



# WATERLOG

*Come for the Boating Education...Stay for the Friends<sup>SM</sup>*

**SAFE! SMART! FUN!**



*Carpe Diem*

*'Seize the Day'*

"Calvary Kids Day" Photograph by  
Tammra Baker



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The Waterlog

The *Waterlog* is published at least eight times each year. It is published for the Squadron members by the staff of the Squadron Secretary and is provided to all members and advertisers, and is available to the public.

All members in good standing and approved non-members may submit articles and items for publication. They receive no gratuity.

The editor reserves the right to revise, change, or reject any materials submitted to the *Waterlog*, consistent with standards of accuracy, fairness, good taste, and available space, subject to the approval of the Squadron Commander.



*Waterlog Editor-in-Chief D/FI/Lt Tim Tyson, P, and Proof Editor Lt/C Margaret Sherrod, SN*

Commander's Corner

Service, Merit Marks, Service, What ASPS means to "me", Service, Passing it forward, Dedication to our Squadron! These are some of the thoughts that are running through my mind particularly frequently these days. Autumn is the time when our members efforts are reflected upon and Merit Mark awards are decided. This process is not just one of looking back and trying to ensure that all those who actively contributed to the well-being and vitality of our squadron are recognized. But, it is also an important time to look forward and ask all members to step forth, offer their talents and time, and rededicate themselves to actively supporting the goals of our squadron. A Merit Mark is a quiet award, one earned year by year, which is worn more in one's heart than on one's lapel. But, as years pass and one accumulates more Merit Marks, a sense of pride in belonging to a wonderful organization that one has helped create deepens and becomes even more meaningful.



Cdr Elwood "Woody" Williams, JN

How can I contribute, one might ask. First, notice that there are no requests for money, but rather opportunities to volunteer something even more valuable - one's talents, personal efforts, and time. So, what are the interests and talents you wish to share? Interested in our social activities? Seafarers' Ball is just around the corner. Perhaps you like to teach. There are always needs in our Education department! More nuts 'n' bolts oriented? Become a Vessel Examiner! Experienced in bookkeeping? Our treasury department is calling - urgently. Marketing? We need you. These are just a very few of the areas in which the squadron needs active membership participation. Planning for the future is in high gear. So, get out the Roster, take a look at all the activities and positions, and consider for a few moments what you can do to make our squadron better. Then communicate with your Bridge officers and let them know how you are willing and able to support our squadron, both now and in the future, through your generous volunteerism. Now is the time for all hands on deck and every bit of active participation, large or small, is valuable to the continued health of ASPS.

As most are aware, we now find ourselves in the position that there are several of our leadership positions which will need new individuals to take the reins and lead their departments into the future. Each is critical in its own way to the continued success of ASPS and each has its own set of skills, demands, and responsibilities. All the officers who have served in these positions have executed their duties most ably and each of them deserve our sincere gratitude in appreciation for their dedicated efforts. Squadron Education Officer, Secretary, and Treasurer are the positions for which ASPS needs its members with the skills, experience, interest, and dedication to step forward. Uncover your candle and let members of your Bridge and the Nominations Committee know how skilled, interested, dedicated, and generous you can be!



Best wishes for the continuing success of ASPS.

# FOREThoughts

## Meet...the Bakers

We have before us a prime example of why this is my favorite part of being your Waterlog editor. Prior to this morning I only knew Jeff and Tammra Baker from the two times I was on their boat treating the Calvary kids to their first (and, for some this year, their second) tubing adventure. Now I know them a lot better. I know you will as well, once you read this.

Jeff, whose father was in the Air Force, was born at Whiteman Air Force Base, approximately 2 miles south of Knob Noster, Missouri (or 70 miles southeast of Kansas City in the event you don't know where Knob Noster is). When his father was sent to Viet Nam Jeff, his sister, and his mother lived with her parents in Eufaula, Oklahoma. His father - one of 16 children in the family - had been a jet mechanic in the Air Force and, after his discharge, used his training when he went to work in the natural gas industry, where pumping plants utilized that technology.

The family moved all around the southwest. After Jeff graduated from Ulysses High School in Kansas he spent 8 months studying CAD (computer-aided design) in Phoenix. "I didn't go to college," he told Waterlog. "I never liked structured education." He started up several companies, building computers by hand and wiring them to corporate environments. "This was before Compaq and other companies began mass producing them." He ended up living in Monterey, California where he met Tammra. "A friend of mine was dating a friend of hers and we met at a 4<sup>th</sup> of July party he gave. We were married 364 days later, on the 3<sup>rd</sup> of July."

Tammra Schreier was born in Pellston, Michigan, ½ hour south of the Mackinac Bridge, on a small family farm. She spent her childhood there and the farm is still in the family.



Attending college at Central Michigan University, Tammra had a dual major in math and computer science, and a minor in business administration. In her last two years at Central Michigan she interned with Hewlett Packard and, upon graduation, went to San Jose to work for them full time. After 5 years with HP she went to work for another computer company, programming and coding software.

Oh, she also earned her MBA at San Jose State. When they met they were on opposite sides of the computer environment, "but we both had geek blood," Jeff laughed. So where does boating come into the picture? "My grandfather had a 26 foot bow cruiser," Jeff recalls. "It doesn't seem that big now but as a kid it was huge. I was always on the water - I learned to ski when I was six. I was always into water sports."

