



U.S. Department of Homeland Security
United States Coast Guard Auxiliary



Nor' Easter

**First District Northern Region
Maine, New Hampshire, Massachusetts, and Rhode Island**

FALL 2019



UNITED STATES COAST GUARD

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Paul T. McShane	D-AD-Hotels
Aaron A. Ledger	D-AD-Meeting Setup
Richard A. Young, Jr.	D-AD-Meeting Setup
Arnold M. Geller	D-AD-Meeting Setup
Carolyn E. McClure	D-AD-Conference Coordinator

Past Division Commanders Association

Craig C. Hall	President
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ON THE COVER

The First District Team Coast Guard Color Guard presents the Colors at the New England Patriots' home opener, Gillette Stadium, August 22. See full story on Page 17.

FROM THE EDITOR'S DESK:

The *Nor'Easter* Production Team has a favor to ask.

Not too many years ago *Nor'Easter* was printed and distributed by mail to all Auxiliarists in the district, as evidenced by the "To:" box still remaining on the last page of this issue. Those days, understandably, are gone as the result of shrinking funds and the rise of the digital age where publications are placed on the web for readers to find and access. But "to find and access"—there's the rub. Not all Auxiliarists have access to the internet. Even those who do, and especially new members, may not know that *Nor'Easter* has a link on the district's home page and new issues can be found there every quarter. A certain amount of effort is required to read *Nor'Easter* these days. Regular readership is down, as other Publications Officers are also reporting throughout the country about their own newsletters and magazines on the web. A funny thing about production teams: They like to see their publications distributed widely and read by as many people as possible.

So here's the favor. If you have access to a printer, please consider making a half dozen or so copies of this and future issues of *Nor'Easter*. Take them to your flotilla meeting. Give them to shipmates who do not have internet access or perhaps didn't even know that *Nor'Easter* existed. Ask your leadership to "talk up" *Nor'Easter* and encourage everyone to take a look at it every three months. Doing so makes you much more than a mere reader. You actually will have joined our Production Team as a Printer and Distributor. For that, we would be very grateful and appreciative.

Wes Baden, DSO-PB
Richard Keating, ADSO-PB SBOS
Janet Richardson, ADSO-PB SSNE

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THE LEADERSHIP DEVELOPMENT ACADEMY **Your Opportunity to Learn and Grow**

The summer has now passed, the boats are out of the water, and now it's time to shift focus a bit.

We have some great things on the horizon. The Leadership Development Academy in December is a wonderful opportunity to develop your skills as a Flotilla Commander or Division Commander. Also, the LDA is a great place to meet new friends from around our district as well as First Southern. One of the nicest things about LDA is the fact that it's held at the U.S. Coast Guard Academy in New London, Connecticut. Being in the atmosphere of the Academy really enhances the experience of taking the course.

The uniform for the Leadership Development Academy is the Winter Dress Blue. This is the uniform with the dark blue shirt and collar devices, worn with a tie, ribbons and nametag. In order to attend LDA you must be in that uniform. Additionally, you must be in the proper outer-wear. For that time of year, it could be the Foul Weather Parka (not just the liner), the Windbreaker, or the Trench Coat. Any of these three would be acceptable. The Winter Dress Blue is the uniform of the day at the Academy for that time of year and we need to adhere to it. After all, uniform compliance is part of the training.

The first class is Friday night, December 13, at 1800. You will need to be checked in at Munro Hall and in uniform by 1700. Classes go until 2200 on Friday. Saturday brings a day of class work, but on Saturday evening a social is held to enjoy some fellowship and perhaps some refreshment. There will be a class Sunday morning, followed by a general assembly to wrap things up.

We've had very positive feedback in the four years that we have been part of it. Several members have already told me they want to attend. I encourage you to go. I think you'll be glad you did. I look forward to seeing you there.

Semper Paratus.

Charlie Grossimon
District Commodore



THANK YOU FOR ALL THAT YOU DO

As the year is winding down, I want to take a moment to thank everyone for their efforts and accomplishments. The level of commitment and dedication continues to make our district a leader in the nation. Thank you for all you do.

As the weather gets colder, there are still many ways to contribute. Public Education, Member Training, Public Affairs, Marine Safety, Watchstanding, Food Service and the Auxiliary University Program are just a few ways. Also, look for the Sea Scout Memorandum of Understanding that will be finalized and announced soon. Fellowship and fun are a big part of our organization too. All of the above are ways to stay involved and continue to give back. And if you need training, we have an S-TRAIN coming in November in Boston and D-TRAIN in March of next year in Newport, Rhode Island. Find a new challenge if you want to do more and get involved.

Finally, the new Risk Management and TCT programs are getting their sea legs. If you haven't received the training, and you need it, you are in a minority even though we are leading the country in getting this done. Thank you for your efforts here as well. If you still need this training, please reach out to your leadership sooner rather than later.

Finally, I want to wish everyone a Happy Holiday Season in the upcoming months. I also want to express a special thank you to the families that support us in our activities. Many of us will be assisting during the holidays at stations and sectors either backfilling or spreading cheer among the Coast Guard community. Thanks again for your continued efforts and have a great Fall and holiday season.

