



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



# ***Nor'Easter***

**First District Northern Region**  
**Maine, New Hampshire, Massachusetts, and Rhode Island**  
**SUMMER 2020**



**BOSTON LIGHT: 304 YEARS OF SERVICE**

## UNITED STATES COAST GUARD

District Commander  
RDML Thomas G. Allan, Jr.

Chief of Prevention  
CAPT Richard Schultz

Director of Auxiliary District 1NR  
CDR Christina D. Sullivan

Operations Training Officer  
BOSN 2 Elijah Reynolds

## U.S. COAST GUARD AUXILIARY

District Commodore  
COMO Charles B. Grossimon

District Chief of Staff  
Byron A. Moe, Jr.

Immediate Past District Commodore  
COMO Philip J. Kubat

District Captain North  
John W. Hume

District Captain Boston  
Glen Alan Gayton

District Captain South  
David G. McClure

## Auxiliary Sector Coordinators

ASC Sector Northern New England  
James Malcolm Maxner

ASC Sector Boston  
James B. Healy

ASC Sector Southern New England (West)  
Dennis F. Jacques

ASC Sector Southern New England (East)  
Jeffrey D. Thomas

## District 1NR Directorate Chiefs

Logistics  
Mitchell F. Paine, DDC-L

Prevention  
Patrick J. Cunniff, Sr., DDC-P

Response  
COMO Ronald W. Booth, DDC-R

Civil Rights Counselor  
Cecilia N. Bethoney

## Division Commanders 2020

Division 1	Harold Frederick Herman
Division 2	John Robert Byrne
Division 3	James S. Crocker
Division 4	John Alan Flanagan
Division 5	Irwin M. Cohen
Division 6	Arnold Mark Geller
Division 7	Marcus Paul Mitchell
Division 9	Charles Irvin Motes, Jr.
Division 10	Mary Bentley
Division 11	Dennis Ray Bunnell
Division 12	Kevin P. Ritchie

## District Staff Officers

### Prevention Department

Harlan M. Doliner	DSO-MS
Donald B. Ladd, Jr.	DSO-MT
Frank J. Larkin	DSO-NS
Lance John McNally	DSO-PE
Raymond C. Julian	DSO-PV
Robert Harold Amiro	DSO-VE

### Response Department

Carl D. England, Jr.	DSO-AV
David Ernest Clinton	DSO-CM
Joseph J. Hogan	DSO-OP

### Logistics Department

William J. Bell	DSO-CS
Carolyn E. McClure	DSO-FS
Dewayne R. Roos	DSO-HR
Laurel J. Carlson	DSO-IS
Stephen C. McCann	DSO-PA
Wesley M. Baden	DSO-PB
Allen R. Padwa	DSO-SR
Richard Bruce Brady	DSO-DV
Jason Oliveira	DSO-AS

### Report to Commodore

Normand R. Choquette	DSO-FN
Gary A. Gordon	DSO-IM
COMO Joseph A. Gordon	DSO-LP
COMO Carolyn V. Belmore	DSO-SLO
Steve J. Kokkins	DFSO-Flight Safety Officer

### District Administrative Assistant and Aides

COMO Carolyn V. Belmore	D-AA
Paul T. McShane	D-AD-Hotels
Aaron A. Ledger	D-AD-Meeting Setup
Richard A. Young, Jr.	D-AD-Meeting Setup
Carolyn E. McClure	D-AD-Conference Coordinator

## Past Division Commanders Association

Dennis M. DeGabriele	President
----------------------	-----------

# IN THIS ISSUE:



Homeland  
Security



United States Coast Guard Auxiliary

Commodore's Message	2
District Chief of Staff's Message	3
Woods Hole Flotilla 11-2 Receives 2019 Boat Responsibly Award	4
Boston Light: 304 Years of Service	5
"I'm Popeye The Coast Guard Man"	8
Back in the Galley!	9
Jump-Starting Your Exercise Program	11
The Francis Scott Key Buoy	13
How to Get Credit for Courses Taken and Qualifications Earned	14
Need a Design for a Flyer, Banner, Emblem or Challenge Coin?	15
Float Plan Central	16

## FROM THE EDITOR'S DESK:

In normal times this Summer issue of *Nor'Easter* would be filled with articles and photographs about Auxiliary activities and events that took place during National Safe Boating Week and following months. Auxiliaries are always very, very busy on and off the water throughout the entire boating season.

With the pandemic and the stand down, however, this has been no ordinary summer. The *Nor'Easter* Production Team nevertheless has worked hard to put together an issue that once again highlights the special accomplishments of individuals and units, shares bits of interesting Coast Guard and Auxiliary history, passes along useful information you may not have known about, and encourages you to remain healthy, physically fit and consequently always mission ready. Our feature article, this issue, is about Boston Light, its fascinating 304-year history, and especially Sally Snowman's years of dedicated service as Keeper in the Auxiliary Boston Light Augmentation Program.