Tammra was introduced to boating by Jeff and, shortly after they were married, they bought a 19 foot Reinell bow cruiser which they trailed over northern California. "We would go to Lake Don Pedro (with its 160 miles of shoreline and 13,000 surface acres of water), pitch a tent on an island, and spend the weekend."

When asked where they had lived Jeff looked at me and asked "Do you want to write a 'Where We Lived' column or just say that we moved around a lot and ended up in Atlanta?" "It might save you a lot of time," added Tammra. The long and short of this is that they left California in 1997 and lived at times in Texas, Zurich (for 2 ½ years), back to Texas, Denver, Raleigh, Michigan, Annapolis, northern Virginia, and Atlanta. Atlanta was the first place we moved to that we wanted to go, as opposed to going there because of a job. "I researched places to live - we were getting tired of cold

*(continued on page 4)*



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T.J. CONVERY



# Squadron News

*(meet the Bakers, continued)*

winters - and it looked like Atlanta had good schools, more house for the money, and a lake. We knew we were going to get back into boating. I asked Tammra to look at my research." "I just said if it's as good as you say, let's go," she told me.

By this time there were five children: stepson Kyle, now 25 and stationed with the Air Force in Korea; Tyler, now 18 and a freshman at Kennesaw State; Ryan, 16, a sophomore at Alpharetta High School who has played the violin since the age of four; Devyn, 13, who loves playing football and attends Webb Bridge Middle School; and Alexis, 12, a competitive cheerleader who also attends Webb Bridge.

After leaving California (Tammra was pregnant with Tyler) the decision was made that Tammra would stay home and raise the family. "She had the hard job. I drew the light straw."



In the spring of 2012 the Bakers bought a 28 foot Cobalt and, after two years, traded up for a 30 foot Cobalt. At the Atlanta Boat Show they met Tom Gastio. He kept stressing the importance of Vessel Safety Checks. He and Jeff sparred a little because Jeff keeps the boat in immaculate condition and he knew Tom wouldn't find anything wrong." "We were looking for friends," Jeff added, "and Tom told us about ASPS. We liked the social aspect and we joined shortly thereafter."

No "Meet the..." column would be complete without at least one "it's a small world" vignette, and this is no exception. "On our first raft-up we met (State Representative and ASPS member) Butch Miller," Jeff remembers. "He was so nice and impressed us, saying that if the kids were interested he would talk to them about becoming pages at the capitol." Fast forward three years. "Tyler was about to enter Kennesaw State and needed an apartment. He wanted a one-bedroom but, mainly for social reasons, we wanted him to get a two-bedroom. He just knew his roommate would be a

mass murderer." Well, Tyler sent his parents a brief description of his prospective roommate and they checked him out on Facebook. Yep. His new roommate is Butch Miller's son.

So what does the future hold? "We are completely busy, all of the time," says Tammra. "The kids activities keep us pretty busy (understatement)." Then Jeff told me, "I want to take more ASPS classes. I took Piloting - Ryan Troncalli was a wonderful teacher, just great - and I want to do a bareboat charter in the BVIs. Every 7 years I get a sabbatical. The company tells me to go somewhere and not even think about work. My last one was two years ago so, in 5 years I want to do the charter."

*P.S. - Did Tom Gastio find anything wrong with the boat? I don't know. I forgot to ask.*

## Good Things Come in Small Packages - September Meeting Recap



With many of our Squadron "regulars" enjoying themselves on the Tennessee River, attendance at our September meeting was smaller than usual. However a smaller crowd sometimes means that we can enjoy each other's company in a bit more of a intimate atmosphere, and that was indeed the case this time.

Roy Stegall was our featured speaker. A few years ago he and his wife Mary sold their house, cars and boat (to your editor) and bought a sailboat on which they lived and sailed for five years. At one point Roy worked for TowBoatU.S., and he shared with us photographs and some thoughts on salvage operations.

Some suggestions included things you might want to consider 1) if your boat stays at the dock and in the water, 2) if you are towed, and 3) miscellaneous thoughts, such as Does your insurance cover salvage? If you do, the insurance agent will deal with the salvage operator. If not, YOU must handle it, and YOU may be out the cost! And always carry a working flashlight... even when you "don't plan" on being out after dark. Always have a VHF radio, either built-in, or carry a hand-held.

# Squadron News



## MERIT MARKS



*By P/C Ed Troncalli, SN; Merit Mark Chairman*

Distinguished Squadron Members,

Our Squadron Commander; Elwood Williams, JN-CN, has asked me to coordinate this year's Merit Mark recommendations that he will submit to the Chief Commander. Our Squadron Commander wants to be sure that no one who deserves recognition is overlooked.

A Merit Mark is a coveted award presented to a member by the Chief Commander in recognition of substantial personal effort to further the interests, programs and objectives of United States Power Squadrons, its districts and squadrons. It is, by and large, the only official recognition members receive for their efforts. Only one merit mark may be awarded in a year to a member no matter how extensive the contribution. A certificate is issued and a special insignia may be worn on the USPS uniform. Our Squadron issues attractive buttons to be worn on casual clothing.

The criteria to earn a merit mark are flexible. In most cases our members accumulate credit toward a merit mark throughout the year by working on various projects such as hosting events, planning cruises, volunteering at the boat show, assisting with education and participating in committee meetings. There are some activities such as teaching several classes or performing at least ten vessel safety checks that will qualify a member for a merit mark.

Recommendations for merit marks are made by squadron, district, rear and vice commanders to the chief commander.

