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2018/2019 Bridge Officers

Commander: Cdr Anthony Smith, AP
Exec. Officer: Lt/C Joseph Salafia, P
Educ. Officer: Lt/C Morton N. Brown, S
Admin. Officer: Lt/C Linda Hess, S
Secretary: Lt/C Bonnie M. Curro, S
Treasurer: Lt/C Neal Lookner, S

GENERAL MEMBERSHIP MEETING

Land Lubbers Raft Up
January 17, 2019
Meeting and Trivia
(brush up on your boating skills)
Commander’s Message
Cdr Tony Smith, AP

Well here we are in the dead of winter and the Ocean City Power Squadron is alive, as is Ocean City. As in previous years, many of the bars and restaurants are having great winter specials and we intend to take advantage of a couple of these deals while winter is still roaring. We will be organizing groups soon to enjoy the more attractive offers. Keep an eye on your email for details.

On another note, we owe thanks to Racetrack marine for providing an OCPS float for the Berlin Christmas parade. Yes we marched in it again this year and the weather wasn’t too bad. Thanks again to George and his crew at Racetrack for their support.

And, last but not least, we have a new webpage. A real one, not temporary. You can find it at ocusps.org. Thanks to Bruce D’Aloisio for a really great job. I wonder if this is why Karen keeps winning our lotto.

Executive Commander’s Message
Lt/Cdr Joseph Salafia, S

Well mates, it’s that time of the year when we transition to long pants, sweaters, jackets and hats. Not fun!

I think we had a very safe and successful boating season and by now, all vessels are winterized.

Holidays are over and I hope you all gave thanks for living in Paradise. Ha Ha!

I want to thank everyone who supported OCPS in the Berlin parade. Moving our spot to #19 this year seemed much better for most of us. Thanks to Racetrack Auto, especially George and his wife, Terri for the beautiful display and boat again this year. I know he invests lots of time and money into this float, which makes us look great. Please show your appreciation by supporting Racetrack with your business for all auto and boat needs.

This year we also sponsored a decorated Christmas tree in White Horse Park. Thanks to everyone who supported Bill and Sue in this effort. If anyone is out shopping and finds any good deals on boating ornaments or garland please pick some up. We are especially looking for mostly boating related pieces, ie floats, fishing gear, life vests, etc.

We are getting ready for the OC boat show in February 16, 17, 18. We will need volunteers to help with manning our booth. This is always a great time and a perfect place to get our organization out there for new members to join us.

Also, this is our year for the Beer truck at Springfest. This is a great money maker, so please volunteer to help us. More information and sign ups will be forthcoming.
Can’t believe January is already here. Hopefully everyone had a great holiday and New Year.

OCPS has many exciting and fun activities already afloat this year. We are still planning more, so mark your calendars so you will be ready to sail with us.

As you know, our lottery sales went well and Ray is keeping us all up to date on our daily winners. Good Luck.

JANUARY 17th is our first 2019 Membership Meeting. This meeting will include not only our business portion but also a fun “Land Lubber’s Raft Up” in the way of a boating trivia game. We will be serving refreshments and beverages. A prize for the first and last place team will be tossed overboard, so cast in all your boating knowledge.

January 31 will be our “first” winter 2019 Happy Hour. John and I have commandeered Albertino’s Restaurant on 131st in Ocean City. They have great dinner specials so we hope you will join us. Details to come.

February 22 powers us on to our Founder’s Day Luncheon. See flyer in the newsletter for more information. This is an important event as it presents our slate for upcoming Bridge officers.

Also in February is the annual Boat Show. OCPS offers a table with information on boating classes, safe boating and recruitment of new members. Please contact Tony Curro if you are able to help captain our ship (booth) Make sure you check out the “SAVE THE DATE” in the newsletter for more fun activities. Exciting “cruises” are awaiting.

Lorraine and I would like to wish everyone a belated happy holidays and a very Happy New Year. May the New Year bring all a safe boating and healthy, prosperous year.

In December, final exams were given to those students at Berlin Intermediate School that participated in OCPS boating class. Of the 16 students and 2 teacher assistants that attended the ABC course, all passed. Among the 16 sixth grade students who took the exam, the highest grade was a 92. This is outstanding for a 12 year old and shows just how motivated and attentive these students were. Our next running ABC Safe Boating Course will be 11-14 March at the Ocean Pines Library. Registration will be at 1800(6:00pm) and the classes will be from 1830 to 2100.

