



THE MARINER'S NEEDLE



60th ANNIVERSARY 2020

January 2020

Volume 59 Number 6

Celebrating 59 years!

District 28

SAN LUIS REY SAIL AND POWER SQUADRON

A Unit of the United States Power Squadrons®
Come for the Boating Education...Stay for the Friends™

Sail and Power Boating
a/k/a



OF
Oceanside, California

OFFICIAL PUBLICATION

Happy New Year!

January 2020



SQUADRON CHANGE OF WATCH

SATURDAY
JANUARY 18, 2020
4:30 P.M. START

SHADOWRIDGE COUNTRY
CLUB

SEE PAGE 4 FOR MORE INFO

BRIDGE IN UNIFORM

INSIDE THIS ISSUE

COMMANDER'S CORNER	2
5 MONTH CALENDAR	2
JANUARY BIRTHDAY CELEBRANTS	3
SQUADRON CHANGE OF WATCH	4
SEO EDUCATION REPORT	5
NEW WEBSITE & PUSH NOTIFICATIONS	6
LESSONS LEARNED FROM THE USCG	7
WEATHER COURSE	8
AMERICA'S BOATING COURSE FEBRUARY	9
EDUCATION CALENDAR	10
JUSTIN'S CULINARY CORNER	11
2019 REPORT FROM THE DIEHLS	12
DO YOU OWN A BOAT? ANSWER PLEASE	13
SAFETY OFFICER'S REPORT	14
CHRISTMAS PARTY PHOTO PAGE	15
2019-2020 SLRSPS BRIDGE	16

ADVERTISING RATES AVAILABLE



2020

5 MONTH CALENDAR

January

- 11 1700 SDSPS Change of Watch – Southwestern Yacht Club
- 18 SLRSPS Change of Watch—Shadowridge Country Club, Vista.
- 23-26 San Diego Sunroad Marina Boat Show—Harbor Island, CA.

February

- 3 1830 Ex. Com Meeting—Host Jan Follestad Club House
- 9-16 USPS Annual Meeting—Marriott Sawgrass Ponte Verde, FL
- 28-29 D28 Spring Conference & Change of Watch—Hosted by SDSPS. Location: Southwestern Yacht Club. Progressive Boat Dinner & Dessert Friday evening.

March

- 2 1830 Ex. Com Meeting — Organizer Shawn Goit at The Jolly Roger
- 18 SLRSPS All Member & Guest Potluck Dinner

April

- 6 1830 Ex. Com Meeting—Host Sandra & Kirk Lippert
- 10 1800 Beach Sundowner - Marina Inn Suites Lot

May

- 4 1830 Ex. Com Meeting—Host Nancy & Chris Peavey
- 13 All Member & Guest Potluck—Oceanside Yacht Club
- 16-22 USPS National Safe Boating Week.

*Watch for our 60th Anniversary Spectacular
to be announced soon!*

SAVE THE DATES

A Note From the Commander & Instructor



Happy New Year!

The year for me as Commander will soon be closing. I have enjoyed the work and the responsibility that you all trusted me with over the last year.

The squadron had all its meetings as planned and we were in attendance at the **USPS District 28 Conference in Phoenix, AZ** where we helped nominate the new Bridge for 2020.

The highlights for this year were many. Our SEO, **Adriaan Veldhuisen**, SN had a goal to set an education plan for 2020 during 2019, and at the same time he ran all the classes and seminars at the highest of standards. The new education calendar for 2020 can be seen on Page 10.

The 2020 educational officer will have a good start!

Marine Navigation is under way, the **Weather Course** will start Thursday January 16 – 2020 and **The America's Boating Course** will be on February 5 – 2020.

PLEASE HELP US TO PROMOTE THESE CLASSES.

We installed 9 new members during the year and they are now involved in the squadron.

Attendance was good at the dinner meetings, whether potluck or catered. Hopefully more of you will join us in 2020.

Don't be shy, we want to meet you in person.
Listen for a telephone reminder or watch for an email reminder. ALWAYS read The Mariner's Needle and click on the [website](#) for the latest news and calendar.

Thanks goes to the Administrative Officer **Kirk T. Lippert**, AP and his helpers.

Our finances have been carefully studied and watched under the leadership of the Treasurer **Chris Peavey**, N.

And our thanks also go to Secretary **Richele Daciolas Semon**, AP for well done work and to everyone in her department.

