



## Greetings from one of our Flotilla Members



My name is Alan Nye, and I am the Vice Flotilla Commander for Flotilla 014-15-02. I am a life-long resident of Chittenden County. I graduated from Burlington High School and got a Bachelor of Science Degree from the University of Vermont in Civil Engineering. I worked for the State of Vermont for four years as the Lakes and Ponds Engineer for Water Resources and then as the Regional Engineer in Chittenden and Addison Counties for the Agency of Environmental Conservation. After leaving state employment, I began a 27-year career as the Facilities and Construction Manager for the Vermont Army National Guard, retiring as a Colonel in 2003. My next tour was as the Director of Facilities for U.S. Citizenship and Immigration Services, responsible for Citizenship Offices across the country, based in Williston.

My love of boating and Lake Champlain started at an early age (age 5). My father had a 14-foot fishing boat and I learned to start and run the 1.5 horsepower Elgin motor mounted on the stern. We had boats during all of my childhood. In 1990, I purchased my first boat, a 25-foot sailboat, sizing up four years later to a 29-foot sailboat, and six years later I purchased my current sailboat, a 38-foot Hunter sloop, named Blue Dream. I also own a 19-foot center console boat that I offered as a facility for the Coast Guard Auxiliary. I have made several trips up and down the Intercoastal

### **Burlington VT Flotilla 15-2, D1SR**

**Flotilla Commander: Bob Bernier**  
**Flotilla Vice Commander: Alan Nye**  
**Human Resources Officer: Kenneth Watt**

<http://wow.uscgaux.info/about.php?unit=014-15-02>

<https://www.facebook.com/US-Coast-Guard-Auxiliary-Flotilla-15-02-Burlington-VT-351235695499189/>

### Open Flotilla Positions

**FSO-MS Marine Safety & Environment Officer**

Please volunteer for the position listed above. You will learn a lot, help the flotilla function more effectively, and receive help from other knowledgeable members when needed.

**Have you submitted your 7029/7030?**

**Each member should submit one monthly.**

**FC Bob Bernier 802-373-6517**

**USCG Station Burlington  
 1 Depot St.  
 Burlington, VT 05401**

**Meeting virtually 1<sup>st</sup> Wednesday of every month at 7 p.m.**

Waterway from Vermont to Florida and back. In 1987, I obtained by Master Merchant Marine License (Captain's License) with towing and sailing endorsements. I joined the Coast Guard Auxiliary in 2014 and I am a Coxswain and Watchstander, AUXBUILD, AUX Food Service, and certified as a Private Aids to Navigation Verifier. I greatly enjoy working at Station Burlington and getting to work with the Gold side members.



Brendan Day  
SO-FS, 014-15

### **Huevos Rancheros (yields one serving)**

A staple dish among hungry and hungover college students, Huevos Rancheros' origin began as a traditional midmorning fare on rural Mexican farms. Commonly consisting of eggs, salsa, and farm vegetables, this variation includes a filling of pulled pork but can easily be substituted with chicken, ground beef, seared tofu, or additional veggies.

What you'll need:

- 3 taco sized Flour tortillas
- 2 eggs
- ¼ cup of salsa
- 1 tablespoon of butter
- ½ cup of shredded cheese (feta or cheddar preferred)
- ¼ cup of black beans
- 1 cup filling of your choice (I know, I know, I took the lazy route and used microwavable pulled pork for this recipe)
- ½ cup of seared vegetables (I used sliced peppers)

1. Start with searing your tortillas. For me, the easiest way to do this is to turn on your electric or gas stove top on low heat and toss the tortilla right on there. Yes, seriously toss the tortilla straight on there. If you're not feeling that



“adventurous”, you can brown your tortillas using a non-stick pan or cast iron with a small amount of vegetable oil over medium heat.

2. Place one of the cooked tortillas onto a plate. Place the black beans and salsa of choice on top of the tortilla and then place the 2nd tortilla on top (you can cook the salsa and black beans in the microwave for 30 seconds or long enough to get warm).
3. Apply the vegetables and pulled pork or other filling on top along with the shredded cheese.
4. Place the last cooked tortilla on top. Crack the 2 eggs in a buttered non-stick pan and cook them over easy. Place the over easy eggs on top of the last tortilla. Enjoy this meal with a dollop of sour cream or a side of guacamole!

## Natural Disasters: Mitigation and Preparedness cont.

Mary Cox, ADSO-EM



June 1 is the beginning of the hurricane season for our area. Everybody should have a basic survival kit. You can start building your survival kit now, or maintain your existing kit, using the below list.

### Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food / manual can opener
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight / Extra batteries
- First aid kit. Get a high quality first aid kit; the Red Cross has one at <https://www.redcross.org/store/deluxe-family-first-aid-kit/321275.html?cgid=first-aid-supplies#start=3&cgid=first-aid-supplies>
- Whistle to signal for help
- Dust mask to help filter contaminated air, and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Cell phone with chargers and a backup battery

## **Additional Emergency Supplies**

Consider adding these items to your emergency supply kit based on your individual needs:

- Prescription medications
- Non-prescription medications, such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

## **Maintaining Your Kit**

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change

## **Make a Family Communications Plan**

As roads may be impassable and cell phone service may be disrupted, identify alternate ways of staying in touch with loved ones.

- Choose an out-of-town friend or relative as a point of contact
- Decide on a meeting place in case you cannot return home
- Keep important documents and phone numbers with you at all times
- Ensure children are included in preparedness conversations and make sure they have emergency contacts memorized or saved in a secure place



# ABOUT BOATING SAFELY COURSE

THE PUBLIC AFFAIRS DEPARTMENT OF FIRST DISTRICT SOUTHERN REGION

## Attention All NYS Recreational Boaters

**Date: May 18, 20, 25, & 27, 2021 (4 DAYS = 8 HOURS)**

**Time:** 1830 - 20:30 EST

**Place:** Zoom Live Webcast Platform

**Instructor:** n/a

**Material:** Course Booklet, Certification of Completion & Wallet Card

**Email Registration:** [1508plattsburg@gmail.com](mailto:1508plattsburg@gmail.com)

**Cost:** \$20.00

**Note:** Under 2020's Brianna's Law, all Recreational Boaters in New York will be required to complete a state approved boating safety course by 2025. The U.S. Coast Guard Auxiliary Flotilla 014-15-08 in Plattsburgh NY will be offering our About Boating Safely Class virtually. The USCG Auxiliary's About Boating Safely course is an NYS approved course under Brianna's Law. For additional information, please visit our website [Plattsburgh NY Flotilla](#)

**SAVE  
'THE  
DATE!**



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

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