



Smyrna TN 2016 Airshow



(L-R) Jerry Hedgcoth 11-05, Jim Grant 11-05, Marc Brumbaugh 11-05, Buell Noteboom 11-04. Photo by Larry Carter, IPVCDR 11, 8ER.



(L-R) Aaron Ayers 11-07, Larry Carter IPVCDR 11, 8ER. Photo by bystander.



Photo by Ramon Llorens, 11-04.



Jim Williamson 11-04, Rosemary Halldorsson 11-04. Photo by Larry Carter IPVCDR 11, 8ER.



(L-R) AF Pilot, Michael Simpson FC 11-04, Justin Elam 11-05, AF Pilot. Photo by Larry Carter, IPVCDR 11, 8ER.



Larry Carter (Center) IPVCDR 11, 8ER with Army helo crew. Photo by bystander.

INSIDE THIS ISSUE

- 2 Tick-Borne Diseases
- 3 Calendar of Events
- 4 Handout

Percy Priest Flotilla 11-04, 8ER
(615) 346-5362

Flotilla Commander: Michael Simpson
Flotilla Vice Commander: James Mayo
<http://wow.uscgaux.info/content.php?unit=082-11-04>
<https://www.facebook.com/pages/US-Coast-Guard-Auxiliary-Flotilla-11-04-Nashville-TN/73651372461>

Tick-borne Diseases in Tennessee



Blacklegged or Deer Tick

It's that time of year when humans and animals are active outdoors. This is also prime time for tick bites of you and your pet. Ticks can carry viruses, bacteria, or parasites, and spread them through their bites.



Tick embedded in conjunctiva of eye.

Ticks can cause several diseases in humans, such as Southern Tick-Associated Rash Illness (STARI), Heartland Virus, Lyme disease, Tularemia, Rocky Mountain Spotted Fever (RMSF), Ehrlichiosis, and others.

Symptoms frequently associated with the above diseases include: fever, chills, headache, nausea, fatigue, muscle pain, and possibly rash. RMSF and Heartland Virus can be fatal.

Lyme disease and STARI are known for sometimes causing a bulls-eye rash. STARI is sometimes mistaken for Lyme disease.



Bulls-eye rash from Lyme disease.

Receiving a bite from a Lone Star Tick – considered an aggressive biter - could result in you developing an allergy to red meat. Eating meat after developing this allergy could cause hives, swelling of the lips, face and throat, and difficulty breathing.



Lone Star Tick

The Lone Star Tick is responsible for spreading STARI, Ehrlichiosis, and Tularemia. Tularemia is also carried by deerflies, and infected rabbits and rodents. Symptoms depend on the route of infection. Avoid handling dead animals or mowing over dead animals, as the bacteria can be aerosolized and enter your lungs.

Ehrlichiosis, Lyme disease, RMSF and Tularemia can be treated with antibiotics. Heartland Virus is treated with supportive measures, as antibiotics are not effective against viruses.



Avoid mowing tall grass.

For more information about ticks and how to protect yourselves, please look at the following websites and the handout on pages 4&5 of this newsletter. The handout applies to any activities where you are outdoors in tall grass, wooded or brushy areas, and even garden and boat launch areas.

Don't forget to treat your pets with medicated sprays, collars, shampoos, etc., as they can carry ticks into the home, and become infected themselves. Prevention is key.

<http://crossvillenevents.com/experts-warn-fatal-rare-tick-virus-tennessee/>

<http://www.wsmv.com/story/18338306/cases-of-dangerous-tick-disease-higher-in-middle-tn>

<http://www.cdc.gov/ticks/diseases/index.html>

<http://www.niaid.nih.gov/topics/tickborne/Pages/Default.aspx>

<http://www.tennessean.com/story/news/health/2014/03/06/tick-bites-blamed-for-red-meat-allergies/6131071/>

EMBEDDED LINKS

Please note: this newsletter contains embedded links. To access the website of the link, hover your mouse over the underlined link and you will see the website url. Simply hold down the "Ctrl" button on your keyboard and then right click your mouse to go to the link. On PDF's, just click on the link.

CALENDAR OF EVENTS

EAA Oshkosh 2016

Celebrating 100 years of U.S. Coast Guard
<http://www.eaa.org/en/airventure/aaa-airventure-news-and-multimedia/aaa-airventure-news/aaa-airventure-oshkosh/03-23-2016-100-years-of-us-coast-guard-aviation-to-be-honored-at-aaa-airventure-oshkosh-2016>

PLACE: OSHKOSH, WI
DATES: 25-31 JUL 2016

NACON 2016

<http://www.cgauxa.org/auxa/nacon-2016/>

PLACE: PHOENIX, AZ
DATES: 24-27 AUG 2016

2016 FALL D-TRAIN 8ER

PLACE: CHATTANOOGA, TN
DATES: 15 -17 SEP 2016

Flotilla 11-04 Meeting Location:	PAUL B. HUFF ARMY RESERVE CENTER 3598 BELL ROAD NASHVILLE, TN 37214
Meeting Time:	3rd Monday of each month, at 19:00 hours (7 p.m.)
Contact Phone:	615-346-5362

Greetings Shipmates,

How do you feel about your level of boating safety expertise? Recreational Boating Safety (RBS) is job number one in the Auxiliary. If you are basically Qualified (BQ) then you have passed an approved basic boating safety education program. That should mean you are among the top 10% of Americans associated with boating in terms of boating safety expertise. When is the last time you reviewed a basic boating safety course? How about the Federal Requirements and Safety Tips brochure? Can you identify ATONS and sound signals? What vessels are required to carry visual distress signals (VDS)? How many fire extinguishers is a 32 foot yacht with inboard propulsion required to carry? Do standup paddleboards (SUP) require life jacket carriage? What navigation lighting is required on a 65' houseboat? When must it be displayed? If you participate in Public Education (PE), Public Affairs (PA), Publications (PB), Program Visits (PV), Vessel Examinations (VE) and/or Operations these are questions you should readily be able to answer. YOU are the RBS expert!

