

Galley Gossip

**COLUMBUS
SAIL AND POWER
SQUADRON**



A UNIT OF UNITED STATES POWER SQUADRONS

APRIL 2009

VOL. 47, NO. 2

DISTRICT 29

www.columbussailandpower.org



CS&PS COMMANDER'S BALL SATURDAY, 4 APRIL, 2009 THE CROWNE PLAZA - DUBLIN

\$38.00 PER PERSON

**RECEPTION FROM 1800 TO 1930
DINNER AND PROGRAM THEREAFTER**

ENTERTAINMENT BY "KEVIN CLARK"

**RSVP BY 25 MARCH TO:
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740-595-3344**

CCRAMER@HOMEWOODHEALTHCARE.COM

SEE INFORMATION ON PAGE 10

"Press On"

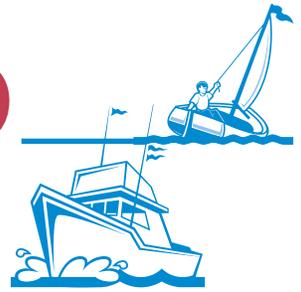




Galley Gossip

COLUMBUS SAIL AND POWER SQUADRON

Official Publication of Columbus Sail & Power Squadron



Cdr Robert L. Prior, S

Commander

Lt David R. Fannon, AP

Editor

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

CALENDAR OF COMING EVENTS

APRIL

4	Saturday	Commander's Ball - Crowne Plaza, Dublin
6,13,20	Mondays	Public Boat Class - 7:30 pm
23	Thursday	Sea Gals Party - Mirgon's home
27	Monday	Boating Class Test Night
28	Tuesday	Executive Committee Meeting - HQ

MAY

1	Friday	GG articles due - June info
2	Saturday	Noreaster Ice Breaker
4	Monday	Public Boating Class wrap-up meeting
7	Thursday	Dinner Meeting - Jefferson Country Club
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

2009-2010 EXECUTIVE COMMITTEE COLUMBUS SAIL AND POWER SQUADRON

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Lt/C Steven Smith, JN

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Lt Jeff Mirgon, S

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CSPS Web Site:

www.columbussailandpower.org



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COMMANDER'S MESSAGE

Cdr Robert L. Prior, S



In some of my previous articles, I make mention of the "electronic barrier" on the Illinois River designed to keep the Asian Carp from contaminating the Great Lakes. Although the installation was complete two years ago, bureaucratic turf wars within the federal government have kept it from being turned on. I am (partially) pleased to report that the barrier has finally been activated; however, only on low voltage. Whether low voltage operation will succeed in achieving the barrier's objectives is open to debate. "Pathetic" is the only word that comes to mind when characterizing our government's handling of this vital measure to protect our Great Lakes.

Most of us received an e-mail from USPS that extolled the new version of national's reconstituted Ship's Store. In order to avoid any possible confusion, let me assure you that our own CS&PS Ship's Store is still very much in operation and anxious to do business with you. Chief storekeeper, Jim Igo, has an excellent array of merchandise on hand so please take a few minutes at our meetings to look over his assortment of "must have" items. All of us owe Jim a debt of gratitude for breathing new life into our store. Jim can be contacted at 614-766-5778 or



ltigo@columbus.rr.com.

By the time this reaches you, the District 29 Spring Conference will be concluded but there are two more events coming up which I urge you to put on your calendar.

- D/29 Summer Conference/Sea Gals Cruise 24-26 July on Catawba

- D/29 Fall Conference 13-15 November. Hosted by Fostoria; venue is Findlay.

District events are just as rewarding and insightful as our own; your ECOM enthusiastically encourages your participation.

I hope you will be present for the 4 April Commander's Ball at the Crowne Plaza in Dublin. The committee has done a great job planning this event and it will be a fun evening. Even though the suggested dress is coat and tie, that is not an absolute requirement. Dress however you feel comfortable but please come and join us.