Continued on Page 12

HAPPY BIRTHDAY TO JANUARY FOLKS



KEITH McDANIEL	01
PAM ORISEK	03
BENJAMIN SOOY, IV	08
ALLAN BOMBARD	12
R.D. WALKER	12
TODD MADDEN	13
LAURA SHOUSE	15
ANTHONEY WILSON	18
BETH LOPES	19
JANIS SIEMS	19
LESLIE NACK	22
DOUG REAGAN	30

*Photos provided by Cida Diehl,
Shawn Goit and Jill Powell. If you would like to
see more photos please make sure you send
them to the Editor prior to the 25th of
each month.*



The Nautical Bean® Coffee Co. Inc

240 Harbor Drive South
Oceanside Small Craft Harbor
Oceanside, CA 92054 USA
760-722-4851

nauticalbeancoffee.com

Serving the finest coffee from around the world since 1994



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

276 Harbor Drive South
Oceanside, CA 92054
(760) 722-4977
FAX (760) 722-4967
Open Daily
Manager
Chris Jones
Harborfishandchips@yahoo.com
Harborfishandchips.net
Oceanside Harbor Village
Family Owned and Operated Since 1969



San Luis Rey Sail & Power Squadron

Saturday 18 January, 2020



SHADOWRIDGE COUNTRY CLUB

1980 Gateway Drive, Vista, CA 92081

4:30p.m.—7:30pm.

Bridge in Uniform Please

\$40.00 Per Person. Full Dinner & Dessert (Menu choice)
 Pay online or mail check made out to SLRSPS to
 Kirk Lippert, P.O. Box 300268, Escondido, CA. 92030

Change of Watch

2020

S.E.O. EDUCATION UPDATE

JANUARY 2020



"Out with the old, in with the new" may be the phrase of this season, but most of us love familiar relationships, jobs, opinions and anything that is part of our daily lives.

On **January 18th 2020** we hold our annual Change-of-Watch where your current leaders will be dismissed and your new team is installed. I will retire as your Education Officer, and **Jan Follestad** takes over. Of course I feel good about that, as the incoming team of **Jan Follestad**, assisted by **Janis Siems**, is probably one of the strongest Education Teams in all of USPS. And most of our leaders and instructors stay in place to serve you in 2020.

So why do I feel somewhat melancholic? After all we had one of the most successful years by any measurement! Well, I will miss the direct interaction with my wonderful team of support, leaders and instructors who have trusted me for my direction and leadership. And I will miss being an active elected member of the squadron's executive team. It is my honor and privilege to have been in some type of USPS leadership position since 1995.

So what does *"out with the old"* look like at a national level? The **USPS EDUCATIONAL DEPARTMENT** is responsible for the development of educational products and services that help local squadrons promote skills and safety through education and hands-on training. **San Luis Rey** has five team members involved in development at the National level. More than half of our members have taken an advanced course. We taught 37 students in elective courses this year, and our **BOC** program is probably the most successful in the nation.

And now it is *"in with the new"* year (*and decade*) when we celebrate our 60th year of the San Luis Rey squadron in June.

We have not only elected an excellent education team, but also created a balanced program of course offerings, starting with the current **MARINE NAVIGATION** course on Tuesdays, the **WEATHER** course starting on 16 January and the **ABC3** course starting on 5 February.

And my role, you may ask? Simply I will help where I can, will co-teach navigation courses with P/C **Suzy Cooper**, hope to teach a **SAIL** course with Commander **Doug Bass** from the **San**

Diego squadron, and continue to teach and write about **Coast Guard** rules and regulations. I am also in the process of renewing my **USCG Captains License** and sit for the 100-ton exams sometime in the spring. Heck, I may even get to use my boat a little more this year and take another cruise with my wife, **Cheryl**. So while I may 'retire' from my position as **Squadron Education Officer**, I will not be bored.

WHAT'S COMING UP?

We are currently teaching the **MARINE NAVIGATION COURSE** with 9 students enrolled. Suzy is assisted by some of our best instructors and it includes on-the-water training.

On January 16 our instructors **Jude Fleming** and **Paul Oswald** will teach the **WEATHER COURSE**, usually a very well attended popular course.

In February we will start the next **AMERICA'S BOATING COURSE** for the public.

The team published the complete education calendar for 2020 in **The Mariner's Needle**, it again appears on Page 10 and will be in the next roster and is already on our website.

