



# DELHIGH POWER SQUADRON

## DELHIGHLIGHTS



### District 5

APRIL—MAY 2019  
VOLUME 60 ISSUE 1



#### Commander's Corner

Cdr Keith Knoblach, AP

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*Delhighlights* is the official publication of the Delhigh Power Squadron, a unit of United States Power Squadrons®, **District 5**, and is published bi-monthly.

Editor: Kathleen Nowroozani, SN

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Star of Bethlehem Lutheran Church  
514 3rd Avenue  
Bethlehem, PA 18018

Delhigh website: [www.delhigh.org](http://www.delhigh.org)

D/5 website: [www.uspsd5.org](http://www.uspsd5.org)

USPS website: [www.americasboatingclub.org](http://www.americasboatingclub.org)

This past year as Commander I found to be a bit of a challenge with sudden schedule and bridge changes. However with the guidance of Past Commanders and the help of our members we have picked up the pieces and have moved forward.

There have been losses and challenges faced by many of our members and we all came to the aide of those in need. This being said proves what I said last year that we are not only an organization, but most of all a family. We are truly blessed.

The Educational Department has done a great job of teaching the ABC and the PA State Safe Boating Course to beginners as well as people who have been boating for years. They have been teaching other courses as well. Thanks to their efforts I know that there are more safe boaters on the lakes and rivers where we do our boating as well. Congratulations to P/D/C Chris Brown, SN, D/Lt/C Rich Norris, SN and P/C Kathleen Nowroozani, SN for completing and moving up to the rank of Senior Navigator this year.

The community services such as the Beltzville clean-up , vessel safety checks , Toys for Tots, educational classes and leading by example on the water such as towing a stranded boater back to the launch or safety is one of the most appreciated gestures one can make. Not only are the people thankful for your help, but admit it, you feel satisfaction for your efforts.

Our membership has dwindled, due to reasons beyond our control, such as relocations, and personal issues. I know we all have put an effort to increase our numbers, and I know we all will keep up our efforts. The events on the Delhigh calendar, such as the Summer Rendezvous (at Mears Great Oak), Iron Pigs Game, Fall Rendezvous (on the Delaware River), and our Annual Poolside Meeting and Cookout, at P/C Nowroozani's residence, to name a few, are always a great time, even in bad weather. I am looking forward to seeing our members, families, and friends at the Delhigh events this year, and hopefully a few new faces too. Thank you to the outgoing bridge, and executive committee members for your generosity of time and support this past year. You have done a great job of planning and making our events a pleasurable time and I look forward to working with you all again. I am proud of our organization, our family. You, the members and friends are the "Anchor", getting a firm hold on Safe Boating.

I thank you for the opportunity to be your commander of Delhigh Power Squadron, America's Boating Club®, Lehigh Valley.

Words of wisdom from Past Commanders were: "You are not running the country" and "Just have fun". So let's go have fun.

## Adventures of P/C ML3

### It's Cold Outside



Delhigh Power Squadron



The weather Saturday, 2 February 2019 is 4° outside. Where should I go?? Too cold to be in Bethlehem, Penn. Sounds like a surprise trip to Little River, South Carolina to visit D/Lt/C Rich Norris, SN and D/Lt Bea Norris, P 'Super Bowl Sunday' where it is a lot warmer might be the answer! Time to pack... what to pack and for what kind of weather? I'll leave Sunday, 3 February, 0415.

Off I go, 4° with wind chill of -10°. Car heater don't fail me now. The trip should take me about 10 hours, should be there by 1415. Did I mention I was taking Rt. 13 and Rt.17 all the way down to South Carolina? I decided to stop in Seaford, Delaware and have breakfast before I got too hungry.

