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United States Coast Guard Auxiliary

Nor' Easter

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

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UNITED STATES COAST GUARD

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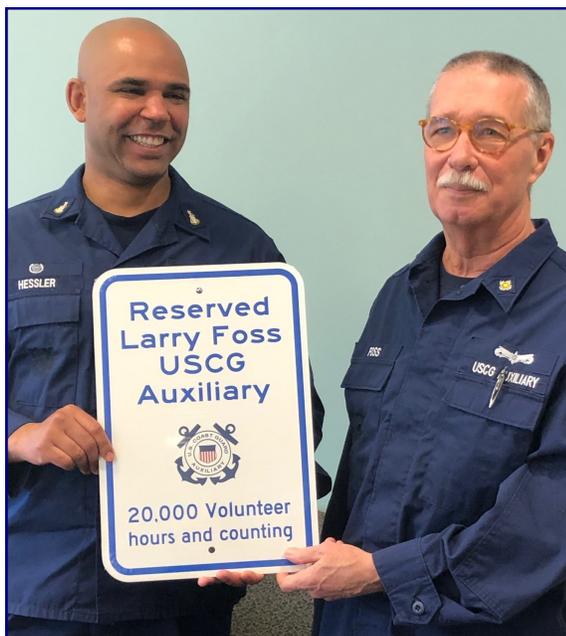
Past Division Commanders Association

Craig C. Hall	President
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ON THE COVER:

Coast Guard Station Chatham’s Senior Chief Petty Officer, Carlos Hessler (left), displays a sign that will reserve a special parking space at the facility for Auxiliarist Larry Foss. Foss received an official Letter of Commendation from Coast Guard Commandant Admiral Karl L. Schultz, recognizing more than 20,000 hours of volunteer service over 17 years. See full story on Page 6. (Photo by Reid Oslin, BC-AMN)



Homeland Security



United States Coast Guard Auxiliary

Publishing Information.

We hope this newsletter is an enjoyable resource for all Auxiliary members, and we continue to look forward to your comments and contributions to future issues.

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Nor'Easter welcomes submission of content, including upcoming events, missions, and member training opportunities.

Content should be e-mailed to the Editor, Wesley M. Baden, DSO-PB, at wbaden.uscgaux@gmail.com.

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COMMODORE'S MESSAGE

Have you ever thought of running for any of the elected offices or seeking appointment to one of the many staff positions? Do you have the desire to hold one of these offices but feel you are not up to the challenge?

Elected and appointed office should be something you aspire to. Too many times, candidates for Flotilla Commander, Flotilla Vice Commander, Division Commander, or Division Vice Commander run for and take the office out of a sense of obligation because nobody else would take the job. What a shame. All of the elected positions, from Flotilla Vice Commander up to District Commodore and beyond, should be something members aspire to, not taken because there are no other candidates.

There are so many wonderful opportunities in the Coast Guard Auxiliary, so many opportunities to learn, grow, and serve your country. With each opportunity there are challenges to overcome. Yet, as you move up the Chain of Leadership, though the challenges are greater, so too are the rewards!

Look at the road ahead. Allow yourself to dream. Don't let anyone talk you out of the path you want to take. Everyone has different experiences. Everyone handles the challenges differently. Whatever you are looking at may be just the right thing for you. Only you know that.

When I was a Flotilla Vice Commander and then Flotilla Commander, the idea of being District Commodore was the furthest thing on my mind. My hope was to become a Division Commander, and I never thought I would progress any further than that.

At that time, I was working on a support mission on the USCGC *RELIANCE*, a 210 Medium Endurance Cutter based at the Portsmouth Naval Shipyard in Kittery, Maine. I was having a conversation with one of the Chiefs on board who asked me where I hoped to go in the Auxiliary. I replied that I was hoping to become a Division Commander. His quick and immediate reply was, "Why not Commodore?" I laughed it off and indicated there is no way that would ever happen, to which he replied, "Why not?"

It got me thinking, and as I was nearing the end of one of the posts, I would set my sights on the next one. On and on.... Was it challenging? Absolutely! Was it frustrating at times? Incredibly! Did other members try to talk me out of going for each and every position? Yes, for each and every one. But here I am, a new District Commodore.