My final word: ***feel free to join your new team and offer your talents, large or small.***

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

Lt/C Jan Follestad, SN

at follestad71@gmail.com

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

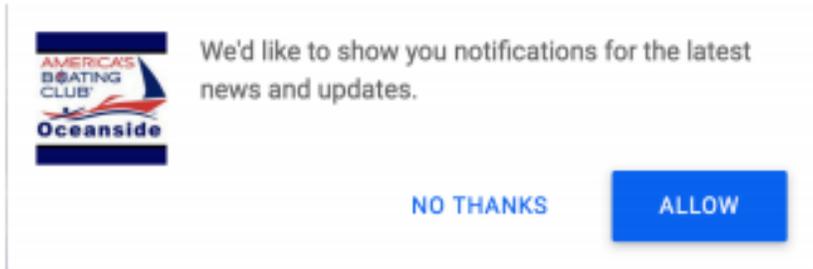
Lt/C Adriaan Veldhuisen, SN-ON

New Website and Push Notifications

By: Nancy Kangas

Website: We have updated the design and navigation of the website. The goal was to make it easier for people to sign up for classes. So I put an action button in the header of the website and improved navigation. The classroom page also includes information on the instructors - I'm hoping that this will help sell the classes as it will give students who know nothing about us to see how intelligent and good looking our instructors are.

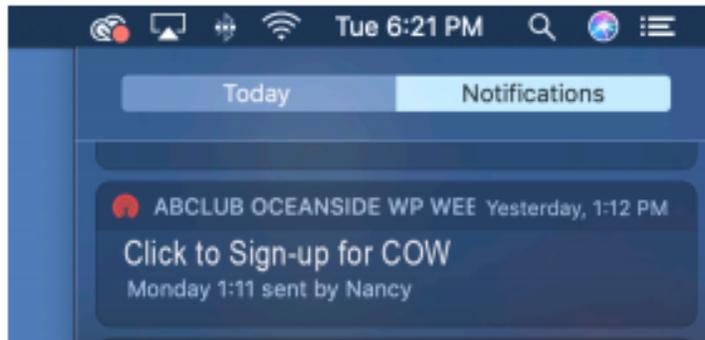
Push Notification Slider



PUSH NOTIFICATION BELL



I am working on getting PUSH NOTIFICATIONS working on both desktop and mobile. I wanted to use notifications to help remind people about upcoming squadron events. **It is still in the testing phase.** On desktop, and some Android mobile devices, you may see the above pop-up when you visit the website. If you hit ALLOW, this will help me test the notifications. Some of you may also see a RED BELL at the bottom right of the page (see icon above) - this is also associated with Notifications (the bell function is identical to the slider). Most desktop devices that run the browsers Safari, Chrome or Firefox should be able to show the notifications. All Apple Mobile devices running iOS (iphone, ipad) need to have an app written to allow NOTIFICATIONS, I am in the process of doing this.



Above is an example of how a notification will look on an iMac, it will appear in the top right corner, no matter if you are on the website or not. I believe windows notifications will appear in the bottom right. You can always turn off notifications through your settings panel.

I WILL NEVER SEND MORE THAN 2 NOTIFICATIONS A WEEK

Please help me get Notifications started by hitting ALLOW when you visit the site

SO PLEASE GO TO AmericasBoatingClubOceanside.org

And hit "ALLOW"

SAFETY LESSONS LEARNED FROM THE U.S. COAST GUARD *for* JANUARY



Of course it is a new year and I start with wishing you all a safe and happy one!

I ask you to pay attention to the next phase of implementation of the **California Boating Law**: to operate a motorboat in California, the **California Division of Boating and Waterways** requires that all boaters carry the **California Boater Card** while operating a motorized vessel. On January 1, 2019 it was 25 years of age or younger, and now it is 35 years of age or younger.

You can get this by successfully taking an approved boating safety course and passing the corresponding exam.

Then apply at www.CaliforniaBoaterCard.com <<http://www.CaliforniaBoaterCard.com>> and pay a \$10 lifetime card fee.

We offer the next class starting February 5th. See P. 10

For our **last month's challenge** I did not pose a question, but instead wrote about a discussion that was brought to my attention. Picture this: you are "*becalmed*" in your sailboat.

So is she then a vessel, Restricted in the Ability to Maneuver (RAM), as defined in Rule 3(g) of the Navigation Rules, "*which from the nature of her work is restricted in her ability to maneuver as required by the Rules, and is therefore unable to keep out of the way of another vessel.*" Or is she the alternative, under Rule 3 (f) "*the term vessel Not Under Command (NUC) means a vessel which through some exceptional circumstance is unable to maneuver as required by these Rules.*"

This matters because according to Rule 27 (a) a NUC vessel shall exhibit two all-round red lights in a vertical line, while Rule 27 (b) says that a RAM vessel shall exhibit three all-round lights where the highest and lowest shall be red and the middle light shall be white. More importantly, in the so-called pecking order - Rule 18 - the decreasing rights are that a RAM

gives way to a NUC. The pecking order, of decreasing rights, is NUC, RAM, CBD, Fishing, Trawling, Sailing, Power, Sea-planes.

