

Lifeline

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Newsletter of the U.S. Coast Guard Auxiliary Flotilla 2-76 5NR

Jose Roman-Rivera, FC Dan Toms, VFC

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Your attendance is requested for the regular meeting on 19 June. Among topics to be discussed will be the cancellation of the July meeting. We cannot cancel if membership quorum is not met (at this time quorum is 20 or more members). Please remember to attend as your presence is valued.

From the Flotilla Commander

Fellow members, as summer approaches over the horizon, the weather is playing a pivotal role in water safety. Vessel Examinations are well underway as more and more boaters begin to unwrap their vessels and begin the cruises along our rivers and oceans. However, it is not without peril. In the last few weeks, with the great weather we been having, Coast Guard Sector Delaware bay, along with small boat stations along the Delaware river, have been flooded with distress calls. Our operations program has begun and patrols have been taking place in the last few weeks. It's important that we as auxiliarists carry out our commitment to recreational boating safety and help educate the public that the auxiliary is here for them. We are making great strides in gaining recognition from the public as well as other organizations through use of social media and it's starting to show. Our PublicAffairs department has been on the vanguard of getting Flotilla 2-76 recognized, and indeed it has, with organizations and other flotillas from around the country checking in and sending "likes" on our Facebook page. I would like to say a special thanks to everyone involved in keeping the commitment of making the flotilla that mighty super carrier I spoke about early in the beginning of the year, and with your continued support and dedication we might accomplish our goals set for the current year. If you are not an officer and would like to help any

of our departments please feel free to do so. I hope you all enjoy and have a great summer and hope to see you all at the meeting June 19.

Semper Paratus

Jose Roman-Rivera, FC

From the Vice Flotilla Commander

Program Updates: The 2-76 Crew School ended on 14 May. It graduated 8 trainees who completed all of their land tasks. So far 1 student has already passed their qualification exam. Delaware River Day went well according to reports and a good MS and PA presence was attended. We are currently up-to-date on reports, and Station Philadelphia has issued its 2012 list of ATONs that they would like the Auxiliary to stay on top of.

Website listing issues were fixed. Patrol season has started. AFSO-PA wants to get the Flotilla more integrated with the internet.

Accomplishments: None to report.

Upcoming: ABS on 7 July, CPR, First Aid, and AED on 15 July.

Problems: Still no coxswain or OFPAC in flotilla. I have heard nothing from FSO-PV/VE in 6 months.

Other: I will remain abroad until 4 July. I will immediately begin patrols on 7 July with SARDET Wilmington.

Dan Toms, VFC

The next flotilla meeting is Tuesday, 19 June at 7:30pm

Flotilla Staff Officer Monthly Reports Communication Systems (CS)

The PE Event postings page is fixed and updated.

Darryl Stevenson, FSO-CS dnetman@gmail.com

Information Systems (IS)

All reports that I have received are now entered with the exception of some PE class activity which awaits class completion statistics. AUXINFO should show all this activity on June 11th.

Please keep those reports coming. When the end of the year comes around I would like to have a few free moments for my family.

I would still like to get a volunteer to be an assistant.

Hank Harrison, FSO-IS knah8@attglobal.net

Materials (MA)

All members that are in need of any materials please e-mail me at jimmyde46@aol.com. It is important that you e-mail or send by text or letter any material request. Please provide name, address, id number, and what you are requesting to be ordered. Allow three weeks for delivery although you may receive an order earlier.

Jimmy Deleon, FSO-MA jimmyde46@aol.com

Marine Safety (MS)

Delaware River Day was a success. Several 2-76 members were present, and handed out both recruiting and Marine Safety materials. Pictures of the effects litter has on our environment certainly made an impact, and kids were thrilled with the coloring books and stickers we gave out. We were given a tour of the dredge McFarland, owned and operated by the Army Corps of Engineers, as well as the Gazela, a wooden tall-ship homeported here in Philadelphia.

Caroline Shipsey, FSO-MS ces93@drexel.edu



Marine Safety booth, Delaware River Day courtesy Caroline Shipsey

Navigation Systems (NS)

At this time the Chief from Station Philadelphia ANT provided a list of PATONS within Sector Delaware Bay for Auxiliarists to verify as designated aids on station and functioning according to their description in the Light List and on the Charts.

Upcoming: AV PQS instruction to begin 3Q2012.

Matt O'Brien, ADSO-NS mobrien12@aol.com

Operations (OPS)

The 2-76 Crew School ended on 14 May. It graduated 8 trainees who completed all of their land tasks. So far 1 student has already passed their qualification exam. Patrol season is full swing – patrols for 2-76 are primarily being conducted out of SARDET Wilmington. The lack of facilities and coxswains continues to limit 2-76's operational capability. We currently can only support other flotilla's operations programs.

