



Photo by Jeff Gilmore 095-39-06

Auxiliary operations can take a toll on your body; make sure you are healthy enough to keep going.

## Fit For Duty

### The Importance of Personal Health For Operational Duties



Maureen Van Dinter 095-45-01

**MADISON, Wis.** — The U.S. Coast Guard Auxiliary has been successfully supporting the U.S. Coast Guard for more than 75 years in a variety of activities, including backfill for surge operations, supplementation for active duty shortages and educational endeavors such as on-the-water training and structured classes on a variety of topics. The average age of the auxiliarist generally is over 50, while most Coast Guard members are in their 20s. While many auxiliarists jokingly state that they can keep up with their active duty counterparts, at issue is the real toll on the older body and what can be done to maintain fitness, alertness and cognitive

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functioning. The Coast Guard has already defined “fatigue limits” to follow for surface and air operations. The concern, though, is your basic state of health and specifically what you do to maintain it. Every Coast Guard Auxiliary member needs to do what they can to be ready to serve by staying in shape. Active duty and reserve Coast Guardsmen all are required to have periodic physical exams to assure their optimal health. While physical exams are not mandated for the Auxiliary, it is your responsibility to yourself and your shipmates to stay healthy, to do your job and to complete the mission.



If you find that you are at higher risk for a medical problem you need to be aware of that fact and do what you can to alleviate that risk. Also, be sure your vision and hearing are functioning well.

Additional issues that affect your health and ability to participate in Coast Guard missions are related to sleep, diet, exercise and stress. Add those stressors to a hot summer day with additional exertion, and you have

a recipe for a potential injury. Plan your schedule so that you have optimal rest and alertness while on Auxiliary duty. Also, stressing about personal or work issues can limit concentration. All these issues should be addressed in the GAR assessment before a mission is undertaken.

Diet and hydration are critical to a successful patrol. Water is the optimal hydrating fluid and should be consumed frequently enough that your urine is clear. Always monitor each other while on a patrol, as it is easy to become dehydrated and develop a heat-related illness.

Fitness is essential to your success while on patrol. That means you should have a fitness plan you can include in your daily activities, such as walking, swimming, biking or gym workout to mobilize all your essential joints. Stretching prior to getting underway can be helpful for the entire crew.



*Photos of Auxiliary in action by Maureen Van Dinter 095-45-01*



## Navigator Express Masthead

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### JUNE CONTRIBUTORS

**Maureen Van Dinter**

095-45-01

**Bill Reiter**

170-02-04

**Thomas Ceniglio**

014-25-02

**Bob Carlson**

014-25-06

### NATIONAL STAFF

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Photo by Bill Reiter 170-02-04

While on patrol, members of the Whittier, Alaska, Auxiliary, Bill Reiter, along with Russ and Cathy Lyday, spotted the “Knotty Time” dead in the water and were able to lend assistance. Nationally, the Auxiliary performs more than 10 boating assists every day.

## Alaskan Flotilla Offers The *Tow-tal* Package

It was a calm day on the waters of Passage Canal near Whittier, Alaska, when Bill Reiter and his crew spotted a disabled recreational vessel in the main traffic lane. Reiter and his fellow Coast Guard Auxiliary members, Russ and Cathy Lyday, concerned for the safety of the vessel’s crew, went in for a closer look.

Reiter and the Lydays are members of the Coast Guard Auxiliary Whittier Flotilla, an 80-member flotilla that was first established in 1958. A reduction in members during the early 1970’s caused the flotilla to shut down for awhile but it was back up and running by 1978, and it’s been going strong ever since.

“I originally joined the auxiliary because of the SAFEboat program,” Reiter said, referring to a Coast Guard program that saw 25-foot and 27-foot Coast Guard response boats issued to the flotilla from 2001-2012. “The SAFEboats might be gone now, but that hasn’t diminished my motivation to help the boating public.”

Auxiliary members in Whittier conduct vessel safety courses and examinations throughout the year to educate the community, but they also patrol the

waterways for any signs of trouble. That’s what led them to discover the disabled 24-foot pleasure craft, Knotty Time, in Passage Canal.