Byron A. Moe, Jr.
District Chief of Staff

THREE AUXILIARISTS, ONE FLOTILLA RECEIVE SPECIAL AWARDS



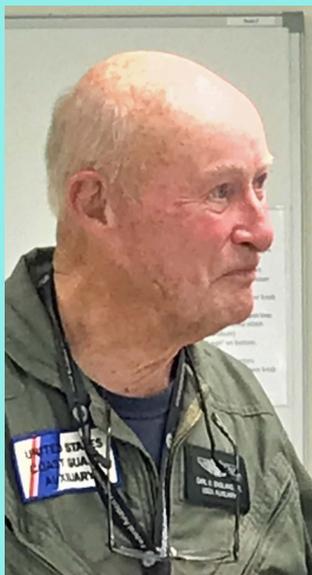
Oscar Orringer, Satuit Flotilla 12-8, received the Viet Nam Service Appreciation Lapel Pin from retired Air Force Col. Charles Aftosmis, at a Civil Air Patrol meeting at Otis ANG Base. Orringer served as an Army first lieutenant in Viet Nam. (Photo Cape Office)



The National Boating Federation honored Woods Hole Flotilla 11-2 as the 2018 Top Flotilla in Public Education, in its annual nationwide competition. Here Jeffrey Thomas, FC, accepts the award from COMO Charlie Grossimon. (Photo William Bell DSO-CS)



Reid Oslin, Chatham Flotilla 11-1, receives Coast Guard Station Cape Cod Canal's Sailor of the Quarter award from Petty Officer First Class Brandon Sand (left), the unit's executive petty officer, and Chief Petty Officer Nicholas Crews, Officer in Charge. Oslin is a communications watchstander. For the period ending September 30, Oslin stood 45 watches totaling more than 200 hours and logged 30 mission sorties, 11 vessel boardings, and five search and rescue missions conducted by station boat crews. (Photo BM3 Conor Harris)



Carl England, DSO-AV, Nantucket Flotilla 11-7, was awarded the Wright Brothers Master Pilot Award in a special ceremony aboard USCG Air Station Cape Cod. This award is the most prestigious award that the Federal Aviation Administration issues to pilots certified under Title 14 of the Code of Federal Regulations. To be eligible, nominees must have held a pilot certificate and had 50 or more years of civilian and military flying experience, measured from their first solo flight or military equivalent. (Submitted by John Keyes DCDR 4)

EAST PROVIDENCE FLOTILLA 72: Sixty Years and Counting

Chad Cavanaugh, Flotilla Commander
Chris Lawrence, FSO-PB

Longevity milestones are pretty rare in the Auxiliary. On February 10, East Providence Flotilla 72 celebrated its 60th anniversary. The membership met as usual at Sector SENE's satellite office in East Providence, Rhode Island for its regular monthly business meeting. Sixty-five percent of its twenty current members were present for this special occasion. The meeting was conducted as usual, then adjourned for the membership to share in a short celebration consisting of a delicious cake, ice cream and some great fellowship afterwards. There was a color photocopy of the forthcoming anniversary certificate to pass around for each member to view. All in all, members had a good time and were extremely proud of their flotilla's milestone accomplishment.

Flotilla 72 is the oldest and smallest among the five flotillas that collectively comprise the Narragansett Bay division. It is your typical flotilla with a membership averaging about thirty over its long history. Its members are very low key but always professional in their endeavors. Flotilla 72 is unusual in the sense that its percentage of active members has always been high, somewhere around fifty percent. The years have not been without their share of occasional difficulties or struggles, especially with membership and leadership. Today, as with many flotillas, retention and recruitment remain a top priority. The flotilla has overcome a lot, particularly during the past three years. Thanks to the efforts and dedication of its current membership, the flotilla is now on a more positive track.

Looking back over the years, it is amazing to see the accumulation of the flotilla's work and effort. Since 1997, the flotilla has amassed nearly 70,000 hours between AUXMIS and AUXDATA records. Members have verified 212 private aids to navigation, reported 223 private aid discrepancies, conducted over 3,800 program visits and more than 1800 vessel safety checks, had forty-one SAR assists, saved two lives, assisted 130 boaters and saved over 2.5 million dollars in property. To help spread the boating safety message, members also have tirelessly worked within the surrounding communities to establish working relationships

or partnerships with local marine businesses, schools, harbor masters and other venues. They have conducted numerous boating safety courses with hundreds of graduates. They have also participated in many public affairs events.

Some of the flotilla's members have directly augmented nearby Coast Guard units such as the Marine Safety Office in East Providence, the Aids to Navigation Team in Bristol, Station Castle Hill in Newport, Station Point Judith in Narragansett, Boston Light and Air Station Cape Cod. They have provided over 16,000 operational hours. Each year, their surface operations program has supported various annual and special marine events. A few members have provided cooking assistance to various Coast Guard units both in and out of the state. No doubt, some of these statistics and activities might pale in comparison to those of other flotillas throughout the Auxiliary. Keeping things in perspective, this is still an incredible and rich history given small membership.

No flotilla can survive just doing Auxiliary activities alone. Fellowship needs to play a vital role too. After all, we are part of an extended family. There is time right

after the regular business meeting during a coffee break to interact informally between members. Usually, an outside guest speaker or some form of training is offered after the coffee break. The flotilla also tries to schedule at least one annual fellowship event for members. This has led to some incredible and unique fellowship activities over the years.

As Auxiliarists, we all know that there are certain metrics in place to track hours, missions, training, and the like. However, the true impact that the various flotillas have on the Auxiliary as a whole is ultimately immeasurable. The actions of each flotilla member of the Auxiliary make a difference regardless of how big or small the action might seem. Sixty years of service is certainly nothing to take for granted. We are proud to be a part of this outstanding flotilla and the Auxiliary. Together, we exemplify selfless service and dedication to our communities, states and nation.



Flotilla members attending the 60th anniversary celebration were (first row) Harry Finkelstein, Chad Cavanaugh, Patricia Tarro, (second row) Frank Castello, Diana Kryston, Robert Lawrence, David Griswold, Chris Lawrence, (back row) Connor Binegar, Steven Blair, Paul Burke, Carrie Bishop, Jonathan Lazieh. (Photo Janet Tarro)

191 ATTEND SSNE S-TRAIN

Wes Baden, DSO-PB

Nearly 200 attendees from throughout Sector Southeastern New England completed required training courses, obtained new competencies, sharpened existing skills and enjoyed fellowship at S-Train, held October 19 at the Massachusetts Maritime Academy, Buzzards Bay. Both Coast Guard active duty personnel and Auxiliary members served as instructors in the 23 classes that were available. (Photos Wes Baden)



COMO Grossimon addresses S-Train attendees during welcoming ceremonies in Admiral's Hall, Massachusetts Maritime Academy, Buzzards Bay.