EXECUTIVE OFFICER

Lt/C Michael Hughes, JN



This was an exciting year at the boat shows. We had much interest in the Public Boating Class we are offering – 67 pre-registered. Those who volunteered at the booths wore the new inflatable life vests which were donated to us by National. Many show goers walked over to take a look at them which allowed us to introduce the Power Squadron. Thank you to all volunteers for an excellent job well done!!! Your hours have already been sent to the Merit Mark committee.



Our Public Boating class started February 23rd with an excellent turnout. Classes are every Monday night with the final class on April 27, which is test night. We will need many volunteers that night to lend a hand at grading tests, talking to prospective new members, passing out certificates, covering the refreshments area and general assistance. If you can lend a few hours of your time to this night or any other class night, please contact Jeff Mirgon at jmirgon@yahoo.com or call him at 614-207-2650. Regardless of your boating experience, it is your squadron experiences that promote us.

There is still time to become a vessel safety examiner. This study at home online course includes an open book test you complete online. You can print the manual or read it online. Your commitment is several hours spent reading the material and some time to take the test. You could be ready to examine your first vessel by Safe Boating Week, May 16-22. What a great way to help other boaters be safe!!! Contact John Pruitt for more information at 614-216-5203 or email him at jmep Pruitt@prodigy.net

Mark your calendars – Saturday May 23rd – Grandview Heights Memorial Day Parade followed by a cookout at the OAYC (Oakland Ave Yacht Club). This first annual event for the squadron will feature us riding in a pontoon boat compliments of Paul's Marine with Coastie leading the way. We will have exciting treats to pass out to kids along the route about boating and safety. More information to follow next month.

If you are interested in volunteering in the Public Relations Department, please contact Tracy Garrett at 614-488-4758. There are many opportunities available and the legwork has already been laid. What a fun way to support your squadron – through promotions



By the time this article reaches our members I hope I will have caught some bass! Bass fishermen usually begin the boating season weeks earlier than other boaters—yes even when it is cold and rainy. There are a few reasons for this. The obvious reason is we want to go fishing. Another is we like to be sure all our gear is working early in the season and have our vessel inspected. *Secretly, we like to get all our bungled actions at the boat ramp out of the way while no one is looking!* Trailer boaters can relate. Each spring it's the backing skills refresher, turning wide enough for right turns, remembering to remove the straps from the trailer and stern so the boat will float off. No one else needs to see that for fear of having one's name printed on a jug. I have been boating for over 30 years. The last eight of the thirty have been safer and more enjoyable. The Squadron classes and personal assistance I have received from fellow boaters has made this possible. Some advice for you is get your trailer and boat checked out. Schedule your Vessel Safety Check and do a practice run. Don't wait until the first big boating day to clog up a boat ramp. Like me, do it early so no one sees you.



Many of our Squadron members are boating mavens. We love to talk about boating and offer solutions and suggestions. Dinner meetings and rendezvous are the perfect setting to mingle and to ask and answer questions of your fellow boaters. Some of them might even talk fishing.

Also by April your new AO will have the first dinner meeting in the bag and I sincerely hope all enjoyed it. The Commander's Ball is planned by a special committee so I get a little break for April and I get to enjoy the work of others. I am putting the final plans in place for May which is planned for 7 May, 2009 at the Jefferson Country Club and we are already planning the Christmas Party!

Help Wanted:

Your Public Relations Officer is looking for an assistant. The PR Office has laid the groundwork for all major events that happen throughout the year. If you would like to serve your squadron by becoming the PRO Assistant, please contact Tracy Garrett at 614-488-4758.

Squadron event planners such as the AO, the Program Chairs, Boating Activities Chair, Commander's Ball and the like try our best to plan events that are enjoyable, economical and convenient. All the activities are challenged by a common question which is "how many do we plan for?" It is more of an art than a science. The best planning assistance one can give us is a timely response. The earlier we know how many are coming to an event the better we can accommodate and improve the value of the event. We really appreciate the members who consistently attend our functions and keep us informed. It helps us help you.

The spring and summer are chock full of upcoming events. Lt Ron Lavelly assisted by Lt/C Michael Hughes and their helpers have done a great job planning a mixture of activities. And don't forget the Sea Gals! Check the GG Calendar of Events and the Website <http://www.Columbussailandpower.org> for current information and RSVP quickly.

