



THE LOG JAM

The Official Publication of the Lake Murray Power Squadron
PO Box 2281
Columbia, South Carolina
A Unit of United States Power Squadrons—District 26
Sail and Power Boating—America's Boating Club®



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January 2012

LMPs CHRISTMAS PARTY

Fun was had by all at our LMPs Christmas Party. We began the evening with hospitality being enjoyed by all, followed by a wonderfully catered dinner, and on to some fantastic awards and door prizes. You can read all about it on the website. Below is the Christmas Party in Pictures! Enjoy!



We Hope our LMPs Members and Families had a Very Merry Christmas!!

Lake Murray Power Squadron

Commander

Cdr Charlie Bruce, SN
2307 Bermuda Hills Road
Columbia, SC 29223
803-361-2912

charlie.bruce@firstcitizenonline.com

Executive Officer

Lt/C Mike Verdone, SN
1441 Old Chapin Road, Apt. 423
Lexington, SC 29072
803-315-5445

mohawk50314@yahoo.com

Educational Officer

Lt/C Stan Godfrey, JN
4019 Centurion Pass
West Columbia, SC 29170
803-572-1602

stan.godfrey@jan-procolumbia.com

Asst. Educational Officer

1st/Lt Chuck Clark, S
1527 Greenway Drive
Lugoff, SC 29078
803-422-5110

atease.clark116@gmail.com

Administrative Officer

Lt/C J. Strohecker, JN
108 Summit View Court
Chapin, SC 29036
803-932-0827

fireeducation@yahoo.com

Secretary

Lt/C Linda Richardson, S
1936 Amick Drive
Gilbert, SC 29054
803-920-1857

lrichardson003@sc.rr.com

Treasurer

Lt/C Danny Glenn, S
157 Stoneridge Road
Chapin, SC 29036
803-414-7370

dannyglenn@remax.net

Asst. Treasurer

1st/Lt Rick Scollon, S
187 Emerald Shores Circle
Chapin, SC 29036
803-345-8947

rick@scollon.com

Members-at-Large

Lt Kathy Ezzell Glenn, S
157 Stoneridge Road
Chapin, SC 29036
803-345-5314

kathyezzell@sc.rr.com

Lt Stanton Adkins, JN
1815 Pendleton St.
Columbia, SC 29201
803-260-6935

eadkins@sc.rr.com

Lt Edie Godfrey, S
4019 Centurion Pass
West Columbia, SC 29170
803-240-8847

Edith.godfrey@respironics.com



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The Log Jam

Any articles, comments or questions regarding this monthly publication may be directed to:

Lt/C Linda Richardson, S
(803) 892-4018 (h) or (803) 920-1857 (c)
lrichardson003@sc.rr.com

Visit the LMPS website at
www.lmpsonline.org

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South Carolina Webmaster
Web Hosting, Web Design and Domain Name Registration

Todd A. Barrett, MCSE

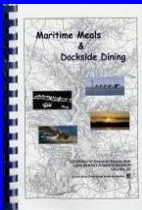
PO Box 156
Lugoff, SC 29078

Cell: 803-243-3567
Email: todd@SCWebmaster.com

www.SCWebmaster.com

LMPS COOKBOOKS

Still available @ \$15 each!
Perfect gift for any occasion!
Contact DonnaMariell@sc.rr.com
or 803/407-0421



New Members! Do you know we have a Squadron cookbook? It is called *Maritime Meals and Dockside Dining* and it is an awesome resource and a "must have" for your cookbook library!



COMMANDER'S REPORT

By Cdr Charlie Bruce, SN

I would like to express my gratitude to everyone who contributed their time and energy to put on an incredible Christmas party and a special thanks to Don Layne for bringing his famous fruit cake for everyone to enjoy. The highlight of the evening came when Past Commander Lee Ayers presented the 2011 awards. The evening concluded with a very funny roast of Lee presented by Past Commanders Tony Dodson and Jeff Langlois.

