



1. Sail away

Built in Southern California for the Marin County-based Guideboat Co., the 8-foot Sabot follows a design that dates back to 1940s Long Beach—it's a floating piece of Western history. Stephen Gordon, founder of the company—which balances fabricating boats with selling upscale nautico-lifestyle goods online and at its store in downtown Mill Valley, California—knows just a bit about the retro allure of iconic Americana, having launched Restoration Hardware nearly 35 years ago. You might not want to take this sweet little craft out into the San Francisco Bay's brisk winds, but it'd be swell navigating more sheltered waters, or



See Sabots

*in action on Lake Evans,
Fairmout Park,
Riverside, sailed by Riverside
Sailing Foundation students*

Arrowhead Sail & Power Squadron
A Unit of the United States Power Squadrons
Sail and Power Boating - 52 years of serving our communities

THE WORKING CREW

Commander

Cdr Debbie Neal, AP
951-990-1816

Education Officer

Lt/C Ronnie Mann
909-223-6976

Executive Officer

P/C Darrell Sausser, SN
951-990-2176

Secretary

P/C Steve Lebo, SN
951-216-5665

Treasurer

P/D/C Mike Mann, SN
909-223-6971

Administrative Officer

P/C Mark Gunn, JN
909-223-9025

Executive Committee

Lt/C John "Pat" Rogers, S
Bob Cozad, FC

John Brewington, AP
Lt/C Arnold Rowe, JN

Webmaster

Arnold Rowe, JN

THE LOG

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Log Editor

P/C Darrell Sausser, SN
Tel: 951-780-2694
Cell. 951-990-2176
email: sailords@earthlink.net

Your nautical dreams can come true with education



Cdr Debbie Neal, AP At the helm, April 2014

As all of you know, Arrowhead desperately needs to get new members. I am excited about some of the ideas that came about at our last bridge meeting. We are going to be putting up flyers in various businesses which promote our classes. Another suggested strategy was to get payment for classes in advance so that there would be less attrition on the night of the first class meeting. Ronnie Mann made up some business cards for bridge members to hand out when meeting prospective members. These are just a few of the ideas that have been brought forth. Anyone with additional ideas is welcome to share them at any of our meetings.

I would like to ask everyone to please respond to the email I send before each meeting with either a “yes, I’m coming” or a “no, I’m not coming” message. I am interested in having as many members as possible attend the meetings. If I don’t hear from you, I will, in all likelihood, be calling you to see if you will be coming. We want to have good attendance for our speakers that Mark has arranged.

I would like to get Arrowhead members opinions on whether we should continue meeting at the Elks, switch to meeting at a restaurant (assuming we could find one that would be appropriate), keep the meeting date as the second Wednesday of each month, or switch to a different night. It would be appreciated if you would send me your thoughts and ideas on the above mentioned issues. You can email me or call me, whichever is easiest for you.

Please be sure to read Jan’s article outlining our trips for the year, both proposed trips and already planned trips. She has planned both water trips as well as land trips in order to appeal to the widest number of Arrowhead members. I think this will be a fun and exciting year.

Cdr Deb

It has come to our attention that there are errors in the national database DB2000. Commander Deb has been faithfully sending out emails to the membership, and some have come back undeliverable. DB 2000 is the source that the roster chair - Barry Freeman - uses to compile the roster membership pages. Of course the roster is actually a dynamic document that will need continual updating throughout the year. Since much of squadron business is conducted through use of email, that might be construed as being the most important part of the DB2000 records.