We still have plenty of volunteer opportunities open. A member can qualify for a Merit Mark by volunteering just once. We have Chairperson and co/Chair openings as well for Member Involvement, Recruitment, and Youth Activities. We will help you get started and we won't let you fail. Please contact me or your favorite Bridge Officer to learn more. I can be reached at 614-886-6732 or murphymg@insight.rr.com.



Bob & Georgia Rayburn enjoyed working the CS&PS booth at the February Boat Show.

I want to take this opportunity first and foremost to give a huge thank you to Dave Clark. He left some very big shoes to fill and I can only pray that with everyone's help, I will be up to the task. The education department is FULL of many people that make it work, and I am looking forward to working with all of them.



Jeff Mirgon is the assistant SEO and has been doing a tremendous job on the Public Boating Class. A new class just started on February 23 with 54 in attendance and a few absent but promising to join next week. We have already had several that are expressing

interest in becoming part of the squadron. Jeff has a lot of help from many of you. These helpers not only instruct, but assist with hands on help for knots etc. and to just talk to people. The personal touch in these classes is a major part of the program and I thank all who are able and willing to accept this task.

Our Sail class is going great and so is Marine Electronics. Unfortunately Advance Pilot and Weather was cancelled for lack of students. We will look at rescheduling as we can. So if there is a class you would like, step up, sign up and enjoy.

We would also like to congratulate Michael Cohee for earning his Educational Proficiency Award. Great job Mike!!

We can still use some help with projects in the educational field, so if that happens to be a field of interest to you, please call me and we will see where your talents best fit.

CRUISE & RENDEZVOUS

The summer cruising season is just around the corner now. You will need to get your reservation for the Spring Ice Breaker to Dave and Sherry Ehrbar very soon if you have not already done so. This marvelous event will again be held at the famous "Nor Eastern Club" on 2 May.

Then in June we will have both our trailer boats and the Lake Erie boat heading to the St Clair River delta area. The trailer boaters will be staying in a couple of bed and breakfasts located on exclusive Harsens Island. More freighter traffic moves down the channel where we will be staying than travels through the Panama Canal and the Suez Canal combined. The Lake Erie boats will be staying nearby at the "North Channel Yacht Club". This area is so rich Great Lakes boating history. Henry Ford's summer house was on this island. The original Chris Craft factory is across the channel. The old "Chrysler Yacht Club" is now the "North Channel Yacht Club" where some of the boats will be staying. It appears that we are going to have a very good turn out for this event.

Phil Osbourne is working hard putting together a trailer boat cruise departing from McConnelsville on the Muskingum River. They will then proceed down river to the Ohio and on to Parkersburg WV. We will be staying at the historic Blennerhassett Hotel in Parkersburg. Contact Phil for more information on this cruise.

The Sea Gals have combined their cruise with the District 29 Summer Conference. As the sea Gals always put on a nice cruise it can only get better when combined with all the activities of the District Conference. The following weekend the Lake Erie boats will be leaving to head east for the port town of Vermillion. This is the location of one of the best maritime Museums on the Great Lakes.

Mike and Tracy along with Jeff Mirgon are finalizing all the details of dockage and overnight accommodation for the

trailer boat cruisers that will be traveling to Huntington WV for the "Rib & Music Fest". This event is 14-16 August. The following weekend will be Larry Lowes "Lake Erie Lunch Hook". Bring your boat and hang out for an afternoon, there will be plenty of good refreshments.

September the 4th through the 7th will find all the Lake Erie boats going to Leamington again. The DJ has already been contracted and the Marina is awaiting our arrival. Two weeks later will be season ender. The traditional late season trip Put-in-Bay. This event has been very well attended recently and we expect a large turnout again this year.

I am looking forward to seeing many of you and your boats this summer cruising season.

Ron Lavelly, Cruise & Rendezvous Coordinator

Laughter...the best medicine?

A husband and wife are on the 9th green when suddenly she collapses from a heart attack! "Help me dear," she groans to her husband.