Well 2012 is here and one of our first orders of business is to have a business meeting in lieu of a speaker at our January dinner meeting. The purpose of this meeting will be to discuss and vote on the adoption of the proposed changes to our by-laws that have been submitted by our Rules Committee. Please take the time to go to our website and review these recommended changes.

Another order of business will be an explanation of the family unit dues structure that has been adopted by USPS National, District 26 and its impact on our member's dues. As part of this discussion, LMPS members will be provided with a detailed accounting of the income and expenses for the 2010/2011 Watch Year. Please mark your calendars now and plan to attend this very important meeting.

If you have not been to Flotilla in the past couple of weeks then you haven't seen the Christmas gift from the Mungo Company. Lt Vickie McGahee, AP noticed that there was excess dirt at one of the new Mungo developments and contacted them about donating ten truckloads of dirt and rock to our Save the Island Project. This will save the Squadron thousands of dollars in expenses.

Please don't forget the 2012 boating activities planning meeting at Flotilla on 23 January. If you can't attend and have a suggestion, please contact Lt Rich Barreto, S or one of your Bridge officers and let them know so it can be added to the list for discussion and consideration.

Until next month...Safe boating.



EXECUTIVE OFFICER'S REPORT

By Lt/C Mike Verdone, SN

One thing that I've noticed rather quickly since becoming the executive officer of Lake Murray Power Squadron is that just as soon as I write an article for the Log Jam, another one is right around the corner. I suppose that's the nature of the job so here we go again.

With the winter solstice just a few days away as I write this, I have visions of cold grey days and long wintery nights, bundled up in heavy coats and hoping that I have winterized the boat correctly this year. Having taken the marine engine maintenance course as so many others of our members have done, I casually assumed that I was eminently capable of draining and fogging the engines, changing oil and filters and draining the water tanks so they will be potable next spring. The latter two tasks I accomplished with some success. It was that first winterization skill that got me. Just when I thought that I had found and removed all the blue engine plugs and drained the water from the engine block, sadly I discovered that one of the plugs is hidden and virtually invisible to the novice engine mechanic – me. The cost to repair the engines for failure to drain all the engine block water was approximately equal to the cost of having a skilled marine engine mechanic perform the winterization for me correctly. The really sad part of this saga is that it happened to me not once, but twice!

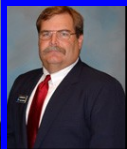
But, I have finally learned my lesson and hopefully this won't happen again. Since I have my boat connected to shore power, I have decided to get an engine compartment heater which will keep the engine compartment above freezing and preclude the engine block from freezing this year. Why I didn't do this before, I'll never know. But I'm told that the cost of the engine heater is only half of the cost of a professional winterization so it appeals to my stingy heart. It remains to be seen if this will be the solution to my problems but I am a perpetual optimist so I am hopeful for success and that my engines don't spray water at me next spring.

Since this is the slow time of the year for us, there are only a few LMPS activities that we anticipate in the near future. One of the more important ones is the annual Columbia Boat Show, 10-12 February. As everyone knows who has ever attended this event, it always coincides with either a snow storm, torrential rainstorm or the annual defeat of the USC basketball team by Florida.

Nevertheless, the show must go on and LMPS as usual will have a booth at the show to advertise our presence to the Columbia community. The organization of LMPS's participation at the boat show is in the capable

Continued on Page 4





ADMINISTRATIVE OFFICER'S REPORT

By Lt/C J. Strohecker, JN

As we start off the New Year on our wonderful Lake Murray, I would like to ask everyone to remember to be safe and get ready for a boating season that will be here in just a few months!!!

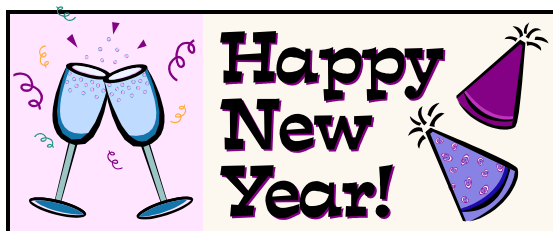
Just a few weeks ago, we had a wonderful Christmas Party at Saluda Shoals Park. I would like to thank Cyndi Langlois, Janice Ayers, Linda Fanning, Braxton Sorg, Michael Seguin and all the other folks who planned, set-up, worked and assisted with this event to make it happen and be such a success.