Ok, time to get serious about driving. Well, maybe I could stop in Crisfield and Cape Charles, Virginia to see what's going on for a couple of minutes. Wow, they are starting to develop this area with homes and stores. Uh oh, add another two hours to my ETA of 1415, now 1615. On my way again. (Sounds like a good song title. I'll have to work on the lyrics later.) Over and thru the Chesapeake Bay Bridge Tunnel to Norfolk, Virginia. Right around Williamston, Virginia, get on Rt. 17. I wanted to go the scenic route, it has a lot more to offer, plus one can see how rural areas away from the hustle and bustle live life. "Takin' my time and enjoyin' the ride."

Let's see what Wrightsville Beach, North Carolina has to offer, it's on the way. A beautiful area. Would like to come back in summer to get the full effect. Add another hour onto the ETA, now 1715. Finally, after 15 hours and 50 minutes, I arrived at Rich and Bea's, 1805.

Let me surprise or be surprised. Are they home?

I rang the door bell, my heart pounding, I heard Nikki (the dog), I hear Rich and Bea (they have a doorbell view camera). Who is it on Super Bowl Sunday??? (They were probably thinking, oh no, it's Michael. Be quiet and maybe he'll go away!) Only kidding!

Being the gracious friends they are they answered the door and I wish I had a camera to get the expression on Rich and Bea's faces. It was a combination of shock, surprise, and more shock. After a warm welcome and good conversation, it was time to watch the Super Bowl. Did I mention the temperature was 60°?

When the game was over we turned in for the night and even Nikki said good night to me.

We woke up Monday morning 0745 and had coffee on the back patio overlooking the pond, ducks, geese, and turtles, 59°. By 0830 it was time for shorts, sandals and a short sleeve shirt. Rich showed me around town and the local area. We had to laugh because here it is 4 February and we are in the car with the air conditioner running. The community does have a lot to offer. They live in the perfect location, about 9 minutes from North Myrtle Beach, South Carolina and about 5 minutes away from the Intercoastal Waterway. Their home has an open concept with a very warm, welcome home feeling. There is no doubt in my mind they made the right choice.

I had the opportunity to stay with them until Thursday morning. Rich and Bea are truly great friends and I can't thank them enough for their hospitality and friendship.

Now to continue on my way to Savannah, Georgia. All I know is that the weather is warm.

Uncle Bubba's Oyster House here I come! I have no time frame in mind but, oh no, Uncle Bubba's was bought out and remodeled. We'll save this for an article in a later issue.

Friday, off to Florida, changing Routes in Jacksonville to Rt. 301,



(Continued on Page 3)





## Adventures of P/C ML3

### It's Cold Outside

then to Rt. 75. I stopped along the way at Spring Hill, Isle de Sole, Nokomis and other places I have been before to see the changes and there were many new changes.

Finally I arrived at Tom Oberdoster's (Obie's) home in Ft. Myers, Florida. He was expecting me. He had everything ready for me to settle in for a comfortable stay. After unpacking, we went for dinner and had some great conversation. It is really nice to have friends like this. During my twelve day stay we went to Naples for the Lamborghini, Antique, Hot Rod and Muscle Car Show, we saw the 'Tribute Band to Journey' at the car show who had just come off their world tour. We went to beaches, Bonita Springs, and had many other day adventures. Most times at the end of the day, Obie led us back to his home in Ft. Myers to the pool. He introduced me to many of his friends and the community always has something going on. He also has a great location for getting to places and doing things yet is still not in the main stream of everything. It is a very relaxing area.

Obie and I took one day and spent time with P/C George Kelchner, SN on Pine Island, St. James City. We had lunch with George at Woody's right on the canal. It was good seeing him and spending time catching up. He has a really nice set up with his 5th wheel RV and boat. Another great relaxing area with lots of friendly people. Obie, thank you for your hospitality and showing me around.

Now off to Lauderdale by the Sea, St. Augustine, Florida, and Tybee Island, Georgia before heading back to Rich and Bea's for another four days. I had another four days of exploring the area. Again, thank you Rich and Bea.