For **this month's challenge** let's start easily, looking at a situation that is applicable to INLAND Rules of the Road only. It requires you to know the Steering and Sailing Rules of a "*narrow channel*" (Rule 9). However, be aware that the term "*narrow channel*" is not easily defined. Usually, it is decided by the courts that a particular waterway is a narrow channel after an accident.

Here is the question: a power-driven vessel intending to overtake another power-driven vessel in a narrow channel, and wishing to overtake on the other vessel's port side, would sound a whistle signal of _____

- A) *one short blast.*
- B) *two short blasts.*
- C) *two prolonged blasts followed by one short blast.*
- D) *two prolonged blasts followed by two short blasts.*

I'd like you to consider which Rule this is, the response signal, and how this compares with the INTERNATIONAL Rule.

And one more thing to mention: our team will be starting the next course - Weather - on January 16. This course is open to San Luis Rey Sail & Power Squadron members and to the public. I suggest you sign up for this popular course on our website to reserve a seat.

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.

Lt/C Adriaan Veldhuisen, SN-ON

Visit www.AmericasBoatingClubOceanside.org to register on-line

Weather Course

DATES

Thursdays, Jan 16, - March 19, 2020
Time: 7:00 - 9:00 PM

PLACE

Oceanside Yacht Club Classroom
1950 Harbor Drive N, Oceanside, CA 92054

COST

Member and OYC Member - \$70
Non-Members - \$90

www.AmericasBoatingClubOceanside.org



INSTRUCTORS

Jude Fleming
&
Paul Oswald



The safety and comfort of those who venture out-on-the water have always been weather dependent. In this course students will become keener observers of the weather, but weather observations only have meaning in the context of the basic principles of meteorology – the science of the atmosphere.

This 10-week course focuses on how weather systems form, behave, move, and interact with one another and reflects the availability of all sorts of weather reports and forecasts on the Internet. This is a general weather course benefiting those sitting in their living rooms, as much as those standing behind the helm.



Email: info@OceansideBoatingClasses.com

Call (760) 716-4713 or (760)-214-2400

Visit www.AmericasBoatingClubOceanside.org to register on-line

America's Boating Course

DATES

Wednesdays, Feb 5, - April 22, 2020
Time: 7:00 - 9:00 PM

PLACE

Oceanside Yacht Club Classroom
1950 Harbor Drive N, Oceanside, CA 92054

COST

\$65.00 - Includes Textbook, Chartplotter and Divider, plus 12 weeks of in-class instruction. Exams are optional.
www.AmericasBoatingClubOceanside.org

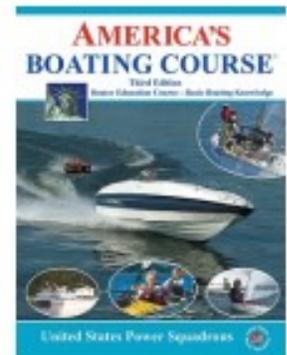


Many insurance companies will offer discounts to owners of vessels of all types who successfully complete America's Boating Course. And, this basic and practical knowledge class will qualify students for the new, mandatory, California Boating Card.

Insurance Discounts

If you are interested in exciting and in-depth practical knowledge, check out America's Boating Course. This class provides new and experienced boat owners with an overview of the following information:

- **Introduction to Boating:** Types and uses of power boats; sailboats; outboards; operator's responsibilities and courtesy.
- **Navigation Rules:** Boat registration; regulations; required safety equipment; state boating laws; aids to navigation.
- **Coastal Navigation:** Charts and maps; plotting; electronic navigation, anchoring, emergencies; communications afloat.
- **Water Sports Safety:** Life jackets; emergencies onboard; fire extinguishers; distress signals; rope and lines; trailering.
- **Introduction to Navigation:** Introduction to Digital Charts; GPS navigation; chart characteristics; calculating a course.
- **Seamanship:** Bow riding; alcohol and drug abuse; steering; docking; knots; equipment, weather and tides; knots and lines.
- **Boating Problems:** Hypothermia; boating accidents and rescues; man overboard



Email: info@AmericasBoatingClubD28.org

Call (760) 716-4713 or (760)-214-2400

Education Calendar 2020

Americas Boating Course – 16 hours, Chair: Jan Follestad.

Course	Day	Duration	Start Date	End Date	Instructor
ABC3 Course	Wednesdays	12 weeks	5 February	22-Apr	Jan Follestad
ABC3 Course	Wednesdays	12 weeks	16 Sept.	2-Dec	Jan Follestad

Advanced Courses, - Chair: Suzy Cooper.

