

September/October 2006

RESACA ECHO

**The Lower Rio Grande Valley Power Squadron
Sail and Power Boating News
Volume 33 Number 4
A Unit of the United States Power Squadrons®
District 21**

A View from the Bridge Cdr Kay Polt, AP



School has started; I guess that technically means “summer is over”, although I find that hard to say that down here in the land of 10 months of summer, 2 months of springtime. Here in the tropical tip of Texas, we have the unique opportunity to frolic in the sun pretty much all year round.

With that in mind, we will continue to have monthly activities for our members, families, and friends. LRGV will have another environmental event with the spoil banks project at the end of September. Look for details in this newsletter.

We have plans for a boat safety check to be held at Arroyo City. We are planning the 1st “Past Commanders Dinner” in November to honor those in our squadron who have lead us so skillfully in the past. Our engine maintenance class is taking shape, with field trips planned at local marine engine repair shops.

December 1st and 2nd we are hosting a District Geodetic Coop Charting event. We have confirmed the hotel, Casa Rosa, in Port Isabel for \$45/night. Friday evening will be registration and hospitality suite. Saturday we will host the event out of the Laguna Madre Yacht Club. Saturday will include an organizational meeting, then we go out for search and recovery.

Resaca Echo

Official Publication of the Lower Rio Grande Valley Power Squadron

Editor: Anthony Venegas

5493 Rustic Manor, Brownsville, TX 78526

Phone: 956-541-4540 email: VenAnthony@sbcglobal.net

Assistant Editor: Luis Venegas

Any article appearing in this publication is to be assumed as representing the opinions of the author and is not to be considered as reflecting the policy of the Lower Rio Grande Valley Power Squadron or USPS® unless so designated. Contributors are welcome to mail their copy to the address above or send it via e-mail to the above e-mail address. The editor prefers copy be submitted in MSWord, but will accept any text article. Pictures are welcome, either by e-mail or regular mail. This is your newsletter. Please feel free to contribute. Deadline for the Nov-Dec issue is October 31st.

Bridge 2006 -2007

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Executive Officer James F. Guffey, S

Educational Officer Peter P. Pranis, Jr., AP

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Secretary Barbara Ketchum, S

Treasurer John B. Carey, Jr., JN

Asst Executive Officer Joyce N. Armstrong, S

Members at Large

Daniel Bauer

Mike Dodson, JN

William A. Rutledge, P

Stuart Simpson, P

Arthur Wilhelmi, AP

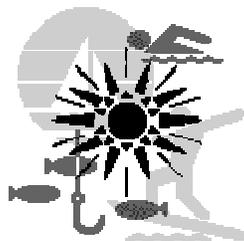
Jeri Wilhelmi, P

In the afternoon, we will have our annual Christmas Party, at the Yacht Club, with D21 visitors invited to attend. At 6:00 we will gather at the end of Pompano Street to watch the Lighted Boat Parade. After the parade, we will have a nice dinner at Marcello's Restaurant in Port Isabel.

As we get closer to the event, we will be asking for volunteers to help with some of the social events. The Charting Event itself will be staffed by district members, but we will get to show our South Texas hospitality, and make the event enjoyable for all.

I would like to thank all who came out 29 July to help clean up the mess from the property shed, when it was blown over by the tornado. Russell Judah, John Carey, Jim Guffey, Chris Rakestraw, Barb Ketchum, Orren Ketchum, Joyce Armstrong, Peter Pranis, and Kay Polt worked for 2 hrs, and got the job done in quick order.

On another note, any of you who want a "New Members manual" or "Job Descriptions manual", please contact SEO Peter Pranis.

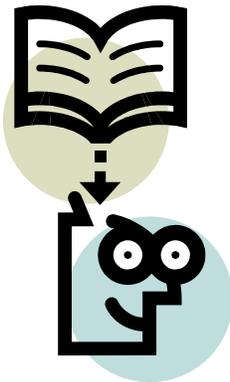




Editors Note:
Anthony Venegas, Newsletter Editor

Back to School

School is back, meaning my summer is over, for now... But the newsletters will keep coming, I can assure you of that! I am now attending Sci Tech in Mercedes. It's a long bus ride, and with no air conditioning in the bus, it gets miserable at times. But I will survive. The school itself is wonderful. It's quite a bit of classwork, but they haven't been loading me with too much homework yet. The best part of the school is the library. I'm meeting people in the library that I haven't seen since elementary school.



