UNDER THE BRIDGE

LATEST NEWS AND EVENTS

FROM THE COMANDER

Cdr. Joey Wheeler, AP

Last month our squadron held activities to promote Safe Boating Week. Many thanks to Christine Williams, Nick Chronis and Chris Cottrell for organizing our squadrons safe boating actives. Also many thanks to all who participated in the activities.

Many thanks to Glen and Peggy Roy and others who helped to make the recent ABC class possible as well as the upcoming Piloting (Coastal Navigation) Class and Sail class.

The 2016 hurricane season starts 1 June. In a hurricane a boat can be expected to experience wind, waves, high water and rain in extreme amounts not typically experienced by boaters. If you have not done so already, now would be a good time to review your hurricane plan/ preparedness. Some things to consider:

* Review of your insurance policy for policy restrictions, deductible, etc.

* When do you intend to implement your plan? How much time is required to safely implement the plan?

* Where will your boat ride out the storm? On land or in the water (in the slip or elsewhere)?

* Have you made any necessary arrangements with the marina/boat yard?

* Do you have “hurricane” lines to properly secure your boat? How about the neighboring boats?

* Plan to reduce the vessels windage as much as possible?

* Adequate bilge pumps and batteries to dewater the wind driven rain that will find it’s way into the boat?

* Plan to secure openings (vents, doors, windows, etc.) For more information on preparing a hurricane plan please see “The Boaters Guide to Preparing Boats & Marinas for Hurricanes” by Boat US. The guide is available at: www.boatus.com/hurricanes/assets/pdf/HurricaneWarning.pdf

One last thing. I would like to thank you for your membership in the LPSPS. Your membership, participation, and support for our squadron truly make it what it is.
Saturday, May 21, 2016 was the kick-off of National Safe Boating Week, and their "Ready, Set, Wear It" campaign.
We started the day with our Vessel Safety Examiners (VSE's) providing free Vessel Safety Checks (VSC's) at Marina Del Ray (MDR) and Nunmakers. They did a total of 17 boats!
Thank you Carol Bell for the coffee and doughnuts, and thank you Peggy Roy and Ann Gniady for all your assistance.
We moved over to the pool at MDR where we were joined by Sgt. Gary Nunez of the St. Tammany Sheriff's Office-Marine Division. He provided us with his knowledge of life jackets and the importance of wearing them.
It is tempting not to wear a life jacket while on the water for whatever reasons. The National Safe Boating Council believes wearing a life jacket is the simplest strategy to staying safe while enjoying your favorite recreational water activity. According to recent U.S. Coast guard statistics, drowning was the reported cause of death in three quarters of all boating fatalities in 2015, 85 % of those deaths were reported as not wearing life jackets.

The North American Safe Boating Campaign-simply known as "Wear It", is a year long effort in the U.S. and Canada, focused on spreading the message of boating safety and the critical importance of always wearing a life jacket each and every time on the water. In addition, the campaign reminds boaters of the importance of boating safely, such as taking a boating safety course, never boating under the influence, and knowing navigational rules. Just "WEAR IT" !!

A very, very heartfelt and appreciative THANK YOU to Nick Chronis and Chris Cottrell. Without them and all their hard work, time and efforts, this very important day would never have happened.

Bill Dietrich, Ann Gniady, John Gniady, John Shafer, Carol Bell, John Bell, Nick Chronis, Peggy Roy, Chris Cottrell, and Doug Brooks.

Photos courtesy of Chris Williams.
Ahoy members! welcome to June and summer.

We have a couple of notable activities in June beginning with the monthly members meeting on Thursday, June 9th at the Maritime Museum. The theme of this meeting will be a dock party. More details will be forthcoming by email.

Our next rendezvous in June, on Saturday the 25th, is going to be a boating excursion to Lake Maurepas. We plan to stop at the Prop Stop and then travel on to Tin Lizzy's for dinner and docking overnight. We plan to return to the Madisonville area Sunday morning.

Folks who will attend the rendezvous traveling by car should meet us for dinner Saturday afternoon/evening at Tin Lizzy's. We plan to have drinks at Tin Lizzy's bar beginning about 5:30 PM, with dinner beginning around 630 or 7 PM.

those folks making the excursion by boat should plan to gather at the south Madisonville wall docks Friday evening. Departure for Lake Maurepas will be at 9 AM Saturday morning June 24.

More details will be sent out by email and further discussions will occur at our next general membership meeting.

Look forward to seeing you at our June activities.

Happy and safe boating,
2016 Calendar of Events for the next 60 Days see page 9

LPSPS JUNE MEMBERSHIP MEETING
THURSDAY, JUNE 9, 2016
6:00 SOCIAL HOUR 7:00 DINNER AND MEETING
Lake Pontchartrain Basin Maritime Museum
133 Mabel Drive, Madisonville, LA
DOCK PARTY THEME
Bring a Dock Party type dish to share.
Also don’t forget to bring your favorite beverage.

