



THE MARINER'S NEEDLE



October/November 2019

Volume 59 Number 4

Celebrating 59 years!

SAN LUIS REY SAIL AND POWER SQUADRON

A Unit of the United States Power Squadrons®

Come for the Boating Education...Stay for the FriendsSM

Sail and Power Boating
a/k/a

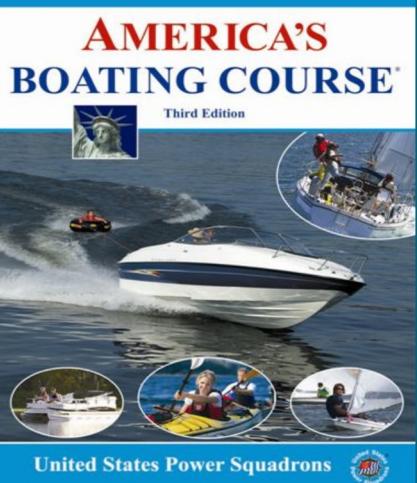
AMERICA'S BOATING CLUB
For Boaters, By Boaters™

OF
Oceanside, California

OFFICIAL PUBLICATION

OCTOBER/NOVEMBER 2019

We teach Boating



**SLRSPS
INSTRUCTOR
APPRECIATION
DINNER**
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WEDNESDAY
NOVEMBER 13, 2019
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ADVERTISING RATES AVAILABLE



2019

5 MONTH CALENDAR

October

4-6 D28 Fall Conference & Education Awards—Hilton Airport Phoenix, AZ

26 & 27 SDSPS Raft-Up La Playa, San Diego, CA.

November

4 1830 Ex. Com Meeting—Home of Suzy Cooper & Mike Crumley

13 1830 All Member & Guest Event—Location: OYC Instructor Appreciation Dinner

December

2 1830 Ex. Com Meeting—Host OYC Classroom

11 1830 Christmas Party— Location OYC—Organizer: Kirk Lippert

14 Oceanside Harbor Parade of Lights

15 San Diego Parade of Lights—Organizer SDSPS

2020

January

18 SLRSPS Change of Watch—Shadowridge Country Club, Vista.

February

3 1830 Ex. Com Meeting—Host TBD

9-16 USPS Annual Meeting—Ponte Verde, FL

28-29 D28 Spring Conference & Change of Watch—Hosted by SDSPS. Location: Southwestern Yacht Club. Progressive Boat Dinner & Dessert Friday evening.

SAVE THE DATES

A Note From the Commander



THE MONTH FOR EDUCATION:

Two weeks ago Emi and I drove to **Cabrillo National Park, San Diego** and we walked around the lighthouse. The scenery and the museum were all just perfect with blue sky and blue water as the background. After taking in the views of **San Diego** and **Coronado Island** I walked inside the museum at **Land's End**.

For a senior navigator educated by volunteers of **USPS** over many years, this place was a “mecca”. Here I was met with the story of the **Navigator Cabrillo**’s life as a captain and a navigator. He sailed out of **Portugal** and navigated approximate latitude by sighting the sun or the North Star through an astrolabe. But since no accurate timepieces existed, navigators could not calculate longitude.

The sailor relied on “*dead reckoning*”, an intuitive form of determining location by estimating the ship’s speed and using unreliable charts, a compass and an hourglass.

This is the art of navigation that I try to have my students in the public **ABC Boating Class** see and understand so that they can be proud navigators as well.

Juan Rodriguez Cabrillo is first heard about in “*the new world*” in 1520 when he worked for the **Spanish Army** and was building new sailing vessels for them.

When he discovered **San Diego** on September 28, 1542, he was only off 2 degrees in his latitude measurement. ($A=n$ error of about 140 miles). He called the harbor “**San Miguel**”.

Our Class has 13 students and they are introduced to the charts of today, but the beauty of this chart shows pride. See how correct they are along the coast of **Mexico** and the coast of **California**.



