



DRAGON

TALES

Volume 65; Number 4

www.abc-sb.com or www.bananariversps.org

April 2020



USNS Comfort on its way to help New York City!

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**ABC-SB (BRSPS) ACTIVITIES
YOU DO NOT WANT TO MISS**



**APRIL-MAY GENERAL
MEMBERSHIP MEETING**

**Mon May 18, 2020
Kelly's Burgers & Beer
650 N. Wickham Rd
Melbourne, FL 32935
See Page 10 for more Info**



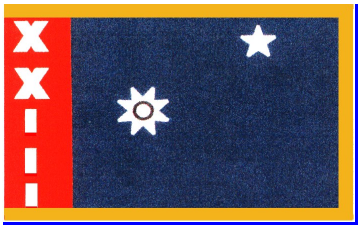
Education Matters!

BOAT HANDLING

Thurs April 16, 2020

**Kelly's Burgers & Beer
650 N. Wickham Rd
Melbourne, FL 32935**

See Page 3 for details



CANCELLED

D23 SPRING PICNIC

April 18, 2020

PALM COAST, FL

To Be Rescheduled

AMERICA'S BOATING CLUB

SOUTH BREVARD



BOAT HANDLING

Six Thursday Evening Sessions

First Class Starts April 16, 2020 at 6:30 PM

Kelly's Burger and Beer; 650 N Wickham Rd, Melbourne

Course Fee: \$70.00 for USPS and USCG Aux Members

\$120.00 for non-members

\$181.00 for USPS membership and course

Additional students of the same household pay only \$15 each

Registration deadline with payment is April 15

This course is recommended for boaters who have completed a basic boating class. This course provides deep-dives into the following six major topics: Rules of the road; Docking and undocking; Slow-Speed maneuvering; Handling underway; Anchor deployment and retrieval; Emergencies on board, handling common problems; Knots and line handling.

To register call 321-220-7775 or go to www.ABCSB.org

JUNIOR BASIC BOATING

Ages: 11 to 17 years. Fee \$20

June 22, 23 and 24 from 9 AM to 11:30 AM

OR

July 13, 14, and 15 from 9 AM to 11:30 AM

At the DRS Recreation Center, Satellite Beach

Learn the basics of boat handling, safety, regulations. Attendance at the 3-day course and to obtain a Boating Safety Education ID card, as operate a boat.

To Register Call the Satellite Beach
Recreation Center 321-773-6458

BANANA RIVER SAIL & POWER

WWW.ABCSB.ORG 321-220-7775



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FROM THE DESK OF THE COMMANDER: Cdr Shari Marshall, AP**Need to Heed Advice!**

As we all try to be safe from COVID-19, there is certainly nothing I can say which has not been broadcast on every news media around the clock. I do wish all of you well as you “hunker down.” I pray this virus runs its course and we can return our lives and our economy back to a semblance of normalcy. Stay safe, and hopefully ABC-SB (BRSPS) will be back in business soon!



There is, however, an advertisement pertinent to our boating community worth sharing.

Social Distancing When Boating

Only boat with those in your immediate household.

No beaching your boat right next to someone else.

Maintain your distance at the fuel dock – and remember to wash your hands.

No rafting up – keep your distance on the water.

No guests on your boat!
This includes family members not in your immediate household or your closest boating buddies.

Go right from your house to the boat and back –
no unnecessary contact with anyone.

**Enjoy your boat, the water and the fresh air;
but enjoy it while boating responsibly.**

Posted by Ed Stult
FB 3/28/2020

FROM THE EDUCATION DEPARTMENT BY SEO P/C Jim Merker, AP

SCUTTLEBUTT:

From Recent Great Loop FB Posts

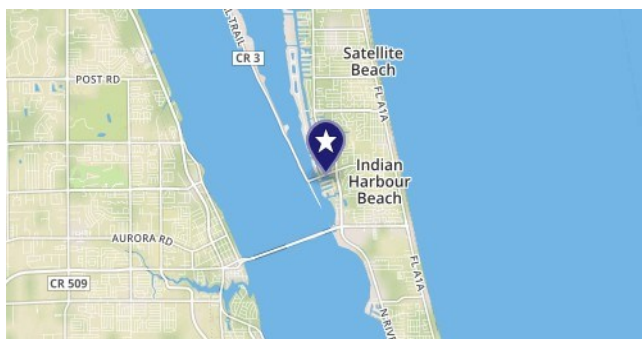


“Cool note on a direction that at least one marina is taking (and others should probably follow). We stopped at Isle of Hope Marina last night, and they’re doing a zero-personal-touch mooring thing. They’ll catch your lines, plug in your power, place a fresh packet and sterilized keycard on your boat, and then you call into the office to pay. Don’t need to get anywhere near their people to risk them!”



