

DISTRICT 5 MARK 5



Volume 68 No. 1 2018 WINTER ELECTRONIC ISSUE

IN THIS ISSUE:











District 5 Spring Conference 5-8 April 2018

Some of us haven't finished winterizing our boats or getting our winter coats out and here we are talking Spring Conference. Be as it may, before we know it winter will behind us and we are getting our boats ready for another season of boating. What better way to kick off Spring than attend the Spring Conference 5-8 April at the Princess Royale Hotel in Ocean City, MD.

Thursday evening is a great time to relax with friends and explore Ocean Cityl. On Friday, attend training classes and seminars which are open to anyone who is interested in learning about the duties of our officers and America's Boating Club. Take the time to browse the vendor area and the raffle table on Friday and Saturday. Don't forget the Hospitality Suites on Friday night. This is a great time for all to enjoy. C.M. and I enjoy visiting the suites and seeing friends,

On Saturday regular business takes place with the council and conference meetings. Join us for lunch on Saturday where you can build your "Dagwood" sandwich at an amazing sandwich buffet.

Saturday is not over. There is the Commander's Reception followed by the Awards Banquet and Change of Watch. Spring Conference wraps up on Sunday with the New Commander's Reception. Please attend to welcome our new D/5 Commander.

This is the time to mark your calendars and make plans to join us for an outstanding Spring Conference! As you may have heard or seen somewhere,

THE MORE THE MERRIER.

Judy Kohlenberg, P Commander, Nanticoke River Sail & Power Squadron America's Boating Club

2016- 2017 District 5 Bridge

Commander

D/Lt/C C.M. Kohlenberg, P americasboatingclub.two@gmail.com (Nanticoke River) (302) 629-0687 6065 Rivers Edge Lane Seaford, DE 19973

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Administrative Officer

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Secretary

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Asst. Administrative Officer

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Asst. Secretary

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Asst. Treasurer

D/1st/Lt Nick Montalto, SN nickmontalto@gmail.com (Main Line) (610) 666-7250 2742 Apple Valley Lane Audubon, PA 19403-2202



Communander's Message

Cdr C. M. Kohlenberg



The Fall Conference in King of Prussia was a Flagship event. Lance's Lancers in coordination with Chuck Wells (D/5 DEO) organized an amazing sequence of presentations with time for fun activities. Thanks to all.

As we are now in the winter season or put it another way, "tis the season," and most of us have pulled our boats and then some of us have not. Either way we start thinking about indoor activities and attending Holiday celebrations and parties. It is a good time to be taking that boat class or attending a seminar that we just don't seem to have time for during the boating season. If your squadron is conducting a class, think about inviting your squadron neighbors.

Speaking of squadron neighbors, why not invite them to your holiday parties. As we all know, D/5 covers a large geographical area; however, the "friendship" is always "UNDERWAY" and travels long distances. Judy and I have participated in squadron activities, district activities and national meetings and we thoroughly enjoyed each one. The hospitality we received was fantastic and very much appreciated.

Upcoming events after the Holidays are the USPS Annual Meeting (18-21 February) in Orlando, FL. If you have not attended a national meeting, I would encourage you to attend one. They are educational, interesting and fun. We then return back home to finalize plans for our Spring Conference (5-8 April) in OC. There are folks who have already been working on this. Between now and the Spring Conference, flyers will be sent via email to keep you updated. Throughout the weekend you will see hints of "Influence by the Bay." Judy and I have the Spring Conference on our calendar and hope to see all of you in OC. THE More THE Merrier.

There have been changes made while "UNDERWAY," some subtle and some not so subtle. We will continue to take course adjustments as we are Underway. For our D/5 members who provided suggestions/recommendations, thank you very much. Your interest and willingness to share your ideas will improve our District (D/5 Family). I will provide a succinct summary at the Spring Conference.

It is super the way you have embraced the concept of America's Boating Club. As I have stated before America's Boating Club is not a single source for success; however, it is a means we can use to explain and relate to potential members who USPS is. The logo is an eye catcher and can be a conversation starter. Thanks again to our D/5 members that had the vision to think of this concept years ago and thanks to National for now taking America's Boating Club to another level.

As we continue "UNDERWAY" for 2017-2018, we will have more enjoyable and exciting events and successes.

Judy and I wish each of you and your families a very happy and safe Holiday season.

Take Care, C.M.





