



WATERLOG



SAFE! SMART! FUN!



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Commander's Corner

I stepped outside one morning last week and smelled something I haven't smelled for about, well - almost a year. **SPRING!!!** Spring smells like fresh air, gentle winds, green things growing and - water. Do you know what that means? Glory Hallelujah!! Grab the shorts, find the swimsuits, dig out the picnic baskets, hoist the sails - and fire the canons!! Boating season will be here any minute! Are you ready?



Cdr Barbara Tyson, P

As you get ready for the new boating season (or if you're already out there), don't forget to check the non-prescription medications in your first-aid kit. Heat and humidity on board can accelerate the breakdown of drugs and could make them useless or even harmful. Check the package expiration dates. If they are past their date, change them out. Even if they are getting close, go ahead and swap them for fresh ones. This includes simple things like aspirin (smells like vinegar if over the hill) and sunblock (loses effectiveness). Consider using those small single-dose packets in the travel section of your drugstore instead of a big bottle. They may cost you a little more money up front, but they are safer and less wasteful in the long run.

Please keep the environment in mind when selecting cleaners, changing and flushing coolant, changing oil and fuel, and cleaning bilges. Pay attention to anything that might be harmful if let loose in the environment. Even chores done on land need to be cleaned up properly. Remember, if a human puts it in the water, a human needs to get it out. And the best way is to not put it there in the first place.

Wishing you cool breezes and calm waters,

Barbara



"Land was created to provide a place for boats to visit." - Brooks Atkinson

Waterlog

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 Co-Editors Rachel Shirey and Tim Tyson

On the Cover

As the headline on page 3 reads, "We Did It!!!!!" Thanks to the efforts of this wonderful group we belong to our Squadron won the coveted BoatUS



Squadron News



We Did It!!!!!!

So let's set the stage, so to speak. The setting was the United States Power Squadron's Annual Meeting in Orlando. Seated were approximately 450 members of America's Boating Club. The order of business was the presentation of the BoatU.S. National Civic Service award. There were eleven Squadron finalists, and BoatU.S. Director of Development Ted Sensenbrenner read aloud what each of these Squadrons had accomplished in the community service arena to become finalists. After he had done this he began reading a letter that sounded somewhat familiar to the Atlanta delegates in attendance. Familiar because it was the poignant and eloquent letter sent to us by Brian Busby of the Calvary Children's Home after our 2018 Calvary Day-on-the-Lake.

When Mr. Sensenbrenner finished reading the letter he said, "Alright Atlanta, come on up and get your award!" To the thunderous applause of the assembled members Cdr Barbara Tyson, accompanied by Executive Officer Dave Fuller, went to the podium to accept the beautiful award featured on this month's Waterlog cover, along with a check for \$1,000.

Cdr Tyson spent literally hours upon hours assembling the documentation required for submission. Community service activities such as our work with the Atlanta Ronald McDonald House Charities (cooking weekend brunches and contributing money collected through our Jane Vallentyne Leacraft recycling project); the Calvary Children's Home (our annual Calvary Kids Day-on-the-Lake, our do-

nations to their general fund, contributions to the scholarship fund which we started, and the Christmas presents we buy each year); our participation in the project that sent almost 300 life jackets to health workers in the Congo; our \$600 contribution to District 33 in Puerto Rico to help in the aftermath of Hurricane Maria; our financial support of

the Paddle Georgia Youth Scholarships; participation in Cabela's Power Sports Open House; teaming up with the U.S. Coast Guard Auxiliary in several "Wear It" life jacket events and joint vessel safety exams; traveling to Lake Eufaula, Alabama to conduct our own "Wear It" event; holding a basic boating safety presentation at Marine Max in Buford; completing over 200 vessel safety exams at assorted marinas; participation in the 2018 Atlanta boat show (in which we were able to utilize the Boating Safety Virtual Trainer); Tom Gastio's safety presentation to

the Cornerstone Schools; our public service radio announcement on WGST...quite a list.

