



THE CUTTER



A PUBLICATION OF
THE UNITED STATES COAST GUARD

AND

THE UNITED STATES
COAST GUARD AUXILIARY

TWIN CITIES METRO SOUTH
FLOTILLA
8WR-11-02

Winter 2024

Minneapolis/St. Paul
COMMODORE ROBERT HEINZ
Flotilla Commander

Winter 2024

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Editor's Notes:

Warm, cold, warm again. Cloudy, icy, foggy, dreary and no snow. The Vikings lose and the Lions win—the Division at least. And so it goes. Winter in Minnesota. For those of us in the Auxiliary, it's a time to take advantage of being "on-the-hard" and continue many of our non-water activities. It's a great time to focus on some of our training opportunities. It's also a chance to see others and be seen. We have our annual Change of Watch and meetings with new Flotilla staff members. A chance to start anew and plan for the next year.

Flotilla 11-02-085, the "South Metro" under the leadership of Commodore Robert Heinz as Flotilla Commander and Vice-Flotilla Commander Craig Campbell began it's 2024 new year with staff meetings and discussions on 18 January. On a very cold evening staff members discussed plans for the coming year. Membership, recruiting, and required uniform inspections/expectations were among a few of the things discussed.

As a long-time member of Division 11, Flotilla 02 continues to participate in many

events. A heart-felt thanks for all those who were participants at the show. Although this time of sub-zero degree weather seems to erase any desire for being on water, those of us from the northland know that in just a few months, folks will venture out onto the rivers and lakes. Boating safety and personal safety is always our main focus and the Boat Show is a great reminder for folks that being on the water always requires vigilance and safety protocols. The Boat Show is also a great chance to recruit new folks. And, as previously noted, recruitment is one of our key issues going forward.

As we move forward, let's remain grateful that we live in the greatest country in the world and have the privilege of sharing in its well-being and safety. Let's "suit-up and show-up".

Let's work with other agencies, offer help where we can and remember, what you do counts! It takes a host of people and agencies to keep our country and our fellow American's safe on the water. Let us always remain-

SEMPER PARATUS!

Flotilla 02 Announcements, Recent and Upcoming Training, Meetings Etc.

Annual Audit

Under the leadership of Commodore Robert Heinz and the Audit Chair, Mr. John Barker, (along with Dr. Bruce Nauth, Mr. Craig Campbell, Flotilla Vice Commander, and Mr. Chuck Woodward FSO-FN), the Audit Committee reviewed and authorized forwarding of all financial records for 2023 to the proper authorities. The Audit Committees' efforts were made much easier by the diligent and highly professional management of Mr. Chuck Woodward, FSO-FN. Thanks to Mr. Woodward and Committee members for providing this very important service.

Flotilla Staff Officer Appointments for 2024

Commodore Heinz has submitted the necessary paperwork appointing Flotilla members as Staff Officers including the following:

Flotilla Commander	Robert Heinz
Vice Flotilla Commander	Craig Campbell
Immediate Past Cmdr.	John Barker
Finance	Chuck Woodward
Human Resources	Steven Kavros
Information Services	Craig Campbell
Materials	Abe Kazemzadeh
Marine Safety	Trent Jensen
Member Training	Rick Dunning
Navigation Svcs	Tim Hammond
Operations	Robert Heinz
Public Affairs	Bruce Nauth
Public Education	John Barker
Program Visitation	Bruce Nauth
Secretary	John Barker
Vessel Examination	Ron Fleetwood

Again, best wishes to all newly appointed officers. As members let's strive to give these folks our attention and help.

Awards

Dr. Stavros Recognized by Marquis Who's Who



WACONIA, MN, December 6, 2023, Steven J. Kavros, DPM, has been included in Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as (position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process. For nearly 40 years, Dr. Kavros has delivered focused, professional wound healing initiatives as a practicing physician, surgeon, and consultant. He holds a bachelor's degree in biology, which he received with honors, along with a minor in chemistry from Rutgers University and thereafter graduated from Temple University School of Podiatric Medicine with the highest honors and awards in surgery, orthopedics, and podiatric medicine. Along with his degrees, Dr. Kavros is a certified wound specialist through the American Board of Wound Management and is a fellow of the American College of Certified Wound Specialists and the American Professional Wound Care Association (earning Master's status) where he was a founding member (2001) along with being

a scientific chair for 15 years and one of the past presidents of the society (2015 – 2019).

