

# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 4 – Issue 1, 2017

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.

## Core Member Training (AUXMT)

The deadline for completing Core Member Training (AUXMT) was December 31<sup>st</sup>, 2016. If you have not completed all ten courses, you are effectively REYR and cannot request orders, support the active duty or renew your Auxiliary ID Card. All new members must complete the training by the end of their first full year. You may review your AUXMT official training record via the District 1NR Member Information webpage, located at the following address: <http://a013.uscgaux.info/members.htm>. Mandated Member Training courses include:

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 Awareness	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

May 20<sup>th</sup>, USCG Station Gloucester Safe Boating Day Open House

May 20<sup>th</sup>-26<sup>th</sup>, National Safe Boating Week

Jun 17<sup>th</sup>-22<sup>nd</sup>, *Sail Boston* Tall Ships Event, Boston Harbor

Jun 22<sup>nd</sup>-25<sup>th</sup>, St. Peter's Fiesta, Gloucester Harbor

## Commander's Corner



Well, despite the weather telling us otherwise, I assure you summer is coming! And along with the summer is going to come a return of recreational boating to our waters! This year is gearing up to be one of the most active years for boating that we've seen in a long time! It looks like people in record numbers will be looking to "re-charge their batteries" after a hard work-week, on the water. Sadly, a boating mishap is one of the most common ways to "short circuit" that plan!

The Coast Guard Auxiliary, every one of us, is on the front line of Recreational Boating Safety. Through our programs like Public Education, Program Visitations and Vessel Safety Inspections to name a few, we are helping boaters refresh themselves, so they can return to "the old grind" ready to maximize their efficiency to produce the products that make this nation great. So, in that way we, behind the scenes, are doing our part. And it's no small part!

(Continued on Page 2.)

# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 4 – Issue 1, 2017

Commander's Corner (continued)

To keep up our great work, we have been very fortunate to have attracted the interest of many new dedicated and enthusiastic members, and there are several more showing interest in being part of our missions! What I see as a common denominator in our new members is that they want to be productive and involved in the wellness and safety of their communities. So, I see it as an important job to engage and involve our newer members in our Flotilla's ongoing activities and to encourage them to initiate and manage other activities within the Auxiliary's missions.

While it seems that there is much energy being focused by the District office on a few events, such as was the *St. Patrick's Day Parade* and the upcoming *Sail Boston* event in June, little is being afforded from that level to more local events like the *Antique and Classic Boat Festival*, *St. Peter's Fiesta* and the *Blackburn Challenge*, not to forget our Public Education offerings and Public Affairs events like Station Gloucester's Open House, to name a few. I want to assure you that each of these are just as important as any other, and our participation is just as appreciated!

I have been tasked with forwarding this thought along: Although we Auxiliarists are volunteers, we are an important part of the United States Coast Guard and its mission. As such, we follow a "Culture of Respect", and as stewards of the public trust, our collective actions must always uphold the Core Values of: Honor; Respect; and Devotion to Duty. This means reporting behavior that targets a shipmate, including bullying, hazing or harassment. Violations of our trust and respect in one another have no place in our service.

I would like to thank our flotilla members and friends who have again offered to support the Coast Guard's Mutual Assistance program. This program offers assistance for Coast Guards men and woman who meet certain distresses and needs. Members of Station Gloucester, and even our own Flotilla, have been helped by this worthy program. I

hope we can meet quorum at our next meeting to be able to vote to donate more!

I also want to re-state how proud I am of you to have earned the Division's *Flotilla of the Year* award! It is a recognition of the efforts of our team and how we can pull together as a cohesive unit. I am proud of those members who have overcome personal barriers to complete their mandated training exercises and have been re-established in the missions they perform for our flotilla. And, I am proud of those members who have shown their own initiative in performing the duties they do to advance the success of the flotilla's missions.

KEEP UP THE GOOD WORK ALL!

*Semper Paratus!*

Gardner H. Winchester II, Flotilla Commander

Being AUXFIT

By John B. Mellen, DSO-CM

Craig Hall brought AUXFIT to our Division 4 meeting, and put a bug in my ear to write a guest column. I hope that I can serve as a role model, as I've been running most every day for over 21 years. Some of what I have learned along the way may be of value. Injuries and minor illnesses have kept me indoors from time to time, and there are always a few days every year when travel or work keep me from my normal schedule. All the other days I roll out of bed into my sweats – and go. I check the outside temperature, only to dress appropriately. There is not a go/no go decision. I always go.