The husband calls 911 on his cell phone, talks for a few minutes, picks up his putter, and lines up his putt. His wife raises her head off the green and stares at him. "I'm dying here and you're putting?"

"Don't worry dear," says the husband calmly, "they found a doctor on the second hole and he's coming to help you."

"Well, how long will it take for him to get here?" she asks feebly.

"No time at all," says her husband,

"Everybody's already agreed to let him play through."



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

(These minutes will be approved at the March 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 Assistant 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, Lt Tracy Garrett, S, Lt Wade Grosz, AP, Lt Jeff Mirgon, S, Lt Mary Mirgon, Lt Bill Mohrman, AP, Lt Tammy Cohee, AP, Lt Fred Card, S

Others present were P/C Larry Lowe, SN, P/C David Michael, P, Ron Lavelly, JN, P/C Roger Hankle, SN, P/D/C Skip Woodruff, SN, Sue Nadolson, AP, and Jim Igo.

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

The minutes of the January meeting were approved.

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

P/D/C Skip Woodruff performed the ceremony to welcome Bill Mohrman, AP as the new Member-at-Large.

Commander's Comments, Cdr Robert Prior

Unfortunately, I was not able to attend the Annual Meeting last week in California. Illness forced me to return to Columbus within hours of my arrival in Los Angeles. I will ask other of the other attendees from Columbus (perhaps Joe Messenburg) to present the highlights at our next meeting.

There remains one more Change of Watch in District 29 that I know about and I plan to represent the Squadron. The district web site has not been posted yet with the dates for the various Commander Ball functions in our district. I have sent an e-mail to Bill Hall requesting that information. As soon as it is available, I will e-mail each of you with the various dates. My goal is that we have at least one representative from Columbus attend these functions. Ideally, I would like to have more than one person attend.

I am pleased to see that several of you have started initiatives to ramp up activities under your area. It is important that we establish high energy and momentum and sustain it throughout the year. My job is to stay out of the way of progress, be your sounding board and provide whatever help you need to "make it happen". The Commander is merely the quarterback. Each of you is in the trenches: blocking, tackling and carrying the ball to serve the Squadron.

Please know that I intend to be an "Open Door" Commander. By that I mean that you can talk to me at any time about any topic. I want the entire Squadron to also feel that way about the Executive Committee as a group and individually. It is imperative that each criticism, comment suggestion or question from our members receives a complete and thoughtful response.

It is my hope that we can shift more of our report/dialog topics to the new/old business portion of the agenda. In my way of thinking, that should be the heart of the meeting.

I extend my sincerest thanks to each of you for your willingness to serve. We have a great group and I look forward to working with you as the year unfolds.

Report of Officers

Executive Officer Lt/C Michael Hughes, JN

This was an exciting year at the boat shows. Those who volunteered at the booths wore the new inflatable life vests which were donated to us by National. Many show goers walked over to take a look at them which allowed us to introduce the Power Squadron.

I will be attending the D/29 Spring Conference in Huron March 27-29. Accompanying me to this conference is Member at Large David Brewer, who will be attending his first conference.

There is still time to become a vessel safety examiner. You could be



ready to examine your first vessel by Safe Boating Week, May 16-22. Contact John Pruitt for more information at 614-216-5203 or e-mail him at jmepruitt@prodigy.net.

Saturday May 23rd is the Grandview Heights Memorial Day Parade, followed by a cookout at the OAYC (Oakland Ave Yacht Club).

The Assistant Chairman for Co-Op Charting Jim Jenkins, AP, reported that NOAA's National Ocean Service is evaluating specific features on nautical charts for their importance to marine navigation. The goal is to improve clarity and ease of use. To achieve this, NOAA's National Ocean Service is proposing tide tables and tables of small craft facilities be removed. This may allow NOAA to cut costs, but it will not be beneficial to a lot of "small boat" captains navigating in or near the coastal waters of the

oceans and the Gulf of Mexico. Jim's concerns were sent to NOAA and we are awaiting a response. Nice work JJ.