One of my friends I hadn't seen since sixth grade, and I forgot her name. Then she told me where I knew her from and I finally remembered. Talk about embarrassing. Anyways, me and all my friends hang in the library all the time. I'm not an "avid" reader; I've only checked out one book since school started, and that was yesterday. But the library is a nice place to talk because its usually somewhat quiet and not so crowded as the hallways. Plus, it has chairs, so we don't have to stand up with our heavy backpacks. Sci Tech is a wonderful school, and I'm proud to be a part of it.

In other news...my family and I went fishing a few weekends ago. I caught a catfish and a stingray. We went fishing under the bridge to SPI, and we got lots of bites. My mom, who had never caught anything before in her life, caught her first catfish. And both of my brothers caught something. It was as fun-filled weekend. The spot under the bridge is one of my recommended fishing spots if you want to get lots of bites.

CALL FOR IDEAS: We need your help!
Lt/C Barbara Ketchum, Secretary



As you may or may not know, there has been a decrease in members. We have lost 11 members to be exact. Barbara Ketchum is calling for a brainstorming session to find ideas of how we can promote our power squadron and show the benefits of belonging to the squadron. Any ideas? Send your Ideas to Kay Polt, our commander (kpoltaol.com), to Barbara Ketchum (bketchum090643@sbcglobal.net), or to the newsletter editor (venanthony@sbcglobal.net).

Please, don't be shy, send in your ideas!

Spoil Bank Vegetation/Re-Vegetation Project
Lt/C Peter Pranis Jr. AP, Educational Officer

Mark your calendars for the last weekend in September...Friday 29 September, Saturday 30 September and Sunday 1 October!!!

This is the weekend the Squadron will help Eagle Scout candidate Eloy Garcia plant black mangrove seedlings on the spoil banks as his Eagle Scout Project. Eloy is a 17 year old junior at McAllen High School and a member of Boy Scout Troop 68 in McAllen.

Eloy will be directing and working with other Scouts and adults, including us, to plant at least 70 black mangrove seedlings. There might be more seedlings if Eloy can get them from UTB's South Bay nursery and/or the National Park Service's Weslaco facility.

Eloy is asking for the Squadron to help by supplying as many shallow water boats as possible. (Note: Paul Stocker S used about 12-14 boats in 2000 when he started the vegetation/re-vegetation effort when he planted lucenea trees on the banks.)

Our primary job will be to transport Scouts, adult helpers and seedlings to spoil banks on Saturday 30 September.

Additionally, it would be helpful if we could bring hand held GPS units and cameras to document individual seedlings being planted. i.e. Lat, Lon, time and pictures.

At the end of the plantings there will be a feed for all involved in the project courtesy of the Scout Troop.

More info will follow. To confirm your participation at the planting please call Bill Stocker S at 956-686-8325 or 956-605-5056.

Lastly, we need to document this project for an Ensign article as well as a report to the Corps of Engineers for our work. Further documentation will be needed by Rod Summy AP for the long term study of the spoil banks vegetation/re-vegetation effort he is running at UTPA as a part of the overall scheme.

Note: We might have Richard Moore along gathering material for local TV and newspaper stories. So... ...

Mark 29 September through 1 October as Spoil Bank Weekend. Saturday will be the key day. If you can only make one day, make it Saturday. See you there.

Mike Dodson Receives Lifetime Membership Award



P/C Mike Dodson, JN receives his Lifetime Membership Award from Cdr Kay Polt, AP at a recent presentation. Several members of LRGV came to honor Mike's contribution to our organization, and enjoy a wonderful Sunday morning breakfast in Port Isabel. Lifetime membership is awarded to those who receive 25 merit marks.