This I believe is the greatest secret of my success – habit. Aristotle said that excellence is a habit. Fitness is also a habit. There are always a hundred reasons not to go – fatigue, soreness, headache, rain, wind, cold, snow, darkness, thunder, the list goes on and on. The reason to go – habit. It's morning, and running is what I do in the



# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 4 – Issue 1, 2017

morning. Do not underestimate the positive power of forming a good habit. The most persistent habits are those you do every day. If you can't manage every day, try for at least four days a week. Think of the "off" days as a departure from your normal routine.



Craig Hall, AUXFIT Team Leader, discusses the benefits of the program to Divisions' 3 and 4 members. The author is seated, center. (Photo by John W. Keyes, DSO-PB.)

The second secret is to find something you enjoy, that you can fit into your daily routine. Think on what worked for you in the past. You may prefer having some solitary time to clear your mind. If you are a very social person, you may do better working out with a group. Take inventory of what resources are available. Time is a huge factor in most of our lives, and it will be easier to stay with a fitness activity if it's close by. You may be able to walk, run, or cycle right outside your front door, or at least within a short distance of your home. If you live near the water you may be able to paddle or row. For other activities you may need a membership in a gym, a martial arts studio, or a local "Y". Make sure it is either close to your home, or on your way to work.

The third secret is to approach this as a permanent lifestyle change. Fitness is not a temporary program that you work through until you reach a certain goal. You are out to make

a permanent and dramatic change. Expect setbacks, but do not be defeated by them. Fitness is your new life. Embrace it and build on it. Take the stairs. Park the car further from the building. Learn to listen to your body. You may find yourself craving healthier food. You may find you sleep better. You may find you experience less anger or depression in your life. With each benefit you discover a reason to continue on your new path

For most of us, a lifestyle change like this should start out with a visit to the doctor. Discuss your plan, and listen to your doctor's advice. If you've been sedentary a long time, walking is often a good place to start. You can start out slow, and increase your speed and distance over time. Walking requires little or no investment in equipment and is usually something you can do quite close to your home. You can use walking as a stepping stone to a more strenuous activity, and you can also use it as a fall back when recovering from an injury.

Sooner or later there will be an injury, or an illness, that holds you back. Do not give up. Try to maintain as much of your routine as you can. I usually run about three miles a day, but there have been times when all I could do was hobble down to the end of my street and back – and that with a limp and a walking stick. I still put on my sweats, and made that trip every morning. As soon as I could, I ditched the stick. Then I worked on more distance, and on getting rid of the limp. Later I would try running a few steps. Within a few weeks, I would be back to my normal distance and speed. Listen to your body, and push back gently but persistently against your limitations.



Craig Hall, AUXFIT Team Leader, (far right) recruits some new volunteers to the AUXFIT program. (Photo by John W. Keyes, DSO-PB.)

# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 4 – Issue 1, 2017

If your fitness activity puts you on the water or on a public way, please become an expert in appropriate safety precautions. If you cycle, get some bright LED lights and bright clothing. For running, I prefer an ANSI safety vest – it has many more square inches of reflective material than the ones designed for runners. Be aware that reflective material only works when the oncoming car's headlights are shining on it – which is not so much if you are on the inside of a curve. Any outdoor activity will be more interesting and much safer if you practice being aware of the people, wildlife, and vehicles around you. If you will be paddling, learn from one of our paddlecraft gurus – there is a lot more to kayak safety than wearing a PFD.

Good luck with your AUXFIT activities. Get fit, stay fit, and I hope to be working with you for many years to come.

(The preceding article was simultaneously published in the district newsletter, the *Nor'Easter*.)

## Valuing the Uniqueness of Each Individual Member

By COMO Kenneth E. Jacobs, ANACO-DV  
Assistant National Commodore - Diversity

Diversity is about acknowledging differences and adapting practices to create an inclusive environment in which diverse skills, perspectives and backgrounds are valued. It is about understanding the uniqueness of each individual member which results from a diverse blend of backgrounds and lifestyles and recognizing the value of using those different perspectives and ideas to enhance the quality and outcomes of our mission.



Diversity means accepting, welcoming and valuing the differences inherent in every individual member and

recognizing the contribution that a diverse membership can make to our organizational effectiveness and operational performance.

The National Diversity team looks forward to using [the Partners in Auxiliary Diversity (PAD) Bulletin] as a means of exchanging ideas and best practices which will help to enhance diversity programs at all levels. Our diversity program is ever growing and evolving; it is the contribution of each individual member which helps to build a stronger more effective program. Please share your thoughts and ideas and become a Partner in Auxiliary Diversity.