In 1982, after earning his degrees and certifications, Dr. Kavros started his career by opening his own private medical practice. As a podiatric physician and surgeon, who is board certified by the American

College of Foot and Ankle Surgery, he treated adults and children while also devoting his time to hospital affiliated surgical practices, where he was the first surgical podiatrist at two major institutions for over a decade. In 1995, Dr. Kavros was invited to join the Mayo Clinic, Rochester, MN, where he brought his experience and expertise in innovative vascular wound healing for two decades. He was a leader in patient care initiatives as well as teaching, research, and medical device development.

As the associate professor at Mayo Clinic Alix School of Medicine, Dr. Kavros presented over 1,800 scientific presentations pertaining to his research at national and international conferences and congresses. He received numerous honors and awards for his patient care, teaching, and research contributions. With his interest in Charcot neuroarthropathy and its complications in limb loss, he initiated, developed, and led the first multidisciplinary Charcot neuroarthropathy clinic at the Mayo Clinic. After the first 30 years of his career in private practice and at the Mayo Clinic, Dr. Kavros transitioned into the medical device industry, focusing on regenerative medicine and its implications pertaining to advanced wound healing and limb preservation. Over the course of his career, Dr. Kavros has authored numerous peer-reviewed papers centered on evidence-based medicine in his area of expertise and interest. Moreover, he has brought to market multiple medical devices related to advanced wound healing, limb preservation, and orthopedics. Additionally,

Dr. Kavros joining EPIENMedical Inc. in 2020 as the Chief Medical Officer and vice president of regenerative medicine developing innovative therapies for cellular and molecular wound healing. Leading up to his time at EPIEN Medical, Dr. Kavros gained experience and brought his expertise to various leadership roles with Howmedica Orthopedics, TEI Biosciences Inc., and innovation there, he added value and established himself as a medical and business consultant with a proven track record of transforming scientific and medical advancement into profitable ventures. Community involvement has been an integral part of his life. He spent 15 years coaching youth baseball and continues to serve in the United States Coast Guard

Auxiliary as a staff office, sports photographer, outdoor enthusiast enjoying fishing, hunting, and hiking with his Labrador retrievers. Above all, his wife, Ellen, has given constant motivation and unwavering support for his professional career. They have been blessed with four children and presently, 4 grandchildren. Dr. Kavros intends to be focused and make a significant impact and continue with his mission of creating new opportunities to improve patient outcomes in advanced wound healing, regenerative medicine, and biotechnology.

Flotilla Annual Holiday Part

The Flotilla's Annual Holiday Party took place at the "Four-Fives" VFW club in Richfield on 14 December. Good food, festive dress and holiday cheer accompanied members and their guests. The cheer of holiday lights and good conversation gladdened by a warm room made this winter evening just a little better for all.

Change of Watch 6 January 2024

The annual Change of Watch took place on 6 January 2024 at the Double Tree-Hilton located at the intersection of Highway 100 and Interstate 494 (northwest quadrant). In a well decorated room, Coast Guard leaders, Division leaders and Flotilla leaders were sworn in for the upcoming 2024 calendar year.

The Oath of Office was conducted by Lt. Kwolek of the MSD detachment. Division 085-11 will be led again by the Trent Jensen as its Commander. Mr. Jensen led the Division in 2023 and will continue to serve for 2024. Mr. Jensen has more than 15 years of membership and has numerous qualifications including the esteemed Marine Safety Badge. Likewise, Mr. Barry Berg brings his numerous qualifications and experience to the table. He also brings 15 plus years to the table, plus previous military experience as a Viet Nam veteran. Our offices are being filled by experienced, competent and loyal members and we are fortunate to have them.