HAPPY BIRTHDAY!!!



01 September George Rivas
06 September Barbara J. Ketchum
08 September Gary Stephen Sollner
05 October Ramiro Molina Jr.
18 October Lydía M. Thompson
22 October Daniel Carl Bauer
25 October Kenneth L. Lewis

Leadership Development Class: It Was Really Worth While!

Lt/C Peter Pranis Jr. AP, Educational Officer

On Saturday, 5 August 2006 P/C Peter Hames, AP from the Beaumont Squadron and Vice Chairman of the national USPS Leadership Development Program taught the course to eleven Squadron members at the Laguna Madre Yacht Club.

P/C Hames' presentation was excellent. Although he used a Power Point presentation, he didn't read it to the class. Instead, he used the Power Point screens as talking points to launch his own remarks.

The core of the course focused on the following:

1. The leadership style you need depends on the group or individual you are leading and the specific situation or task at hand. This can be summed up as:
* style * person/group *situation
2. There are four basic styles of leadership. An effective leader changes his style to meet the situation. The four leadership styles are:
* directing * coaching * facilitating * delegating

The course has a diagnostics test to determine each student's predominant leadership style. This test can be an eye opener. The idea behind the course is to then match up these styles with the characteristics of the individuals/groups being lead.

The individuals being lead are scored on three characteristics:

- * ability.....expertise, talent, skills & learning speed
- * expertise.....prior similar work & transferable skills
- * motivation.....confidence & energy levels

The combined scores for an individual or group of “followers” is broken into four types:

- * high independence
- * moderate/high independence
- * moderate/low independence
- * low independence

So the leadership “trick” is to match up the leadership style with the “follower” type.

To learn more about what was taught, talk to those who attended the class. They are: Barb Ketchum S, Orren Ketchum S, Chris Rakestraw AP, Sid Rouch S, Russell Judah SN, Bert Whisenant, Luis Venegas, Tony Venegas, Pete Pranis AP, Kay Polt AP and Rolando Lozano S.

For even more about this class, we have extra Leadership Development student manuals. Spending a few hours with one will benefit you not only with the Squadron, but also in work and other volunteer organizations. For info on how to get a copy of the manual call P/C Boo Boo Lewis P.

Leadership Development Class Pictures



P/C Peter Hames AP, the instructs using a Power Point Presentation.



Students resting, drinking coffee and milk during a break.



Students listening to the instructor and asking questions.

2006 Calendar of Events

14 Sep —Bridge Meeting, 6:30 Carey Sheet Metal, Harlingen

29-30 Sept, 1 Oct — **Spoil Banks Tree Planting Environmental Project with Boy Scouts** , Time and Location TBD. Several boats will be needed. See article elsewhere in the newsletter for details.

12 Oct —Bridge Meeting, 6:30 Carey Sheet Metal, Harlingen

26-30 October — **District 21 Fall Conference** , Caribbean Cruise, hosted by Beaumont squadron.

9 Nov —Bridge Meeting, 6:30 Carey Sheet Metal, Harlingen

18 Nov — **Past Commanders Dinner and Thanksgiving Rendezvous** , Time and Location TBD.

1-2 Dec — **District 21 Coop Charting Event** , hosted by LRGV. Geodetic Markers (land based) search and recovery. Port Isabel / South Padre Island. Hotel Casa Rosa in Port Isabel, \$45.00. Event details will be published at a later date.

2 Dec — **LRGV PS Christmas Party and Port Isabel Lighted Boat Parade**, all District 21 members who attend the CoCh event are invited.

14 Dec —Bridge Meeting, 6:30 Carey Sheet Metal, Harlingen

Oct - Jan — **Engine Maintenance Class** , dates and location TBD.

NOTE: All members are welcome to attend the Bridge Meetings.