As Administrative Officer, it is one of my responsibilities to oversee the committees that put on these events as well as our other events either at the island or other locations. Without these members and other committee members helping out, these events might not happen. So if you have an idea about a theme for a dinner meeting or a menu idea, do not hesitate to call me so I can pass it along to the committee.

At this month's dinner meeting, the Squadron will be discussing and voting on some very important changes to our by-laws and dues structure. I would like every member to review these changes that are posted in the "News" area of the LMPS website. I look forward to seeing you at this important meeting.

As always, I welcome your opinion and input to make LMPS a stronger organization, so contact me at fireeducation@yahoo.com or on my cell at 803-807-6179.

Please be Safe out there and have a Great Day!



Continued from Page 3

hands of Karl Skoog. Karl is in charge of setting up the booth and scheduling to have our LMPS members man the booth at the boat show. Each boat show time block is only two hours in duration, so please step forward and do your bit for promoting boating safety and the offerings of the LMPS. Our booth will be adjacent to the Sea Ray booth, so during slow times, you will have a chance to inspect the new offerings from the Brunswick Corporation and get the case of the "I Wants". Please look for the boat show sign up schedule at our January dinner meeting and put your name down to support your Lake Murray Power Squadron.



SECRETARY'S REPORT

By Lt/C Linda Richardson, S

I would like to extend personal **CONGRATULATIONS** to my Log Jam Editor predecessor, Lt Janice Ayers, AP and to P/C Debra Allen, AP, our continued Webmaster, for their diligence in keeping LMPS in the forefront by winning, once again, the Distinctive Communicator Award for 2011. Unless you have published a Log Jam or kept the website updated, there is no way you can understand the hard work that goes into these efforts. KUDOs to both of you for a wonderful job representing LMPS.



P/C Elaine Price, SN is busy purging information in DB2000 to prepare to publish our 2012 Membership Directory. Depending on the printer's schedule, we may have the directory available at our January Dinner Meeting. If not, it will definitely be available at the Oyster Roast in February. If you have any changes to your information, please contact Elaine Price via email at playinhookyii@aol.com or by phone at 803-345-1847. Depending on where she is in her process, the changes may or may not be made in the upcoming directory; however, Elaine will be able to update DB2000 with your correct information.

You'll be hearing from our new Telephone Committee Chair, Vicki McGahee, this month to make your reservations for the Dinner Meeting. Please respond promptly and take a moment to thank Vicki for stepping forward to volunteer for this effort.

I hope each and every one of you had a Very Merry Christmas and wish you a Blessed New Year! Let's get LMPS rockin' in the New Year! Until next month

Body, Mind & Soul

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand, and for a talk beside the fire. It is the time for home."

Edith Sitwell

"A morning without coffee is like sleep."

Author Unknown

"Love is, above all, the gift of oneself."

Jean Anouilh

"In the old days a man who saved money was a miser; nowadays he's a wonder."

Author Unknown



EDUCATION REPORT

By Lt/C Stan Godfrey, JN

I hope Santa brought you everything on your list for Christmas. Now we are ready to rock in 2012!!

Congratulation go out to James and Elaine Harkey, Fred Ruinen and Jamie Gerald for passing the Piloting class. Mark Rhett, Don Layne, Jerry Wise, Paul Krohne, Jim Mullaney, Allen Blackman, Jeanie Piehl, Joe Lockhart and myself for passing Marine Electrical Systems, the first section of Marine Electronic's class.

With the 2011 New Year comes a variety of Educational Classes and Seminars for you to choose from. I hope that every LMPS member finds one or two classes of interest to sign up for. You can go to www.usps.org/x/x.pl/x/x.cgi?eddept/cart/catalog.html and see a list of all classes and seminars available. If you see something you would like added to the schedule, please contact me.