Above: Photo by Commodore R.E. Heinz; Minneapolis, 01/06/2024, (L-R): Sector Captain, Jon Knutson, Lieutenant Kwolek, U.S Coast Guard, MSD Mpls./St. Paul; Division 11 Commander, Mr. Trent Jensen, Vice-Division Commander, Mr. Barry Berg.

Lt. Kwolek acknowledged the ongoing and valuable role of Auxiliary in assisting the regular Coast Guard. He noted that our efforts are not wasted thanked us for our services. And we likewise thank



Above: Photo by Commodore R.E. Heinz; Minneapolis, 01/06/2024; Lt. Kwolek, MSD Mpls./St. Paul speaks to members and guests on behalf of the U.S.Coast Guard.

him and his shipmates for their service.

And we are grateful for the participation of our new Sector-North Captain, our ow, Flotilla 1, Mr. Jon Knutson. Mr. Knutson has served in numerous leadership positions and was both, our past Division Commander and past Flotilla 1 Commander. Thank you Sir for taking the time to visit our COWs among the many in our sector.

Minneapolis Boat Show

As usual, January in Minnesota isn't a time one thinks about being on the water. That is, of course, unless you are in the Auxiliary. Thankfully, we have the Minnesota Boat Show to remind us of better times and warmer weather. Once again, our Division and Flotilla members.



Photo: Minneapolis Convention Center: 1/16/2024; Main auditorium for 2024 Boat Show. Courtesy of Minneapolis Downtown Council.

“suited-up and showed-up” to provide the public with materials and information about safe boating, educational classes and membership in the Auxiliary.



Photo Above: Members of Flotilla 085-11-08 “stand tall” for the Auxiliary at the Minneapolis Boat Show.(L-R): Clingan, Don Garvey, and Chris Kotys.

Members of all Division Flotillas helped to spread the important word of boating safety to the public. It was a fun time to share our knowledge and

fellowship. The Boat Show gives us an important opportunity to fellowship with other state agencies, non-profit groups and organizations who have a strong interest in safety, water sports and To all who participated a heart-felt thank you for your service.

Coast Guard Cutter Confidence returns to Cape Canaveral after 60-day patrol in the Windward Passage and Florida Straits

Editor's Note: Flotilla 085-11-02's current Commander, Commodore Robert E. Heinz and former Division 11 Commander, Janet Heinz, have their grandson serving as a crew member of this ship. Congratulations to the Heinz family.



Above: CAPE CANAVERAL, Fla. — The crew of the U.S. Coast Guard Cutter Confidence (WMEC 619) returned to their homeport in Cape Canaveral, Friday, following a 60-day deployment in the Windward Passage and Florida Straits. Photo: Courtesy of U.S. Coast Guard.

Confidence worked to promote maritime safety and secure maritime borders, in support of Homeland Security Task Force – Southeast's Operation Vigilant Sentry within the Coast Guard Seventh District's area of responsibility. During the patrol, Confidence's crew interdicted and oversaw the humanitarian treatment and processing of 65 migrants from various countries of origin, and assisted with one damaged vessel.

Confidence's crew deterred two unsafe migrant ventures in the Windward Passage. Confidence escorted both vessels back to their countries of origin, ultimately ensuring safety of life at sea.

Confidence's crew assisted a damaged American flagged vessel low in fuel off the coast of Haiti.

Confidence provided critical supplies to the vessel to ensure the safe voyage to its final destination. Confidence's crew demonstrated exceptional commitment and skill throughout the patrol," said Cmdr. Thomas Martin. "I am incredibly proud of the Confidence crew for exemplifying the cutter motto 'Measure of Excellence' in all facets of this patrol."

Confidence is a 210-foot, Reliance-class medium endurance cutter. The cutter's primary missions are counter drug operations, migrant interdiction, enforcement of federal fishery laws, and search and rescue in support of U.S. Coast Guard operations throughout the Western Hemisphere.

