



Northwind

The Quarterly Newsletter of the
United States Coast Guard Auxiliary
District 11, Northern Region

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Oct – Dec 2020

Stepping into the Next Phase?

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the Auxiliary

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From the Editor:

Have you been to Four Corners Monument?

I haven’t, but there is a part of me that has always wanted to go. I think it’s the part of me that finds liminal spaces fascinating - it would be kind of mysterious and mind-bending to have my feet and hands in four states at the same time.

This past quarter has borne witness to some of the liminal spaces in which we’ve found ourselves these last several months. Some places of business re-opening and then re-closing. Remaining one fathom apart but gathering in increasing and decreasing numbers. Getting out for some missions while others remain closed.

In this issue of *Northwind*, you will find articles related to our *Stepping Into the Next Phase*. District leadership, within the Auxiliary and on the Gold Side, have been working hard at returning us to work safely, for the benefit of the boating public. DIRAUX, the District Commodore, the AUXAIR team, and others reflect on this period of transition for us as an organization. I hope you enjoy this new issue of *Northwind*. (Beginning with the next issue, the Publications staff is quite expanded - I encourage you to reach out to the ADSO in your area to make a contribution to *Northwind*.)

Peace to you and to all in this new year.

The Rev. Gregory O. Schaefer
NORTHWIND editor (FL 46, Redwood City)
 DSO-PB, FSO-MS, D-AD (Awards),
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From the District Commodore

It has been an honor and privilege to serve

To My District 11 North Shipmates,

It has been an honor and privilege to serve as your District Chief of Staff over the past two years and I am appreciative of the confidence that you have in me to lead D11N as your District Commodore in 2021-22.



District Commodore, Dean McFarren

I want to thank each and every one of you for the time and effort you put into making this a successful year for our District. Team Coast Guard is a much better place having you here; and by volunteering your valuable time you help ensure we keep the boating public safe and support our Gold Side partners enabling them to focus valuable person-power and resources on their primary missions.

The year 2020 has definitely been a struggle due to the COVID-19 pandemic. It's hard to believe that it's been ten months since the virus changed our lives forever. But as we enter into 2021, there is light at the end of the tunnel. Vaccines are on the way and hopefully we can resume full operations quickly as the infection numbers start to fall next year.

As we continue into 2021, we will emerge from this setback stronger and more resilient and you can be sure we will be tasked with greater responsibilities and roles. All we ask is that you volunteer whatever time you can, perform your tasks safely and effectively, remain cut-in at all times, and have fun.

As you celebrate virtually with friends and family, please keep in mind our colleagues, friends, and family that have been sickened or have passed due to COVID-19. Also, please remember members of the armed services that cannot be with their loved ones right now. Keep them in your thoughts and prayers that they may come home soon.

I am deeply honored to serve as your District Commodore for the next two years.

Wishing you and yours a Wonderful Holiday Season and Happy New Year.

A Holiday Greeting from the DirAux Office

This year has been especially challenging (to say the least!)

But due to your hard work, determination, ingenuity, and dedication we haven't missed a beat ... ok, we haven't missed too many beats. We missed seeing you in person in the office and at all the trainings/meetings that had to be canceled but we cannot thank you enough for your patience and perseverance over the last year.



This holiday season is unlike any other, to cap off a year unlike any other. Throughout this season, and as we move into a new (and hopefully better) year, we wish you moments of peace amid the difficulties, connections with family and friends even if they can't be in person, the warmth of memories from holidays past, and wonderful glimpses of the joy that still lives under the surface.

I know this year has affected us all differently, but I believe one thing we all have in common is that it has been challenging. Thank you to the Auxiliary Leadership for working to keep membership informed and involved and for being a sounding board so that we could get as many people as possible back doing Auxiliary Activities in a safe manner.

To the incoming Auxiliary Leadership, the job is not done, we still need to work to find a new normal and get all members back doing what they love to do in the CG Auxiliary. We are here for you through it all and we can't wait to see you in 2021.

We wish you endurance, strength, health, and as much happiness as these times can allow!

Happy Holidays and Happy New Year!!

CDR Paige Keenan, CWO Dustin Finkelson, Mrs. Tina Perry, and YN2 Tise Maele

AuxAir ADV Hunters

by Ron Darcey

AUXAIR Squadron 11NR flies missions over SF Bay and the Delta, locating, photographing, and gathering data on abandoned and derelict vessels (ADV).