The reporting of recommendations by our officers and department chairs is both appreciated and necessary in order to accumulate the information for the recommendations. Please mail or e-mail your recommendations to me. Any activity on behalf of the Squadron, our District or National should be reported. Simply list the individual's name, a brief synopsis of the activity and the number of hours involved.

Thank you for your support of this important program.

Enthusiastically!

Ed

## From Your Squadron Education Officer...

### Captain's Corner Boat Tech Topic

*by Lt/C Eric Ringwall, AP-CN*

On inland waters the inboard/outboard or "stern drive" propulsion system is very common. The ability to couple a "marinized" engine on the inboard end with a steerable drive system on the outboard end combines the benefits of both the inboard and outboard engine worlds. This configuration also makes use of a through-transom assembly which allows for the engine drive shaft to connect to the outboard drive unit, a shift cable to change from forward to neutral to reverse, and the exhaust to flow from the engine through the drive system and into the water. Since the drive system can be turned left and right to steer the boat, and trimmed in and out (up and down) to adjust the boat's trim, a certain amount of flexibility is required in these connections. The shafts and cables also need to be protected from the water to prevent corrosion and subsequent damage. This flexible connection is referred to as a "bellows" and they are made of thick flexible rubber hoses like those pictured above.



These bellows are usually quite benign and invisible unless you really look for them by raising your lower unit and looking up and into the transom assembly area with a flashlight, but you will find them there. You will also notice that they are normally submerged in the water when the boat is at rest. Over time however, left to their own devices, ignored, mis-used, subjected to long hot summers on the trailer, then stretched and twisted in the course of running and trimming and trailering your boat, these normally quite benign objects can crack or tear and ultimately sink your boat.

If you are fortunate, this wear and tear will first manifest itself as a small leak – a pesky unexplainable volume of water in the bilge – where is this coming from you say??? Bellows do not last forever, replacing them should be done every 8-10 years to be safe. If your bellows are more than ten years old, PLEASE have them inspected by a trustworthy marine mechanic. If they show signs of aging, cracking or other wear and tear PLEASE have them replaced! This will not be inexpensive as the lower unit must be removed. But this is a vast improvement over raising a sunken boat and dealing with the aftermath of that trauma.

See you on the water!

# Squadron News

## Notes From the Tennessee River Cruise

*Sent in by Lt/C Eric Ringwall*

"This is SO beautiful!" These words were repeated so many times as to become almost annoying as we travelled southwest along the Tennessee river from Chattanooga, TN to Guntersville, AL and back over the weekend of September 18-20.

Our small group of five boats (Thunderbolt II, Arrimage, Stingray, Play-N-Hooky3 and It's About Time!) with 15 ASPS members among them rendezvoused on Thursday evening September 17th, put our boats in the water on Chickamauga Lake, then locked down and through to the Chattanooga city front, creating a minor disturbance by staying on plane for a spectacular photo shot taken by Gin Willis as we passed under the Market Street bridge. Our group overnights at Ross' Landing Marina and had a great dinner at the Big River Brewing Company only a short walk from the docks. While socializing and eating we watched Army play Navy that evening (Doug Watson vs. Eric Ringwall) in a closely contested billiards match that ended the same way it has for Army football the past 12 years (sorry Doug, couldn't resist). Go Navy!

On our first full day on the water, we departed Chattanooga at about 10am ET and headed for Goose Pond Marina, some 85 miles downriver in Alabama and on the other side of the Nickajack Lock. We were treated to picture perfect weather, glassy water and amazing scenery on an absolutely beautiful stretch of the river. Locking through to the Guntersville Lake portion of the river was smooth and we timed it perfectly, going straight into the lock when we arrived. Cameras were out on all boats as we streaked down river at 25mph arriving at about 3pm. We saw only a couple of barges and a handful of recreational vessels along the way in what seemed like a trip down our own private river at times.

Seeking some adventure and a swim call, Stingray broke off from the flotilla for a diversion into Raccoon Creek where they suffered a water impeller failure. Have no fear, the always prepared Captain Mike had a

spare impeller and had TJ onboard and was back up and running in no time!

Once at Goose Pond and settled in, and in true ASPS fashion, we setup a Docktail party and relaxed, visited with other cruisers on their trawlers and talked about the day. Later in the evening, as dinner-time loomed, we hit the showers and got ready for dinner out on the town with the Huntsville Sail & Power Squadron members we had told about our trip. Our group of now 24 people went to a restaurant called The Docks and we all had a great time mixing with members of the other squadron and swapping boating stories, advice, and yarns of the river.



*Photograph by Gin Willis*

The following day, we got underway for a short run down to Guntersville with a lunch stop at The Bridge Café where the burgers were legendary. Afterwards, some checked out the town and shopped and others relaxed by the municipal dock until it was time to get back to watch some college football! This was Saturday in the South after all! We made short work of the 20 mile return trip to Goose Pond Marina

and many of us then congregated on Playin-N-Hooky3 – Mike and Tami Litke's beautiful Carver 38SS equipped with not one, but two TVs and three AC units! Others headed back to the Docks restaurant for some of their legendary desserts and others simply relaxed in their rooms.

Sunday morning after breakfast, our group made the run all the way back from Goose Pond Marina, through both Nickajack and Chickamauga locks, to our haul-out point, a run of about 95 miles. It was a great run, with wonderful weather, a great cruising area and a great group of friends. We can't wait to do it again.