MLK Day: Celebrated January 15

On Martin Luther King Jr. Day, the U.S. Coast Guard Auxiliary celebrates the enduring spirit of equality, justice, and unity. Dr. King's dream inspires us to stand together as one, navigating towards a future where everyone's journey is marked by respect.



Authorized Wearing of the Auxiliary Uniform

A Letter from Agostino "Gus" Formato, National Commodore for The Auxiliary

"Good day Shipmates:

A brief reminder that Auxiliarists **may wear the uniform only when assigned to duty**. The Auxiliary Manual provides a few specific examples of when Auxiliary uniform wear is prohibited, but even if not specifically prohibited, uniform wear is only authorized when assigned to duty.

An Auxiliarist is assigned to duty **only** when these 3 prerequisites are satisfied:

1. The Auxiliarist is engaged in an activity in support of an *authorized* Auxiliary program.
2. The Auxiliarist is qualified to engage in that activity in accordance with CG Auxiliary policy.
3. The Auxiliarist is performing the activity in conformity with applicable CG or CG Auxiliary policy (i.e. the Auxiliarist is acting within the scope of duty).

When those three criteria are met, then, and only then, the Auxiliarist is assigned to duty and may wear the uniform. Also, it is only then that an Auxiliarist is deemed an employee of the United States for purposes of eligibility for the federal statutory protections described in the Auxiliary Manual. If ever in doubt, before donning the uniform, seek guidance from your elected unit leader, because violation of this rule may subject the member to severe disciplinary sanctions.

Best Wishes to all for a very happy and healthy Holiday season." Semper Paratus

Agostino "Gus" Formato



Risk Management Training

Members in need of Risk Management Training and refreshing, please note the District Calendar's stated times for Risk Management Training. There are two times in February in which to participate. However, individuals in need of the training and refreshment must contact appropriate District 085 personnel for details, i.e., Susan Lowe.

Title:	Risk Management
Category:	Training
Description:	Contact Susan Lowe for details

Date / time: 12.02.2024 @ 17:00 - 19:00
13.02.2024 @ 1700 - 1900

Surviving Fall In Cold Water

The following is taken from a Minnesota DNR publication.
https://files.dnr.state.mn.us/education_safety/safety/boatwater/cold-water.pdf

1-10-1 PRINCIPLE 1 MINUTE

- Get breathing under control

10 MINUTES OF MEANINGFUL MOVEMENT

- Assess the situation and make a plan

- Perform most important functions first, such as locating other party members

- Self-rescue if possible

- Signal or call for help

1 HOUR (OR MORE) OF USEFUL CONSCIOUSNESS

- Focus on slowing heat loss

IF WEARING A LIFE JACKET,

THE 1-10-1 PRINCIPLE MAY SAVE YOUR LIFE!

MINNESOTA COLD WATER

Over 30 percent of boating fatalities in Minnesota happen in cold water with a victim not wearing a life jacket. Falls overboard and capsizing are the most common causes of boating fatalities in the state.

Males between the ages of 20 and 60 are the most likely to drown while boating, and are the least likely to be wearing a life jacket. Falling into icy water can be deadly because many boaters do not think about the effects of cold water immersion.

Wearing your life jacket could be the single most important factor in surviving cold water. Without a life jacket, most cold water victims die long before they become hypothermic.

WHAT IS HYPOTHERMIA?

Hypothermia means the body is losing heat faster than it can produce it and the body's core temperature drops below 95 degrees.

Falling into cold water can increase your chances of hypothermia.

Signs/symptoms of hypothermia include:

Shivering

-

Slurred speech

-

Abnormally slow breathing

-

Cold, pale skin

-

Loss of coordination

-

Fatigue

-

Confusion or memory loss

Bright red, cold skin (infants)

GASP! THE STAGES OF COLDWATER IMMERSION

COLD SHOCK RESPONSE

Within the first 2-3 minutes:

- Gasping, hyperventilation and panic.

- Drowning if not wearing a life jacket.

Within the first 30 minutes:

- Loss of muscle coordination and the rapid cooling of

SWIM FAILURE

arms and legs impairs the ability to keep the head above water.