I continue to remain abroad until 4 July. I will resume crewing and mentoring trainees on 8 July.

Dan Toms, FSO-OPS danielandrewtoms@gmail.com

Public Affairs (PA)

Over the last few weeks I have been actively promoting on facebook all the wonderful attributes the Auxiliary provides to the Coast Guard and aiding our fellow civilians on the waterways. I have focused primarily on building an audience and our presence on facebook. On a daily basis I scour the Internet for any news involving the Coast Guard/Auxiliary and share these on our facebook page. I specifically look for happy, engaging and relatable articles. I want to promote the USCG Aux as something an "Average Joe" or "Jane" can see themselves doing. It's not always Helo Rescues, which are amazing and crucial, just not everyone's cup of tea.

While keeping on the facebook topic, I would like to propose that all current 2-76 Auxiliarists "Like" our page and "Share" all posts to further expand our reach. This is simple if you are on facebook: find our page and click "like".

On Delaware River Day I volunteered a couple of hours to man the booth, during which I photographed and took note as to how we could improve getting our message out to the public. The photographs I took were shared on facebook and sent to Mike Bennett to be included in the newsletter.



Jessica Zenquis Davidson, Caroline Shipsey and Jennifer Zenquis-Diaz, Delaware River Day

In time I will add Tweets on Twitter, as soon as I can get the username/password issues sorted out. This will expand our reach and is a simple addition once it is attached to our current facebook page.

A few things I will be working on in the months to come: once I'm officially the PA Officer I will take further training in Public Affairs (offered at USCG Aux). I'd like to eventually see 2-76 creating their own video tips on facebook, instead of using other district/flotilla videos. I'd like to develop a 5k Run to benefit our Auxiliary in getting a new home apart from Sector Delaware Bay.

Jessica Z Davidson, soon-to-be FSO-PA jessica.davidson@cgaux276.org

Secretary (SR)

Due to lack of quorum at the May meeting, no official business was conducted. Our next meeting is 19 June at 1930, please try your best to be there!

Caroline Shipsey, FSO-SR ces93@drexel.edu

Why Training Allows us to be Always Ready

Here in Rome, I'd never have thought my Coast Guard training would be necessary. I'm here to see the sights, study Roman history, and to learn Italian. Oh, how I was wrong! I've been here for almost four weeks now, and before last weekend I've had no issues. I'd managed to avoid being run over by a speeding *motorini*, drink too much *prosecco*, and have avoided any run-ins with the

carabinieri. I've been splitting my time between studying, sightseeing, and sampling the local fare. So far everything has been wonderful. That changed last weekend.

A whole bunch of us signed up for a trip to the Amalfi Coast. We would stay in Sorrento in the evenings, and go to Capri on Friday, Positano on Saturday, and Pompeii on Sunday, then be back in Rome in time for *aperitivo*. The trip to Capri went off without a hitch, and as you can see, the island was as gorgeous as anyone could ever hope for. After some *limoncello* and time on the beach, we headed back. Our only incident of the day was my friend AJ stepping on a sea urchin, which was easily removed.



Saturday was our Positano trip. This small shoreside town built into a notch in the cliffs is known for being a hideout for the rich and famous. We didn't spot any celebrities, but the morning started fine. We enjoyed the clear blue water and watched the boats go by. I did manage to get stung by a jellyfish, but it was nothing serious. After grabbing a quick lunch,

we all signed up to go cliff jumping and cave swimming. The boat whisked us to a beach not far from town where we all hopped off the boat, swam to shore, and headed to the cliff. The heights you could jump from depended on what you were comfortable with. Ten feet was the smallest, followed by a 25 foot jump, and a 50 foot plunge. I opted to start with the 25, and after a hearty, "GERONIMO" I jumped in. Exhilarated, my friend AJ (late of the sea urchin) convinced me to jump the 50 foot one, if I went with him. As we climbed up the cliff, he fell. I thought he had slipped and hit his head. We didn't know what happened, all I knew was that my friend was floating 4 feet below the surface (I could see him from where I was standing, about 20 feet up). As he bobbed up and down, my brain processed this information. I thought he was kidding for about a nanosecond when I realized that this wasn't a joke. I yelled, "Someone get him!" Many other people noticed this as well and 4 people went over to pull him out of the water. I directed the group from the cliff, and asked if anyone knew CPR. No one answered, so I ran back down the ledge to the beach where they were bringing him

ashore. We laid him down and looked him over. He was pale and lifeless. We started compressions, first me, then a fellow student, Carolyn (who was more current than I in CPR) took over as I checked his airway. He was breathing, so we stopped. I yelled to see if anyone had contacted EMS - they said they had. His teeth were clenched, and he had regained some color. This is when one of the observers pointed out that he may have had a seizure. Another girl came over and looked at his eyes. He stopped clenching his teeth and at this point his lips and cheeks were no longer pale.

