



THE ANCHOR LINE

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FROM THE HELM



Summer is finally here, along with all the heat that comes with it. (And for some, much **more** heat than they would like). This month's column will address summer safety in review. Probably the foremost item making news lately is the Heat Index. We have had about a week of Heat warnings from the National Weather Service in Paducah warning of heat indexes up to 105 degrees. What we as boaters and individuals need to be aware of are how heat and humidity can affect the safety of other around us. Some of the terms that keep popping up in the news and weather forecasts are Heat Illness, Heat Exhaustion, and Heat Stroke.

Heat Illness as defined by WebMD is as follows: Prolonged or intense exposure to hot temperatures can cause heat-related illnesses, such as [heat exhaustion](#), heat cramps, and heat [stroke](#) (also known as sun stroke).

Without getting into the technical details as to why these conditions happen, the trick is to limit your exposure to heat. Try to stay in the shade, stay in an area that is well ventilated so air movement will help cool your skin, and you can add moisture to your skin like misting, to help assist your body in cooling itself.

The main danger in heat illness is from loss of fluids and salt through sweat. As the amount of fluids leaving your body increases, the risk of heat illness goes up. If you are going to be out in the heat, be sure you have a good supply of water or sports drink like Gator-aid. If someone you observe shows signs of dizziness, weakness, faintness, headache, muscle cramps, loss of

appetite, or nausea, these may be signs of heat exhaustion. That person must be cooled down immediately and fluids and salt must be restored. If the person does not respond quickly to this action, call 911 or get Emergency Medical Help quickly.

Sunburn is also a common problem this time of year. Be sure to wear your sunscreen with a high SPF rating. It seems every year the suntan lotion company's come out with higher and higher ratings. It is not due to global warming, they just understand that many people just don't put enough on or often enough. They are hoping that if you use a higher SPF rating, you will be better protected. Loose clothing and hats help too.

Life vests are the single best way to prevent drowning, and they are not just for boating. They can save lives on the shore and at the swimming pool, especially for small children. If you happen to be on shore or at the pool, keep your eyes open for the small children, especially the ones on floaty toys. Accidents happen so quickly with children. If you see one fall in the water, point and yell. Don't take your eyes off them until they are safe. You don't even have to know how to swim for that rescue. Their mothers will probably thank you.

Semper Paratus

Stan Sward FC 44

FROM THE PRESIDENT OF THE UNITED STATES OF AMERICA

June 19, 2009

I send my warmest regards to the United States Coast Guard Auxiliary in celebration of your 70th anniversary of service to our Nation.

Formed by an act of Congress on June 23, 1939, the United States Coast Guard Auxiliary has distinguished itself through gallant service in support of the U.S. Coast Guard and the safety of our Nation's recreational boaters. Today's 29,000

Auxiliarists, and the legions of those who have gone before them, have willingly sacrificed their time and resources to save hundreds of lives, conduct thousands of search and rescue missions, and prevent millions of dollars in property loss.

In the wake of staggering national challenges posed by the tragic vents of September 11, 2001 and the devastation wrought by Hurricanes Katrina, Rita, and Wilma in 2005, the United States Coast Guard Auxiliary selflessly served millions of hours to protect our citizens and improve maritime safety and security. Members of the Auxiliary have always displayed unparalleled devotion to the welfare of America's recreational boaters through public education programs, vessel safety checks, and marine dealer visits. These efforts have proven invaluable to accident prevention and the vast enjoyment of our Nation's coasts, rivers, and lakes.

I congratulate you for your steadfast commitment to the highest standards of citizenship, patriotism, and community service. On behalf of all Americans, I wish you all the best for a memorable celebration. May you continue to find happiness and fulfillment in your many contributions to our country.

//s//Barack H. Obama, President."