The *Nor'Easter* Production Team hopes that you enjoy the issue. Your comments and feedback are welcome. In addition, we are actively looking for stories and photographs for the upcoming Fall issue. Please contact us with your ideas, or actual work in progress or already completed, that can be included in the pages of the next issue.

Wes Baden, DSO-PB  
Leslie Schwartz, ADSO-PB SNNE  
Richard Keating, ADSO-PB SBOS  
Thomas Broderick, ADSO-PB SSNE

## ON THE COVER:

In period costume, Sally Snowman, Keeper, stands next to the lantern room atop Boston Light. See feature story, Page 5. (Photo Daniel Afzal)

© 2020, by U.S. Coast Guard Auxiliary, District 1 Northern Region. See Publishing Information on Page 19 regarding reproduction and distribution of content in any medium or form.

*Nor'Easter* is published quarterly at no expense to the U.S. Government or the U.S. Coast Guard. Cost of publication is borne by dues paying members of the U.S. Coast Guard Auxiliary, District 1 Northern Region, a volunteer unpaid civilian body whose mission is to assist the U.S. Coast Guard in its missions.

As a matter of policy, rosters of names, addresses, and telephone numbers shall not be made available to the general public or any outside organization. Privacy of all rosters shall be safeguarded and the page clearly labeled. The publication of rosters on any online service is prohibited by the Privacy Act of 1974.



## TRUE BRAVERY IN THESE DIFFICULT TIMES

# COMMODORE'S MESSAGE

It's no exaggeration to say that these have been very difficult times for us. Last spring, when we first had to restrict our activities, it was mentioned to me that these restrictions might have to extend throughout the entire boating season. At the time, I thought that comment was extreme, yet summer is now over and here we are, most of us still in "Stand Down" for activities other than those that can be done electronically.

We've had to face new restrictions, rules and procedures. Much of what we always considered our way of doing business has changed, if only temporarily. Some of the most active members, though currently in good health, had to stand down simply because they fell into a high risk category as identified by the Centers for Disease Control and Prevention.

As Auxiliarists, we're not hard wired to "Stand Down." This is very difficult for all of us. Every single one of us.

What inspires me, however, is the bravery of our members. Now one might say to me, "Whoa ... what bravery?! I can't even leave my house. There's no bravery there."

Bravery is defined as getting the job done, not in the absence of fear but in spite of that fear.

What fear am I talking about? If you think about it, there are a number of fears involved in the COVID 19 crisis. I'm talking about the fear that we may be in this situation a long time. The fear that we might lose interest. The fear that boaters will suffer because we're not out there to educate them and keep them safe on the water. The fear of not doing what we love to do. Most importantly, fear for our health and the health of our shipmates.

These are all big things, yet we've found ways to overcome them. We're staying home and we're finding ways to keep working albeit electronically. We've learned new ways of doing things. We've come together even with the crisis going on. The COVID-19 pandemic has been, without a doubt, the most difficult thing the Auxiliary has had to face.

Still, while we're doing things differently for now, we know that at some point this crisis will pass, and even though we feel like we're being idle, we've actually learned some new things.

It takes bravery to get through this. Our members are standing tall. We're getting the job done, despite the fears we have.

And I, for one, am so very proud to not only serve as District Commodore but equally proud to stand shoulder to shoulder with all of you.

Semper Paratus.

**Charlie Grossimon**  
District Commodore

**STEP UP,  
AND LEARN,  
LEAD AND ENJOY**



I know this year is not working out anything like any of our hopes and plans. Every day is a new reality with new challenges. Good and effective leadership is important in any organization, and opportunities are coming up in ours. Election season is just around the corner, and getting good people to step up is always a challenge.

I know my experiences in the Auxiliary have made me a better leader. The skills I learned in leadership from my active duty time and from the airlines were not adequate to meet the challenges of leading a volunteer organization. By working my way up the leadership chain I acquired more versatile and effective skills to work with people. The USCG has identified 28 leadership competencies that they will train you to be effective with, from flotilla member all the way to Commodore. If you want to gain better leadership and management skills, and have a great time along the way, please consider stepping up to a leadership role. This is a volunteer organization, and you the more you put in, the more you will get out of it!

There is a lot of leadership training available to help you too. Past leaders are great sounding boards.

There is the Leadership Development Academy, the new Staff Officer College. C Schools will get you AUXLAMs, AFLC, AMLOC, AULOC, and ASOC. These classes take you from being a better member up to and through flotilla, division, and district leadership. We even have a First Northern Flotilla Leadership course, plus Staff Officer presentations. You are not alone. Check out the Training Directorate to begin a journey that is rewarding and challenging.