Across the nation, boat owners abandon vessels, using the environment as their personal dumping grounds. ADVs are a problem for U.S. harbors, bays, rivers, and shorelines. Sunken and stranded vessels are eyesores and hazards to marine navigation, and disintegrating vessels leak petroleum, chemicals, vessel parts, and debris (and, during heavy weather, discarded fishing gear) into marine habitat.

Many agencies are involved in the solution. The California State Lands Commission allocates location and removal priorities. Removal is under the direction of California Fish and Wildlife, sheriff marine units, and hired contractors. California Fish and Wildlife maintains the Office of Spill Prevention and Response. The Coast Guard's role focuses on efforts for containment, removal, and disposal of hazardous substances.

As the ADV mission got underway in D11NR, survey operations were allocated to Auxiliary surface and land mobile units. It became clear, though, that another element was needed: observation from the air. In June of 2017, COMO Gail Ramsey reached out to the squadron requesting they integrate ADV surveys into Delta air patrols. Squadron staff responded enthusiastically!

Ramsey contacted Wil Sumner, DSO-MS, ADV Mission Coordinator, and liaison with the California State Lands Commission and Sector SF Incident Management Division. Sumner provided a comprehensive summary of the nation's abandoned and derelict vessels and the destructive environmental damage they cause to our waterways, and noted that observation from the sky would increase the number of ADVs that could be located. The first patrol was conducted in the Delta in August, 2017, with four ADVs surveyed and reported. (The data generated by this work supports the NOAA's

Office of Response & Restoration, who manages response to abandoned vessels nationwide.) Shortly thereafter, another benefit of air support was discovered: the ability to locate ADVs hidden from view under years of thick overgrowth along the banks.

As the mission unfolded, squadron staff recognized the need for a checklist for vessel type, Lat/Lon, damage assessment, listing or sunk, navigational or public hazard, etc. In addition, a job aid was produced: a Delta map divided into search sectors and, on its reverse side, mission objectives, procedures for searching, and sample photos.

NOTE: If vessel is adrift, sinking or sinking, call Sector SF immediately: 415-898-7300. If sighting pollution in the water, report to the National Response Center immediately: 1-800-424-6800.

Squadron D11, Sector San Francisco Incident Management Division ADV Assessment Form

Patrol Date: _____ Date: _____

Who: _____ Observer: _____

Abandoned/Derelict (ADV): Any vessel that has been moored, stranded, wrecked, sunk, or left unattended and in deteriorating condition, with unattended, significant equipment that may affect its seaworthiness or affect the safety to the public or environment or present a danger to commercial or recreational vessels in navigable waters.

Location and Identification

Lat/Lon: _____ Country: _____

Location (Waterway): _____

Circle the answers below:

Propulsion: Motor/Outboard Outboard sail Rowboat

Sailing Vessel Fishing Vessel Recreational Vessel Commercial Vessel

Have you seen this vessel before? Yes No

Position in water: Floating Listing Low at stern

Time at base: Sunk Grounded

Navigational hazard: public hazard

Public Visibility: _____

PHOTOS: Email up to 8 digital photos to SectorSF@calstateall.com. If possible, reduce to 300KB or less. Include aircraft registration, pilot, Observer, Date of photos, CC (United States) (2017) (United States) 3000x3000. Also email report form per sighting.



While many ADVs in the Delta and the Bay have been successfully removed, scores more are dumped to take their place (even though free vessel turn-in programs are available to deter boat owners from scuttling). An ongoing objective of AUX Sumner's is establishing joint cohesion between AUXAIR and surface operations. While AUXAIR can locate and photograph ADVs, it's impossible to obtain any detailed inspection, assess deterioration or potential toxic distribution or determine a potential navigational hazard. That data must be obtained from the surface.

Ron Darcey is a Squadron D11NR pilot and a member of FL 12-91, San Ramon.



Award Recommendations

by Greg Schaefer

Did you know that the Coast Guard gives citations to Auxiliarists?

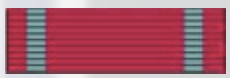
Did you know that the Coast Guard gives citations to Auxiliarists, Active-duty Coast Guard, Reservists, and Civilians to recognize acts of heroism, meritorious achievements, meritorious service, distinguished performance, extra effort, personal risk, or significant benefit? Here is some information on awards and how to nominate someone who has earned one through extraordinary service.