A great resource for increasing your RBS awareness and expertise is the Coast Guard Boating Safety Circular. The latest one is here:

<http://www.uscgboating.org/library/boating-safety-circulars/Boating-Safety-Circular-Spring-2016.pdf>

Previous circulars may be accessed here:

<http://www.uscgboating.org/content/boating-safety-circulars.php>

Phil Mammano, SO-MT 11, 8ER

4 Key Points to Discuss with Boaters:

1. **Always Wear It**
2. **Take a Boating Safety Course**
3. **Get a Vessel Safety Check**
4. **Don't BUI**

Editor: Ruth Ring, FSO-PB, 11-04, 8ER.
ruth_ring@msn.com

Submit articles/photos NLT 2 weeks prior to the next meeting, or as directed.



CONFIDENTIALITY NOTICE – PRIVACY ACT OF 1974

Disclosure of this material is subject to provisions of the Privacy Act of 1974. This Act, with certain exceptions, prohibits disclosure, distribution, dissemination, or copying of any material containing home address, home telephone number, spouse's names, and social security numbers, except for official business. Violations may result in disciplinary action by the Coast Guard and/or civilian criminal sanctions.

It's Open Season on Ticks

Protect yourself from tickborne disease this hunting season

Ticks feed on the blood of animals (such as rodents, rabbits, deer, and birds), but will bite humans too. Ticks live in grassy or wooded areas, or on the animals themselves. Hunting brings you in closer contact with the ticks, so take the proper safety precautions to reduce your chances of being bitten.

- Treat your clothing and gear with permethrin before your hunt (always follow product instructions).
- Tuck your pants into your socks or boots to prevent ticks from crawling up pant legs.



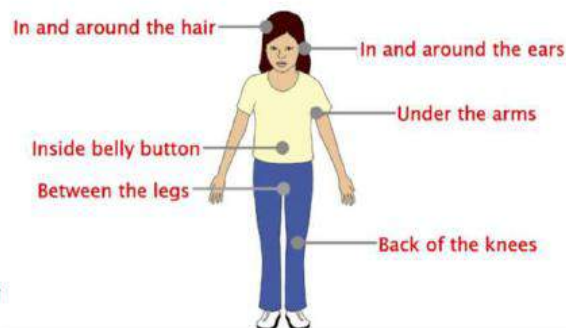
image of Hunters

Ticks can transmit serious and potentially fatal diseases like Lyme disease, ehrlichiosis and tularemia. Many of these illnesses can be treated effectively when caught early, so see your doctor right away if you have a fever, rash or flu-like symptoms after being in tick-infested areas. Frequent tick checks increase the likelihood of finding a tick before it can transmit disease.

- Shower after returning from the outdoors.
- Perform daily tick checks.
- If you see a tick, remove it immediately using tweezers.

If you are feeling ill, or have developed a fever or rash following a potential tick bite, call your doctor immediately.

Check for ticks:



Perform daily tick checks after returning from tick-infested areas

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases



CS243272

How to safely remove a tick:

The best method for removing ticks is to grasp it with tweezers as close to the skin as possible and pull up gently. Never use gasoline, kerosene, petroleum jelly, fingernail polish, or matches to kill or drive a tick out once it has been embedded.

Ticks and tickborne diseases in the United States:



Images of the most common ticks in the United States

The most common ticks in the United States are the black legged ticks (which can carry the organisms known to cause Lyme disease, anaplasmosis, babesiosis, and Powassan disease), Lone Star ticks (which can carry the organisms that cause ehrlichiosis, tularemia and the Southern Tick-Associated Rash Illness (STARI)), and American dog ticks (which can carry the organisms which cause Rocky Mountain spotted fever and tularemia).

Many tickborne diseases, such as Lyme disease, babesiosis, ehrlichiosis and Rocky Mountain spotted fever can be treated effectively if caught early. Be sure to mention to your doctor any history of tick bites, or outdoor activities where you might have been exposed to ticks. Many people who become ill do not even remember seeing a tick.

Animals can carry diseases which may affect humans, including brucellosis, tularemia, and rabies. Consider wearing gloves when dressing or butchering game, and wash hands thoroughly afterwards.

Remember...on your next hunt, Target the Tick

- Treat your clothing with permethrin
- Tuck pants into boots or socks
- Shower when you return from a hunt
- Perform daily tick checks



Image of tick in a rifle sight

For more information, please contact:
Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636) TTY: 1-888-232-63548
Email: www.cdc.gov/info

For more information on ticks, visit www.cdc.gov/ticks