**Byron A. Moe, Jr.**  
**District Chief of Staff**

## WOODS HOLE FLOTILLA 11-2 RECEIVES 2019 BOAT RESPONSIBLY AWARD

Congratulations to Woods Hole Flotilla 11-2, recipient of First Coast Guard District's 2019 Boat Responsibly Award. CDR Matthew Barker, Director of Auxiliary District 1 Northern Region, and Walt Taylor, First Coast Guard District Recreational Boating Safety Specialist, presented the flotilla with the award during its July meeting, held via video-conference.

Vessel Safety Checks, eight RBS Public Affairs events, a National Safe Boating Week kick-off event with West Marine, a visit by Coastie the Safety Boat at the Woods Hole Science Stroll, and 53 RBS Program Visits targeting paddle craft retailers, plus the flotilla's ten About Boating Safety classes, one Weekend Navigator course, and one Boating Skills and Seamanship course.



RADM A. J. Tiongson, Commander, First Coast Guard District, in an accompanying citation, stated that throughout calendar year 2019 Woods Hole Flotilla “encouraged responsible boating and paddling through extensive public outreach, boating safety education, participation in Coast Guard boating safety operations and other high profile public boating events.” He specifically referenced 234

Russ Gasdia, Flotilla Commander, says, “Earning this award was a surprise and an honor. The leadership provided in 2019 by FSOs across the RBS missions was truly remarkable. In addition, our Vessel Examiners, Public Education Instructors and RBS Program Visitors put forth tremendous effort to achieve the results noted in the award. Also, the members who stepped forward to coordinate and support our Public Affairs events demonstrated outstanding knowledge while staffing the RBS booths. Everyone involved represented the Coast Guard and the Auxiliary in a truly professional manner. It has been extremely gratifying to see the efforts, dedication and professionalism of flotilla members recognized at the highest levels of the First District.”

The following flotilla members played key roles and/or were 2019 Flotilla Staff Officers in the specific RBS mission areas that First Coast Guard District uses to screen flotilla activity and determine the award winner:

Steve Wagner, FSO-PE  
David Moniz, FSO-VE  
Ron Grossman, FSO-PV  
Russ Gasdia, FC, FSO-PA  
Stephen Bogiages, VFC  
Jeff Thomas, IPFC

The First Coast Guard District Boat Responsibly Award is presented annually to the most deserving Auxiliary flotilla in District 1 Northern Region. Congratulations again to this year's winner, Woods Hole Flotilla 11-2. Bravo Zulu.

# AUXILIARY BOSTON LIGHT AUGMENTATION PROGRAM

## BOSTON LIGHT: 304 YEARS OF SERVICE

*Sally Snowman, USCG Keeper, SO-MT 12*

Boston Light was the first established light station in colonial America. Its history is steeped in the colonial development of our country, legendary storms, shipwrecks, wars, economic influences, technological advances of light and sound signals, ghosts, Flying Santa, and the transition of family lighthouse keeping to what it is today—the last manned U.S. Coast Guard Light Station in the country. For 304 years, the light emanating from the lantern room has ushered vessels safe passage into Boston Harbor, and for 302 years, provided a fog signal during times of limited visibility. Located on Little Brewster Island, at the entrance to the harbor, Boston Light is approximately one mile from the Town of Hull and ten miles from downtown Boston by boat. The 1859 second order classical Fresnel lens and the Mariner Radio Activation System for the fog signal are major aids to navigation maintained by the CG Aids to Navigation Team Boston. Another function of the light station, mandated by a 1996 statute, is providing access to the public as a museum experience managed via a partnership with the Boston Harbor Islands National and State Park.

### Boston Light as an Aid To Navigation

Just prior to sundown on Friday, September 14, 1716, Keeper George Worthylake was instructed to light the lamp housed in the wood framed lantern room with semi-opaque glass at the top of the 60-foot lighthouse tower. The illuminate was a two-tiered candelabra with 14 tallow candles suspended from the lantern room ceiling. This was a family lighthouse station, consisting of the lighthouse, keeper's house, barn and wharf. In the early years, keepers were typically ship captains. Due to the scanty salaries paid for lighthouse duty, the Provincial Government allowed the keepers/captains to subsidize their incomes by providing harbor piloting services, with tending of the light performed by family members or servants/slaves. As technologies evolved, the station's light and sound apparatus did as well. The progression of illuminates was candles, then fish oil, Canola oil (cabbage-sourced) and lard (pig-sourced), mineral oil (distillate of petroleum), kerosene (1913-1945), electricity (1945-present), and back-up solar lights (2014).

The third Keeper of the light station, CAPT John Hayes, was acutely aware of dangers navigating in limited visibility and requested "a great gun to answer ships in the fog," thus establishing Boston Light as the first fog signal station in 1719. This is the Coast Guard's oldest artifact in the country: a 2,400 pound "fog signal cannon," ignited with black powder—no cannon ball—producing a very loud booming sound to warn ships to stay clear. It was in service until 1851, replaced by a 1,375 pound wind-up bell, followed by a number of sometimes experimental devices such as horns and sirens. Today, an electronic generated sound is activated by mariners via VHF-FM radio, Channel 83, keying the microphone five or more consecutive times. This fog signal remains activated for approximately 20-40 minutes.