Coast Guard Meritorious Team Commendation: for those who make a significant contribution to a team, or to recognize a team's service/performance.



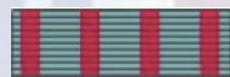
Auxiliary Commandant Letter of Commendation: for unusual/outstanding achievement, or service for an event or project.



Auxiliary Achievement Medal: for outstanding administrative or operational achievement or service over a year or more.



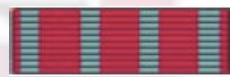
Auxiliary Commendation Medal: for outstanding administrative work expanding an authorized activity.



Auxiliary Medal of Operational Merit: for underway operations involving an outstanding assist, rescue, or other ops service.



Auxiliary Meritorious Service Medal: for exceptionally outstanding service at the District level or above.



Plaque of Merit: for extreme skill in performing an assist or rescue that also involved risk to the Auxiliarist's life.



Auxiliary Legion of Merit Medal: for meritorious and distinguished service in multiple Regions, in an Area, or at the National level, with measurable, positive, effect on the Auxiliary broadly.



Auxiliary Distinguished Service Medal: for meritorious, distinguished service at the National level, much higher than expected, with a measurable, positive effect on the entire Auxiliary.

Though some ribbons (Auxiliary Membership Service Ribbon, Instructor Program Ribbon, Examiner Program Ribbon, Annual Service Performance Award Ribbons, Operations Program Ribbon, Marine Safety Training Ribbon, and Specialty Training Ribbon) are awarded upon verification of recorded hours or PQS completion, FCs, VFCs, FSOs-MT, FSOs-PS, and FSOs-OP would do well to ensure that those who qualify for these recognitions are appropriately identified. (If you find an error in the automatic recognition, report through the chain to the DSO-MT.)

Any member can nominate a deserving shipmate for almost any award. If your Flotilla or Division has an Awards Advisor or an Advisory Committee, start there. The recommendation will be reviewed by your DCAPT and DCOS for deed(s) performed and the propriety of the recommended award. Then it will be reviewed by DCOS and DIRAUX before being sent to the District Awards Committee for final review, and then the appropriate Coast Guard Officer for final approval and preparation of the award. A Flotilla Commander or Division Commander who feels that someone deserves recognition is welcome to recognize that individual's contribution through a certificate of appreciation or a similar document.

Fellowship

by Roger Bazeley

Fellowship is more than a high-minded word

Fellowship encourages a close team building relationship. Fellowship is built upon honesty and trust. Fellowship is nurtured by encouraging and mentoring each other in the quest for self- and group-improvement. Fellowship is essential in making any volunteer organization successful. Fellowship encompasses passion and devotion to duty in carrying out our missions. Fellowship is the glue that binds us in caring for our shipmates in time of unexpected risk.

During these times of global pandemic, natural disaster, national unrest, and divisiveness, fellowship can help alleviate self-doubt, loneliness, and social alienation. Fellowship-based programs (such as on-line boating safety courses, educational workshops and Sea Scout training, or sharing knowledge and experience as speakers or instructors) reveal amazing, talented members with incredibly diverse backgrounds, skills, and experiences, who embrace their volunteer activities with purpose and passion. Mentoring fellow shipmates reinforces career development, service, and volunteer retention; it can foster recruitment through shared positive experiences.

With the COVID-19 stand-down, many of our older members are increasingly lonely and feel alienated from fellowship activities. Enlightened leadership can create innovative opportunities for increased participation, especially webinars, social media, and digital publishing. Online classes are more effective when learning is interactive with discussion of new

ideas and methodology. Over the next year, we will need to increase the number of online interactive opportunities. Local public affairs, social media, and publications staff officers, along with flotilla newsletters and membership publications, will become increasingly important elements in fostering fellowship.



Just as we create events and shared activities for our communities and the boating public, we can create activities to support Coast Guard families. Many of our shipmates are vulnerable to social alienation, loneliness, and homesickness. This may be especially true among

newer members who are single or leaving young families behind when deployed. We are ambassadors to new active duty personnel who rotate through our district, unfamiliar with their new locations. We can be a valuable force multiplier in welcoming and providing comfort and support. We need to ask ourselves, are we doing all we can to reach out and ask, “How are you doing?”

As part of Team Coast Guard, we all sail in the same ship to serve and protect others. As Maya Angelou said, our “mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

Roger Bazeley is a member of FL 17, Point Bonita.