(The preceding article was published in the latest issue of the *PAD Bulletin*, which can be found here:

[http://wow.uscgaux.info/Uploads\\_wow/D-DEPT/PAD\\_FALLEDITION\\_2016rev03\\_APPROVED.pdf](http://wow.uscgaux.info/Uploads_wow/D-DEPT/PAD_FALLEDITION_2016rev03_APPROVED.pdf).)

## Something is Cooking in Gloucester

By John W. Keyes, DSO-PB

In January of 2017, Ralph Milroy the FSO-PE of Flotilla 46 and the only certified Auxiliary Food Service Specialist (AUXFS) in Division Four, decided it was time to expand the AUXFS capabilities on the North Shore. The ability of the local Coast Guard Stations to staff their galleys at an adequate level had become an issue. Although the upcoming D-TRAIN had included AUXFS training in its schedule, conflicting recertification requirements prevented some North Shore Auxiliary members from attending the training. Ralph decided to attempt a local "pilot" AUXFS training course.

Several hurdles had to be cleared before this pilot course could get underway. Ralph was approved as the sole instructor for the course, so the first class size would have to remain small. One student was selected from Flotilla 37 (Glen Gayton) and one from Flotilla 46 (John Keyes). This first course was designed to prove the concept of a small, local AUXFS course tailored to support the needs of the nearby Coast Guard Stations; Station Gloucester and Station Merrimack River.



# The Cape Ann Quarterly

District 1NR, Flotilla 46 - Cape Ann

Volume 4 - Issue 1, 2017

In order to be a true, certified *Basic Chef* course certain minimum requirements would have to be met. Not the least of which was the length of the course, no less than eighteen hours. The course would eventually stretch to more than 20 hours over two days, but the ability to work side-by-side with the active duty galley staff would prove invaluable.



Ralph Milroy, FSO-PE and AUXFS, leads the classroom portion of the local "pilot" *Basic Chef* course aboard USCG Station Gloucester. The eighteen hour course is just one of the many steps towards becoming AUXFS qualified. (J.W. Keyes)

Over the course of two days, the students would complete all of the necessary classroom training (including stringent sanitation requirements), plan a menu, demonstrate various cutting and cooking techniques and prepare and serve five meals for more than fifteen active duty members. From brewing coffee at 0700 in the morning to baking dessert at 1700 in the evening, the Station Gloucester galley served as an excellent hands-on classroom. Feedback was immediate.

The galley staff were appreciative of the extra hands on deck. The station crewmembers were happy to try all the different dishes prepared by the students. The students learned firsthand the real-world hurdles of cooking for the boat crews: the strict schedules, the preferred menu items and the impressive caloric intake of the highly active crews.



*Basic Chef* course student Glen Gayton, VCDR for Division 3, begins preparing the evening meal aboard USCG Station Gloucester. Time management is an important aspect of support the station's galley. (J.W. Keyes)

## A Letter from the Commandant of the Coast Guard

To the men and women of our Coast Guard,

Recent reports of degrading social media posts and file sharing by some members of the armed services are troubling to us all. Our Duty to People requires Coast Guard men and women to adhere to the highest standard of personal and professional conduct on and off duty. As stewards of public trust, our collective actions must always uphold our Core Values of Honor, Respect, and Devotion to Duty.

I expect everyone in our service - active duty, reserve, civilian, and Auxiliary - to build and maintain a culture of respect. This starts with living our Core Values in word and deed and having the courage to call out any behavior that is unacceptable in our Coast Guard. If you witness disrespect to a shipmate - in person or online - don't condone or join in it. Our duty to people demands that we act when we see our shipmates demeaned. Don't be a bystander. We are a service of "by-doers" with a storied reputation for seizing

# The Cape Ann Quarterly

District 1NR, Flotilla 46 – Cape Ann

Volume 4 – Issue 1, 2017

on-scene initiative. This very same character trait that has become instinctive applies whether rescuing a mariner in distress or seizing the on-scene initiative when a shipmate has been demeaned and betrayed. We do the right thing. We advance a culture of respect. We report behavior that targets a shipmate, including bullying, hazing or harassment. Violations of our trust in one another have no place in our service.

I am proud of you - the world's best Coast Guard - and your commitment to upholding our service's proud 226 year history of service before self.

