

# Galley Gossip

COLUMBUS  
SAIL AND POWER  
SQUADRON



A UNIT OF UNITED STATES POWER SQUADRONS

MAY 2009

VOL. 47, NO. 3

DISTRICT 29

[www.columbussailandpower.org](http://www.columbussailandpower.org)



## CSPS Dinner Meeting

### 7 May, 2009

### Social Time 1815

### Dinner and Program 1915



Program:     PFDs     First Aid Kit     **Skills!?**

Come enjoy a great social time, meal and program that might help you save a life.

### Jefferson Golf and Country Club

7271 Jefferson Meadows Drive, Blacklick, OH 43004

Directions: From I-270 near Port Columbus take the Gahanna Exit (US62). Continue east on Havens Corners Road through Gahanna. Turn right (south) on Reynoldsburg-New Albany Road. Jefferson Meadows Drive is the second right. Drive to the clubhouse on the left. Enter from the left side entrance as you are facing the clubhouse.

Dinner Choices: Chicken Parmesan, Rigatoni Noodles with Oven Roasted Tomatoes, Bacon, Peas and Alfredo Sauce.

Or

Shaved Top Round with Mashed Potatoes, Broccoli, and Red Wine Demi  
Both include Rolls and Butter, Banquet House Salad, Cheesecake with Fruit Topping.

\$21.00 per person

Cash Bar

Attire is Uniform A or B or Business Casual.

RSVP with dinner choice to Matthew Murphy by  
phone or email:

614-886-6732 or [RSVPtoCSPS@insight.rr.com](mailto:RSVPtoCSPS@insight.rr.com)

**\*Special Note for golfers:** If you would like to golf at The Jefferson the day of our dinner meeting, see details on page 4!





# Galley Gossip

COLUMBUS SAIL AND POWER SQUADRON

Official Publication of Columbus Sail & Power Squadron



Cdr Robert L. Prior, S

Lt David R. Fannon, AP

**Commander**

**Editor**

Chartered 1940 • Hdq.: 8492 Cotter St., Lewis Center, Ohio 43035-7139 • 614-384-0245 • bdmichael@core.com

## CALENDAR of COMING EVENTS

### MAY

- 1 Friday GG articles due - June info
- 2 Saturday Noreaster Ice Breaker - Port Clinton
- 4 Monday Public Boating Class wrap-up meeting
- 7 Thursday Dinner Meeting - Jefferson Country Club
- 11 Monday Seamanship Class begins - HQ
- 16-22 Sat.-Fri. Safe Boating Week
- 16-17 Sat.-Sun. Vessel Safety Exams @ Alum Creek
- 23 Saturday Grandview Parade & Cookout
- 26 Tuesday Executive Committee Meeting - HQ

### JUNE

- 4 Thursday Dinner Meeting
- 18-21 Fri.-Sun. Algonac Cruise

### JULY

- 10-12 Fri.-Sun. Marietta Rendezvous

## 2009-2010 EXECUTIVE COMMITTEE COLUMBUS SAIL AND POWER SQUADRON

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## COMMANDER'S MESSAGE

Cdr Robert L. Prior, S



Although I have been home for a few days, I am still on a "high" from the District 29 Conference many of us attended this past weekend. From start to finish, it was a well planned, well organized, productive and fun event. It is a clear sign that the new life and energy District officers have devoted to ramping up D-29 these past few months is really paying off. All present commented about the high quality of the general meetings and the educational seminars; I second their accolades. The large turnout was well rewarded by an outstanding event.

At the squadron level, to some District is a bit of an enigma, perhaps even an unknown. In recent years, both District and local squadrons can share responsibility for allowing District to retreat from the conscious awareness of the typical squadron member. District fulfills a vital purpose. The primary function of District is to act as liaison, a conduit of information if you will, from National to us as individual members and provide a return flow of information, input and opinion to National from the membership.



The term "District" may be a bit foreboding to some. In reality it is open to all. At one time, Columbus sent huge delegations to District functions but that has dropped off sharply for whatever reason in recent years. (It was good to see that begin to turn around last weekend). The qualification for attending a District function is simple; as members, we are all eligible to attend and I encourage you to do so.

Congratulations to both P/C Phil Osborn and P/C Larry Lowe for their new positions at District. In the months ahead, I hope we will increase our active support for all of our representatives at District in particular and the importance of District in general. You will find your participation to be both enjoyable and rewarding.

## EXECUTIVE OFFICER

Lt/C Michael Hughes, JN



My summer cruising got started off a little early this year. On March 9<sup>th</sup>, Tracy & I, along with my in-laws, departed Los Angeles CA on the Coral Princess for a 2 week journey through the Panama Canal and arrived in Ft Lauderdale FL. Can you imagine piloting your boat through a canal with a mere 4" width clearance and a 12" length clearance? Our ship's length measured 964' and the lock was 965' with a ship width of 105.6' and the lock at 106'. There is no room for error.



