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Recently at ABC-Rockville:



Over 20 members of the club attended the June social happy hour at Ruth's Chris Steak House in Gaithersburg. Here is a picture of the ones who were not camera shy!



Commander's Corner
Cdr Paula Sind-Prunier

This past month, we celebrated the 50th anniversary of Apollo 11, and Neil Armstrong's and Buzz Aldrin's historic moon walk. And, the ABC National Planning Committee released its [Strategic Transition Plan Outline](#)

(<https://www.usps.org/images/Planing/SP2019.pdf>.) What, you ask, do these have in common?

Many of you remember John F. Kennedy's monumental 1961 challenge: "Before this decade is out... landing a man on the Moon and returning him safely to the Earth." The momentous anniversary we celebrate this year began as a vision; that vision became a plan; the plan spurred action; and that action made history.

America's Boating Club is more than a new name for an old organization, and the Strategic Transition Plan outlines the vision and the fundamental plan for making ABC the go-to community for everyone on the water. It proposes some bold changes that might not sit well with some members, yet are a solid reflection of the changing demographics and interests in the









For Boaters, By Boaters SM

PUBLISHER'S STATEMENT

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Immediate Past Commander IPC Gil Rose, P 410.533.9771 pcdr@rspsonline.org	

recreational boating community. If you have not already read the Strategic Transition Plan Outline, I encourage you to do...

But beyond *reading* it, I encourage you read it with an eye toward what *you* can do to make this vision a reality. We did not land men on the moon without the help of hundreds of engineers, scientists, technologists, and support personnel who embraced President Kennedy's challenge. It took *action* to make that vision a reality. The National Planning Committee has issued its challenge and shared a vision of an inclusive, future-thinking national organization focused on on-the-water training, camaraderie, and many of the things that current members enjoy most—and are most likely to appeal to tomorrow's members.

Let us work together as a Club to help put that vision into action, through our actions. We will remain a strong and resilient Club if we seek to be the premier member organization for today's and tomorrow's recreational boaters in the greater Rockville area.

BECOMING MORE THAN A DUES PAYER

Many of our members received their membership renewal notice from America's Boating Club (ABC) this past month. I certainly hope you will continue with us throughout the next year. (If you missed your renewal notice, you can log on to the ABC website, view your renewal date, and renew online.)

When you renew your membership, I encourage you to expect more from your ABC membership... How you ask?

- Join us for our monthly program, whether it is a Dine & Learn or an on-the-water event, our annual picnic, pancake breakfast, holiday party or sock burning; if you cannot join us in your own boat for an on-the-water event, contact the event's coordinator—often, other captains are looking for crew or are happy to accommodate a few guests.
- Attend one of our informal happy hours—a chance to catch up on what is new with other members and chat about all things boating and not
- Attend an ExCom meeting. ExCom meetings are open to all members and always conducted over dinner. It is a great way to find out about upcoming activities even before they are published in the *Skipjack* or on the website—and make suggestions for things you would like to see.



- Consider making a modest commitment to serve ABC Rockville—even a one-time offer of assistance. Our Club is our members, and our members are what make ABC Rockville “go.” As an all-volunteer Club, it takes a village to put on events and activities; and many hands make light work.
- Accept a position on the ExCom. New members are welcome—no experience necessary. Becoming a member of the ExCom is a great way for new members to quickly get to know other Club members and discover all that ABC membership has to offer.
- Take a class. With discounted course fees for members, get the best value from your membership.
- Teach a class. If you are an experienced boater and willing to share your knowledge, we are always looking for instructors. Training and instructional support (A/V equipment, materials, etc.) are provided.
- Recruit a new member. Whether it is the couple a few slips down from yours, the individual who got you interested in boating, or a neighbor or friend or coworker that owns a boat (or is thinking of getting into boating), help get them connected with the ABC boating community.
- Get your boat checked for safety—or become a Vessel Safety Examiner. It is a great way to ensure your own safety on the water, and that of others.