Course	Day	Duration	Start Date	End Date	Instructor
Marine Navigation	Tuesdays	11 weeks	12 Nov '19	11-Feb	Suzy Cooper
Advanced Marine Nav.	Tuesdays	10 weeks	3 March	5-May	Suzy Cooper
Boat Handling	Wed & Sat	6 weeks	10 June	18-Jul	Suzy Cooper

Elective Courses, - Chair: Cida Diehl.

Course	Day	Duration	Start Date	End Date	Instructor
Weather	Thursdays	10 weeks	16 January	19 March	Jude Fleming
Electronic Navigation	Thursdays	9 weeks	2 April	28 May	Steve Bakalis
SAIL	Thursdays	9 weeks	11 June	6 August	Adriaan Veldhuisen
Engine Maintenance	Thursdays	10 weeks	20 August	22 October	Jorge Alonso

BOC & Seminars, - Chair: Van Diehl.

Seminar	Day	Duration	Date	Time	Instructor
Sail Trim & Tuning	Saturday	2 hours	9 May	9-11 am	Adriaan Veldhuisen
Using VHF/DSC	Saturday	2 hours	8 August	9-11 am	Van Diehl
Basic Weather	Saturday	2 hours	12 September	9-11 am	Van Diehl
Mariner's Compass	Saturday	2 hours	10 October	9-11 am	Van Diehl
Tides and Currents	Saturday	2 hours	14 November	9-11 am	Van Diehl

On-the-Water Training Weekends, - Chair: Shawn Goit.

Seminar	Day	Duration	Friday pm	Saturday am	Instructor
Hands-On Training 1	Fri/Sat	8 hours	3 January	4 January	Shawn Goit
Hands-On Training 2	Fri/Sat	8 hours	13 March	14 March	Shawn Goit
Hands-On Training 3	Fri/Sat	8 hours	1-May	2 May	Shawn Goit
Hands-On Training 4	Fri/Sat	8 hours	5 June	6 June	Shawn Goit
Hands-On Training 5	Fri/Sat	8 hours	31 July	1 August	Shawn Goit
Hands-On Training 6	Fri/Sat	8 hours	2 October	3 October	Shawn Goit
Hands-On Training 7	Fri/Sat	8 hours	6 November	7 November	Shawn Goit

Justin's Culinary Corner

INSTANT POT PORK RAGU WITH CREAMY POLENTA



Cool weather comfort food at its best. Fall-apart **tender pork shoulder ragu** over creamy polenta that is so easy and quick to make in an instant pot or pressure cooker.

There are few dishes as comforting as pork ragu over creamy polenta on a chilly winter night. Cooking the pork in an Instant Pot or pressure cooker takes all the pressure off you. As easy and hands-off as braises can be, the time involved to make the meat tender be a deterrent to making them. That's where an Instant Pot or pressure cooker comes in. The result is pork is fall-apart tender after just 35 minutes under high pressure.

Don't have an Instant Pot or a Pressure Cooker? Well, obviously you should order one right now. But if you want to make braised pork before your Instant Pot arrives, then you are in luck. You can follow the same steps and use a dutch oven instead. It will take about 4 hours instead of 35 minutes to become fall apart tender.

INGREDIENTS:

FOR THE RAGU -

- 2.5 pound Boston Butt boneless pork shoulder skin and excess removed, cut into 3 pieces
- Kosher salt and freshly ground black pepper
- 1 tablespoon vegetable oil
- 1 small onion diced
- 4 garlic cloves chopped
- 2 tablespoons tomato paste
- 1 cup full-bodied red wine

- 14 ounces canned whole peeled tomatoes
- 1/2 teaspoon smoked paprika
- 5 sprigs fresh thyme
- 2 sprigs rosemary
- 2 bay leaves

FOR THE POLENTA -

- ◇ 1 cup coarse cornmeal (*not quick cooking*)
- ◇ kosher salt
- ◇ 1/2 cup freshly grated parmesan cheese
- ◇ 1 tablespoon chopped fresh thyme and rosemary leaves
- ◇ 2 tablespoons unsalted butter

INSTRUCTIONS:

TO COOK THE PORK SHOULDER:

Pat the pork shoulder pieces dry and Liberally season on all sides with kosher salt and freshly ground black pepper.

1. Heat the instant pot or pressure cooker on high heat/in sauté mode and drizzle in a little canola oil to coat the bottom. Brown the pork pieces on all sides, about 8 to 10 minutes total.
2. Transfer the pork shoulder to a plate and pour off all but 1 tablespoon of the fat left in the cooker; leaving the brown bits and removing any burned pieces.
3. Reduce the heat to medium-low. Add the onions and a pinch of salt. Sauté until soft and starting to caramelize, then add the garlic and cook for another 2 minutes. Stir in the tomato paste and cook for 30 seconds.
4. Deglaze the pot with the wine, scraping all the bits off the bottom and add in the thyme, herbs, bay leaf and paprika. Reduce the liquid by half.
5. Add the pork shoulder and any accumulated juices back to the pot. Crush the tomatoes with your hands as you add them to the pot along with the smoked paprika and the bouquet of thyme, rosemary and bay leaves.