We have several classes starting the first quarter of 2012 and the time to sign up is **NOW!** We have the second section of Marine Electronics (Marine Communication Systems) starting January 4, 2012. Engine Maintenance starts February 9, 2012. Advanced Piloting starts February 22, 2012. ABC class starts February 28, 2012. Sail starts March 1, 2012. Weather starts March 7, 2012 and Seamanship starts April 10, 2012. See the complete list of classes in this issue of the Log Jam. I will have sign up sheets available at all dinner meetings.

Hope to see every member registered for one of the courses LMPS offers. Boating is fun..we will show you how.

Please call me or send me an e-mail – stan.godfrey@jan-prousa.com if you have questions about any courses being offered or if you have recommendations for the Education Department. Hope to see many of you register for upcoming classes!



Pour Another Cup of Joe

Researchers found coffee drinkers were 50% less likely to develop liver cancer than those who don't drink coffee. There may also be a small decrease in the risk of colorectal cancer among coffee drinkers.

Drinking coffee has been shown to protect men, but not women, against Parkinson's disease. The difference involves the way the body processes caffeine.

Source: Harvard Medical School

LMPS EDUCATION OPPORTUNITIES

If you have questions or want to register, Please contact Lt/C Stan Godfrey, JN, SEO Stan.godfrey@jan-prousa or 803-572-1602 or Chuck Clark ASEO 803-315-3401

Seamanship

10 April—5 June
1900-2100 Midlands Tech Airport

Sail

1 March—24 May
1830-2030 Flotilla Island

America's Boating Course

28 February—27 March
1900-2100 Flotilla Island

Advanced Piloting

22 February—18 April
1900-2100 Midlands Tech Airport

Engine Maintenance

9 February—26 April
1800-2000 W.W. Williams, West Columbia

Weather

7 March—25 April
1900-2100 National Weather Service

Marine Electronics—MCS

9 January—22 February
1800-2000 Flotilla Island



"My motto has always been--you can never have too much power."

Looking Back

Continued from Previous Column

This is Part II of my Article on our Squadron Burgee as begun in the December 2011 issue.

As last commented therein, USPS® has long established both detailed requirements and specific procedures before final approval can be given to any proposed/revised squadron burgee or district flag. This Part II will focus on the protocol, design criteria and procedure then mandated as set forth in paragraph 17.12 of the USPS® Operations Manual (also see paragraph 14.12, of such Manual as last revised in November 2011).

The Protocol: “Nearly all squadrons of USPS, similar to yacht clubs everywhere, have designed burgees to enable their members to identify themselves with their squadron. Squadron burgees are flown from the bow staff of power vessels so equipped and from the foremost masthead of sailing vessels and masted power vessels without bow staff. They are **flown** in lieu of any other club burgee and **only when the vessel is in command of a member of the squadron** [emphasis supplied].”

The Design Criteria: “Universally, these (squadron burgees) are triangular pennants with the hoist two-thirds the fly. Designs are simple and bold so as to be distinguishable at a distance and should be such that the pattern reads correctly on both sides. A squadron burgee should not contain a spelled name.”

“Its motif should be based on the squadron's name, some local geographic or historic feature or in some other way reflect the squadron's area of operation. Color combinations should be selected from the standard basic colors: red, orange, yellow, green, blue, white and black. Intricate designs and a multitude of colors should be avoided from the standpoint of costs of manufacturing and reproduction on printed matter. A proposed burgee must not conflict with any other burgee of a U.S. or Canadian squadron or with a burgee or private signal already recorded in a recognized reference work.”

The Approval Process: “Squadron burgees must be approved by the Governing Board upon recommendation by the National Flag and Etiquette Committee (FECOM). The FECOM, in turn, requires the approval of the Squadron Executive Committee and the Squadron's District Council. New squadrons and squadrons desiring to modify their design should make introductory inquiry of the Assistant Chairman of the FECOM to ascertain whether their proposed burgee meets fundamental technical requirements and general USPS guidelines.