Now off to Chip and Cheryl's in Onancock, Virginia. (Weather getting colder, 50°.) They have a beautiful home on the creek that leads them to the Chesapeake Bay in about 5 minutes. We spent time at their home, in town and at Captain E's Hurricane Tiki Bar. Cheryl is an outstanding chef. We had a lot of good laughs and toured their community seeing the sights. Thank you Chip and Cheryl for your friendship and hospitality and for having me for four days.

Do I want to be back? Just snowed yesterday.... It's cold

Arriving back home 5 March, 0100, with wind chill 11°.

What was I thinking coming back this soon????

I met many individuals in this almost five week journey and some I will keep in contact with.

I have known Obie for 30 years and we have become great friends in that time. For that I thank you.

To Rich and Bea and Nikki (the dog), Obie, George, and Chip and Cheryl, I thank you for all your hospitality, friendship and for making my winter a lot brighter and warmer this year. May we always stay in contact and remain as close as we are now.



Page 2 Top to Bottom: Michael arriving at Obie's house, Michael having lunch with Obie and George.

Page 3 Left to Right: 'Tribute Band to Journey', Nikki enjoying her new backyard, the car show in Naples.



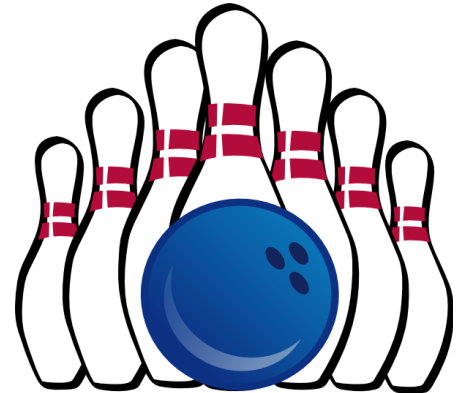
# Game Night



Kim, Keith and Kathleen enjoying some food and conversation.



Joey and Ellen bowling on the Wii.



Kathleen and Cyrus stole Nikki's camera! Selfie time!



Oliver, Joe, Cam, Randy, Nikki and Bella playing Yahtzee!



Kathleen, Ellen, Jeanette, Randy and Ginny chatting after some good food.



Bella and Oliver on Bella's Nintendo.



# Change-of-Watch



Keith and Kim with our D/5 Representative, Walter.



Fran and Diane.



Chris and Ginny.



Kathleen, Oliver and Cyrus.



Keith and Kim ready to start the night heading in through the honor guard.



Fran giving the invocation.



Doug and Kathy.



Walter with Chris and Kathleen, enjoying our year with Prince Henry.



Mike and Nikki.



# Change-of-Watch



Not sure who Brent is scolding, but it's probably me...



Words of wisdom and encouragement from District brought to us by Walter.



Kathleen is the 3rd Delhigh woman to make the grade of Senior Navigator.



Walter pledging Keith as commander.



Keith is now officially in charge of Delhigh.



The flags must go down and the flags must go back up, thanks to Oliver.



The incoming bridge. Keith, Doug, Gary, Bob, Michael, Kathleen and Oliver.



Keith finished off the evening with a great acceptance speech.



# St. Patty's Day Party



Stan, Jill, Randy, Jeanette, Kim, Keith, Gary, Michael, Diane, Fran, Kathy, Doug, Vince, Cyrus, Chris, Joe, Cam, Oliver and Kathleen.



Doug and Kathleen in their Kilts.



Kim and Ginny relaxing at the bar.



Kathy and Cyrus taking a selfie.



Joe, Cam, Diane and Chris finishing dessert.



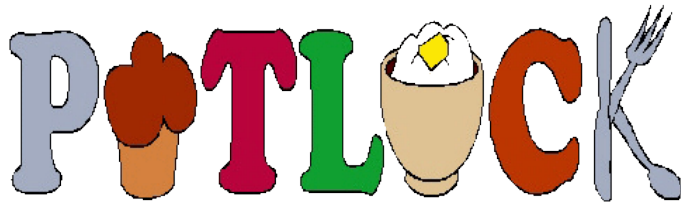
Gary, Randy, Michael and Keith.