Some members pay their annual dues and, except for perhaps skimming an edition of the *Ensign* or taking advantage of the discounts offered by Weems & Plath, BoatUS, or other partner organizations, fail to take advantage of all we have to offer. While ABC is a great organization with a lot to offer, most members will say that it’s what happens at the local level—within our Club—that is what makes belonging to the organization one of the best bargains in boating (and every boater likes a bargain, right?). It is the social activities and the opportunity to impact the Club’s activities, to learn and to share, that increases the value of your membership. So do not just pay your dues—invest in your enjoyment on the water and with others who share your interest!

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Nominating Committee Request

P/C Julien Hofberg

P/C Brian Reed

P/C Gil Rose

ABC-Rockville Wants You!

Yes, you. You joined our Club, you came to some dinner meetings and happy hours. You met some like-minded people who enjoy socializing, helping each other on their boats, and you probably took some classes.



How do you feel about helping to steer the club next year?

We need you to step up and be a part of the Executive Committee. Speak your mind, laugh at some of the jokes, and contribute to the future.

We meet once a month, socialize for a while, order dinner, and plan the events, meetings, activities, and ways that we can contribute to our community. It is an investment of three hours a month.

“Ask not what your. . .”

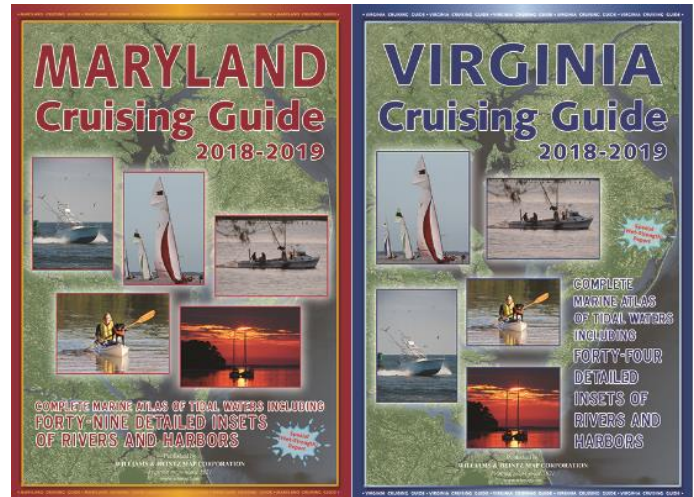
We need you.

Contact Julien Hofberg (julienp@comcast.net), Brian Reed (brian@allreed.com), or Gil Rose (gprosephs@aol.com) to discuss anything, ask questions, or even to try to figure out how you can participate.

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Ship's Store

The new America's Boating Club Rockville Logo is now available on a wide range of clothing and other products through Queensboro Shirt Co.



Have you received a renewal notice from National recently? Renew [online](#) with your certificate and invoice numbers. Your prompt renewal from the email saves trees, fuel, and the cost of mailing a renewal notice.

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Visit <https://rsps.qbstores.com> or look for Ship's Store under 'About RSPS' at rspsonline.org to order.

Got a shirt, hat, or other item you would like to have the ABC Rockville logo on? [Charlie's Embroidery](#) (416 Main Street in the Kentlands Gaithersburg; 240.477.4363) has the logo available for quick turnaround.

Fly the RSPS burgee on your vessel! You can get one for only \$30 at ABC-Rockville dinners or by email treasurer@rspsonline.org.

Do you shop at Amazon.com? You can designate the Rockville Sail and Power Squadron as your Amazon Smile charity. Visit <http://smile.amazon.com/ch/23-7229599> or click the Amazon Smile button in the left column on rspsonline.org for details.

The 2018-2019 edition of the Williams & Heintz Maryland and Virginia Cruising Guides are available at \$35 each or the complete set for \$68 at ABC-Rockville events or treasurer@rspsonline.org.

2019 District 5 Fall Conference



The D/5 Fall Education Conference will be held 7-10 November 2019 in Fredericksburg, Virginia.