Here are seven email addresses that need to be corrected in your rosters & your .email address book:

Robert Cozad, present email address: **r.bbcozad@yahoo.com**
Ray Edwards, present email address: **raymond.edwards@xerox.com**
Sandy Edwards, present email address: **tropicgalsandy@yahoo.com**
Carri Gunn, present email address: **carri.artbarn@gmail.com**
Gilbert Moe, present email address: **GMOE5@roadrunner.com**
Richard Nachman, present email address: **ricknach@aol.com**
John Walker, present email address: **jwredlands@me.com**

Fortunately most of the above have another address so they weren’t completely out of the loop, But the above addresses are the ones that are checked frequently. Along with passing along corrected address information, please remember to RSVP that you are - OR - are not planning to be at a monthly meeting. As Commander Neal mentions above, communicating your intent is needed by the Elks Lodge for their kitchen to plan accurately. Should something arise after making a dinner reservation, so that you can’t attend, PLEASE inform the commander promptly. Otherwise we may have to pay the lodge for your reserved meal even though you weren’t there, We need your cooperation to keep the paper trail correct and accurate.

P/C Darrell S



Squadron Education Officer Report

April 2014 by Lt/C Ronnie Mann, JN

We have one student who completed ABC3 and another enrolled in the ABC3 online class. Hal Gayer S N is busy with six students taking the Piloting class at the Isak Walton Building on Lake Evans in Fairmont Park in Riverside. I put in "Piloting" on Google, and have found our class listed by the Riverside Community Sailing Program. You can find information for the Piloting and Seamanship classes on their website at riverside.sailing.org under Sailing Instruction.

We have put ads for our classes on Craigslist, the newspaper and the RCSP website. I want to thank Barbara Sausser for sending class information to The Press-Enterprise, which printed the information.

In June we will have ABC3 starting June 9, 2014 thru June 30, 2014 from 7pm to 9pm. The class will be held at Wiley's Scuba Locker. We will be offering Seamanship in June at the Isak Walton Building on Lake Evans in Fairmont Park in Riverside.

What classes are you interested in taking? Sail, Engine Maintenance...let me know. You can contact me at 951-689-2105 at home or on my cell at 909-223-6976.

P/C Ronnie Mann

X O Darrell's Deliberations *April 2014 report*

How the months just fly by - seems like just yesterday we gathered at the Castaway restaurant for our annual Change of Watch.. And such a delight to have great attendance from our membership as well as from USPS District 13. Many of the district 13 folks came from the west side of Los Angeles and as far as Santa Barbara. Many thanks to them for joining us at this annual ritual.

I still have rosters to distribute to members. So far 24 members have their 2014 rosters, with spouses of members not counted in that number. So those of you without rosters, come to a monthly meeting to claim your copy. It would cost \$2.31 in postage to mail a roster, so we don't plan to distribute in that manner. You'll have to attend a meeting to pick up yours. And please remember to enter any corrections in your copy (see page 2). Should anyone see additional corrections that need to be publicized, please email the correction - or call if you would rather do that - to Cdr Deb.

Which leads me to an important point. We strive to publish the most correct roster possible, since everyone depends on that for accurate communications. The commander has persuaded P/C Barry Freeman to expand his 'roster chair' position to include maintaining the DB2000 membership records at National USPS, correcting them as needed. This task is one that is never completed, but continues on and on throughout the year.. Thanks Barry, for jumping in and expanding your squadron job to include making changes as they become known. And - we the membership must be responsible to inform Barry when any aspect of our membership changes, especially an email address. Let's assist him keeping that living roster membership document up to date throughout the year.

Our website is kept up to date as well, due to the continuing efforts of our webmaster, Arnold Rowe. Take time to spelunk around our website - it's really a good one, and very up to date. Like many of us, Arnold also wears many squadron hats. He continues to find intriguing safety articles every month/ The Rowes have hosted Log Bending Parties, and been hosts also for the Christmas party, the last 2 years. So wonderful to have great people involved in Arrowhead.