Cyrus, Kathleen, Jeanette, Randy, Doug and Gary.



## April Meeting & Old Favorites



Wednesday, 10 April  
1830

Star of Bethlehem  
Lutheran Church

Join us for our first meeting  
with the new bridge and bring  
a favorite dish to share!



## Pub Crawl

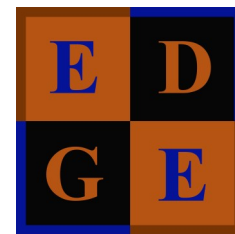
Saturday, 27 April  
1400

### Brew Works

559 Main Street, Bethlehem  
Pub Crawl is walking distance  
to Dinner!

## and Dinner

1700



Edge Restaurant  
74 West Broad Street Suite 220  
Bethlehem

**You are welcome to meet us  
for dinner, even if you don't  
want to do the Pub Crawl!**

Order off the large party menu  
Separate checks available

RSVP by Friday, April 19 to  
Kathleen at [k.now@mac.com](mailto:k.now@mac.com)  
or (956) 240-5553





# May Meeting



42 S. 3rd Street, Easton  
Wednesday, 1 May  
1800

Join Delhigh for our  
May Meeting at Mesa  
Modern Mexican in the  
back room.

Order off the menu.

Please RSVP to Gary at  
[gcorcoran14@gmail.com](mailto:gcorcoran14@gmail.com)

Or (610) 657-3283



Remember -  
our fallen heros.  
They are the reason  
that we are free.

# Sock Burning



Saturday, 11 May  
1600

McKenzie Residence  
4003 Danberry Drive, Easton

Burgers and Dogs will be  
provided.

Please bring a salad, side dish  
or dessert to share.

And don't forget to bring  
your socks!

Please RSVP to Kathy at  
[k.mckenzie23@gmail.com](mailto:k.mckenzie23@gmail.com) or  
(610) 730-7899



## Delhigh's Annual Beltzville Lake Clean-Up And Vessel Safety Checks

Saturday, 1 June

Beltzville Lake  
At the Ramp  
0900 – 1200

Bring your family and friends to help  
with this civic service!

Get out on the lake, help clean up, and  
join us for lunch!



Please RSVP to Keith at  
[Keithk56@aol.com](mailto:Keithk56@aol.com) or  
(610) 509-3526  
by

Friday, 31 May 2019

## Delhigh's Annual Post Clean-Up Lunch

Saturday, 1 June  
1300



638 Delaware Ave  
Palmerton

Come try one of their over 100  
beers, 16 wines or 130 liquors!

Order off the Menu for lunch

Please RSVP to Keith at  
[Keithk56@aol.com](mailto:Keithk56@aol.com) or  
(610) 509-3526  
By Friday, 31 May





# Ice Cream Social

Wednesday, 5 June

1800

At

Montuori Residence

1236 Treeline Drive

Allentown

Bring your favorite flavor of ice cream

Or a new flavor to try!

Bowls, spoons and toppings will be provided!

Since Ice Cream is not dinner

Burgers and/or Dogs will be provided and

Macaroni and Cheese

You are welcome to bring a side dish

Please RSVP to

Gary at [gcorcoran14@gmail.com](mailto:gcorcoran14@gmail.com)

Or (610) 657-3283



DELHIGH POWER SQUADRON  
BRIDGE  
2019-2020

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# Delhigh's Summer Rendezvous



Delhigh Power Squadron

20-23 June 2019

## Mears Great Oak Landing

22170 Great Oak Landing Road  
Chestertown, MD 21620  
410-778-5007

Standard Room \$125 per night/plus tax

Water View Room \$135 per night/plus tax

Click here to book your room today! Use code dps19 <https://mearsgreatoaklanding.com/hotel-lodge/>

Questions or problems contact Mary McAllister, Office Manager at 410-778-5007 ext. 114

### Slip Fees

Thursday Night \$1.75/foot 30 amp—\$6 electric fee

Friday and Saturday Night \$2.75/foot 50 amp—\$12 electric fee

Contact Don, Dock Master at 410-778-5007, press 1 for marina and lodge.