COMO Belmore teaches "FC Nuts and Bolts," a critically important class for incoming Flotilla Commanders and even those starting their second year in office.



Instructor HS2 Christian Sekula watches as John Dennis, East Providence Flotilla 72, applies chest compressions and Scott Campbell, Providence Flotilla 78, stands by to administer a second defibrillator shock if needed, in the First Aid/CPR/AED class.



"Marlinspike and Splicing" was a popular class. In the foreground, Paula Mueller, New Bedford Flotilla 65, Savanna Leite, AUP, Louise Cunningham, North Star Flotilla 76, and Steve Mueller, New Bedford Flotilla 65, practice rope-work being taught by BM1 Brandon Sand.

USCG D1 BRING YOUR KIDS TO WORK DAY

A FUN DAY FOR BASE BOSTON'S KIDS

Jim Healy, ASC Boston

Coast Guard District One's "Bring Your Kids to Work Day" was held earlier this year at Base Boston. CDR Melissa Ransom, Reserve Force Readiness, organized the event. In the past, while stationed at Sector Boston, she had organized similar days with the support of the Auxiliary. She asked if we could help out again.

Kim Shaw, Old Colony Flotilla 58, set up a children's craft project. The kids colored "Keep Our Waters Clean" T-shirt transfers with crayons. The transfers were then ironed on white T-shirts.



Kim Shaw holds up a completed T-shirt that children of active duty personnel were able to make at the event and then wear. (Photo Jim Healy)



Off in the distance, Glen Gayton works Coastie's controls to the delight of the children at "Bring Your Kids to Work Day." (Photo Jim Healy)

Bob Amiro, Beverly Flotilla 41, and Glen Gayton, Ipswich Flotilla 37, brought Coastie to the base. Coastie was not only a big hit with the children, as this was the first time that many of the adults were able to meet Coastie in person. The USO had a craft table, and Base Boston's Medical Clinic had a hands-on display for the kids. There was also a food preparation demonstration in the Function Hall galley.

Seventy children of Coast Guard personnel attended with their parents. The children started the day by participating in Colors on the base. They then had an opportunity to visit USCG Seneca and Station Boston's small boats, and they also saw a USCG helicopter SAR demonstration with a rescue swimmer. Lunch was served by the USO, and each child received a certificate.

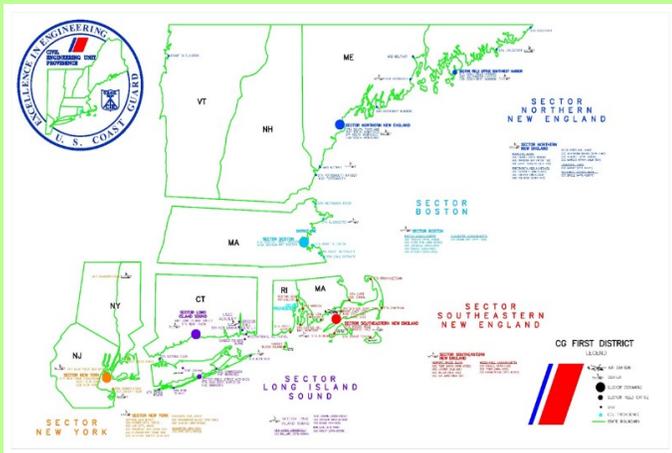
While the Auxiliary is always willing to support the Gold Side in any way we can, this was a mission that was truly a lot of fun to be a part of.

AUXILIARISTS WANTED WITH ENGINEERING, ARCHITECTURE AND CONSTRUCTION EXPERIENCE

Gary A. Gordon,
Auxiliary Unit Coordinator D1NR, AUXBUILD

The U.S. Coast Guard Auxiliary now supports Coast Guard construction projects via AUXBUILD.

AUXBUILD is a program to leverage specialized skills and experience in engineering and construction to assist USCG Civil Engineering Units (CEUs) with shore-side construction, renovation and repair projects. In the First District Northern and Southern Regions, CEU-Providence will be the supported unit (see map below). The guiding documents are the AUXBUILD Program SOP, 10 Apr 17, and the Coast Guard Auxiliary Manual, COMDTINST M16790.1.



CEU-Providence Area of Responsibility

The process for AUXBUILD program participation will start with a request for assistance by the respective CEU. This will be through the districts' Auxiliary Unit Coordinators (AUCs) acting on behalf of the National AUXBUILD Program Manager. The CEU Contracting Officer's Representative (COR) will be the primary POC for the AUCs and participating Auxiliarists.

Auxiliarists interested in becoming part of AUXBUILD must have completed Auxiliary Leadership Training, the Administrative Procedures Course (APC), the boating safety course required for BQ status and Auxiliary Mandated Training (AUXMT). They must also be in AP status at a minimum.

Auxiliarists must possess educational or equivalent experience in engineering, architecture or related fields, and in the design and construction of facilities and related systems. They must possess a license or certification as a pro-

fessional engineer, registered architect, land surveyor or construction manager. Auxiliarists in the building trades and licensed accordingly (e.g., master electrician and master plumber) are also included. Auxiliarists must have at least five years of experience and have a demonstrated ability to read plans and specifications. This experience can be in the military, government and private sectors in areas that are similar to USCG shore-side construction projects.

Typical shoreside projects involve housing and barracks, industrial facilities, training facilities, stations, air stations and sector headquarters. To put this into perspective, the USCG has over 45,000 buildings and structures at 2,000 sites covering 92,000 acres. This does not include the 20,000 floating ATONs. The average building age is over 45 years and the replacement value is over \$20 billion. CEU-Providence's managed assists include the civil works, base services and industrial facilities product lines.