Boston Light (circled in yellow), Little Brewster Island, at the entrance of Boston Harbor. (National Park Service map)

# AUXILIARY BOSTON LIGHT AUGMENTATION PROGRAM

## CG Auxiliary Boston Light Augmentation Program

The Boston Harbor Islands National and State Park, established in 1996, comprises 34 islands and peninsulas, of which Little Brewster Island is one. By law, Boston Light is mandated to permit public access (tours) to the island via the National Park Service (NPS). A “pilot season” of eight weekends, sponsored by NPS, began in the summer of 1999. What became obvious was the need for volunteer Historical Interpreters (docents) to augment the limited Ranger staff. CG Auxiliary services were sought. Also, at this same time, the Coast Guard was contemplating the use of Auxiliarists to be trained as Watchstanders/Assistant Keepers to reduce the number of active duty personnel assigned to the station. As a result, the *Auxiliary Boston Light Augmentation Program* was established in 2000.



Boston Light has always been popular with visitors from throughout the United States and abroad. (Photo Sally Snowman)

It was an “out-of-the-box” program, contrary to established policies and procedures for the Coast Guard and the Auxiliary, coming into fruition with coordination involving Sector Boston, the Director of Auxiliary, and the District Commodore. The program was managed by a “committee” of one person—an appointed Auxiliarist designated as the Chair/Coordinator. The AUX Coordinator worked closely with Sector Boston, NPS, and Boston Harbor Now (BHN)—the fundraising agency for the park—in developing the criteria for the Historical Interpreter Program. The Watchstander Pro-

gram evolved concurrently with the AUX Coordinator, Sector Boston, and Light Station’s activity duty personnel. Both programs were launched in 2000.

Due to the unique and convoluted evolution of the program, the time-honored chain of communication was circumvented, allowing Auxiliarists across the country to submit Assistant Keeper training applications directly to the AUX Coordinator. The result: an effectual, orchestrated program was brought online. Within seven months 55 Auxiliarists were recruited, trained and qualified as Historical Interpreters, and from that pool, 29 qualified as Assistant Keepers/Watchstanders.

The Watchstander Program serendipitously came into existence within a year of the terrorist attack of September 11th. On that day, the Light Station’s active duty personnel were reassigned to temporary duty at CG Base Boston with the island’s facilities secured and unmanned. A week later, many National Parks were permitted to reopen within a “new norm” of safety restrictions. For the Coast Guard to permit NPS tours to resume at Boston Light, the island would need to be remanned. A cadre of available AUX Assistant Keepers was scheduled and rotated through a duty schedule of 3-4 days, allowing for NPS tours. Auxiliarists maintained the routine rhythm of the island for ten consecutive days until the active duty personnel returned. Coast Guard Sector Boston, witnessing the capability of Auxiliary Watchstanders, immediately catapulted the management of the island from three CG active duty personnel to one CG civilian Keeper augmented by a cadre of Auxiliarists.

Sector Boston revised the *Operations Order (OPORDER)* incorporating the *Auxiliary Boston Light Augmentation Program* with its *Boston Light Historical Interpretive Training Guide* and *Watchstander Training Guide* containing Personal Qualifying Standards (PQS); routine island procedures; and scheduling of duties, transportation, and maintenance. Another integral component of the program was the inclusion of Auxiliary operational facilities utilized May to mid-October, providing logistic missions for transporting Auxiliarists for duty and station supplies.

# AUXILIARY BOSTON LIGHT AUGMENTATION PROGRAM

The civilian Keeper's position with the *Watchstander Program* was to be only a stop-gap arrangement. The Coast Guard's vision was to transfer Boston Light/Little Brewster Island to a steward who possessed expertise in maintaining historic icons and creating museum caliber experiences for visitors that the Coast Guard itself did not possess. A civilian Keeper along with utilization of Auxiliarists to man/staff the island was to be a temporary arrangement until an anticipated transfer to the National Park Service. However, this plan fell through. The appointed civilian Keeper, expecting the position to be for approximately two years, has now continued on for some 17 years.

From 2000 to 2018, Auxiliary participation on the island averaged 70 Auxiliarists per year contributing over 10,000 volunteer hours as Historical Interpreters and maintenance workers; Watchstanders/Assistant Keepers for three to seven consecutive days; crew/coxswains aboard Auxiliary facilities; and ashore "outreach" presenters providing programs about Boston Light to civic organizations. Severe storm damage in 2018 resulted in facilities on the island being deemed uninhabitable. Until mitigated, Auxiliarists have been relegated to "day duty" maintenance on the island, significantly reducing the thousands of volunteer hours per year to a less than 200 hours. The pandemic has further reduced Auxiliary participation this year (2020).