For the Ocean City Boat Show, I have once again reserved the Boating Virtual Trainer. The Virtual Trainer was such a big hit last year and attracted more people to our booth that the ExCom voted for us to have it again this year. Along with the VT, we will once again have a drawing for a free attendance to our March ABC course. I hope that the combination of the two will attract as many students for the ABC course as it did last year. We had 22 students attend last year’s course.

I would also like to thank all who purchased the lottery tickets. These funds allow us to continue giving free student books to all students 18 years old and younger and charge $15.00 for the adult attendees, who purchase a student book.
Happy New Year to all our members.

I’m sorry to report that some of our members are experiencing health problems.

In October, Jean Rorke suffered a shattered shoulder and underwent reconstructive surgery. She has been recovering at home. Jim tells me that it will take 4 to 6 months for her to completely recover. Our thoughts are with you, Jean.

Mike Luciani has been diagnosed with bladder cancer and had surgery on November 27. His surgery went well and he is recuperating. After some setback, Margaret tells me his appetite is beginning to improve and he is finally beginning to gain a few of those pounds he has lost. He has a follow up appointment shortly. Hopefully this brings good news and he will continue to heal and get stronger. Our thoughts are with Mike and Margaret. As well, we offer our condolences as Mike’s brother passed away in November.

Mike O’Malley had a hip replacement in November. He is recovering nicely and rumor has it he had a great time on the New Year’s cruise.

Unfortunately, Charlie Gallo had a fall in the Miami airport while traveling to the New Year’s Eve cruise. He was taken to the hospital and has a fractured ankle. He was given a full cast and is now recuperating at home and has just received a walking cast. Two cancelled cruises for Deb and Charlie, no fun.

This year we have several members who will be undergoing eye surgery. Stu Glassman, Bonnie Curro and Lynn McAllister will be having surgery. Please keep them in your prayers and thoughts.

Hopefully, I have not missed anyone. Please let me know if you or any member is celebrating any event or has a health concern.

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<tr>
<th>JANUARY</th>
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<td>01 Jan Tellman</td>
<td>03 John Thoroughgood</td>
<td>01 Mair Zaleski</td>
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<td>08 Jan Stevenson</td>
<td>16 Wayne Kirklin</td>
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<td>08 Bob Windrow</td>
<td>18 Sterling Wyand</td>
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<td>09 Linda Wright</td>
<td>22 Barry Godfrey</td>
<td>14 Ginny Rush</td>
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<td>12 Chuck Hinz</td>
<td>23 Bonnie Curro</td>
<td>14 Carolyn Byers</td>
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<td>12 Gene Rickell</td>
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<td>19 Doris Lloyd</td>
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<td>20 Tom Quinn</td>
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<td>26 Vicki Harmon</td>
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MEMBERSHIP NEWS

New Members

Anthony Richard Michael, Jr.
Susan J. Michael
11455 Newport Bay Dr.
Berlin  MD 21911
410-973-2531 (home)
410-714-4500 (Richard)
410-714-1385 (Sue)
Email: armsuejr@gmail.com

Associate Members
Richard Whittaker
Virginia Whittaker
405 Holly Haven Rd
Weems, VA22576
Northern Neck Sail and Power Squadron

The achievements of an organization are the results of the combined effort of each individual.
Vince Lombardi
## OCPS EVENTS

### January 31, 2019
- **Event:** Happy Hour  ALBERTINO’S Rest.  
  131 Coastal hwy  
  Ocean City MD
- **Contact:** RSVP Linda Hess  
  lindahess@mediacommb.net

### February 15, 16,17, 2019
- **Event:** Annual OC Boat Show  
  Convention Center  
  Ocean City, MD  
  Volunteers are needed
- **Contact:** Tony Curro  
  tcurro@mchsi.com

### February 22, 2019
- **Event:** Founder’s Day Luncheon  
  Captain’s Table Rest.  
  15th St. (Courtyard Marriott) Ocean City MD
- **Contact:** Linda Hess  
  lindahess@mediacommb.net

### March 11-14, 2019
- **Event:** ABC Boating Course  
  OP Library
- **Contact:** Mort Brown  
  brownmn1@yahoo.com

### March 29, 30, 2019
- **Event:** D5 Spring Conference  
  OCPS HOSTS HOSPITALITY EVENT  
  Princess Royale  
  9100 Coastal Highway  
  Ocean City MD
- **Contact:** Sandy Glassman  
  stuball4@yahoo.com  
  Susan Sewell  
  grniladi5@gmail.com