-WANTED-

DISTRICT 21 SHERIFF'S DEPARTMENT OF
CONFERENCE ATTENDANCE ENFORCEMENT



"MAD DOG" MADDEN



"PEG-LEG" LEGGETT

IF BEIN' SNOOTY AND PUTTIN' ON AIRS WAS A CRIME,
THESE TWO WOULD ALREADY BE IN JAIL. THEY ARE
WANTED, HOWEVER, FOR THE CRIME OF SEXTANT
ABUSE. KNOWN TO TRAVEL WITH AN OBNOXIOUS
PET MYNAH BIRD NAMED "BARNICAL". WANTED FOR
TRANSPORTING MYNAHS OVER A STATE LINE.

USPS DISTRICT 21 SPRING CONFERENCE
29 MARCH TO 1 APRIL 2007
AUSTIN, TEXAS

IT IS A CRIME NOT TO ATTEND BY DECREE OF
SHERIFF CHARLIE "DEAD EYE" STRONG

Software Orders

LRGV Power Squadron members are eligible to obtain popular Microsoft software at unheard of low, low rock bottom prices. You cannot find these prices in any store.

We will be taking orders for the following software titles. These are fully licensed versions, no gimmicks. Microsoft has a program where non-profit organizations can obtain software for very low cost. As an LRGV member, you are eligible to participate in this program.

1. **Digital Image Suite 2006** \$10.00
Tools for organizing, enhancing, and sharing digital photos
2. **Encarta Premium 2006** \$8.00
CD-ROM and Internet-based multimedia reference library
3. **MapPoint 2006 Europe** \$17.00
Data and geographical mapping tool for the European continent
4. **MapPoint 2006 North America** \$17.00
Data and geographical mapping tool for the North American continent
5. **Office 2003 Professional English/Multilanguage** \$25.00
Office Suite - Microsoft Word, a full-featured word processor; Microsoft Excel, a spreadsheet program; Microsoft PowerPoint, a presentation program; Microsoft Outlook, a mail and personal information manager, Microsoft Publisher, to create documents for print and Web; Microsoft Access, a database program; and Microsoft InfoPath, to manage forms-based data.
6. **Streets & Trips 2006** \$7.00
Trip planning software

Deadline for orders will be 30 September 2006. Kay will place the order the following week, and it will probably take one month (or less) to receive the order, and for the bridge to make and distribute copies to those who placed orders. Please notify Cdr Kay Polt via email or snail mail with your request. She must have your request in writing. Please make checks payable to LRGV Power Squadron.

Order Form: include the following information with your order.

| Qty | Item | Price | Cost (Qty x Price) |
|-------|------------------------------------|---------|--------------------|
| _____ | Digital Image Suite 2006 | \$10.00 | _____ |
| _____ | Encarta Premium 2006 | \$8.00 | _____ |
| _____ | MapPoint 2006 Europe | \$17.00 | _____ |
| _____ | MapPoint 2006 North America | \$17.00 | _____ |
| _____ | Office 2003 Professional | \$25.00 | _____ |
| _____ | Streets & Trips 2006 | \$7.00 | _____ |
| | Total: | | _____ |

Name: _____
 Address: _____
 Phone: _____

Send order to: kpolt@aol.com
 Kay Polt
 PO Box 337
 Los Indios, TX 78567

A Message from Our District Coop Charting Chairman

August 12th's nautical charting event was great - really hot weather and windy - but great. It was organized by the Fort Worth, San Antonio and Coastal Bend squadrons and held at Aransas Pass. A group of about 35 went out to eat at "Off the Hook" Friday evening - this was arranged by Lee and David Price. The working day kicked off Saturday morning with Gary Freer conducting a "Captains Meeting" with instructions and some good pointers. Seven boats participated and a couple of groups did work by car. The place was abuzz with activity - last minute vacationers before school starts and three fishing tournaments that we knew of. The attendance sheet showed 44 participants. We now only lack a couple of squadrons to have 100% squadron participation for the '06 - '07 year and we hope to get those at the Lake Charles event.

Yes, LAKE CHARLES (Sulphur, LA to be exact!). This last district nautical event of the year will be held Sept. 22 - 24. **See the attached flyer.** Maybe a little cooler weather and a little closer for some. The winners of the '04 - '05 "best charting" squadron are working to put together a fine weekend for us.