The Panama Canal is approximately 49 miles long uniting the Caribbean Sea with the Pacific Ocean. Each lock has two lanes composed of 1-3 chambers for ascending and descending. We entered the Miraflores Locks on the Pacific side at approximately 7am and maneuvered through 2 chambers before entering Miraflores Lake around 8:30am. We were assisted by eight electric locomotives that merely kept us from striking the walls as the ship used its' own propulsion system to enter and exit the locks. We cruised about 9 nautical miles before entering the Pedro Miguel Locks with one chamber in each lane. After cruising 35 nm through Gatun Lake we entered the final set of locks with 3 chambers to enter the Caribbean Sea around 4pm.

We saw many interesting things during this transition. There were numerous small islands in the lakes with tiki huts as homes, extremely large ships in the anchoring areas waiting to lock up or down, a submarine that was being protected by multiple gun boats, cargo ships stacked full of containers on the move, and signs of new construction on a larger canal to accommodate bigger ships.

The total cost for the Coral Princess to navigate the

canal today, is around \$330,000, the highest toll paid by a cruise ship. The lowest toll was 36 cents paid by Richard Halliburton for swimming through in 1928. It took him 10 days to complete his journey. The average toll for ocean going vessels is approximately \$35,000. The canal opened in 1914 at a cost of approximately \$187 million and more than 22,000 lives.

While the Panama Canal transition was the highlight of this journey, we did make port in several different countries. Huatulco, Mexico is being developed into a major tourist destination, with resort hotels and restaurants springing up along its sun-soaked shores. Puerto Quetzal, Guatemala bears many beautiful fruits and vegetables along with fields of sugar cane and pineapples. Puerto Corinto is Nicaragua's only seaside port capable of handling international container traffic. Costa Rica is also known as the "Switzerland of Central America" because of its tall mountains, forested slopes, green pasturelands and lush vegetation. Our stop in Columbia was cancelled due to problems with the gas turbines. Shopping was abundant in Aruba where the beautiful landscape is covered with rocky deserts, sandy beaches, colorful cacti and secluded coves. In addition to these ports we enjoyed 7 days at sea to experience the art auctions, the casino, both pools, bingo, the fitness center, and to eat, and eat, and eat some more.

Some food for thought – each day our ship consumed approximately 12 tons of food while serving around 10,000 meals. The chefs used about 3600 dozen eggs, 4 ½ tons of vegetable per day, 1 ½ tons of fruit per day all washed down with 1500 bottles of wine and 8200 bottles of beer during the trip. I just don't know where I put all that food!!

If you ever get the chance to make this journey, it is truly the 8<sup>th</sup> wonder of the world. I am looking forward to cruising with my Power Squadron friends in the near future. If you get the opportunity, please join us as you will have an unforgettable experience with us.



Did you ever wonder what to do after a person is rescued from the water and they are in distress? Hopefully they were wearing a PFD. A radio, cellular telephone, or landline is great for getting help but a person has only minutes if they are in serious trouble and you could be the difference maker for the victim. What if it was not near the water and you found someone in distress? We can come up with a lot of questions and scenarios. The Squadron



Boating courses do a good job of teaching and preaching PFDs and safety gear such as First Aid Kits. A First Aid Kit is loosely defined even by OSHA standards. Let's acknowledge that a lot of time is spent by boaters at the dock or on land away from the water in remote areas and a PFD makes no difference in that case. Are you confident in your SKILLS? Like many that I have asked, I suspect others have as many questions and doubts as I do if faced with a situation. We have great information that might be new for you. Our May program will explain the ease of improving your skills and your equipment.

The venue is a beautiful place with great staff to assist us. We will have our own covered entrance away from the front of the Club and easy access to the bar. Formally I must show the attire requirement as listed on the front cover but I think it would be a hoot if everyone came dressed as Payne Stewart to celebrate golf or Don Ho to celebrate Spring. Have fun with that! Come and enjoy. See the cover for details and be sure to RSVP ASAP!

Golf anyone? At the St. Patrick's day party hosted by the Ehrbar's (great fun) it was suggested that if golf could ever be part of Squadron events that ~some Squadron members golf. As the luck of the Irish would have it I checked with the Jefferson CC and because we are having an event there, golfers are welcome to play! If you would like to golf on the Jefferson Golf and Country Club course, this is a great opportunity the day of our dinner event. Wade Grosz volunteered to assist with this (yep, he was at the Ehrbar's) and he will coordinate the golfing portion. I don't golf or speak the lingo so this is what I can tell you. Tee times will be near 1130. Game and cart are \$70.00. Game, cart and lunch are \$82.50. You can clean up at the club after your game and then come to the

## Notice of Retraction

In the Administrative Officer's Article in the April 2009 **Galley Gossip** it was stated that ~ one could earn a Merit Mark by volunteering just once. This was incorrectly stated. The guideline is fifteen (15) hours of volunteer service in a (year) earns one a Merit Mark. The statement should have been more clearly defined and the AO gives his apology and encourages the effort even if it takes more than one activity.

Dinner Meeting! Contact Wade if you would like to play. His email is [wgrosz@aol.com](mailto:wgrosz@aol.com).