Following that, the squadron must garner approval from its District Council. A formal petition may then be made to the Assistant Chairman of the FECOM and must include:

- Certificates from the squadron and district commanders (or secretaries) acknowledging approval at those levels (with dates);
- A brief discussion of the significance of the design;
- A color drawing on heavy white paper or cardboard the pennant measuring at least sixteen by twenty four inches;
- Nine photographic color prints of the above drawing (or equivalent small color drawing measuring no less than three inches by three inches nor more than eight inches by ten inches.

The FECOM will take the proposed design under advisement and will report its assessment and recommendation to the Governing Board.”

Actual Timeline Chronology

March-August 1986: Initial discussion, submittal of proposals and squadron input received

October 16, 1986: Design approval & burgee adoption by the squadron general membership.

October 20, 1986: Design approval & burgee adoption by the squadron Executive Committee.

February 14, 1987: Presented to & approved by the District 26 Council

February 26, 1987: Formal petition with required enclosures mailed to the Assistant Chairman, USPS National Flag & Etiquette Committee.

March 1, 1987: “Proposed” burgee design is first published in “The Log Jam” [with note “awaiting approval by the Governing Board of USPS”].

May 16, 1987: Approved by USPS Spring Governing Board meeting at Grand Rapids, MI.

I intend to conclude this series in the February 2012 issue with Part III, “the Heraldry” underlying our Squadron Burgee.



By P/R/C John (“Jack”) P. Wilson, AP

Continued in Next Column

Boat Show 2012

The 2012 Columbia Boat Show is one of our major activities to meet potential new boat owners and new member prospects. It is an excellent time to meet the boating public and help educate them on boating safety as well as educating them about the purpose and benefits of membership in the Lake Murray Power Squadron.

This year's show at the State Fairgrounds is Friday through Sunday 10—12 February 2012. Show times are Friday and Saturday from 1000 to 2000 and Sunday from 1000 to 1800.

This year SeaRay of Columbia has invited us to share space at their exhibit. SeaRay always attracts a lot of traffic and we hope to attract a lot of prospective new members for our boating course and membership into LMPS.

We need members to work our booth for the three days. Shifts of two people for two hours are ideal. Please email or call Lt Karl Skoog, P: karl.skoog@amcor.com Cell: 546.3005 if you would like to help work our booth.

Lt Karl Skoog, P



It may be cold outside, but it's never too soon to begin planning some warm weather activities. So, we are **CALLING ALL MEMBERS** to help develop an exciting cruise schedule for the coming year. We already have our first Cruise scheduled for Crystal River to swim with the Manatee. What a great start to our LMPS boating season!

We will hold a Boating Activities meeting on 23 January 2012 at Flotilla Island to organize our 2012 boating activities schedule. Come out and share your ideas and offer to lead your favorite cruise. You might consider weekend or longer cruises, day trip cruises, small boat cruises, personal watercraft cruises, rendezvous, kayaking, sailing, etc. Activities are left up to the imagination. How do you like to have fun on the water??

Maybe you can't commit to leading a cruise. We still need your ideas and suggestions on what you might like to participate in. We want to make our activities FUN FOR ALL! So come join us on 23 January 2012 and get the early scoop on all our boating activities for the coming year. If you have any questions, please feel free to contact me at captrcb@gmail.com. We look forward to seeing you there!

*Lt. Rich Barreto, S
Boating Activities Chair*



Save the Dates

*LMPS Oyster Roast—Flotilla Island
25 February 2012*

*D/26 2012 Spring Conference
Hosted by Beaufort Sail & Power Squadron
9-11 March 2012*

*D/26 Cruise & Rendezvous
11-13 May 2012*

*LMPS Shake & Break—Flotilla Island
31 May 2012*



LMPS Bylaw Changes

The Lake Murray Power Squadron, Inc. Committee on Rules has reviewed the squadron bylaws and proposes an updated version taking into consideration the revisions outlined in the sections below.

The squadron bylaws were last updated in 2005 and the proposed revisions are intended to comply with changes to the bylaws and policies of the United States Power Squadrons as approved by the Governing Board and/or Board of Directors during the ensuing years. The proposed revisions bring the squadron bylaws in line with the USPS Model Bylaws for Squadrons dated February 2011.