And then geodetic charting - the Lower Rio Grande Squadron has already put nearly everything in place for our visit to Port Isabel the weekend of Dec 1 and 2. National competition for geodetic reporting is still in place - there will not be a combined Nautical-Geodetic category, however. LRGV charting chairman, Rolando Lozano notes that there is also the Port Isabel Lighted Boat Parade, a group dinner and the LRGV squadron Christmas party - all going on right there near the host hotel. This would make for a fantastic winter getaway weekend.

Remember - the geodetic reports are now a simple one screen format and any bugs that might have been in the nautical reports have been worked out since the new April version. The separating of websites for geodetics and nauticals in April has made both reporting procedures simpler. Any complications now, come only from understanding what the NOAA chartmakers can and can't use. Occasionally, we have to go back and forth with them to get exactly what is needed for chart corrections. It's understandable - we are not cartographers and they are not seeing what we see from the boat. A hard, fast set of rules can't be made to cover every scenario.

We hope to have a few hours of actual, usable information and real examples of charting situations from past experiences in a presentation for those attending the Fall Conference on the cruise. But for now, let me point out that if we make use of the "Comment" box on the main report page and the "Additional Information" box on the Item description page, there will be fewer returned reports.

One final thing, I believe this is the first time any of us has seen acknowledgement given to our squadrons on the actual chart revision. Yes, such a note appeared on Fort Worth and San Antonio squadrons adopted chart for their work in the updating of this edition. This is why we adopt our own charts. We have learned that in these acknowledgements, NOAA looks at only the principle observer's squadron as the one to get the mark - all observers get their credits but the mark toward adopt-a-chart recognition is just determined from the principle observer of the report. We need to keep this in mind when working on our own and others adopted charts.

Thanks and see you all in Louisiana next month,
Steve Schmidt, Dist. 21 CoCh Chairman

My Boating Goof

By Jim Guffey, S

Early in July I was fishing with my two granddaughters near the mouth of the arroyo. We got ready to change our location.

Me, the educated in boat safety person, did what the rules said. Start engine before pulling anchor. I started pulling anchor and got almost to end where I could see the chain. Then all I had was the line in hand – no anchor. I jumped in the shallow water (two to three feet deep) to get my anchor. BUT I had two kids in the boat with the motor running. DUMMY!! There I was holding on to the boat and watching the spot where anchor was last seen . Grand kids screamed “Grandpa” as I went over the side. I yelled for Jordan to shut off engine and get in the water to help find missing anchor. All this time I am watching the spot where the anchor was seen and trying to hold the boat. Jillian stayed in the boat ready to help, if needed. Jordan asked for some goggles - as if I should have them aboard. Feeling around with our feet searching for lost anchor, I saw a big smile on little Jordan 's face. "Grandpa I think I found it ". Sure enough, it was there. I got my \$100 anchor back.

After retying anchor, we moved and caught 5 nice trout.

Moral of story -- Think before reacting. Check all gear before leaving the dock.



Jim passes by on L-Si, the boat named after a very famous milk cow.

Aransas Pass Charting Event

By Rolando Lozano, S

The District 21 Nautical Coop Charting event in Aransas Pass was attended by Cdr Kay Polt and myself. We found the event to be well organized, featuring: tactical coordination meeting supplemented with numbered manuals containing “chartlet” portions of the chart to be verified; a flotilla of boats in support of the offshore portion of the charting event that included a retired mine sweeper; a well stocked “bar”; and an all you can eat shrimp boil that left no one wanting. The event was hosted by three squadrons, Coastal Bend, San Antonio and Ft. Worth.

When we arrived we found that room on board a boat was at a premium; therefore, we opted for the on-shore portion of the event. This proved fortunate when the next day turned to be a hot and choppy day on the bay. And although wandering around in the hot sun on land was no picnic either, the task of chart verification was much more manageable.