Assistance that can be provided to CEU-Providence includes Facility Condition Assessments (FCAs); triennial reviews for shore facilities and fixed/on-ground ATONs; constructability reviews; underground facilities management; assistance with product line projects; and construction observation and administration. Potential projects where CEU-Providence may require AUXBUILD assistance include FCAs for approximately 200 housing units at Joint Base Cape Cod; assisting USCG units investigate facility incidents and prepare report to CEU-Providence Facility Asset Manager; performing site visits, inspecting equipment and validating equipment inventory; and assisting USCG with construction observation and administration.

Augmenting District incident management capabilities, AUXBUILD can leverage its engineering and construction observation services provided to CEUs for disaster-related services and provide engineering and construction expertise to sectors in conjunction with DSOs-Incident Management focus on ashore facilities. This includes conducting preliminary damage assessments, developing short term repair programs, integrating damage repairs into programmed work, providing engineering and construction expertise, and monitoring and observing repairs and temporary mitigation measures.

Interested Auxiliarists and anyone with questions are directed to the respective AUC: Gary Gordon for D1NR and Richard Rothamel for D1SR.

D1NR DIVERSITY MISSION STATEMENT: Diversity = Mission Excellence

Aaron Aubin, DSO-DV

Diversity plays an important role in our organization in achieving full mission excellence. This occurs when our membership is supported through creating a positive environment, valuing all members, promoting individual success, and carrying out diverse outreach activities in the community. By understanding the United States Coast Guard Auxiliary Diversity Policy we ensure that all citizens, regardless of race, gender, color, national origin, sexual orientation, age, religion or physical or mental abilities have an equal opportunity to become active and successful members of the Auxiliary.

When we value Diversity, we are improving mission excellence by creating a more robust and forward-thinking organization. This allows our membership to experience success as part of a team in a positive environment—one that is inclusive, engaging, and respectful, where everyone’s talents are appreciated and utilized. By providing full opportunity to all members to achieve and be successful in a supportive environment, the Auxiliary will become stronger. The results can only lead to increased and continued membership in the Auxiliary.

New member prospects can quickly tell when current members are happy and excited about what they do in the Auxiliary. Seeing a positive environment, the new member prospect is more likely to join our organization. Through Diversity programs and activities we are strengthening the Aux-

iliary and our relationship with the communities we serve, which again leads to mission excellence. We achieve this mission excellence by educating our members and prospective members, and we learn how we can better serve our members and how we can better serve our communities.

Through fellowship activities our members feel valued and build a closer bond with those with whom they serve. A team with good spirits and high energy, along with the requisite skills and training, can accomplish any mission. In addition, promoting individual successes through mentoring allows members—both new and experienced—a chance to grow and contribute more to mission success. Outreach activities such as targeting local community groups deliver the Auxiliary story to those who might never have heard of the Auxiliary otherwise. Reaching out to local community group members, we increase our audience for both boating safety and member recruitment.

A strong Diversity program will increase mission excellence, but a Diversity program does not run itself. Driving Diversity is a team effort that starts with appointing an FSO-DV and an SO-DV. Appointing these Diversity champions is just the beginning, however. Every member of the Auxiliary must be a knowledgeable and proficient member of the Diversity Team in order to reap the benefits of a diversified and successful Auxiliary.



NACO 3 Star Award in Diversity

United States Coast Guard Auxiliary
Presents the
**Diversity Management
3-Star Award of Excellence**
to
For Creating a Positive Environment,
Valuing All Members and Promoting Individual Success
August 25, 2015

Promotes systemic Flotilla self reflection and internal evaluation of goals and accomplishments in relation to our community and our organization

USCG Auxiliary Diversity Directorate

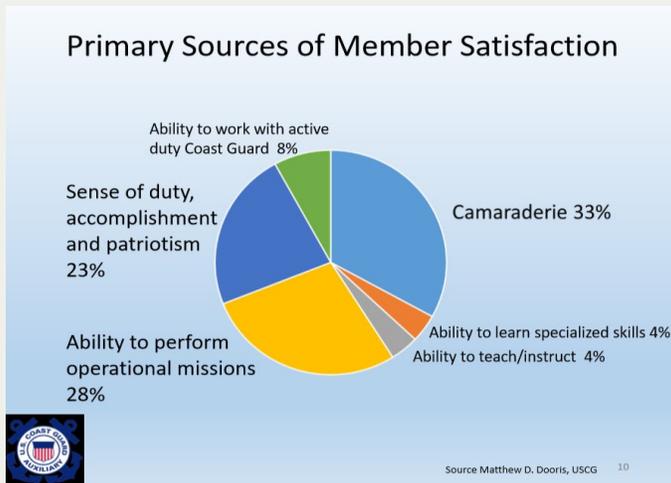
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MEMBERSHIP RECRUITMENT & RETENTION

WHY AUXILIARISTS JOINED AND WHAT THEY LIKE AND DON'T LIKE

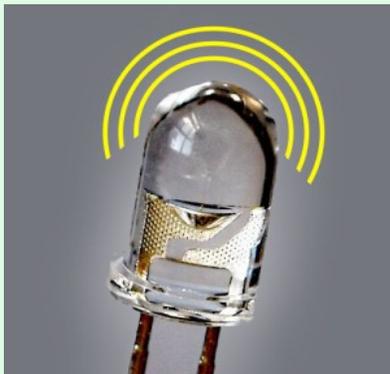
Wes Baden, DSO-PB

Surfing the web, looking for material for inclusion in *Nor'Easter*, I sometimes come upon information or even a whole article that is very relevant to issues being discussed in the district and readers likely would find interesting. In this instance I stumbled upon a recent District 5NR D-Train presentation, "Recruitment and Retention of Members in the U.S. Coast Guard Auxiliary," by Robert Kuhn, National Branch Chief, Advanced Training Directorate. In it, Kuhn showed three pie charts from the 2008 graduate thesis of then Coast Guard LT Matthew D. Loomis, for his master's degree at the Naval Postgraduate School, Monterey, California. Loomis surveyed more than 2,000 Auxiliarists, asking them why they joined the Auxiliary and what were their primary sources of satisfaction and dissatisfaction. The pie charts are reprinted below, without further comment other than the results are extremely thought-provoking and seem potentially useful as we deal with issues surrounding member recruitment and retention at all levels.