I try to write my articles with a new member or at least uninformed member perspective. I joined in 2001. I'm not new but I feel new. I went to my first District Conference the weekend of 27 March. IT WAS AWESOME! No one ever told me how many incredible people I could have a beverage with. I met several people I can describe as caring, informative and interesting. I just thought it was for the officers. Any member may attend—and should attend. Sure I am an officer now but I could have been having this much fun since 2001 before I was elected an officer. I learned more about the Squadron's operations, DB2000 (Squadron database), and listened to some great stories. Our district includes Squadrons from Lima, Fort Wayne, Fostoria, Marion, Port Clinton, Sandusky, and Toledo. Sure there are meetings but only the delegates are required to attend. One can kick back with a card game or just catch up with friends between meetings. Each evening are receptions and or dinners that are very enjoyable. I hope to see more members at the next one and I look forward to seeing my new friends.



**Like to Golf?**  
Special Tee Times available at  
Jefferson Golf and Country Club  
7 May before the Dinner  
Meeting. Contact Wade Grosz  
for details and to sign up.  
[wgrosz@aol.com](mailto:wgrosz@aol.com) or  
614-889-0934



Wow, as the weather warms, our thoughts keep heading toward boating and getting back on the water. Thanks to Jeff Mirgon and his crew, there will now be 57 people who will better understand and enjoy Safe Boating. The Public Boating class is going well and I have heard many positive comments. Thanks to all who help teach and assist in this class. It takes a lot of work and you are all doing a fabulous job.



We finally have the long awaited news that Navigation has been released. We are ordering the Instructors kit and will check it all out. If you are interested in this course, please let me or Roger Hankle know. It is going to be a rather pricey class, so we need to work out some ideas so everyone who wants to take it will be able to.

Congratulations are in order for Mike Cohee as he has earned his Educational Proficiency award. Great job Mike. That is a wonderful achievement. For those who are unfamiliar with the award, it is given to a person who has

## **Kid's Say the Darnest Things**

The Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jason interrupted, 'My Mommy looked back once while she was driving,' he announced triumphantly, 'and she turned into a telephone pole!'

A Sunday school teacher asked, 'Johnny, do you think Noah did a lot of fishing when he was on the Ark?' 'No,' replied Johnny. 'How could he, with just two worms?'

A Sunday school teacher said to her children, 'We have been learning how powerful kings and queens were in Bible times, but there is a Higher Power. Can anybody tell me what it is?' One child blurted out, 'Aces!'

Little Timmy and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When Timmy received his plate, he started eating right away. 'Timmy! Please wait until we say our prayer,' said his mother. 'I don't need to,' the boy replied. 'Of course, you do,' his mother insisted. 'We always say a prayer before eating at our house.' 'That's at our house,' Timmy explained. 'But this is Grandma's house and she knows how to cook!'

achieved at least Advanced Pilot grade and taken 3 elective courses. Again, well done Mike!!!

As we enter our boating season, be sure to keep in mind the thought of taking a class in the fall. Safer boating for all is a great goal and one that you can pass on not only to your children, but grandchildren and friends that you meet on life's journey. If we can help save 1 life through what we teach or a course that we may take, imagine how rewarding that is.

### **Seamanship Class begins**

**Monday, 11 May and runs for 9 weeks  
7 p.m. - Headquarters  
Call David Michael 436-9176 or  
Debbie Smith 890-5864  
to sign up for the class!**

### **MILEPOST**

P/C Larry R. Whiting, P, age 70, of Dublin, Ohio, died Sunday, 29 March, at First Community Village Care Center, in Columbus, Oh. He was born 2 January, 1939 in Iowa City, IA. A graduate of Central City Community School, class of 1958, he received his bachelor's degree in agricultural journalism in 1962 from Iowa State University. He received a master's degree in journalism and mass communications from Iowa State in 1976, and a doctorate in education in 1981. In 1985, he moved to The Ohio State University to become professor of agricultural education and head of communications and technology. He retired as Professor Emeritus from Ohio State on 31 March, 2006. After his retirement, Larry enjoyed spending time on Lake Erie with his wife Linda and served as Commander of the Columbus Sail and Power Squadron in 2008-09. Larry is preceded in death by his parents Robert and Dorothy Whiting, and by his daughter Stacey Whiting. Larry was a member of Prince of Peace Lutheran Church in Dublin where a Memorial Service was held Saturday, 4 April. A Columbus Sail and Power Squadron Service was held at Rutherford Funeral Home in Powell on Friday evening, 3 April.





**Columbus Sail and Power Squadron  
Minutes of the Executive Committee  
24 March 2009**

(These minutes will be approved at the April Executive Committee meeting.)

Cdr Robert Prior, S called the meeting to order at 1931 at the Squadron's headquarters, 8492 Cotter Street, Lewis Center, OH.

Lt/C Debbie Smith, AP, gave the invocation.

Lt/C Michael Hughes, JN, led the Pledge of Allegiance.

Roll call was taken by sight and the Secretary confirmed a quorum was present.