**Rooms and Slips must be reserved by 15 June 2019**

### Schedule of Events:

#### **Thursday:**

Travel in all day, settle in and grab a drink!  
Executive Committee meeting, dinner at the pool.

#### **Friday:**

Lunch on your own.  
Past Commanders Cookout at the gazebo, followed by some past commander shenanigans!

#### **Saturday:**

Boating to lunch, restaurant information to be announced.  
Dinner at Worton Creek Marina Restaurant  
23141 Buck Neck Road, Chestertown  
(410)778-0669

#### **Sunday:**

Brunch Buffet at Mears Great Oak Restaurant.  
Travel safely home.

### [Reservation Form](#)

Link will be active mid-April as more information is made available. Also Check Delhigh.org mid-April for form

### Boat Ramps

Mears Great Oak Landing has it's own boat ramp and parking for your trailer.





### Executive Officer's Report

P/C Robert Rendish, P

Boat Show season is almost over but there are a few more for anyone who might still be in the market for one:

#### [Long Island Boat Show](#)

5-7 April

Uniondale, New York

#### [Bay Bridge Boat Show](#)

12-14 April

Stevensville, Maryland

Delhigh's Summer Rendezvous committee has been hard at work setting up a weekend of fun with friends! This year we will be staying at Mears Great Oak in Chestertown, Maryland. Arriving Thursday for pizza by the pool and an executive committee meeting will get us off to a nice relaxing weekend and all of our 'work' will be out of the way!

We are planning all of the usual BBQ and boating fun that we love every year.

Sunday we are changing things up and setting up a buffet at the restaurant instead of our usual pitch-in breakfast so that everyone can get off to an early start back home.

Information is on page 12 of this Delhighlights and the registration form is linked online from the description. More details will be updated online as we get events set up and organized.

This is always a really fun weekend and I hope you will all join us, either by land or by sea!



### VSC Safety Corner

By: P/C Michael Lebeduik, III, JN

It's that time of year again. Soon the shrink wrap will be taken off and the boat prep begins. This is the perfect time to get out last year's VSC form and check all the items on the list to make sure everything is in working order. As part of the preparation and cleanup, we need to pay attention to safety items. Have your flares expired? Are your fire extinguishers properly charged and within the mfg. date of compliance? Do your lights work properly? What condition are your life jackets in? Do you have the necessary documentation and regulations aboard for each state you go boating?

Our squadron has several certified Vessel Safety Examiners who are qualified to examine your boat to ensure compliance of State and Federal Regulations as set by the U.S. Coast Guard safety requirements, as well as for additional safe boating suggestions. These vessel safety checks are free of charge and permit you to correct any discrepancies and then obtain both a certificate of successful examination and a decal for your boat as evidence of your compliance. If you or any boaters you know would like to have a VSC please contact: Vessel Safety Chairman P/C Michael Lebeduik, III, JN at (610)730-2798. He will assign the closest certified examiner to you to conduct the vessel safety check.

Delhigh's Beltzville Lake Clean Up was originally scheduled for 18 May, during National Safe Boating Week, but had to be rescheduled to 1 June, due to a scheduling conflict at the lake. We will meet 1 June 0900 at the Main Launch Ramp where gloves, bags and other items will be given out to complete our clean up task. Want a boat ride or a walk along the shoreline? Just show up!! Members of Delhigh Squadron will have their boats there also to do clean up from the water. Delhigh members feel free to bring a friend for the day and have some fun, ABC students feel free to join us as well. Afterwards we will meet at Joey B's in Palmerton for good food, friendship and possibly an adult beverage after a long day outdoors cleaning up the area. Your VSE's will be conducting Vessel Safety Checks at the Main Ramp for the public boating on the lake 1 June as well. Come join your Squadron, meet new people and enjoy the day. Remember, this helps keep Delhigh and America's Boating Club® in the public eye every time we do a service to help.

