

Lifeline

US Coast Guard Auxiliary
Flotilla 02-76

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October 2012

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Dan Toms, VFC
editor: Liz LeFever, FSO-PB

The Whale Print by Terry Fan

Flotilla dues are due!
Please have your check, money order, or cash in an envelope
ready at the next flotilla meeting, 16 October at 1930.
Dues are payable to USCG AUX Flotilla 2-76.

Fellow Staff and Members,

September was a very busy month, and a spectacular one at that. Our staff attended a variety of events during the month in which it received great reviews from the public. Our invitation to the Winslow Homer exhibit was very well planned, attended, and coordinated. The staff at the museum was most pleased with our performance, overall appearance, great personalities and COASTIE! for he was the highlight of the event. The exhibit was a great success and a proud accomplishment. We will remain hopeful that we will get invited again if the need arises. During the same month members also represented our flotilla by providing medical assistance to the runners during the Rock and Roll Half marathon, an event which we are not accustomed to do, however, we were called upon to assist and we answered that call by having a great volunteer team assembled in short notice attend the event. In October our team of volunteers assembled yet again for the Seaport Museum's Pirate battle on the Delaware River while

attending the Disasters on the Delaware event. I would like to commend the efforts of the great team of volunteers not just from 2-76, but from the district as well, as we had a great turnout representing 3 divisions and 5 flotillas. Congratulations are in order to you all!

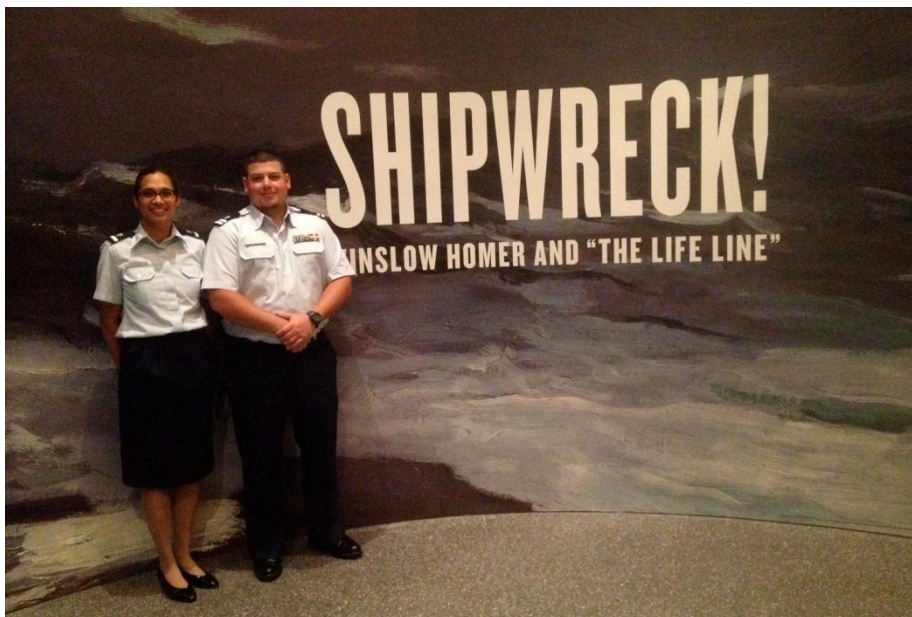
Now, as we continue our missions and prepare to further our training, it is also time when we change course to begin preparing for the great fellowship events that we all look forward to, and towards the end of the year, starting with our yearly elections. Elections for flotilla 2-76 is a calling to all members who feel their abilities enable them to steer this mighty ship towards a new course to further the advancement of the flotilla as well as its crew, you the members. All members can be great leaders, and you can be as well, for you chose the first step in making this organization great by volunteering your time to help spread our ethos and be guardians to those who do not know when their life might be in peril. So please, don't be shy to take that step forward and help lead this great flotilla, even in a staff officer position. Without your commitment and effort we cannot continue to maintain the engine that thrusts us forward.

Secondly, a great fellowship event will be taking place on the last weekend of October, which will be a great opportunity to mingle among members, relax, and enjoy a brisk fall cruise on the Chesapeake Bay. This event is a first for me, as I have never sailed before on a sailboat. It should be an exciting one. Our hope is that we can do more fellowship events next year, and perhaps more of you can join in and have a great time. Your ideas and thoughts will be needed however, in order to gather information on possible events that you would like our flotilla to hold in the near future.

Lastly, our Change of Watch, a great ceremony held every year to celebrate the men and women who will be coming in as the new staff for the upcoming year and thank the outgoing staff for a job well done, during their tenure in office. If you have never been to one, I suggest you attend and see this great tradition take place.

I look forward to seeing you all at the Meeting on October.

Jose Roman-Rivera, FC



Jessi Davidson, FSO-PA and Jose Roman-Rivera, FC at the Shipwreck exhibit

Flotilla Officers' Reports

Finances (FN)

Dues must be in by the end of the month and the amount is \$35.00. Make check out to: Flotilla 2-76 U.S. C.G. Aux and mail to Phil Giordano, 827 Fernon Street, Phila.PA 19148.