Isle of Hope Marina is a safe haven with all services available for your boat and crew. Located directly on the Intracoastal Waterway just outside Savannah on the Georgia Coast, it is ideally positioned for you to relax and enjoy Southern Hospitality. The marina was founded in 1926 and has recently undergone wonderful renovations...

ON THE LOCAL FRONT



WOW!!!! WE JUST PULLED INTO TELEMAR BAY MARINA just north east of Melbourne. Going north, turn right after the Eau Galle bridge. We fueled up at \$2.49/gal. Slip at \$1.75/foot/day but far less expensive if you stay 4 or more days. Good deep water slips. 3 blocks to a Publix and the marina furnishes carts. Several restaurants are open for delivery. Uber is available and Enterprise is also close. I think we have found a marina for a while!!!! There are many transient slips available. Y’ALL COME!!!!!! Captain Crusty AGLCA Platinum,

See Page 7 for proposed Education Dept events.

FROM THE DESK OF THE SECRETARY: LT/C STEPHANIE MURPHY, P

AMERICA'S BOATING CLUB – SOUTH BREVARD (BRSPS) MEETING MINUTES

DATE: March 16, 2020

LOCATION: Kelly's Burger and Beer, Melbourne, FL

Exec Board Attending

Cdr Shari Marshall, AP; P/D/Lt/C Ernst Hofmann, JN; P/C James Merker, AP; Lt/C

Exec Board Absent

Stephanie Murphy, P; P/D/C Robert Becker, SN; Lt/C Monika Bradley, S; P/C Edmund LeCun, JN

Members Attending: Gail Wall, Wally Jones, Bill Veit)

The meeting was called to order at 1930 by Cmdr Shari Marshall. Pledge was led by Cdr Marshall.

Ernst introduced Bill Veit who prepared the Power Point presentation, "Senior" Safe Boating, a few years ago. An article will follow in Dragon Tales for those who missed the meeting.

Commander's Report:

D23 Upcoming Dates:

D23 is considering cancelling the Spring Conference because of the Coronavirus situation. It is Scheduled to be held March 21-22, 2020 in Daytona Beach. We are providing two raffle baskets and 6 centerpieces for the N-club Luncheon and COW dinner. Will await further notice.

D23 Spring Picnic is April 18, 2020 in Palm Coast, cost will be around \$10.00. We will provide 2 baskets for this event,.

D23 Fall Conference will be Oct 31, 2020 at the Melbourne Yacht Club; we will be hosts.

The ABC-SB (BRSPS) Change of Watch will be October 31st from 11 – 4 as part of the D23 Fall at the Melbourne Yacht Club. We are providing table decorations.

Commander and Jim Merker attended the Samsons Island Open House on Feb 22 handing out course material.

Community Upcoming Dates:

Melbourne Beach Founder's Day is May 2nd. We would like to participate by handing out brochures for the Squadron, the Flare-Ups, and upcoming classes.

Ocean Reef and Pelican Beach events usually happen in the Fall.

Secretary's Report.

48 Members, 2 Associates.

Renewals:

January: We had three members up for renewal. The Friedlanders renewed.

February: We had three renewals. Gail Wall and Nancy Layton renewed. Rosemary Donohue did not renew.

March: We have four renewals. Shari Marshall renewed.

April: We have four renewals.

Secretary attended Sebastian Inlet Change of Watch in place of Cdr Marshall. Both outgoing and incoming District Commanders attended. Former ABC-SB XO Don Kadlac and his wife Kathy were there and asked about each of the members of BRSPS. Don will be the XO for Sebastian Inlet in 2020 -2021. Only a couple of awards were given out. Talking to Nigel, one of the founding members of Sebastian Inlet SPS, he heaped great praises on our Squadron. Banana River sponsored the establishment of Sebastian Inlet SPS and were much more supportive than any Squadron within their own District (D8).



FROM THE DESK OF THE SECRETARY: LT/C STEPHANIE MURPHY, P

April meeting at Kelly's Burger and Beer is still being planned. May meeting will have Florida Wildlife Hospital as presenters.

Treasurer's Report.

Treasurer handled SunBiz renewal due May 1st.

Treasurer submitted Form 990 for the IRS due March 15th.