## **Boston Light as a Museum for Historic Preservation**

Over the past 20 years, deliberation by the Coast Guard on moving forward with a stewardship transfer has continued. Boston Light, as a National Historic Landmark and a National Historic Site, deserves to be managed by an experienced entity to showcase it as a public museum for educational and enjoyment purposes, with the light and fog signal aids to navigation continuing to be maintained by the Coast Guard.

The process for stewardship transfer of Boston Light and seeking out a new owner has begun and was publicly announced by the Coast Guard on May 13, 2020. Many have been dismayed by this news, although the possibility was discussed

for decades. The time has come for Little Brewster Island, the home of Boston Light, the first established light station in colonial America, to begin a new chapter as a national icon and be properly memorialized while continuing as an aid to navigation. The transfer process to a new steward could take two to five years, with Sector Boston retaining the Keeper's position until such time.

## **Bringing Closure to the Auxiliary Boston Light Augmentation Program, 2000-2020**

Transitions are necessary for us mortals as part of the experience of being human. It wakes us out of complacency to embrace and actively participate in the inevitableness of change. The more we try to hold onto the past and the present, the more painful stepping into the future becomes. Human life unfolds in cycles of phases and stages, as do organizations, old lighthouse structures, and rocky shore outcrops. We are all in the flux of change, all the time, whether aware of it or not.

The *Auxiliary Boston Light Augmentation Program* has come to the end of its lifecycle, yet it will remain a part of Light Station Boston's history forever. Heartfelt "Thank You" must go out to over 225 Auxiliarists who participated in this "doomed to fail," "out of the box" program for the past 20 years. These Auxiliarists are contributors to the first quarter of Boston Light's 21st century maritime history.

October 2020 was to be 20th--and last--*Boston Light Appreciation Day*. However, due to the anticipated continued pandemic restrictions, it is being postponed until 2021.



(Photo Sally Snowman)

## DID YOU KNOW?

# “I’M POPEYE THE COAST GUARD MAN”

Wes Baden DSO-PB



Over the years the Coast Guard has had many well-known celebrities in its ranks. They include Humphrey Bogart, Walter Cronkite, Arnold Palmer, Alex Haley, and not to be confused with him, Alex Hale, Jr. (better known as the Skipper in the television series *Gilligan’s Island*).

But did you know that Popeye—yes, *that* Popeye—is a Coast Guard veteran too?

In a 1937 Paramount Pictures Technicolor short film, Popeye is portrayed as standing watch on a tropical island pier. A large sign says “Coast Guard Station.” In a clip from the film, above, an adoring Olive Oyl looks on while Wimpy is eating a hamburger on board a moored patrol boat. The film’s title, “Popeye The Sailor Meets Ali Baba’s

Forty Thieves,” is therefore misleading (probably reflecting existing confusion about the difference between the Coast Guard and the Navy). Popeye clearly is a member of the Coast Guard. Also, at one point in the film, he confronts his arch-rival Blu-to (as Ali Baba), shouting, “Stop, in the name of the Coast Guard!”

Four years later, at the outbreak of World War II, Popeye changed services, leaving the Coast Guard and enlisting in the Navy. Popeye subsequently starred in Fleisher Studios *The Mighty Navy* and numerous other cartoons and shorts, thus cementing the public’s perception that his only military service was in the Navy. We, however, know better. Before joining the Navy, Popeye first was one of us.

# AUXILIARY FOOD SERVICE

## BACK IN THE GALLEY!

*Lorelle Mulvey, AUXFS, Braintree Flotilla 12-5*

Since March, the First Northern District Auxiliary Food Service unit has stood down like most other Auxiliary missions due to COVID-19. The Coast Guard, however, has recently introduced enhanced safety training that allows AUXFS members to resume cooking for and serving active Coast Guard personnel.

In this district, the Auxiliary Food Service program is managed by Carolyn McClure, DSO-FS. Her main duties are ensuring that all AUXFS members are properly trained and certified to perform any duties related to food preparation, serving and sanitation; seeing that they wear the proper uniform of the day; and assigning them to events throughout the district as requested.

One event that is now back in the Food Service schedule is providing cooks and servers at USCG Base Boston on the first Saturday of every month, for breakfast and lunch. Return to duties occurred on August 1. As customary, McClure assigned three AUXFS members to the Saturday event. Lorelle T. Mulvey, Braintree Flotilla 12-5, acted as Lead. Working with her were Stephen Bogiages, Woods Hole Flotilla 11-2, and Daniel Grammel, North Central Flotilla 10-3.