Continued on Page 7.

HAPPY BIRTHDAY TO

OCTOBER & NOVEMBER FOLKS



OCTOBER

PATRICK ATTARDO	06
BRUCE ORISEK	23
MARLYSS McELROY	29
JOYCE FLEMING	30

NOVEMBER

PAUL J. HENNEBERRY, II	03
LISA ATTARDO	04
CHERYL VELDHUISEN	05
DANIEL WALKER	06
LOU SEIDNER	06
DAN RANCOURT	08
JENNIFER WEST	08
EMI FOLLESTAD	11
ERIC KEARNEY	17
GARY HAUSER	17
ANTHONEY WEST	19
JUSTIN FERRAYORNI	19
LOGAN WIESSNER	19
JAMES HAMMONDS	25
PAUL OSWALD	25
PHIL OBRITE	28



Photos provided by Jan Follestad, Shawn Goit and Jill Powell

WELCOME BACK MEMBER!

PAUL J. HENNEBERRY, JR. S

Safer Together

Print the Handbook —valuable member benefit!

Your USPS/San Luis Rey Sail & Power Squadron/America's Boating Club membership now includes valuable new travel safety benefits from DAN Boater.
<https://danboater.org/abc/>

Effective **October 9, 2019**, these benefits have been automatically added to your **America's Boating Club** membership **at no charge to you**. You may begin using the benefits immediately and continue using them through the remainder of your current membership period.

When your America's Boating Club membership comes up for renewal, you may choose to keep these benefits as part of your membership for an additional fee of \$25. The fee will be added to your regular membership dues at checkout. You will also have the option to decline these extra benefits (*and the \$25 fee*) at that time.

USPS Official notices were sent to all active members via email and postal mail during the last week of August and gave you the opportunity to opt out before the deadline of 30th September 2019.

DAN Boater Membership includes up to \$150,000 of medical transportation assistance.

This service is available for all medical emergencies when a member is on a trip.

This is not insurance and the member must call DAN Boater to arrange medical transportation assistance.

You can find details about all of the **DAN Boater benefits**, including coverage amounts, in the [DAN Boater Benefits Handbook](#). If you have questions not answered in the handbook, call the DAN Boater Member Support Team at [+1 \(919\) 490-2011](tel:+1(919)490-2011).

Continued on Page 7.

S.E.O. EDUCATION UPDATE



OCTOBER AND NOVEMBER 2019

This article was supposed to have been submitted by either **Shawn Goit** and/or **Van Diehl** since I was not back from Europe in time to write it myself.

Van is the Chair of the **Boat Operator Certification** (BOC) program in our **Education Department**.

Now that we have combined these two months of **The Mariner's Needle**, I have the opportunity to write a message myself. I did miss the **District 28 Fall Conference**, but I hear that our **District Education Officer, Van Diehl**, brought an interesting report.

The focus of this message is OTW/BOC and you may legitimately ask: *what does that mean?* The acronym stands for **On-the-Water / Boat Operator Certification**. This includes everything that has to do with hands-on training (*as opposed to classroom instruction*) and it is part of many courses that we teach. I can proudly say that our squadron has long been at the forefront of hands-on training, long before it was adopted by the **USPS National** organization.

We believe that On-the-Water Programs add value beyond the classroom. Elements of the program are **Jump Start, Training Guides, Boat Operator Certification** and, in the future, the **Learning Centers**. If you come to the **Membership Dinner on November 13/Instructor Appreciation Potluck** (See Page 6), you will hear all about this from **DEO Van Diehl** himself. And if you go to the internet and key in:

<https://americasboatingclub.org> then click on "Looking for hands-on training on the water" you will get a review of what these programs mean.