Sound like a lot? It is. Does it look like we walk the walk and don't just talk the talk? We do. Does it make you proud to belong to an organization like the Atlanta Sail and Power Squadron-America's Boating Club Atlanta?

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T.J. CONVERY

Squadron News

Saying Good-Bye to a Sweet Lady...P/C Mary Larsen

By P/C Douglas Townes

We were shocked and saddened when we learned that P/C Mary Todd Larsen crossed the bar March 12th. Let us always remember her endearing smile, her positive attitude, and her loving spirit. Mary would always step in when asked, and never complained. Quite the opposite, in fact.

Mary Larsen crossed the bar March 12 in Atlanta, Georgia. She was past National Vice Commodore of the Coast Guard Auxiliary and a past Commander of the Atlanta Sail and Power Squadron. Mary asked that there be no funeral but she did request a burial at sea. On April 8, 2019 at 8:00 am the Burial at Sea ceremony for Mary Larsen was conducted onboard the Coast Guard Cutter Gannet located at Coast Guard Station, Mobile Sector. The following article was written so that members of Mary's Coast Guard Flotilla 29 and the Atlanta Sail and Power Squadron could get more details through the eyes of Douglas Townes. Douglas was Vice Flotilla Commander of Flotilla 29 when Mary was Commander in 2007 and was also a fellow Sail and Power Squadron member during Mary's membership.

Douglas became involved in planning Mary Larsen's ceremony after Mary Sorrel (Mary Larsen's daughter) called and said she wanted Douglas to make the arrangements. Douglas called Dave Fuller who recommended he call Terry Barth. Terry is not only the wife of Coast Guard Auxiliary District 7's Commodore Gary Barth but is also aide to the National Commodore of the Coast Guard Auxiliary, Larry King. Although Douglas had been involved in two Coast Guard Auxiliary Burials at Sea and one Navy Burial at Sea, this was the first time he had been involved in a Burial at Sea aboard a Coast Guard Cutter. A Coast Guard Cutter was selected because of Mary's position and past service in the Coast Guard Auxiliary. The 87' CGC Gannet was selected and was in port in Mobile Bay at the Sector Mobile Coast Guard Station. Mary Larsen asked for her final resting place to be the waters surrounding Mobile Bay because both her husband and son had burials at sea in these same waters.



USS Alabama showing overcast skies with 2' to 3' foot seas in Mobile Bay

A photo of the Battleship Alabama was included in this article for two reasons: The Coast Guard station where the CGC Gannet is home-ported is about three miles aft of the Alabama and you can see how overcast the sky was and how choppy the bay waters were. Due to this poor weather the burial at sea ceremony was modified. After consulting with Mary Sorrel, it was decided it was not safe for passengers to go to sea in such rough weather.

It is not uncommon for burial at seas to be changed due to inclement weather. When a modified ceremony is conducted, all parts of the original ceremony are kept in place with the exception of committing the ashes to the waters. In this modified ceremony, the ashes were handed over to the Captain of the Gannet. On the next sea passage of the CGC Gannet, Captain Kelly will conduct another abbreviated BAS ceremony and the ashes will be committed to the sea. The family will then be notified of the time and location of the physical burial at sea.

Just after 8:00 am when we arrived on the back deck of the CGC Gannet, Captain Kelly greeted everyone then explained to the group how the ceremony would be conducted. He then prepared the forecastle (pronounced fōk-səl) and crew for the ceremony. After preparations were completed, the family and visiting Coast Guard Auxiliarists were ushered to the forecastle for the ceremony.