We want everyone to have a safe, fun and adventurous season so schedule your vessel safety check today.

Administrative Officer's Report  
Lt/C Gary Corcoran, JN

The annual Founder's Day Meeting was held 6 February at the Chess and Checkers grill in Allentown. As in previous years we enjoyed some good food, and lots of it! Many of us took home some tasty leftovers.

Thanks to the Meisner's for hosting another winter Delhigh game night. Cyrus played a game of chess with his son, Oliver. Then a lot of the people simply socialized with their Delhigh friends they hadn't seen for awhile. I finally convinced three of the women there to play a game of Milles Bornes (1000 milestones car travel game) with me as it is an old favorite of mine. There was also a game of Yahtzee going on.

Delhigh held its annual bowling event at Hampton Lanes on 23 February. Unfortunately due to various reasons, many of the usual bowlers were not able to attend. I'd like to thank Cdr Keith Knoblach, AP for taking charge. Those who did make it there had the usual fun time bowling with sodas and sandwiches.

The St Patty's Day party at the McKenzie's is a yearly favorite for many of us. The food is always some sort of Irish deliciousness and fun times are had by all. Thanks to the McKenzie's for hosting another great event.

Our next regular meeting will be on 10 April at the church at 1830. Please note that this is pushed back a week due to the necessary recovery time needed after all the fun we had at the D/5 Spring Conference. It will be an "Old Favorites" Pot Luck, so bring one of your favorite dishes to share!

The pub crawl and dinner 26 April in Bethlehem is sure to be an afternoon of fun, followed by dinner at Edge. Remember you can just RSVP for the dinner if you're not a fan of a good pub crawl.

Our May meeting on 1 May is in Easton at Mesa Modern Mexican. The food here is great and the meeting room is just the right size for our group so come out and join us.

Our annual Sock Burning ceremony, and HELLO to Spring, will take place 11 May. Join us at the McKenzie fire pit and don't forget to bring your socks, or just burn the ones already on your feet, like Doug did last year.

As always, check the Delhighlights individual invitations or go to [www.delhigh.com](http://www.delhigh.com) for details of future events and pictures of past events and please remember to RSVP often and early.



Educational Officer's Report  
Lt/C Doug McKenzie, JN

Ahoy Mates! Spring is in the air! Winter is loosening its grip and it's almost time to take the shrink wrap off our boats and get busy with spring commissioning! Definitely one of my favorite times of the year! As of this writing, D/5's COW is just one week away, after that, it's officially summer ;)

Just because we are getting busy with our boats, is no time to skimp on your education. Delhigh will be offering the brand new Boat Handling course starting in April. I'm really excited about this new course and happy that National is re-vamping all of our old courses as well as writing new seminars and courses. Boat Handling now consists of six separate sections, one each week. You are welcome to attend one or two at a single cost for each or all six for a reduced cost for the course. The six sections starting with the first week are: Nautical Rules of the Road; Confidence in Docking and Undocking; Anchoring with Assurance; Emergencies on Board; and Knots and Line Handling. Contact me for more information if you are interested at [doug-mckenzie@rcn.com](mailto:doug-mckenzie@rcn.com).

This is a new and exciting course for any of you old hats that would like to teach the new format! Let me know which week might interest you and we will get you the instructors manual.

I encourage all of you to go to our website and see all the courses and seminars that are now offered and let me know what you would like to take in the Fall.

Even us seasoned boaters can learn new things. It's time for all of us to take advantage of the opportunities given to us!





## USPS NATIONAL NEWS

### Save the Date!

Join America's Boating Club®

For our National Governing Board Meeting

8-16 September 2019



17 April	Lt Richard Garnjost, SN
20 April	P/C Brent Rhoads, SN
21 April	FI/Lt Vince Nowroozani
23 April	Kathy McKenzie, P
24 April	P/Lt/C Russ Fontana, P
27 May	P/Lt/C David Sell, SN

## DISTRICT 5 NEWS

Delhigh members worked hard at this years District 5 Spring Conference and Change-of-Watch but we also made time for fun. We spent time setting up screens and projectors and sitting at the registration table, but we also spent time visiting hospitality suites and sitting in the hot tub.