Our squadron (boating club) is leading the USPS Nation with achievements. For the BOC program we have 7 of the 9 certifiers in our district, and almost half of the certificates (passports) in the whole region. **DEO Van Diehl** preaches this philosophy anywhere he goes, and **DC Shawn Goit** teaches members how to operate a small powerboat at regular, scheduled sessions in his own boat!

WHAT'S COMING UP?

We are currently teaching the **Americas Boating Course** that will finish in November with 13 students enrolled. Then there

is a **FREE Seminar** for members who want to know what the next advanced course, **Marine Navigation**, is all about. This used to be called **Piloting**, open to members who have taken the **Boating Course** or equivalent.

On **November 12** Past Commander **Suzy Cooper** will teach the **Marine Navigation course**, assisted by some of our best instructors and including on-the-water training.

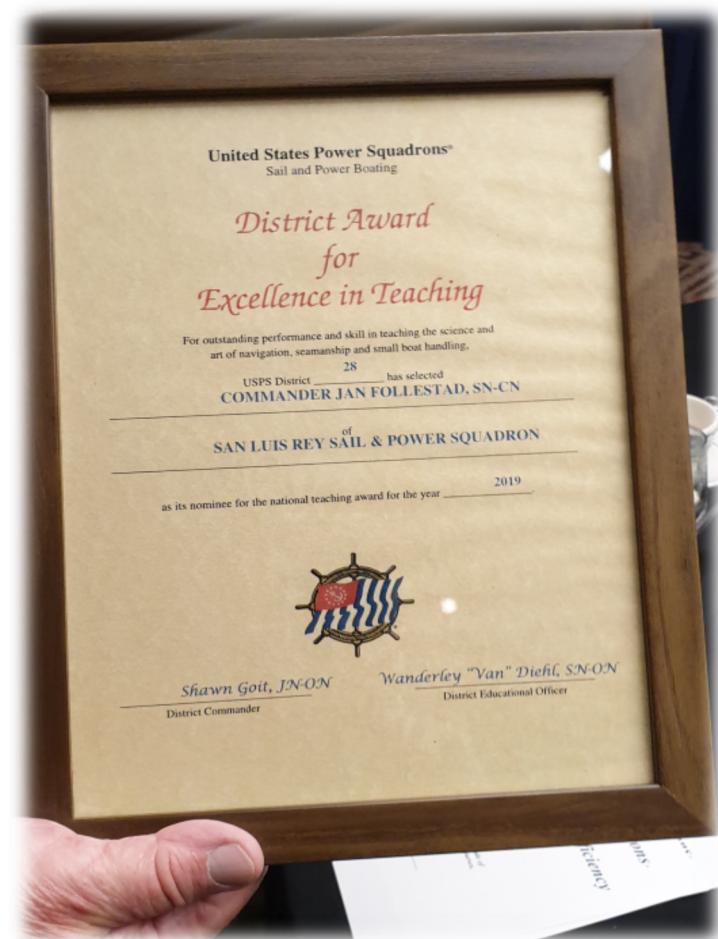
Visit <https://americasboatingcluboceanside.org/> to register on-line for classes and seminars or contact

Lt/C **Adriaan Veldhuisen**, SN at adriaan.veldhuisen@cox.net or 1/Lt **Janis Siems**, AP at janis@kamtel.net for registration and information about the educational opportunities available for you.

Be safe out there.

Email: Adriaan.Veldhuisen@cox.net

Lt/C Adriaan Veldhuisen, SN-ON



SAFETY LESSONS LEARNED FROM THE U.S. COAST GUARD for OCTOBER and NOVEMBER



Welcome home to self! **Cheryl** and I have just returned from both vacation and a family visit to **Europe**. We would be excited to tell you all about our experiences over a good glass of wine.

I know that there are still more than two months remaining of this year 2019 with all my friends in **San Luis Rey Sail & Power Squadron** and I'm looking forward to that. The **US Coast Guard Rules and Regulations** safety challenges will still be there, waiting on my commentary.

