



BTV Flotilla 15-02, 1SR



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Burlington VT Flotilla 15-02, 1SR

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<http://wow.uscgaux.info/about.php?unit=014-15-02>
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No in-person meetings at this time due to COVID-19 restrictions.

Flotilla 15-02: U.S.C.G. Station Burlington
1 Depot Street
Burlington, VT 05401

Meeting Location:

Meeting Time: 1st Wednesday of each month
at 19:00 hours (7 p.m.)

Don't forget to submit your 7029/7030.
Each member should submit one monthly.

Open Flotilla Positions

FSO-IS Information Systems Officer
FSO-MS Marine Safety & Environment
Officer
<http://wow.uscgaux.info/content.php?unit=130-05-02&category=staff-officers>



<https://www.animatedknots.com/alpine-butterfly-bend-knot>



"Bronson's Flatbread with Ricotta and Red Pepper Jelly"

Here is my first recipe for the monthly Flotilla newsletter! This is the one I will have featured in the AUX Special Edition of "Over the Bow".
Let me know if you have any questions!

The name of this dish is actually taken from Action Bronson, one of my favorite music performers out of Flushing, Queens. His cookbook celebrates the cultural collaboration within food and features several easy to make meals that I wish I had when I was in college. If you don't like olive oil, and lots of it, this dish is not for you :)

Recipe yields 4 flatbreads

1 cup of hazelnuts (*if you can't find hazelnuts, macadamias work as a perfect substitution*)
8oz of good quality ricotta cheese
4 Thick pitas, naan bread, or balkan flatbread
12oz of Red Pepper Jelly

1. Preheat your broiler and set out a sheet pan
2. Spray non-stick oil onto your sheet pan, then drizzle olive oil over the top of the breads. Spread 1/4 of your ricotta cheese on each of the flatbreads and sprinkle 1/4 of the hazelnuts on top. Drizzle them with olive oil, yet again.
3. Coat the bottom of a small skillet with olive oil, and heat it over medium-high heat. Add one

of the flatbread pizzas and cook it long enough just to toast the bottom. Move it back to the sheet pan and repeat with the 3 remaining pies.
4. Toast the pies under the broiler until the edges of the bread and the top of the hazelnuts are well toasted (by this time, your house will start to smell amazing). Drizzle on a 1/4 of the red pepper jelly until evenly coated, then some more olive oil, and eat right away.
5. Enjoy!!

Brendan L. Day, *Division 1-SR Food Services Officer*, United States Coast Guard Auxiliary



Aerial file photo of Mackinac bridge in Michigan, Feb 2006. (Ruth Ring)

STANDARD ICE REPORTING TERMINOLOGY

ICE TYPES:

FAST – Sections of unbroken ice that are fast (attached) to shore.

DRIFT – All ice that is not fast to shore. Also called floating ice.

ICE FORMS:

FRAZIL ICE – Fine spicules or plates of ice suspended in water. Typically gives water an oily or opaque appearance. The first stage of freezing, frazil is also known as “grease ice”.

SLUDGE – A later stage of freezing than frazil ice. In sludge, spicules have combined to form a thick, soupy layer on the water’s surface.

PANCAKE ICE – Circular pieces of ice, ten feet and wider in diameter. Edges are usually raised from collisions with other objects.

BRASH ICE – Masses of drift ice made from the fragments of other ice formations. Usually less than two yards across.

REFROZEN ICE – Ice formations that have broken apart and frozen together again.

CAKE ICE – Any relatively flat piece of ice less than 11 yards across.

FLOE – Any relatively flat piece of ice over 11 yards in diameter. A floe may consist of a single unbroken mass of ice or the consolidation of many fragments.

ICE SURFACE FEATURES:

HUMMOCKED ICE – Pressure-formed piles of ice. Usually jagged and mound-like in appearance.

RAFTED ICE – Deformed or pressure ice formed by one piece overriding another. The first stage of hummocked ice.

ICE JAM – Any mass of broken-up ice, driven by wind or current that creates an obstruction against the shore or in channels.

RIDGED ICE – Any pressure-formed ridge or wall of ice.

PERCENT COVERAGE: Amount of water surface covered with ice.

ICE THICKNESS: Should be measured as accurately as possible, and in as many places as the varying thickness of ice warrants. The figure to be reported is the average thickness in inches.

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Ice is Never 100% Safe!

Minimum Guidelines for New Clear Ice Only



Ice Safety Tips

- Double the thickness guidelines for white or snow-covered ice.
- Carry two large nails to use as ice picks if you fall through.
- Avoid pressure ridges and areas with current.
- Warn children about the dangers of thin ice.
- Don't drive on the ice at night.
- Avoid alcoholic beverages.

mndnr.gov/icesafety

m DEPARTMENT OF
NATURAL RESOURCES

http://files.dnr.state.mn.us/education_safety/safety/ice/dangerthinice.pdf



DRIVING ON ICE?

Don't drive on the ice if you can possibly avoid it. If you must, follow these safety tips:

- Stay off the ice at night, especially during a snowfall or foggy conditions. If that's unavoidable, be extremely cautious and drive slowly since holes can open up quickly.
- Roll a window down and unlock doors or keep a door slightly ajar to speed escape.
- Don't wear a life vest while riding inside a vehicle. The extra bulk could hamper your escape through a window.
- Don't go back into a partially submerged vehicle to retrieve equipment or other belongings.