RADIO FREQUENCY INTERFERENCE FROM LIGHT EMITTING DIODES

John Collins, SO-PE



The U.S. Coast Guard is warning the maritime community, via Safety Alert 13-18, of potential interference with electronic communications from light emitting diodes (LEDs). The Coast Guard said that it has received reports from crews, ship owners, inspectors and other mariners regarding poor reception on VHF frequencies used for radiotelephone, Digital Selective Calling (DSC) and Automatic Identification Systems (AIS) when equipment is in the vicinity of LED lighting on board vessels. LEDs may be used in navigation lights, searchlights, flood lights, and interior and exterior lights, as well as elsewhere.

Radio frequency interference caused by these LED lamps were found to create potential safety hazards. For example, the maritime rescue coordination center in one port was unable to contact a ship involved in a traffic separation scheme incident by VHF radio. That ship also experienced very poor AIS reception. Other ships in different ports have experienced degradation of VHF receivers, including AIS, caused by LED navigation lights. LED lighting installed near VHF antennas has also shown to hamper reception.

Strong radio interference from LED sources may not be immediately evident to maritime radio users. Nonetheless, it may be possible to test for the presence of LED interference by using the following procedures.

1. Turn off LED light(s).
2. Tune the VHF radio to a quiet channel, such as Channel 13.
3. Adjust the radio's squelch control until noise is heard.
4. Readjust the squelch until the radio is quiet again, only slightly above the noise threshold.
5. Turn on the LED light(s).

If the radio now produces audio noise, then the LED lights have raised the noise floor. (Noise floor is generally the amount of interfering signals and static received beyond the specific signal or channel being monitored.) If the radio does not produce audio noise, LED lights have not raised the noise floor.

If the noise floor is found to have been raised, it is likely that both shipboard VHF marine radio and AIS reception are being degraded by LED lighting.

In order to determine the full impact of this interference, the Coast Guard requests those experiencing this problem to report their experiences to Coast Guard Navigation Center at navcen.uscg.gov. Select "Maritime Telecommunications" on the subject drop down list, then briefly describe the make and model of LED lighting and radios affected, distance from lighting to antennas and radios affected, and any other information that may help indicate the scope of the problem.

Possible solutions may include wire rerouting, wire shielding or installation of an electronic noise filter. Make sure that LED navigation lights say USCG Approved 33CFR 193.810, they meet ABYC A-16 or equivalent, and they have been tested by an approved laboratory.

BOATING SAFETY

NEW LIFE JACKET LABELLING SYSTEM

John Collins, SO-PE

The Coast Guard has initiated a new life jacket labelling system called the Performance Classification System. Working with the Canadian Coast Guard, icons have been adopted from the International Standards Organization (ISO) Committee on Life Jackets. Buoyancy Aids are numbered at the low number end and Life Jackets are at the high number end.

Choose the level of buoyancy for the type of activity.

The number is the Newtons of flotation.

50 Newtons is about 11.2 pounds of flotation.

70 Newtons is about 15.5 pounds of flotation.

100 Newtons is about 22.5 pounds of flotation.

150 Newtons is about 33.8 pounds of flotation.

The curved arrow indicates that the life jacket is likely to turn an unconscious wearer face up in the water. The slash through it indicates that it will not turn the wearer face up.

CHOOSE THE DEVICE YOU WILL WANT TO WEAR

SIZE & FIT

- Check label for user weight and chest size.
- Different body types float differently.
- A good fit is secure, comfortable, and adjustable.

TRY IT ON

PERFORMANCE

- Lower number offers greater mobility, comfort, and style with good flotation for most people.
- Higher number offers greater flotation, turning, and stability in the water.

CONSIDER YOUR ACTIVITY & ENVIRONMENT

RISK MANAGEMENT *

- In over 80% of boating fatalities the person was not wearing flotation.
- Most of these are sudden falls overboard or capsizing of a small boat.
- The first moments in the water are critical, even for experienced swimmers.
- Cold water shock causes gasping, loss of muscle control and swim failure.
- Long term immersion in cold water requires thermal protection and flotation position to conserve energy.

FLOTATION DEVICES SAVE LIVES

su2085a

GET MOTIVATED: SAY YES TO EXERCISE

Rashid Ashraf, AUXFIT Assistant Team Leader



Author's Note: This article is part of our AUXFIT series on exercise science to assist Auxiliaries in developing their own fitness programs. For previous articles in this series, see the AUXFIT website: a013.uscgaux.info/members/AUXFIT.htm.

"We are what we repeatedly do. Excellence is not an act but a habit."—Aristotle

Exercise in a way is a mind game. You can talk yourself into exercising or you can talk yourself out of it. A measure in knowing that you have achieved success is when you exercise on days when you do not want to, but you do it regardless.

By now, if you have been reading the articles in our series on exercise and wellness, you know that exercise is good for your health and obviously you should do it. However, you might be looking for excuses not to, such as telling yourself that you do not have the time today but you will fit it in later. Perhaps you have made a New Year's resolution each year that you will start an exercise program, and you do start one, but soon it falls off the list of things to do. Maybe you have looked for inspiration from the latest fitness gurus or the newest fitness equipment guaranteed to produce six pack abs, but after purchasing the items, they sit collecting dust.