Then, suddenly, he regained consciousness and color. We restrained him, still fearing a neck injury. The girl who was checking his eyes, Kaitlin, did an excellent job talking to him and bringing him slowly into a more calm state. As he became less confused, Carolyn and I checked his feet and hands for sensation and movement. At this moment, a former EMT (now a sailor), Ben, came over and checked him as well. He told us that the medics were on the way. He helped us remove AJ from the surf (the tide was rising) and double check our assessment. We concluded that he had no head injury, but that it was good to wait for the doctor to make the final decision. We continued to treat AJ for shock by keeping him warm (he was shaking like crazy with adrenaline).

The doctor arrived with an EMT, neither of whom spoke much English. Ben translated for us as I explained what happened. We also asked AJ if he had a history of seizures, and he responded he did. One of our group told us that he saw him go into a seizure before he fell. That explained things for us, and after checking his vitals and administering diazepam, the doctor had him walk around. He seemed okay, and we got him into the lifeguard boat that brought the doctor there. We were dropped back off at Positano, where the doctors put AJ on a saline drip and checked more of his vital signs. They took him to the hospital, where he checked out fine. AJ is alright, he was scared and the threat to his life actually convinced him to finally tell his sweetheart back home how he felt about her (which I hear was favorably received). He tried to thank me, but I told him to buy me a beer and we'll call it even.

So what is the lesson of my experience? Without my first aid training, I would not have known what to do. I would not have recognized the situation as quickly and moved for treatment. My crew training and TCT ran through the back of my head the entire time. I stayed calm and organized the rescue effort. I was able to step down and allow a more skilled person to take over the actual treatment when necessary. And my head stayed cool so I didn't go after any of the people who were shouting medical advice that they had saw on the latest episode of Grey's Anatomy. Without my Coast Guard training, the situation may have ended differently.

What does that mean for us? We have to be Semper Paratus. Not for ourselves, but for the public and for our friends and family. By taking the time to train, to study the manuals and to practice our techniques, we ensure that during a crisis we will be ready. To keep a cool head and not panic is the greatest benefit of training. All three of us who participated in the rescue had that. The others who stood aside did not know what to do, because they were not Semper Paratus.

Arrivederci da Roma,
Daniel Toms, VFC-in-exile

WHAT'S SUP? (STAND UP PADDLEBOARDING)

From Navigator Express

WASHINGTON - Stand up paddleboarding (SUP) has burst on the scene as the fastest growing water sport. As with all water sports, there is a need to enjoy it safely.

Later this summer, the American Canoe Association will be hosting a Stand Up Paddleboarding (SUP) Summit to bring together all aspects of the discipline (flatwater, coastal, surf and river users) along with the manufacturers, retailers, liveries, competitors, and instructors to discuss instruction and best practices. After the summit, expect more information on this exciting new sport and more informational materials to be developed. With the summer paddling season upon us, Auxiliarists are encouraged to learn about and include basic stand up paddling information in public affairs, dealer visits and other Prevention activities.

The U.S. Coast Guard has posted 10 Tips for Stand Up Paddleboarding at: <http://coastguard.dodlive.mil/2012/05/top-10-tips-for-stand-up-paddleboarding/>

Auxiliary Online Member Training Website Has Moved!

The member-training website known as the “U.S. Coast Guard Auxiliary Virtual Classroom” has moved to a new location, and is now called the “Coast Guard Auxiliary – Online Classroom”. The new link (URL) to the Online Classroom is <http://classroom.cgaux.org>. Members, member training officers, and unit webmasters should change all bookmarks, links, or other references to the old Virtual Classroom to the new site and address.

Public Education Schedule

About Boating Safely (ABS)

Saturday 1-day courses 8:00-5:00 pm Registration begins at 7:30 am.

Dates: **July 7, Aug 4, 2012**

Cost: \$65.00 (includes lunch); Discount for second family member \$ 50.00

Location: USCG Sector Delaware Bay -- USCG AUX Flotilla 2-76 --Penn's Landing, Washington & Columbus Blvd. , Philadelphia PA.

Recognized by the US Coast Guard and approved by the National Association of State Boating Law Administrators, this course is a unique 8-hour study program covering the fundamentals of boating. **Individuals successfully completing this course qualify for the PA Safe Boating Certificate.** Pre-registration recommended.

First Aid, CPR, and AED for Boaters

Sundays, from 8:00 am to 5:00 pm. Cost is \$ 75.00 (\$50 for second family member) and includes lunch. This course is taught by a Red Cross Certified instructor, and it covers First Aid basics; CPR; Automatic External Defibrillator (AED); medical , injury and environmental emergencies ; special medical concerns and emergencies for boaters.

Dates: **July 15 Sep 9, Nov 4**



Tugboat demonstration, Delaware River Day courtesy Caroline Shipsey