VEHICLE ESCAPE

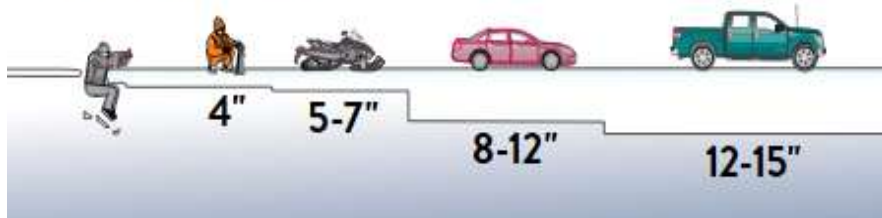
If your car or truck breaks through the ice:

- Immediately attempt to escape through a door or side window. The vehicle will stay afloat for a few seconds to a few minutes.
- If windows and doors won't open, try to kick out a side window.
- If the car begins to sink, find the door handle and keep trying to get a door or window open. As water fills the vehicle it should become somewhat easier to open a door.
- Push open the door and exit the vehicle. Your vehicle may have landed on its roof. To get your bearings, let your natural buoyancy guide you as you swim toward the surface.

Think twice before driving on ice.

ICE IS NEVER 100% SAFE!

Minimum guidelines for new clear ice only



BOAT AND WATER SAFETY
 500 Lafayette Road
 St. Paul, MN 55155-4040
 888-MINNDNR or 651-296-6157
www.mndnr.gov/boatingsafety

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ICE SAFETY TIPS

Ice is never 100 percent safe. Take these steps to minimize risk when recreating on frozen bodies of water:

- Check the thermometer, not the calendar. Air temperature and recent weather patterns can significantly impact ice quality. Just because the ice was safe on a certain date last year doesn't mean it will be safe this year.
- Check with local experts and sources for current ice reports and to learn about any known hazardous areas.
- Let someone know where you are going and when you expect to be back. Carry a cell phone and/or personal locator beacon with you in case of trouble.
- Wear a life jacket or float coat when you are on the ice (except when in a vehicle). If you fall in, a foam-filled vest or coat will keep your head above water and provide some insulation against the effects of cold water.
- Always bring an ice safety kit with you on the ice: rope, ice picks, ice chisel or drill and tape measure. Check ice thickness at regular intervals. Know how to use the ice picks to rescue yourself and the rope to rescue others.



THE COLD FACTS ABOUT ICE

You can't judge ice conditions just by appearance or thickness. Many other factors, including water depth, size of water body, water chemistry, currents, snow cover, age of ice, and local weather combine to determine its strength.

New ice is usually stronger than old ice. Four inches of clear, newly formed ice may support one person on foot, while a foot or more of old, partially thawed ice may not.

Ice seldom freezes uniformly. It may be a foot thick in one location and only an inch or two just a few feet away. Ice near shore can be weaker than ice farther out. Check ice thickness every 150 feet at a minimum.

Ice formed over flowing water and currents is often dangerous. This is especially true near streams, springs, channels between lakes, bridges, culverts and aeration systems. Also, the ice on outside river bends is usually weaker due to the faster current.

The insulating effect of snow slows down the freezing process. The extra weight of snow cover also reduces how much weight the ice sheet can support. Shovel any snow before testing the ice for thickness and color.

Watch for large cracks, depressions or pressure ridges in the ice and avoid those areas.

Moving fish populations can bring warm water up from the bottom of the lake, and waterfowl can warm the surface of the ice causing holes to open up, posing a threat to anyone traveling on the ice.

For more ice safety guidelines and tips, visit mndnr.gov/icesafety.

PREACH, REACH, THROW, ROW, DON'T GO

To rescue someone from the ice or water, follow these five steps:

PREACH

Call 911 if you have a cell phone. Shout to the victim to encourage them to fight to survive and reassure them that help is on the way.

REACH

If you can safely reach the victim from shore, extend an object such as a rope, ladder or jumper cables to the victim. If the person starts to pull you in, release your grip on the object and start over. Don't run to the edge of the hole, this will likely lead to two victims in the water.

THROW

From shore, toss one end of a rope or something that will float to the victim. Have them tie the rope around themselves before they are too weakened by the cold to grasp it.

ROW

Find a lightweight boat to push across the ice ahead of you. Wear your life jacket and bring ice picks and a throwable flotation device. Attach rope to the boat so others can help pull you and the victim to safety. Push the boat to the edge of the hole, get into the boat and pull the victim in over the bow.

DON'T GO

A nonprofessional should not go out on the ice to perform a rescue without means to self-rescue. This includes bringing ice picks, wearing a life jacket and being securely tied to a rope held by someone who can pull you out.

BE A SURVIVOR!

You must fight to survive in cold water. Commit this action plan to memory before hitting the ice:

1. Don't panic! The shock of cold water can cause you to inhale water and/or hyperventilate. Get your breathing under control.
2. Don't remove your winter clothing. Heavy clothes won't drag you down, but instead can trap air to provide warmth and flotation. This is especially true with a snowmobile suit.
3. Turn toward the direction you came from. That's probably the strongest ice. Call out for help.
4. Place your hands and arms on the unbroken surface. Use your ice picks, a pair of nails or sharpened screwdrivers to get extra traction to pull yourself up onto the ice.
5. Kick your feet and dig in your ice picks to work your way back onto the solid ice.
6. Lie flat on the ice once you're out and roll away from the hole to keep your weight spread out. This may help prevent you from breaking through again.
7. Get to a warm, dry, sheltered area and rewarm yourself immediately. In moderate to severe cases of cold water hypothermia, you must seek medical attention. Review DNR's Cold Water Kills brochure for additional information.

To see these techniques in action, visit [youtube.com/minnesotaDNR/playlists](https://www.youtube.com/minnesotaDNR/playlists) and choose the ice safety video.