I am happy to report that we all made it back safe and sound from a fantastic trip. Weather was awesome! River was gorgeous! Time spent with the Huntsville Squadron was also terrific. A great time was had by all. We logged ~210 statute miles from beginning to end on each of the five vessels that participated, so 1050 miles in total with the only equipment issue being a water impeller that was replaced on the spot by TJ with the tools and new impeller carried onboard by a prepared skipper (Mike Schneider).



# Squadron News

## Nobody Got Engaged This Time (But They Still Had Fun!)

Do you ever read articles in the Waterlog or hear recaps at our General Membership Meetings about the wonderful cruises, events and activities that ASPS holds and thought: "Everything sounds so idyllic but do plans always go that smoothly?" Simple answer: "No, things don't always go as planned. But as boaters faced with adversity we respond, adapt and move on. Most of all we continue to have fun sharing time and memories with our ASPS friends."

A case in point is the recent ASPS Mountain Lake Weekend at S.C.'s Lake Jocassee. P/C Lisa Herndon Wilson was the planner for this event. Reservations were made by members for tent sites, RV sites and cabins (called Villas) at Devil's Fork State Park, two pontoon boats were reserved for Saturday morning and attendees signed up to bring dishes for the outdoor potluck dinner for Friday evening and desserts for Saturday. But Mother Nature had other plans – it rained or drizzled throughout the weekend.

The rain subsided as we launched the Ringwall's boat, "It's About Time", and the rental companies launched the two pontoon boats. We departed the dock about 1000 and cruised the tributaries feeding Lake Jocassee until about 1600, stopping on an island for lunch and a much needed relief break. Lake Jocassee is mostly undeveloped and the pristine lake with its seven waterfalls, four of which we visited by boat, is a joy to explore. And it started to rain, again, shortly after we reached the dock and got the boats back onto their trailers.



The Friday night potluck dinner was moved into one of the Villas and all 21 attendees brought enough food to last a week. Saturday night we shared a low country boil and lots of delicious homemade desserts, again, indoors. There was football to be watched, stories to be told, friendships to nurture, and Cindy Ringwall taught us a new version of "Dominos" that kept us engaged throughout the evening.

Sunday morning we went our separate ways. The planned nature hike was canceled since the paths were so muddy. Some went exploring on Lake Keowee, others returned directly to Atlanta. All in all it was fun weekend with our ASPS friends in an idyllic but very wet setting.

*Article by D/Lt/C Margaret Sherrod; Photographs by P/C Lisa Wilson*



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# Squadron News

## 2<sup>nd</sup> Annual Calvary Kids Day Goes Off Without a Hitch

For the second year in a row the kids at the Calvary Children's Home were treated to an absolutely wonderful Day-On-The-Lake. We've thanked the Shireys, Gulers, Oliaros, Bakers, P/C Townes, P/Lt/C LaBoda, the Wardens, Tom Gastio, and Publix, but we simply cannot forget those who contributed their time and (precious) money to make this one of the most special days on our ASPS calendar.

To try and thank each and every one of you would almost certainly cause us to overlook one or two and we simply cannot let that stand. So let us say to each and every one who helped in each and every way,

**Thank You!!!!!!!!!!!!**



*Photography by Tammra Baker and Tim Tyson*



# Squadron News

As the day wound down to a close there was one thing left to do...salute University Yacht Club's outgoing Commodore and Mrs. Ken Odum. The kids drew another terrific poster to decorate the Shirey's houseboat and all cheered as we passed by the Odums to say, "Well done, Commodore!"

Not fifteen minutes after the three Calvary vans left, Campus Director Brian Busby telephoned to once again thank us for making it such a special day. "I'm looking back at three kids who are sound asleep.

Nicely done, Squadron. Nicely done indeed.



# Squadron News

## 2015 USPS National Governing Board

414 USPS members attended the 2015 National Governing Board meeting in San Diego this past September.. Among the important topics discussed at this meeting:

- ☼ While powerboat casualties are dropping, paddle craft accidents are rising dramatically
- ☼ Simulators and on-the-water training are crucial
- ☼ Coast Guard grants support Spanish language initiatives and boating skills virtual trainer
- ☼ Comprehensive branding assessment is in progress
- ☼ Continued decrease in membership ultimately impacts us financially, making national dues increases necessary
- ☼ New USPS website has been implemented
- ☼ Annual meeting at Rosen Centre, Orlando, February 14-21
- ☼ Other priority 1 items are online education and external marketing

By all accounts District 17 was a well-behaved group, all things considered.

*Waterlog thanks P/C Lisa Wilson for taking notes in San Diego and D/Lt/C Margaret Sherrod for transcribing said notes at Gordon Biersch - Buckhead.*



*Hospitality, Southern style (above); view from the hotel (right); the D-17 contingent (below).*



*Marti and D/C Bob Heck (above); recognizing our own Administrative Officer, Lt/C Mary Larsen.*



*Photographs by P/C Lisa Wilson*





# Squadron News

## ASPS/Navy ROTC On-the-Water Training Brainchild

By Lt/C Eric Ringwall, AP-CN

On Sunday September 13, New Buffalo, MI boaters were witness to US Navy ROTC Midshipmen (MIDN) calling out orders to the helm - "Right Standard Rudder, Steady on New Course 240," "Port Engine Ahead One Third, Starboard Engine Back One Third." These MIDN were only the most recent group to take part in an experimental program that began within the Atlanta Sail & Power Squadron (ASPS) to enable US Navy MIDN to get more hands-on experience in boat handling and to better prepare them for their shipboard duties upon graduation. The program began with the NROTC Unit at Auburn University and was recently extended to the University of Notre Dame and may become a model for a new wave of collaboration between USPS and the US Navy if further endorsed and expanded by both organizations.

