



National Marina Day  
11 Jun 2016

<http://www.mitchellcreekmarina.com/>

Mitchell Creek Marina, on Dale Hollow Lake in Allons, TN, has requested officers to conduct Public Affairs and Vessel Safety Checks for National Marina Day on 11 Jun 2016. The flotilla will be conducting surface operations, and will also have lodging nearby the Marina at Swan Ridge. You should be able to bring a guest. Please respond ASAP to Phil Mammano if you would like to participate, and note whether you will be staying overnight and/or plan to bring a guest.

Phil Mammano, Qualification Examiner, 11-04, 8ER.

[phil.mammano@dhscgaux.net](mailto:phil.mammano@dhscgaux.net)

<http://centennial-cgaviation.org/>



**Celebrating 100 years of distinguished aviation service by the men and women of the United States Coast Guard through historic aircraft restoration, public education, widely attended events and unit-based functions, all designed to recognize Coast Guard Aviation's unique contribution to our Nation's wellbeing.**

**HONORING OUR PAST AND STRENGTHENING OUR FUTURE**

Our 100th year celebration will be held throughout 2016 marking a century of distinguished service to the American public by the men and women, officer and enlisted, who serve as Coast Guard Aviators. Officially, the celebration will run from the birthday of CDR Elmer "Archie" Stone, CG Aviator #1 on January 22, through the CGAA Pterodactyl Roost which will be held at Mobile, AL in early October. This website [above] is designed to inform and facilitate Centennial activities across the country.

I urge you to explore the various pages ranging from the history blog to "the store" where you can order Centennial related clothing and accessories. Two projects of particular interest are highlighted; the Phoenix Project which involves the restoration of an historic aircraft for display at the Smithsonian (Udvar-Hazy) in Washington, and the "Name Tag" Project which is an interactive fundraiser in support of Phoenix. The success of our Centennial celebration is dependent on each of us, please view the website and get involved as we honor our past and strengthen our future! Enjoy.

*VADM (ret) John Currier  
Ancient Albatross #23  
CGAA Centennial Coordinator*

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**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>

## Mosquito-Borne Diseases in the U.S.



While Zika virus has been very much in the news lately, there are several other diseases that can cause human disease, discomfort, and possibly death in the U.S. (Heartworm in dogs is also spread by mosquitoes.) Mosquitoes become infected when they bite an infected individual (human, horse, bird – depending on the virus), then transmit the disease when they bite another individual. Here is a brief synopsis of some of the human diseases that are spread through mosquito bites:

**Malaria** – fever, headache, sweats, chills, nausea, vomiting, fatigue, enlarged spleen, dry cough, and back pain. Symptoms can be cyclic and fatal.

**Chikungunya** – sudden onset of joint pain and high fever, rash, swollen joints, headache, muscle pain. Symptoms can last for months.

**Dengue** – severe headache and nausea, muscle and joint pain, rash, and bleeding. Can be fatal. (Also called “breakbone fever.”) There are 4 different dengue viruses, so a person could get each type.

**Eastern Equine Encephalitis** – horses are the hosts. Affects the spinal cord and brain. Flu-like symptoms, sudden headache, fever, seizures, and coma. Can be fatal.

**St Louis Encephalitis** – birds are the hosts.  
**LaCrosse Encephalitis** – small mammals are the hosts.  
**Western Equine Encephalitis** – horses are the hosts.

**West Nile Virus** – flu-like symptoms; neurological symptoms if it causes spinal cord and brain inflammation. Symptoms last 30 to 60 days. Can be fatal.

**Zika Virus** – fever, rash, joint pain, red eyes. Can be spread through sex. Can cause birth defects in fetus of pregnant women.

<http://www.cdc.gov/features/StopMosquitoes/>  
<http://www.mosquito.org/mosquito-borne-diseases>  
<http://time.com/4322775/zika-symptoms-mosquito-virus/?iid=sr-link2>  
<http://www.webmd.com/a-to-z-guides/malaria-symptoms>

## Carbon Monoxide (CO) and Boating

<http://www.uscgboating.org/recreational-boaters/carbon-monoxide.php>



Carbon monoxide (CO) can harm and even kill you inside or outside your boat! Did you also know?

