

# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 2 – Issue 3, 2015

Welcome!

Welcome to the Flotilla 46 – Cape Ann eNewsletter. The main goal of this publication is to enhance communications between elected and appointed flotilla staff and the general membership. Every three months we highlight the accomplishments of the previous quarter and broadcast flotilla-related events for the upcoming quarter. Members unable to regularly attend flotilla meetings can find some of the important, interesting and exciting goings-on here. In addition, annual member training requirements and flotilla member-submitted articles are included in these pages. So, welcome to *The Cape Ann Quarterly* – your eNewsletter.

## Mandated Member Training (AUXMT)

Remember: All ten Auxiliary Mandated Member Training (AUXMT) courses must be completed by December 31<sup>st</sup>, 2015. For all Auxiliarists, events occurring after January 1<sup>st</sup>, 2016 such as eligibility for certain awards, elections, Auxiliary ID cards, C-Schools, and augmenting the Coast Guard will require all AUXMT to be completed prior to those events. Your effectiveness will be significantly impacted until all AUXMT are completed. Mandated Member Training includes:

Course Code	Course Number	Course Name	Frequency
SP	502379	Building Resilience and Preventing Suicide	every 5 years
SETA	810030	Security Fundamentals	every 5 years
PAWAR	810015	Privacy at DHS/Protecting Personal Information	every 5 years
POSH	810000	Sexual Harrassment Prevention	every 5 years
SAP	810045	Sexual Assault Prevention and Response	every 5 years
CRA	502319	Civil Rights Awarness	every 5 years
ET	502306	Ethics 1 / Personal Gifts	1 time only
INF	502290	Influenza Training	1 time only

\*\*Note that IS 100.b and IS 700.a are also AUXMT taken 1 time only on the FEMA website here: <http://training.fema.gov/is/nims.aspx>

## Upcoming Events

Oct 10<sup>th</sup>, Coastsweep Beach Cleanup, Stage Fort Park Gloucester  
Nov 21<sup>st</sup>, America's Hometown Thanksgiving Parade, Plymouth  
Dec TBD, Division Change of Watch, Beverly

## Commander's Corner



### Combating Burnout

A distinguished veteran of the active duty Coast Guard who had gone on to become an Auxiliarist once told me, "Be careful – the Auxiliary will bleed you dry." What was he talking about? We are a volunteer organization. Any one of us can leave, at any time. And there lies the issue. Too many of us do leave. As an organization, we lose far too many people through burnout. Why does this happen, and what can we do to change it?

The Auxiliary represents a uniquely open-ended commitment. In most of our other life commitments, there are established laws, customs, and routines that we follow – when the workday ends, we go home. Our families and spouses for the most part understand and respect that we need some down time. Even those in the active duty military get to go on leave. At work, home, or unit there will be the occasional crisis that demands exceptional effort, but in general the expectations are reasonable.

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*Nauta, Navis, et Mare*

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## Commander's Corner (continued)

In the Auxiliary, the only limits are those that we establish for ourselves. It is quite possible to work on Auxiliary activities for 52 weeks out of the year. With over 200 active mission areas, there is always someone who needs your help. If you are sincere in your desire to lend a hand, the contrast between the limitless need and your own limited availability can be overwhelming.

There are three types of tasks in the Auxiliary. There are the tasks we do because we have to. We all have to pay our dues, complete the mandatory training, keep our uniforms squared away, and show up for a meeting once in a while, lest we become just an unknown name on the roster.

There are the tasks we do because we should. We all should play a role in the administrative tasks required to keep our activities, flotillas, and divisions going strong.



David Foss, FSO-OP, is congratulated by Flotilla Commander John Mellen for completing several Auxiliary Mandated Member Training (AUXMAT) courses. Both gentlemen understand the importance of maintaining currency. (J.W. Keyes)

Then there are the tasks that we enjoy. These are the tasks that brought us into the Auxiliary in the first place. Some of us like to teach and found the PE program. Some of us like to talk to the public and found fulfilling activities in the VE

program or Public Affairs. Some of us were attracted to Operations. Some of us were looking for personal growth and may have found a leadership role.

Over time, we generally move up to more senior positions in Auxiliary leadership. At a higher level, administrative tasks predominate. It becomes harder to maintain a high level of activity in the task area that we formerly found most interesting. As we lose touch with the activities that we most enjoy, the Auxiliary becomes a chore.



Members of Division 4 spend a Fellowship afternoon with members of USCG Station Gloucester to celebrate the 225<sup>th</sup> Anniversary of the Coast Guard. Division 4 shares a close relationship with the station. (J.W. Keyes)

Sometimes other commitments in our lives take priority. We may face a crisis at work that demands long hours. We may have a family or personal medical issue that curtails our Auxiliary activities. With the need for annual re-qualification in most mission areas, it can be difficult to resume mission activities after an extended absence.