The substantive revisions concern membership categories, primarily the elimination of Family Members, and dues billing procedures resulting from the adoption of Headquarters Annual Billing procedures. Other revisions are for clarification or general housekeeping.

Revisions will be found in the following sections. You can go to the LMPS website to see these actual revisions appearing in red lettering or as strikethroughs.

Sections 3.5, 3.5.1, 3.5.2, 3.6, 3.6.1, 3.9 and 3.13

Sections 5.1.1, 5.1.6, 5.1.7, 5.4 and 5.8.1.

Sections 6.6.3, 6.6.5, 6.6.6, 6.7.10, 6.8, 6.8.2 and 6.9

Section 7.2.1 and 7.4

Section 8.2.1

Section 9.6.1 and 9.6.2

Respectfully submitted by:

Lake Murray Power Squadron Committee on Rules

P/D/C Eric Pearson, SN, Chair

P/C Tony Dodson, SN

P/C Billy Fanning, SN

We will discuss and vote on the adoption of these proposed changes to our bylaws at our Dinner Meeting on 19 January 2012. Please review the recommended changes in detail on the LMPS website.

2012 FIRST CRUISE



The first cruise of the watch year is in the planning stages already and will be to Crystal River, Florida. Members will once again take a Crystal River Manatee Cruise only a little earlier in the year in hopes to actually see a manatee! Chuck Clark, S will be the Cruise Organizer and is planning the trip for Friday, 13 January to Sunday, 15 January 2012. If you would like to stay over Monday which is Martin Luther King Day, that is not a problem. Below is a tentative itinerary:

- Friday, 13 January 2012—Leave for Crystal River
- Saturday, 14 January 2012—Cruise and snorkel (or diving if certified) from 11 a.m.—4 p.m.
- Sunday—15 January 2012—spend more time on Crystal River or begin return journey home
- Monday, 16 January 2012—MLK Day for those who would like an extra day of fun

Chuck would like to get an idea of how many members are interested in this cruise in order to start the planning process next month. He will coordinate the hotel arrangements and try and get our rooms together as well as arrange the pontoon rental and reserve a time for us to swim with the manatees. If you would like to go on this cruise, please email atease.clark117@gmail.com and be sure to let Chuck know how many are in your group and if you are interested in going for three or four days.



Kathy Ezzell Glenn

RELOCATION SPECIALIST, CRS, ABR

Cell 803.348.7489

Office 803.749.5800

Fax 803.749.5810

kathyezzell@remax.net

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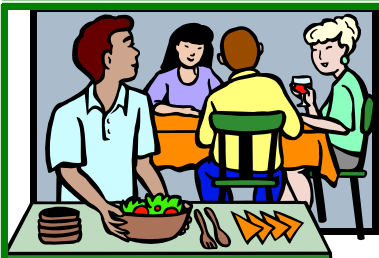
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LMPS JANUARY DINNER MEETING

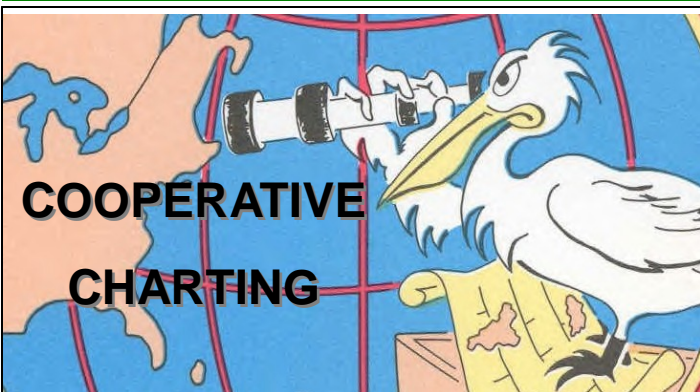
BUSINESS DINNER MEETING

Thursday, 19 January 2012
Saluda Shoals River Center
Hospitality 1830
Dinner 1915

This is a very important Dinner Meeting. We will be voting on revisions to our Bylaws as proposed by the LMPS Rules Committee.