The Fredericksburg Hospitality House Hotel & Conference Center is the location, and is found in Central Park which is home to most of the fine shopping and dining that's available in the region. A great location and we're looking forward to seeing you there!

Cdr Art Walz, AP
Mid-Potomac Sail & Power Squadron

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**First
Aid
Support
Team**
P/C Jeff McKinney

Ahh...halfway through summer, and arguably the hottest part of the year around here. Not only is it HOT, but it is STEAMY HOT. This combination means the heat index (feels like) can easily exceed 100 degrees. Couple that with a general lack of a decent breeze and you have ideal conditions for developing a heat related illness.

We have all been out on the water on days like this, but often think: "I will just drink a little extra water or a cup of (sports drink) and all will be good." Unfortunately, it does not always work that way, and you or a crewmember could get into some serious trouble very quickly.

The human body is normally able to regulate its temperature through sweating until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium. Heat stroke can escalate rapidly, leading to delirium, organ damage and even death. Many of us fall into one or more of the following "at increased risk" categories:

- People who are overweight
- People 60 and older
- People who are ill, have chronic health conditions or are on certain medications

Heat Exhaustion: When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. Warning signs and symptoms include:

Sweating, pale, ashen or moist skin

Muscle cramps (especially for those working or exercising outdoors in high temperatures)

Fatigue, weakness or exhaustion, headache, dizziness or fainting, nausea or vomiting, rapid heart rate

Dark amber urine, person has not urinated in four to five hours, despite drinking water regularly

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat Stroke: Seek medical help immediately if someone is suffering from heat stroke. Signs include:

Body temperature above 103 degrees

Skin that is flushed, dry and hot to the touch; sweating has usually stopped

Rapid breathing, headache, dizziness, confusion or other signs of altered mental status (Irrational or belligerent behavior, convulsions or unresponsiveness)

Immediately take action:

On the water: MAYDAY call on the radio (on land call 911).

If on the water head to the nearest marina as quickly as possible. Advise USCG of your location (lat/lon), intended destination and ETA.

Move the victim to a cool place, remove unnecessary clothing.

Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer).

If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels. Fanning will improve the rate of cooling.

Keep cooling until body temperature drops to 101 degrees. If they start to shiver STOP COOLING efforts only until the shivering stops.

Monitor the victim's breathing and be ready to give CPR if needed.

DO NOT:

- Force the victim to drink liquids;
- Apply rubbing alcohol to the skin;
- Allow victims to take pain relievers or salt tablets.



Vessel Safety Checks P/C Jeff McKinney

Having a good time on the boat this year? Did you get your Vessel Safety Check done? I sure hope the answer to both questions is YES. I cannot help with the first one, but if you have not done the VSC yet, it is not too late.

I know the heat is brutal out there, but maybe we can hook up early in the morning or later in the day. You can email me (jmckinney2606@gmail.com) if you need contact information for one of the team or have specific questions about the VSC program. You can also go to the "[I Want a VSC](#)" link to request one.

<http://wow.uscgauz.info/content.php?unit=v-dept&category=i-want-a-vsc>

We have been hampered by the uncooperative weather on our last two events, but are still hoping to get in a few during the August raft-up.

So far there are 118 exams done by our team. Jim Brown leads with 97 recorded. Will he make that coveted Century Club again this year? Stay tuned.

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Education Log P/C Brian Reed

Auto-routing. This is the thing that worries me.

What is auto-routing? This is a new feature of Navionics navigation software, officially called "dock-to-dock auto-routing." If you haven't been watching, the electronic navigation software world has consolidated quite a bit in the last five years. The winner for the most part appears to be Navionics, at least in the mobile app realm. In the last year or two they added the auto-routing feature. So just like Google maps, you tell Navionics where you want to end up, and it sets you a series of courses to get there. Turn-by-turn navigation on the water is here. And it is pretty

good. But as always, there are some asterisks. Auto-routing takes input that you have loaded in the app to develop its plan, like your vessel draft, length, cruise speed, etc. Have you changed your draft from the default settings? If not, the auto-routing is only as good as its inputs. It is like the time you did not realize your Google maps was set to "shortest route" instead of "fastest route" and you got put on some pretty narrow back roads for the longest (time wise) road trip ever. Things can get ugly when somebody (or something) takes over and you did not give them clear instructions.