Commodore King presents the flag to Mary Sorrel

(continued on the following page)

Squadron News

(Mary Larsen, continued)

In the photograph (figure 2) of the assembled group, you see Petty officers from the ship manning the rails (standing near the port and starboard gunnels) with the family and Coast Guard Auxiliary guests facing the Captain. Mary's ashes and the American flag were placed on top of the forward hatch just in front of Captain Kelly. An announcement was made over the ship's PA system "All hands bury the dead". Captain Kelly called everyone to attention. After a brief pause, he then gave the "parade rest" command. Verses of scripture were read then prayers were spoken ending with a benediction prayer. The captain then called everyone again to attention; a hand salute order was given after which 8 bells were sounded. After eight bells were sounded, taps were played over the ship's intercom. After a brief pause, the Captain handed the flag to Commodore King who then presented it to Mary Sorrel on behalf of a grateful nation. The presentation of the flag to the family ended the service. Everyone stayed on the forecandle for a group photograph. "Thank you's" were exchanged then everyone slowly walked off of the ship back to the parking lot. The original ceremony was scheduled to last over five hours including four hours of transit. The abbreviated ceremony lasted only 30 minutes.



Pictured from left to right: Douglas Townes, CWO Travis Lasser, Division 3 Vice Commander Richard Geiger, District 7 Commodore Gary Barth, Division 3 Commander Larry Jensen, Michael and Mary Sorrel, National Commodore Larry King, Captain Patrick Kelly, Executive Officer William Mason.

As you can see from the photos, Douglas was very grateful that he got invited with so many VIPs in attendance and such limited space. Mary and Douglas were good friends and Douglas said "it was an honor to help put this final ceremony together for Mary. I believe she would be proud of the professionalism and final respect everyone showed."

Rest in peace, Mary.



P/C Mary Todd Larsen, AP
May 3, 1940 - March 12, 2019



Squadron News

The San Juan Islands Cruise: “It was one for the memory books.”
 ...Lisa Wilson

If ever there was a vacation I could have been a part of, this was it. The San Juan Islands Pacific Cruise. Each day my e-mail-box had a Facebook from someone loaded with photographs designed specifically to turn me green with jealousy. The following pages will show you why. According to P/Lt/C Sheryl LaBoda, eleven boats carried 43 participants!!!



From the LaBoda collection, clockwise from top left: sea lions doing what they do best; Sheryl having fun with the street people; Orca (please don't show to the sea lions!); pure beauty; As Lisa Wilson put it so well, “the fog... it just pointed out the importance of communication and working as a team.”; Chihuly art. “The pictures don't do it justice.”; and even more pure beauty.

(continued on page 5)



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Squadron News



San Juan Islands cruise, continued

Here is the dictionary definition of putting somebody on the spot: Ask a person who went on the cruise what their favorite part was. I mean, after about ten minutes of silence and a few dozen “hmmms” Lisa Wilson finally said, “It was just an exquisite time. It was exhilarating. We saw Butchart Gardens, had breakfast in the Parliament House in Victoria, we saw the sights of Seattle. And the planning - everything. The events, the navigation. It all went so smoothly for all of us.”



Photographs on this page ere sent to Waterlog by P/C's Lisa Wilson and Kevin Schoonover. Clockwise from the top left: the top three encapsulate the beauty of Vancouver & Victoria at dusk; a happy group posing for a photo; whales ahoy! the water taxi; P/C John Holland harpoons a ball cap; and center - Jimmy Wilson shows our colors.

Heartfelt thanks for your entries and apologies for my tardiness.



Squadron News



Looking Back at a Spectacular Party

Alright, alright. It's late spring. Eighty-five degrees outside. Does that really mean it's too late to reflect on our gala Seafarer's Ball of this past December? Tres, NO!!! This year's Seafarer's Ball was chaired by none other than Virginia Lee. It was the first holiday party that she had organized but if you were there you would have thought she had done it most of her life. The music, the food, the camaraderie...it was a night to remember. It was a joy to behold.

As if that weren't enough, we collected donations for the Calvary Children's Home (both the scholarship and general funds), for Christmas presents for the Calvary Kids, and we even had a small silent auction to benefit the Atlanta Ronald McDonald House Charities.

Heaps of thanks go out to Virginia Lee and her wonderful, energetic, enthusiastic, holiday-driven crew: Genie Troncali, Sheryl LaBoda, Marla Hendrix, and Maureen Oliaro.

You rock!!!





Squadron News



Wounded Veterans and SCUBAnauts Join in Reef Restoration Efforts

This article has been reprinted with the permission of the Florida Keys National Marine Sanctuary. Please see editor's note at the end of this article).