We will also be discussing some changes in our dues structure to coincide with USPS on a national and district level.

Please mark this date on your calendars and respond to your telephone committee when they send out the announcement.



COOPERATIVE CHARTING

We are still in need of someone to Chair our Cooperative Charting efforts. There are many different aspects of Cooperative Charting that you can get involved in with a minimum of effort. After that you can decide how much further you want to get involved at any point. **However, I warn you to be careful; it can be an insidiously habit-forming activity!**

Go to the USPS website and click on Cooperative Charting under the Site Index. Here you can learn all you would like to know about Coop Charting. If you would be interested in leading LMPS in this effort, contact Lt Linda Richardson, S via email at lrichardson003@sc.rr.com or by phone at 803-920-1857.



Congratulations!

Each year the USPS Communications Committee reviews Squadron and District newsletters and websites and selects those which merit special recognition for sustained quality throughout the year that not only promote life within the United States Power Squadrons but also instill interest and inspire and encourage members of the public to take courses and join our organization. This achievement is recognized with the Distinctive Communicator Award. There is one award for publications and websites and is intended to recognize those publications and websites that meet or exceed defined award criteria.

Lake Murray Power Squadron has been selected to receive the **2011 Distinctive Communicator Award**. **CONGRATULATIONS** go out to our 2011 Webmaster, P/C Debra Allen, AP and the 2011 Editor of our newsletter, Lt Janice Ayers, AP for bringing LMPS to the forefront in communications.

CONGRATULATIONS, LADIES ON A FABULOUS JOB!



Qp QUALITY PLUS
HEATING & AIR, INC.

Mack McGahee
mack@QPheatingandair.com

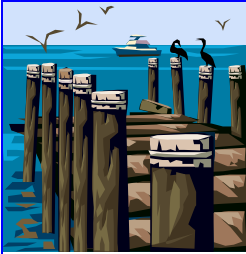
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BOATING SAFETY

Safety on the water is what we are all about! The following article is reprinted from a USPS News Article published in August 2011.

Risk on the Water

By Ed Gumbrecht, Chief Operating Officer, Gowrie Group

Perhaps you have heard some of the strange and extreme stories of boaters who sustain damage to their vessels on the water. Last season, a couple day-sailing encountered a forty ton whale which crash landed on (and totaled) their boat. In the Bahamas, some US college students on spring break helped rescue a grounded 50 foot yacht, and then claimed "salvage" rights to the vessel when the captain took his crew ashore by life raft. Yet while most boaters' sense of boating risk involves physical damage from causes ranging from collisions to lightning strikes, the big dollar claim settlements are often not about the value of the hull or damage to property. The greatest financial exposure that boaters face on the water is liability claims arising from bodily injuries to others.

Last year the US Coast Guard responded to 736 boating fatalities and 3,358 injuries on the water. In the Northeast, the fatality rate exceeded 7.5 deaths per 100,000 registered vessels. While the hull damage in those accidents totaled \$36 million, the unpublished value of the medical expenses and the law suits arising from these accidents will dwarf the property payout. Rising health care and litigation costs, and the protracted nature of valuing personal injuries and establishing liability will only amplify the ultimate settlement costs. In a single accident on the Connecticut River last year three fatalities and the permanent impairment of a young man will set a new bar for the monetary and emotional damages sustained in a recreational boating accident. And while the Coast Guard reports *operator inattention, inexperience, excessive speed, improper lookout and alcohol as the top five contributing factors in accidents*, it is often not the owner of the boat who is operating the vessel at the time of an accident. It is the boat owner however, whose assets are exposed when a boating accident leads to severe bodily injury.

The implications for smart boaters are two-fold. 1. First, through attention to safety, severe injuries can be avoided altogether. Only 14% percent of deaths occurred on boats where the operator had received safety instruction. Conversely, 84% percent of drowning victims

Continued in Next Column

Continued from Previous Column

were reported not to be wearing a life jacket. Clearly, proactive attention to safety prevents severe injury on the water.