In doing this exercise we realized how quickly “landmarks” can be added or changed and just how important these landmarks can be to boaters. Our assigned area in Chart #11314 stretched 5 miles along the coast just south of Rockport, and was easy to correlate to our chartlet. We found some of the easier targets such as towers and near-shore facilities to be accurately depicted and we thought we would be through in no time. That is, until we found one new water front community and deviations in another. That is when the work began. We believed we picked up significant points through documentation of one uncharted road addition in one established waterfront community, and by detailed documentation of the new uncharted community that included a newly cut inlet water way, lake, boat ramp, several boat docks, and new roads.

Access to this area was restricted, however posing as prospective land buyers, we were able to obtain a platt and access to the area from a local realtor. This platt proved invaluable in our documentation of the area, and was turned in as part of our evidence package. Drawing from our experiences with our local charting event this past May, we benefited greatly from our newly acquired mapping skills. Our host, Gary Freer, reviewed our data packet, and was quite pleased with our organization and easy to follow presentation. We also turned in several photographs of the new waterways and roads, to be sent to NOAA as evidence of our findings. We would like to especially thank Gary for volunteering to enter the data we collected.

We did find that a few additional things would have simplified our trip, for example, we could have used way point data-logging on the GPS, and 2-way radio communication for coordination between team members.

Again, the well organized event was quite enjoyable and we encourage all LRGV members to attend our upcoming Geodetic (land based) District event on December 1-2.



Lt Rolando Lozano marks the channel.

PUT IT ON YOUR CALENDAR NOW!

**“NAUTICAL”
COOPERATIVE CHARTING
LAKE CHARLES AREA**

September 22 - 24, 2006

**HOTEL HAMPTON INN, 210 HENNING DR., SULPHUR, LA
TELEPHONE 337-527-0000**

The group rate is \$89/night. Rooms will be held until September 8th. Late reservations can still be made at the discounted rate.

Rooms are reserved under the CONF #86452911 for United States Power Squadron

Directions to hotel:

If heading I-10 East (from Texas): Take Exit 20, left on Hwy 27/Ruth St, go 2/10 mile North to Henning Dr. If Heading I-10 West (from Lake Charles/Lafayette/Baton Rouge): Exit 20, turn right on Hwy 27/Ruth St, Go 2/10 mile North to Henning Dr. At Henning Dr turn right. Hotel is located behind Cajun Charlie's' Restaurant. For additional information: [Hampton Inn Sulphur Louisiana Hotel Information Link](#)

| | | |
|---------------------------------|--|--|
| <u>FRIDAY 22, SEPT</u> | CHECK-IN Hampton Inn Hospitality Room SIGN UP YOUR BOAT (DINNER ON YOUR OWN) | 1500 – 2000 |
| <u>SATURDAY 23, SEPT</u> | CAPTAIN'S MEETING SEARCH & RECOVER SUBMIT REPORTS and Social hour GROUP DINNER (Boiling Point) | 0800 – 0900 0900 – 1500 1500 – 1800 1800 – TILL |
| <u>SUNDAY 24, SEPT</u> | DEPARTURE | 0800 – 1200 |

Local Contact

Local Contact

Event Coordinator

Annette McCain
413 Bowmer Ln
Sulphur, LA 70663
337-625-2088
mccain_c@bellsouth.net

Ken Wilkinson
1305 Charlestown Ln
Lake Charles, La 70605
337-478-6886
Cell:337-526-3795
kdwilkinson@earthlink.net

Chris Nelsen
Chris.h.nelsen@tac01.usace.army.mil
540 665-1515
Continuing Operating Base Speicher,
Tikrit, Iraq

HOSTED BY: THE LAKE CHARLES POWER SQUADRON

Cleaning after Fun
Dr. Luis Venegas, DPM

Nothing like coming home after fishing or lifting your boot and then thinking, it is getting late and I need to clean the boat. These are a few recommendations that I gathered in sport fishing and boating magazines and I would like to share them with you all.

1) Never use pressured water. It may damage your gel coating. Instead, use a sprinkler system to clean under your boat. It will do the job without spraining your back.