Twenty four USPS members attended the recent 'Celebration of Life' at the Cornerstone First Baptist Church, Hemet, as we remembered the dedicated life of Joyce Moe. The Moes were dedicated to their family, to Arrowhead, were skiers, avid boaters, fishermen, photographers, etc. Their dedication has been a joy to those of us privileged to know them from the Quartsite swap meet days to hosting Lake Mead cruises at their Meadview 2nd home. Rest in peace Joyce - we miss you - - -

SAFETY ON THE WATER

Arnold Rowe, AP, Safety Officer & Webmaster

USING YOUR SMART PHONE WITH AIS

As we all have been noticing recently, Automatic Identification Systems (AIS) have been appearing on more and more commercial and recreational vessels. However, many sailors still find them to be cost-prohibitive and perhaps even confusing. A simple and inexpensive alternative I recently used is a combination of a smart- phone app and AIS websites to track vessel traffic during our recent sail aboard PANDA to Avalon in early January.

Using this app, I could see where PANDA was in relation to other AIS equipped vessels. Although other boats couldn't see me on their chart plotters, I found this free service to be very helpful.

To display PANDA's AIS information, I downloaded Mobile AIS (mAIS). This is a free app from Marine Traffic, and entered my vessel's MMSI number.** Once you press the "START" button in the app it begins broadcasting your AIS information over the web using GPS and cell networks. Users are cautioned to "Use only at sea." Once activated, the app begins reporting your position, course, and speed. Periodic position updates automatically continue until the "Stop" button is pressed.

Within a few minutes after activating, I was able to view PANDA on the MarineTraffic.com web page as well as see other AIS equipped vessels in the area. In theory, since the data is shared by a number of sites, vessel information may be out-of-date. But in practice, I found it to be quite accurate. It is important to note that since this data was not being transmitted through VHF radio frequencies, our AIS information was not displayed on the chart plotters of nearby vessels, only on websites. So even though we could see our boat and nearby boats on the web, we were not visible on their AIS. That's the caveat to always bear in mind when using this app, you can see them but they don't see you unless of course they just happen to be viewing the marine.com web page simultaneously.

In addition to viewing AIS online, there are several apps that display it on mobile devices. Both Ship Finder and Boat Beacon display real-time AIS vessel information as well as other useful features, such as collision detection, man overboard tracking, and anchor watch. Like mAIS, Boat Beacon transmits position data over cell data networks.

By using both of these free apps, mAIS and MarineTraffic.com, I was able to use my iPhone and iPad to help navigate the busy shipping lanes. Of course, this is not a substitute for dedicated AIS, nor should it be used for navigation, but knowing the speed and distance of approaching container ships helps one to navigate a safer crossing.

Using this technique, groups of racers or cruisers could also follow one another on a web site screen, something that could be especially useful for long-distance or multi-day events. Additionally, other Arrowhead Squadron members were able to follow PANDA's progress on the web on their home computers as she made her way across the San Pedro Channel.

SKIPPER BOB'S FAMOUS (ALMOST) CUISINE

THIS ONE IS EASY AND TASTY. WHAT COULD BE BETTER!

Sautéed Apple and Cabbage.

1 tablespoon unsalted butter
2 teaspoons canola oil
8 cups sliced green cabbage
2 cups sliced apples.
1 teaspoon caraway seeds
½ teaspoon salt

Heat a large skillet over medium high heat. Add butter and oil and swirl pan until butter melts. Add cabbage, apples, caraway seeds and salt. Cover and cook 5 minutes,
Uncover and cook 5 minutes or until cabbage and apples are tender. Stir occasionally
Serves 6

Bon Appetite Skipper Bob

Sea Scout Ship 195

Hello Arrowhead Squadron,

With most of our members on Spring Break at the time of writing, we are gearing up for some great times ahead. One of our youth members will be a part of her school's theatrical production; we are hoping for the VIP treatment to a backstage tour before the performance. Ms. Paula will be off on an annual canoe trek through Black Canyon very shortly. Several of us will be helping the Girl Scouts with a Leave No Trace day in Yucaipa; it's always fun to see Bigfoot. Some of the adults are diligently preparing to help with our Council's annual Foxfire youth leadership training, while several of our youth are getting ready to attend. We'll spend the week shooting black powder rifles, throwing 'hawks, generally being mountain men and women. And of course learning some leadership skills along the way: but mostly shooting black powder rifles with Peaches. We also have thoughts of attending a cardboard boat race at Lake Mead again, hopefully doing better this time around, now that we've taken Ms. Paula's canoe training. We also have some thoughts about putting on our own cardboard boat race at Lake Perris, maybe we'll do better with that whole "home court advantage."