RESERVATION FORM

United States Power Squadrons D/5 Spring Conference 6 - 8 April 2018 Princess Royale Hotel, Ocean City, Maryland



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Lettuce, Sliced with Assorted Pasta Salad, F Brownies and	d Tomatoes and Onions, Pickl Rolls and Breads Potato Salad and Potato Chips	es s			
Beef Medallion	BANQUET ENTREE CHOICE as & Mushrooms w/ Gravy ashed Potatoes	S:		#	@ \$37.00 = \$
Dual Jumbo C	rab Cakes, Baked Sweet Pota	ato, Seasonal Vegetable		#	@ \$34.95 = \$
/egetarian / G	luten Free Vegetable Stir-Fry	served over Rice		#	@ \$24.00 = \$
Vegetable Me Rolls & Butter Chef's Selection	ved with: w/ choice of Ranch or Balsam dley of Carrots, Broccoli, & Ca on of Desserts Decaf Coffee, & Iced Tea Stati	uliflower			
Dietary Restric	ctions:				
	ken Tender Platter, Carrot, Pe Option Available)	ea, Onion Medley			@ \$10.95 = \$
Make Checks SEND TO: C.I 60	Payable to: NRSPS M. Kohlenberg 65 Rivers Edge Ln. aford, DE 19973 236-6593			MEAL RI	nclosed:\$ ESERVATIONS must yed by 30 March 2018

Recommended Dress for Banquet: Uniform A with bowtie or suitable civilian attire. Dress Code for other portions of the Spring Conference will be published separately

> MAKE ROOM RESERVATIONS DIRECTLY WITH HOTEL - Call Reservations Dept. at 800-476-9253 Use the Reservation ID Code: U.S. Power Squadron, District 5

Princess Royale Hotel 9100 Coastal Highway, Ocean City, Maryland
Non-Smoking Venue - Handicapped Rooms available on a request basis

Rates: Ocean view/pool view Suite: \$119.00 per night
Ocean Suite: \$165.00 per night
2BR/2BA Oceanfront Condo: \$254.00 per night, 3BR: \$284.00 per night

(rates listed above do not include taxes)

ALL RESERVATIONS MUST BE MADE BY 7 MARCH 2018 TO ENSURE USPS RATES





HOSPITALITY SUITE RESERVATION FORM USPS D/5 Training & Spring Conference

6-8 April 2018



Princess Royale Oceanfront Hotel & Conference Center 9100 Coastal Highway Ocean City, MD 21842

Hospitality Suites MUST be reserved for both Friday April 6 & Saturday April 7, 2018 **RESERVATION DEADLINE 7 March 2018**

Rooms assigned on a first come first served basis

Normal check-in time is after 1600 (early check-in dependent on	availability)
Check-out time before 1100	
Cost: Cost for Suites \$119.00 (plus tax)	\$
Addition: \$30.00 Per Suite Bed Removal (Includes two 6' tables)	\$
\$13,00/day/per tub Ice (2, 201b, bags)	•

HOSPITALITY SUITE PREFERENCE Please do not contact hotel directly regarding the Hospitality Suites

Suite locations are on the reverse side or below this form. If there is a preference, please request first and second choice room number below otherwise a suite will be assigned.

Squadron:						
Name of Respo	onsible	Party:				
Phone Number:			E-mail:			
Address:						
				-0.		
Credit Card Number			Exp. Date			
Type of Card:	MC	VISA	DISCOVER	AMEREXPRESS		

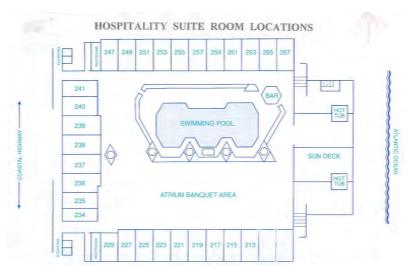
You may call with the credit card number if you are uncomfortable mailing it.

\$100 deep clean fee for excessive cleaning if warranted \$4.00/per day housekeeping service charge is highly recommended

Mail or Email Form To:

P/C Steve Robinson 23001 Neptune RD Milton, DE 19968

Email: 1steverobinson@comcast.net







D/5 2017 Fall Conference

The Main Line Sail and Power Squadron was host for the event, assisted by Delhigh Power Squadron and Delaware River Sail and Power Squadron. Main Line P/C Lance Parry chaired the organizing committee.

This year's conference saw the emergence of two firsts: The rollout of a web-based registration form, created by P/C Joe Gibson of Rockville Sail and Power Squadron, and P/C Jim Heckman of Main Line Sail and Power Squadron. The widespread use of the new USPS America's Boating Club logo, which appeared on signs and posters throughout the conference area, and on table numbers at the Saturday night banquet.