Continued on Page 12

Culinary Corner *Continued from Page 11*

8. Transfer the cooked pork shoulder to a cutting board and shred it apart with two forks, then add it back to the pot with the sauce, stirring to combine.

TO MAKE THE POLENTA -

1. Bring 4 cups water to a brisk boil and heavily season the water with kosher salt. Vigorously whisk in the cornmeal, then stir until most of the water starts to be absorbed.
2. Continue to cook over low heat for about 30 minutes, stirring occasionally until the polenta is cooked.
3. Remove from the heat and stir in the butter, parmesan cheese and fresh herbs. Taste and season with more salt if needed.
4. Cover and keep warm before using.

NOTES:

Bundle the herbs together to make a “*bouquet garni*” using kitchen twine, which will make them easier to remove after cooking.

If the ragu is too watery after cooking under pressure, continue to cook on low heat without lid.

The polenta can be made ahead, just don't finish it. Heat it back up with some boiling water.

Feedback: justin@saltpepperskillet.com

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

Commander's Report *Continued from Page 2*

Thanks to our District Commander **Shawn Goit**, JN for all his help and organization of National Safe Boating Week/Day. We gave away 100 life vests to residents of Oceanside. The group picture speaks for itself. Thanks for Beach Sundowners too.

Thanks to all for your good help in my year as **The Commander** for San Luis Ray Sail & Power Squadron 2019 – 2020.

Happy New Year 2020

2019 Memories by Van & Cida Diehl



Dear friends: 2019 is already a memory. And some memories! What a year!

It started with my sister **Erica**, husband **Decio**, and son **Gabriel** visiting from **Brazil**. It is a wonderful treat to have them with us. About 6000 miles is the distance separating us!

Soon afterwards we had the visit of son **Sergio and Misty**, from **Virginia**. We travelled together to the **Valle de Guadalupe, Ensenada** in **Mexico's Baja** for wine tasting. We love the **Ruta del Vino** there with close to 100 wineries and great restaurants, housed in beautiful buildings.

March we joined the **USPS D28 Change of Watch** cruise to **Ensenada**. For the first time the meeting was organized aboard a cruise ship. District 28 includes our squadron - San Luis Rey Sail & Power Squadron, plus San Diego, Balboa and Phoenix.

After these initial events starting as early as March, I had a bunch of unexpected health problems. I was diagnosed with Colon and Liver cancer, leg blood clots and even a hernia. Wow! The first few months of chemotherapy treatment were horrible with many days spent in the hospital. Happily by June the right treatment had been figured out and most of the bad side effects disappeared and the tumors started shrinking!!! This was the most difficult phase of my life. ***Without the intense care and love I received from Cida, my nurse and Guardian Angel, it would have been impossible to withstand all of that.***

Most of our time in prior years has been dedicated to volunteer work for the San Luis Sail and Power Squadron, now with a new name - **America's Boating Club, Oceanside** - all with the objective of providing quality education around safe boating. Cida and I are avid sailors. We have been sailing with our own sailboat, **DreamQuest**, a **Hunter 37.5** since the year 2000 in the **San Diego Bay, Southern California Coast** and **Mexico's Ensenada**. For more distant destinations we have been bareboat chartering in the **Caribbean - BVI (4 times), Grenada and Grenadines** - and in **Greece - Cyclades and Dodecanese**. For about 15 years we have been teaching many of the courses for San Luis Rey Squadron, America's Boating Club with emphasis on **Coastal and Off-shore Navigation, Cruise Planning** and **Marine Electrical Systems**.

Continued on Page 13

2019 Memories from The Diehls *Continued from P. 11*

In June we had our dear friend **Salette Arruda** from the **Bay Area** visiting us for a few days. We enjoyed her company.

But with the help from Cida and the good care received from the oncologist I was able to continue a quasi-normal life with a 3 week bareboat sailing charter in July to the **British Virgin Islands**, BVI. I skippered a 41ft catamaran, my first, with eight San Luis Rey members. As in our three previous BVI trips, we started by flying from **San Diego** to **St. Thomas**, USVI, spending a few days there and then by ferry to **Tortola**, where we would start the charter. *By the way, everyone had a wonderful time.*

September saw us travelling to **Louisville, KY**, for the **United States Power Squadrons (USPS) Governing Board** meeting. Being the **District Education Officer** I was there to represent our district. It was an important meeting of the national organization because of substantial changes in its program. October saw us driving to **Phoenix** for the **District 28 Fall Conference**.

