



**Homeland
Security**

**U.S. Coast Guard Auxiliary
District 11 Northern Region**

Serving Northern California, Nevada, Utah



Date: August 2008
To: Mike Williams, VCO & District Board/Staff
From: D11N DSO-OP
Subject: District OPS Report

Included at end of this report:

- D11N OPERATIONAL HOURS
- OPS REPORT INDEX by SUBJECT

BUSY TIME OF YEAR:

All our surface assets have been busy. The very professional handling of the Auxiliary on the water support of Festival of Sail's was done by Linda Vetter; Jeff Price directed the Land Mobile units and many other Auxiliarists were active in many, many ways. Tremendous Auxiliary surface activity on our Inland Lakes, the commissioning of the BERTHOLF, the change of commands, the Big Cat Poker Run in the Delta, plus other events all made the first two weeks of August disappear in a flash.

PATROL REIMBURSEMENT:

The subject of "I did not get reimbursed for my patrol" has come up again. This is just a reminder that you can find out if your reimbursement is in process from the Finance Center. Click on the below link, then follow the instructions below. Thank you Linda Vetter and Mike Williams for the reminder and the below instructions.

http://www.fincen.uscg.mil/aux_info.htm

Just click on the "Claim Status Travel Voucher Summary" and enter the requested information (SSN, last name, and then Patrol claim Document Number - from upper right corner of 5132 form, etc.) as directed. Then you have the info direct from FinCen as to status. Please fill out your reimbursement forms as soon as possible following your patrol.

DOUBLE CHECK YOUR HOURS:

As we all know errors can be made, I know I am at the head of the "errors made" line. Please go into AUXINFO and verify the hours that you have turned into your IS officer are showing in AUXINFO. Everyone can easily go into AUXINFO and check all types of information and it is a great tool to play with. Remember, you are the one responsible that your hours are recorded correctly.

ICS-210 / ICS300 REQUIRMENT:

We have talked about this requirement for over two years and fortunately our District is far ahead of the curve. Headquarters has set the drop dead date of March 2009 for the ICS210 or ICS300 course. Either course will satisfy the requirement. We will again be offering the ICS210

course at the February PCA Fair and am hoping to be able to work it into the DTRAIN schedule. This is a classroom course only and cannot be taken on line.

Attached please find a suggested schedule for the ICS-210 class. As you know, our District is the only District in the Nation that is even close to training all members who are required to have this course. To finish up the under 200 members who have not taken the course yet and to give others who expect to have certifications that will require them to have the course the attached schedule is offered.

Sunday, Oct 12, 2008	DIV-8	Minimum 25 members, Clear Lake
Saturday, Nov 08, 2008	DIV-11	Minimum 25 members, Lake Tahoe
Sunday, Nov 16, 2008	DIV -6	Minimum 25 members, Santa Cruz
Saturday, Jan 31, 2009	DIV-7	Minimum 25 members, Salt Lake City
Saturday, Feb 16, 2009	PCA Fair	30 students AM, 30 students PM = 60
Saturday, Mar 29, 2009	DTRAIN	30 students AM, 30 students PM = 60

The above aggressive schedule will satisfy the training needs, by the mandated dead line, of all our members who are in need of ICS-210 and also include those who do not yet need the requirement but will in the future.

SUNSCREEN FACT & FICTION:

The below article gives excellent information on how we can protect ourselves while on the water and in the sun.

This was copied from Division 7's "TACKLINE" and they obtained the information from BOAT US.

Sunscreen FACT and Fiction

Boaters are used to seeing statistics about themselves – number of registered boats, annual accidents and such. But one statistic that includes most of us boaters is the chance of becoming a skin cancer patient. Over 1 million cases of skin cancer are diagnosed each year and it is the most common cancer among men over 50.



Most boaters are pretty savvy about sun protection; just look at all the number and variety of boat hats we all have. But some myths still persist and the American Academy of Dermatology has the research to bust a lot of these misconceptions. See how many myths you've come to believe.

Myth #1 A sunscreen with high SPF means you can stay in the sun much longer.

Not exactly. SPF is calculated on the number of hours to produce sunburn. Sun damage comes from both UVA and UVB rays. Apply a "broad-spectrum" sunscreen with protection from both, every 2 hours.