2. Secondly, and less obviously, wise boaters attend to protection of their personal financial assets through appropriate liability and umbrella insurance. Many boaters are unaware that the liability insurance on home, auto, and umbrella policies often does not extend to include boating activities. A simple call to a marine insurance specialist can ensure the right coverage is in place. Without liability protection which specifically addresses boating activities, all the personal and financial assets of a boat owner are at risk.

Even though this article references issues on the coast, we have the same safety issues on our inland waters. The 2012 boating season is here. Make your boating experience this year more enjoyable and responsible.



USPS NEWS

USPS is asking for our help.

Contact Congress

After 30 months of work, the Marketing & Public Relations Committee has been unable to persuade the U.S. Postal Service to issue a commemorative stamp in honor of USPS' upcoming centennial. The next step is up to us. During the next 10 weeks, our national representatives and senators will be on recess in their home districts, and USPS is urging us to visit or contact them requesting their support for the 2014 USPS Commemorative Stamp.

Let's lend USPS a hand in this marketing and public relations effort. Type in "Postage Stamp" in the Search box on the home page of the USPS website. There is some very valuable information here as well as a model letter you can revise for local use.





Should You Sweat Out Sickness?

Becoming sick is your body's way of saying, "Slow down." But how slow do you need to go? The general rule: Listen to your body—and leave your ego and your mind out of the decision. Here is a guide to help determine if your body is saying "yes" or "no" to exercise when you're sick.

Yes. A mild cold doesn't have to stop you. If you're feeling restless and need to move, then move. But be gentle. According to the American College of Sports Medicine (ACSM), "Mild-to-moderate exercise (e.g., walking) when sick with the common cold does not appear to be harmful."

No. If you have a fever, the flu, muscle aches, fatigue, swollen lymph glands, or chest congestion, then stay put. In fact, the ACSM recommends two to four weeks of rest before returning to any intensive training.

If you do decide to exercise, remember to cough or sneeze into the bend in your elbow, not your hand; wipe gym equipment with a towel and disinfectant spray; drink lots of water; and take frequent rests.

All Cooped Up

Sometimes, it just isn't feasible to go outside to get active, and the gym can seem so far away, especially if you just want a few minutes of exercise. Don't ditch the idea of working out.

- **Jumping Jacks**—This gym class classic works your entire body and gets your heart rate up.
- **Dance**—Add some upbeat music, and you have your own personal aerobics class.
- **Triceps dips using a chair**—Place your hands on the edge of the seat of a sturdy chair (that doesn't roll) with your back facing it. Then just bend at the elbows, lowering your body toward the ground. Do as many as you can.
- **Chair knee lifts**—Sit in your desk chair and pull your knees toward your body. Then move them back, finishing with your feet on the floor.
- **ITY**—To stretch your back and shoulders, make yourself in the shape of the letters of the alphabet—I, T, Y. Start out in an "I" position with your arms at your sides and head tilted back. Move your arms out until you look like a "T". Bring your arms over your head to form a "Y".

CALENDER OF EVENTS

January, 2012

New Years Day	1
Full Moon	9
Log Jam Deadline	16
Martin Luther King Day	16
Bridge Meeting-Flotilla Island	16
Dinner Meeting-Saluda Shoals	19
USPS Annual Mtg.-Jacksonville, FL	26-29
Coast Guard Auxiliary	30



February, 2012

Groundhog Day	2
Full Moon	7
Engine Maintenance-W.W. Williams	9
Boat Show-Fairgrounds	10-12
Bridge Meeting-Flotilla Island	13
Valentines Day	14
Engine Maintenance-W.W. Williams	16
Flotilla Island Work Day	18
President's Day	20
Log Jam Deadline	20
Advanced Piloting-Midlands Tech	22
Engine Maintenance-W.W. Williams	23
Oyster Roast	25
Coast Guard Auxiliary	27
ABC Class-Flotilla Island	28
Advanced Piloting	29



Lake Murray Power Squadron
A Unit of the United States Power Squadrons®
Post Office Box 2281
Columbia, SC 29202