Division and Flotilla Election Results

(as communicated to and received from DSO-MT by publication time)

Following the unit number are the Commander (DCDR or FC) and Vice Commander (VCDR or VFC)

Div. 1, Senior Area: Dale Fajardo; Terry Blanchard
 FL 12, Saus-Tib: Peter Gorenberg; Tiffany Townsend
 FL 14, C.Marín: Chris Armbrust; Alexander Bennett
 FL 17, Pt. Bonita: Renee Thomas; Mary Stephens
 FL 19, Coyote Point: David Beltran; Herman Haluza

Div. 3, Sacramento Reg: Russ Kaiser; Don Anderson
 FL 31, McClellan Pk: Bernard Brown; Byron Foster
 FL 33, Gold Cntry: Rudy Rutenschroer; Gary Estep
 FL 35, Sacramento: Greg Van Koersel; Fred Black
 FL 3-10, Elk Grove: _____; _____

Div. 4, South Bay: Mike Brown; Eddie Lam
 FL 41, San Jose: Brenda Brown; Jill Weeks
 FL 43, Palo Alto: Derek Chan; VFC Cyrus Cary
 FL 46, Redwood City: Steve Guttman; Greg Mast
 FL 48, Almaden: Jimmin Chang; Chris. Johnson
 FL 49, Silicon V.: Judy Esteban; Derek Lyon-McKeil

Div. 5, Suisun Bay: Lew Derfuss; _____ Olssen
 FL 51, Vallejo: Ken Torres; Gregory Gulevich
 FL 52, Napa: Glenn Hunter; Eric Paananen
 FL 53, N. Solano Cty: Kit Galvin; Randy McCormick
 FL 55, Sonoma Cty: Frank Caprone; Jim Mattis
 FL 57, Diablo: Brian Scott Cassell; Sean Kulpers

Div. 6, Gold Coast: _____; _____
 FL 64, Monterey: _____; _____
 FL 67, Santa Cruz: _____; _____
 FL 6-10 Capitola: _____; _____

Div. 7, Utah: Tony Zocchi; Anthony Kint
 FL 72, Salt Lake City: Pierre Burnier; Kevin Woodruff
 FL 73, Wasatch: William Ross; John-Michael Zimmerle
 FL 76, Ogden: Gary Mlynarski; Douglas Hammer
 FL 78, Garden City: Rex Miner; Lana Visser

Div. 8, North Coast: _____; _____
 FL 87, New Mendocino County: _____; _____
 FL 88, Lake Cty: John Felton; Kevin Kealey
 FL 8-11, Crescent City: _____; _____
 FL 8-39, the 39ers: William Hale; Cheryl Shepherd

Div. 10, San Joaquin: _____; _____
 FL 10-02, Modesto: Steve Bradon; Chris Bennett
 FL 10-03, Stockton: Karl Keller; Guy Mallery
 FL 10-5, Fresno: Darin Lenz; John Ferretti
 FL 10-6, Kaweah): Richard Myers; Howard Ratzlaff

Div. 11, Sierra Area: _____; _____
 FL 11-1, N. Lake Tahoe: Dan Powers; Bill Stolz
 FL 11-3, Reno: Peter Rast; Bill Yawn
 FL 11-4 S. Lake Tahoe: _____; _____

Div. 12, East Bay-Neptune: Greg Olsen; Georgie Scheuerman
 FL 12-1, East Bay: Laurence Boag; _____
 FL 12-3, Embarcadero Cove: _____; _____
 FL 12-91 S. Ramon: N. Zherebnenkov; Stephen Busch



Congratulations to all who were elected!
 Bravo Zulu to all who were willing to serve!

Santa's Vessel Safety Check?



How I Got Here

by Vicki Hudson

How does one with limited boating experience come to join the Coast Guard Auxiliary?

I have only two significant boating experiences and they aren't good. As a teen, I was sailing on Lake Cayuga, in the New York finger lakes, the sailboat rapidly shifted direction, I slid across the deck, and my big toenail caught the metal edge of the deck and was ripped off. It was more than ten years before I boarded another sailboat for a pleasure ride. (And I always insist upon deck shoes.) In my twenties, I went sailing with friends and eschewed use of any sun protection (Ah, the 80's) and ended up with 2nd degree sunburn from the top of my socks to the bottom of my shorts. Agony, swollen legs, sloughing of skin, and rash of freckles I hadn't had before: I learned my lesson. Boating was firmly in the rear view.