I also worry about point and steer navigation. We have seen it on the road, people suddenly crossing four lanes of traffic to take a turn because Waze just changed its mind. Did they even look up? And if the little box stops working, or as happened near the Denver airport, routes them over a muddy field, will we have enough common sense to get ourselves out safely? I can say with certainty that Google turn-by-turn directions has not made anybody a better map reader. It instills confidence to go new places without even glancing at a map. I would say it is so good it discourages people from learning to read a map. And do not get me wrong, I use Google maps all the time. But I still worry. Will Navionics dock-to-dock auto-routing do the same for navigation on the water? I will not lie, the answer is probably yes.

But still, I encourage you to check out Navionics on your phone or tablet. I think it is free for a week and then it cost \$15 a year. Learn the new stuff. There is no down side to having more tools. Make sure you learn them before you need them though. And please do not forget the old stuff - because that also worries me.

On class notes, we are putting together fall classes. I am seriously considering tossing up an online Basic Navigation class for \$20 to see if it sticks. I would limit the class to 10 guinea pigs who will come to the first physical class and the last physical class and the other six will be done online via Google Meet. This is new territory for us. We are looking for victims. This will probably start the week of 23 September. Let me know if you are interested. The other class suggestions we have had are the Sail class and hands on fiberglass repair. Any interest, please e-mail Alan and me at SEO@rspsonline.org.

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Administratively Speaking

Lt/C Jeff Cornish

ABC-Rockville July and August Birthdays



ABC-Rockville happy hours continued in June with 19 members at Ruth's Chris Steak House Downtown Crown and in July with 12 members at Clyde's Tower Oaks Lodge in Rockville. We have even had some "almost lost" members appear! Look for more happy hours in the fall, generally on the third Tuesday of the month. Details by Evite and at ABCRockville.org. Drop in and share plans and experiences with fellow boaters. Thanks to P/C Steve Permission for arranging these events.

Mark your calendar now for the annual Fall Picnic, Fire Training, and White Elephant Auction. Saturday 14 September at Bowleys Marina on Middle River (1700 Bowleys Quarters Road, Baltimore). Bring your expired fire extinguishers and flares and also items for the auction so they can become someone else's treasures.

We will have our next Dine & Learn Wednesday 2 October. Dr. Jeremy Testa of the University of Maryland Center for Environmental Science Chesapeake Biological Laboratory will address "*The Long Road of Chesapeake Bay Restoration: Resistance, Resilience, and Recovery.*"

Want more? Our neighboring Squadrons in Annapolis, Baltimore and Kent Narrows also organize on-the-water events. Check the District 5 calendar at uspsd5.org for dates and locations.

Please let us know what you do and don't like about events past and future and especially your ideas for great future events. Email admin@rspsonline.org or call 301.257.2676.

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- 14 July Grant Woodside
- 17 July Pamela Ledford
- 19 July Chuck Wells
- 19 July Neil White
- 21 July Deborah Rose
- 22 July Cecilia Mason
- 23 July Michael Joyce
- 23 July Geoffrey Krug
- 23 July Stan Rasberry
- 24 July Barbara Boykin
- 26 July Asiad Kunaish
- 27 July Brian Reed
- 27 July Chad Towner
- 28 July Chris Smith
- 31 July Skip Trump
- 04 August David Hadary
- 07 August Joseph Ferrante
- 07 August Teodoro Topa
- 09 August Amy Reed
- 10 August Jim Brown
- 11 August Andrew Arnett
- 12 August Kevin O'Brien
- 13 August Kate Lytle
- 15 August Jan Simak
- 21 August Douglas Spickler
- 25 August Julien Hofberg
- 28 August John Arnett
- 29 August Nathaniel Arnett
- 31 August Lauren Cosgrove