As always - - -

Fair Winds and Following Seas from us here in Ship 195

AO Mark's Musings - - -:

At the April 9 dinner meeting, the program will be a presentation from the San Bernardino County Sheriff's Department on situational awareness and personal safety. This program is for all people of all ages, but there will be added emphasis on steps to take and situations to avoid for seniors.

The May meeting presenter will be Randy White, founder of Sail Angle, with video of the recent America's cup win in San Francisco, plus his behind the scenes view of the race that his press credentials provided.

VSE Corner

I just got this in from the CG/CG Aux and wanted to pass it on to all of you. As we are under the CG/CG Aux in this program, we are expected to comply with all our VEs as well. There is no opt-out and if the requirements are not met, loss of VE Certification will result. For those that opt-out of recertification, we thank you for all your past work in the VCS Program. This year the CG/CG Aux has mandated the 2014 VE Workshop for all VE's regardless of time in the program.

I will be sent the power point presentation, which must be taught in a classroom setting. No individuals taking it at home and submitting completion paperwork. The workshop for CGAux/USPS must be completed by 30 June 2014 or our VE's go into a REWK status. This means that they can not conduct VE's in that status, until they complete the workshop, and are placed back in a current status. If they don't complete it by 31 Dec 2014, then they will be placed in REYR status. They will not be certified to conduct VSCs in 2015, until they take the workshop, complete 2 supervised VSCs, and are recertified as current.

I have also received this year's allotment of VSC decals - 150% of last year's totals. I will have them at the March meeting to hand out to current Examiners. Please let me know if you need forms as well. I have both the standard and paddlecraft forms.

Pat Rogers, VSE Chair

Arrowhead Sail & Power Squadron, USPS



A Farewell Prayer

Thank you Lord for seeing how weary I am, and letting me rest

The pain is gone; the peace is beautiful, your love surrounds me.

I have fought the good fight and somehow now at this stage, no matter what the outcome,

I feel I have won.

My homily - "For everything there is a season."

I want my family to move on with their lives, and realize everything is for a reason. Have no regrets.

Everybody did everything they could. I love you all and will still be with you.

In Loving Memory



Joyce Elma Moe
September 3, 1928 - March 16, 2014

At 100th Anniversary, US Power Squadrons and BoatUS Bestow Distinguished Civic Service Awards at Annual Meeting



JACKSONVILLE, Fla., February 11, 2014 -- At the US Power Squadrons (USPS) Annual Meeting held recently in Jacksonville, Florida, five Squadrons from across the country and one District were honored with Distinguished Civic Service Awards. Sponsored by Boat Owners Association of The United States (BoatUS), the awards are given annually to the USPS District and Squadrons in recognition of exceptional service and public boating safety education and service to the boating community.

This year's gathering was extra special as it was the marking of the 100th Anniversary for the USPS, which began with the efforts of Charles Chapman, who in 1914 realized that owners of newly developed recreational powerboats needed instruction on how to operate safely and with confidence. Today, the USPS has over 400 regional "Squadrons" for owners of both sail and powerboats.

BoatUS Foundation Assistant Director of Boating Safety Ted Sensenbrenner, who presented the awards said, "Power Squadron members have a wealth of knowledge and experience to share. These volunteers spend their own time teaching boating safety classes and give up their weekends to offer free vessel safety checks. We thank them for their commitment to help others out and greatly value the services they provide."