The registration desk, headed by P/C Kathleen Nowroozani of Delhigh, had all the information it needed to sign people in swiftly and accurately as they arrived. "Everything came together nicely," said Nowroozani. "Each piece of the puzzle seemed to fit right in with the rest. We had no issues; everything went smoothly."

P/C Barb Jones of Main Line, who handled the banquet seating arrangements, said, "I think everything went well. I had lots of support from everyone...(there was) a nice division of labor resulting in a smooth operation."

The use of the ABC logo was driven by Ginny Parry of Main Line, who saw to it that the design and logo were ubiquitous in the conference rooms, including on table numbers in the Banquet centerpiece displays, which were headed by Frank Visich. Delaware River Cdr. Stephanie Ward aided with the registration table.

Contributing also were: P/C Susan Friedrichs and P/C Jim Friedrichs of Main Line, raffle organizers; P/C Russ Jones, Main Line, vendor solicitor; P/C Carole and P/C Al Reilley, of Delaware River, along with Main Line P/C Susan Woron, polo shirt sales.

Main Line P/C Nick Montalto, who chaired the 2012 Fall Conference, which was canceled by weather, provided valuable insight and guidance on many issues. P/C Ed White procured Gary Gentile, the Saturday luncheon speaker on the "Andrea Doria."

Attendees seemed to judge the conference as well-organized and successful. Throughout the weekend, I heard numerous spontaneous compliments. D/C C.M. Kohlenberg summed it up this way: "The Fall Conference was a Flagship event as a direct result of Lance's Lancers and Chuck Wells' (DEO) organized and coordinated planning. A special thanks (go) to all of the members involved in the preparation and (who) helped at the Fall Conference, (as well as) the presenters, and the attendees."

Special recognition should go to Patuxent P/C Bob Blevins, D/5 Flag Lieutenant who anticipated Kohlenberg's every need, and Lenore Blevins, Chief Aide to D/C Kohlenberg, who organized the food and beverages for the Friday night Commander's Cocktail Party. Special thanks go to Mike Gibson of Main Line, who acted as treasurer for the MLSPS conference committee, and Apryl Bernard of the D/5 Meetings and Rendezvous Committee, who made sure proper procedural protocols were followed.

Mario Martins of the Portuguese Embassy to the United States was an honored guest, who delivered remarks at the Banquet.

P/C Lance Parry
Main Line Sail & Power Squadron



District 5 Educational Awards for 2017

Chapman Award for Excellence in Teaching, District 5 Nominee for the National Award

Louis Kates, Patapsco

Educational Proficiency Award

David Duros, Colonial Michael Payne, Kent Narrows

Henry E. Sweet Individual Education Award

Robert Beltz, Colonial (Previously awarded in the Spring): Carol Rechner, Annapolis Carl Smith, Nansemond River Jon Griffin, Rockville

District 5 Educational Award for Outstanding Service

Joseph Gibson

Prince Henry Award

Colonial Dundalk Patuxent

Caravelle Award

Richmond Delhigh Dundalk

Ken Smith Seamanship Award

Dundalk Delhigh Patapsco

Henry Sweet Excellence

Rockville Annapolis Colonial

Commander's Trophy For Advanced Grades

Dundalk Richmond Nanticoke River

Commander's Trophy For Electives

Annapolis Rockville Smith Mountain Lake

Workboat Special Award

Annapolis Rockville Richmond

Teaching Aids

Best Electronic: Main Line Best Traditional: Dundalk Best of Show: Dundalk

List of Chapman Awardees

Absecon Island: Ralph Bernard

Annapolis: Kathy Nash
Cambridge: John O'Reilly
Colonial: Robert Beltz
Delaware River: Robert Tafel
Delsea: Charles Henderson
Dundalk: Steven Dalgarno
Kent Narrows: Richard Radlinksi
Main Line: James Heckman
Miles River: Fred Kieser
Nansemond River: Arthur Aikin
Patapsco River: Louis Kates

Rockville: Jon Griffin Richmond: James Zeigler

Potomac River: John Wilmot

Smith Mountain Lake: Bing Higgins Virginia Beach: William Schwieder III

Wilmington: David Sharpless







Awards Pictures





Fall Conference Friday Seminars







Commander's Cocktail Party





Fall Conference Saturday







Fall Conference Saturday Banquet





DISTRICT 5 2017 UNITED STATES POWER SQUADRONS YOUTH POSTER CONTEST WINNERS

"All Boaters are Welcome to the Neighborhood."