Allow yourself to dream. If this is what you want in the back of your mind, set your sights high! Put in the requisite time in your current position before you shoot for the next one. Do what it takes to achieve your goals. Don't try to talk yourself out of it because you may feel you are not up to it. You are, you can do it, you can be successful.

There will be bumps in the road, but there will be rewards as well.

Finally, be good to your shipmates, as they will help you get where you want to go.

Best of luck. I have faith in you.

Semper Paratus,
COMO Charlie Grossimon, District Commodore



BYRON A. MOE, JR.

DISTRICT CHIEF OF STAFF



Welcome to 2019 and our continued Auxiliary journey. Unfortunately, the first few weeks of the new year have made for a difficult start, but new guidance from National has allowed a return to many of the activities we enjoy. I know that this has been a challenging time for everyone. Nevertheless, along with you, I am looking forward to moving ahead and getting back to work. Thank you for your patience and devotion to duty.

There are many issues that continue to be on the radar. Team Coordination Training (TCT) and renewal of qualifications are paramount. I know this is being worked on at the Chief Director's Office (CHDIRAUX) and they are giving the Risk Management and TCT issues their full attention. Hopefully we will have resolution soon and a clear path forward.

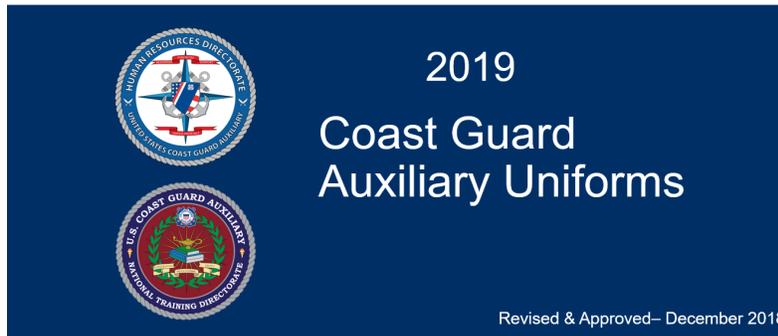
Risk Management is the path forward for all of us. Planning, discussions, and practice make this a valuable skillset for your Auxiliary activities, as well as other aspects of life. One area to consider is the MISHAP protocol, or when the undesirable occurs, being familiar with what to do. Every Order Issuing Authority (OIA) has a MISHAP Plan that covers everything that possibly may happen, from minor issues to major events. Not all MISHAPS are bad things, as some show good judgment but nonetheless the mission did not get accomplished. The Safety and Environmental Health Manual details all reportable events to the OIA. My questions to you are: Have your flotillas and divisions updated their contacts in the OIA's MISHAP plan? Have you ever participated in a MISHAP exercise, be it tabletop or a more involved event? This is excellent training, and it builds strong bonds with the OIA.

Thank you all for the opportunity to serve as your DCOS. I am honored and humbled to represent all of you. We have a lot to do and a lot to give to the USCG, our communities and each other.

All Auxiliarists: Click "Uniform" on the CGAUX Uniform Division web page, www.uscgaux.info/content.php?unit=H-DEPT&category=uniform, for an up-to-date PowerPoint presentation incorporating all recent Uniform Board changes. Wear the uniform correctly. Look sharp!



United States Coast Guard Auxiliary



Revised & Approved— December 2018

COAST GUARD HONORS DISTRICT 1NR AUXILIARIST FOR 20,000 HOURS OF VOLUNTEER SERVICE

CHATHAM, Mass. — The United States Coast Guard has honored Larry Foss, Chatham Flotilla 11-01, for contributing more than 20,000 hours of volunteer service over the past 17 years.

Foss, who relocated to Cape Cod in 2000 and joined the Auxiliary a year later, currently serves as a communications watchstander at USCG STA Chatham. He began his Auxiliary career as a certified crew member on the unit's motor lifeboats, subsequently mentoring scores of young Coast Guard crew members and helping them master the skills and techniques needed to become qualified in various onboard duties. As a retired investment banker, Foss also has offered basic financial planning advice to shipmates, helping them prepare for their future plans and goals.