Sound familiar? You are not alone. Most people give up their New Year's resolution, as only a few are able to establish a lasting routine. According to clinical psychologist Joseph J. Luciani, approximately 80 percent abandon New Year's resolutions by the second week of February.

The primary cause is not a lack of good intentions but rather the inability to establish a lasting habit. A new habit takes on average 66 days before it becomes a behavior. Habits are made of three key components: knowledge, skill and desire.

Knowledge

One needs knowledge about the subject one is attempting to master. Randomly looking for a quick fix will only

lead to disillusionment. A knowledge base is created on facts, not wishes. In the previous articles in our series, we attempted to provide some scientific facts about exercise and diet to arm you with the knowledge you need to base your goals on.

Skill

The second factor in creating lasting habits is skill. You need to develop a set of skills to accomplish your goals. Going to the gym and randomly doing various exercises will most often lead to disappointment, as you have not developed the correct skill set. In future articles we will look at various exercises, the theory and science behind them, and some of the skills necessary to achieve proven results.

Desire

The third factor is desire. We are not talking about good intentions but rather a burning desire to accomplish your goal. You need to take a deep self-assessment and develop a self-awareness to understand why you give up your exercise goals and from that refocus and move forward. You need to work that desire into a lasting habit. This is something only you can determine for yourself as no article or book can make this happen; only you can.

Building the Exercise Habit

Having said that, there are still some tips that can get you going. These suggestions are around exercise, but you can apply them to just about any healthy habit that you are trying to build on. Every individual is different, you may find some of these more successful than others, and you may find

some of these more successful than others. You even may find different ones that work even better for you. However, the first step is yours.



1. Leave Guilt Behind and Build Optimism

It is important not to blame yourself for any failings, past or future. Feeling guilty provides no benefit. This is not meant to say when you skip an exercise session, "No problem, I didn't need to exercise anyway," but rather "I didn't exercise today, what caused me to miss it and what can I do so I don't miss it tomorrow?" Building non-judgmental self-awareness from the beginning is critical for setting yourself up for success. Focus on the positive. Pessimism is a habit that you need to break. The more you understand yourself and your lifestyle patterns the better you can make the necessary changes.

2. Do Not Judge Yourself or Compare Yourself to Others.

Develop an attitude of being non-judgmental about yourself and others. If you compare yourself to others who are in better shape than you are and do so in a negative way and not focus on the positive, you will quickly become disappointed and feel like giving up. It is you, with your own unique body and mind, not someone else. Not a cover girl on Cosmopolitan or a cover guy/gal on Muscle mag, but you. Do not fixate on weighing yourself or looking at yourself in a full mirror every day. It typically takes up to three months of exercise to start to see a body transformation. Do not get disillusioned. Give it time and patience and you will succeed.

3. Make it Convenient

Make exercise convenient and fun. If you join a gym, find one that is near home or work. You do not want to make getting there an excuse not to exercise. If working out at home seems better, find a consistent spot in the house to work out so it becomes easy to use and not a deterrent. Best of all, exercise outdoors. Find the right time of the week and the day that works for you and keep a regular schedule.

4. Make it Fun, Find a Challenge, and Mix it Up

Exercise does not have to be a stringent routine. Change up your exercise program periodically. Your body will reach a plateau when exercising with the same routine week after week and one can also lose interest as well if your program becomes monotonous. Explore different exercises and activities. Aim for variety. Walk, jog, run, walk up stairs, dance, yoga, tai chi—there are many ways to move your body. Find something you enjoy doing and try a new challenge, something you perhaps have never tried but always wanted to do. Movement is key. Sitting at a desk is the antithesis of movement. Whatever you do, build it into your day and make it fun. Exercise should not be a pain but a joy.

Remember to always consult your doctor before you begin any new exercise program, especially if you have any health conditions or concerns.



5. Aim High, Start Small, Build Self-Trust

Set your goals high but start small. A long-range goal can be motivational in achieving fitness. A goal to do 20 pull-ups or run a half marathon can seem out of reach if you are out of shape, but there is a goal to set your eyes on. There are no short cuts, no quick fixes. Everything takes time. Start in your comfort zone and then add incremental steps, no more than 10 percent at a time. Set your long-range goal and then take the small steps to get there. Put trust in yourself that you can progress. Babies do not begin life with a marathon. They learn to roll, crawl and walk, and then gain strength and skill in order to run. Think of yourself as a baby learning anew, fresh to the world and with no judgment. Take those baby steps. In addition, you need to start slow in order not to injure yourself. If you have not exercised in some time, it is possible to injure yourself. You do not want an injury to set you back, especially just when you are trying to start.

6. Use Visualization

Visualization or guided imagery is a technique where you mentally envision a future state that you desire. In other words, you begin with the end in mind. World-class athletes use visualization to instill confidence in themselves when

they envision accomplishing their physical goals. Arnold Schwarzenegger and Michael Phelps, among many world-class athletes, have used visualization to obtain success. Mental imagery stimulates the same brain regions used to physically perform the same action. You must follow up with action, however, because just imaging without action unfortunately is merely a wish that will not come true.



7. Keep Track of Your Progress

Seeing progress in your efforts is an inspirational way to build the habit. There are various methods to do this. You can simply chart your progress in a notebook, or you can track it in an app on your phone. There are numerous exercise apps available to do this, and some are free.



8. Socialize

Exercise with friends and/or family and get moral support. Getting others to encourage you to stay on track can be both rewarding for you and for you to encourage others to do the same. Sometimes joining a gym just for the company can keep you motivated. Working out among other people, even total strangers, can keep you inspired to stay on track. Once you have discovered the joy of exercise, you will start to understand that your body needs other things such as good nutrition and sleep. Exercise is only part of wellness, though an essential part. In order to achieve good health you need a

complete well-rounded lifestyle. Exercise can be that catalyst to better health. Now stop reading and go exercise!