Checking Account and Savings Account balances were reported,

Education Officer's Report.:

The first ABC3 class for 2020 was held last Saturday, March 14. All 5 students passed. The Jr Basic Boating Class scheduled for March 16-18 was cancelled by the Satellite Recreation Dept due to the Coronavirus threat.

Jim will provide Vessel Safety Check decals to inspectors in the coming weeks.

A Boat Handling (replacing Seamanship) course is planned to start April 16, 2020 on Thursday nights at Kelly's Burgers & Beer. It is planned for 9 weeks, including the exam.

Flotilla 17 of the Coast Guard Auxiliary has changed its management, so we will not plan on activities with them this year. Our first Flare-Up will be June 6 with another planned for the Fall.

A Navigation Challenge/Man Overboard event is planned for September 2020, in conjunction with the Cocoa Beach Sail & Power Squadron.

We would like to hold a series of seminars each month this summer open to the Public. We would like a Radar seminar, and Stephanie volunteered Tinker once their boat is back in the water and available for trips thru the lock (timeframe June or later).

Old Business.

1. Ramp Signs; in progress

2. Boat Parade

Ernst is redesigning poster

John Carbee is writing an article for Dragon Tales on the origin of the Grand Canal boat parade.

3. Anglers for Kids. We were asked to participate in this event on March 28th at Goody Park in Palm Bay and April 4th in Satellite Beach. Both events would be from 0800 – 1100. Jim Merker can make the 28 March event.

New Business:

1. The annual rental fee for storage unit was paid.

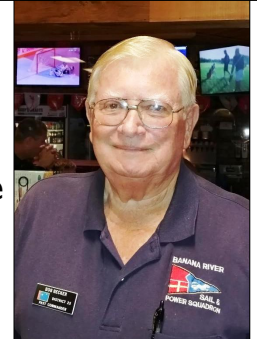
2. A realistic Man Overboard dummy called "Bob" will be fashioned for the MOB event by Jim Merker.

The meeting was adjourned at 2040.

Submitted by Cdr Marshall in the Secretary's absence

FROM THE SQUADRON MEMBERSHIP CHAIRMAN: P/D/C Bob Becker, SN

What a crazy time we are ALL facing. Hope you are all well and taking care of yourself and your loved ones? While most meetings and gatherings have been cancelled and you are wondering what to do, this might be a good time to reflect on the past. Dig out your old pictures of a nice vacation or weekend cruise. That should bring back good memories and give you something to look forward to when this all settles down.



Getting tired of TV and hours of watching junk? If you have the opportunity watch YouTube. There are many pleasure boating videos one can watch. And of course, there are the USPS Educational seminars available via America's Boating Channel on your TV.

I have been watching the YouTube story "Project Atticus" for the past several weeks. This is the story of a young couple who purchased an old 32 foot sail boat and spent several years completely restoring it. Then they set sail into the Caribbean exploring various boating areas. There are many such YouTube boating adventures to pick from.

If you own a boat this might also be a good time to fix or up-grade items on your boat. This virus won't last forever, and the down time we have can be put to good use. We are all in the same boat...

And, as some of you know, I was scheduled for elective surgery to replace both my knees in early April, but that has been cancelled with no future date given. I keep myself busy watching the boating stories TV as well as being a "ham" radio operator talking to fellow "hams" all over the world.

Yes, it's not a good time in our lives, but we will survive and our country will survive. It is up to each of us to make the best of this down time.

Stay well!!!

Sebastian Inset Sail & Power Squadron 2020 COW

Sunday, March 8, 2020
Vero Beach Yach Club



P/C Ron Ray, JN



**Peter Mitchelson swearing in
Cdr Dorothy A. Billington, P**



2019 Outgoing Bridge



2020 Incoming Bridge



Kathy and Don Kadlac, former BRSPS members



**Stephanie Murphy,
ABC-SB Secretary,
attended, reported
on and photo-
graphed the 17th
Annual SISPS
COW.**



APRIL-MAY GENERAL MEMBERSHIP MEETING

Monday, May 18, 2020

Social 1830

Speaker 1715

(6:30 p.m.)

(7:15 p.m.)