When September 11, 2001 came, I was in the Army Reserve, an MP. Within weeks, I was recalled to active duty. After 6 months evaluating security for vital infrastructures across the country, I became a Joint Anti-Terrorism Officer (JATO) and was detailed to evaluate anti-terrorism plans at Coast Guard Island, Alameda. (CGI was in good shape.) While at CGI, I interacted with some amazing, competent, and inclusive people. I also found out about the Auxiliary.

I went to meeting, met lots of people, and was welcomed aboard. But, I also received an invitation to go out on the bay, solo, with a guy in the Flotilla. I'll assume it was innocent, but for a woman, when the response to "Who else will be with us?" is "Oh, just the two of us," that's a red flag. The Auxiliary dropped off my radar.

Ten years later, retired from 33 years of military service (deployments to three combat zones) and completing an MFA, I had too much time on my hands. So, I joined the oldest Star Trek fan club in the world and began taking classes in the Star Fleet Academy. (I "qualified" as a Star Fleet Chaplain and Bridge Officer.) Then, I thought: Do I really want to learn nonsense about a fictional alien culture from a TV show (even if it's my favorite franchise)? I

remembered the Auxiliary. I went over various Flotilla websites, found one with a nice write up that emphasized diversity, contacted them, went to a meeting, spent two hours trying to find it, and ... cold shoulder. I literally had to ask people to make room at the table. Only one person talked to me afterward.

Eventually, I found FL 12-1, East Bay Flotilla. I showed up for a meeting and received a huge welcome (consistent for visitors that followed me). I saw lots of diversity, lots of people that did not look the same. I quickly found there was lots of information I hadn't known about: getting Basically Qualified, core training, different qualifications, etc. I heard presentations that really got me psyched to learn more; stuff that mattered. I learned that, even without a boating background, I could bring something to the team and the mission. When stand-down was imposed in March, I discovered there are leadership competency courses for every level, including Member. I started there, Level 1, and moved to the Flotilla Leadership Course so I could better understand the Flotilla, leadership, and staff officer jobs. That led me to become FSO-SR. I have slowly been working on different qualifications, like AUXOP, Food Service, Air Observer, and Academy Program Admissions Partner (enabling me support young adults and youth with a positive future). There is so much in the Auxiliary; Lockdown is an important time to shine up those qualifications.

I'm still not a boat person, but after the winding journey that got me here, I will get my hours in on the water so the accomplishment is more than just a passing exam grade. The Auxiliary offers lifelong learning, for free, incidentally, that is fulfilling and good for my brain. I'm proud to continue service, happy with the acknowledgement of a ribbon here and there, and challenged to be my best, authentic self, thanks to the Coast Guard Auxiliary.

Vicki Hudson is a member of FL 12-1, East Bay



Cooking-in-Place

by Michele Gibson

Artichoke Chicken Rosé

4 whole chicken breasts, split, skinned, boned
1 can (8 oz.) artichoke, quartered (keep liquid)
1 1/2 cups fresh 1-inch-diced tomatoes (skin on)
1/3 cup green onions, sliced, mostly green tops

Sauce:

1/4 cup butter
1/4 cup flour
3/4 cup reserved artichoke liquid
1/4 tsp. white pepper
1/2 cup Rosé wine
2 bouillon cubes, dissolved in 1/2 cup hot water

Topping:

1/2 cup breadcrumbs
1/3 cup grated parmesan cheese
2-3 Tbsp. melted butter

- Arrange chicken breasts in greased baking pan.
- Top each with 3-4 pieces of artichoke, 5-6 pieces of tomato, sprinkle with green onion.
- Pour sauce over all to cover.
- In a saucepan, melt the butter. Add the flour and stir for 3 minutes to make a roux.
- Add artichoke liquid, wine, and bouillon. Stir until thickened and of medium consistency. Add more water if necessary.
- Season with salt and pepper to taste.
- Before baking, combine breadcrumbs and grated parmesan with melted butter. Top chicken with mixture and bake at 375 degrees for 45 minutes, or until done.