- Effects occur regardless of swimming ability.

- Drowning if not wearing a life jacket.

IMMERSION HYPOTHERMIA

After at least 30 minutes of immersion:

- The body's core temperature gets dangerously low, eventually resulting in loss of useful consciousness.

- Drowning if not wearing a life jacket.

POST RESCUE COLLAPSE

After victim is rescued:

- Blood pressure often drops, inhaled water can damage the lungs and heart problems can develop as cold blood from the extremities is released into the body core.

- Proper medical attention is essential to re-warm the body safely.

TIPS FOR AN EMERGENCY STAY WITH THE BOAT

If the boat capsizes or you fall overboard, stay with the boat and get all or most of your body out of the water.

- Most capsized watercraft will still float.

A craft in the water is easier for rescuers to locate.

If you have to remain in the water, do not attempt to swim unless it is to a nearby boat or floating object.

- Keep boots and clothes on. Almost all clothing will float for an extended period of time.

SLOWING HEAT LOSS

Reduce the effects of cold water immersion with the *Heat Escape Lessening Position* (H.E.L.P.).

- Cross ankles.
- Cross arms tightly across chest. Hands should be kept high on the shoulders or neck.
- Draw knees to chest.
- Keep head and neck out of water and focus on breathing.

Practice H.E.L.P. in a pool before depending on it in an emergency—this technique may not work with all life jacket styles.

If more than one person is in the water and all are wearing life jackets, the “huddle” is recommended.

- This is where small groups of two to four “hug” with chests closely touching.
- Arms should be linked around the backs of the others and kept underwater, while smaller individuals or children can be placed in the middle of the “huddle.”
- The huddle helps to conserve body heat and it is also easier for rescuers to locate than one lone victim.
- The close proximity of victims can also serve as a significant morale booster.

CARING FOR SOMEONE WITH HYPOTHERMIA

All victims pulled from cold water should be treated for hypothermia as signs and symptoms usually develop slowly. People with hypothermia typically experience mental confusion, so they may be unaware that they need emergency medical treatment.

Call 911 or emergency medical assistance. While waiting for help to arrive, monitor the person’s breathing. If breathing stops or seems dangerously slow or shallow, begin cardiopulmonary resuscitation (CPR) immediately.

Move the person out of the cold. If possible, keep the victim in the same position as they were rescued to prevent a stroke caused by moving them incorrectly. If moving is necessary (such as from a boat to shelter), carefully lay the victim on insulation from the cold ground in a level face-up position. Protect the person from the wind and cover their head. Carefully remove wet clothing. Replace wet things with a warm, dry covering.



Photo. Unknown: Rescue team pulls ice-fisherman after he falls through the ice.

