

U. S. Coast Guard Auxiliary

FLOTILLA 3-10

Callao, Virginia



Division 3, 5th Southern

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*Boating
Safety*

Advocate
Newsletter

July, 2018

BRIDGE TALK

Happy July Fourth, Happy Summer

Happy July 2018 to all Shipmates of Flotilla, 54-03-10! July is always remembered for July 4th, Independence Day, the time for Hot Dogs, Apple Pie and Chevrolets. Happy times and celebrations are the theme. Unfortunately, sometimes the celebration gets carried too far and accidents do happen in and on the water. It is our duty to prevent these accidents as much as we possibly can. Example and presence are the best solution. Being seen on the water with our life preservers being worn and encouraging others to do

the same, not only children, but everyone on the water. Just several weeks ago we lost two middle age men, brothers age 43 and 47, found in the water (presumed drowned). They had no life jackets on, no lanyard attached to the boat, as their boat was circling around them. Either of these precautions may have prevented their deaths. This did not happen in some far-off place. It happened off Cobb Island, on the Potomac in our area of patrol, across from Cabin Point. We have a good five

months until the end of the busy boating season. Let's all be alert to prevent this sort of needless loss of life. Have a safe and joyous 4th and the rest of the summer season.

Respectfully,
Andris Baltins, FC





TEAMWORK for the Potomac River Swim June 2, 2018

Hardly anything worth accomplishing is accomplished alone. It takes **TEAMWORK**. The Potomac river swim is a good example. Not just for the swim organizer, the two dozen and more swimmers, an equal number of kayak support craft, volunteer “enforcers”, State and local law enforcement, the US Coast Guard and the Coast Guard Auxiliary.

What goes into the swim event before “launch day” is all behind-the-scenes stuff to spectators. Needless to say, it takes organization and “herding” skills to get it right at the start line. Cheryl Wagner planned the 2018 event that featured the

pre-swim event, care and feeding of 29 swimmers on swim day, kayak escorts for each, commercial fishing vessel captains to help shepherd the swimmers, and a Coast Guard approved “event permit”, not to mention lots of et ceteras.

The the swimmers entered the water at Hull Creek on the Virginia shore of the Potomac River at 0800 and headed to the finish line at Point Lookout on the Maryland shore. The focal role of several event partners was safeguarding swimmers and their kayak escorts from unsuspecting recreational boaters who might cross the miles long and wide swim path. It is the **ONLY** role of the Coast

Guard Auxiliary. Traditionally Flotilla 3-10 fulfills this important role year after year.

This year Ollie Knight and Phil Landry teamed up on Ollie's boat to help shepherd swimmers safely across the Potomac. Both are veteran event supporters yet they haven't always worked together on Ollie's boat for this event. Teamwork made all the difference.

Typically, Gary Palsgrove supports this event but, due to knee surgery, was unable. Yet, his boat, C-Song, was able and up to the task provided it was made ready without Gary at the helm. Gary authorized Joe Riley to "captain" C-Song with Don Chamberlain as crew. Don is "standard crew" on C-Song and knows her bow to stern. The "weak links" in the operation were C-Song preparedness and Joe's "distant" familiarity, having been at the helm, but not regularly, and the first time this year. The solution? TEAMWORK!!



Gary, Don, and Joe worked together to familiarize each other and all together with engine and navigation operations, essential safety equipment location, and safety procedures in case of an emergency. Then Joe and Don made a thorough practice run of everything the day before the swim event. That would require "all systems go" to support the Coast Guard in establishing a safety zone around the swimmers. Trust is the T in TEAMWORK. Professional trust comes from practicing together, training the right way together so it becomes not just second nature every time but perfect each time, and personal trust too. It is part of what makes the Coast Guard Auxiliary exemplary—trust in one another as volunteers, practiced TEAMWORK as volunteers, the joy of operational excellence through personal TRUST and professional TEAMWORK.

Change of Command, Station St. Inigoes, June 29th 2018



The four Coxswains of Flotilla 3-10 – Charles Thomas, Oliver Knight, Gary Palsgrove, and Joe Riley—attended the Change of Command at Station St. Inigoes. They made the voyage under orders on Charlie’s boat and they represented about half of the Auxiliary presence at the Change of Command. Outgoing Master Chief Petty Officer, Gregory A Simsic, was relieved by the incoming Officer in Charge (OIC), Senior Chief Petty Officer, Sean B Thompson. Thompson arrives from Coast Guard Station, St Joseph Michigan where he served as OIC. Thompson enlisted in the Coast Guard in August 1997. Master Chief Simsic’s next assignment is as OIC of the USCGC Dolphin (WPB-87354), an 87’ patrol boat/cutter.