CONGRATULATIONS TO DISTRICT 5'S TWO FIRST PLACE WINNERS!
9-11 AGE CATEGORY - ANNA PRYDGEN 12-14 AGE CATEGORY - CORRIE MINOR





Both are students at Northumberland Middle School in Lottsburg, VA. Each will receive a personal letter from D/C Kohlenberg, a first place certificate, and a check from D/5 in the amount of \$25. Both posters will be taken to the USPS[®] Annual Meeting in January for entry in the National competition.

CONGRATULATIONS TO NORTHERN NECK SAIL AND POWER SQUADRON FOR SUBMIT-TING THE WINNING POSTERS!

ATTENTION COMMANDERS:

The next D/5 Roster will be compiled shortly and it is hoped that all squadrons promptly will provide updated bridge officers and committee chairs to the Assistant Secretary, Mel Shralow, as it is the responsibility of the Assistant Secretary to compile the information that goes into the Roster.

A form for reporting the new and updated information will be provided to each squadron after the changes of watch within the squadrons commences.

Thank you to all for your cooperation,

Mel Shralow, D/5 Assistant Secretary.

Tel: 610.527.1006 Cell: 215.603.0076 Fax: 610.525.4144

melshralow@comcast.net





Did you know that you can shop at Amazon and help the United States Power Squadron at the same time?



What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose

from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

What if my selected charity does not register to participate in the AmazonSmile program or becomes ineligible?

If an organization does not register to participate or becomes ineligible, you will have a chance to select a different organization and we will reallocate the donations accrued to other organizations receiving donations.

If I represent a charitable organization, how can I learn more about registering my organization for AmazonSmile?

Go to org.amazon.com to learn how to register your organization to receive donations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.





UNITED STATES POWER SQUADRON 2018 Annual Meeting Sunday, February 18, 2018 - Sunday, February 25, 2018 Rosen Hotel Orlando, FL

Meals Package M Cost: \$172.00 Price until 8 January 2018 \$142.00

Includes Friday Breakfast, Members' Luncheon, and Saturday Banquet. Does not include Thursday night Dinner and Entertainment and Department Lunches/Breakfasts, which must be ordered separately.

Meals Package S Cost: \$177.00. Price until 8 January 2018 \$147.00

Includes Friday Breakfast, Social Luncheon, and Saturday Banquet. Does not include Thursday night Dinner and Entertainment and Department Lunches/Breakfasts, which must be ordered separately.

Registration Fee Cost: \$35.00

Tuesday, February 20, 2018
A Day at Disney Springs
Time: 1000-1400 Cost: \$46.00.

Price until 8 January 2018 \$36.00

Embrace this fun-filled escape, brimming with unique boutiques, culinary surprises and lively entertainment. There is so much for you to explore – no two visits will ever be the same! This park has no admission price. The cost will be just for transportation. There is a lot of walking for this activity. For the recreational bowler – there is a bowling alley; for the shopper, there is every type of store imaginable! For the foodie in all of us, there are restaurants and pubs galore. Take a tour in an Amphicar! 10am-2pm. Transportation included.

Medieval Times Dinner Theatre

Time: 1700-2200 - Cost: \$90.00.

Price until 8 January 2018 \$80.00

"In myth and in legend, the Knight and the horse are forever linked. Few things are held in such great esteem by the Medieval warrior than a stalwart horse, who possesses the bold courage of his master and the quiet strength of his ancestors." Come join us at the Orlando Castle for the battle of the Knights and their Steeds during a fun-filled dinner

with the King. There will also be a Falconry demonstration. Vegetarian options and dietary restrictions are accommodated with advance notice. For those who have never been to a Medieval Times show, you will be eating with your hands. This venue is also handicap accessible. Arrival time at the Castle will be 6 PM for the 7 PM show. Transportation included.

Wednesday, February 21, 2018 Kennedy Space Center

Time: 0830-1700 Cost: \$110.00. Price until 8 January 2018 \$100.00

Travel to the Kennedy Space Center for a full day of exploration. Ticket price includes round trip transportation and admission to the Kennedy Space Center Visitors Center complex including: Space Shuttle Atlantis®, Shuttle Launch Experience®, Heroes and Legends featuring the U.S. Astronaut Hall of Fame® presented by Boeing®, Kennedy Space Center Bus Tour including Apollo/Saturn V Center, Journey to Mars: Explorers Wanted, Astronaut Encounter, IMAX® Theater 3D Films, Rocket Launch Viewing (when available) and Numerous Shows and Exhibits. Transportation included.