“Those 20,000 hours work out to about 23 hours a week over the past nearly 18 years,” Coast Guard CAPT Christian Glander, commander of Sector Southeastern New England, said at a reception held in Foss' honor on December 18. “I thank you for all that you do for the station, for Sector Southeastern New England, and for your country. It is absolutely phenomenal.”

Glander presented Foss with an official Letter of Commendation from Coast Guard Commandant Admiral Karl L. Schultz, marking his service milestone and numerous contributions. “By standing these hours of watch, you have allowed these active duty crewmen to dedicate more time for training, maintenance and operations,” Schultz wrote. “Your presence at Coast Guard Station Chatham is never taken for granted and is sincerely appreciated. You epitomize our core values of honor, respect and devotion to duty.”

Senior Chief Petty Officer Carlos Hessler, officer-in-charge at Station Chatham, had a similar evaluation of Foss' input to the Coast Guard. “Larry Foss is a special guy,” Hessler said. “His standing watch is a huge help to us. And his life experiences and his willingness to share them are so important to us, too. His involvement has impacted a lot of people over the past 17-plus years.”

Foss himself offered his thanks to all crewmembers that have served at STA Chatham during his time as a volunteer. “You are what makes it worthwhile to come in every day,” he told the group of attendees that included active duty and retired crewmembers from the station, Coast Guard sector officials, Chatham first responders, and fellow Auxiliarists. “The support you have given me is greatly appreciated.”

“It has been great fun,” added Foss. “It's a great group of people. I only wish that I had kept a list of everyone who has come through the Station over all of these years.”

- Submitted by Reid Oslin, BC-AMN.



Coast Guard CAPT Christian Glander (left), commanding officer of Sector Southeastern New England, presents a Letter of Commendation from the Commandant of the Coast Guard to Auxiliarist Larry Foss in recognition of more than 20,000 hours of volunteer service. (Photo by Reid Oslin, BC-AMN)

AUXILIARISTS RECEIVE LETTER OF APPRECIATION FROM BASE BOSTON



CAPT Andrew Brown (left), Kim Shaw, Travis MacDonald, Alex Littman, Josiah Goodwin, Melissa Paradis. Not pictured: David Pierce, Michelle Renaud, Gavin Tan.
(Photo by James Healy, ASC SBOS)

BOSTON, Mass. — This past May, as ASC SBOS, I received an unusual request for help from Base Boston. Due to budget cuts, there would be no security officer stationed at the pedestrian entrance to the base from Commercial Street. This entrance, located in Building 15, is used during the day by merchant mariners with business at the Regional Examination Center (REC), civilian employees and Coast Guard active duty personnel. We were asked if we could provide one Auxiliarist a day, Monday through Friday, to staff the entrance security desk.

Eight Auxiliarists volunteered: Travis MacDonald, Charles River Flotilla; Josiah Goodwin, Melissa Paradis, Michelle Renaud, and Gavin Tan, Constitution Flotilla; Kim Shaw, Old Colony Flotilla; David Pierce, Mystic River Flotilla; and Alex Littman, Pt. Allerton Flotilla. From 4 June until 16 October these Auxiliarists rotated shifts at the building entrance. In October, Base Boston installed an electronic security system at the entrance that can be controlled by REC personnel from their office.

On 10 November, the Commander of Base Boston, CAPT Andrew Brown, presented the Auxiliarists with a Letter of Appreciation in a ceremony attended by members of his staff. The letter said in part, “Your immediate response to support the Base was highly valued and appreciated. Not only did you help mitigate a vulnerability, you allowed both REC personnel and your active duty counterparts to focus on other mission essential operations.”

I am proud to report that a number of Base Boston personnel who worked with these Auxiliarists told me, more than once, how professionally they performed their duties and how much their service was both needed and appreciated.

- Submitted by James Healy, ASC SBOS

AUXFIT: REVERSING AGING THROUGH EXERCISE



Rashid Ashraf, ADSO-DV,
AUXFIT Associate Team Leader

(This is the second of several articles based on exercise science to assist Auxiliarists in developing their own fitness programs.)

Is there really such a thing as reversing one's age?

The search for eternal youth has been an ongoing quest for thousands of years. While there might not be a Fountain of Youth that Juan Ponce de Leon famously searched for or a medical procedure as depicted in the Twilight Zone's episode "Trade-Ins" where old people are transplanted in young bodies, there is scientific evidence that **exercise can reverse the aging process** in muscle cells as well as improve overall health.