Administrative overhead itself can be a cause of burnout. It can be quite frustrating to see volunteer hours wasted on redundant or excessive processes, particularly for those who have only a sharply finite amount of hours to give. In this area, the Auxiliary's greatest blessing – free man-hours -- becomes its greatest curse. Because Auxiliarist time is unpaid time, inefficiencies are tolerated that would never be acceptable in a for-profit business.

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So how can we limit burnout?

*First*, know your own limits. Each of us has a unique set of outside commitments, comprising our work situation, our family, and any medical issues that we face. You'll do more good for the Auxiliary by working 20 hours a month for 10 years than you will by doing 50 hours a month for 2 or 3 years and then dropping out.

*Second*, stay in touch with the things you enjoy. Be aware of the things that bring you fulfillment in the Auxiliary, and stay involved in what motivates you.

*Third*, in your leadership positions, respect the time of your fellow Auxiliaries. Auxiliaries' time may be free to the Auxiliary and the Coast Guard, but it is valuable to the individual Auxiliary. There are many other things any one of us could be doing with those hours. Respect those who may need to step away from Auxiliary activities for whatever reason, and welcome them back when they are able to return.

For the Auxiliary as an organization, a few humble suggestions: Place a higher priority on administrative efficiency. Move some of those administrative hours to direct mission areas. Work toward a smoother re-integration for those who have become inactive and would like to become active again. Those who have been active and productive before are often likely to become productive again. Streamline re-qualification processes as much as possible, consistent with safety and quality.

*Semper Paratus!*

John B. Mellen, Flotilla Commander

Gloucester Schooner Festival: Public Affairs to Response

In the Coast Guard, the most mundane day can quickly change to a harrowing adventure. In the Auxiliary we must be prepared to support both types of duty. The nature of

the sea, and the hazards on it, require strict attention. Such was the case during the Labor Day Weekend.

Labor Day Weekend marked the 31<sup>st</sup> Annual Gloucester Schooner Festival, an event that draws thousands to America's Oldest Seaport to get a close-up view of these amazing sailing vessels. The influx of visitors to the inner harbor provides an ideal opportunity to introduce the public to the Coast Guard and the Auxiliary. Coast Guard Station Gloucester opened its gates and provided guided tours of the station and its assets. And the Auxiliary was there to assist.



James Fitzgerald, from Flotilla 53 in Boston, gives guided tours of the 47-foot Motor Life Boat (MLB) aboard USCG Station Gloucester during the 31<sup>st</sup> Annual Schooner Festival. A very mundane Public Affairs event would soon become a response mission. (J.W. Keyes)

Active duty Coast Guard and Auxiliary members gave guided tours of the station and its on-the-water assets throughout the morning, with a plan to continue the tours to mid-afternoon. However, shortly after noon circumstances would change those plans. Notice that plans were changing came in the form of a running Harbormaster.

Harbormaster Chad Johnson, running from his office adjacent to the station, called to Auxiliary members giving tours to alert the on-call response crew of a vessel in

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distress. As Mr. Johnson climbed aboard his boat, word of the emergency spread through the station; minutes later the crew of the 47-foot Motor Life Boat was underway.



USCG Station Gloucester-based crew of the 47-foot Motor Life Boat and members of the Gloucester Harbormaster prevent the F/V Orion from running aground on Rocky Neck. (J.W. Keyes)

Just 100 yards off of the Station Gloucester docks, the 95-ton F/V Orion had lost reverse engines and steering and was drifting towards the shallows of Rocky Neck. The Harbormaster's boat was able to stop the vessel's drift into harm, but the Orion was too big for the smaller boat to guide to safety. The "47" arrived in good time and rigged up a side tow. It would be their responsibility to return the large vessel to a safe mooring. BM1 Devan Smith would later say the size of the vessel made it one of the hardest tows he had ever done.

The urgency of the situation required a suspension of the Open House tours. Auxiliary members were required to clear all civilian visitors from the station and to ensure the gate was secure. Although visitors were not allowed back onto the station during the response, Auxiliarists remained at the front gate to meet with the public and explain the situation. Tours of the station would resume again the following day. The support provided by Auxiliary volunteers allowed the active duty crew to quickly respond to the hazard without having to worry about clearing the station of visitors first.

Alexander Urciuoli: Ops Normal

By Tracy Schultz, BC-DPA

Alexander Urciuoli, a member of the U.S. Coast Guard Auxiliary Flotilla in Monterey, Calif., is not one to take things for granted. Alex was born with cerebral palsy and has had to walk with the aid of crutches his entire life. Urciuoli especially likes the safety and prevention aspects of the Coast Guard. "Whether it is Boating Safety classes for the public, beach cleanups, or answering distress calls, the first mission is saving lives. I never get tired of being a part of that, and serving my country at the same time." says Urciuoli. Auxiliarist Alexander Urciuoli is a fine example of the diversity to be found in the Coast Guard and is a qualified candidate to be a Diversity Champion. His own words describe the opportunities that exist in the Coast Guard and Auxiliary: "If you want to serve, you can serve. Find out what you can do, and do it. Don't allow your disability to identify you."



