

# The Ship's Mail!

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The Ship's Mail is a Bimonthly Publication of the San Diego Sail & Power Squadron, Inc.



## Commander's Message

By Cdr Katharine Law, SN - [commander@sdsp.org](mailto:commander@sdsp.org)

Why do we belong to USPS? For each of us, there is a slightly different answer. But the same themes run throughout. Because we love boating; because we want to ensure the safety of ourselves and our families on the water; because we enjoy the company of our fellow boaters; because we find it stimulating to learn the science (and art) of piloting and navigating; and because we find satisfaction in sharing our knowledge with others and want to give back to our community.

Regardless of your own particular reasons, the new Bridge Officers hope to make the San Diego Sail and Power Squadron more directly responsive to your needs and to offer you the opportunity to become more involved this year. The Education Department has planned a full array of both advanced grade and elective courses, including the new PowerPoint presentations featuring 21st century piloting technology. We even have an Operations Training course planned (see announcement on page 3 in this issue). If it has been a few years since you passed your last grade or elective, take the course again. We think you will find it completely different, with better graphics and more practical applications.

Our squadron is one of the few that offers on-the-water activities year-round. With the Sail Fleet's new year well begun in February and the Cruiser Navigation Contests also now underway, our members have the chance to use newly acquired classroom knowledge afloat. And those social gatherings afterwards remind us of what fun it is to be with our boating friends. Boating people are the best!

Our latest public Boating course has just been completed with the invitation to all its graduates to join SDSPS. If you see these new people at our March meeting, do walk over and introduce yourselves. Remember how anxious you felt at your first squadron meeting and show the new members our wonderful San Diego congeniality.

There are several upcoming events in the next few months for which volunteers will be needed. The Fred Hall Boat Show will be held at the Del Mar Fairgrounds from March 16th through 20th. Our sister squadron, San Luis Rey, bears the major responsibility for staffing the Power Squadron booth at this show, but if you work a shift as an "exhibitor," you can see the show for free.

And on Sunday, April 24th, from 0830 to 1700, SDSPS will have a booth at the annual "Day at the Docks" at the Sport Fishing Pier, North Harbor Drive and Scott Street. If you have never staffed a boat show "watch", these two would be an excellent way to start. You don't need a sparkling personality or public speaking experience, just a smile and a willingness to answer questions about USPS and our courses. Check our website to sign up ([www.sdsp.org](http://www.sdsp.org)), or call our Boat Show Chairman, P/C Shaun McArdle at (619) 887-0104.

Finally, if it has been a while since you visited the National website ([www.usps.org](http://www.usps.org)), I recommend that you give it a try. Have your membership card handy so you can sign in and visit the Member's Area, where there is a wealth of information about squadron activities all over the country. You'll find fascinating items at The Ship's Store (some even on sale!), along with the chance to see what

(See Commander's Message on page 2)

## Mark your Calendar

- Mar** 4-6 ..... D/28 Spring Conference  
Olympic Rsrt, Carlsbad  
7..... ExCom Meeting  
11..... Gen'l Members Meeting  
12..... Operations Training  
12..... Sail Fleet Race  
16-20 .... Fred Hall Boat Show  
19..... Cruiser Nav Contest SWYC
- Apr** 4..... ExCom Meeting  
8-10 ..... D/28 Inland Rendezvous  
9..... Sail Fleet Race  
9..... Cruiser Nav Contest SDYC  
24..... "Day at the Docks"  
Sport Fishing Pier, SD
- May** 2..... ExCom Meeting  
6..... Gen'l Members Meeting  
14..... Sail Fleet Race  
21..... Cruiser Nav Contest  
Kona Kai YC  
21-27 .... Natl. Safe Boating Week  
22..... Mission Bay Beach/  
Boating Festival
- Jun** 1-5 ..... USPS Spring Gov. Board  
6..... ExCom Meeting  
11..... Sail Fleet Race  
11..... Cruiser Nav Contest  
(Blue water) - SWYC  
18..... Coop Charting - Point Loma  
18..... D/28 Council Meeting  
SWYC  
25..... Vessel Safety Checks  
Sun Road Marina, Hbr. Isl.
- Jul** 5..... ExCom Meeting  
9..... Sail Fleet Race  
10..... Gen'l Mbrs Mtg &  
Potluck Picnic USCG Station  
15-17 .... D/28 Coastal Rendezvous  
Glorietta Bay  
23..... Cruiser Nav Contest  
(Blue water) MBYC/CCYC
- Aug** 8..... ExCom Meeting  
13..... Sail Fleet Race  
20..... Cruiser Nav Contest  
Silver Gate YC
- Sep** 1-6 ..... Commander's Cruise  
San Diego to Catalina

(Continued on page 3)

## 2004 Merit Marks

Each of the people listed below has received a Merit Mark ["MM"] from United States Power Squadrons for the year 2004, as the result of a significant contribution of time and effort rendered either to the San Diego Sail and Power Squadron, to District 28 or to the National organization. Congratulations and thanks to all 51 of you!