Did you know that the average American adult experiences approximately a 5- to 10-pound loss of muscle mass, a 3- to 6-percent decrease in resting metabolism, and an increase of body fat every decade? Why is this important, and is this inevitable with aging?

As our bodies age we see changes in what is called the **Five Domains of Fitness***:

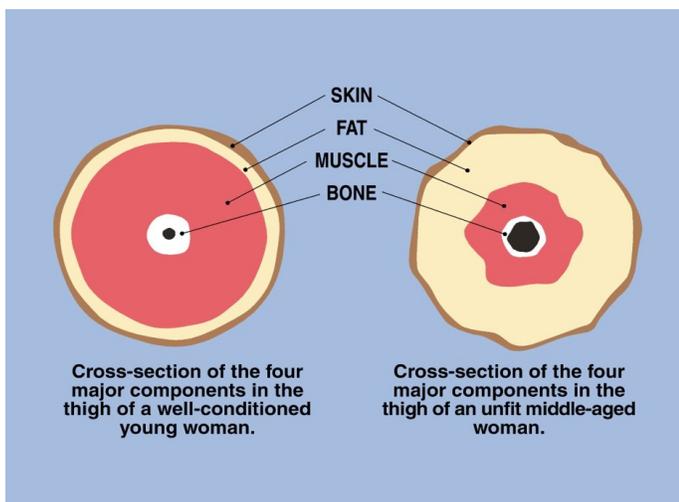
- Posture
- Strength
- Balance
- Flexibility
- Endurance.

*The Five Domains of Fitness from *Age Defying Fitness* by Marilyn Moffat.

AUXFIT: REVERSING AGING THROUGH EXERCISE *(continued)*

Muscle, including skeletal muscle, is the crucial element of our bodies and a measure of our physical fitness. Without adequate exercise, muscle fibers begin to bind together and blood flow and nerves become restricted, weakening the body. This accelerates as we get older, and we see the Five Domains of Fitness begin to deteriorate over time. Without adequate muscle mass, posture begins to weaken, overall strength is decreased, and balance is harder to maintain and endurance lessens. With less muscle mass, the body's resting metabolic rate (RMR) decreases, which then leads to weight gain furthering the deterioration of overall fitness.

Scientific studies have found that strength resistance training (exercises that put stress on your muscles) can actually *reverse the aging* of muscle tissue. Adults averaging 68 years old who engaged in regular strength training have showed improvement to their muscle fiber matching those 24 years old, essentially reversing the age of their muscles' DNA structure. Studies have shown that through a program of strength training the average adult can add 3 pounds of muscle and a 7 percent increase in their resting metabolic rate as well as lose 4 to 8 pounds of fat in 12 weeks. Strength training can also make your skin and your face look younger, and it will, more importantly, make your body feel and actually be physiologically younger and healthier than if you did not exercise.



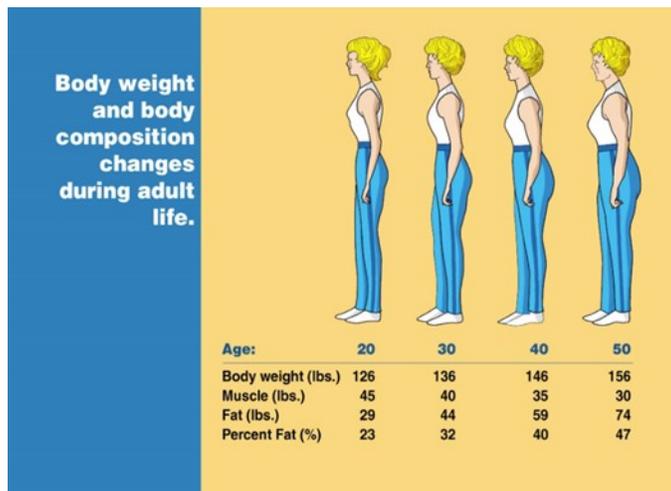
Resistance strength training combined with cardio exercise and stretching can reverse the aging effect on the **Five Domains of Fitness** in the following ways:

Posture

Poor posture can result from hours of sitting at a desk and without proper exercise and conditioning can worsen over time. Posture will improve with strength training as the musculoskeletal system supporting the spine and neck become stronger. Strength training has also been shown to improve neck and back pain, which can affect posture. In addition, studies have shown a lessening of arthritis as well as significant increases in femoral neck bone mineral density.