This year's hospitality suites were top notch and Delhigh members had a great time visiting them all. There were suites with food and treats, skits, and, as always, boating trivia, just to keep us all humble about how much we actually know and teach us a thing or two. It is always nice to get to visit with our district friends in this casual setting where we can talk without disrupting the classes and meetings that we are sitting through during the day. This year we learned about marketing America's Boating Club®, America's Boating Channel videos that have been made this year and are in the works for next year and so much more. We also took walks on the beach just because, as boaters, we can't be that close to the water without getting to hear and smell the ocean.

At the annual Change-of-Watch ceremony we had a nice meal with friends and then watched as the old bridge was dismissed and the new bridge was pledged. We also heard about all of the things that P/D/C Brad Humphrey, JN dealt with and had help with throughout his years as commander and on the district bridge, alphabetically.

Sunday morning we welcomed in D/C Walter Neese, SN-IN and his bridge. We had breakfast and wished our fellow members safe travels. On the way home Delhigh members met up for one last meal together before arriving home to unpack and unwind.

Many of the members of Delhigh and District 5 helped this year to run smoothly. Delhigh is a true powerhouse when we work together and I thank everyone who took the time and effort to make this a successful event for Brad. It could not have been done without you, you guys are awesome!



# District 5 Spring Conference



Kathy, Doug, Bea, Gary, Rich, Keith and Michael heading back after lunch.



Nikki and Kathleen ready for the Change-of-Watch.



Megan setting up for her ice cream party.



Kathy, Doug, Nikki, Cyrus, Kathleen, Michael and Gary enjoying the hospitality suites.



Rich and Bea with the honor guard.



Cyrus, Kathleen, Colleen, Ed, Doug and Kathy relaxing.



Michael, Nikki, Gary, Keith, Cyrus, Kathleen, Kathy and Doug stopped for lunch on the way home.



Kathy, Doug and Rich waiting for dinner to start.



Doug with the yard arm as district flag lieutenant.





# Heart attack at sea

What to do when you're having a heart attack



Picture this: You're on your boat. You're alone. You start to experience a heart attack. What do you do?

First, did you know that heart attack symptoms differ in men and women?

## Signs of a heart attack in women

- Disturbed sleep and extreme fatigue. Women report feeling as if they have the flu or are unusually tired up to a month before a heart attack, with no accompanying chest pain in this early time period.
- Chest pain or discomfort. Women sometimes describe discomfort as "pressure," "fullness" or "heartburn."
- Pain or discomfort in the arms, back, neck or stomach
- Cold, clammy sweat
- Shortness of breath or feelings of breathlessness, especially when you haven't been exercising
- Nausea and vomiting
- Dizziness or lightheadedness

## Signs of a heart attack in men

- Chest pain or discomfort
- Severe sensation of chest pressure
- Pain or discomfort in the arms, back, neck or stomach
- Cold, clammy sweat
- Shortness of breath or feelings of breathlessness, especially when you haven't been exercising
- Nausea and vomiting
- Dizziness or lightheadedness

So what can you do if you're alone on your boat when you start having a heart attack?

- Remain calm.
- Carry a bottle of aspirin. Chewing one aspirin tablet will not cure a heart attack or make symptoms go away, but it may help slow or reduce clotting and blockage around the site of a ruptured plaque. According to Bayer Healthcare USA, while all aspirin products have a slight acidic, vinegary smell, if it stings your nose it might not be as effective. Check the expiration date. Unless you've had an allergic reaction in the past, a low dosage (75-325 mg) is recommended, but it's important to ask your doctor whether or not you should even be taking aspirin.
- A reduction in effort is essential, i.e., don't try to sail home, drive to a hospital, etc.
- Always carry a VHF radio (or a cellphone if that is practical) so you can radio for help immediately.
- Note the time. This can help the doctors when they treat you.
- Take a CPR class. You might not be able to use it on yourself, but you might be able to save someone else's life.