For last issue's challenge we looked at a situation that is applicable both INTERNATIONAL & INLAND. I stated that the Rules concerning lights shall be complied with in all weathers from sunset to sunrise. So I asked to complete this sentence about the lights. My apologies if some of you thought that some answer choices were a bit silly. I was looking for answer A) "The lights shall be displayed in restricted visibility during daylight hours."

This is based on INTERNATIONAL Rule 20 (c) which says specifically that the lights shall, if carried, also be exhibited from sunrise to sunset in restricted visibility. One more question: who approves the construction of lights and shapes?

For this month's challenge, as the days are getting shorter and the chance of restricted visibility is increasing, let's stay with lights on more time.

For both INTERNATIONAL & INLAND a vessel may use any sound or light signal to attract the attention of another vessel as long as _____.

- A) White lights are used;
- B) Red and green lights are not used;
- C) The vessel signals such intentions over the radio telephone;
- D) The signal cannot be mistaken for a signal authorized by the Rules.

Again, the Rule in this question should be answered with the **US Coast Guard Handbook**. Did you notice the unexpected difference between international & inland?

One more thing to mention: our team will be finishing the **America's Boating Course** on November 7. To help these students, and all boaters, understand the next course, **Marine Navigation** (starting November 12), we will hold a **FREE SEMINAR** called:

"INTRODUCTION TO NAVIGATION"

..... open to **San Luis Rey Sail & Power Squadron** members and to the public. I suggest you sign up on our website to reserve a seat:

<https://AmericasBoatingClubOceanside.org/>
or call me at (760) 716-4713.

Be safe out there.

Captain Adriaan Veldhuisen



ABC CLASS FALL 2019

Justin's Culinary Corner



Herb Marinated Grilled Chicken Breast

Super simple, easy, juicy and crazily delicious "restaurant-quality" grilled chicken breasts with crispy skin that cooks in just 15 minutes.

Grilling is the game and perfect is the name of this chicken. So simple and so delicious. Marinated in a little bath of fresh garlic, thyme, rosemary and olive oil then grilled over medium-high to get crispy skin and finished over lower heat on the second side to perfectly cook through.

INGREDIENTS

- 2 chicken breasts skin on
- Fresh thyme and rosemary springs
- 4 garlic cloves peeled and smashed
- Olive oil
- Kosher Salt and freshly ground black pepper

INSTRUCTIONS

- 1) Marinate the chicken breasts by first seasoning with kosher salt, add olive oil, lemon slices, smashed garlic cloves and herbs for at least a 1 hour and preferably overnight in the refrigerator.
- 2) Remove from the refrigerator and let it come to room temperature prior to cooking. Discard the marinade ingredients.
- 3) Pre-heat your grill to medium-high with clean and oiled grill grates.
- 4) Season the chicken liberally on all sides with kosher salt and freshly ground pepper. Grill skin side down first for about 5 to 7 minutes, then lower the heat to medium and flip the breasts to continue cooking for another 5 to 7 minutes, or until the internal temperature reaches 165° Fahrenheit / 75° Celsius.
- 5) Transfer to a plate or cutting board and rest uncovered for 5 minutes before serving.

NOTES

- ◆ These chicken breasts are great served warm but can also be chilled and sliced or diced for salads.
- ◆ Refrigerate covered for up to 1 week or freeze to last for months.
- ◆ A two zone fire is optimal if using a charcoal or gas grill with a lid. Move the chicken to the indirect heat after the second side is seared to finish cooking.
- ◆ Cooking time will vary depending on the type of grill you are using and if you close the lid or not.

Get all the details and extra tips at :
justin@saltpepperskillet.com

WEBSITE/READ MORE AND SEE PHOTOS:
[HTTPS://SALTPEPPERSKILLET.COM](https://SALTPEPPERSKILLET.COM)



To all our members and guests!

SALUTE ALL



INSTRUCTORS

OUR FAVORITE VOLUNTEERS!