Make sure to cover all electronics unless they are water resistant

2) Car wash soap is recommended over dish washer fluid or laundry detergent. Remember, abrasives can destroy your deck's gel coat.

I recommend "On & Off" hull and bottom cleaner which can be used without scrubbing or messy applications. Rinsing is all it needs after brushing it on. This can be obtained at www.crcindustries.com.

3) Salt-away products for your engine can be beneficial in the long run, but you will need to spend 1 or 2 minutes flushing your engine. These products can be found at www.saltawayproducts.com.

The less time you spend cleaning your boat, the more you will enjoy it. Have fun and see you all later!

Squadron Education Report

Lt/C Peter Pranis Jr. AP, Educational Officer



Four Squadron members are going to try taking Junior Navigation, the first course in celestial navigation. They are P/C Christine Rakestraw, AP, P/C Rod Summy, AP, P/C Paul Thompson, Jr., AP and P/C Pete Pranis, AP. They are going to try the course as a self study correspondence course. Russell Judah, SN has agreed to help out on tough questions when the students get stuck. More importantly, Russ is willing to guide the group in taking the sights of the Sun, Moon, planets and stars. To pass the course, students have to pass an open book and closed book exam as well as submit a folder of completed sights.

Any other Squadron APs who are interested in taking JN, let Pete Pranis know. The cost of the course, student and instructor kits are \$83.20 per student.

The Engine Maintenance course will start around the end of October when our winter Texan members return to God's Country. Classes will be held on Saturday mornings in Harlingen, probably at The Sportsman, Rob Youker's boat shop. Rob has a mechanic on staff who'll also have some free time around the end of October. The course should run to around the Boat Show.

Note: The Engine Maintenance Course is not designed to make you an engine mechanic. It is designed to teach you basic preventative maintenance and first line engine diagnostics so you'll know when you have a problem as well as the difference between those you can fix easily and those you need to go to a mechanic for real help. It's a good course to take a first time or as a refresher course.

If you are interested, call Pete Pranis at 956-630-0648 so he can start making up a class list to order course material from USPS. Course material will cost \$30.00.

Lastly, we have a couple of America's Boating Course (ABC) prospects, but they won't be taking the exam until mid-September or latter.

That's it. Have fun messing with boats!!



CPR Class

(and Knot Tying Class and Orren's birthday party)

By Rolando Lozano, S & Kay Polt, AP

As with our recent life preserver and man overboard exercises, our LRGV members learned that knowledge is no substitute for actual practice.

Our postponed CPR class and Birthday Party (originally scheduled in April) was recently held at the Gulf Breeze Clubhouse, hosted by Secretary Barb Ketchum, S and Safety Officer Orren Ketchum, S. As many of you know, the postponement was due to Orren's experience with receiving some of these Samaritan services from his wife when he suffered a small stroke.

Barbara presented first class instruction on the methodology of performing CPR and the Heimlich maneuver, as well as some of the legal implications involved with performing these procedures. She also reviewed warning signs of heart attacks and strokes, so that the group would be familiar with these symptoms

Volunteers from the class provided real life demonstrations of some of the physical rigors a CPR respondent must deal with. Several members of the class having been prior certified in CPR found this exercise to be a very good refresher. The class tested that training and they found the interaction of other members during the exercise very helpful in remembering and executing these skills. Those who had no prior training came away feeling like they could provide help if they ever were ever placed into a situation where lifesaving skills were required.

As in previous exercises, members demonstrated that the physical aspect of performing any procedure depends not only on one's physical condition but also the limitations that one's condition places on performing these techniques. For example, potential respondents would have to learn how to position a body, both large and small, to receive assistance. It was also a good awareness of how physically taxing the act of performing CPR can be, especially for those not in top physical condition.

Some of the things learned were:

Ask a victim if they need help – gently shake them and ask "Are you ok?"

Call 911 first, before starting CPR.

The exception to this is for infants and children under 9 yrs, give one minute of CPR before calling 911.

Turn the person onto their back.

Tilt the head back – lift the chin up gently with one hand while pushing down on the forehead with the other.

Look for chest movement.