Years ago, nearly all Naval ROTC units had sail programs and small boats upon which to train MIDN in boat handling, seamanship, navigation and other important skills for a sea going professional. Today, as a result of Defense Department budget cuts, almost none of the Navy ROTC units have these resources available. This means that many NROTC MIDN are going to the fleet with an extreme shortage of practical, hands-on boating skills. These skills are critical to setting a good first impression upon arrival onboard ship and to taking on watch-standing responsibilities when underway.

The experimental program combines two key elements 1) the practice of conning a vessel by utilizing standard verbal commands to a helmsperson and 2) the practice of coastal navigation utilizing the tools available on the host vessel e.g. GPS, Radar, Visual Lines of Position using a Hand Bearing Compass etc. The partnership with the USPS involves identifying a host vessel upon which to train and the facilitation of the navigation exercises. The NROTC units provide a Lieutenant versed in all of the Standard Commands and the eager-to-learn MIDN. If a squadron has a former Navy surface warfare specialist or officer to act as a liaison and promote the program, so much the better. Presentation materials have been developed as

have on-water exercises including making approaches to a buoy, maneuvering for a man overboard exercise, anchoring, piloting with and without electronics and more.

For the Notre Dame event, P/D/C Dick Spur SN-IN of District 20 connected Lt/C Eric Ringwall AP-CN and SEO of the Atlanta Sail & Power Squadron with P/C George Prescott SN of the Chicago Sail & Power Squadron. P/C Prescott is also a past Commodore of the New Buffalo Yacht Club which has its facilities in New Buffalo, MI, just 45 minutes from the Notre Dame campus. One of the NBYC members, Tom Mays, very graciously made his 46' Sea Ray Sundancer "Quality Time" available for the training event and even hosted Mr. Ringwall in his home during the weekend-long event. While the weather was a challenge (a small craft advisory blew all day Friday and Saturday, finally easing Saturday night), we were able to hold the training event on Sunday despite 3-6 foot wind-driven waves that continued to roll up on the eastern shores of Lake Michigan. After the group returned to port, NBYC also hosted a BBQ for the group which created a lot of opportunity for further interactions with USPS and NBYC members and capped off a really fun day on the water.



"The MIDN were all very appreciative of the opportunity and hope to be able to continue the program," said MIDN 2/C Eileen Sullivan who helped coordinate the rest of the group's participation. The hands-on learning event reinforced classroom experiences but also showed the MIDN how much they still have to learn to be ready for sea. Captain Carter, Commanding Officer of the Notre Dame NROTC Unit, showed his appreciation by preparing signed and framed photos of the NROTC Battalion and a Challenge Coin which were presented to Mr. Prescott and Mr. Mays by Lieutenant Kris Yost who was the primary contact between the Notre Dame NROTC unit and the USPS.

On November 7th, the ASPS will be hosting MIDN from Auburn University for the third time on Lake Lanier in Georgia. In this event, the program may be expanded to include multiple boats for certain exercises. MIDN involved in this program have shown remarkable improvement over the course of multiple events.

*(continued on page 11)*

# Squadron News

*(Navy ROTC, continued)*

Looking back at history, the USPS has stepped up to help the US Navy during both WW I and WW II, setting up schools to train personnel in navigation and seamanship to prepare them for Naval service. During WWI, then USPS National Commander Charles F. Chapman reached out to the Assistant Secretary of the Navy, one Franklin D. Roosevelt and extended an offer of help which was gladly accepted. Some years later at the outbreak of



WWII, then USPS Vice Commander William Sayers reached out once more to then US President Franklin D. Roosevelt with the same offer. Once again it was gratefully accepted and led to thousands of Navy personnel receiving training from highly qualified USPS instructors.




Today, while we are not engaged in a World War, the US Navy could clearly use our support given their budget constraints. Within the United States Power Squadrons, we can display the same spirit of service and cooperation toward the US Navy that we once did and continue to produce highly-valued results. The Navy ROTC units have a need that can be met if our Squadrons are willing to extend a hand in partnership and step up to the challenge – a challenge that the Atlanta Sail & Power Squadron has welcomed and we hope more will as well.

For more information about this program, please contact Lt/C Eric Ringwall, AP-CN, Squadron Education Officer for the Atlanta Sail & Power Squadron at [SEO@USPS-Atlanta.org](mailto:SEO@USPS-Atlanta.org)





**USPS DISTRICT 17  
2015 Fall Conference**

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Come to the USPS District 17 2015 Fall Conference in Columbus, GA, 30 October - 1 November for boating education, fellowship, good food, a costume contest, raffle prizes and lots of laughs. Visit Ft. Benning as well. Check your email for information on reservations at the Doubletree by Hilton (airport location) and the reservation form for Friday and Saturday night's dinners. V/C Louie and Dot Ojeda, V/C Bob Brandenstein, and V/C Bob Miller (via webinar) **AND** the virtual trainer will all be present.

See you in Columbus!!!

## Gordon Biersch

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# Your Health

## All Alone...Just You and Your Heart Attack

Not too long ago Dan Dillon sent your editor an email. It began

☼ Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day.

☼ You're really tired, upset and frustrated.

☼ Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five miles from the hospital nearest your home.

☼ 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.