Auxiliarists Daniel Grammel, Lorelle Mulvey and Stephen Bogiages arrive for work in the Base Boston galley. (Photo Shawn Fudge, E4/CS3, USCG Base Boston)

Mulvey, Bogiages and Grammel reported for duty at Base Boston at 0530. Under the direction of Charles Williams, USCG Culinary Specialist Chief, they prepared breakfast for active duty personnel at the base, USCG Reservists there for training, and just returned staff from the USCG Cutter *Seneca*. Breakfast service was completed at 1030, at which time AUXFS member began preparing lunch. Lunch items that day consisted of standards such as hamburgers and hot dogs, a wide variety of sandwiches and wraps, and specials for the day including baked or fried chicken, homemade biscuits, vegetable medley, broccoli, fried potatoes, and lime Jello with whipped cream dessert. AUXFS members departed at 1400, after cleaning and sanitizing the Base kitchen and leaving it ready for the next meal.



Lunch items, prepared and ready to be served, included chicken, biscuits, vegetables and fried potatoes. (Photo Shawn Fudge, E4/CS3, USCG Base Boston)

# AUXILIARY FOOD SERVICE

AUXFS members are sometimes asked about what menu items are especially popular. Here, then, are two recipes that you can make at home yourself. The first is Skillet Fried Chicken. The second is Easy Homemade Chicken Gravy, for mashed potatoes or biscuits.

## SKILLET FRIED CHICKEN

### Ingredients

1/2 cup all-purpose flour  
1 tablespoon paprika  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
3 to 3 1/2-lb cut-up whole chicken  
Vegetable oil

### Directions

In a shallow dish, mix flour, paprika, salt and pepper. Coat chicken with the flour mixture.

In a 12-inch nonstick skillet, heat oil (1/4 inch) over medium-high heat. Cook chicken in oil, skin sides down, about 10 minutes or until light brown. Reduce heat to low. Turn chicken skin sides up.

Cook uncovered about 20 minutes, without turning, until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).

### Tips

- Cook until the juices run clear when you pierce the meat close to the bone. The internal temperature should be 165°F, which is easiest to check with an instant-read thermometer.
- Be sure to completely coat the chicken pieces in the seasoned flour for the most flavor.
- For best results, pat cut-up chicken dry with paper towels before dredging in seasoned flour, to help coat pieces.

- If you have a large cast-iron skillet, put it to good use. A well-seasoned skillet is meant for pan-frying chicken, with no sticking.
- Use medium-high heat to brown chicken. For the best browning, the skillet should be hot when you add the chicken. Let the chicken cook on one side without turning. When it is properly browned, it should release from the pan without sticking so the other side can be cooked.

## EASY HOMEMADE CHICKEN GRAVY

### Ingredients

1/2 cup unsalted butter  
1/2 cup all-purpose flour  
1 quart cold chicken stock  
1/3 cup heavy cream  
Salt and ground white pepper to taste  
1 pinch cayenne pepper

### Directions

Melt butter in a saucepan over medium-low heat. Whisk in flour until fragrant, 10 to 12 minutes. Gradually whisk in cold stock. Reduce heat to low. Bring gravy to a simmer, and cook and stir until thick enough to coat the back of a spoon, 10 to 15 minutes. Stir in heavy cream, and season with salt, white pepper, and cayenne pepper.



Auxiliarist Mulvey prepares chicken in the galley at Base Boston. (Photo Shawn Fudge, E4/CS3, USCG Base Boston)

# JUMP-STARTING YOUR EXERCISE PROGRAM

*Rashid Ashraf, AUXFIT Assistant Team Leader*

Having a hard time getting motivated to exercise? You are not alone. Getting going is the hardest part of exercise, and I speak from experience. You know that exercise is good for you, but for some reason you always put it off. In part this is psychological, but it is also physiological. Our bodies seek homeostasis, the present state that the body has adjusted itself to. This might have evolved as a survival mechanism. During times of a bountiful harvest, we needed to gain weight to prepare for times of hardship when there was no food. That is one reason it is hard to stop eating when you are used to eating. Our DNA and subconscious are telling us that times are good, so stock up before hard times hit. The body adjusts to the environment it is in and then tries to keep it that way. When the body is used to rest, it wants more rest, and when it is used to work it strives for more. This is most likely also evolutionary as the body seeks rest as it prepares for its next day of survival. Nature had forced us to move (exercise) if we wanted to live, so that was motivation enough to get out of a state of rest. But our environment is no longer “natural” and there is no threat causing us to keep exercising, other than poor health if we do not. Therefore we must then force ourselves into it.

But just how do we do that?

Every year I need to restart my exercise program after taking a month off during the Islamic fast of Ramadan. After the fast ends I need to rebuild both my endurance and strength, not unlike a condition of not working out after a long period of time. The problem for me is I have almost no motivation, even though, as an AUXFIT Leader, I know all the benefits of exercise and have exercised consistently my whole life. Homeostasis has set in, telling me go back to bed.