*Admiral Paul F. Zukunft*  
Commandant

## Flotilla 46 Accomplishments in CY2017, To Date

- 303+ hours recorded in AUXDATA
- 2 Shore-side ATON Missions completed
- 12 hours standing NET Control Radio Watch
- 2.5 hours of Operations Training completed
- 1 ABS Public Education Course completed
- 9 RBS Partner Visits completed
- 2 Member Training Events completed
- 1 AUXAIR MDA/MOM Mission Flight completed
- 2 New Member Prospects pending

## Awards & Recognition, 1<sup>st</sup> Quarter 2017

- Robert Cameron – 50 Years of Service Plaque
- Flotilla 46 – Flotilla of the Year, Sector Boston, Division 4
- John Keyes – Operations Service Award
- Ralph Milroy – Public Education Service Award

## Lifesaving Trivia

*This Quarter's Question:* What was the first commercially available personal flotation device made from?

*Last Quarter's Question:* What local, well-known nautical landmark turned 300 years old in 2016?

*Answer:* Boston Light on Little Brewster Island in Boston Harbor celebrated its 300<sup>th</sup> anniversary on September 14<sup>th</sup>, 2016. The nation's oldest lighthouse, it is also the only Coast Guard lighthouse still manned (by an Auxiliarist, no less!).

## 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, member interest stories, and photographs are all welcome. Your story should be told.

## Newsletter Staff

### Flotilla Commander:

Gardner H. Winchester II – [gardiw2@gmail.com](mailto:gardiw2@gmail.com)

### Flotilla Publications Officer:

John W. Keyes – [jwkeyes@yahoo.com](mailto:jwkeyes@yahoo.com)

### eNewsletter Editor:

John W. Keyes – [jwkeyes@yahoo.com](mailto:jwkeyes@yahoo.com)

## 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.

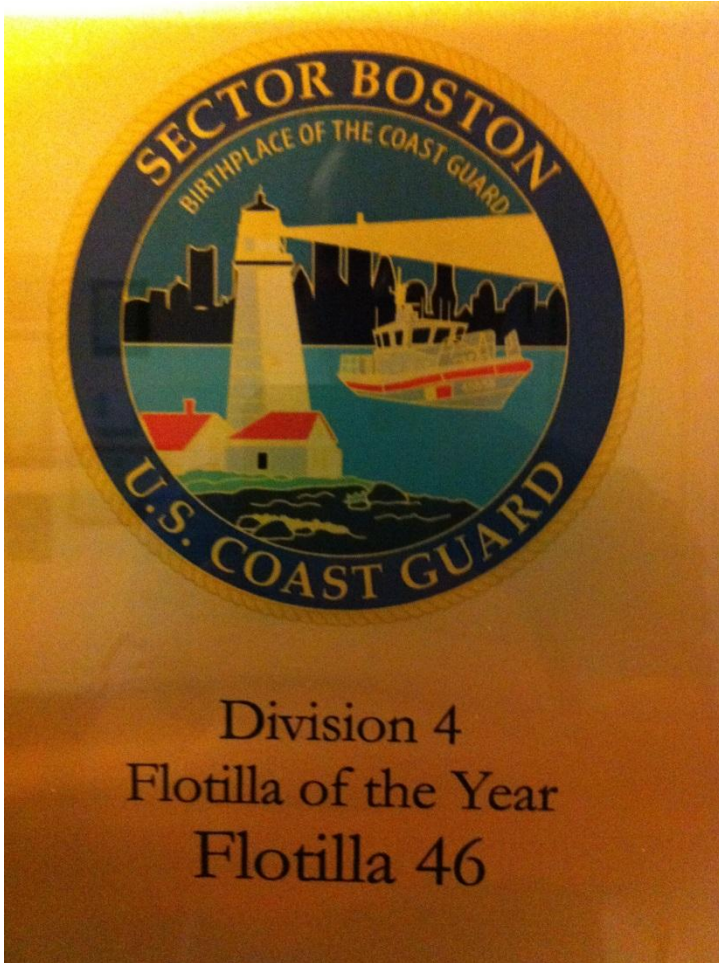


# The Cape Ann Quarterly

District 1NR, Flotilla 46 - Cape Ann

Volume 4 - Issue 1, 2017

Parting Shot



Flotilla 46 was recognized by Sector Boston as the *Flotilla of the Year* in Division 4 for 2016. The awardee is determined by the DIRAUX office with criteria specifically related to support active duty efforts. (J.W. Keyes)

This publication received clearance on 4-23-2017.

Flotilla Website: [www.USCGACapeAnn.com](http://www.USCGACapeAnn.com)  
Flotilla Message Center: 1-844-GOCGAUX  
Flotilla Facebook Page: USCGA Cape Ann  
Flotilla Twitter Account: @CapeAnnAux