The Change of Command ceremony was presided over by the Commander, USCG Sector Maryland-NCR, Captain Joseph B Loring, followed by a picnic at the Station for honored guests, family, and friends.

This ceremony is an opportunity for Auxiliarists to meet the incoming OIC and

to wish the departing OIC fair winds. The Auxiliary is often singled out for praise as one of many partners in the Station’s mission effectiveness.



The Change of Command Ceremony is a long-standing Coast Guard tradition and is the formal process by which a new Commanding Officer relieves the previous Commander of responsibility for a unit. The ceremony offers guests an opportunity to gain appreciation for the military character of the Coast Guard, as well as observe the authority and total responsibility of the Commanding Officer.

Moreover, the position of Commanding Officer requires great trust and unwavering loyalty from the crew and the Ceremony ensures that all hands recognize the transfer of command and render proper obedience to the new Commanding Officer.

The Personnel Inspection by the present and future Commanding Officer is a

Traditional Element of the Change of Command Ceremony. The process of relieving Command is a complex and comprehensive one. The responsibility and accountability of all elements of the Command includes assigned personnel. The honor of "Trooping the Line" carries with it the added dimension of assuring proper appearances and military bearing of the unit's personnel prior to the transfer of Command.



Station St. Inigoes:

Nestled along Molls Cove of the St. Mary's River, in a corner of the Webster Outlying Field Annex of Naval Air Station (NAS) Patuxent River, sits a simple complex of buildings that make up U. S. Coast Guard Station St. Inigoes.

Dedicated in 1976, the station is one of six under the control of Coast Guard Sector Baltimore, which is responsible for all operations in the Potomac River, middle and upper Chesapeake Bay and the Delaware Canal.

The 39 active-duty military members and 9 reservists of Station St. Inigoes exhibit bravery, determination and enthusiasm when conducting their multi-mission

responsibility which include search and rescue, ports, waterways and coastal security, enforcement of laws and treaties, marine environmental protection, and recreational boating safety.

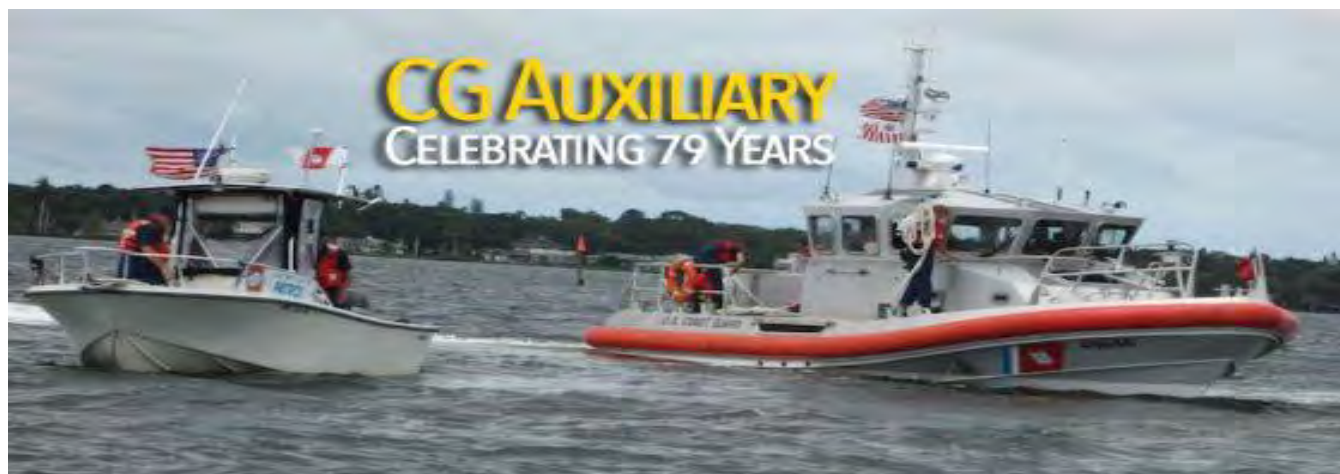
Other missions include search and rescue support to NAS Patuxent River and its tenant test and evaluation facilities, presidential security operations, and liquid natural gas tanker protection.

The multi-talented men and women, who operate Station St. Inigoes, dedicate each day to ensuring the safety and security of the citizens under their jurisdiction.

The members of Station St. Inigoes devote their time to a diverse array of tasks including training, operations, maintenance of their boats and buildings, search and rescue, safety inspections, and law enforcement.