Sanctuary reefs are being bolstered by the efforts of some very special volunteers this summer. Divers with the Combat Wounded Veteran Challenge and SCUBAnauts International joined scientists at Mote Marine Laboratory in July to help tend corals in an underwater nursery as part of an ongoing reef restoration effort.

The Mote Marine Laboratory coral nursery and transplant sites are one of several in the Keys permitted by the marine sanctuary. In these nurseries, scientists grow corals – primarily the threatened staghorn coral – which are eventually transplanted to reef areas where those species have declined. In late July, eight combat wounded veterans, 20 SCUBAnauts, and two snorkelnauts helped Mote scientists hang small coral clippings on underwater structures dubbed “trees” where the corals grow rapidly.

The combat wounded veterans participating this summer included transtibial (below the knee) and transfemoral (above the knee) amputees who are able to dive by using specialized waterproof prosthetics, as well as a double lung transplant recipient and veterans with traumatic brain injuries. Their inspirational motto *Vulneror non Vincor* (I am wounded, not conquered) is also applicable to Keys corals reefs, which like reefs around the world, have declined for the last 40 years but benefit from conservation and restoration efforts.

By involving citizen scientists in reef restoration, Sanctuary partners at Mote are providing hands-on opportunities to learn more about threats to reef health and conservation efforts. Through this cross-mentorship program, the

youth and wounded veterans overcome individual challenges to create a positive change for the reefs and each other. “Our wounded servicemen and women make a powerful impact and example on youth and those who face similar circum-

stances. Through these challenge experiences, they demonstrate to others that despite their injuries, they too, can overcome seemingly insurmountable personal challenges, while advancing rehabilitative research,” said David Olson, founder of Combat Wounded Veteran Challenge.

The Combat Wounded Veteran Challenge improves the lives of wounded and injured veterans through rehabilitative high-adventure and therapeutic outdoor challenges while furthering the physiological, biomedical and pathological sciences associated with their injuries. Past chal-

lenges have included hiking Mount Kilimanjaro, packrafting and mountaineering in Alaska, and hiking the Grand Canyon.

SCUBAnauts International’s mission is to guide young men and women ages 12 through 18 along a pathway for personal development by involving them in the marine sciences through underwater marine research activities, such as special environmental and undersea conservation projects, that build character, promote active citizenship and develop effective leadership skills.

This restoration event is being supported by the National Oceanic and Atmospheric Administration and The Nature Conservancy’s Community-Based Restoration Program, National Marine Sanctuary Foundation, private donors, Fury Watersports in Key West, and Mote and its Protect Our Reefs license plate program.

(Editor’s note: The dive described in this article took place

last summer and I first heard of it while watching a story by Fox News reporter Phil Keating. In researching the story I came across this article and telephoned the Key West offices of the Florida Keys National Marine Sanctuary. I was directed to Gena Parsons who eagerly gave us the permission to reprint.

If you have ever been to the Keys you are aware of the wonderful personalities and attitudes of the locals there. The people I spoke with exemplify this and I want to thank them so much, not simply for granting their permission but for brightening up my day as well.)





Squadron News

2019 Change of Watch - A Great Day For a Grand Event

We had another wonderful Change of Watch in 2019. Due to remodeling at the Dunwoody Country Club we were forced to find another great location. Mission accomplished! It as held in the same University Yacht Club pavilion where our Seafarer's Ball was in December.

Lisa Wilson, accompanied Lilliana Paslawskyj, opened by singing the National Anthem. Cdr Ringwall achieved the exalted status of P/C and was presented with a log book for their upcoming Great Loop experience. P/C Kevin Schoonover received our Squadron's Troncalli Education Award, T.J. Convery was awarded the coveted Nelle Moon Award, and Donna Odum received the Commander's Award. Every single one of these awards was spot-on-well-deserved.

As the photographs below (taken by non other than Nan Ellen Fuller) indicate, it was a great day for a grand event.





Squadron News

March Madness

What else would you call holding our General Membership Meeting outside in 47° weather?

