Knowledge Test at ATC Mobile on July 24th. The issue arose because the USCG Auxiliary lacked coverage under the FAA Joint Service Aviation Maintenance Technician Certification Council (JSAMTCC) Memorandum of Agreement (MOA) from September 30, 2020. This MOA allows other military training departments to conduct FAA exams.

While Auxiliarists play a direct role in assisting U.S. Coast Guard missions, they are not exempt from taking the FAA Part 107 exam, even if requested by their Order Issuing Authority (OIA). Despite the ATC Mobile Training Center's attempts to discover a lawful solution for the individual to complete the exam, it was determined that, without modifications to the FAA/Joint Service MOA, all Auxiliarists are obligated to undertake their FAA exams at standard FAA-approved testing centers. This entails payment of the \$175 examination fee.

After this article was written, the MOA was actually changed and Auxiliarist are now able to take the FAA exams at the ATC!!!

On 07/27/23 Ms. Barbara Kelly wrote "It's official! Change is effective immediately. CG Auxiliarists can take any of the FAA exams available at military sites"

Thanks to Mr. Michael Palmer, FC, Ms. Barbara Kelly & Mr. Author Rousseau the Director of Credentialing Programs





SEPTRAIN is coming up soon! Our division commander has asked everyone to please make an attempt to attend Saturday's meeting & banquet. There will be plenty of new information for members to gain as well as new Auxiliary members to meet from other parts of the country. See what goes on at the District level. Get the questions answered you always wanted to find out about. Meet the Commodore, the DSOs, & the motivated civilians that we rely on in 8th Coastal. Registration Fee is only \$10 if you attend the Banquet it is \$70 meal details are below.



Commodore's Banquet, Saturday 9th September 2023

• Mardi Gras Buffet - consisting of Muffaletta Pasta Salad, Sam's Award winning Seafood Gumbo, Seared Chicken Breast w/Cajun Creme, Blackened Gulf Catch w/Old Bay Butter, Gulf Crab Cakes w/Remoulade, Fresh Tomato Relish, Thyme Roasted Potatoes, Red Beans and Rice w/Sausage Okra and Tomato Ragout, Homemade Corn Bread, Honey Butter Rolls, Bananas Foster King Cake, Praline Bread Pudding. Price:

~ All a Buoy that coming A buoy~

The ATONS Verifier course may be available soon! Thanks to our Very own Mr. Derrick Charbonnet. Auxiliarist in Division 3 may now be able to get to attend a ATONS Verifier course! According to Mr. Charbonnet:

“We have a great opportunity for our Division Auxiliarists to get certified as an Aid To Navigation (ATON) examiner!!! Mr. Brown, the ATON officer for the Gulfport area (copied) is willing to teach the class and get a team through the PQS. This is a serious force multiplier and a much-needed skillset.”



~Stayin Hydrated! ~

It is often suggested that individuals should aim to consume eight glasses of water daily, but this general advice fails to consider the unique needs of each person, such as their health, activity level, environment, and other individual factors.

Approximately 60% of our bodies consist of water, and we continuously lose water through processes like sweating, urination, breathing, and waste elimination. Drinking an adequate amount of water offers numerous benefits, including regulating body temperature, aiding in food metabolism, lubricating joints, flushing out bodily waste, and promoting sufficient saliva production. Failing to consume enough water can lead to dehydration, which may result in impaired kidney function, electrolyte imbalances, and other complications.

Determining the right amount of water to consume daily depends on factors like biological sex. The U.S. National Academies of Science, Engineering, and Medicine recommend approximately 3.7 liters (about 16 cups) for men and 2.7 liters (about 11 cups) for women as daily fluid intake. For those engaging in physical exercise, experiencing sweating, or dealing with illness (such as diarrhea, vomiting, or fever), the water intake needs to be higher.

While it is rare, excessive water intake can be dangerous, especially for individuals with heart disease or electrolyte abnormalities. It is advisable to consult with a physician to determine the appropriate level of water intake based on individual factors and activity levels.

To stay well-hydrated, here are some helpful tips:

1. Start your day with a glass of water to boost metabolism and energy.
2. Consider using a visually appealing water bottle as a reminder to drink water throughout the day.
3. Utilize alarms or notifications on your devices to remind you to drink water regularly.
4. Listen to your body's signals and distinguish between thirst and hunger cues.
5. Drink a glass of water before meals to improve digestion and promote a feeling of fullness.
6. Infuse water with fruit or vegetables for added flavor without additional calories.
7. Monitor the color of your urine, as clear or light-colored urine indicates proper hydration.
8. Substitute high-sugar beverages with sparkling water or seltzer to increase water intake while reducing sugar consumption.
9. Set a daily water intake goal to maintain a healthy habit.
10. Engage in a friendly competition with friends to motivate each other to meet daily hydration goals.

Remember to tailor your water intake to your specific needs and always consult with a healthcare professional for personalized recommendations.

CLIMATE CHANGE & EXTREME HEAT

CAUSES MORE DEATHS
each year than hurricanes, lightning, tornadoes, earthquakes, and floods
COMBINED!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?!

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!
Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at www.cdc.gov/ephracking



Thank you for all you do in the Coast Guard Auxiliary
&
Thank you for being a part of Division 3!

*Semper
Paratus*