Myth #2 Sun Block means I'm totally covered.

No sunscreen blocks 100% of UV rays.

Myth #3 If the label says its waterproof, no need to reapply.

Since the FDA does not recognize the term "waterproof," don't count on it to last after a swim.

Myth #4 Once I put on sunscreen I'm good for the entire day.

No sunscreen is going to be effective after two hours.

Myth #5 It's really cloudy so I don't need sunscreen.

Not true. About 80% of the sun's ultraviolet radiation passes through the clouds.

Myth #6 I wear long sleeve shirts, so I'm protected.

What about your face, neck and hands? And don't forget your feet.

Myth #7 I can use last summer's sunscreen.

The FDA requires sunscreens to be chemically stable for up to three years; but if you use the right amount, you shouldn't have much left over. Products change, so do your skin a favor and buy a fresh supply each year.

Myth #8 The products have gotten so good, I only need a little.

Wrong. Most people under-apply. About 1 ounce is needed, enough to fill a shot glass.

Myth #9 I need the sun to get Vitamin D.

No studies have shown that sunscreen causes a Vitamin D deficiency.

Myth #10 Combination sunscreens and insect repellents are best.

There is concern about the effectiveness of combination sunscreen-insect repellent lotion and sprays. More study is needed.

Let's take care of our skin. We could be glad we did!

(Information from *BoatUS*, Volume XIII, July 2008)

Nada Turpin, SO-RBSPV

2008 Operational Hours as of 8 Aug 2008

Mission Hours as values	ATON - Aids To Navigation (30,31,32)	AUXMP - Marine Patrols (01a,01b,02,03,22a,54a,55a)	All Missions
11NR - Div 01	54.00	772.70	826.70

11NR - Div 03	32.50	3,701.40	3,733.90
11NR - Div 04	16.00	648.70	664.70
11NR - Div 05	9.00	2,101.20	2,110.20
11NR - Div 06	0.00	735.80	735.80
11NR - Div 07	0.00	1,218.60	1,218.60
11NR - Div 08	96.70	973.90	1,070.60
11NR - Div 10	27.50	493.50	521.00
11NR - Div 11	17.00	464.20	481.20
11NR - Div 12	42.50	755.30	797.80
11NR - Eleventh Northern	295.20	11,865.30	12,160.50

Current List of Operational Events in D11N for 2008:

2008	UNIT	LOCATION	CONTACT
SEP 12-14	FLOTILLA 7-2 OPTREX	STRAWBERRY UTAH	TBA
OCT 11-13	TIE-OUT Flotilla 88	Clear Lake	POC: Betty Strach FC 88 ICS-210 will be offered
OCT 24-26	OPTREX Flotilla 3-10	Brannan Island	POC: Cal Faulkner

Respectfully,

DSO-OP, D11N

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<u>SUBJECT</u>	<u>ISSUE</u>
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BOAT CREW BASICS BY R. PETERSON	APR-08 " OPERATE OF VHF-FM RADIO/TELEPHONE
BOAT CREW BASICS BY R. PETERSON	AUG-07 "TOUGHEST BOAT CREW TASKS (COND'T)"
BOAT CREW BASICS BY R. PETERSON	FEB-08 "STANDING LOOKOUT"
BOAT CREW BASICS BY R. PETERSON	JUL-07 " TOUGHEST BOAT CREW TASKS (COND'T)"
BOAT CREW BASICS BY R. PETERSON	JUN-07 "TOUGHEST BOAT CREW TASKS?"
BOAT CREW BASICS BY R. PETERSON	MAR-08 "PARTICIPATION IN A MAN OVERBOARD"
BOAT CREW BASICS BY R. PETERSON	MAY-08 "COMMUNICATIONS, USE OF PROWORDS"
BOAT CREW BASICS BY R. PETERSON	NOV-07 "CREW MEMBER BOAT CREW TAKS
BOAT CREW BASICS BY R. PETERSON	April-07
CALIFORNIA LAKE INCIDENTS - CANDIDATE (OPS) INFO BEFORE REQUESTING A QE CERTIFICATION STATUS	May-08
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COMMUNICATIONS U.S.VHF CHANNELS	June-08
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FACILITY VALUES	May-08
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FLARE DISPOSAL (ALAMEDA COUNTY)	November-07
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	July-08

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