—Tim Tyson, with input from Alan Wentworth, FAST

**Editor's note:** Please seek immediate medical attention if you think you are having a heart attack.

*This article was originally published in Waterlog, newsletter of Atlanta Sail & Power Squadron/17.*

# A BIT OF FUN



e .g. First one is : Breakfast ... now fill the rest

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"Let's go eat and come back when he's finished."



Answers on Page 19

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## 2019 Calendar of Events

**April Meeting & Old Favorites Pot Luck**  
Wednesday, 10 April  
Star of Bethlehem Lutheran Church  
1830

**Pub Crawl & Dinner**  
Saturday, 27 April  
Bethlehem, Pennsylvania  
1400

**May Meeting**  
Wednesday, 1 May  
Mesa Modern Mexican  
1800

**Sock Burning**  
Saturday, 11 May  
McKenzie Residence  
1600

**Beltzville Lake Clean-Up**  
Saturday, 1 June  
Beltzville Lake  
0900-1200

**Post Clean-Up Lunch**  
Saturday, 1 June  
Joey B's, Palmerton  
1300

**Ice Cream Social**  
Wednesday, 5 June  
Montuori Residence  
1800

**Summer Rendezvous**  
20-23 June  
Mears Great Oak Landing  
Chestertown, MD

**July Poolside Meeting**  
Wednesday, 10 July  
Nowroozani Pool  
1800

**Iron Pigs Meeting**  
Wednesday, July 31  
Coca-Cola Park  
1905

**Musikfest Mania**  
Wednesday, 7 August  
Hotel Bethlehem  
1800

**Trailer-boat Rendezvous**  
Saturday, 24 August  
Ridley Park Ramp  
1300

**September Meeting and Chili Cook-Off**  
Wednesday, 4 September  
Star of Bethlehem Lutheran Church  
1830

**Tacos and Social Hour**  
Saturday, 21 September  
Nowroozani House  
1700

**Cider and Wine Fest**  
Sunday, 13 October  
Coca-Cola Park  
1200-1600

**Oktoberfest**  
Saturday, 19 October  
Meisner Residence  
1700

**Beer Tasting and Dinner**  
Saturday, 27 October  
TBA  
1500

**November Meeting**  
Wednesday, 6 November  
TBA  
1800

**Sporting Clays**  
Saturday, 9 November  
Lehigh Valley Sport Clays  
1000

**Road Rally**  
Saturday, 16 November  
TBA  
0900

**Wine Tasting**  
Saturday, 30 November  
TBA  
1400

**Holiday Party**  
Saturday, 14 December  
TBA  
1400

**January Meeting & Soup/Salad Pot-luck**  
Wednesday, 8 January 2020  
Star of Bethlehem Lutheran Church  
1830

**Phantoms Game**  
TBA

**Founder's Day**  
Wednesday, 5 February 2020  
TBA  
1800

**Bowling**  
Saturday, 15 February  
Hampton Lanes  
1100

**Game Night**  
Saturday, February 22 2020  
Meisner Residence  
1700

**Change of Watch**  
Saturday, 7 March 2020  
TBA  
1800

All Calendar events are subject to change as the bridge sees fit.  
Please contact Gary at [gcorcoran14@gmail.com](mailto:gcorcoran14@gmail.com) or  
(610)657-3283 for more information on any scheduled event.

Riddles Answers: Breakfast, Half Hearted, Moral Support, Ready for Anything, Once in a Blue Moon, Back Door, Cross Roads, Cross Breed, Painless Operation, A Friend in Need, For Instance, Middle Aged, Quite Right, Your Time on Top, Travel Over Seas, Summary, Forgive and Forget, Hitting Below the Belt.