Only one MM may be earned in any one year, and a person earning 25 MMs is entitled to Life Membership in USPS as well as relieved of paying annual dues. The San Diego squadron has 17

Andrew Backus  
David Baer  
Marie K. Baer  
Shelley L. Bakalis  
Steven G. Bakalis  
Richard T. Barck  
John P. Bertran  
Claudia J. Bowler  
Edward C. Bowler  
William D. Bridge  
Sterling A. Campbell  
Dan A. Carlin  
Trish A. Carlin

J. Brockway Clark  
Michael G. Collins  
Lani H. Donohoe  
Jerry W. Donovan  
Michael W. Fontaine  
Tom Fota  
Richard A. Gaffney  
Julio R. Garcia  
Karen L. Glaze  
Kenneth L. Glaze  
Barbara A. Goddard  
Tom Griffin  
Robert B. Hubbard

Life Members, including P/C Jerry Donovan and P/C Lawrence W. Lange, both of whom have earned 43 MMs.

If your name is not on this list, get active! Volunteer to work shifts at our public events, help teach a class, become a Vessel Examiner, or come out with us on our periodic cooperative charting outings. Visit our website ([www.sdsp.org](http://www.sdsp.org)) for current opportunities.

John D. Isaksen  
Anthony P. Jeske  
Lynda Juniper  
Lawrence R. Lange  
Katharine S. Law  
Duane P. Leathers  
Christine Lilly  
Michael S. Ludlow  
David R. Mangold  
Shaun McArdle  
Melvin Mones  
Edwin E. J. Mraz  
Gordon Parham

Irwin L. Pascoe  
Christopher J. Pikus  
Virginia Prutow  
Michael M. Sampsel  
Randy L. Smith  
Tom Stanford  
Thomas S. Swift  
Elaine S. Townsend  
C. David Weimer  
E. Ronald Weiner  
Chester G. White Jr.

## Stroke or Heart Attack? A lifesaver for single-handers!

By Dick Gaffney – *Safety Officer*

Recently Tedy Bruschi, the New England Patriot's 31-year-old linebacker, suffered a "mild stroke" which put him in the hospital and placed his future in the NFL in jeopardy. Although most people who have a stroke or heart attack are toward the latter side of life, age is not always a factor. People who boat (or drive) alone should be aware of this information.

**Is It a Stroke?** - Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness of symptoms spells disaster for the stroke victim, who may suffer brain damage if not treated promptly. If you suspect a stroke in yourself (or someone near you), you can ask yourself (or the suspected victim) three simple questions:

- Can you smile at me?
- Can you raise both arms?
- Can you speak a simple sentence?

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers have urged the general public to learn these three questions. The American Stroke Association believes that widespread use of this

test could result in prompt diagnosis and treatment of stroke victims and prevent brain damage.

**Is It A Heart Attack?** - Are you alone and suspect you may be having a heart attack? Read and remember this... It could save your life!! Let's say you are out in your boat alone or driving home (alone of course), after an unusually hard day. You're really tired, upset, and frustrated. Suddenly you start experiencing severe chest pain that starts to radiate out into your arm and up into your jaw. You are only about five miles from shore or the nearest medical assistance. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself

**How to Survive a Heart Attack when Alone** - If you are alone when you suffer a heart attack, if your heart is beating improperly and you begin to feel faint, you have only about 10 seconds before you are likely to lose consciousness. However, you can help yourself by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and the coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many people as possible about this. It could save their lives!!

*(Commander's Message from page 1)*

the National committees are doing to make USPS responsive to its members.

Administrative Officer Nancy Renzi has a good meal and a very interesting program planned for the General Members Meet-

ing on Friday, March 11th, at Southwestern Yacht Club. So let her know you are coming by noon on Wednesday, 9 March 2005, at the latest. I hope to see you there.