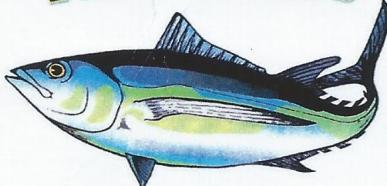
WEDNESDAY 13 November 2019

6:30p.m.

Oceanside Yacht Club

Potluck—bring a favorite entrée, dessert or salad to share.

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Chris Jones**

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Harborfishandchips.net

The hourglass is decorated and it looks like it was a very important piece.

The picture below shows the tool used to measure the degrees of latitude.

Standing in the Cabrillo Museum at Lands End, and being able to understand the navigation tools and their uses, my thanks go back to my instructors in USPS



who gave me this understanding of navigation .

And today I am passing it on to my 13 students.



**Hope to see you all at the November 13 meeting at OYC,
"INSTRUCTOR APPRECIATION DINNER." See Page 6.**

My best to everyone—keep boating!

Cdr Jan Follestad, SN-CN



PILOTING

the art of navigating on coastal and inland waters, traditionally involves using landmarks and navigational aids as well as monitoring your own course and speed.

Today, everyone wants to navigate using modern electronics such as GPS, but you still need to know how to use charts and how to check your navigation, so you can navigate in case your GPS fails.

Josh Arbenz, Owner
280 S. Harbor Drive, Oceanside, CA 92054
(760) 453-2073
www.stratfordattheharbor.com

Keep in mind that DAN Boater cannot answer questions related to your America's Boating Club membership.

Explore your new member benefits.

America's Boating Club has partnered with DAN Boater to provide you with a host of valuable safety resources designed to help you when you travel — whether it's by boat, plane, car or rail. From 24/7 assistance with serious medical emergencies, to simple questions about travel-related health issues, professional help is now just a phone call away.

Your new benefits include:

24/7 Emergency Hotline

DAN Boater is here for you with an experienced team of medical and travel emergency professionals 24 hours a day, 365 days a year.

Its emergency response team has decades of experience managing injuries and illnesses in remote locations. Paired with its global emergency services network, they work to provide you with the best possible care.

Coverage on Land and Water

While you are cruising the seven seas, scaling the tallest mountains, or out exploring a new city, if an unforeseen event happens - don't worry. With DAN Boater, you're covered no matter where adventure takes you.

Can it wait? Or is it urgent?

With over 300,000 medical resource hours logged helping members, the DAN Boater team has seen it all. When you call, they will help determine your condition, answer your questions, and guide you through best care practices.

They'll also advise you on the availability of medical care and the logistics of medical transportation and rescue services for your geographic location.

As a member, you are covered for worldwide medical evacuation (medevac) expenses in the event of a medical emergency. With over 10,000 emergency medical evacuations handled, their experienced team will arrange and pay for medical transport to help get you to safety.

If DAN Boater, in consultation with you, medical personnel and others at the site of the incident, determines that you or a covered family member requires emergency medical evacuation, it will pay up to \$150,000 per covered member directly to the provider for covered expenses incurred during evacuation.

SAN LUIS REY SAIL & POWER SQUADRON GOES TO
USPS D28 FALL CONFERENCE IN PHOENIX, AZ.



PROTECTING YOURSELF FROM FRAUDULENT EMAILS

Gift Card Scammers recently used a squadron website to steal money from members. The scammer pulled the commander's email address off the squadron's website and spoofed the commander's email address with the scammer's email hidden behind it.