- *Continued on next page.*

AUXFIT: REVERSING AGING THROUGH EXERCISE (continued)



Strength

It is somewhat obvious that strength training, as the name implies, improves overall strength. Why is strength so important? Weakened muscles result in fragility and a loss of bone density, posing serious health issues for older adults, especially women. Resistance training not only maintains but can also increase muscle strength at any age, including those in their nineties. Six months of standard strength training in older adults have shown to reverse the genetic fingerprint for mitochondrial function to levels seen in younger adults. These cells are the powerhouse of our bodies, giving us the energy and strength to function properly. Research has also shown that the DNA structure of these cells can return to the same composition as a twenty-year old with strength training exercise. Who wouldn't want that?

Balance

With the loss of muscle not only comes a loss of strength but also a loss of supporting blood flow and nerves. This effects the ability to maintain balance as reaction time, flexibility, and strength are reduced. This can have devastating effects the older one gets, as losing balance can result in falls with broken bones and other injuries, some of which can be life threatening. Increased muscle helps improve critical blood flow and creates new nerve endings supplying the muscles. With stronger muscles and improved reaction time one can maintain balance and resist falling. If one does lose balance, having stronger bones and protecting muscles can reduce the impact of the fall.

Flexibility

Muscles that are not regularly exercised eventually become stiff and rigid, resulting in less and less flexibility. The loss of flexibility reduces the ability to carry out everyday tasks such as bending over to tie ones shoes or getting out of a chair. Strength training combined with stretching exercises will improve flexibility. Studies have found that strength exercise enhances joint function and eases the pain of osteoarthritis and rheumatoid arthritis. Resistance training also has shown a reduction of inflammatory markers in elderly women. Yoga and stretching are excellent programs to follow for achieving flexibility, but one still needs to add resistance training to keep muscles from losing mass over time.

- Continued on next page.

AUXFIT: REVERSING AGING THROUGH EXERCISE (continued)

Endurance

You need to have a certain level of endurance just to enjoy everyday life and even more so if you wish to keep doing some of the activities you have enjoyed throughout your life. Strength training and cardiovascular exercise are both necessary for improved endurance. You don't have to be a long distance runner to enjoy the benefits of improved endurance. A simple program of walking can greatly improve endurance and is often used as a foundational building block to begin an exercise program or recover from an injury. You also don't have to be a body builder to enjoy the benefits of strength training. A moderate 40 minute program of combined strength training and cardio exercise can greatly increase overall strength and endurance. (Note: See the AUXFIT article in the last issue of *Nor'Easter* for an example of such a program.)

Whatever your age it is not too late to begin a strength-training program. You will not only feel younger but your body will actually become younger. Remember: Before you begin any exercise program, especially if you are over 50 years old, check with your primary care physician and start your program with moderation.

Yes, there is a Fountain of Youth. It's inside you. Nature gave it to you, and you just have to go and use it.

*Special Note for Weight Watchers: Studies have shown that dieting alone has a negative result on fitness as it actually reduces muscle mass, resulting in a reduction of RMR (Resting Metabolic Rate). Ninety-five percent of those who dieted regain their weight after ending their diet, as their body's metabolism was less than what it was when they started. While endurance exercise has important cardiovascular benefits, it does not increase muscle mass or improve RMR. Ending endurance training also can result in weight gain, as there was no improvement in the resting metabolic rate. Resistance strength training, on the other hand, does increase resting metabolic rate as an increase in muscle mass directly increases RMR. The more muscle mass you have, the higher your RMR and the easier it is to keep off weight. For more information, also see the AUXFIT article in the previous issue of *Nor'Easter*.*

Special acknowledgement: Many thanks to AUXFIT advisor Dr. Wayne Westcott, for use of his research materials and graphics.