### SO HOW DO YOU SURVIVE A HEART ATTACK WHEN ALONE?

This led your editor to wonder...let's say you are on your boat. You may or may not be alone. If someone is with you they may or may not know CPR. What if you ARE alone or if your friend DOESN'T know CPR. What then?

Did you know that symptoms of a heart attack are different in men than women? Check this out: "One out of every three deaths in American women is caused by heart disease. And five times as many women die from heart attacks as breast cancer each year, according to the American College of Cardiology.

### So, what are some heart attack signs in women?

☼ Disturbed sleep and extreme fatigue: About 71% of women report feeling as if they have the flu, or are unusually tired (e.g., can't make the bed without sitting down to rest) up to a month before a heart attack, with no accompanying chest pain in this early time period.

☼ Chest pain or discomfort: Women sometimes describe discomfort as "pressure," "fullness," or "heart-burn."

☼ Pain or discomfort in the arms, back, neck or stomach

☼ Cold, clammy sweat

☼ Shortness of breath or feelings of breathlessness, especially when you haven't been exercising (e.g., feel-

ing like you've been running sprints without making a move)

☼ Nausea and vomiting

☼ Dizziness or lightheadedness

### What are so of the signs for men?

☼ Chest pain or discomfort

☼ Severe sensation of chest pressure ("like an elephant sitting on my chest")

☼ Pain or discomfort in the arms, back, neck or stomach

☼ Cold, clammy sweat

☼ Shortness of breath or feelings of breathlessness, especially when you haven't been exercising

☼ Nausea and vomiting

☼ Dizziness or lightheadedness

(Sources: U.S. Dept. of Health and Human Services, *Everyday Health.com*, American Heart Association)

So what can you do if you're alone on your boat? This is a tough one to answer. But these are important:

☼ Remain calm

☼ Carry a bottle of aspirin. Chewing 1 aspirin will not cure a heart attack or make symptoms go away but it may help slow or reduce clotting and blockage around the site of a ruptured plaque. *Waterlog* contacted Bayer Healthcare USA who told us that, while all aspirin products have a slight acidic, vinegary smell, if it stings your nose it might not be as effective. Check the expiration date. They also said that low dosage (75-325 mg) is recommended but it is important to ask your doctor whether or not you should even be taking aspirin.

☼ As Roy Stegall told us at our September meeting (page 4) always carry a VHF radio (or a cell phone if that is practical).

☼ Note the time. This can help the doctors when they treat you.

☼ Take a CPR class. You might not be able to use it on yourself but you might just be "that other person" on the boat.

**If you are interested in attending a CPR class, please contact Lt/C John Holland. He is interested in assembling another class for this very important subject.**

There are a wide variety of informational sources available on the internet and it behooves you to read up on this. The life you save might just be your own.

# Member's Quarters

"If not now, then when, If not us, then who?"



If you are a history buff then you probably have heard this famous Churchill quote. After Germany started capturing European countries and bombing London in 1939, England's back was up against the Atlantic Ocean. Churchill gave one of his most inspirational speeches for assistance in coming to Great Britain's aid. Although his speech did help influence America's lend/lease policy, it wasn't until Pearl Harbor that the United States finally entered into WW II with combat troops to help defend England.

Many volunteer organizations are experiencing the same thing with finding leaders to steer their groups. The Atlanta Sail and Power Squadron is having these same challenges. We need volunteers to help lead our club. Just think of the many functions that we all get to enjoy in this club: meetings with informative speakers, cruises with great cruise captains, parties with many planners, education courses with well prepared and enthusiastic instructors, taking minutes of meetings, a great newsletter, an informative website, a list of current members, someone to handle our dues and accompanying expenditures, recruiting new members, volunteers to conduct vessel safety checks, bringing the flags and setting up the audio system and electronics at our meetings, arranging our meeting locations, manning our boat show booth, organizing our changes of watch and holiday parties, and marketing our safety products and events.

We need more volunteers for 2016. The nominations committee is asking for volunteers to help with our finances, educational courses and board meetings.

We need you to volunteer. Won't you please give back some of your time for these many events that we all get to enjoy? Please contact Douglas Townes, nominating committee chair if you could help with any of these jobs for 2016.

Remember: "If not now, then when? If not us, then who?"

P/C Douglas Townes

\*\*\*\*\*

## P/D/C Jeff Wise Named NASBLA's Boating Educator of the Year

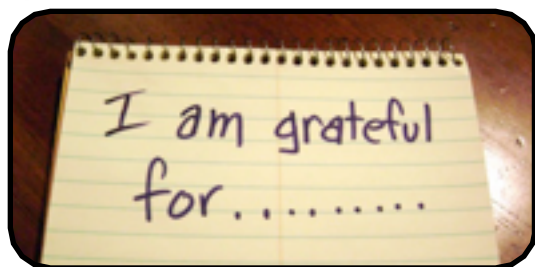


*L to r: Region 1 DNR Commander Capt. Jeff Galloway, P/D/C Jeff Wise, and Sgt Mike Barr*

With a great deal of pride *Waterlog* is able to report that P/D/C Jeff Wise has been named Georgia Boating Educator of the Year by the National Association of Safe Boating Law Administrators. "Mike Barr has been my contact at the Allatoona DNR for the last several years. He's been very helpful and committed to teaching ABC at Allatoona, comes into our class and talks for about fifteen minutes each time, and pushes people into our classes. Mike submitted my name for the Georgia Boating Educator of the Year award from NASBLA based on the success of our effort to work together between ASPS and the DNR over the last five years. The award was a complete surprise. Mike has now moved on to a different district within Region 1 (the eight counties in extreme northwest GA), but is still very committed to helping us and we have developed a close friendship."