DISCONTINUANCE OF THE SERVICE DRESS BLUE (ALPHA) UNIFORM

1. The Service Dress Blue (Alpha) uniform was discontinued as a Coast Guard uniform several years ago.
2. In January 2009, the Auxiliary National Board approved a recommendation to discontinue its use within the Auxiliary, and the Chief Director has approved this National Board action. Accordingly, the Service Dress Blue (Alpha) uniform is no longer authorized as an Auxiliary uniform.
3. This change will be included in the next update to the Coast Guard Auxiliary Manual.
4. The purpose of this list is to keep Auxiliarists as well as all other interested parties abreast of current developments, policies, manuals, etc. All information contained herein and linked is OFFICIAL policy and information.
5. Internet Release and Distribution is Authorized.
6. CG-54211, sends

(EDITOR NOTE)

The (Alpha) uniform was the same as the (Bravo) but the Alpha was worn with a white shirt and was

designated to be worn after 1800 hours. The (Bravo) is worn with the Air Force blue shirt.

USCGA COMMENCEMENT

On May 20 2009, with four intense yet rewarding years behind them, 225 men and women transitioned from cadets to fully commissioned United States Coast Guard officers. On this beautiful spring day, the Coast Guard Academy graduates listened as Department of Homeland Security Secretary, Janet Napolitano, extolled their diligence and merit as individuals and distinctions as a class. The newly initiated ensigns accepted their commissions furthering their commitment to the Coast Guard's Core Values of Honor, Respect and Devotion to Duty.

The Coast Guard Academy Class of 2009 celebrated the institution's 128th Commencement on May 20, 2009.

Cindy

DO YOU KNOW?

"Bravo Zulu"

Submitted by: Gary Taylor

This is a naval signal, conveyed by flag hoist or voice radio, meaning "well done"; it has also passed into the spoken and written vocabulary. It can be combined with the "negative" signal, spoken or written NEGAT, to say "NEGAT Bravo Zulu," or "not well done."

There are some "myths and legends" attached to this signal. The one most frequently heard has Admiral Halsey sending it to ships of Task Force 38 during World War II. He could not have done this, since the signal did not exist at that time. "Bravo Zulu" actually comes from the Allied Naval Signal Book (ACP 175 series), an international naval signal code adopted after the North Atlantic Treaty Organization (NATO) was created in 1949. Until then, each navy had used its own signal code and operational manuals. World War II experience had shown that it was difficult, or even impossible, for ships of different navies to operate together unless they could readily communicate, and ACP 175 was designed to remedy this. In the U.S. Navy signal code, used before ACP 175, "well done" was signaled as TVG or "Tare Victor George in the U.S. phonetic alphabet of that time. ACP 175 was organized in the general manner of other signal books, that is,

JUNE MINUTES

There are no minutes for the June Meeting.

starting with 1-flag signals, then 2-flag and so on. The 2-flag signals were organized by general subject, starting with AA, AB, AC, ... AZ, BA, BB, BC, ... BZ, and so on. The B- signals were called "Administrative" signals, and dealt with miscellaneous matters of administration and housekeeping. The last signal on the "Administrative" page was BZ, standing for "well done."

At that time BZ was not rendered as "Bravo Zulu," but in each navy's particular phonetic alphabet. In the U.S. Navy, BZ was spoken as "Baker Zebra." In the meanwhile, the International Civil Aviation Organization (ICAO) had adopted English as the international air traffic control language. They developed a phonetic alphabet for international aviation use, designed to be as "pronounceable" as possible by flyers and traffic controllers speaking many different languages. This was the "Alfa, Bravo, Charlie, Delta..." alphabet used today. The Navy adopted this ICAO alphabet in March 1956. It was then that ---

"Baker Zebra" finally became "Bravo Zulu."

BIRTHDAYS JULY

July 9 Ed Chapman

YEARS OF SERVICE

No One for July

DATES TO REMEMBER

Division Meeting	Monday 6 July 2009
Flotilla Meeting	Wednesday 8 July 2009
Sunday 12 July	VE Mt. Vernon Boat Club
Sunday 19 July	VE Dogtown Ramp
Anchor Line Dead Line	Thursday 30 July 2009
Flotilla Meeting	Wednesday 12 August 2009
Fall Conf Columbus Ohio	17-19 September 2009