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Around the Squadron
P/C Gil Rose



I am asking around for a few stories of how members got into boating, and as I get them, I would like to share them with you. Please do not feel you have to be asked to give me some stories/anecdotes to pass on. P/C Denise Allen wrote to me this month:

I have never thought about how I got into sailing because I do not really have memories of my life before my family sailed. Sailing has always been a big part of the world I live in. I do know it all began in 1958 when I was three years old. I asked my sister Diane for some details. She was four at the time and this is what she had to say, “You can tell them that you were just shanghaied out of your crib and placed into a dark, dank hole and left down there for hours and hours while everything around us tumbled and shook and made me throw up! That is how you got into sailing.”

Love my sister Diane, she always knows how to phrase her thoughts. Here is a translation. Diane is talking about the s/v *Seabird*. This was the first real sailboat that our parents owned. She was a used 27-foot cutter-rig sloop with a club-footed jib; a classic wood-hulled daysailer. The “dark, dank hole” was the cuddy cabin; “hours and hours” in the mind of a four year old is any amount of time over five minutes, and yes, in most of my earliest memories Diane is somewhere in the haze throwing up. I also remember the cabin being smelly and cramped. Diane and I would sit on each side of the mast, which came through the deck and seated in the cabin floor. What I disliked the most were the shallow pools of sloshing water that always accumulated beneath us on the floorboards!

We sailed the *Seabird* in Chaumont Bay, New York which is on the eastern shore of Lake Ontario. My brother Dan (age 12) crewed. Sister Debbie (age 9) was learning to crew, but she also spent time in the evil cuddy cabin. My siblings universally hated this boat. Back then many recreational sailboats like the *Seabird* did not have lifelines and Coast Guard “approved” life jackets did not exist for

children and toddlers. The only “safe” place we could be while underway was the dreaded cuddy cabin.

In 1960, our parents announced we were getting a new boat that would arrive in 1961. This boat would be the only brand new boat they ever owned. We named her the s/v *Zephyra*. She was a Chesapeake 32, designed by Philip Rhodes, and one of the earlier fiberglass “production” boats (95 were built between 1961 and 1965). See the stock photo below to see what she looked like. We took delivery of her in Annapolis, Maryland. By this time I was six. Sister Diane shared her memories of our first day on the *Zephyra*. She said, “When Dad announced we were getting a new boat, I was horrified. I thought we were getting a new dungeon, but when I saw her, it was as if we were given a castle! She was so big and beautiful. We [Diane and I] were so excited, we spent the first hour going, round-robin, down the main hatchway, through the cabin to the forward cabin, onto the berths and out the forward hatch. For the second hour, we went round-robin the other way.”



I have no recollection of that day, but I do recall another day when, for me, a significant event occurred that speaks to “how I got into sailing.” We were underway, it was cloudy and windy, and we had jackets on. We were hard over and both Diane and I were on the windward side of the cockpit with our mother between us. Diane was seasick and started throwing up again. In response, my mother told us both to go below. Visions of the cuddy



cabin flashed before my eyes along with thoughts of having to deal with Diane throwing up again. It terrified me much more than staying in the cockpit did. My immediate reaction was very clear, definitive, and emotional. I refused. I went on to tell my mom with all the faith and fervor of a six year old, that I was not seasick, I was not throwing up and I was not going to! What I was thinking to myself, of course, was that if I was going to die, I wanted to see the wave coming and have some control over the matter!