# Member's Quarters



## The World is Mine

- Author unknown

*Editors note: This being our "Calvary Kids" issue, and with the story about our recycling effort on behalf of Atlanta Ronald McDonald House Charities, I thought it would be appropriate to publish this. It was sent in by P/D/C Bob Ginsberg. Go ahead, print it out and stick it on your refrigerator door.*

Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful.

When suddenly she rose to leave,  
I saw her hobble down the aisle.  
She had one leg and used a crutch.  
But as she passed, she passed a smile.  
Please forgive me when I whine.  
I have two legs; the world is mine.

I stopped to buy some candy.  
The lad who sold it had such charm.  
I talked with him, he seemed so glad.  
If I were late, it'd do no harm.  
And as I left, he said to me,  
"I thank you, you've been so kind.  
It's nice to talk with folks like you.  
You see," he said, "I'm blind."  
Please forgive me when I whine.  
I have two eyes; the world is mine.

Later while walking down the street,  
I saw a child I knew.  
He stood and watched the others play,  
but he did not know what to do.  
I stopped a moment and then I said,  
"Why don't you join them, Dear?"  
He looked ahead without a word.  
I forgot, he couldn't hear.  
Please forgive me when I whine.  
I have two ears; the world is mine.

With feet to take me where I'd go.  
With eyes to see the sunset's glow.  
With ears to hear what I'd know.  
Oh, God, forgive me when I whine.  
I've been blessed indeed, the world is mine.



## Friends of the *Waterlog*



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To learn more about becoming a "Friend of the *Waterlog*", please contact your editor, Tim Tyson  
We are grateful for your support.

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# ASPS Cares

## Live Green - Earn Green (As In \$\$\$)

So...what might be a nice way to thank the Shireys for letting us use their houseboat for the Calvary Kids Days? That is not an easy question to answer. But let's try this on for size: We ended our first "Recycling Year" with a \$150 donation to the Atlanta Ronald McDonald house in the name of Susan's mother, Jane Vallentyne Leaycraft, a passionate supporter of the Ronald McDonald House Charities.

So let's take the ASPS Challenge: keep collecting pop tops. Put another garbage can in your utility room for aluminum cans. Read the list below and hang on to your recyclable items. Tim Tyson is always willing to pick them up if you cannot get them to him.



And let's double that amount for next year.

### Recycle:

#### Scrap

Lawn Mowers  
Fencing  
Appliances  
Grills  
Copper wire  
HVAC  
Plumbing  
Christmas lights  
Extension cords  
Brass fittings and fixtures  
Bronze  
Aluminum blinds, cans, gutters  
Aluminum lawn furniture  
Scrap aluminum  
Lead acid batteries  
Brake rotors and drums  
Stainless steel

#### Electronics

PC's, laptops, video game systems  
Servers, cell phones, circuit boards  
Power supplies  
Monitors and keyboards  
Satellite receivers  
Modems  
Media drives  
Hard Drives  
Routers, switches, etc.

*If you would like a flyer listing all of the recyclable items, Tim Tyson will be more than happy to mail you one. He can also answer any questions you might have.*



ATLANTA RONALD McDONALD HOUSE CHARITIES, INC.  
795 Ganswood Road, NE • Atlanta, Georgia 30329  
404.315.1150 • Fax: 404.315.7873 • www.arhc.org

September 4, 2015

Mr. Tim Tyson  
Atlanta Sail and Power Squadron  
2481 King Arthur Circle  
Atlanta, GA 30345

Dear Mr. Tyson:

Thank you for the Atlanta Sail and Power Squadron's recent \$150.00 donation to Atlanta Ronald McDonald House Charities in memory of Jane Vallentyne Leaycraft. We are deeply honored to be the beneficiary of this meaningful tribute.

Your gift will help enable us to welcome all the families who count on the home away from home and support offered by our two local Ronald McDonald Houses. Each year, nearly 2,000 families of ill and injured children rely on us when they have nowhere else to turn. Keeping children and families together when they need each other most is core to our mission.

On behalf of all the families who will benefit from your generosity, thank you again for your support.

Sincerely,

Marissa V. Greider  
Director of Development

MVG:ibt

This letter serves as your official gift receipt from Atlanta Ronald McDonald House Charities (tax-exempt #58-1295754, tax-exempt code 501(c)(3)) and certifies that no goods or services were received in exchange for this contribution. This contribution, received 9/4/2015, is tax-deductible in the amount of \$150.00, as allowed by law.



# Lighten Your Day



## Why men shouldn't write advice columns

Dear John,  
I hope you can help me. The other day, I set off for work, leaving my husband in the house watching TV. My car stalled, and then it broke down about a mile down the road, and I had to walk back to get my husband's help. When I got home, I couldn't believe my eyes. He was in our bedroom with the neighbor's daughter!  
I am 32, my husband is 34 and the neighbor's daughter is 19. We have been married for 10 years. When I confronted him, he broke down and admitted they had been having an affair for the past six months. He won't go to counseling, and I'm afraid I am a wreck and need advice urgently. Can you please help?  
Sincerely, Sheila

Dear Sheila,  
A car stalling after being driven a short distance can be caused by a variety of faults with the engine. Start by checking that there is no debris in the fuel line. If it is clear, check the vacuum pipes and hoses on the intake manifold and also check all grounding wires. If none of these approaches solves the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injectors.  
I hope this helps,  
John

— Forwarded by Steve Sanderson,  
Gilbert, S.C.