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Photos courtesy of Pixabay and Unsplash.

D1 TEAM COAST GUARD COLOR GUARD

COLOR GUARD AT PATRIOTS' HOME OPENER

Kevin P. Ritchie, Division 12 Color Guard Commander



Presenting the Colors at Gillette Stadium are (left to right): Auxiliarist Kevin Ritchie, BM3 Raul Martinez, BM1 Christopher Pittarelli, BM3 Daniel Knepper, and MK3 Karel Fonseca. (Photo Jean Ritchie)

The First District Team Coast Guard Color Guard, throughout this year, has taken great pride in presenting the Colors at events and activities throughout the district. Certainly a highlight was being invited by the six-time Super Bowl Champions New England Patriots to present Colors for their first game back at Gillette Stadium for the 2019 season, on August 22.

For the last 11 seasons Team Coast Guard has worked closely with Gillette Stadium and the New England Patriots, presenting Colors at multiple games for the Super Bowl Champions. It has also been requested to present Colors at other events this year at the stadium including the New England Revolution soccer team and Monster Truck Series.

After arrival and check in at the security gate two hours prior to the kickoff, the Team was escorted to the field for a walk through and briefing on the ceremony. Members of Team Coast Guard, including Auxiliarist Kevin Ritchie, BM1 Christopher Pittarelli, BM3 Raul Martinez, MK3 Karel Fonseca and BM3 Daniel Knepper have all worked together prior as a Team in a variety of high profile performances in the Greater Boston area. All Team members were very excited about representing all of Team Coast Guard at this large venue, perhaps the largest performance stage New England has to offer.

Team Coast Guard was featured in the Patriots' Game Day magazine that chronicled the longstanding relationship between the Coast Guard and Patriots. A photograph of the unit included presenting members' names.

At 6:45 p.m. the Team was escorted to the field and was allowed additional close up time before the Colors presentation to view the Carolina Panthers and Patriots prepare for the first pre-season home game for the Patriots. At exactly 7:25 p.m., as the New England Patriots took their home field for the first time this season, BM3 Martinez commanded the Team to begin marching to the 50 yard line in column formation from the opposite end zone of the field. Many cheers could be heard as the public address announcer introduced Team Coast Guard as presenters of Colors for the evening.

After the presentation, Team members were given tickets to the game and enjoyed watching a 10-3 victory by the Patriots over the Panthers on a steamy late summer evening. The following day, an email was received from the New England Patriots thanking Team Coast Guard for their presentation and commending them for an excellent performance. It was communicated back that Team Coast Guard will be "Always Ready" to present the Colors for the New England Patriots.

COAST GUARD FOUNDATION MISSION STATEMENT AND PROGRAMS

Submitted by John Keyes, DCDR 4

MISSION

As a national, public 501 (c) (3) non-profit organization, the Coast Guard Foundation's mission is to support programs that enhance the lives of U.S. Coast Guard members and their families. For the past 50 years, the Foundation provides morale, wellness, education, and emergency support for the Coast Guard's everyday heroes who save those in peril, protect our nation, enable maritime commerce, and protect the marine environment.

COAST GUARD FOUNDATION PROGRAMS

Children's Scholarships: We provide scholarships and grants to help make college dreams a reality for the dependents of Coast Guard members. In 2018, the Coast Guard Foundation provided more than \$700,000 in aid which provided 182 individual scholarship awards and grants.

Enlisted and Spouse Education Scholarships: Scholarship and grant opportunities are also available for active duty enlisted Coast Guard members and their spouses who are pursuing GED's, college degrees, professional licensing or advanced degrees.

Professional Licensing Programs: The Coast Guard Foundation Professional Licensing Program is a new opportunity for Coast Guard members. The certification coursework can strengthen their knowledge and skills needed in service to our country. In addition, a professional license and certification can help translate the value of their specific skillset from the Coast Guard to the civilian job market.

Coast Guard Academy: The Foundation supports the development of future officers at the U.S. Coast Guard Academy allocating funds that support academic enrichment, athletics, cadet activities, and leadership development.

Morale Fund: The Coast Guard Foundation supports Coast Guard members onshore and at sea by providing equipment to promote fitness, morale, and health. We build playgrounds, community centers, and workout facilities to enhance the lives of Coast Guard members and their families.

The Fallen Heroes Fund: provides emergency assistance to the families, friends, and shipmates of Coast Guard heroes who make the ultimate sacrifice in service of our country. The Foundation helps pay for immediate and ongoing needs of the families of the fallen, including the cost of college for their children. This support helps families grieve without having to worry about money during these difficult situations.

Disaster Support: When a natural disaster hits, the Foundation supports Coast Guard families who have suffered personal property damage or catastrophic loss. While Coast Guard members are often the first responders to these incidents, they are also the first impacted. The CGF works with the Coast Guard to assess members' needs to ensure support reaches them as soon as possible.

The Family Support Fund: In rare occurrences, like the recent government shutdown, the Coast Guard Foundation provides relief services to Coast Guard families hardest hit by unforeseen hardships. More than \$750,000 was raised and distributed in the form of gift cards to all Coast Guard members to help alleviate immediate needs in response to the month long shutdown.

The support of the Coast Guard Foundation is made possible by the generosity of the Foundation's friends and benefactors.

If you are interested in learning how your philanthropy can support the United States Coast Guard, please contact Marc Cregan, mcregan@cgfdn.org or 339-203-0045 for more information. Or go to www.coastguardfoundation.org for more details.

CORRESPONDENCE

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Homeland Security
**United States
Coast Guard
Auxiliary**



**Office of – President
Past Division Commanders Association
First District Northern Region
15 Sawyer’s Lane
Marshfield, Mass. 02050**

Greetings:

As you know the Past Division Commanders Association received a grant to develop public service messaging for the “Wear It” campaign.