Kelly's Burgers and Beer

650 North Wickham Road

Melbourne, FL 32935

PROGRAM: The Florida Wildlife Hospital & Sanctuary

SPEAKER: Chelsea Goss, Assistant Director



MEETING TRANSPORTATION SERVICE

If you are a member and need transportation to and from the Squadron General Meetings you are invited to call **Shari Marshall, 734-347-2992** who will gladly make the arrangements for you. There is no charge and no reason needed other than the desire to have a great evening with fellow Squadron members. **Call now and don't miss out!**

Safe Boating for “Seniors”

P/C Bill Veit, N

Key Slides from March 16 Presentation



Background



- Senior boaters are the fastest growing segment of the boating community
- Population 65 years and older will double between 2000 and 2030 (Associated Press)
- One of five Americans will be a senior by 2030
- Will we be able to continue boating safely?

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Traits of Aging



Forgetfulness and fuzzy memory
 Learning takes longer
 Reduced eye/hand coordination
 Changing vision or deteriorating eye sight
 Diminished hearing
 Diminished flexibility and body movement
 Lower stamina and fatigue threshold
 Increased agitation level & less patience
 Reduced body strength
 Diminished balance and agility
 Diminished temperature regulation
 Diminished sense of smell

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Motion and Balance



- Balance may worsen because of changes to
- The inner ear
 - Brain
 - Muscles
 - Vision
 - Sensory perception

Difficulty moving, less flexibility due to joint problems and stiffening muscle tissue and tendons

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Reaction Time



- Decrease in nerve conduction velocity (NCV) with age
 Negatively affected by:
- NCV decreases with decreasing temperature
 - Increased height of individual
- Result: muscle contraction velocity decreases with age

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Strength



- Loss begins around age 30
 Most severe muscle loss is due to disease and inactivity
 25% loss of peak force by age 65 (decline accelerates)
 Decrease in velocity of muscle contraction
 Reaction speed is reduced due to slower processing, and more loss of fast-twitch muscle fiber than slow-twitch.
 % loss of strength greater in men than in women
 Resistive training increases muscle strength, but muscle mass does not increase at the same rate.¹⁵



Seeing



- You will most likely need reading glasses
- Seeing in dim light will become more problematic: a 60 year old needs about 2 ½ times as much light to read as a 20 year old
- Glare becomes a problem
- Pupils respond more slowly to light changes
- Peripheral vision becomes reduced
- Color perception alters as the lens yellows
- blues-greens become more difficult to tell apart than reds-yellows so test in the intended use

17



Hearing



Hearing decreases:

- 25-40% at age 65
- 50% at age 75
- 80% over 85
- Higher frequencies affected most (high pitched voices)
- Are you a candidate for hearing aids?

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The Brain



We tend to experience

- Difficulty concentrating
- It takes more time to learn new information
- Difficulty retrieving learned information
- Difficulty coming up with the right word
- Longer time is required to process new inputs
- Greater distraction due to irrelevant stimuli

It is generally OK to work slower if you can *work accurately and reduce distractions*

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Being Pro-active



- Admit that you are having one or more of these traits or conditions of aging. Share with the people you boat with.
- Understand exactly what the severity of the trait or condition is. (see the doc?)
- Find and implement changes necessary to compensate.
- Monitor these traits and conditions to insure there is no increased risk

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Comforting Facts



- Senior boaters make up a majority of US Power Squadron/USCGAux members
- Educated boaters have significantly fewer accidents and fatal accidents than the boating population at large: keep learning
- Many of the traits & conditions of aging and their effect on boating safety can be managed
- Experience combined with education counts

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ACTION NEWS JAX
FIRST ALERT WEATHER
2020 HURRICANE NAMES

ARTHUR	LAURA
BERTHA	MARCO
CRISTOBAL	NANA
DOLLY	OMAR
EDOUARD	PAULETTE
FAY	RENE
GONZALO	SALLY
HANNA	TEDDY
ISAIAS	VICKY
JOSEPHINE	WILFRED
KYLE	

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Your current charity
Banana River Sail and Power Squadron
 has received

\$71.76
 as of August 2019



All charities have received

\$156,109,909.51
 as of November 2019



**HAPPY
 BIRTHDAY**

**ABC-SB Members who
 have an April Birthday**

Joe Bradley

**Chief Commander**

C/C Mary Paige G. Abbott, SN-IN

Phone Number: 239.395.9409 Cell Number: 239.246.9687
mpgabbott@gmail.com

March 17, 2020

COVID-19 continues to challenge us as we all desire a return to 'normal' with our communities, and our squadrons. We must, however, proceed to 'hunker down' (preparation lingo) for a while. All is not lost; there are things you can do to not just during this downtime, but to educate yourself. For instance, take a look at our online