“We always keep our eyes open for mariners in distress,” said Reiter. “The Knotty Time wasn’t putting any other vessels in danger, but it was dead in the water so we went over to see if there was anything we could to help.” The crew of the Knotty Time told Reiter they were having engine trouble. The Auxiliary members notified Sector Anchorage about the situation and offered to shadow the vessel back into port. After the vessel’s engine refused to start however, Reiter and his crew safely towed the Knotty Time and its crew to Whittier.

“This case was a perfect example of why the volunteers of the Coast Guard Auxiliary are instrumental in ensuring Alaskans are safe on the water,” said Lt. Jason Gangel, Coast Guard Auxiliary Liaison Officer for Sector Anchorage. “The flotilla in Whittier does a terrific job for us, and we’re proud of all their accomplishments.”





# America's Waterway Watch

Reprinted from America's Waterway Watch - United States Coast Guard



Auxiliarists from left, Leon Weisenburger, Anna Reed and Jeff Tinklepaugh, patrol the Scioto River near Columbus, Ohio.

Photo by Curtis Pratt 082-18-07

You know what is normal in your viewing area. Report what you find to be unusual!

First, call the National Response Center at 877-24WATCH. For immediate danger to life or property, call 911, or call the U. S. Coast Guard on Marine Channel 16. Never approach someone you fear may be about to commit a crime. Make some notes, such as the person's appearance, clothing, vehicle license plate and the type of boat, vehicle or aircraft involved. Take a picture if you can, but keep your distance if the situation seems hostile.

**Provide Details:** Be specific with details whenever you report something amiss to authorities. Generalized descriptions and concerns do not provide sufficient information and may not carry the appropriate sense of urgency.

**Details Carry Weight:** For example: "I'm at the Safe Haven Marina and just saw [something dangerous] loaded from a white SUV into a turquoise Boston Whaler with the registration number of CF1234YZ. I can't read the SUV's plate number, but I think it's an out-of-state plate. The boat operator seems to be intimidated by his passengers, and the passengers seem to be trying to keep out of sight. I think something bad is about to happen." Pay attention to height, weight, gender, clothing or other identifiable traits of the people engaged in suspicious activity — you may be asked for this type of information.

**How to Make a Proper Description of a Person, Boat or Vehicle:** Never use race or religion as an indicator of suspicious activity. Always rely on the idea that what you are observing is like a puzzle. If your instincts suspect suspicious activity, and you have observed a person's/group's actions that you can report to back up your instincts and feelings, then you can report your observations using the **CYMBALS** method described below:

**People, Boats, Vehicles:** **Color** (hair, eyes, skin), **Year** (of birth, approximate age), **Make** (race, ethnicity), **Body** (height, weight, build, etc), **Attire** (clothing, description, dress, etc), **Looks** (hair, scars, tattoos, facial hair, etc), **Sex** (male, female); **Color** (paint, markings, etc), **Year** (of manufacture, approximate age), **Make** (make and model of boat), **Body** (length, type: cruiser, runabout, PWC, etc), **Accessories** (name, antennas, flag, inboard/outboard), **License** / registration number, **State** of registration; **Color** (pain, markings, etc); **Year** (of manufacture, approximate age), **Make** (make and model of vehicle), **Body** (sedan, truck, SUV, 4/2 door, etc), **Anything** else (dents, stickers, rims, etc), **License** plate number, **State** of registration.

All reports should contain the 5 Ws and an H, which means you should be able to articulate a majority of the Who, What, Where, When, Why, and How aspects of what is going on, plus what makes you feel suspicious of the person, group or situation. Read more at: [http://americaswaterwaywatch.uscg.mil/Report\\_What\\_You\\_See.html](http://americaswaterwaywatch.uscg.mil/Report_What_You_See.html).