An important part of this campaign is social media and we need your help.

We are asking that you pass this communication on and ask to “like” and “friend” as well as post to our social media platforms. Members and the public can post events, pictures and items relating to the “Wear It” campaign and boating safety.

The platforms are below.

Facebook: [fb.me/uscgauxma](https://www.facebook.com/uscgauxma)

Twitter: <https://twitter.com/uscgauxma>

Instagram: <https://www.instagram.com/uscgauxma/>

Capt. Tony Hahn, Chief, Office of Public Affairs, stated in the Forward of the [The Coast Guard Social Media Handbook](#), “Social media has advanced our ability to tell the Coast Guard’s story and has uniquely allowed us to engage in direct dialogue with our audience. This unique relationship has forged an incredible group that in turn tells our story for us and advocates for us as our “Brand Ambassadors.”

[The Coast Guard Social Media Handbook](https://static.dvidshub.net/media/pubs/pdf_25224.pdf) is available at: https://static.dvidshub.net/media/pubs/pdf_25224.pdf.

Thank you.

Semper paratus.

Very respectfully,

Craig C. Hall
President

CONTRIBUTORS



Rashid Ashraf, Constitution Flotilla 53. Rashid has written numerous AUXFIT articles for *Nor'Easter* and promises more in the future. He is an AUXFIT Team Leader. In addition, he serves as ADSO-DV, SO-DV and FSO-DV. Rashid defines the AUXFIT and DV mission areas as respectively "Encouraging the health and wellness of all members" and "Building a culture of acceptance by valuing the uniqueness of each individual member."



Aaron Aubin, Northampton-Westfield Flotilla 96. Aaron currently serves as Flotilla Commander of 96, as well as DSO-DV, SO-DV and FSO-DV. He joined the Auxiliary because he enjoys serving his community and he also wanted to honor his grandfather, a World War II Navy veteran. A special area of interest for Aaron is establishing and training members on the topics of diversity and inclusion. He states that he wrote his article in this issue "to educate the membership that diversity has an important role in the Auxiliary."



Chad Cavanaugh, East Providence Flotilla 72. Chad serves as Flotilla Commander of 72, and he is also FSO-MT. He writes that he joined the Auxiliary in 2016 for two reasons—to help promote safe boating in the recreational boating community and also to lay the foundation for a career change in the marine industry.



John Collins, Marblehead Flotilla 43. John serves as SO-PE in his division and FSO-MS in his flotilla. He holds B.A. and M.S. degrees in Electrical Engineering. He plays in several bands and has personally sounded Taps for 6,100 veterans. John is a frequent contributor to *Nor'Easter*, with an emphasis on articles that, in his words, "hopefully prevent people from doing stupid things."



Gary Gordon, Woods Hole Flotilla 11-2. Gary is the district's Auxiliary Unit Coordinator for the U.S. Coast Guard's Civil Engineering Unit-Providence. A Ph.D. professor, he currently teaches in the Civil and Environmental Engineering Department, University of Massachusetts Lowell. He is a registered Professional Engineer and Military Emergency Management Specialist. Gary's professional experience includes owning a civil engineering firm and employment as Assistant Chief Engineer for the former Boston & Maine Railroad, Assistant Federal Security Director for DHS/TSA, and City Engineer for two Eastern Massachusetts cities.



James Healy, Constitution Flotilla 53. Jim joined the Auxiliary in 1990. He is ASC Sector Boston and Past Division Commander of Division 5.



Chris Lawrence, East Providence Flotilla 72. Chris is IPFC, FSO-CS and FSO-PB for the flotilla. He also serves as ADSO-PV. His article, in this issue, recognizes the 60th anniversary of the founding of East Providence Flotilla, along with its many accomplishments and hardworking members. Chris and Chad Cavanaugh, above, co-authored the article.



Kevin Ritchie, Braintree Flotilla 12-5. Kevin is his division's Vice Commander as well as Color Guard Commander. He also serves as FSO-PV. A fifteen year member of the Auxiliary, he describes his "passion" as "promoting the image and role of the Coast Guard and Auxiliary through Public Affairs events." He has worked as a Major Account Manager at Konica-Minolta Business Solutions USA for 23 years. Kevin, currently Constable for the Town of Braintree, is also a former member of the Randolph Auxiliary Police Department.

PUBLISHING INFORMATION

Nor'Easter is published quarterly by U.S. Coast Guard Auxiliary, District 1 Northern Region. The *Nor'Easter* Production Team, consisting of the Editor and sector ADSO-PBs, welcomes submission of content including upcoming events, missions, and member training opportunities. Submissions are reviewed by the Editor and Production Team and approved by the District Commodore or designee.

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NOTICE: Newsletter Requirement for Publication

All flotilla and division newsletters must include the date they were approved for publication after receiving clearance from Richard Keating, ADSO-PB. Example:

"This publication received clearance on 15 January 2019."

District 1 Northern Region Mission Statement

The Coast Guard Auxiliary is a component of the United States Coast Guard, which is a multi-mission maritime service and one of the Nation's five Armed Services. The mission of the Auxiliary is to protect the public, the environment, and U.S. economic interests, in the Nation's ports and waterways, along its coasts, on international waters, or in any maritime region as required, and to support national security in a non-military role and non-direct law enforcement role.

CALENDAR OF EVENTS 2019-2020

November 15	District Board and Staff	1900	On line
November 16	SBOS S-Train		USCG Base Boston
November 23	Thanksgiving Parade		Plymouth, Mass.
December 6	Board and Staff Holiday Meeting	1900	Assobet Valley Regional High School
December 13-15	Leadership Development Academy		USCG Academy
March 6-8, 2020	D-Train		Newport, R.I.

See the district website for additional details, other events, and updates.

This issue of *Nor'Easter* received clearance on 01 November 2019.