- a. Courses and Seminars <https://americasboatingclub.org/learn/online-boating-education>
- b. America's Boating Channel – view all of the YouTube videos <https://americasboatingchannel.com/>
- c. Become a Vessel Safety Examiner! Study the manual and take the exam online <https://www.usps.org/index.php/departments/12000/12900>
- d. Member Benefits – have you looked at all of them recently? You can be saving \$\$\$ <https://www.usps.org/index.php/departments/14000/1450001/benefits-alphabetical>

UPDATES: from the Board of Directors and Executive Director:

1. Our headquarters building in Raleigh will be closed the remainder of this week. will be monitored. A message was sent to all district and squadron commanders today.
2. Also, with regard to squadron and district meetings, votes, changes of watch, etc.: have a formal (unbelievable, I know, given the size and scope of our Operations procedure for conducting business when a national emergency has occurred, the on Rules position is "...for squadrons and districts to conduct business by the best while preserving the safety and security of our members"; thus you may make use of
3. The Educational Department is in the process of creating a Virtual Meeting seminar which will be sent to all district and squadron commanders. Target: in hands
4. Vessel Safety Examiners: The USCGAux has recommended that examiners performing Vessel Safety Checks until further notice. We support that

I wish you fair winds, calm seas, and good health.

Mary Paige Abbott

Chief Commander

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or just a gift

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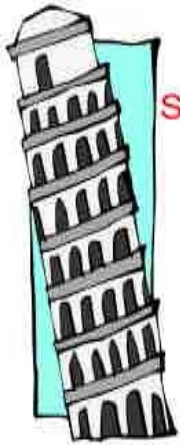




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You Don't Have To Go To Europe!
 See The Leaning Tower at 681-A N. Wickham Rd., Melbourne, FL 32935
 321-259-6100 or Fax 321-259-4227
 BRSPS members receive 10% discount
 with proof of membership

Leaning Tower of Pizza Restaurant



August 2008

Sponsored by Lt/John Dolce, AP

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AMERICA'S BOATING CLUB SOUTH BREVARD



Banana River Sail and Power Squadron

<p>BRIDGE OFFICERS Commander Cdr Shari Marshall, AP 734-347-2992</p> <p>Executive Officer OPEN</p> <p>Administrative Officer OPEN</p> <p>Educational Officer P/C James Merker, AP 321-604-9342</p> <p>Secretary Lt/C Stephanie Murphy, P 321-723-1817</p> <p>Treasurer Lt/C Monika Bradley, S 360-286-1399</p> <p>Asst. Educational Officers P/D/Lt/C Ernst Hofmann, JN 321-777-9462</p>	<p>MEMBERS AT LARGE P/D/C Robert Becker, SN P/C Edmund LeCun, JN</p> <p>FINANCIAL REVIEW COMM Lt Terri Friedlander</p> <p>MEMBERSHIP COMM P/D/C Robert Becker, SN</p> <p>NOMINATING COMM Open</p> <p>MERIT MARK CHAIR Lt /C Gail Wall, P</p>	<p>Editor Cdr Shari Marshall, AP 734-347-2992 shar44marsh@gmail.com</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around;">   </div> <p>Web Site: www.abc-sb.com or www.banariversps.org</p> <p>ABC-SB (BRSPS) Voice Mailbox—321-220-7775</p> <p>General Membership Meetings are held on the 3rd Monday of the month.</p>
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America' Boating Club South Brevard
 2773 Floridiane Avenue
 Melbourne, FL 32935



ABC-SB Squadron web site - www.abc-sb.com or
www.bananariversps.org

ABC-SB Squadron Voice Mailbox - 321-220-7775
 Membership meetings are held on the 3rd Monday of
 the month .



----- Cut here to Clip Upcoming Events -----



UP-COMING SQUADRON & DISTRICT EVENTS — 2020

APRIL		
14	EXECUTIVE MEETING	1900 CALL IN using ZOOM
16	BOAT HANDLING (class 1 of 8)	1830 Kelly's Burgers & Beer ??? 650 N. Wickham Rd Melbourne 32935
18	D23 SPRING PICNIC	1000 Palm Coast, FL CANCELLED
20	GENERAL MEMBERSHIP MEETING	1830 Kelly's Burgers & Beer CANCELLED 650 N. Wickham Rd Melbourne 32935
MAY		
14	EXECUTIVE MEETING	1900 BAAB, 674 S. Patrick Dr, Satellite Beach, 32937
18	GENERAL MEMBERSHIP MEETING	1830 Kelly's Burgers & Beer 650 N. Wickham Rd Melbourne 32935