

**From the Bridge**

Quarterly theme – membership and member retention

Jim Flowers, 10-05's U.S. Marine Corps liaison, reported the Toys for Tots program was a huge success. The USMC service organization gave a formal "thanks" and a "job well done" to the USCG Aux and the USCG at Station Oak Island. Jim mentioned the toys would be distributed to Brunswick County children which is a departure from years past.

Doug Gorsline communicated to the members that the Frying Pan Data Buoy #41013 will be out of service for an undetermined length of time. For weather and sea state information, he recommended the following web sites:

[www. Caro-coops.org](http://www.Caro-coops.org)

www. Cormp.org

FC Edman was optimistic about the potential for an Aux Air Program in that 30 members of the Experimental Plane Association at Brunswick County Airport expressed a desire to move things along. Our Flotilla may be adding a new dimension in the near future.

Please note the following dates:

1 Feb 2007 – Registration for the Boating Safety & Seamanship Course at 1900 -Progress Energy Media Center

6 Feb 2007 – 1900 – Flotilla Staff meeting at Station OI (always 1st Tuesday)

20 Feb 2007 – 1900 – Flotilla monthly meeting at Station OI (always 3rd Tuesday)

10 Mar 2007 – District workshop in Wilmington. Details forthcoming

4 Apr 2007 – 1300 – Quarterly Coxswain meeting at Station OI

Many awards were presented by FC Edman at the January meeting. However, one stands out as being reflective of the dedication and spirit of 10-05. Captain William Lee, USCG, recognized Fred Hoon with a USCG Meritorious Team Commendation for his work with the Coast Guard. For several years, Fred has worked at the station every Wednesday from 0900 – 1400 hrs and in addition he has served as a watch stander at the Diligence in Wilmington when the cutter is in port. This honor highlights the quality of 10-05 and its membership.

Meritorious Facility Operational Awards were presented to Charlie Jones, Ephraim Botnick, Gene Hagerty, Doug Eaton and Warren Edman for underweigh hours in support of the USCG. Donn with 114 hours and Warren's 228 hours received outstanding recognition.

Visit the flotilla web page: www.a0541005.uscgaux.info



The Division's Captain issued Century Underweigh Awards to Warren Crane (100 hours), Joe Mazzei (130 hours), Donn Eaton (150 hours), Geof Chaney (170 hours) and Warren Edman (300 hours). Warren also received the Division's Coxswain of the Year award.

Marine Safety

As you may well know, Jim Stoddard is our new FSO-MS. Marine safety has been a strong area of 10-05 in that prior MS officers have earned division and district recognition. Nancy Hahn is the Division's MS and Doug Gorsline is the District Marine Safety officer.

Jim Stoddard is from the little town of Nyac, NY, which is on the Hudson River and not far from West Point. After 4 years in the U.S. Navy as a radar operator on a destroyer sailing out of Charleston, he returned to NY where he earned a degree in finance and marketing from Pace University. After many years in marketing, he retired only to begin a late in life study and practice of computer graphics. He and Mary live in Southport where he does some consulting. He is crew qualified and is currently working toward being crew qualified for the USCG. His major focus as FSO-MS has been the USCG Sea Partners Campaign.

The Sea Partners Campaign is an effort to develop community awareness of maritime pollution issues and improve compliance with the marine environmental protection laws. Of particular concern is the polypropylene used in fishing nets, fishing line and plastics in general. Plastics never sink because they don't absorb water. They fracture into ever smaller particles floating like plankton to be ingested by marine life and to be inhaled by sea turtles. Small plastic pellets that are poisoning our seas are referred to as "mermaid tears" by British researchers. A few months ago, Bert Felton ran a video of the dramatic marine impact of plastic particles, which was highly impressionable.

On a larger scale is the pollution that still exists from drift nets. High seas drift nets were banned by the UN in 1992 – however, they are still producing damaging environmental effects especially in the Pacific. These nets with a mesh of 3 inches were 50 miles long, becoming popular in the early 1980's. Some fishermen lost half of their nets each year. These lost nets are still out there. NOAA scientists scanning the ocean from the air have identified a flock of about 100 nets. One can appreciate the scale of the problem, knowing US Coast Guard divers devoted 1 month pulling 25 tons of netting and debris including two 4000 pound, 15 mile long drift nets from the reefs around Lisianski Island in the North Pacific. When they left, they estimated 6000 tons of netting and plastic remain. Those nets, as does polypropylene monofilament line, break down over time into small particles the size of plankton, never to go away.

On a smaller scale but equally as important to our area, Jim has written a grant for seed money for us to develop a Monofilament Recovery and Recycling Program (MRRP). This program would be administered in conjunction with the U.S. Coast Guard's Sea Partners Environmental Outreach initiative. If the Boat U.S. grant is awarded, money will be available to establish MRRPs in the Southport – Oak Island area. Discarded fishing line will be collected and forwarded to a national recycling center thereby reducing marine contamination. Jim is also interested in developing a public marine environmental education program as well as reviving the flotilla's environmental patrols.



Jim is very enthusiastic about marine safety, which is more than a one-person job. So please contact him if you are interested in working in this important area.

From the Galley

Refreshments for the February meeting will be provided by 10-05's culinary talent Rich Zander. If you have special requests or specific needs, contact Rich before he plans his menu.

Sick Bay

Rich Thompson is still receiving chemo but is on the mend. Joe Boland and Joe Mazzei visited Rich and Marilyn's home where they swore him in as a new member. All of us are looking forward to Rich's return.

Doc Talk

Our bodies are 60% water. Muscle tissue contains 75% water, skin 70% and connective tissue (ligaments, etc.) 60%. If a 160 pound man were to completely dehydrate, he would weigh 64 pounds. Just a small amount of dehydration can impair your energy level, temperature regulation, digestion, and muscle strength. So while performing the enormous physical tasks the coxswain asks of you while on patrol, take time to hydrate.

Test for impending stroke (STRO)

1. **Smile** – mouth drifts to side opposite
2. **Tongue** – stuck out tongue drifts to side
3. **Raise Arms** – arm may drift downward on side opposite
4. **Oral** – repeat a simple sentence

Failure to perform any one of these tasks suggests impending stroke.

Coffee versus Cola

Harvard researchers tracked 155,000 women for 12 years and found the more cola they drank (regular or diet), the greater their risk of high blood pressure because of the sodium content.

Coffee drinkers, even those who drank more than 3 cups per day, had no increased risk. Coffee contains heart healthy antioxidants also, which probably offsets the effects of caffeine.



From the Chain Locker

Admiral – the word comes from the Arabic “Amir-al-baka”, meaning Prince of the Sea.

Agonic – comes from the Greek work “agonas”, meaning “no angle”. Zero magnetic compass variation is illustrated by an agonic line.

Back in Time

1964 – A Chris Craft 27 foot Constellation (sleeps 4) cost \$9,345.00. One gallon of gasoline cost 27 cents.

That’s all Folks! FSO-PB