## Start By Walking

Rather than letting the voice in my head keep telling me to go take a nap, I restart my pro-

gram with the simple act of walking (OK, I take a walk after the nap). Research has shown that walking is an important exercise that not only helps with cardiovascular health but also overall muscle strength. You do not need science to tell you that walking is good for you. You know it after a good walk, as you feel invigorated, especially walking outdoors. I start out slow with a moderate pace for 10 to 15 minutes and build up over time to where I can walk comfortably for half an hour and then pick up my pace with alternating fast and slow walking, applying the principle of HIIT (High Intensity Interval Training). When I am at a higher level I then switch to a walk/jog combination to further my cardio workout. For me walking is the key to get me back into exercising, and it works every time.



Walking is the easiest and most effective way to jump-start your exercise program. (Photo Laura Arnold, M.D.)

## Then Add Strength Training

After two weeks of a progressive walking program I gradually add strength training. The walking program, along with increased caloric intake, helps me build back some basic endurance so that I then have enough stamina to start weightlifting.

If you have never done weightlifting exercises before, start out slowly. I invite you to sign up for my free course on Facebook where you will learn its benefits when combined with cardio exercise, rest and proper nutrition. A full exercise program is included as part of the course, and did I mention?, it's free. There are three key exercises you should focus on for strength training and these are full body exercises: **the deadlift, the squat, and the bench press**. You can use your own body weight and things around the house such as jugs of water if you do not have any equipment. (Note: For the bench press substitute the push up.) These three exercises will work all your major muscle groups and set you up for starting a more vigorous program, which I encourage you to do. Start out with two sets of eight repetitions using only your body weight. If you have difficulty with any movement, stop and readjust and do only a partial movement until you work your strength up.



Purchasing a gym membership, or having expensive exercise equipment at home, is not necessary for purposes of strength training. Simple objects at home—here, two nine-pound containers of motor oil—can be used for deadlifting and squatting with weights. (Photo Wes Baden)

For those of you who have laid off weightlifting for more than a month, such as I do every year, there are several techniques to restart a weight training program. One method is to do the same exercises, reps and sets, but with half the weight of what you were doing prior to laying off, then build back up.

As I approach age 70, I find this to be too taxing and I have adjusted my start up program. I cut the number of exercises that I was doing before in half or a third and reduce those to two sets (where I was doing three before) of 8-10 reps of less than half of what I was lifting before.

For example, if I was doing three chest exercises before, I would reduce that to one exercise only. If I was pressing 130 pounds I would restart with 50 to 60 pounds. Again, I also include the three most critical exercises: the deadlift, the squat and the bench press, which are full-body exercises giving you the most benefit for energy expended. Over the course of two months after restarting I will have gradually or quickly, depending upon my progress, built back up my exercises, sets, reps and amount of weight to where I was previously, or more. The key for me has been not to rush into it but rather listen to my body, not my ego. In the past I have pushed myself beyond where I should have, and this typically has resulted in injury that set me back further than just being patient and working back up.

In sum, to jump start your exercise program, try walking. It is easy and does not cost anything. Record your progress and progressively add to it. Before you know it, you will find the simple act of walking to be a highlight of your day as well as excellent preparation for strength training, the next step in expanding your exercise program.

For more information on motivation, weight loss, and the art and science of exercise, join our closed Facebook group at **AUXFIT D1NR CLASS 001**. Contact me for details and further information.

Stay strong and stay safe.

# AIDS TO NAVIGATION

## THE FRANCIS SCOTT KEY BUOY

*John Collins, SO-PE 4*

Francis Scott Key, an American detained on a British ship, observed the British bombardment of Fort McHenry during the War of 1812 and was inspired to write the lyrics of what later became our national anthem, “The Star-Spangled Banner.” Since 1972, a buoy, specially painted with stars and stripes, is placed at the spot on the Patapsco River where the British ship holding Key was anchored. Set every spring and removed before winter, the buoy is a popular attraction for passing boaters who take pictures or stop safely nearby and reflect on the events that took place there.

In the photo below, crewmembers on the USCG Cutter *James Rankin*, a 175-foot buoy tender, render a salute after setting the buoy in position..



(USCG photo by Jasmine Mieszala, Petty Officer 3rd Class)

## HOW TO GET CREDIT FOR COURSES TAKEN AND QUALIFICATIONS EARNED

*COMO Carolyn Belmore, Cape Office Supervisor*

Since we have a few ways of taking courses for credit in the Auxiliary I thought perhaps a quick review of the various processes would be in order.

If you take a course and the exam on paper in a classroom (such as AUXOP, Instructor, VE), that exam will be sent back to the Cape Office for correction and you will receive a letter indicating Pass/Fail, your score, and if applicable a certificate and ribbon when appropriate.

If you take an TCT Refresher Course, the Instructor will submit the sign-in sheet to the Cape Office for entry. It will also be entered on the DIRAUX Monthly Report that is posted in the District WEB.