For additional information on Dr. Wayne Westcott's research, visit: <https://quincycollege.edu/program/exercise-sciencepersonal-training>

For more information on how exercise can reverse aging and improve your health, as well as ideas for various types of exercise programs that might best suit your personal interests, I recommend the following books:

Ageing Backwards, Miranda Esmonde-White, updated 2018, Harper Wave.

Age Defying Fitness, Marilyn Moffat and Carole B. Lewis, 2006, Peachtree Publishers.

The Exercise Cure, Jordan Metzl, MD, 2013, Rodale Books.

Strength Training Past 50, Wayne Westcott, PhD, Third edition 2015, Human Kinetics, Inc.

All photos courtesy of pixabay.com.

- Submitted by Rashid Ashraf, ADSO-DV

UPDATE: SEA SCOUT-AUXILIARY PARTNERSHIP



The Boy Scouts of America's Sea Scout program is now the official Youth Program of the United States Coast Guard Auxiliary, pursuant to a Memorandum of Agreement that leaders of both organizations signed in August 2018. For the Auxiliary, Sea Scout participation can become a pathway to Auxiliary membership and will enhance the Auxiliary's ability to reach out to and recruit newer constituencies in the recreational boating community. Flotillas and divisions will be able to organize Sea Scout units, called "Ships." Sea Scout participation also will be an additional source of potential Coast Guard Academy candidates and enlistees with prior training and an aptitude for the Coast Guard.

At this point in time, District 1NR flotillas are cautioned not to recruit Sea Scouts for Auxiliary membership or organize new Sea Scout Ships. We are permitted, however, to provide boating classes and vessel safety checks, as well as participate in joint public affairs activities.

A Standard Operating Procedures document, detailing implementation of the Memorandum of Agreement, is still in the process of being formulated and must be approved by Coast Guard headquarters. Furthermore, initial development and evaluation of the Sea Scout-Auxiliary partnership will take place in District 5 Southern and District 9 Eastern prior to nationwide implementation. District 1NR will not participate in this initial rollout.

Nonetheless, all other Districts, including 1NR, will be briefed on Standard Operation Procedures, including examples of likely application, once the document is released. A video is also planned.

Bruce Johnson, DVC-HY, is the Point of Contact for all questions concerning this particular matter. He can be reached at bruce.johnson@cgauxnet.us.

DIVERSITY: HOW TO ESTABLISH INCLUSIVE AND SUPPORTIVE FLOTILLAS AND DIVISIONS

Aaron Aubin, DSO-DV

As we prepare for new leadership to take command of flotillas and divisions throughout our district, one important goal is the establishment of units where all members feel included, appreciated, and engaged in a relationship with the local community. But how?

The first step is to review Form 7064, the application for the Three Star Award for Diversity Programming Management. This is a great guide to help establish that inclusive and supportive environment where members feel appreciated and respected, and where he or she will work to their full potential.

The second step is to take inventory of your members and understand who they are. This is important because it impacts fellowship events, activities and meeting attendance. Life events can impact members' attendance at meetings or activities and include a range of issues such as the specific days, times and locations of events; costs; family obligations; work responsibilities; and age, disability and health factors.

How do we include those are impacted by life events? We can, for one thing, address potential roadblocks by showing an understanding of members' situations and trying to find ways to accommodate those who are having difficulty. For example, if a member has trouble driving at night, then perhaps we can offer that member assistance through a carpool. If a member misses a meeting because of work or family commitments, then we should send that member the minutes and agenda so they can remain informed. Yet another way is to ask members during the planning stages of an event if there is something that we should know that hinders their involvement, inviting them to send an email or tell us privately if there are any such concerns.

The third step is to set up a positive, intentional, efficient and respectful flotilla/ division environment. One question to ask yourself is, "If I had been a guest at this meeting, would I want to join (or continue attending) after what I observed?" What I mean is, are members valued, supported and encouraged to work to their full ability by the leadership? Do members leave a meeting believing that their time has been spent valuably? When somebody has completed a task or mission, is he or she thanked for what they did? Are members opinions respected, and is the leadership (along with other members) actively listening and taking account of other members' concerns? By establishing a positive environment for everyone, members will be willing to continue their service and speak up about their concerns.

The Coast Guard Auxiliary is an open organization, and for everyone to have a place in our organization we need to work as a team to help all members to be included. That way, and only that way, we can all achieve mission success together.