Garlic Mashed Potatoes

5 lbs. Russet potatoes
6-8 garlic cloves, peeled
Head of garlic, roasted, peeled, mashed
Salt
1 cup (or more) half & half
8 oz. (or more) butter

- Peel and slice potatoes lengthwise, then in half.
- Place potato chunks and garlic cloves in a large pot of cold water sprinkled with salt.
- Bring to a boil until knife tender.
- Remove potatoes from water and drain pot.
- Discard garlic cloves.
- Return potatoes to pot - over a low heat to remove excess moisture from potatoes.
- Mash with potato masher.
- Cover with tin foil.
- Heat butter and half & half until butter is melted. Stir in the roasted garlic.
- Add the butter/half & half/garlic mixture to the mashed potatoes, a little at a time.
- Continue to add until the potatoes have the right consistency.
- Cover with aluminum foil and keep warm in a low oven. (150 degrees).

Michele Gibson, Div. 4 SO-FS, is a member of FL 46, Redwood City.



French Fruit Flan -- Preheat oven to 425 degrees.

Pastry: 1 cube unsalted butter (ice cold), 1 1/2 cups all-purpose flour, 1/4 cup sugar, 1 tsp. baking powder, 2 egg yolks
In food processor, add flour, baking powder, sugar, cubed butter. Process until combined. Add yolks one at a time and process until mixture comes together. Press the dough evenly into a 10-inch quiche pan. Place a piece of foil over the bottom of the pan (dull side down) and add baking chips or rice as a weigh over crust while baking. Bake for 18-20 min.

Filling: 1 pkg instant Fr. Vanilla pudding (no substituting), 1C unwhipped heavy cream, 1C sour cream, 1-2T liqueur
Mix the first 3 ingredients well then add liqueur. Cool mixture for a few hours, preferably overnight. Pour into crust.

Assembly: In a saucepan, simmer Apricot jam and 2-3 Tbsp. Brandy for 4 minutes. Then strain the mixture. Top the flan with your favorite seasonal fruit, such as berries, kiwi, grapes, oranges, peaches, and blueberries are good choices. Brush the fruit with the strained apricot jam.

Maintaining Health and Fitness

by Greg Schaefer

Did you hit the Garlic Mashed Potatoes and French Fruit Flan a little hard this winter? Winter weather got you down? Working from home getting stressful? Getting lonely?

January is a time when many of us commit to big resolutions – exercising more, eating less, taking better care of ourselves in general. That’s immediately followed by February, when many of us suddenly remember how much better we were going to do this year, notice how we haven’t kept up with our resolutions, and feel kind of badly about ourselves. In this article, I want to do two things – encourage us all to adopt good health practices, and advise us all to try mid-course correction instead of disappointment.

First of all, it’s important to remember that health and fitness is more than how much we weigh or how many sit-ups we can do. The Coast Guard has adopted the *Total Force Fitness* model, which emphasizes several aspects of health: Physical Fitness, Environmental Fitness, Medical and Dental Preventive Care Fitness, Nutritional Fitness, Ideological and Spiritual Fitness, Psychological Fitness, Social Fitness, and Financial Fitness. You can find more at <https://health.mil/News/In-the-Spotlight/Total-Force-Fitness>. We are complex beings, and there are a lot of aspects to our Health and Fitness. Don’t forget that as you consider what areas you might like to work on.



Males	Push-ups	Sit-ups	1.5-Mile Run	12-Minute Swim*
Under 30	29	38	12:51	500 YDS
30 to 39	24	35	13:36	450 YDS
40 to 49	18	29	14:29	400 YDS
50 to 59	13	25	15:26	350 YDS
60+	10	22	16:43	300 YDS

Females	Push-ups	Sit-ups	1.5-Mile Run	12-Minute Swim*
Under 30	15	32	15:26	400 YDS
30 to 39	11	25	15:57	350 YDS
40 to 49	9	20	16:58	300 YDS
50 to 59	9	16	17:55	250 YDS
60+	9	15	18:44	200 YDS

Notes:
 (01) 12-minute swim test chart is based on Dr. Kenneth Cooper’s research.
 (02) Push-ups and sit-ups must be performed within a one-minute time period.
 (03) Either the 1.5-mile run or the 12-minute swim may be performed to meet the standard.

Personally, I want to focus this winter and spring on my physical fitness, so I’m setting a goal of trying to meet the physical fitness standards of our gold side colleagues. (As you may know, Auxiliarists are exempt from the physical fitness standards that many other members of Team Coast Guard are held to; but that doesn’t mean we have to avoid them! And, lest you think I’m starting off anywhere near that goal, I weigh more than I’d like, eat more than I should, and don’t exercise as much as my doctor wishes.)