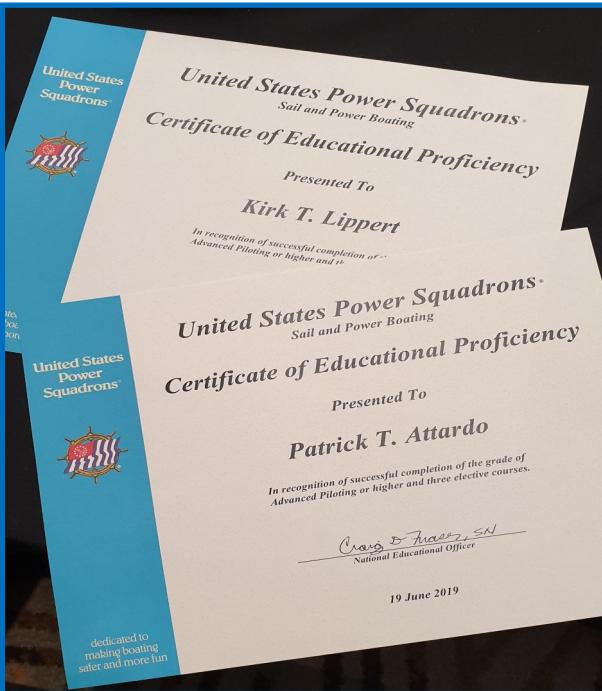
Pretending to be the squadron commander, the scammer asked for gift card money from eBay to pay for community projects. The email was sent to other emails available on the squadron website, mostly bridge officers. The scammer said the squadron commander was out of town to deter confirmation by the recipient.

SOME RECOMMENDATIONS: Never send gift card money to an email address without first verifying by phone that the request is legitimate.

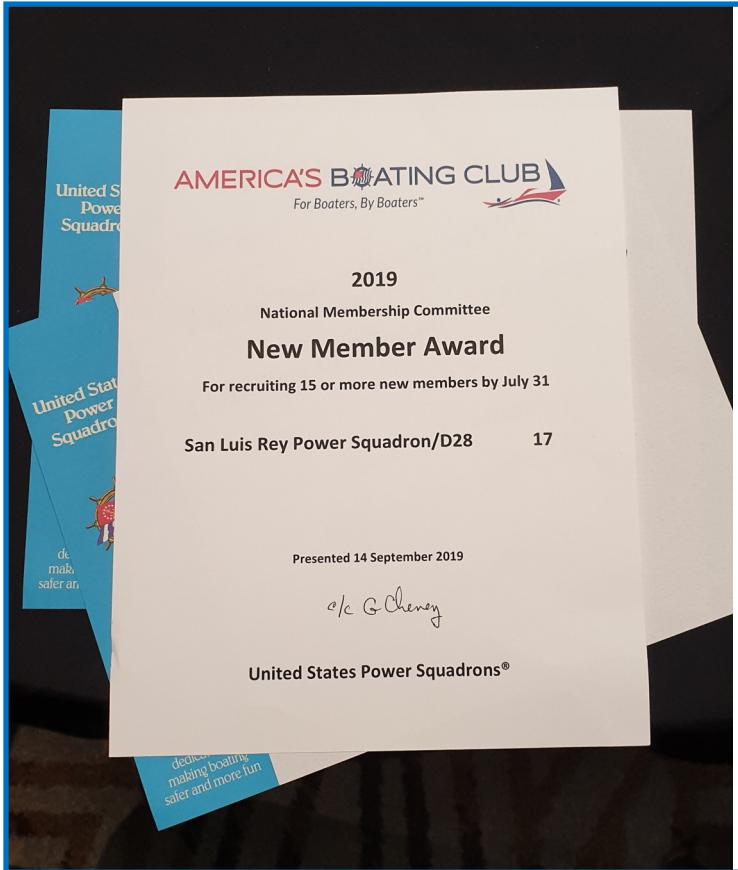
Please be vigilant!