The following Executive Committee members were present: Cdr Robert L. Prior, S,

Executive Officer Michael Hughes, JN, Administrative Officer Lt/C Matthew Murphy, P; Education Officer Lt/C Debbie Smith, AP, Secretary Steve Smith, JN, Treasurer Theresa Nadolson, S, Lt David Brewer, S, Lt Fred Card, S, Lt Tracy Garrett, S, Lt Jeff Mirgon, S, Lt Mary Mirgon, Lt Bill Mohrman, AP, Lt Tom Norman.

Others present were P/C Larry Lowe, SN, P/C David Michael, P, Ron Lavelly, JN, P/C Roger Hankle, SN, P/C Phil Osborne, JN

With no objection, the order of business was varied to expedite the meeting.

The minutes of the February meeting were approved.

A reminder that Friday is the deadline for the *Galley Gossip*.

**Commander's Comments - Cdr Robert Prior:**

I request that EXCOM members send me emails in advance of each meeting on topics/items they wish to be discussed.

There were a couple of articles in the Columbus Dispatch discussing the drop in boating deaths (copies of articles were distributed to those at the meeting).

We may wish to become involved in a waterway cleanup program here in central Ohio (discussion centered on currently existing waterway cleanup groups that have sections of various waterways being addressed for cleanup).

**Report of Officers:**

**Executive Officer Lt/C Michael Hughes, JN:**

I'm looking forward to attending the Spring Conference in Huron this weekend with 1st time attendee and member at large David Brewer. I will present any newsworthy information at the April ECOM Meeting.

We are looking forward to attending the Commander's Ball in a few weeks. Please congratulate your Commander when you see him.

May 16th is the start of Safe Boating Week. We need volunteers to assist with the Vessel Safety Exams at Alum Creek on May 16 & 17 (Saturday & Sunday). If you can spare a few hours please contact me. We have a lot of fun talking with boaters about our upcoming cruises. We will be passing out literature about our squadron and answering questions.

Mark Your Calendars Now – Saturday May 23rd is the Grandview Heights Memorial Day Parade. Paul's Marine will be towing a pontoon boat for us to ride on. We will display our banners about VSE and the GIT-R-ON banner from ODNR. We



have coloring books and other items to pass out. John Wargo from ODNR is bringing Coastie to ride along with us. After the parade, there will be a cookout at the OAYC (Oakland Ave Yacht Club) for anyone wishing to attend. Watch the GG for more details.

Central Ohio Safe Boating Council report to be given by Phil Osborne.

**Administrative Officer  
Lt/C Matthew Murphy, P:**

Results of the March dinner meeting are as follows. We had 70 reservations; 65 attendees and 5 no-shows. We had members show that have not been seen for years. I was very concerned

that members would find the atmosphere and seating a little too cozy. I observed a very electric atmosphere and attendees seemed to have a lot of fun. P/C Phil and Ruth also jumped in and helped quite a bit in getting us set up. A few things I will self-correct such as give the Commander and our presenters a microphone in case we are having too much fun.

The final arrangements have been made for the 7 May dinner meeting. The location is the Jefferson Golf and Country Club in Gahanna area of Blacklick, OH. The facility is very nice and the management has been wonderful to work with. The room will be spacious and a little more traditional in what the Squadron dinner meetings have been. We will have our own entrance and there is a nice bar area close to our room. The location is actually easy to get to from I-270 near the airport using the Gahanna US62 exit.

That said I have been given some input from members about a number of things. The first thing is the desire to move our dinner meetings along quickly and acknowledge that some families need to get home reasonably. The second is to possibly have a theme for the meetings to make them more fun. Another is to question whether or not a program is necessary at every meeting. If other Bridge members have input, please email me to [murphygm@insight.rr.com](mailto:murphygm@insight.rr.com).

Lt Debbie Murphy and I attended the Sea Gals St. Patrick's Day Party at the Ehrbar's. It was great fun. Wade Grosz, Dave Ehrbar and some others asked about golf events. Wade offered to assist with this and we agreed to keep it informal. I have asked Jefferson about golf for the afternoon leading up to the dinner meeting. I will follow up with Secretary Smith if this becomes available for distribution and try to get it into the GG if time permits. I do not plan to handle the money for this and I expect that golfers will need to make their own payment arrangements directly to Jefferson.

Plans are in the making for a joint program with Marion and possibly Lima Power Squadrons for an October 20 event. At this point I'd like to ask that the Officer's calendar have a placeholder on October 20 for this program. I am not yet ready to ask for a vote on the date change. I visited Byxbe's in Delaware last night to find them a little pricey once all the charges are included. Great facility but we are not yet sold on them as they want to charge for every little thing.

Christmas Party planning continues. Lt Angie Deleweese and I met at the Arlington Banquets facility to learn that it is nice but they are not at the top of our list. Angie has continued, as has P/C Don to work on the Commander's Ball for the top priority.



Angie has also visited several other locations in the last week or two. One of which is the Sweetwater location on Sawmill.

I will defer to Lt Ron Lavelly for activities updates.

I taught two class segments 9 March at the Public Boating class.