- Submitted by Aaron Aubin, DSO-DV

2019 VSC DECALS



ATTENTION Vessel Examiners:

The new 2019 VSC decals have been distributed to all District 1NR flotillas. It's not too early to be making plans for Vessel Safety Checks and actually conducting checks wherever possible.

For paddle craft, please also distribute the highly popular "If Found—Contact" stickers. Black paint pens, not so-called permanent markers, should be used to fill out stickers. Paint pens are readily available at local hardware stores and craft stores.



UPDATE YOUR SKILLS BANK PROFILE IN AUXDIRECTORY

The Coast Guard Auxiliary is a key force multiplier, not only in the operational realm but all mission support areas. Auxiliary members are unique in already possessing a wide array of talents, occupations and critical skills that the active duty Coast Guard can make use of. The primary tool used to identify your occupations and skills is the Auxiliary's Skills Bank, located at:

https://auxofficer.cgaux.org/skills_bank/skills_dash.php

Your member login credentials are required for access.

Having an entry in the Skills Bank will not itself guarantee augmentation of the Active Duty component. The Skills Bank, however, is what the Coast Guard will initially consult when identifying Auxiliary members regarding any particular need of the service in a specific geographical location.

It is easy for you to get into the Skills Bank, to add or update your information. You can do this through the AuxDirectory/AuxOfficer web page and provide information in a matter of minutes. Please go to this link and use your member login to access the Directory Dashboard:

<https://auxofficer.cgaux.org/auxoff/unitstaff.php>

- Excerpted from the L2 Auxiliary Leadership Link, 2 September 2018.

Some Important Auxiliary Links to Bookmark

Online Learning/Testing

<http://wow.uscgaux.info/content.php?unit=T-DEPT&category=auxlms-catalog>
<http://wow.uscgaux.info/content.php?unit=T-DEPT&category=cg-auxlms-catalog>

Core Training

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

PHOTOGRAPHS FROM AROUND DISTRICT 1NR



Recognize these Auxiliarists not in uniform? Kim Stevens, Old Colony Flotilla Commander (left), Fred Moses, Constitution Flotilla Commander, and James Griffith, DCDR 5, along with William, a service dog, responded to a Massport request to the Auxiliary for “civilians” to role play in a mass casualty training event, at Logan Airport, October 20. (Photo by James Griffith, DCDR 5)



The Auxiliary was well represented at the annual Plymouth Thanksgiving Parade, held November 17. Pictured above is the entire Team Coast Guard contingent. (Photo by Kevin P. Ritchie, VCDR 12, CDR Division 12 Color Guard)



Cape Ann Flotilla Commander Ralph Milroy, a qualified AUXFS, helps with cleanup in the galley after a fellowship event aboard USCG STA Gloucester. The active duty staff always appreciates an extra set of hands when a large event is scheduled. (Photo by John W. Keyes, DCDR 4)



Congratulations to all the hard-working graduates of the District 1 Leadership Development Academy (LDA), at the United States Coast Guard Academy, New London, December 14-16. Seated in front are district leaders attending the event as well as individual course instructors. (Photo by Steven White, DIR-AdS)



PUBLICATIONS

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Richard V. Keating, ADSO-PB SBOS

Tell your story. The *Nor'Easter* Publications Team is always accepting content and photographs for publication. You do not need to be a publications or public affairs officer to contribute to the newsletter. Every division, every flotilla and every member has a story to tell. We are here to help you tell it.

What are we looking for? Three or four paragraphs and two or three photos that describe:

1. What you are doing (what mission is being accomplished).
2. Where you are doing it (city, state, local community, business, etc.).
3. Who is doing it (members by name/office, local/state agencies, community members).
4. Why you are doing it (the mission's goal).
5. When did you/are you doing it (a set date, during a storm, annually, etc.).
6. How did this event compare to or differ from a typical event?

We are also looking for specific topic items to include in the newsletter, beyond our primary mission of Recreational Boating Safety. Stories related to Diversity, Auxiliary history, AUXFIT and unique events are all welcome. In addition, if you know of a member deserving special recognition, send their story to us for inclusion. Thank you!

Got Pictures?