Administrative Officer Lt/C Matthew Murphy, P

Lt Debbie Murphy and Lt/C Matthew Murphy attended the first night of the 2009 Squadron Boating Course to assist with registration and mentoring students. Matt stated how well the registration process went and congratulated Jeff Mirgon. Matt was allotted some time to explain the process and the importance of Vessel Safety Exams to the students.

Lt Ron Lavelly sent an e-mail to update the members about the Algonac Rendezvous and explained the importance of registering as early as possible to be sure to be on the list.

Lt Angie Deleweese and Lt Debbie Murphy have accepted the appointments to Co-Chair the Program committee, which includes assisting with dinner meeting planning and involves the Calling Committee. Angie has contacted several Members at Large and many have agreed to assist.

Matthew Murphy has created an e-mail account to accept dinner meeting reservations and has published it via e-mail and in the GG. The address is RSVPtoCSPS@insight.rr.com. Reservations are starting to come in and members seemed excited about the venue.

Matthew also reported that later in the ECOM meeting a vote was required to change two of the dinner meeting dates in September and October due to expected conflicts in scheduling. These new dates will be published in the calendar and in future GG articles.

Educational Officer Lt/C Debbie Smith, AP

As a new SEO, I attended the District Council meeting in Ada and attended the seminar for SEO's. It was a very informative meeting and I learned a lot. I have been busy touching base with those listed as SEO staff to confirm their intentions to accept the position as stated. We have a few that are unable to stay with the job any longer, so I am working to find people who would like to fill those spots.

The Public Boating Class had its first session last evening. There were 54 people in attendance, with several ill but promising to come next time. A huge thank you goes to Jeff, Tracy and Michael and others who have worked so hard to get such great numbers for these last two classes. Great job guys !!!!

On the flip side of the coin, our AP class and Weather class were both cancelled because of having no students. Thanks to Skip and Bob for being there just in case and we will work on rescheduling those in the fall.

Sail class has 2 students and has been a little behind due to weather, but seems to be moving ahead.

Marine electronics has 3 students and is also doing well.

I want to give a huge thank you to Dave Clark. Stepping into this spot is a little intimidating and he has been and will continue to be a great help. Thanks also to Bill Mohrman who has agreed to step into the role of Chairman of the seminars. He will be working with Larry Lowe to make it a great program.

Thank you to all of our great instructors, for without YOU there would be no program. Thank you for the time and effort you give to ensure not only that the squadron has a good program, but most importantly, that many people have the best chance for a wonderful boating experience.

Assistant Secretary Lt Wade Grosz, AP

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



There was no report for the Secretary.

Members-at-large reports:

Lt Bill Mohrman, AP

I would like to extend my sincerest congratulations to the new Commander, Bridge Members, fellow Members at Large, the Education department and the newly appointed Committee Members.

The Change of Watch was a nice evening, with lots of good food and organization. Good luck to my fellow members in a busy and prosperous year with the Squadron. I was particularly touched by the tradition and the uniforms of the evening, in particular the color guard. Both Phil Osborne and Bob Van Der Wissel exemplify both respect and honor in earning the right to be called a member of the USPS.

Julie and I worked both Columbus boat shows and visited the Cleveland boat show. It is truly difficult times for our nation, the boating industry and our squadron. I firmly believe the commander's message for the year is the right one. Let's not forget that our primary job is to educate the public on boating safety first and foremost. These challenging times will require that we alter our approach to reach the public. There are some exciting new programs being developed by National that target the boating public. It is our responsibility as a local squadron to implement these programs within our means as well as the general public's means.

One of the programs we will be starting is the public seminar series. The series targets the general boating public in 2-hour seminar format on a variety of subjects: Navigation, Maintenance, Boat Handling, and general nautical know-how. We will be needing instructors, locations, ideas and volunteers to help kick this important series off. This will be particularly challenging since it has no line item in our budget.

General Public Seminar Series

USPS has developed an exciting new seminar series that targets the general boating public. This series of short seminars (2 hrs to 1 day) target the general boating public and I think if properly marketed will serve to further our image as a boating education organization.