BIRTH'S JUNE
HAPPY BIRTHDAY

Blackman, Judith S. 6/19
Chandler, Gwen D. 6/09
Chronis, Nicholas N. 6/29
Dennis, William 6/06
Fernandez, Cynthia 6/11
Janssen, Elena 6/24
Keefer, Linda M. 6/20
Lindsey, Karen K. 6/15
Mac Culloch, Wayne R. 6/28
Roberts, Arthur L. 6/27

Baton Rouge Sail & Power Squadron Rendezvous
PASS MANCHAC
SATURDAY, JUNE 4TH 11:30 AM

SAIL Course
Begins 6:00 pm: Tuesday June 7th for 8 consecutive Tuesdays. Location: Lake Pontchartrain Basin Maritime Museum, 133 Mabel Dr., Madisonville, LA

Coastal Navigation (Piloting) Course
Begins 6:00 pm; Tuesday, Mau 31st for 12 consecutive Tuesdays. Location: Lake Pontchartrain Basin Maritime Museum, 133 Mabel Dr., Madisonville, LA
HEART ATTACKS AND WATER!

The following article was provided by a former LPSPS member in good faith. However, it has not been verified or confirmed by any medical professional(s) associated with LPSPS or USPS. The information is presented only as an opinion and does not necessarily reflect the opinions of the USPS, LPSPS newsletter editors, or the LPSPS organization. If you are interested we urge you to discuss these points with your physician. ED

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - I never knew all of this! Interesting.......

Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water...

Very Important. From a Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body, 2 glasses of water after waking up - helps activate internal organs, 1 glass of water 30 minutes before a meal - helps digestion, 1 glass of water before taking a bath - helps lower blood pressure, 1 glass of water before going to bed - avoids stroke or heart attack.

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is the lead author of a report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.
The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Please read on...

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue.

They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by - Say "heart attack!" - say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

A Cardiologist has stated that if each person after reading this article, shares it with 10 people, probably one life could be saved!

I have already shared this information. What about you? Do consider this message. It may save lives!

"Life is a one time gift"
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<td>2 Exec Board Meeting @ Claiborne Oaks Event Center – 6:30 pm</td>
<td>3 TRF/LPBMM Annual Lighthouse Gala Event – Castine Center, Mandeville</td>
<td>4 Baton Rouge S&amp;PS Rendezvous – Middendorf’s Restaurant – Pass Manchac – 11:30 am</td>
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<td>9 General Membership Meeting – Maritime Museum – Dock Party Theme – Pot Luck - Social @ 6 pm; meeting @ 7 pm</td>
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| 31  | Notes: |

~ July 2016 ~ | ~ July 2016 ~ | ~ July 2016 ~ |
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<td>23 Rendezvous – Trousdale’s House – Madisonville – Hot Dogs &amp; Burgers – Late 4th of July – BYOB &amp; appetizer – 5:00 pm</td>
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United States Power Squadrons

Lake Pontchartrain Sail & Power Squadron

7
District 15 Fall Conference 2016
14-16 October 2016
Homewood Suites by Hilton
5049 Corporate Woods Drive
Pensacola, FL 32504-5933
Phone 850.474.3777 ... Fax 850.474.3531
http://www.resaver.com/hotel/17030177

The Pensacola Squadron of the United States Power Squadrons® cordially invites you and your guest(s) to the District 15 Fall Conference to be conducted 14-16 October 2016. Please complete this reservation form and forward it to the Chairman to arrive no later than Tuesday, 07 October 2016.

Your Name ____________________________________ Spouse/Guest Name ________________________________

Squadron _______________________________________________________________________

Street Address _________________________________________________________________________________

City, State, Zip _________________________________________________________________________________

Phone, Email ____________________________________________________________________

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<th>Conference Event</th>
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<td>Sunday Morning Going Home</td>
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ALL events are BYOB; setups supplied

14 September 2016, is the cut off date for the group rate ... Breakfast is free if you stay in Homewood Suites.

**Room Reservations:** contact Homewood Suites at the address or phone as listed above. The room rate is $129 a night plus tax. Ask for the PSP or Pensacola Squadron Group rate. 09/14/16 is the cut off date for the group rate.

**Uniform of the Day:** The uniform for the Conference is Uniform G; the uniform for other events is Uniform T or casual attire. Conference theme is “Margaritaville.”

**Conference attendees,** please make checks payable to Pensacola Sail and Power Squadron and mail to the Chairman:
P/R/C Harry Hebb, SN
11932 Longwood Drive
Pensacola, FL 32507-9035
harry@hebb.me ... 850.492.6477

If you have questions or problems concerning the Conference, please call or email the chair.