My parents relented (for me anyway) and I stayed put. Reflecting back, this was probably when I first started to get into sailing. I think in that moment, I knew I did not want to be a passenger. Nor did I want off the boat. I loved the wind in my face. I wanted to be part of the crew and part of the action. I wanted to see what was coming and I wanted to know how to sail the boat. I have felt that way ever since. We went on to have the most wonderful summer sailing in Long Island Sound and off Connecticut and Massachusetts. We discovered Mystic Seaport, Block Island, and Cuttyhunk among other harbors. I think that is where I began to appreciate sailing. It was so cool to travel by boat and see all these amazing places. And thankfully, Diane's bouts of seasickness also disappeared that summer. We spent 12 wonderful years sailing the *Zephyra* on the St. Lawrence River, Lake Ontario and the Atlantic Ocean. In 1972, the parents sold her and bought the *s/v Aragorn*, an Allied XL 42, yawl-rig and we sailed her for 30 more years. After my parents gave up the *Aragorn*, my father had to have something to fix so he bought a 20-year old Catalina 25. In 2003, he gave me the boat along with his most prized possession, his ditty bag. His only request was that I join the Power Squadrons. In summary, I have been sailing for roughly 61 years and have owned five sailboats (as either a child of my parents or by direct purchase). I do not recall ever having any formal sailing lessons and I have never thrown up while sailing. Well, maybe just once, but it before I was six. I have sailed:

- Catboats, Lateen Rigs (e.g., Sailfish, Sunfish, and Lazars), Chinese Junks, Windsurfers, Dyer Dhows, Sloops, Yawls, Ketches, Schooners, Cutters, mono-hulls and catamarans.
- the Atlantic Ocean from Maine to Florida Keys (except Cape Hatteras) and from Bermuda to Norfolk, VA; the Gulf of Mexico, the Bahamas (Abacos, Exumas and Eleuthera chains) the

Caribbean Sea (British and American Virgin Islands), the Sargasso Sea; the Pacific Ocean to Catalina Island; and Lake Ontario from East to West and Back (Cape Vincent to Toronto) as well as several ports on both its northern and southern shore, and the St. Lawrence River, from where you can see the northern lights in late summer. It was heavenly.

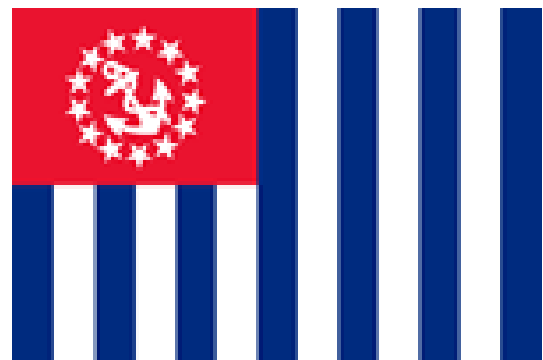
In closing, I would like to go back to the purpose for this article. I think my family got into sailing because of my mother. Growing up she sailed on Long Island and she certainly encouraged my father's interest. They joined the United States Power Squadrons (USPS) in the 1960s. The education and friendships they realized from this organization provided the means to successfully complete the cruises we undertook as a family and in my adulthood as well. My father became Commander of the Utica Power Squadron (PS) in District 6 and I followed his footsteps in 2010 when I became Commander of the Rockville Sail and Power Squadron. My mother became the first woman in District 6 to earn the rank of Navigator. Today, both of my sisters are still sailing, though Diane owns a trawler. In 2010, my daughter Claire was ranked the #2 Sea Scout in the United States. My mother's desire to sail became her legacy.

Thanks Denise!

Well, that is it for now. Go make stories!