Yes, it was cold. BRRRR cold! But for those of us who braved the elements to attend our March General Membership Meeting it was worth it. We celebrated a whole host of things worthy of our appreciation and gratitude: our instructors, our vessel safety examiners, our merit mark achievers, and last but certainly not least...St. Patrick's Day!!!



Let's begin with the latter. Always known for never letting a reason to celebrate go by unnoticed, we had a great time in the Irish tradition.

This all took place at the clubhouse of John and Cary Holland, and oh, what a fantastic job they did. John, along with Scotty Randall, cooked up some delicious corned beef, cabbage and carrots, and potatoes, while Cary pretty much orchestrated the whole thing. Meredith Randall, Rhodes and Virginia Lee, and Margaret Sherrod all deserve a shout out and special recognition. But one thing that was wonderfully noticeable was that everyone who came pitched in to help set up, take down, and everything in between.

This meeting was originally intended to be our annual instructor appreciation day. SEO Margaret Sherrod did a yeoman's job in that arena. "We recognized all of the instructors for the advanced and elective classes, CPR and first aid class, ABC (America's Boating Course), along with the proctors, administrators, and everyone involved with the educational program. We also recognized people involved with on the water seminars (Practical On the Water and Partner in Command), those putting it on, those assisting, those providing boats, and so forth."



With over 200 Vessel Safety Examinations under our collective belt in 2018 it only made sense to heft a mug and cheer out, Erin Go Boat Inspectors!" (Now you just knew I

was going to throw that in somewhere, didn't you?). We gratefully acknowledged the wonderful job that our inspectors have done and continue to do. Our waters are a safer place to be thanks to them.



PC Ed Troncalli, our Squadron Merit Mark coordinator, gave the group a rundown on what Merit Marks meant, how they are determined, and answered any questions from the assembled masses. BTW, last year 58 members received Merit Marks.



T.J. Convery became the first member this year to be presented with the Commander's "Promote Our Purpose" award. T.J. has been in charge of our Atlanta Boat Show

involvement since the days of Harry Truman (mmm...maybe not that long ago).

It was a terrific meeting, topped of with Meredith Trebek Randall's ASPS Jeopardy, which was definitely enjoyed by all.



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Squadron News

Let the Raft-Up Season Begin!

It was a beautiful day to once again begin a wonderful tradition...our raft-ups. As we have in the past, this first raft-up began with a salute to our new Commander, Barbara Tyson, aboard Haim Zukerman's beautiful *Tillerman*. Boats participating in the raft up cruised by, horns blowing, hands waving, and smiles all around.

As we approached Lanier Land, Haim made the decision to have us "dock-up", as opposed to raft-up. This proved to be a terrific decision, as we were all able to walk up and down, visiting with members and non-members alike.

The Blessing of the Fleet took place during our stay, with eleven boats and one kayak receiving a blessing (three of the boats were not Squadron affiliated...yet!).

As the pictures (once again, thank you Nan Ellen) show, it was a fabulous day to be with each other on the water.





Squadron News



Electric Shock Drowning: A Silent Killer

On February 9th members of our Squadron were invited to the University Yacht Club to listen to one of the most interesting, not to mention one of the most important, lectures we have ever heard.

David Rifkin, our speaker, is an expert in electric shock drowning. He has been enlisted on both the plaintiff and the defendant sides of court cases involving ESD. He began by comparing swimming in a marina near a boat with electrical circuit leakage to getting into a bath tub with an electric toaster. That got our attention.

ESD - Electric Shock Drowning - is death caused by electrical currents in the water flowing through the body. These currents cause paralysis and results in the body's inability to float. It surprised all of us to learn that "as little as 10 milliamps - 1/50th of the current used by your basic household lamp's bulb - can cause the paralysis that leads to drowning. Sixty milliamps can cause heart failure.