Our *longest* sailing trip occurred also in October. We sailed 14 hours overnight from our marina at **Pier 32, National City**, to **Ensenada** harbor. Every two to three years we take *DreamQuest* for bottom painting, polishing and any other required maintenance to **Baja Naval Boatyard**. It has been more than 13 years now, and has proved to be one of best yards in our area. Baja Naval is in downtown Ensenada so it is very convenient for visiting the pleasant town. We love the boatyard's work, very skilled, friendly and personal. On our way back to San Diego, and just before we left Ensenada Bay, we saw a meteor crossing the skies, a big ball of green light, and it gave us the impression that it landed not too far from our starboard bow. For a split second, Cida thought that we were on a collision course with a big ship, and then it fell to the ocean, and the ordeal was over.

In November we had the pleasure to have our longtime friends, **Rubens & Lais Figueiredo**, from **Sao Paulo, Brazil** visiting us. Rubens is a former colleague from Hewlett Packard. We had a great time catching up.

Finally it was Thanksgiving. We flew to **Norfolk** to visit Sergio, Misty and family. We stayed in Sergio's home in **Virginia Beach** for two weeks. *We had not just one but two Thanksgiving dinners!*

The first was in Sergio's yacht, a **52 ft Jeaneau**, with friends. The second was with my son Sergio, his two sons and four

grandchildren. I have four great grandchildren, the oldest **Zoe** is in high-school.

It was a very difficult year with so many health problems. But with the best care and love of my wonderful wife, we made it so far.

We wish you all a wonderful, a happy and successful 2020.

Dan & Cida Diehl

Hello Fellow Squadron and Future Squadron Members:

We are conducting a survey about boat ownership.

Please help us out by answering the following questions.

Answers may be emailed to

Richele Daciolas-Semon at

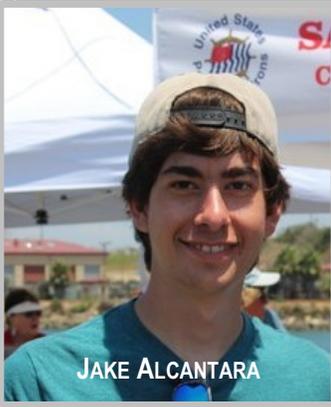
richeleds@gmail.com

Copy and paste. Please be sure to include your name in the response.

- *Do you own a boat?*
- *Your boat name?*
- *Power or Sail?*
- *Moored or docked in a harbor?*
- *Dock Number or Letter?*
- *Which harbor is your boat located?*
- *Trailer boat?*

Thank you in advance for your help with our survey.

Richele



JAKE ALCANTARA

SAFETY REPORT

SHORE POWER PEDESTALS: WHY THEY TRIP, WIRING DIAGRAMS, AND TROUBLESHOOTING TIPS

Marinas across the country are updating their onshore electrical pedestals to comply with updated code regulations.

New onshore power pedestals are more sensitive to the amount of electricity leaking in an electrical circuit, causing them to trip more often than older pedestals – and boaters can expect to encounter new pedestals more frequently as more marinas update their docks to comply with new safety codes.

WHY SHORE POWER PEDESTALS TRIP

To fix the problem, it's essential to understand why electrical pedestals trip in the first place. Due to changes in code, new onshore power pedestals are built to trip at a lower current than older models. Two main organizations updated the standard code regulations: the **American Boat and Yacht Council (ABYC)**, which focuses on standards for recreational boats, and the **National Fire and Protection Association (NFPA)**, which focuses more on the marina and are in charge of the National Electric Code (NEC).

The NFPA updated codes for the electrical pedestals to trip at 30mA, lowered from the previous threshold of 100mA. When a leakage of 30mA or greater occurs, new pedestal breakers detect the imbalance within the electrical loop, and trip the pedestal, which stops the flow of current from leaking into the water.

It's important to note that these standards set by the ABYC and NFPA are *recommendations*, and it is up to each state to adopt and enforce these code changes.

WHY DID SHORE POWER STANDARDS CHANGE?

Shore power standards changed to reduce the risk of electrical shock occurrences on your vessel and in the water surrounding your vessel, and, as a result, to reduce drowning incidents due to electrical shock.

When electrical current leaks from the circuit, it can potentially carry into the water. When your body comes in contact with an intense electrical shock, you lose mobility within your muscles, thus the cause for drowning. Figure 4 below outlines the effect electricity at varying strengths has on the body.