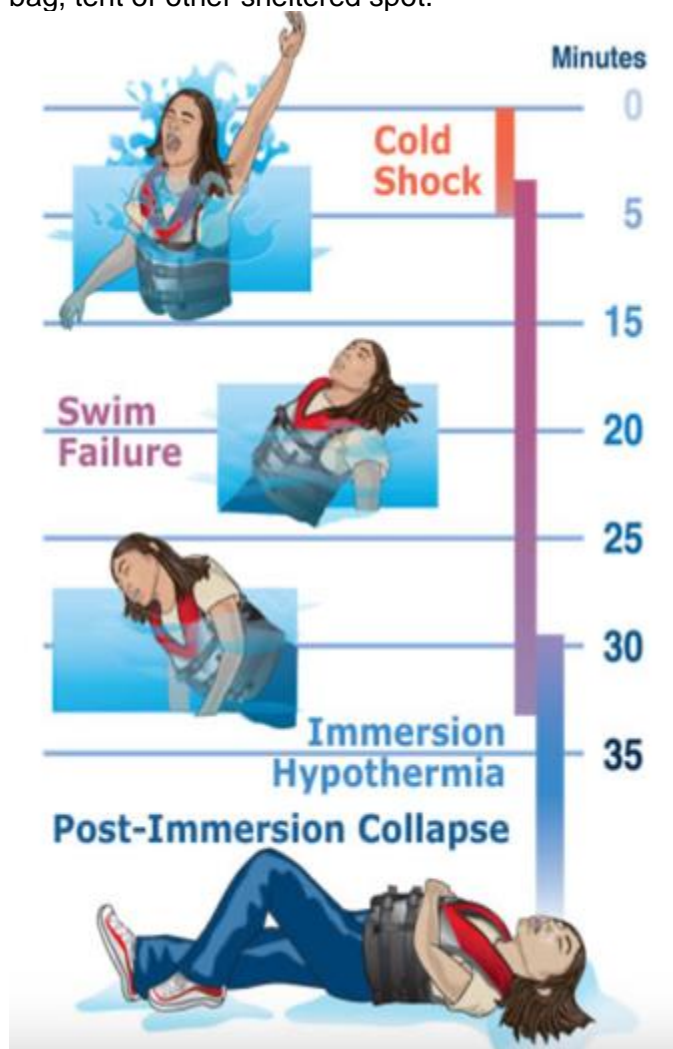
Apply warm compresses to the center of the body — head, neck, chest and groin. Do not apply direct heat. Do not use hot water, a heating pad or a heating lamp to warm the person. Do not attempt to warm the arms and legs. Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to rise.

drop. This can be fatal.

Give the person warm beverages. **Do NOT give the person alcohol.**

Handle people with hypothermia gently. Don't massage or rub the person because their skin may be frostbitten, and rubbing frost-bitten tissue can cause severe damage.

Body to body rewarming. In remote areas where assistance is delayed, and victim's shivering is ineffective, practice "body to body" rewarming. Surround the victim with body heat in a sleeping bag, tent or other sheltered spot.



Editor's note: Sadly one of Minnesota's Wildlife team died of drowning in cold water in the fall of 2022. He and his comrades were preparing to check on duck hunters. Strangely, he didn't have his life vest on when his boat hit an obstruction and he was thrown into very cold water. It can happen to anyone. Put your lifebelt on **before you enter your boat**!.



Vessel Examiner Workshop (via Zoom)

Chris Kotys our shipmate and FC for Flotilla 08, has announced a new VE workshop. It's an opportunity for our Division to go over the VE workshop with one of our best VE examiners--Mr. Don Garvey.

Don has multiple years of experience and tons of tips to make your VE experience a successful and rewarding one. All Division 11 members are invited, regardless if you are currently a VE or wish to become a VE this year. First-hand experience is one of the best ways to discover what this qualification is and how you can benefit.



You may have already completed the workshop but may have lingering questions that that Don could answer address.

Flotilla Commander Kotys hopes that many you can the training.

Monday, Feb. 26th at 19:00. Thank you gentlemen!
Time: Feb 26, 2024 19:00 Central Time (US and Canada)

Join **Zoom** **Meeting**
<https://us06web.zoom.us/j/86453168219?pwd=mETpCDwTc1AZ3oxA627zS7efhL50qp.1>

January 2024

01 January**New Year's Day****06 January****Change of Watch****15 January****Martin Luther King Day****18 - 21 January****Mpls. Boat Show****18 January****Flotilla 2 Staff Mtg.****30 January****F02 Audit Mtg**

February

Black History Month**12-13 February January Training****District Risk Management****15 February****Flotilla 02 Mtg-
1730 hrs
4'5's VFW.****18 February****Division VE Training****19 February****President's Day**

March

1 March**Women's History Month****1 March****Disability Awareness Month****19 March****First Day of Spring**

Shipmates:

Be sure to **continuously** check the District Web. Sites and your Division for various updates and announcements on courses, training and other communications. BN.

The Cutter is a quarterly publication of the Twin Cities Metro Division 11, Flotilla 02, 8th Western Rivers Region of the 8th Coast Guard District—U.S. Coast Guard Auxiliary.

Please send all articles, comments and/or suggestions to: Dr. Bruce M. Nauth at bruce.nauth@gmail.com