Teresa Nadolson has been kind enough to add a calendar entry and link for the May dinner meeting. I don't want to speak for her because it means more work but I recommend we do a better job with making our web site more real time and usable for members and potential new members.

I need to request a retraction in the next GG as I improperly stated the requirements for earning a Merit Mark as one activity in my article. I will elaborate in the retraction.

Operations Training is tentatively set for 14 April at 1830. The class should last three hours. Current Executive Committee members are encouraged to get refreshed. If Executive Committee members have not yet taken it I think it is strongly encouraged if not required.

#### **Educational Officer Lt/C Debbie Smith, AP:**

All classes appear to be up and going well. There is great enthusiasm in the Public Boating Course and I have received several comments on how great the presentation by ODNR was. All of you that are on hand to help with this class, thank you. There have been one or two individuals who have attended the last two Sea Gals events and appear to be interested in membership to the squadron.

I have received news that the long awaited Navigation series is out. You will note that the cost has gotten up there. I would like to touch base with some of you to see what interest those in our squadron have in the class. I don't anticipate it being a large number and would like to look into the idea of using our remote system to link up with other, smaller squadrons and in some way we could all take the class, yea keep costs reasonable. Please let me know of your thoughts and ideas in this area. We will be ordering instructor's materials so we can get an idea on what is new, etc.

We have received notification from National that Mike Cohee has achieved his Educational Proficiency Award. I believe in the past, some have gotten a plaque for this. If we could take a few minutes at the next monthly dinner to recognize him, I think it would be appropriate.

I received an email today about the Buckeye Cup Regatta planning meeting. I will pass that on to whoever needs the information.

#### **Secretary Lt/C Steve Smith, JN:**

Minutes of last month's Executive Committee Meeting were approved.

I have a request for members of this committee. When sending out Microsoft Word or Excel document attachments to your email, please save the documents in the 2003 (not 2007) format as members who have not upgraded to the 2007 edition cannot open the documents. Thank you.

#### **Treasurer Lt/C Theresa Nadolson, S:**

The audit report has been completed. Approval is still needed.

#### **Member-at-Large reports:**

##### **Lt Tom Norman:**

Grading papers at the public boating course is going well.

#### **REPORT OF COMMITTEES:**

#### **STANDING COMMITTEES:**

##### **SEA GALS - Lt Debbie Smith, AP:**

The next Sea Gals meeting will be on 23 April, at Mary & Jeff Mirgon's home. Mary is cooking!

##### **RULES COMMITTEE - P/C Roger Hankle, SN, Chairman:**

Sometime Saturday night, I discovered an old file of SOPs. I will review and report back at a future meeting.

According to the SOPs, at the first meeting after the change of watch the SOPs are to be reviewed. Are there any changes, amendments, or recessions?

I found a couple of references to CPS, CSPA and Columbus Power Squadron. MOTION: change above references to Columbus Sail & Power Squadron. Motion seconded and passed.

Section 27-11-90-01 pertaining to mailing one copy of notice of meeting per household. This is no longer needed. MOTION to rescind, seconded and passed.

Standing Rule 23-01-07-01 was omitted from the list presented last month. It will be added to the updated SOPs.

Pursuant to membership procedures, MOTION to rescind SOP 06-06-9102. The motion was seconded, but, tabled pending further investigation.

##### **CRUISES - Ron Lavelly, JN:**

Your Ice Breaker reservations need to be made by the third week in April.

I am working on the Algonac trip. This will include trailer and non-trailer boaters.

The Parkersburg trip is being modified due to docking limitations at the first site.

#### **New Business:**

Phil Osborne introduced a proposal for the squadron to become involved in a local river clean-up project where the squadron would be responsible for picking up trash along the banks of a local water way on a scheduled basis.

Mary Mirgon pointed out that their neighborhood is already involved in cleaning up a section of a central Ohio waterway several times a year. Also, this is a popular project that several organizations currently are involved with on many of the waterways.

The Commander will look into this further and report back.

#### **Sick Bay:**

Commander Larry Whiting, P is in hospice care.

The next Executive Committee meeting will be on 27 April 2009 at 8492 Cotter St., Lewis Center, OH 43035. The meeting adjourned at 2130.

# COMMANDER'S BALL 2009

## 4 APRIL ~ CROWNE PLAZA, DUBLIN



*Dave Ehrbar, Joyce Mattis, Sherry Ehrbar, Jane Clark and Martha Beidel helped paint and assemble the anchor table decorations for the Ball.*



*Wade Grosz and Bob Ehrbar kept our whistles wet.*



*D/C Bill Hall, AP, chats with D/Lt/C Phil Osborne, AP.*



*P/D/C Al Hess, AP and Lt/C Michael Hughes, JN, share a laugh.*

At the Commander's Ball, two members of the squadron were awarded the coveted "Lifetime Membership" designation. The Lifetime Membership plaque is only given to those who have attained 25 Merit Marks! That is no ordinary accomplishment by any stretch of the imagination. The Lifetime Membership cards, plaques and pins were given to:

**P/Lt/C Jim Meyers, SN**

**Lt Ken Spilke, JN**

Jim and Ken, your squadron mates salute you for such an outstanding accomplishment!