We learned that electric shock does give you a bit of warning. If you feel a tingling turn around, even if it means swimming away from the marina. Why don't we see a lot of dead fish in problem areas? They feel the tingling and swim away. We learned that freshwater is more dangerous than saltwater because, "in freshwater the human body is much more conducive than the water itself. So, more current flows through the body in freshwater than in saltwater. And just because your boat is in the Chesapeake Bay doesn't mean it's in saltwater."

Our own Pam Keene wrote an article in the Lakeside News. In it she noted that, "Many people who are injured or die from electrical current in the water around boats and docks aren't killed by electrocution." She quoted David Rifkin: "In most of the cases I've seen, victims are first paralyzed by the electric current in the water. Their first instinct is to swim closer to the boat or the dock. Or bystanders' first action is to jump into the water to help; then they are paralyzed or hurt as well. It's a tragic situation."

Rifkin described the tragedy experienced by a friend's family. The family owned a boat and the sons would regularly jump into the water at the marina to play on an enormous tractor tire that they had brought with them. They would float to the end of the dock, climb up, drag the tire back and do it all over again. Great fun, right? One problem: a do-it-yourselfer had performed an electrical repair on his boat (Note: use qualified workers! More than once Rifkin implored all of us to work with an expert. He showed us photographs of many DIY "ticking time bombs").

One of the boys slipped off the tube and could not climb back up, so he swam to the dock. As the current began to overcome him his mother saw his distress. Jumping in, she was immediately overcome. Since she was close to the dock there were boaters who were able to pull her out. Her son was not so fortunate.

The first step, should you encounter this situation, would be to toss something floatable and throwable, a life jacket, for instance. And, as Pam Keene quoted him, "Once the person in the water has something to keep them buoyant, extend a PVC-handled boat hook to them and guide them **AWAY** from the boat or dock," he said. "Bringing them toward the source of the electricity will increase their exposure. Do **NOT**, under any circumstances, jump in the water to assist."

He (David Rifkin) discussed what can be done by the manufacturers of boats and electronics, by boat owners, and by marina operators. "There has to be a marriage between boat owners and marina operators. Ground fault protection for whole boats and whole docks is here. In a few years marinas without it will be rare." (For further information and his views on this subject read "Ground Fault Protection: Avoiding a Train Wreck," by David Rifkin).

All in all this was an incredibly interesting and important lecture. Something I thought was interesting was when Rifkin pointed out that so many people who saw the "No Swimming" signs at marinas thought it was to prevent swimmers from being run over by incoming or outgoing vessels. He noted that "Potential Shock Hazard" warnings are becoming more common.

"Standards are voluntary until they become code," he said, adding that, "Of all the problems found in marinas, houseboats are the biggest."

There were just so many interesting facts and stories that, if this article jumps around I apologize. But I would implore you to peruse the website

www.electricshockdrowning.org

It would be very easy to spend an entire afternoon reading all of the information on that site. And, while you're at it, reads Pam Keene's article, "New Regulations Coming to Prevent Electric Shock Drowning" in the February 28, 2019 *Lakeside News*. In the event you can't obtain a copy go to www.lakesideneews.com.

We hope you have enjoyed and learned some valuable information from this article.





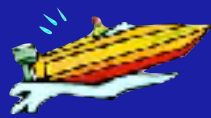
From the Bridge



21019 Bridge: (left to right) Squadron Education Officer Margaret Sherrod, Admin Officer Rhodes Lee, Treasurer John Reichmann, Secretary Donna Odum, Executive Officer Dave Fuller, Commander Barbara Tyson.

Calendar

- May 16th: General Membership Meeting, Dave and Busters, Alpharetta. At 6:00 the social hour begins.
- May 18th-24th: National Safe Boating Week.
- May 18th: Marine Max Safety Event. Bald Ridge Marina. 12:00 noon.
- May 18th: Hands-On Training Seminar (formerly Practical on the Water). University Yacht Club. 8:00am - 4:00 pm.
- May 19th: Partner In Command Seminar. University Yacht Club. 8:00am - 2:00pm
- May 25th: Raft-up. Consult the DR.
- June 8th: ABC class. Lanier Army Corps of Engineer Office.
- June 13th: Executive Committee meeting, Aldo's, Sandy Springs.
- June 20th: General Membership Meeting, possibly on the water. Details TBA but consult the DR.
- June 22nd: Hands-On Training Seminar, UYC. 8:00-4:00.
- June 29th: Partner In Command Seminar. University Yacht Club. 8:00am - 2:00pm
- June 29th: Raft up. Details TBA. Consult the DR.