And, part of meeting goals like this is to make them both **realistic** and **flexible**. If I haven’t walked around the block in decades, I shouldn’t set a goal of running 3 miles every day; I should start with something **realistic** and (hopefully) work my way up through intermediate goals to help me reach the ultimate goals. And, along the way, if I discover those aren’t working, I’ll make a mid-course **correction** until I find what does work for me.

Of course, your goals might not be the same as mine. You, in consultation with your doctor and/or other professionals, might want to improve your Physical, Environmental, Medical and Dental Preventive Care, Nutritional, Ideological and Spiritual, Psychological, Fitness, and Financial Fitness. Which stands out to you today? What is one realistic goal you can set? When will you re-evaluate to see if you need to make a mid-course correction? And, how will you reward yourself for meeting your first goal? Health and Fitness don’t have to be onerous; let’s see what we can do to improve our well-being, both for the sake of our work and for the sake of ourselves and our loved ones.

Paddlecraft Safety

New Paddlecraft Safety Effort Starts at the Water's Edge



Canoeists and kayakers may soon see a red safety sign posted at launch ramps and other water access areas across the country. The new safety sign is part of an ongoing effort to reduce the number of paddle sport fatalities. USCG Recreational Boating Statistics show that, between 2013 and 2018, an average of 133 paddlers died each year – nearly a quarter of all boating deaths. The vast majority of these paddlers were not wearing a lifejacket and drowned.

The sign resembles a stop sign and carries a simple message - *Stop. Always Wear Your Life Jacket.* “The purpose of this program is to remind paddlers that the single most important factor in preventing drowning is to wear an appropriate life jacket,” said Robert E. Kumpf, of the Coast Guard Auxiliary.

The Coast Guard Auxiliary, the National Safe Boating Council, the Water Sports Foundation, and regional paddling organizations have worked together to promote paddlecraft safety.

For more information about the Coast Guard Auxiliary’s paddlecraft safety programs please visit the [Recreational Boating Safety Outreach Directorate's website.](#)

Spotlight Question

Greg Schaefer

The spotlight question encourages you to explore Auxiliary websites. The first person with the correct answer each quarter will be spotlighted here in the next issue of Northwind. Good luck!

Last quarter's question: According to Robert Shafer, Assistant National Commodore – Recreational Boating Safety, what are the four "biggest causes of boating accidents and deaths," what are the remedies that the Auxiliary offers for each of them, and where did you find this information?

Answer: The biggest causes of boating accidents and deaths are all too familiar: No life jacket, Alcohol, Lack of boating knowledge, and Lack of necessary equipment. The Auxiliary urges boaters to wear life jackets each and every time they go out on the water, urges boaters to avoid alcohol when boating, offers a variety of boating education classes to provide boaters with the knowledge they need to operate their boats competently and safety, and offers free Vessel Safety Checks so boaters can check to see that they have all of the required boating safety equipment aboard. This information was found on the AUX Recreational Boating Safety website.

Congratulations to the first person to submit the correct answer:



This quarter's question: An Aux website lists eight *benefits of membership*;

- 1) What are those eight benefits,
- 2) Which one(s) have you personally received, and
- 3) Where did you find the list?

Send your three-part answer in an email to gregschaefer.uscgaux@gmail.com.

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FREE

Those Who Have Crost the Bar

Sep 1 through Nov 30, 2020

Ralph B. Larsen, FL 72, Sept 13

Steve B. Gorman, FL 31, Oct 2

Victor Beelik, FL 11-4, Nov 19

David T. Wright, FL 35, Dec 1

*The following shipmates died earlier in 2020
but, as news has just reached us,
their names are being acknowledged now.*

Andre Gabany, FL 14, Mar 27

John A. Fleming, FL 17, Apr 6

Robert M. Peterson, FL 19, Jun 19

William K. English, FL 14, Jul 26

Daniel W. Kauffman, Jr., FL 88, Aug 10

William H. Correll, FL 10-3, Aug 12

"Crossing the Bar"

by Alfred, Lord Tennyson

*Sunset and evening star,
And one clear call for me!
And may there be no moaning of the bar,
When I put out to sea,
But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out the boundless deep
Turns again home.
Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell,
When I embark;
For tho' from out our bourne of Time and Place
The flood may bear me far,
I hope to see my Pilot face to face
When I have crost the bar.*

Rest easy, shipmates; we've got the watch.

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