Thursday, February 22, 2018 Breakfast - Treasurers & Donors

Time: 0730-0845 Cost: \$50.00 Price until 8 January 2018 \$40.00

A breakfast for those in the Treasurer's Department (squadron, district and national) and USPS Donors. Everyone is welcome to attend. Note: Not included in Meal Packages M or S. Please order separately here.

Disneys Animal Kingdom

Time: 0800-1600 Cost: \$152.00 Price until 8 January 2018 \$142.00

Behold the Magic of Nature with rare animals and worldclass entertainment at the Animal Kingdom Park. Visit

(Continued on page 15)





(Continued from page 14)

Pandora – the world of Avatar: a new attraction at the Animal Kingdom where you can ride the back of a mountain banshee for the thrill seekers among us. For a gentler excursion, drift down a mysterious river in search of the Na'vi Shaman of songs in the bioluminescent rainforest. See one of the live shows and celebrate all living things. This activity does have a good amount of walking. This will be an all-day event returning to the hotel at approximately 4 PM (Start time is TBD). Transportation included.

Lunch - DC/DXO & Squadron Cdr/XO Time: 1215-1345 Cost: \$50.00

Price until 8 January 2018 \$40.00

A lunch for the District and Squadron Commanders and Executive Officers.

Note: Not included in Meal Packages M or S. Please order separately here.

Lunch - Educational Department Time: 1215-1345 Cost: \$50.00.

Price until 8 January 2018 \$40.00

Calling all Educational Leadership and committee members at all levels (squadron, district and national). Come enjoy lunch while meeting others and sharing ideas. Everyone is welcome to attend. Not included in Meal Packages M or S. Please order separately here.

Lunch - Secretary's Department

Time: 1215-1345 Cost: \$50.00. Price until 8 January 2018 \$40.00

Grab your pen and pad! The Secretaries of USPS are convening for lunch. This gathering is always fun and interesting when meeting friends from the Secretary department at all levels of USPS (Squadron, District and National). Everyone is invited (pen and pad not required.)

Note: Not included in Meal Packages M or S. Please order separately here.

New Life Members and Awards Dinner

Time: 1900-2130 Cost: \$67.00 Price until 8 January 2018 \$57.00

Everyone is invited to help us celebrate those awarded their Life Membership at this meeting and those squadrons and members receiving the various awards national awards each year. The more the merrier!

NOTE: **NOT** Included in Meals Packages

Friday, February 23, 2018

Keynote Breakfast & Address

Time: 0730-0900 Cost: \$45.00. Price until 8 Jan-

uary 2018 \$35.00

An exciting and informational start to the day.... NOTE: Included **Packages** in Meal GUEST SPEAKERS: Captain Dave Haslam & Nancy Haslam - Tall Ship Lady Washington Raised on Cape Cod, Captain Dave Haslam's interest in boating started early in his life when he bought his first boat at 15. His family owned a 28 foot Lobsterman. Dave and his wife, Nancy, purchased a Pearson 424 ketch which they sailed south from Seattle in September 2003. They spent a year-and-ahalf in the Sea of Cortez, spending time in El Salvador and Costa Rica before continuing through the Panama Canal in April of 2005. Traveling north to Daytona they joined Daytona Sail and Power Squadron. They later transferred their membership to Titusville Sail and Power Squadron where Dave currently serves as CDR. He captained the Tall Ship, Lady Washington, with Nancy serving as his very able Deckhand, from Christmas Day 2008 to the end of September 2009, and has since been at her helm as Captain for three more voyages. During these times, he sailed up the West Coast, and up the Columbia River twice as far as Pasco, Washington (328 miles and 340 feet elevation via 4 dams). The Lady Washington is 112 feet, spared length, 90 feet loa, and 67 feet on deck. She weighs in at a petite 220 tons. She has 162 control lines, approximately six miles of lines, 13 sails and is totally voice powered. During the 2009 season Dave and Nancy took the Lady from San Diego up the West Coast to Puget Sound, through the Columbia River to Pasco (328 miles and 340 feet of elevation), all told they logged approximately 2500 nm.

Lunch - Executive Department

Time: 1215-1345 Cost: \$50.00.

Price until 8 January 2018 \$40.00

The National Executive Officer cordially invites all member of USPS to come and meet the national leadership, staff and others working towards bettering USPS. This luncheon is for all members of the Executive Department at the squadron, district and national levels.