The five Squadrons that earned Distinguished Civic Service Awards in 2013 are:

- St. Petersburg Sail and Power Squadron, St. Petersburg, FL
- Lake Norman Sail and Power Squadron, Lake Norman, NC
- Crystal River Sail and Power Squadron, Crystal River, FL
- Peace River Sail and Power Squadron, Punta Gorda and Port Charlotte, FL
- Fort Macon Sail and Power Squadron, Morehead City, NC

Awards are determined by the amount of logged classroom hours, community outreach hours (including attendance at boat shows) and conducting vessel safety checks. These voluntary and free safety reviews are designed to educate boaters about recommended and required safety equipment aboard recreational vessels and to assess the condition of the safety equipment they have aboard.

WHAT'S WITH THE NEW LED AtoNS? Aid to Navigation continue to advance and improve

Robert Trainor,
USCG Office of Navigation Systems

Technological advances for lighting equipment, a critical component of nearly 50 percent of the nation's visual aids to navigation inventory (not including western river buoys), have also been realized. Coast Guard ocean engineers have teamed up with aides to navigation operators to actively explore and implement new technologies to improve the performance of these light signals. One of the more recent initiatives is the deployment of light emitting diodes (LED) lighting equipment on maritime aids to navigation.

The primary advantages of LEDs are that they last 100 times longer than incandescent lamps and use a fraction of the power to emit similar light intensity. Both of these advantages provide the opportunity to deploy self-contained LED lanterns on lighted buoys and beacons. These self-contained LED lanterns encase a battery, solar panels, and light into one unit. Currently the Coast Guard is experimenting with several different types of these self-contained LED lanterns that weigh between 12 and 48 lbs., are slightly larger than a football and can be programmed to emit a specific light characteristic consistent with any of the Coast Guard's standard light rhythms.

The anticipated longevity, reliability, and portability of these self-contained LED lanterns could enable the Coast Guard to increase servicing intervals, reduce buoy footprint (a lighter smaller lighting package may not require the support of the large steel buoy that was designed to carry much heavier loads), and employ smaller servicing units.

These examples of technological advances in visual aids to navigation hardly tell the whole story. Improved buoy coatings, lighted ice buoy improvements, non-ferrous buoy hulls, programmable flashers, five-year day-board film, more efficient long-range lights, day/night centerline ranges, fog detectors, remote monitoring systems, and many other initiatives are all examples of leveraging technology to improve navigational aid performance.

From

**thedesk of P/C Howard Fuller
Arrowhead's Legislative Officer**

April 2014 report

DO NOT FEED THE WHALES.

A marine biologist pleaded guilty to violating the Marine Mammal Protection Act which resulted in receiving the following sentence; Three years probation, \$12,500 in fines, and 300 hours of community service

General Dinner Meeting Information

Happy hour at 1830, Dinner & meeting/program at 1900
 Dinner cost: \$21.00
Location: San Bernardino Elks
 2055 Elks Dr., San Bernardino (Tel)909-882-3711

Executive Board Meeting Information

Location Elks - San Bernardino: TBD
 prior to the general dinner/meeting.
*Minutes of Executive & General Meetings are available
 at the General Meeting or can be distributed via e-mail.*

Cruisemaestro P/CJan Freeman

Welcome Spring! In Southern California it's almost always boating season but it seems better in the spring and summer. This coming spring and summer we are planning some really fun activities. Some are tried and true and some are bright and new. Mark your calendars and plan to join us for one or for all.

April has the annual Newport to Ensenada race at the end of the month. A couple of Arrowhead boats will be among the contenders. On May 17th we will celebrate Safe Boating Week with some community service at Lake Perris. We'll be doing Vessel Safety Checks, loaning life vests and giving safety information. We'll finish off the day with a bar-b-que. Watch for more information. Arrowheaders have also been invited to join the Marina Yacht Club for their annual Memorial Day raft up in Newport Harbor. I've heard these are a lot of fun and the more people the merrier. Call Commander Debbie for more information.