**Quarterdeck Enterprises is offering a discount on select Marine Surveys for Columbus Sail and Power Squadron Members. If a Marine Survey is needed please advise Dan that you are a CS&PS member. Dan can be reached at (740)808-2586 or [dan@qudeck.com](mailto:dan@qudeck.com), [www.qudeck.com](http://www.qudeck.com)**

## Join the Parade!

The CS&PS will ride in the May 23rd **Grandview Heights Memorial Day Parade** on a pontoon boat provided by Paul's Marine. We will have boating safety coloring books and other items to pass out. Afterwards, there will be a cookout at the home of Michael & Tracy. Lineup begins at 9am - parade starts at 10am. If you would like to join this great service project please RSVP to Michael at 614-488-4758 or [mtbuckets@aol.com](mailto:mtbuckets@aol.com)

Things to Bring: lawn chairs, a dish to share, bag of candy to toss.

Things provided: ride in parade, grilled food, drinks, fun!



## SURVEYOR INSIGHTS - Dan Libby

Spring has sprung, the grass is riz, I wonder where the sunscreen is.

I suspect I am giving away my age with such a quote but I could not help myself. Due to a lack of space, my article was not in the last article of the *Galley Gossip*. I must admit, I missed writing for you. Since the conception of Surveyor Insights I have received several worthy questions and comments from members of the Columbus Sail and Power Squadron. Please know that I truly enjoy the challenge and encourage anyone with a question, comment or concern to contact me at anytime.

*Dan,*

*I am outfitting my boat with fire extinguishers. Do you have any suggestions?*

Fire Extinguishers: What do I need and how do I use it?

The USCG has requirements that we all must follow but, let us keep in mind that many of the requirements are the minimum necessary to get the job done. Clearly stated, these necessary items **must** be in good working order and accessible. One item we consider common place is a fire extinguisher. Yes, we have one.....someplace. Last time I checked it? Well, just before the last inspection of course. As they say "there is many a slip between a cup and a lip". Is it still where you left it or has someone moved it to make room for an overnight bag? Has some troublesome flying insect decided to make its home in the nozzle? As with most safety gear, it is ignored until we need it, then it becomes a mad dash to locate it and hope it still functions as intended.

How many do we need? A general rule is to have at least one for each appliance or object that could cause a fire. Let's think about this a minute. The Galley: Remember that paper towel holder near the stove, all those pot holders and dish towels? How much of this stuff really stays in place while out water and the wind is blowing? The main engine(s), the generator and the cabin heater are all sources of potential fires. If you engine room has a dedicated extinguisher system, has it been inspected by a professional recently? We have several locations to consider on our example vessel so let's say we need 3 for this boat.

Now, where do we keep them? There is no golden rule here but there are some things we need to consider. If the extinguisher is mounted on the wall in the galley near the stove.....do you have to reach through the flames to get to it? Maybe across from the galley is better. If you are in the stern berth asleep and there is a fire in the mail salon, do you have a fire extinguisher back there with you so you can fight your way out? Is there a small port about 2" in diameter leading into your engine compartment? Some people are not sure what this is for. For future reference, it is so you can squirt you extinguisher into the engine compartment without opening the main door and flooding the fire with fresh oxygen causing as massive flare up. Is there an extinguisher in place for this?

How do we use it? First off, always have a way out. Try to keep a hatch or doorway to you back so you can retreat if necessary. Can you open this hatch without the use of your eyes? Darkness and smoke can disorient us very easily. Take

some time to walk around your vessel and think about this. If I am standing in here and there is a fire over there, where is my extinguisher and how will I exit? Talk about this with your crew and open it up for discussion. The extinguishers we use must be appropriate for the product that is on fire. Kerosene and alcohol are a liquid, the use of a fireproof blanket are recommended rather than an extinguisher that will blow the fuel around the galley instead of putting the fire out. If the propane system leaks and a fire occurs, once the fire is out we **still** have a propane leak. Do we know where the shut off valve is? Is it functioning properly?

The design of an extinguisher is simple and it is that way for a reason. When faced with any type of threat, the human body loses its fine motor skills and reverts back to basic function. Big buttons are better than small ones so to speak. Simply pull the safety ring (usually red), aim the nozzle at the **base** of the fire, squeeze the trigger/handle and sweep back and forth until the fire is out or the extinguisher runs dry.

**Pull, Point, Squeeze and Sweep.** Do not forget the most important rule of all.....**Feet Don't Fail Me Now!** You make one attempt to stop the fire then leave. One attempt only! I push for back up extinguishers but I do this in case you are trapped or the first one fails to function. Let's take a moment to inspect the extinguishers, locate the pull ring and while you are at it check the date read the gauge on that thing. Maybe this should be part of our spring check list???

Our extinguishers should be type "B" and labeled as "Marine Use".