Note: Not included in Meal Packages M or S. Please order separately here.

Lunch - Administrative Department

Time: 1230-1345 - Cost: \$50.00. **Price until 8 January 2018 \$40.00**

The National Administrative Officer offers a luncheon for all members in the Administrative Department at all levels of USPS - squadron, district and national. All members of USPS are invited and encouraged to attend.

(Continued on page 16)



(Continued from page 15)

Note: Not included in Meal Packages M or S. Please order separately here.

Team Building Scavenger Hunt

Time: TBA Cost: \$75.0. Price until 8 January 2018 \$65.00

The Quest Scavenger Hunt is a 90-120-minute exercise in team work, communication and leadership. The Quest is not your typical scavenger hunt and certainly not what you'd think of for team bonding. Our hunts take place at iconic parks and attractions. They include fun, creative challenges that will test each team's ability to think differently, get outside their comfort zone and work together. Each member of the team will have the opportunity to shine, while also helping their teammates to do the same. Groups will search for unique sights for photos, make short movies, interact with locals and test their attention to detail. Most of all, it's an event filled with laughter and great memories. They'll even supply a wrap up video of the day's highlights. Scavenger hunt will take place at Universal City Walk. Transportation included. AFTERNOON ACTIVITY – Time to be determined.

The Salt Room Spa

Time: TBA Cost: \$45.00. Price until 8 January 2018 \$35.00

Salt therapy is a scientifically-proven treatment for respiratory and skin conditions. For more than 20 years dry salt aerosol, administered in specially-designed halochambers, has been used to treat upper and lower respiratory conditions such as cold and flu, allergy, asthma, bronchitis, cystic fibrosis, sinus infection, sinusitis, rhinitis, hay fever and emphysema. In addition, the anti-bacterial and anti-inflammatory properties of dry sodium chloride aerosol has been shown to effectively treat ear infection and conditions of the skin such as eczema, dermatitis and psoriasis. This activity is limited to 12 people. The session is 45 minutes long. If you would like to have an activity to help you feel better but you don't want to spend the whole day at the spa, this could be for you. Time to be determined.

Saturday, February 24, 2018

Social Reception, Luncheon & Entertainment

Time: 1130-1400 Cost: \$55.00. Price until 8 January 2018 \$45.00

Enjoy Southern hospitality as you are welcomed with a glass of wine, and enjoy the company of both long-time and newer friends...a lovely prelude to the Steel Magnolias-themed Luncheon and Entertainment. NOTE: Included in Meals Package S

Member's Reception & Luncheon

Time: 1200-1400 Cost: \$50.00. Price until 8 January 2018 \$40.00

Experience the fellowship of other USPS members and guests while enjoying your lunch.

NOTE: Included in Meals Package M

Reception & Dinner Dance

Time: 1830-2230 Cost: \$82.00. Price until 8 January 2018 \$72.00

An evening of celebration as we welcome the 2018-2019 Board of Directors.

NOTE: Included in Meals Packages.

Attention D/5 Members:

The editor of the Mark 5 is in need of proofreaders for each edition of the Mark 5. If you are good at catching typos, grammatical errors, this is the job for you. Please contact Apryl Bernard: aprylber@msn.com.

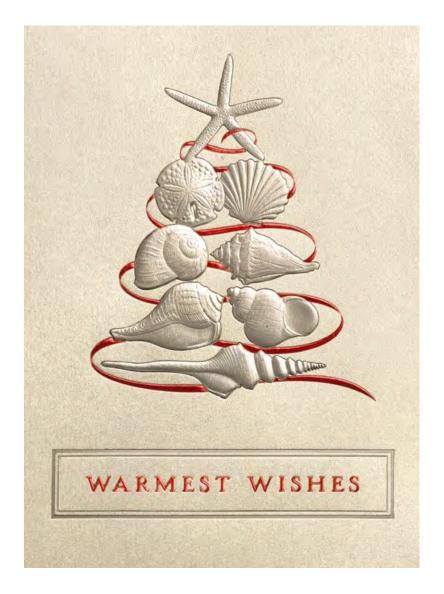
Thanks.

Apryl



UIPCOMING EVENTS

18-25 Feb 2018 USPS Annual Meeting Orlando, FL
5-8 April District 5 Spring Conference Ocean City, MD
19-22 July District 5 Summer Council Cape May, NJ
12-19 August USPS Governing Board Minneapolis, MN
26-28 October District 5 Fall Conference Annapolis, MD



Mark 5

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