A familiar presence on the waters of the Patuxent and Potomac rivers in Southern Maryland, Coast Guard Station St. Inigoes patrols the largest and southernmost section of Coast Guard Sector Baltimore. Also, Station St. Inigoes ensures fishing and recreational boats maintain a 500-yard berth around the Liquefied Natural Gas Terminal and nuclear power plant in Calvert County.

For these efforts, Station St Inigoes has twice been the recipient of the Kimball Award. This honor, combined with the skill and diligence of the staff truly help the station live up to its motto, "Guardians of the Potomac". Source: Change of Command Program and Station web site



What Drowning Really Looks Like

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sport fisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "'We're fine!' the husband yelled, waving him off, but the captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!" How did this captain know - from 50 feet away - what the father couldn't recognize from just 10?

Drowning is not the violent, splashing call for help that most people expect. The captain was trained by experts and years

of experience to recognize drowning. The father, on the other hand, had learned what drowning looks like by watching television.

If you spend time on or near the water then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response - is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the No. 2 cause of accidental death in children, ages 15 and under. Of the approximately 750 children

who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch the child do it, having no idea it is happening. Drowning does not look like drowning. Dr. Pia, in an article in the Coast Guard's On Scene magazine, described the Instinctive Drowning Response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.

2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

4. Throughout the Instinctive Drowning Response, drowning people cannot

voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer or reaching out for a piece of rescue equipment.



5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs. This doesn't mean that a person who is yelling for help and thrashing isn't in real trouble - they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long - but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc. So, if a crew member falls overboard and everything looks OK - don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They

may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all, they probably are. If they return a blank stare, you may have

less than 30 seconds to get to them. And parents - children playing in the water make noise. When they get quiet, you get to them and find out why.

Look for these signs of drowning:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes open, with fear evident on face
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on back to float
- Uncontrollable movement of arms and legs, rarely out of the water
- Not using legs – vertical
- Appear to be climbing an invisible ladder



FLOTILLA 3-10 2018 CALENDAR

July

- 16 - Flotilla Meeting – Snacks, Joe Riley
- 22 – Flotilla 3-10's 41st Anniversary
- 30 – FSO Reports and Calendar addition due

August

- 20– Flotilla Picnic
- 30 - FSO Reports and Calendar additions due

September

- 17 – Flotilla Meeting – Snacks, Phil Landry
- 30 - FSO Reports and Calendar additions due

October

- 16 - Flotilla meeting –Snacks, Sal Puglisi
- 30 - FSO Reports and Calendar additions due

November

- 19- Flotilla meeting – Flotilla Election – Snacks, Andy Baltins
- 30 - FSO Reports and Calendar additions due

December

- 1- Div 3 COW
- Date TBD – Flotilla COW Dinner
- 30 - FSO Reports Due





2018 Public Education Schedule

28 July 2018 - 0900 to 1600
Good Shepard Lutheran Church,
Callao, Virginia

Any Flotilla members interested in
taking part please contact:

Fred Woodward, FSO-PE
(lawfew@gmail.com)





**Fifth Southern Flotilla 3-10
Elected and Appointed Officers 2018**

Flotilla Commander	Andris Baltins
Flotilla Vice Commander	Gary I. Palsgrove
Communications	Donald Chamberlain
Communications Services	Karen M. Whelan
Finance	Oliver M. Knight
Human Resources	Gary I. Palsgrove
Information Services	John F. O'Neil
Materials	Glen R. Thomason
Member Training	Joseph C. Riley
Navigation Systems	Charles B. Thomas
Operations	Charles B. Thomas
Public Affairs	G. Edward Gray, Jr.
Publications	Linda K. Steele
Public Education	Frederick E. Woodard
RBS Program Visitor	Philip K. Landry
Secretary/Records	Thomas M. Panther
Vessel Examinations	David J. Brack

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Reminder to all Flotilla members and visitors

Flotilla 3-10 regular meetings are on the third Monday of each month at Good Shepard Lutheran Church in Callao, Virginia. Fellowship starts at 1900 with the meeting at 1930. New members or those interested in joining are welcomed to attend.

PLEASE SUBMIT YOUR ARTICLES & PHOTOS OF AUXILIARY ACTIVITIES AND ITEMS OF INTEREST TO:

Linda Steele at
steelelk59@gmail.com



REMINDER: The Flotilla Web Site is alive and well! All Newsletters, Press Releases and PE Class Flyers will be posted when available – Check it out!

www.Flotilla3-10.org