Phil Giordano, FSO-FN

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. All materials requests are handled within 24hrs of reception. The NACO Three Stars Award for Diversity Application was filed out and submitted on behalf of Flotilla 2-76, with a copy provided to Division and Flotilla Commanders.

Jimmy DeLeon, FSO-MA

Navigation Systems (NS)

At the request of the Philadelphia ANT, Aids Verifiers (AVs) were requested to take photographs of selected ATONs. To date about 50% have been taken. Organization continues on the list of PATONS within Sector Delaware Bay for

Auxiliarists to verify as functioning according to their description in the Light List and on the Charts. Matt O'Brien was appointed DSO-NS by Harold "Robbie" Robinson to replace Jim Lafferty.

Matt O'Brien, FSO-NS

Operations (OPS)

5NR's 2012 patrol season is winding down. Patrols will end on 14 October, and then the flotilla operations program will shift into training mode. Our 2013 crew school will open registration on 16 October.

Matt O'Brien has earned his coxswain qualification, filling a much-needed gap in 2-76's operational capabilities. We have also assisted area coxswains in

photographing all priority aids-to-navigation. Training pertinent to patrols can be found at our Weekend College starting 19 October – Navigation, Seamanship, and Weather courses. 2-76 still needs a facility. We are working on acquiring one and have formed a committee to deal with this problem

Dan Toms, FSO-OPS

Public Affairs (PA)

Rock and Roll Half Marathon fellowship September 16th

I organized with RNR to man two "Comfort Stations" throughout the course and was able to get 2 teams of 3 members to aid athletes with First-Aid runner related injuries.

We set up the First-Aid tent, sick beds, medical gear and paperwork pre and post race and helped dozens of runners back onto the course and towards the finish line.

Shipwreck Event September 23rd

Shared event info on Social Media (Tweeter/LinkedIn

& Facebook) daily/weekly. Organized an interview on WRTI with Susan Lewis and our VFC Dan Toms. Reached out to the District to include other flotillas. Got Auxiliarists from 13-07, 13-10 & 06-03 to help out. 12 Auxiliarists from



district 5NR helped execute a great event that surpassed the PMA's directors expectations.

Seaport Festival October 7th

Started to gather volunteers, planning logistics and getting proper gear and supplies.

RIP 5k Fellowship Run October 6th

I collaborated with Elizabeth LeFever in organizing this event and sent out training tips and running programs.

Website - I added PA events and photographs

Flyers - I reached out to DSO-PA Linda Shogren (District 17 Alaska) who had made up PE and VE flyers to help her area. She kindly sent me the flyers so we can use them.

A great big thanks to all who helped with these projects. Without their assistance none of this could have been achieved.

Jessi Davidson, FSO-PA

Public Education (PE)

The scheduled PE courses for FALL 2012 are underway. There are five students taking Boating Skills and Seamanship, and there were eleven students who took How to Read a Nautical Chart. Thirteen are currently taking Weekend Navigator. The Flotilla website is now set up so that prospective students can sign up for courses via the online registration form, and this may have helped increase enrollment somewhat.

Planning for S/F 2013 PE courses is

underway and a draft schedule has been drawn up and will be circulated soon.

Meanwhile, Flotilla members are requested to help publicize the upcoming Spring 2013 course offerings by taking flyers--when available-- to local marinas, bookstores, recreation centers, and marine supply stores.

Information about the courses will be posted on Craigslist Philadelphia under the "boats" category, when the schedule is finalized.

Dot French, FSO-PE

CGAux joined forces with Alliance for Safe Navigation

WASHINGTON - The Coast Guard Auxiliary has joined forces with the Alliance for Safe Navigation (Alliance) to inform boaters of the importance of maintaining current navigation information. Alliance members include the National Oceanic and Atmospheric Administration (NOAA), BoatUS, Jeppesen Marine, the U.S. Power Squadron, OceanGrafix, and the Sea Tow Foundation for Boating Safety and Education. Surveys have revealed that most boaters are not concerned about the accuracy of their charts and related navigation information. More than three quarters do not pay attention to local notice to mariners issued by the Coast Guard. The Coast Guard Auxiliary will utilize its Alliance partnership to promote boating safety. For more information concerning the Alliance, see www.allianceforsafenavigation.org.

Exercise of the Month

Jessi Davidson, FSO-PB

Preparation :

- Initiate the core with proper drawing in maneuver and pelvic floor contraction.
- Stabilize hips by contraction of the glutes, maintain neutral spine position and keep hips level.

Movement :

- Slowly lift leg off floor and hold.
- Stand on a single leg with foot pointing straight ahead and knee slightly flexed while maintaining a stable position over your 2nd & 3rd toe.
- Maintain good posture (shoulder blades retracted and depressed, spine angle neutral).
- Progression: Stable to unstable, shoes to no-shoes to unstable surface (core board, airex pad, dyna disk e.t.c).



Clark Edwards, Jessi Davidson, Chris Owens, Janis Hawes, Erin Saillent-Smith, and Paul Casalese at the Seaport Festival