Bulletin Board



Team LaBoda Gears Up Once Again To Fight Cancer

Editor's Note: This page, the Bulletin Board, has always been a page we have tried to reserve for our members and anything they might wish to put in (within the boundaries of good taste, that is). In the absence of personal notes we may, from time to time add a touch of (sometimes irreverent) humor. Sometimes trivia. This is neither of those. But it is of major importance. Very major. P/Lt/C Sheryl LaBoda never asked us to put this here, quite the opposite. We came to her asking for a description of her upcoming adventure.

But when she sent this to us, well, we could not improve on it so we simply cut and pasted. Sheryl, I hope you don't mind, but you are so very special to our Squadron and this cause is so important, that we thought it best that our readership hear it from you.



It's hard to believe it's been 5 years since my epic Yosemite hike and 10 years since the Grand Canyon! So I feel the time has come to once again put on my hiking boots and do my part to help stamp out cancer! This will be my 4th event with TNT and this year the team and I will be training for an endurance hike in New England - destination Mount Washington on June 8, 2019! I am so excited and I hope that you will join me in my journey by supporting me along the way with your encouragement, prayers, and yes, money!!

As most of you know, the Leukemia and Lymphoma Society's Team in Training program is near and dear to my heart due to my sister, Janice's, long battle with non-Hodgkin's lymphoma. We ultimately lost her to ovarian cancer in 2012, but Team in Training has one of the most successful programs around for raising money to further cancer research. The funds raised by TNT teammates will help the Leukemia & Lymphoma Society explore new paths to cures, supporting

approximately 300 active, cutting edge research projects in the most promising new areas of immunotherapy and personalized medicine.

During our training we will be hiking over 100 miles, getting up at dawn on 15 or more weekend mornings, driving hundreds of miles, and climbing up and down at least 10 different mountains. As a member of this team, I have committed to raise \$3,900. But my personal goal is \$5,000! Your donation will help fund treatments that save lives every day - like immunotherapies that use a person's own immune system to kill cancer, and every single donation helps save a life with breakthrough therapies such as these.

Cancer has touched so many of us in one way or another. Please consider making a donation in support of my efforts with Team In Training and help get us all closer to a world without cancer. No amount is too small and your donation is 100% tax deductible. On behalf of the countless children and adults fighting leukemia, lymphoma, and other blood-related cancers, and in memory of my beautiful sister, Janice, her unyielding spirit, and her courageous battle, thank you so much for your consideration, generosity, and support!

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AFTerthoughts



Here we are, exactly five weeks from summer , as I write this. Where does the time go? When this issue comes out it may look like there is a lot of “old news” (the San Juan Islands cruise, Seafarer’s Ball, Change of Watch), and that means that we at Waterlog Publishing are going to put our best feet forward to get this newsletter out on a more timely (i.e. at least quarterly) manner. Some of this may have something to do with the fact that I now answer **DIRECTLY** to the Commander, but I digress. Anyway this should help to explain why some of the articles may have taken place some time ago.

In any event, it will remain our goal to include in the Waterlog recipe a few cups of Squadron news generously seasoned with articles outside our Squadron/Club environs. We will continue to have a sprinkling of serious, sometimes poignant, pieces, adding (hopefully) a generous amount of levity. All (also hopefully) within the bounds of good taste.

As always we readily and eagerly accept suggestions and/or written articles, as well as criticisms (when delivered gently).

That said, I want to change gears to say just how proud I am to be a member of a group that counts, as its members, people who give of their time and money to achieve a national honor like the BoatU.S. Civic Service Award. Just to be a part of this organization is to breathe some wonderful, rarified air. As Julius Caesar might have put it, “Tu es optimus.”



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