There are currently 19 seminars so we have a wide variety of subjects to choose from: navigation, maintenance, boat handling, and mariner knowledge. We have tested a few of these at the district meeting and at the first boat show with great success. While these do not substitute for the Public Boating Class, they serve as an introduction to the squadron on a wide range of subjects.

We need to select subjects, recruit instructors, find suitable locations, generate advertising and promotion, and have volunteers to help at the seminars. In many ways, the infrastructure is the same as the safe boating course.

P/C Larry Lowe has taught the Boat Handling and the GPS at the first Columbus boat show and has volunteered to teach again. The boat handling had standing room only. GPS was not as popular.

Lt Jeff Mirgon, S

The current boating class has 58 students. With our improved registration system, registration went a lot smoother. This class is free to the students, thanks to the Judith A. Lowe Education fund.

Lt Wade Grosz, AP

The February *Galley Gossip* had some misspelled words. Corrections have been made.

There was an e-mail from USPS regarding purchasing Ship Store items directly from them. Our Ship Store manager, Jim Igo is checking into the details.

REPORT OF STANDING COMMITTEES:

SEA GALS: Lt Debbie Smith, AP

The ladies lunch was held on Tuesday, February 10th at the Blue Ginger restaurant.

The Sea Gals Mardi Gras party in February 28th at the home of Michael Hughes and Tracy Garrett.

There will be a St. Patrick's Day party on March 17th at the home of Dave and Sherry Ehrbar.

The April 23rd meeting is at the home of Jeff and Mary Mirgon.

RULES COMMITTEE: P/C Roger Hankle, SN, Chairman

Standing rules (SOP's) get reviewed annually and are amended or rescinded, as needed. Copies were provided for review and a vote of approval will be called in the March Executive Committee meeting.

HOUSING COMMITTEE: P/C Larry Lowe, SN, Chairman

P/C Larry Lowe has resigned his position as Chair for the Housing Committee. Cdr Robert Prior will appoint a replacement for Larry.

SPECIAL COMMITTEES:

SUPPLY OFFICER: E/O Michael Hughes, JN

All headquarter keys are numbered and need to be returned directly to the Executive Officer when they are not needed. Please do not give them to anyone other than Michael Hughes.

MARKETING: Lt Tracy Garrett, S

The advertisements for our boating class ran for two weeks in the Suburban Newspaper (SNP), which reaches over 175,000 homes each week. In addition, we had articles in the SNP and This Week, The Columbus Dispatch Datebook section, TV community service, and links on the web. Merit mark information for all members who worked the boat show has been sent in.

The boating class had great attendance at the first class. We are not allowed to have food/drinks in the library. Please help to return the room to its original state before leaving.

We will be working with ODNR during Safe Boating Week to do vessel safety exams at Alum Creek on Saturday May 16 and Sunday May 17. This is a good time to promote the Squadron and our summer trips.

Thank you to Debbie & Matt Murphy for keeping our headquarters in such great shape by cleaning the bathrooms, running the vacuum and dusting. Your efforts have not gone unnoticed.

If you are looking for a way to volunteer, think about becoming the Public Relations Officer. There is a strong foundation from previous years, an easy-to-follow guide and you just have to look 2 months ahead. If you are interested, please call me at 614-488-4758.

CRUISES: Ron Lavelly, JN

Ron reported that members have shown interest in the cruises this summer. More information will be forthcoming.

OLD BUSINESS

P/C Larry Lowe reported that our LCD projector has been repaired.

NEW BUSINESS

Cdr Prior will be appointing delegates to the District 29 conference in Huron, Ohio, to be held March 27 – 29, 2009.

Cdr Prior expressed his desire that the Executive Committee members attend as many of the Sea Gal functions, dinner meetings and district functions as possible.

Information was provided to Cdr Prior by USPS that squadrons with aggressive calling committees have better attendance. Cdr Prior would like our calling committee to be much more active. The calling committee can also provide the Squadron with updates on e-mail, phone and address changes to keep our roster current.

Cdr Prior would like the Squadron to have a community project. This would involve adopting a portion of either the Scioto or Olentangy river banks to keep them clean and litter free.