FIGURE 4: SHOCK TO THE SYSTEM

mA	EFFECT ON HUMAN BODY
.5 - 3	TINGLING SENSATIONS
3 - 10	MUSCLE CONTRACTIONS & PAIN
10 - 40	"LET-GO" THRESHOLD
30 - 75	RESPIRATORY PARALYSIS
100 - 200	VENTRICULAR FIBRILLATION
200 - 500	HEART CLAMPS TIGHT
1500 +	TISSUE & ORGANS START TO BURN

Shown at (60 hz AC) - Effect will vary with frequency and duration of exposure.

Read full article click here: <https://blog.dockwa.com/shore-power-pedestals-trip-wiring-diagram-troubleshooting-tips>

Tips to fix the problem read this: <https://www.passagemaker.com/technical/troubleshooter-shorepower-danger>

D/Lt Jake Alcantara, P



Christmas 2019

UNITED STATES POWER SQUADRONS®*Come for the Boating Education...Stay for the FriendsSM***SAN LUIS REY SAIL & POWER SQUADRON : 2019—2020 BRIDGE****COMMANDER**Cdr Jan Follesad, SN-CN

(760) 712-7161

Follesad71@gmail.com

**EXECUTIVE OFFICER**

Lt/C Hal Casey

(304) 488-3563

HalbertCCasey@gmail.com

ADMINISTRATIVE OFFICER

Lt/C Kirk Lippert, AP

(760) 749-3774

Kirk.Lippert@att.com

EDUCATION OFFICERLt/C Adriaan Veldhuisen, SN-ON

(760) 716-4713

Adriaan.Veldhuisen@cox.net

ASST. EDUCATION OFFICER

1st/Lt Janis Siems, AP

(760) 214-2400

Janis@Kamtel.net

TREASURERLt/C Chris Peavey, N-IN

(858) 220-9170

CPVSLR@gmail.com

ASST. TREASURER1/Lt Dan Rancourt, AP

(760) 787-7066

DLRancourt39@gmail.com

SECRETARYLt/C Richele Daciolas-Semon, AP

(760) 439-8080

RicheleDS@gmail.com

EXECUTIVE COMMITTEEP/C Cida Diehl, SN-CND/C Shawn Goit, JN-IN

D/Lt Jill Powell, AP

FLAG LIEUTENANT

Position Open

MERIT MARKS

Lt Cheryl Veldhuisen, AP

COMMANDER'S AIDE

Lt/C Shawn Goit, JN

IMMED. PAST COMMANDERP/C Suzy Cooper, AP**MEMBER AT LARGE**

Lt Nancy Kangas, AP

BOATING ACTIVITIESLt/C Shawn Goit, JN-IN

(760) 468-6212

District28USPS@gmail.com

PORT CAPTAIN

Lt Nigel Woolf, AP

(760) 753-6643

NKWoolf@hotmail.com

MEMBERSHIP CHAIR

Lt Sandra Lippert

(760) 749-3774

SMLippert58@gmail.com

RULES & LAWLt/C Adriaan Veldhuisen, SN-ON

(760) 716-4713

Adriaan.Veldhuisen@cox.net

WEBMASTER/HISTORIAN

Lt Nancy Kangas, AP

(858) 208-8693

NancyWebWizard@gmail.com

SAFETY OFFICER

D/Lt Jake Alcantara, P

(760) 468-6212

JacobCAlcantara@gmail.com

ADVERTISING & PUBLIC REL.

Lt/C Hal Casey

(304) 488-3563

HalbertCCasey@gmail.com

SOCIAL MEDIA

Lt Nancy Kangas, AP

(858) 208-8693

NancyWebWizard@gmail.com

ENVIRONMENTAL COMMITTEE

Position Open

CO-OPERATIVE CHARTING

Position Open

LEADERSHIP DEVELOPMENTLt/C Adriaan Veldhuisen, SN-ON

(760) 716-4713

Adriaan.Veldhuisen@cox.net

VESSEL SAFETY CHECKLt/C Shawn Goit, JN-IN

(760) 468-6212

District28USPS@gmail.com

THE MARINER'S NEEDLE EDITOR and ROSTER

Lt. Jill Powell, AP

(760) 716-1675

Email: sanluisrey@earthlink.netwww.OceansideBoatingClasses.com**Like us on Facebook****VISIT OUR NEW WEBSITE****[HTTPS://AMERICASBOATINGCLUBOCEANSIDE.ORG](https://AMERICASBOATINGCLUBOCEANSIDE.ORG)****NEED TO CONTACT SAN LUIS REY SAIL & POWER SQUADRON ?****Call or write: SLRSPS, 6554 Via Barona, Carlsbad, CA. 92009. USA.**