# USCG Academy Museum - A Moving Experience

Story by Thomas Ceniglio 014-25-02



Photos by Bob Carlson 014-25-06

The U.S. Coast Guard Museum contains artifacts that span the more than 220-year history of the United States' premier maritime service.



NEW LONDON, Conn. — One visitor sums up the museum experience like this: “Great place of honor, great displays... we’re glad we made the trip.”

The U. S. Coast Guard Museum is on the grounds of the USCG Academy in New London, Connecticut. The museum is open to the public throughout the year. During the summer when the cadets are away training, the museum is open on the first and third Saturdays of each month.

There are currently six auxiliary volunteers who rotate duty tours throughout the summer. The auxiliarists assist visitors by giving directions and explaining the history of Team Coast Guard (including the Auxiliary). Auxiliary member Tom Ceniglio, Flotilla 14-25-05, who lives in East Haddam, Connecticut, is responsible for organizing watchstanders. He also volunteers his own time minding the museum’s visitor desk.

“We are always looking for auxiliarists who will stand watch for a few hours. Typically, we meet 30-50 visitors during the day, and special tours with reservations are always welcome,” said Ceniglio.

The museum recently went through a \$4 million renovation in order to improve the displays of artifacts and exhibits. There is a plan to move the museum to



On display is the figurehead from the Coast Guard’s training ship Eagle, the only active commissioned sailing vessel in U.S. service.

the New London wharf area with a new state-of-the-art, environmentally-friendly facility.

The new location will ensure access to more visitors using the Long Island Sound Ferry Terminal area.

Admission to the museum is free. For the hours of operation or to schedule a group tour, call 860-443-4200.

Additional information is available at:

- [www.coastguardmuseum.org](http://www.coastguardmuseum.org)
- [www.uscg.mil/hq/cg092/museum/](http://www.uscg.mil/hq/cg092/museum/)

# AUXILIARY SCUTTLEBUTT

**'scut-tle-butt:** *A drinking fountain in the Coast Guard is called scuttlebutt. A scuttlebutt in old days was a cask that had openings in the side, fitted with a spigot. Sailors used to congregate at the scuttlebutt or cask of water, to gossip or report on day's activities.\**

**On this page** you will find all the important events and critical information to keep you up-to-date on the current happenings in the Auxiliary.

*\* from the USCG Glossary*

## MANDATED TRAINING DEADLINE EXTENDED

For more information contact your member training officer - additional information at:

<http://wow.uscgaux.info/content.php?unit=T-DEPT&category=mandated-training>

Safeguard DHS and personal identifiable data.

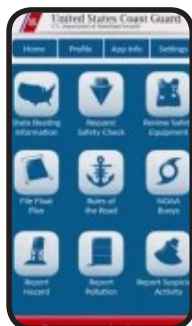
Take the DHS/Protecting Personal Information Course.

## HELP WANTED

<http://cgaux.org/members/wantads/>

## COAST GUARD RELEASES BOATING SAFETY APP

Features of the app include: state boating information, a safety equipment checklist, free boating safety check requests, navigation rules, float plans and calling features to report pollution or suspicious activity. When location services are enabled, users can receive the latest weather reports from the closest National Oceanic and Atmospheric Administration weather buoys as well as report the location of a hazard on the water.



The app also features an Emergency Assistance button which, with locations services enabled, will call the closest Coast Guard command center.

The app will be available on the Apple and Google Play online stores. **For more information, please visit** <http://www.uscg.mil/mobile>.

**Next Month: The tragic & inspiring story behind the new app.**

Good ethics start at home! It is about doing the right thing.

Take the Coast Guard Ethics Course.

Understand the definition of civil rights.

Take the Civil Rights Awareness Course.

## DISTRIBUTION FOR THE NAVIGATOR EXPRESS

- All members of the U.S. Coast Guard Auxiliary
- Coast Guard Auxiliary Association Inc. members and staff

Note: please add [uscgauxms@cgauxnet.us](mailto:uscgauxms@cgauxnet.us) to your address book. Messages sent from that email address are official messages of the U.S. Coast Guard Auxiliary.

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