The Auxiliary National Public Affairs Directorate also wants your high-quality, story-telling photographs. Send your photos of the following topics:

Fellowship
 Marine Safety
 Member Services
 Operations
 Public Affairs
 Public Education
 Team Coast Guard (Working along side the active duty or reserve)
 Vessel Examinations

Check the Public Affairs Directory website for details. REMEMBER: Include a proper caption, indicate credit to be given, and be sure to use a VIRIN number as outlined in the PA Guidebook to avoid rejection or, at minimum, publication delay. Submit photographs in jpeg format only, with a file size of at least five megapixels, and not cropped or otherwise post-processed (e.g., Photoshopped) in any manner. Do not embed photographs in text or an article that will accompany a photograph. Instead, send them as email attachments—but limited to one photograph per attachment. All Auxiliarists shown in photographs must be in proper uniform for the occasion, for publication to occur.

HELP WANTED: TIME, ENTHUSIASM, AND TEAMWORK REQUIRED

There are several skill sets being sought for on-going mission support in the publication and public affairs area. Because publication and public affairs roles often overlap, these people will work with both district staff officers as part of a strengthened team.

Contact Wesley M. Baden, DSO-PB and/or Kathlene A. Ruhan, DSO-PA, to get involved.

LIKE TO “GET YOUR FEET WET” IN PB/PA AND SEE FOR YOURSELF IF YOU LIKE THIS SOMETIMES OVERLOOKED BUT VERY IMPORTANT MISSION AREA? Register for the 2.5 hour no lecture, hands on, experiential course, “Writing for *Nor’Easter* and Other Publications,” at March 2019 D-Train. We will, as a group, write an original article that will appear, accompanied by one or more photographs, in an upcoming issue of *Nor’Easter*. Skills that we’ll be using are equally applicable to other written work products, including flotilla and division newsletters, print newspaper and magazine articles, and news releases for all types of media for the general public.

Writer

- Independent research for articles for *Nor’Easter*
- Ability to interview people for articles
- Ability to draft an article
- Timely submission of article

Additional opportunity:

- Interest in supporting Coast Guard First District Public Affairs effort on a regular or on-call basis

IMMEDIATE OPENING—ADSO-PB SNNE

The *Nor’Easter* Publications Team is looking for an ADSO-PB SNNE. In Division 1 or Division 2? Like to write, edit, or take photographs, and liaison with flotilla and division publications and public affairs officers? Please contact Wesley M. Baden, DSO-PB.

Publishing

- Ability to use MS Publisher and Adobe publishing software
- Interest in compiling and organizing layout of *Nor’Easter* on a quarterly basis

Orientation and training provided.

Editing

- Can provide editing to articles in *Nor’Easter*
- Assure articles are written using Coast Guard guidelines
- Ability to collaborate during editing process with writers
- Timely completion of editing

Additional opportunity:

- Interest in supporting Coast Guard First District Public Affairs effort on a regular or on-call basis

Photography and Videography

- Provide regular and on-going photography for *Nor’Easter* and Coast Guard First District
- Assure photos and video comply with Coast Guard guidelines

Additional opportunity:

- Interest in supporting Coast Guard First District Public Affairs effort on a regular or on-call basis

Social Media

- Ability to use various social media tools
- Ability to design, manage, and coordinate social media messaging for district
- Interest in supporting or offering technical assistance to divisions and flotillas
- Assure that Auxiliary social media comply with Coast Guard guidelines

Additional opportunity:

- Interest in supporting Coast Guard First District Public Affairs effort on a regular or on-call basis



Department of Homeland Security
UNITED STATES COAST GUARD
AUXILIARY
DSO-PB D1NR
P. O. Box 12
Bowdoinham, ME 04008

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"Always Ready"

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<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 2019."

First District 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, to support national security in a non-military role and non-direct law enforcement role.

CALENDAR OF EVENTS 2019

8-10 March	D-Train	Gurney's Resort, Goat Island	Newport, R.I.
17 March	St. Patrick's Day Parade	TBA	South Boston, Mass.
28 April	District Awards Banquet	1300, Salvatore's	Lawrence, Mass.
18-24 May	National Safe Boating Week		

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

This issue of *Nor'Easter* received clearance on 25 January 2019.