## 2005 CLASS SCHEDULE

<p><b>BOATING (The Carlins)</b> ..... 6/8 - 7/20  <b>BOATING (The Carlins)</b> ..... 10/4 - 11/15  <b>SEAMANSHIP (Ken Glaze)</b> ..... 3/9 - 5/25  <b>PILOTING (Dave Baer)</b> ..... 8/3 - 10/19  <b>ADVANCED PILOTING (Sampsel/Bakalis)</b> ..... 3/7 - 6/9  <b>ADVANCED PILOTING (Sampsel/Bakalis)</b> ..... 11/7 - 2/20/06  <b>JUNIOR NAVIGATION (Steven Bakalis)</b> ..... 6/7 - 8/30  <b>NAVIGATION (Steven Bakalis)</b> ..... 9/12 - 12/19  <b>MARINE ELECTRONICS (Chris Pikus)</b> ..... 2/8 - 5/3</p>	<p><b>SAIL (Tom Stanford)</b> ..... 4/12 - 6/14  <b>WEATHER (Bill Bridge)</b> ..... 6/13 - 8/29  <b>INSTRUCTOR DEVEL (Karen Glaze)</b> ..... 6/28 - 8/16  <b>ENGINE MAINT (Mike Fontaine)</b> ..... 9/13 - 11/15  <b>AMERICA'S BOATING COURSE</b> ..... TBD  <b>BOAT SMART (Ed Mraz)</b> ..... 3/9 - 3/30  <span style="float: right;">8/3 - 8/24</span>  <b>CHART SMART (Ed Mraz)</b> ..... TBD</p>
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All classes will be held at the Southwestern Yacht Club.  
 Sail will be held at Tom Stanford's house.

*(Calendar from page 1)*

<p>6-11 ..... USPS Fall Gov Bd                  12 ..... ExCom Meeting                  16 ..... Gen'l Mbrs Meeting                  17 ..... Sail Fleet Race                  17 ..... Cruiser Nav Contest  <span style="padding-left: 20px;">Coronado Cays YC</span>  <b>Oct</b> 3 ..... ExCom Meeting                  7-9 ..... D/28 Fall Conference                  15 ..... Sail Fleet Race</p>	<p>22 ..... Cruiser Nav Contest  <span style="padding-left: 20px;">Coronado YC</span>  <b>Nov</b> 7 ..... ExCom Meeting                  12 ..... Sail Fleet Race                  18 ..... Gen'l Mbrs Meeting                  19 ..... Cruiser Nav Contest  <span style="padding-left: 20px;">SDYC</span>  <b>Dec</b> 3 ..... D/28 Winter Council                  3 ..... Cruiser Nav Contest  <span style="padding-left: 20px;">"Pro Am" (training)</span></p>	<p>5 ..... ExCom Meeting                  11 ..... SD Parade of Lights Picnic  <span style="text-align: center;"><b>2006</b></span>  <b>Jan</b> 4-8 ..... USPS Annual Meeting                  5-8 ..... San Diego Boat Show                  13 ..... ExCom Meeting                  13 ..... SDSPS Annual Meeting                  21 ..... SDSPS Change of Watch  <b>Mar</b> 3-4 ..... D/28 Spring Conference  <span style="padding-left: 20px;">Newport Beach</span></p>
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## Education

### Operations' Training - Get the 411 on Squadron Affairs

When spring rain drowns out your Saturday, do you wonder what might be the best use of your time? The answer is: OPERATIONS TRAINING. This year's OT course will be offered--rain or shine--on Saturday, March 12th, a day-long program beginning at 0900 at Southwestern Yacht Club. The instructor will be (by-then P/D/C) Chester White, Jr. who knows and will impart everything there is to know about the San Diego Sail and Power Squadron, District 28 and National, how the three of them relate to one another, and other intriguing facts about USPS.

There is NO COST and NO TEST. Just the inside skinny on the workings of your squadron. OT is required for bridge officers, but new members can also benefit too, by learning about squadron organization, training and education, staffing, planning and protocols, and each attendee will receive a certificate of completion. So plan ahead and join us. Sign up at [chet@chetwhite.com](mailto:chet@chetwhite.com) so we can hold a coffee cup for you.



### The Bridge

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### The Ship's Mail!

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**Next article submission deadline is  
April 15 th**

*Change Service Requested.*

San Diego Sail & Power Squadron  
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San Diego CA 92131



## **Greetings All**

The Next Meeting of the San Diego Sail & Power Squadron will be on:

**Friday March 11, 2005**  
at the  
**Southwestern Yacht Club**

Cocktails 6:00 PM    Dinner 6:30 PM  
Meeting & Presentation begin at 7:30PM

Menu: Garlic Chili Chicken and Scallop Brochettes  
With all the fixings  
Price: \$21 inclusive

Guest Speaker:  
**Ray Ashley PhD**

**“Resurrecting the San Salvador”**

Juan Rodríguez Cabrillo led the first European expedition to explore what is now the West Coast of the United States on his flagship, the San Salvador. Cabrillo departed from the port of Navidad, Mexico, on June 27, 1542. Three months later he arrived at San Diego where historians believe he anchored the San Salvador on Point Loma's east shore near the Cabrillo National Monument.

Contact **Lt/C Nancy Renzi** by **Wednesday March 9, 2005** to make dinner reservations at: 619-275-5710 or email Nancy at [ao@sdsp.org](mailto:ao@sdsp.org)