A motion was made by Matt Murphy to change the dinner meeting dates for September and October to September 10th and October 8th. This was seconded by Roger Hankle.

Sick Bay:

Commander Larry Whiting, P was re-admitted to the hospital last Saturday and is hoping to be discharged by March 1.

The next Executive Committee meeting will be on 24 March 2009 at 8492 Cotter St., Lewis Center, OH 43035. The meeting adjourned at 2135.

SCENES FROM THE
Change of Watch ~ 7 February
Buckeye Hall of Fame



*D/Lt/C William Hall swears in
 Commander Bob Prior.*



*Executive Officer Michael Hughes and
 Georgia Rayburn.*



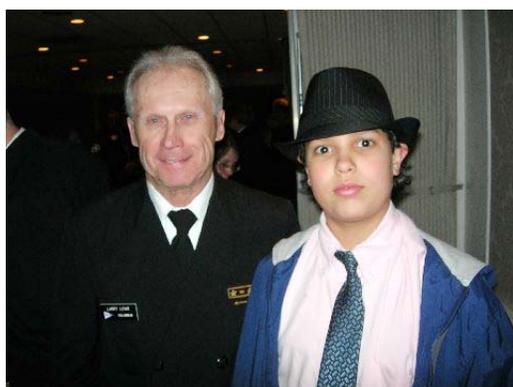
*Commander Robert Prior, S.
 and Patricia.*



D/Lt Jason Snook, Louise Sommers, Cdr Larry Cole, and P/IC Jim Sommers, all from the Toledo Sail & Power Squadron chat with Education Officer Debbie Smith.



Matt & Debbie Murphy.



P/IC Larry Lowe and A.J. Nadolson.



The Woodruffs enjoy the company of the Mohrmans.

TO YOUR HEALTH - Annie Stephens

Before I had our little girl I was the pinnacle of healthy eating and general wellness. I drank at least two liters of water each day and my favorite "dessert" was granola with yogurt. My fitness level was up. I enjoyed various bodywork treatments and finished a book every week. Now? Not so much! As a new mom I've recently been reminded that when we hit a stressful or busy patch, it's so easy to abandon our healthy habits no matter how attached to them we've become.

Still drinking the water you promised yourself in back in January? Sticking to that diet or exercise routine? Still treating yourself to that weekly massage? If you've kept your resolution with the same vigor as a few months ago you're in the minority! On days when anything beyond toothpaste and deodorant seems like overkill how can we possibly keep our wellness a priority?

Here are a few tips to help keep your motivation heightened and the urge to throw up your hands at bay:

Change what's easiest. Increasing your water doesn't take much effort or time, especially if you're merely swapping out a less healthy beverage. If you're an early bird anyway, take advantage of the quiet and do some stretches or meditate. If you're ahead of schedule for an appointment, park farther from the building so your walk is a little longer.

Do what you enjoy and what feels good! Massages are good for you! Naps are good for you! Walking around the zoo or mall or boat show is good for you! Dancing is good for you! Laughter is good for you! For the most part, while we do what we like most we just have to be mindful of what we're holding in our hands (cigarettes or a 3lb weight or even better, a grandchild's hand?) or putting in our mouths (a fast food burger or a succulent peach?).

Variety is essential! We boaters realize that the season's govern our time. What we do for our wellness doesn't have

to be the same all year long. In the summer there's nothing like a sunset walk on the piers. In the winter a weekly yoga class with a friend is heart warming and great for you. Spring and fall are perfect times to ride a bicycle, walk, run, whatever so you can enjoy nature. Change things up, especially the scenery! It's easy to keep a healthy promise if the scenery changes. Keeping the senses busy keeps our boredom away.

A day of perfection will never benefit you more than a week of improvements! Your healthy habits will only become lifelong habits if they fit in your lifestyle so do what you enjoy and pick the healthiest options that will fit. Choose fresh over canned; choose fresh herbs over heavy sauces; choose water over cola; choose the stairs over the elevator. Incorporate one thing at a time until it all feels normal. Stopping your life to make every change you think you should make won't work or last or make you a happier, healthier person!