If you take an On-Line Course through the National Testing Center, you will get an e-mail response with your score whether you pass or fail. That course if passed will be entered by the NTC into your record, and the Cape Office will get that information. Upon receipt (weekly) of your results, a letter of completion and if applicable a certificate will be sent.

If you take a FEMA ICS Course on-line, you will receive an e-mail notification that you passed, and shortly after that, a certificate by e-mail. ONE of those must be either forwarded or sent USPS to

the Cape Office for entry. FEMA does NOT enter courses into Auxiliarist's records. The e-mail address is [D01-SMB-01-S-AUX-SUPPORT-CTR@USCG.MIL](mailto:D01-SMB-01-S-AUX-SUPPORT-CTR@USCG.MIL), and the mail address is USCG Aux. Support Center, 3163 Burge Blvd., Buzzards Bay, MA 02542.

Upon receipt of this information the course will be entered into your Training Record, and you will receive a letter of confirmation. Please note that if you take ICS Courses, but do not currently have a Training requirement for them, they will be in your Training Record but will not appear in your Training Status. When you hold a qualification that requires that course, then it will show in your Training Status.

If you are qualified by a Coast Guard Unit for a PQS such as Assistant Harbormaster, Marine Safety or Watchstander, you **MUST** send or FAX a copy of the letter of qualification to the Cape Office. See the address above; the FAX number is 508 968 6598. It then will be entered for you and a letter of acknowledgement sent to you. If you do not submit the letter, it will not be entered in your Auxiliary Records and you will not be able to claim mission hours.

I hope that this information will be helpful to all of you in keeping your records up to date.

# AUXILIARY GRAPHICS CORPS

## NEED A DESIGN FOR A FLYER, BANNER, EMBLEM OR CHALLENGE COIN?

The Coast Guard Auxiliary Graphics Corps is a volunteer team of graphic artists from throughout the country who provide logo and other design services for flotilla, division and district units.

Under the Creative Services Division, Public Affairs Directorate, the Graphics Corps handles a wide range of design services including:

- ▶ Flyers
- ▶ Banners
- ▶ Flotilla, Division, District, Directorate and Program Emblems
- ▶ Challenge Coins

If your unit has a graphics design request, fill out the form located at <http://www.auxpa.org/creativeservices/graphicsrequestform.htm>.



# Float Plan Central

Be a smart boater, kayaker or paddler  
and always plan ahead



Download your **FREE** Float Plan **NOW!**

- **Easy** to prepare and update.
- **Create** & save plans on your computer or mobile device.
- **Submit** your plan to anyone you choose.
- Tell the person holding your plan exactly what to do if you don't check-in or return as planned.
- It's a **Life Saver**



[www.floatplancentral.org](http://www.floatplancentral.org)



## ***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 but not limited to special recognition of individual members and units, flotilla and division events and activities, sector and division training, all aspects of recreational boating safety, and district matters that are of general interest to members or warrant their attention. Submissions are reviewed by the Editor and Production Team and approved by the District Commodore or designee.

© 2020. All rights reserved. Produced in house. Printed in the U.S.A.

### Copyright Notice

*Nor'Easter* and all its content are protected under United States copyright law. USCG-related organizations, such as Auxiliary flotillas, divisions and districts, are hereby granted authorization to copy or reproduce any portion of *Nor'Easter*. All other organizations, publications and individuals, however, must apply for and receive written permission prior to reproduction and distribution of *Nor'Easter* content in any medium or form.

### Disclaimer

*Nor'Easter* is published for informational purposes only. District 1 Northern Region is not responsible for the contents of any of the resources referenced in or accessible from *Nor'Easter*. District 1 Northern Region does not make any warranty, express or implied, with respect to the use of information provided, and it does not guarantee the accuracy, completeness, usefulness, or adequacy of any resources, information, apparatus, products, or processes and in addition it is not responsible for any errors or omissions in the resources or information utilized, or for the results obtained from use of such resources or information, apparatus, products, or processes.



Department of Homeland Security  
UNITED STATES COAST GUARD  
AUXILIARY  
Wes Baden, DSO-PB  
P. O. Box 12  
Bowdoinham, ME 04008

**Semper Paratus**  
"Always Ready"

TO:

OFFICIAL BUSINESS  
DATED MATERIAL

ADDRESS CORRECTION  
REQUESTED

VISIT US ON THE WEB:  
[a013.uscgaux.info](http://a013.uscgaux.info)



**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 2020."**

**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 2020***

October 23	District Board and Staff	1900	Conference Call
November 1	Deadline for Submissions, Fall 2020 Nor'Easter		
November 20	District Board and Staff	1900	Conference Call
November 21	400th Anniversary Thanksgiving Parade	TBA	Plymouth, Mass.
December 4	District Board and Staff	1900	Assabet Valley Regional HS, Marlborough, Mass.

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

**This issue of *Nor'Easter* received clearance on 10 September 2020.**