Listen for sounds of breathing, Feel for breath on your cheek.

Feel for carotid pulse

Sweep a finger into the mouth to remove any foreign objects

If the victim has a pulse, perform rescue breathing, 1 breath every 5 seconds.

If there are no signs of circulation, begin the first cycle of compressions and ventilation

Do 15 quick compressions followed by 2 rescue breaths. Depress the chest about 2" at a rate of about 100 compressions per minute.

After 4 cycles of 15/2, check for signs of pulse and breathing.

If no signs of circulation, resume CPR, starting with chest compressions.

If there is a pulse but no breathing, give 1 rescue breath every 5 seconds.

If two or more respondents are working on a victim, they should switch off (one doing breathing, the other doing compressions) every 4 cycles, in order to not get physically worn out so quickly.

After the CPR class, Orren Ketchum spent time with our group reminding us how to tie several of the more useful knots. Square knot, figure 8 knot, clove hitch, half hitch, and the ever popular but hard to remember Bowline.

As knot tying came to an end, everyone was ready for the pot luck lunch birthday party. Tasty hamburgers and yummy salads and wonderful vegetables and assorted deserts. Not to mention birthday cake.

Barb and Orren also want to thank those who stayed and helped to clean up afterwards.



Barb Ketchum & Rolando Lozano practice CPR techniques on Kay Polt



Joyce Armstrong checks Peter Pranis for a pulse



Peter Pranis practices on John Carey



Joyce practices Self-Heimlich



Orren Ketchum shows Joyce the Bowline



Orren and Barb with Birthday Cake

Man Overboard Drill

By Kay Polt, AP

On a beautiful July morning, several LRGV Power Squadron members gathered dockside at the home of the Nauti-gal, and reviewed proper procedures for responding to a man-overboard situation. After the review, we headed to the bay for actual practice on the water. The very knowledgeable and capable P/C Larry Lewis, S explained the techniques to the group. With hand outs, diagrams and several questions from the audience, Larry reviewed information from the Boating and Seamanship courses, focusing on techniques that should be used with the bay boats which most of our members use.

As a general refresher, the steps include

- (1) Shout "Man Over Board" and keep a spotter pointing at the person in the water so as not to lose him/her.
- (2) Slow down the boat.
- (3) Throw a life preserver to the person.
- (4) As you bring the boat around and approach the person, come in against the wind, current and waves, so as not to run or drift over the person.
- (5) Turn off the engine so that the propeller will not be turning.
- (6) For the low freeboard we have on bay boats, the easiest place to board is from the transom.

Three boat loads of members headed for the bay just north of Port Isabel. LRGV member Debbie Rivas agreed to play the victim. As two boat loads watched, she jumped from a speeding boat and Larry expertly showed us the techniques we had just reviewed. Debbie jumped overboard a 2nd time, this time playing the unconscious victim. This time our LRGV hero Bill Stocker, S jumped in, swam over to Debbie, and showed us how to help rescue the unconscious victim.

The rest of us practiced these techniques using floating jugs. The skill of pulling along a victim without running them over took a couple of practice passes.

This was definitely a valuable session, and all skippers should regularly practice this maneuver to keep his/her skills sharp for this most serious of boating circumstances.



PC Larry Lewis, S reviews techniques



Debbie Rivas prepares to jump overboard



Larry maneuvers the boat to rescue Debbie as LRGV members watch and learn.



Larry assists Debbie to board at the transom

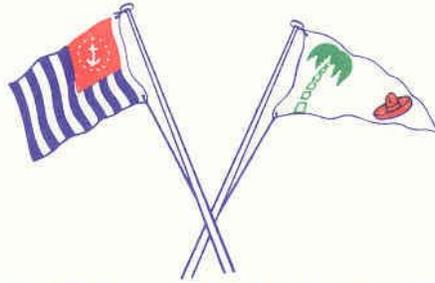


Hero Bill Stocker swims over to rescue the "unconscious" Debby



LRGV SEO Peter Pranis, AP and member Bill Whisenant watch the demonstration





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