Smile! If you can't smile while you're doing something healthy for yourself, try something else. If you don't like what you're doing, it won't become a permanent part of your life. There are so many different things we can do, don't choose something that you don't enjoy.

Good health and our efforts to attain it and retain it should be a fun, lifelong journey. Enjoy each walk, massage and pot of tea shared among friends!

Annie Stephens is a Licensed Massage Therapist and Reiki Master. She is the proud owner of Bliss Bodyworks. www.BlissBodyworks.com

Annie Stephens, LMT

Visit the Ship's Store!

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For information or to order e-mail Jim Igo at:
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Thank You

to Debbie & Matt Murphy for cleaning our squadron offices on a regular basis. Your efforts to keep the cobwebs and dirty sinks from appearing have not gone unnoticed!



"The Columbus Sail and Power Squadron" cordially invites you to attend;

"The Commander's Ball"

"Press On"

*To honor our new Commander,
Robert L. Prior, S and Patricia*

*Saturday The Fourth of April 2009
To be held at "The Crown Plaza" Dublin*

Menu

Your choice of;

*Chicken Marsala, with Mushroom Slices, accompanied by
Long Grain Rice and Fresh Green Beans.*

Or

*Seared Flat Iron Steak with Dijon Mustard and Brandy Cream,
Portobello Mushrooms, Baked potato and Fresh Green Beans.
Both Served with House Garden Salad, Rolls and Butter and Dessert.*

\$38.00 per person

Guest Welcome

Uniform "A" with Bow Tie, Formal or Appropriate Attire

Prepayment Requested

RSVP by The Twenty Fifth of March to:

Colette Cramer

1966 River Road

Delaware, Ohio 43015

740-595-3344

ccramer homewoodhealthcare.com



*Reception from 1800 to 1930
Dinner and Program Thereafter.
Entertainment by "Kevin Clark"*

SEA GALS AUXILIARY

Lt Debbie Smith, AP, Co-Commander

Well the holidays have come and gone and we are all anxious for winter to be over and the spring to come. The Christmas party with the squadron was well attended and everyone had a good time. A special thanks to Sea Gals Michael Hughes and Tracy Garrett for all the hard work put into making this event so successful. January saw much cold and people getting sick so we had no event that month. Our February "Valentine" party was changed to a "Mardi Gras" party complete with Jambalaya and plenty of beads. Again a huge thanks to Michael and Tracy for opening their home to us and to Tracy for the great Jambalaya. Everyone again had fun and much friendship.

We will be reporting time and dates of future events shortly, so keep your eyes and ears open as you won't want to miss a single event.

The Sea Gals luncheon ladies have had a good time this last fall and so far this year. January had no event, but February saw us at the Blue Ginger on Sawmill. The lun-

cheons have been well attended and everyone enjoys catching up with friends and all the latest news. Call me or Vesta Williams if you want to join us. There is always room for one more.

Are you interested in becoming a Sea Gal ?? The dues are cheap at \$12 per year and in today's economy, it is a real bargain. For that cheap price you get a year's worth of some of the best friendships and lots of fun and laughter. You can't beat it, so call or just come to an event and we will be more than happy to sign you up.

See you soon,
Debbie Smith
Commander
890-5864 home
204-1932 cell
debralee@sbcglobal.net



The Sea Gals Christmas party



Eli & Debbie Murphy hit the dessert table.



Mr. Wonderful was ... well ... wonderful.



Barbara Hupman sports her new creation.



Galley Gossip Sponsors Club



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Would you like to have your boat, business or pets listed on the *Galley Gossip* Sponsors Club page? Your \$20 contribution will receive a full year of sponsorship listing beginning January 2009. Please indicate below the exact manner (UPPER & lower case) in which your listing should appear.

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Send your \$20 **per listing** fee made payable to Columbus Sail and Power Squadron to: Tracy Garrett, 1263 Oakland Ave , Columbus , OH 43212 . If you have any questions, please contact via e-mail at mtbuckets@aol.com or by phone at 614-488-4758.

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.

COLUMBUS SAIL & POWER SQUADRON
Lt/C Steve Smith, JN
535 Pointview Dr.
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