## Quotable



"If we concentrated on the really important stuff in life, there'd be a shortage of fishing poles."

- Junius P. Long

## One Day, While Walking Along the Beach...

A guy was walking along a Florida beach when he came across a lamp partially buried in the sand.

He picked up the lamp and gave it a rub.

A genie appeared and told him he has been granted one wish.

The guy thought for a moment and said, "I want to live forever."

"Sorry," said the genie, "I'm not allowed to grant eternal life."

"OK, then, I want to die after the government balances the budget and eliminates the debt."

"You crafty son of a gun," said the genie.

# The Bulletin Board



## Calling All Cruisers

Cruise planning meeting - October 22 at 7:00  
(1900 hours) -Aldo's in Sandy Springs

For anyone who might want to suggest a cruise for 2016, this is your opportunity to shine!!!

Rise up, fellow ASPSers. Come to Aldo's to suggest...and dine on some fine Italian food.

Or come and listen to the ideas.

No sky too high, no sea too deep.

I'm really tired. Can you tell? Let's put this issue of the Waterlog to bed. Good night.



Thank you, from the bottom  
of my heart.

## How Many "Tuns" Can Your Boat Carry?

*P/C Lisa Wilson sent this in from the National Captain's Institute newsletter "Professional Captain - Summer Quarter, 2015". They have graciously given us their permission to reprint it here.*



The present concept of tonnage measurement dates back at least to the early middle ages. Tonnage duties were assessed on tuns (casks or barrels) of wine. Each tun held approximately 252 gallons of wine, weighing 2240 pounds, from which we get the "long ton" measure of weight. By the late 1700's, systems were in place in Europe to assign tonnages to reflect vessel carrying capacity in "tons" of roughly 100 cubic feet each (a measure of volume related to the size of a standardized cask or barrel). Using tonnage for tax purposes is addressed in the United States Constitution, and was the subject of the 3rd and 5th Acts of the First Congress.



# From the Bridge



Cdr Elwood "Woody" Williams,  
Commander



Lt/C John Holland,  
Executive Officer



Lt/C Eric Ringwall,  
Education Officer



Lt/C Mary Larsen,  
Administrative Officer



Lt/C Margaret Sherrod,  
Treasurer



Lt/C Beth Guler,  
Secretary



1<sup>st</sup> /Lt Meredith Randall,  
Assistant Education Officer



1<sup>st</sup> /Lt Scot Randall,  
Assistant Administrative Officer



1<sup>st</sup> /Lt Dennis Abell,  
Assistant Secretary

**Calendar**

**October 15<sup>th</sup> : General Membership Meeting, 57<sup>th</sup> Fighter Group Restaurant**

**October 22<sup>nd</sup> : Cruise Planning Meeting for 2016 (see Bulletin Board, page 18)**

**Oct 30<sup>th</sup> - Nov 1<sup>st</sup> : D-17 Conference, Columbus, Ga (see page 12)**

**November 1<sup>st</sup> : Daylight saving time ends. Set your clocks back and enjoy your extra hour. You earned it!**

**November 7<sup>th</sup> : Fall leaf cruise. See DRs for details**

**November 12<sup>th</sup> : Ex-Comm Meeting, Aldo 's**

**November 14<sup>th</sup> : Chili Cookoff with new member orientation. See DRs for details**

# Afterthoughts

How many of you have seen or read "*The Great Gatsby*"? Let's see a show of hands. I ask this because, at the "Calvary Kids Day-On-The-Lake" I was reminded of that work by F. Scott Fitzgerald. Remember how Gatsby would stand where he wasn't seen and watch everyone enjoying his party? At one point on our "Day-On-The-Lake" I sat alone on the houseboat and watched the kids, the house parents, and our members enjoying one glorious day. But that's where the similarity between Gatsby and me ends (not to mention his wealth, of course).

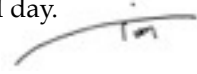
In 2014 the Shireys volunteered their houseboat so that we could have all the kids together on a single boat. Before the day was over Tom Shirey suggested we make it an annual event. In 2014 Lisa (then Herndon) Wilson coordinated it, and this year Sheryl LaBoda was in charge. And what a wonderful job they both did. Last year Jeff and Tammra Baker (with their great kids), and Jack and Maureen Oliaro brought their power boats so the children from Calvary could go tubing. They brought their boats again this year. Last year we had jet skiing provided by Douglas Townes and (of course) Tom Shirey. This year we also had Tom Gastio and Kathy and Scott Warden - 4 jet skis!!! Not to be outdone, Beth and Mike Guler brought their sailboat.

I just sat back and watched.

I don't dare mention all of those who donated their time, food, and cash contributions - except Publix, who gave our Squadron some wonderful assistance in the form of a gift certificate - because I would be sure to omit someone. And now we get to the point I'm trying to make: While I might have come up with the idea for this, I am not the one who deserves the credit for making it a success. Okay, maybe I felt a little like Gatsby watching his party, mostly because I feel so close to these kids. But I didn't coordinate it. I don't own the boats. I didn't provide the food or the money. And this is absolutely **NOT** false modesty.

It is simply my way of thanking from the bottom of my heart all of you who contributed to this wonderful day.

I love you all.



---

Tim Tyson  
2481 King Arthur Circle  
Atlanta, GA 30345