### *On a Personal Note*

**P/R/C Donald Himes, SN, as you all know has Alzheimer's disease. Don will be eighty-five years old 16 June 2006.**

**I would like to thank everyone that has visited and sent cards. Don loves the cards and reads them over and over. Please keep them coming.**

**Don has been living at Emerald Crossings since August 2008. If you are in the area please stop in to visit anytime; however PM is better, mostly because of the activities during the day.**

**Once again thank you for all of your support.**

**Your Friend,  
Marylou Himes**

**Don's address:**

**Emerald Crossings  
Attn: Donald Himes  
7220 Murfield Dr., Rm. 214  
Dublin, Ohio 43017**

# TO YOUR HEALTH - Annie Stephens

Spring is here so try something new! It's the perfect time to try a new kind of bodywork but with so many out there which do we choose?

Bodywork professionals have become very diverse which has made the variety of treatments a little overwhelming when trying to determine which to try. I've compiled a glossary of some of the area's most popular modalities to take some of the mystery out of it. There are HUNDREDS of styles but these are the most common and easiest to enjoy here in the Central Ohio area:

## Ashiatsu

This barefoot massage technique uses deep compression strokes that glide over the body. Gravitational Movements relieve pain symptoms in chronic soft-tissue damage. Correct application will provide deep relaxation while stretching chronic shortened muscles of the body. Bars are used above the head for leverage, and lubricant is essential for its application. Correct application of two-footed strokes near the spine create a "push, pull, pumping" effect on the intervertebral disc space and can relieve irritation on the spinal nerve. No anxiety should result from this application, and client range of comfort is maintained at all times.

## Deep Tissue Massage

Techniques that utilize deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require advanced training and a thorough understanding of anatomy and physiology. The muscles must be relaxed in order to effectively perform deep-tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.

## Hot Stone Massage

Specialty massage that uses smooth, heated stones. They are often basalt, a black volcanic rock that absorbs and retains heat well. It is a deeply soothing, relaxing form of massage. The heat helps tight muscles release.. Many practitioners also use cold stones to relieve inflammation.

## Lomilomi

This system of massage utilizes very large, broad movements. Two-handed, forearm, and elbow application of strokes, which cover a broad area, is characteristic of lomilomi. Similar to Swedish massage in many aspects, this system uses prayer and the acknowledgment of the existence of a higher power as an integral part of the technique. Lomilomi--Hawaiian for rub rub--is described by teacher Aunty Margaret Machado as "the loving touch--a connection between heart, hand, and soul with the source of all life." Aunty Margaret was the first to teach lomilomi in a formal, classroom situation; previously the training was passed on within the family by Kahunas or shamans.

## Lymphatic Drainage

Lymph Drainage Therapy (LDT) is unique in that healthcare professionals learn how to palpate the lymphatic flow. As they develop their skills, they can then identify the rhythm, direction, and quality of the lymphatic flow. Advanced practitioners will be able to precisely map the lymphatic flow to find alternate pathways for drainage. Developed by Bruno Chikly, MD, Lymph Drainage Therapy evolved from years of training in traditional medicine, Asian medical practices, and manual therapies.

## Neuromuscular Therapy

This comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. Based on neurological laws that explain how the central nervous system initiates and maintains pain, the goal is to help relieve the pain and dysfunction by understanding and alleviating the underlying cause. Neuromuscular therapy can help individuals who experience distortion and biomechanical dysfunction, which is often a symptom of a deeper problem. It is also used to locate and release spasms and hypercontraction in the tissue, eliminate trigger points that cause referred pain, rebuild the strength of injured tissues,

assist venous and lymphatic flow, and restore postural alignment, proper biomechanics, and flexibility to the tissues.

## Polarity Therapy

Polarity therapy is based on universal principles of energy--attraction, repulsion, and neutrality. The interrelation of these principles forms the basis for every aspect of life, including our experience of health, wellness, and disease. With this understanding, polarity therapy addresses the interdependence of body, mind, and spirit, the importance of relationships, and the value of creating a way of life in harmony with nature. Founded by Austrian-born naturopath Dr. Randolph Stone in the mid-1950s, polarity therapy is a clothes-on, noninvasive system complementing existing modalities with an integrated, holistic model. Polarity is based on the belief that positive and negative poles exist in every cell. The body is gently manipulated to balance the positive and negative energies. In addition to physical manipulation, blockages and toxins are eliminated through a cleansing diet and simple exercises.

## Reiki

Reiki healing is a hands-on energy healing art. It was originated in Japan in the early 20th century by Mikao Usui, who had a life-changing experience of light and energy that he recognized as reiki--sacred life force--and that awakened his innate healing abilities. He developed a system of practices that enabled others to become effective healers. In a reiki healing session, the practitioner, trained to access and serve as a channel for the life force (ki or chi), places her hands on or just above the client's body in order to activate healing energy within receptive points on the body. The practitioner's hands move progressively with a passive touch through twelve positions on the body, remaining in each position for three to five minutes. As a harmonic flow of energy is strengthened, within the client and practitioner, healing occurs through the return of physical, mental, and spiritual balance.