Alexander Urciuoli augmenting in the communications center at U.S. Coast Guard Station Monterey. (Photo is courtesy of BC-DPA Tracy Schultz.)

(The preceding article was previously published in *Partners in Auxiliary Diversity*, the Diversity Directorate's bulletin, First Edition 2015.)



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## Flotilla 46 Accomplishments to Date, 2015

850 hours recorded in AUXDATA  
8 Shore-side ATON Missions completed  
18 hours standing NET Control Radio Watch  
1 BS&S Public Education Course completed  
1 ABS Public Education Course completed  
1 Suddenly-In-Command P.E. Course completed  
63 RBS Partner Visits completed  
20 Vessel Safety Checks completed  
4 Public Affairs Events supported  
5 Member Training Events completed  
3 AUXAIR MDA Mission Flights completed  
3 Marine Mammal Observation Missions completed

## Awards & Recognition

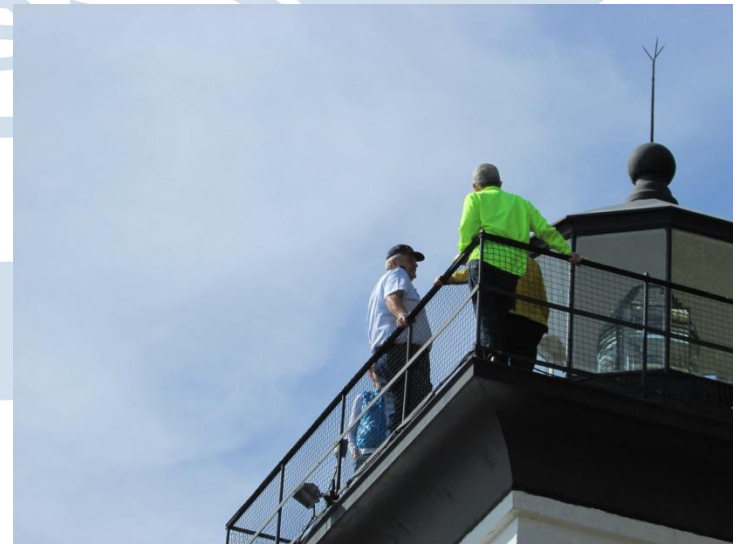
Flotilla 46 – NACO 3 Star Diversity Award  
John Mellen – Membership Award, 15 Years  
Paul Maglio – Instructor Qualification completed  
Paul Maglio – Vessel Examiner Re-Qualification  
John Keyes – AUX-12 Public Affairs “C” School completed  
John Keyes – 2014 Century Club Award, 100+ PVs/VEs

## Hospital Point Lighthouse Tours get a Little Safer

Division 4 members have been giving tours at the top of the 45-foot tall Hospital Point Lighthouse for years; but this summer, the tours got a little safer. Although a minimum of two Lighthouse Team Members remain vigilant throughout the twice-annual public tours, and the number of visitors allowed on the lighthouse gallery is regulated, having small children forty-five feet off the ground could cause some anxiety during the guided tours. To ease that anxiety, the team decided to install some safety netting during the tours.

The lighthouse and surrounding property, home to the First District Commanding Officer (currently Rear Admiral Linda

Fagan), are kept in immaculate condition – just any net wouldn't do. Therefore, a custom braided nylon net was commissioned; measured to exactly fit the gallery railing. The netting was installed by Lighthouse Tour Team Members prior to the Beverly Homecoming Tours, and they will remove it sometime after the Essex Sails & Trails Tours. Hopefully the installation of the new safety netting will prevent some grey hairs.



Walter Blazewicz, Hospital Point Lighthouse Tour Team Member, gives tours of the lighthouse gallery during Essex Sails & Trails 2015. Clearly visible between the gallery railings is the newly installed safety netting. (J.W. Keyes)

## Newsletter Submissions

Do you have an interesting story to tell? Submit it to the flotilla commander for review and inclusion in *The Cape Ann Quarterly* newsletter today. Mission successes, Auxiliary history, membership interest stories, and photographs are all welcome. Your story should be told.

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## Lifesaving Trivia

*This Quarter's Question:* When referring to maritime safety, what does the acronym "SOLAS" refer to and when/why was SOLAS developed?

*Last Quarter's Question:* Identify the sailing knot below and what it is used for.

*Answer:* The sailing knot shown below is called a Double Sheet Bend (sometimes called a Weaver's Knot). The Double Sheet Bend is used to join two lines of markedly different size.



The Double Sheet Bend.



The Parade of Sail is a spectacular highlight of the Gloucester Schooner Festival. More than a dozen schooners provided a beautiful scene, back-dropped by Gloucester's historic coastline. (J.W. Keyes)

## Privacy Act

As a matter of policy, rosters of names, addresses and telephone numbers shall not be made available to the general public or any outside organization. The privacy of all rosters shall be safe-guarded and the page clearly labeled. The publication of these rosters on any computer online service including the Internet is prohibited by the Privacy Act of 1974. All articles and photos contributed by the editor, unless noted otherwise.

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