*Yours Aye,
Gil*

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Jul/Aug 2019

ABC-Rockville Calendar

Date	Day	Time	Event	Contact
Aug				
3	Sat		ABC-R on the Water Day on the Bay	Lt/C Chris Smith exec@rspsonline.org 301.445.0093
17 18	Sat Sun		ABC-R on the Water Mid-Summer Raft-Up w/ABC-Kent Narrows Wye River Near Queenstown, MD	Lt/C Jeff Cornish admin@rspsonline.org 301.257.2676
20	Tue	1700-1900	Happy Hour Not Your Average Joe's 245 Kentlands Boulevard Gaithersburg, MD 20878	Lt/C Jeff Cornish admin@rspsonline.org 301.257.2676
28	Wed	1800-2100	Executive Committee Meeting Rockville Sheraton 920 King Farm Boulevard Rockville, MD 20850	Cdr Paula Sind-Prunier cdr@rspsonline.org 301.528.0753
Sep				
14	Sat	1130-1500	General Membership Meeting – Fall Picnic Bowley's Marina 1700 Bowley's Quarters Road Bowley's Quarters, MD 21220 Program: Safety Training and Auction	Lt/C Jeff Cornish admin@rspsonline.org 301.257.2676
25	Wed	1800-2100	Executive Committee Meeting Rockville Sheraton 920 King Farm Boulevard Rockville, MD 20850	Cdr Paula Sind-Prunier cdr@rspsonline.org 301.528.0753
Oct				
2	Wed	1700-2100	General Membership Meeting Location: TBD Program: Chesapeake Bay Restoration	Lt/C Jeff Cornish admin@rspsonline.org 301.257.2676
23	Wed	1800-2100	Executive Committee Meeting Rockville Sheraton 920 King Farm Boulevard Rockville, MD 20850	Cdr Paula Sind-Prunier cdr@rspsonline.org 301.528.0753
Nov				
13	Wed	1100-1500	General Membership Meeting Location: TBD Program: TBA	Lt/C Jeff Cornish admin@rspsonline.org 301.257.2676
20	Wed	1800-2100	Executive Committee Meeting Rockville Sheraton 920 King Farm Boulevard Rockville, MD 20850	Cdr Paula Sind-Prunier cdr@rspsonline.org 301.528.0753

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ABC-Rockville July Happy Hour at Clyde's in Rockville



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For Sale

Chelsea Ship's Bell Clock / Barometer / Thermometer / Clinometer



Dwight Bues, an America's Boating Club – Northern Virginia member is selling “ my uncle's Chelsea Ship's Bell Clock / Barometer / Thermometer / Clinometer set that he had on his Cheoy Lee sailboat many years ago. It still works 100%. I did not refinish the brass, as it only has a couple dull spots that clean up with polish.

At the bottom left is a picture of the same model I have. I refinished the backing board in bright mahogany. It has a special screw hole under the ID plate to keep it from falling off the bulkhead in heavy weather.

I do not know if Chelsea still sells this set, but it would be worth over \$6000. I am looking for \$1500.”

If you are intersted, contact Dwight at 703.404.8728 or at bue1978@aol.com.

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MD Boat Seen in Stonington, ME



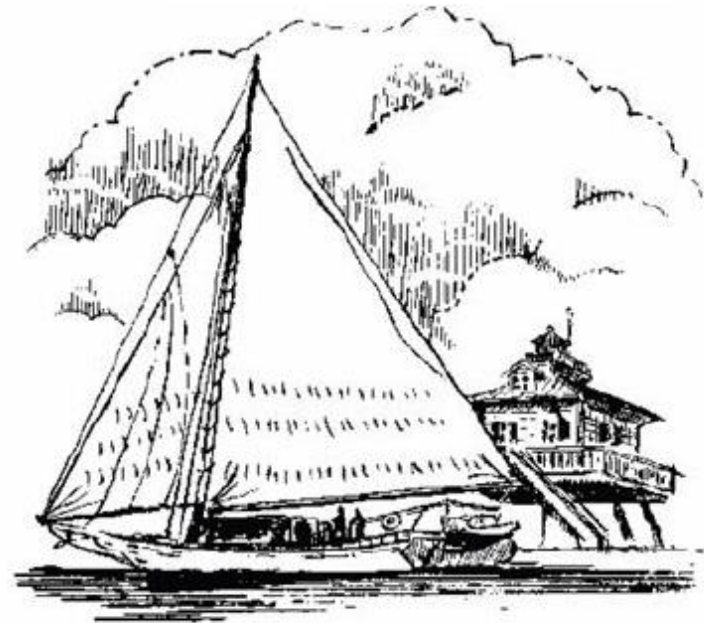
Yes, there is a ONE RINGY dinghy!

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THE SKIPJACK



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