- CO symptoms are similar to seasickness or alcohol intoxication.
- CO can affect you whether you're underway, moored, or anchored.
- You cannot see, smell, or taste CO.
- CO can make you sick in seconds. In high enough concentrations, even a few breaths can be fatal.

Most important of all, did you know carbon monoxide poisonings are **preventable**. Every boater should be aware of the risks associated with carbon monoxide - what it is; where it may accumulate; and the symptoms of CO poisoning. To protect yourself, your passengers, and those around you, learn all you can about CO.

To view NIOSH Engineering Reports on Carbon Monoxide and the dangers please visit the NIOSH website at:

<http://www.cdc.gov/niosh/topics/coboating/#b>

To view The Center for Disease Control's NIOSH information page on Carbon Monoxide dangers, please visit: <http://www.cdc.gov/niosh/topics/co/>

### [Dangers of Carbon Monoxide](#)

The must-know facts about carbon monoxide. If you don't recognize the symptoms of CO poisoning, you may not receive the medical attention you need.

### [Where CO May Accumulate](#)

You're not just at risk inside a boat. Knowing all the possible places where CO may accumulate could save your life.

*(CO Continued on page 3)*

## 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

### The Great Tennessee Airshow

<http://www.greattennesseeairshow.com/>

PLACE: SMYRNA, TN

DATES: 4 & 5 JUNE 2016

**\*Volunteers needed!** Contact: Ralph Underwood ASAP at [wralphu@hotmail.com](mailto:wralphu@hotmail.com) to help disseminate safe boating information at this event.

### EAA Oshkosh 2016

Celebrating 100 years of U.S. Coast Guard

<http://www.eaa.org/en/airventure/eea-airventure-news-and-multimedia/eea-airventure-news/eea-airventure-oshkosh/03-23-2016-100-years-of-us-coast-guard-aviation-to-be-honored-at-eea-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

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

#### 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.

(CO Continued from page 2)

#### [How to Protect Others & Yourself](#)

CO poisoning is preventable. Here are specific steps you can take to help prevent carbon monoxide from harming you, your passengers, or fellow boaters.

#### [Helpful Checklists and Maintenance Tips](#)

A checklist for every trip, plus a monthly and annual checklist. They're easy for you to print and use.

#### [Downloadable Educational Tools](#)

Brochures, photos, posters, and other tools to help increase awareness about carbon monoxide and recreational boating.

#### 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.

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



# Mosquito Bite Prevention (United States)



Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	<p>Chikungunya, Dengue, Zika</p>	<p>Primarily daytime, but can also bite at night</p>
 <p><i>Culex</i> species</p>	<p>West Nile</p>	<p>Evening to morning</p>

## Protect yourself and your family from mosquito bites

### Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
<b>DEET</b>	Off!, Cutter, Sawyer, Ultrathon
<b>Picaridin</b> , also known as <b>KBR 3023</b> , <b>Bayrepel</b> , and <b>icaridin</b>	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
<b>Oil of lemon eucalyptus (OLE)</b> or <b>para-menthane-diol (PMD)</b>	Repel
<b>IR3535</b>	Skin So Soft Bug Guard Plus Expedition, SkinSmart



\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



## Protect yourself and your family from mosquito bites *(continued)*



- ◆ Always follow the product label instructions.
- ◆ Reapply insect repellent every few hours, depending on which product and strength you choose.
  - » Do not spray repellent on the skin under clothing.
  - » If you are also using sunscreen, apply sunscreen first and insect repellent second.

### Natural insect repellents (repellents not registered with EPA)

- ◆ The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- ◆ To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- ◆ When used as directed, EPA-registered insect repellents are proven safe and effective.
- ◆ For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

## If you have a baby or child



- ◆ Always follow instructions when applying insect repellent to children.
- ◆ Do not use insect repellent on babies younger than 2 months of age.
- ◆ Dress your child in clothing that covers arms and legs, or
- ◆ Cover crib, stroller, and baby carrier with mosquito netting.
- ◆ Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
  - » Adults: Spray insect repellent onto your hands and then apply to a child's face.
- ◆ Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age.

## Treat clothing and gear



- ◆ Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - » If treating items yourself, follow the product instructions.
  - » Do not use permethrin products directly on skin.

## Mosquito-proof your home



- ◆ Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- ◆ Use air conditioning when available.
- ◆ Keep mosquitoes from laying eggs in and near standing water.
  - » Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)