## Swedish Massage

One of the most commonly taught and well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body. The disrobed client is covered by a sheet, with only the area being worked on exposed. Therapists use a combination of kneading, rolling, vibrational, percussive, and tapping movements, with the application of oil, to reduce friction on the skin. The many benefits of Swedish massage may include generalized relaxation, dissolution of scar tissue adhesions, and improved circulation, which may speed healing and reduce swelling from injury.

## Thai Massage

Thai massage has been taught and practiced in Thailand for approximately twenty-five hundred years. Although the origins are somewhat vague, credit for Thai massage is given to a famous Indian doctor, Shivago Komarpaj, who was the personal physician of the Buddha and Magadha king. Historically, manipulation was one of four major branches composing traditional Thai ceremonies or magical practices. This is based on the theory the body is made up of seventy-two thousand sen, or energy lines, of which ten hold top priority. Thai massage also involves peripheral stimulating, meaning it acts as an external stimulant to produce specific internal effects. This point serves as the main division between Thai and Western massage. Thai massage is practiced on a firm mat on the floor instead of on a table, instrumental in the effective use of the practitioner's body weight. Except for the feet, the client remains fully clothed, so draping is not necessary.

Spice up your week by scheduling a new form of bodywork! Most practitioners perform their therapy in a spa or clinic of some sort. Some will travel to you. If you're lucky they'll offer either option.

Annie Stephens is a Licensed Massage Therapist and Reiki Master. She is the proud owner of Bliss Bodyworks. [www.BlissBodyworks.com](http://www.BlissBodyworks.com)



Warm weather is quickly approaching after a very cold winter. But, as usual, the Sea Gals have managed to make it a fun winter. The Mardi Gras party in February was great fun. Lots of beads, jambalaya, drinks, food and of course friends, made the evening go quickly. Thanks to Michael Hughes and Tracy Garrett for a wonderful evening.

March saw us all in green at the Ehrbars annual St. Patricks day party. We again shared food, fun and lots of jokes and limericks. Lucy Grosz wrote her own limerick and walked away with 1<sup>st</sup> prize. John and Joyce Mattis were dressed up and got 1<sup>st</sup> prize as well as a prize going to Martha Beidel all feathered up in green. Thanks to Dave and Sherry for once again treating us all to a wonderful evening.

The luncheon ladies have also had a great winter. In

February we were at a nice little Chinese restaurant and March found us sharing our friendships at Mimi's Café at Polaris.

Again, all enjoy catching up on friendships and food while planning for the future.

Our next meeting of the luncheon group will be the 2<sup>nd</sup> Tuesday in May. We hope to be at what was Hoover Grille, but is now Belle Lago in Westerville. So come join us, we start about 11:30.

The next meeting of the evening crowd will be April 23<sup>rd</sup> at the home of Jeff and Mary Mirgon. For those who have missed this one the last couple of years, be sure to come that evening. Mary is a fabulous hostess who has a great talent with food !!! It is definitely a party not to be missed.

## 2009 ICE BREAKER RENDEZVOUS

COME-ONE, COME-ALL to the 2009 ICE BREAKER on Harbor Island!

We'll be gathering at the Nor'Easter Club, 2801 Nor'Easter Cove Drive, Port Clinton, Ohio on Saturday, May 2, 2009 @ 1800. After a few refreshments (cash bar) and hor'deuvres, dinner is planned for 1900. I'm sure that the Club will have some entertainment after, so you're welcome to stay and make an evening of it.

Please get your reservations in early, as we really fill the

Club for this event. The cost this year is \$30.00 per adult and \$15.00 for children under 12. We're standing by for your call! Please call Dave or Sherry Ehrbar @ 614/459-0277 with your reservations. (Due to limited space we'll not be able to take any walk-in's.)

See you on the 2<sup>nd</sup> of May!! (If you need directions, let us know.)

Dave & Sherry

## MID-SUMMER CRUISE REPORT

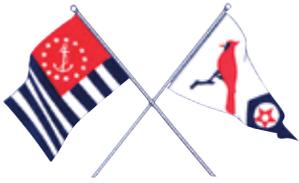
Summer is fast approaching. I still have some openings if you interested in the **June 18-21 cruise to Algonac**. This cruise is designed for our trailer boaters which will be staying at B&Bs on Harsens Island and our Lake Erie boats which will be staying at a local yacht club. This is a beautiful area and will be a great time for all. We are having a great response to this event.

The **Parkersburg Rendezvous, July 10-12**, has been changed to a **Marietta** destination. It was discovered Parkersburg has no rental docks available in the area. We will still be launching in McConnelville and traveling down river to Marietta where we will be staying at the Best Western hotel. The Best Western has their own docks at the hotel.

Also, make sure your name is on the list for the **July 31-Aug 2, to Vermilion**. I will need to reserve the docks very soon.

For more information on any of our Cruise and Rendezvous or to get on an email mailing list for an event, contact Ron Lavelly at [ronlavelly@yahoo.com](mailto:ronlavelly@yahoo.com) or at [rlavelly@columbus.rr.com](mailto:rlavelly@columbus.rr.com)





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If you wish to be listed in 2009, please complete and mail the request form with your payment. Submissions received before the first of each month will be in print the following month.

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