Mary Catherine Berube

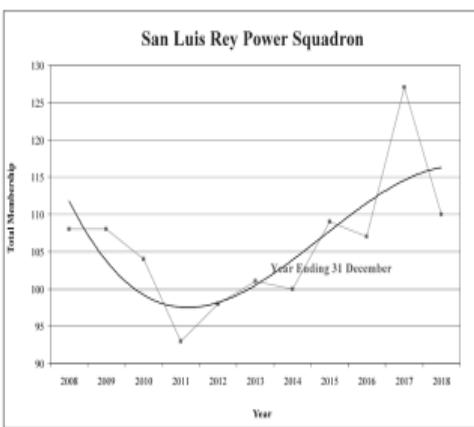
EDUCATION ~ EDUCATION ~ EDUCATION



Geodetic Markers — in the mountains above Phoenix, AZ.
Where are their heads? Who took this photograph?



MEMBERSHIP GROWTH GRAPH



5-Feb-2019
Page 380 of 421
Bob Foster, P
**Congratulations
San Luis Rey Sail &
Power Squadron**



SAFETY REPORT

SEACOCK MAINTENANCE

There exists a large number of onboard items that most boaters fail to acknowledge as safety items which require regular inspection and maintenance, and a very important one is a **seacock**.

On all thru-hull fittings, below the waterline on any vessel, a seacock must be equipped. This small piece of equipment is a simple valve that controls water entry or discharge through the hull. According to *Practical Sailor*, acceptable seacocks will be designed and constructed to meet ANSI/UL 1121, the standard of the **American Boat and Yacht Council** for seacocks, thru-hull fittings, and drain plugs.

Prevention of catastrophic failure of seacocks calls for regular inspection and maintenance of them. If possible, begin your inspection at the through-hull, looking for leaks and signs of cracking. Take a good look at the seacock for leaks and **especially** corrosion. Make sure it is tight against its flange and easily operational (*free from sticking*). In terms of maintenance of the component, all it needs until replacement is a thorough greasing in either the Spring or Fall to prevent stuck handles and corrosion. Finally, a seacock should be easily accessible. If not, consider installing a pull rod or another similar device.

It is easy to let small marine components like the seacock slip through our routine of inspection, but it is extremely important, especially because it has to do with water inlet into your vessel. Considering the consequence of this component's failure, it is almost criminal to disregard its importance.

D/Lt Jake Alcantara, P

INTRODUCTION TO NAVIGATION

TUESDAY, NOVEMBER 5TH AT 6:30 PM.

A FREE SEMINAR!



Led by P/C Suzy Cooper.

This seminar will preview the contents of the next **USPS/SLRSPS** advanced course **MARINE NAVIGATION**.

THE MARINE NAVIGATION COURSE WILL BE OPEN TO ALL USPS MEMBERS WHO HAVE PASSED THE ABC COURSE OR EQUIVALENT.

The course is again led by P/C Suzy Cooper starting on **Tuesday November 12 at 7:00 pm**, and will cost \$90. Suzy will be assisted by a number of our best instructors.

There will be a maximum of 12 students in the class, to be taught at **Oceanside Yacht Club**, with practical on-the-water and in-class exercises.

Auto-Pilot took Fishermen into a Cave

Did you hear about the 26' fishing boat with 2 men aboard, one aged 66 and the other aged 19, that became wedged inside a cave near Sunset Cliffs? A most unusual rescue operation on a recent dark night which ensued for many hours.

The cave had shallow waters and a small entrance—a rescue vessel could not fit inside. Lifeguards swam in until they saw "*a light at the end of the tunnel*". The tall boat was stuck in the back of the cave, a sight which stunned the rescuers. Neither of the 2 men were injured.

Hurricane Juliette was incoming and **TowBoat U.S.** worried about the rising water level in the cave.

The two men aboard said that they were asleep with the boat on auto-pilot, returning from a fishing trip to the **Coronado Islands**, and they awoke to waves pushing their vessel deeper into the cavity.



Photo and details courtesy NBC San Diego

San Diego Fire Department eventually helped the two men off the boat.

UNITED STATES POWER SQUADRONS®

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SAN LUIS REY SAIL & POWER SQUADRON : 2019—2020 BRIDGE



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