### April 13, 2018
- **Event:** OCPS Change of Watch  
  Golden Sands  
  109 Coastal hwyw  
  Ocean City, MD
- **Contact:** Linda Hess  
  lindahess@mediacommb.net

### May 2, 3, 4, 5, 6, 2019
- **Event:** Springfest  
  OCPS HOSTS BEER TRUCK  
  Volunteers needed

### September 8,9, 2019
- **Event:** Chincoteague Boat Trip  
  Details will be forthcoming
- **Contact:** Claude Lewis  
  claudelewis25@yahoo.com

### December 6, 2019
- **Event:** Holiday Party  
  Dunes Manor Hotel  
  Ocean City Md  
  More Details forthcoming
- **Contact:** Linda Hess  
  lindahess@mediacommb.net
January 16, 2019

Dear Members:

Please see the attached list of Nominees for Squadron elected positions for the 2019 - 2020 Bridge Year. These individuals will be considered and voted on at our Founder's Day Meeting and Luncheon on February 22rd at the Captain’s Table Restaurant. See the Sandbar Soundings for registration information and the return date for your reservations.

You must be present at the meeting to vote. We hope to see you there to express your view on the future leadership of the Squadron.

Anthony Smith
Commander
Ocean City Power Squadron

Enclosure
Ocean City Power Squadron

NOMINATIONS FOR THE 2019 – 2020 BRIDGE YEAR

In accordance with the United States Power Squadron Operations Manual and the Ocean City Power Squadron Bylaws, the following members have been nominated for the identified positions. All members present and in good standing at the February 22, 2019 Founders’ Day meeting are eligible to vote.

Commander – Joseph A. Salafia, P
Executive Officer – Kenneth D. Wolf, S
Education Officer – Morton N. Brown, S
Assistant Educational Officer – David McAllister, S
Administrative Officer – Linda M. Hess, S
Treasurer – Neal M. Lookner, S
Secretary – Bonita M. Curro

Executive Committee
1. Lt Janice M. Stevenson, P
2. P/C Peter M. Fox, AP
3. Lt Dale Christensen
4. P/C John W. Tellman, S
5. P/Lt/C Bela J. Gulyas, AP
6. P/C John Hess, S
7. Immediate P/C Anthony D Smith, AP

Nominating Committee
Ch. P/C Antonino G. Curro, AP
P/C Frederick F. Stiehl, P
Lt Janice M. Stevenson, P

Rules Committee
Ch. P/C Frederick F. Stiehl, P
P/C John Hess, S
Lt Claude T. Lewis

Auditing Committee
Ch. P/C Peter M. Fox, AP
P/C Raymond Calandra, S
Lt James G. Rorke, AP
General Membership Meeting
JANUARY 17, 2019
6:30 PM
Assateague Room Community Center

February 22, 2019
Captain’s Table
Located in the Marriott
Ocean City, Md

OCEAN CITY BOAT SHOW
FEBRUARY 15, 16, 17, 2019
VOLUNTEERS NEEDED
CONTACT TONY CURRO

SPRINGFEST
OCPS HOSTS BEER TENT
MAY 2, 3, 4, 5 2019
Great fundraiser, need volunteers
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.*
CAPTAIN’S TABLE RESTAURANT
15TH STREET  3RD FLOOR
COURTYARD BY MARRIOTT
OCEAN CITY, MD

FEBRUARY 22, 2019
Luncheon and meeting
1-3:30 PM
HAPPY HOUR WILL BEGIN AT 3:30

Lunch $25.00
Choice of one:
Crab Cake Sandwich with chips and pickles
Grilled Chicken Sandwich with chips and pickles
Chef choice desserts
Soft drinks included

Please send a check  and include your lunch selection by February 12, 2019 to:

Linda Hess
74 Chatham Lane
Ocean Pines, MD  21811
Late Season Raft Up, Great fun.
Christmas Parade in Berlin 2018. Thank you Racetrack Auto for the awesome boat and decorations. You Rock!
SANDBAR SOUNDINGS
Ocean City Power Squadron
239 Ocean Parkway
Ocean Pines, MD 21811

Editor: Susan Sewell
gmiladi5@gmail.com

This newsletter will be published quarterly by the 15th.
Articles or information will be included if submitted by the 5th of the month of publishing.

Distinctive Communicator 2018