June 7 is the annual Two Harbors Wine Festival. Arrowheads always make a big showing at this annual event so mark your calendar. If you don't have a boat, come for the day. Later in the month we're hoping to do a train trip to Santa Barbara, leaving Riverside and staying at least overnight. Watch for more info on both of these.

Also watch for more info on a possible trip to Emerald Bay with a bar-b-que at the Corsair Yacht Club, the District 13 Bar-b-que at Two Harbors and a combination boat trip and squadron picnic at Dana Point.

We'll send out more information as we firm up plans. If you have any ideas or suggestions on any cruises or activities you would like to see, let me know.

Jan Freeman, jansfreeman@verizon.net or (909) 628-4231



Meetings are on Wednesday evening: The next dinner/meeting is scheduled for April 9th, 2014.

Dinner reservations for the Elks Lodge are required. They should be in by the prior Monday - April 7th.

Please contact either Commander Debbie Neal, or John "Pat" Rogers, by phone or email to make your reservation.

For Cdr Neal, call 951-990-1816, or email

bicycledebbie@gmail.com

For Pat Rogers, call

(H) 909-867-6361,

(C) 909-677-6134,

or email patrogers906@aol.com

REMEMBER: reservations by Monday April 7th.

2014 - - - - - COMING EVENTS - - - - - 2014

April 1	Piloting, 5th Class, Fairmount Park, Riverside	P/C Hal Gayer,SN	951-990-0018
April 6	Log Bending Party for April LOG Cal & Connie Amodeo, hosts, Moreno Valley Call Connie for dish to bring	Connie Amodeo	951-276-0508
April 8	Piloting, 6th Class, Fairmount Park, Riverside	P/C Hal Gayer, SN	951-990-0018
April 9	Arrowhead dinner/meeting, San Bernardino Elks, 6:30	Cdr Debbie Neal	951-990-1816
April 15	Piloting, 7th Class, Fairmount Park, Riverside	P/C Hal Gayer, SN	951-990-0018
April 20	Copy deadline for May LOG	P/C Darrell Sausser	951-780-2694
April 21	Newport-Ensenada sailrace, ESCAPADE & INSOUCIANT are entered		
April 27	Piloting, 8th Class, Fairmount Park, Riverside	P/C Hal Gayer, SN	951-990-0018

May 3	LOG Bending Party for May log, volunteer needed	Carrie Gunn	951-529-2048
May 6	Piloting last class, Fairmount Park, Riverside	P/C Hal Gayer, SN	951-990-0018
May 14	Arrowhead dinner/meeting, San Bernardino Elks, 6:30	Cdr Debbie Neal	951-990-1816
May 20	Copy deadline for June LOG	P/C Darrell Sausser	951-780-2694
May 17-23	Nat'l Safe Boating Week Tentative: Jackets for life, Lake Perris on Sat 17th		
May 31	LOG bending party for June LOG, volunteer needed		

June 7	Wine Fest at Isthms, Catalina, come for the day, or stay the weekend/ Onboard overnight bunks may be available	P/C Jan Freeman	909-828-4321
June 9	ABC class	P/C Hal Gayer,SN	951-990-0018
June 11	Arrowhead dinner/meeting, San Bernardino Elks, 6:30	Cdr Debbie Neal	951-990-1816
June 16	ABC Class	P/C Hal Gayer,SN	951-990-0018
June 20	Copy deadline for July LOG	P/C Darrell Sausser	951-780-2694
June 23	ABC Class	P/C Hal Gayer,SN	951-990-0018
June 26	District 13 Council Meeting, Ventura		
June 30	ABC class	P/C Hal Gayer, SN	



Arrowhead Log Editor
P/C Darrell Sausser, N
15665 Russell Ave.
Riverside, CA 92508-8850