

THE MARINER'S NEEDLE



October 2015

Volume 55 Number 4

Celebrating 55 years!

District 28

SAN LUIS REY SAIL AND POWER SQUADRON

A Unit of the United States Power Squadrons®

Sail and Power Boating

Oceanside, California

OFFICIAL PUBLICATION



OCTOBER 2015



ALL MEMBER EVENT

**Instructor
Appreciation
Night**



Oceanside Yacht Club

Wednesday November 18, 2015
6:30p.m.

Refreshments provided

INSIDE THIS ISSUE

Commander's Corner	2
Calendar	2
Happy Birthday	2
Lessons Learned from the USCG	3
Mark Your Calendars	3
SEO Education Report	4
Cruise to Catalina Report	5
Mission Bay Raft-up	6
Justin's Culinary Corner	7
In Memoriam—Bob Newsom	7
Boating Clean & Green	8
2015 SLRSPS Bridge	10

ADVERTISING RATES ON BACK COVER



CALENDAR

2015

October

2-3 D28 Fall Council/Conference—Phoenix, AZ Hosted by PSPS

3 City of Oceanside Harbor Dock Clean-up Day 1000-1400
Organizer Suzy Cooper

5 Ex. Com Meeting 1830—Home of Adele & Dan Rancourt

16-18 Mission Bay Raft-up—Organizer: Cheryl Veldhuisen

November

2 Ex. Com Meeting 1830—Cavalier Mobile Estates
Clubhouse—Hosts Jennifer & Shawn Goit

18 All Member & Guest Event—1830 OYC—Instructor
Appreciation Night—Organizer Bob Miller

December

7 Ex. Com Meeting 1830—Home of Leslie & David Nack

12 Oceanside Parade of Lights—Organizer Jennifer Alcantara

13 San Diego Parade of Lights 1830 SD Harbor at Shelter Island

18 SLRSPS Christmas Party 1830—Location OYC

A NOTE FROM THE COMMANDER



I have lived in **Southern California** my whole life, and I always scratch my head when the national news declares the end of summer and the beginning of fall. I understand the autumnal equinox, (*Junior Navigation forever seared the equinox events into my brain*), but 56 years of experience tells me our Southern California summer is in full swing. This is when we get the hottest temperatures, the muggiest days and it is the peak of our wildfire season. This year we have the added implications of the building **El Niño** and its associated warming water temperatures. These warmer waters have brought an abundance of sea life to our shores that is not normally around. I am starting to hear stories from people who are getting sick of fresh tuna.

The El Niño is coming and seems to be building in intensity on a weekly basis from everything I read. For those of you who were here in back in '82-'83 and '97-'98, those were pretty hectic times for a lot of us. I still have vivid memories of filling and stacking sand bags to protect our friend's beachfront condo over a 24 hour period back in '82. And while it may not be a very cold winter here, it will be a very wet one. So be prepared. As boaters, it will behoove more than ever to pay attention to the weather forecasts as we won't be able to count on our typical sunny, 70° days. Also, pay close attention to the tides and the moon. As we know from the past a strong storm surge combined with a full moon high tide can create havoc on our shores and in our harbor.

On a lighter note, we had a terrific **GMM** on "S" dock in front of **Shawn Goit** and **Jennifer Alcantara's** boat *Passing Wind* last Wednesday evening. I heard from several sources that it was one of the best events we have had this year.

Continued on Page 3

OCTOBER



KEN BASORE	01
KEVIN DEAL	03
TOM PAULY	03
PATRICK ATTARDO	06
VITTORIA TRUPIANO	16
CAROL MARBEN	22



LESSONS LEARNED FROM THE US COAST GUARD for OCTOBER

Summer is winding down, just one Boating Event (*Mission Bay Raft-up*) and the rest is meetings and parties.

My JN class started with 11 students who will all become our **Junior Navigators** by the end of this year. It's too soon to look back but it gives me a good feeling for 2015 nevertheless.



For my **September** column, I imagined that you were motoring (*as so often is the case*) in INTERNATIONAL WATERS and you were approaching another motoring vessel. She is one mile distant, on your starboard bow, and she will cross ahead of you. She then sounds a whistle signal of five short blasts. What should you do in response? As a matter of fact, a similar situation happened to **Barry Bean** and me as we were leaving with two sailboats from San Diego harbor on our way to **Oceanside** and **Catalina Island**.

One of my readers replied "*Specifically, Rule 15 applies since both vessels are power driven and in a crossing situation where the possibility of a collision exists. Since the other vessel is on my starboard side I shall keep out of the way. This makes me the give way vessel.*" His conclusion was C - make a large course change, and slow down if necessary. Very good! I would add that Rule 8 (b) clarifies "*Any alteration of course and/or speed to avoid collision shall . . . be large enough to be readily apparent to another vessel.*" And Rule 16 talks about "early and substantial action". Well done **Chris Peavey**!! What I like most in his response is that he obtained a copy of the **USCG NAVIGATION RULES** before he answered so eloquently.

While on the topic of *Sound and Light Signals*, for my **October** challenge, let me touch on an area where the INLAND and INTERNATIONAL Rules are significantly different. So, once more, I urge you to look this up in the USCG NAVIGATION RULES. My question is particular for INTERNATIONAL ONLY! What whistle signal, if any, would be sounded when two vessels are meeting, but will pass clear starboard-to-starboard?

- A) One short blast
- B) Two short blasts
- C) Five or more short blasts
- D) No signal is required

So in answering my question you have to look it up; you may also tell me what the INLAND signal would be.

Tell me what it says and the subsection that applies.



Email: Adriaan.Veldhuisen@cox.net

Captain Adriaan Veldhuisen

MARK YOUR CALENDARS for our future 2015 On-the-Water Events

October 16—18:

Mission Bay Raft-up (*Cheryl Veldhuisen, SLRSPS organizer*)

November 1:

Halloween Raft-up in La Playa Cove (*organized by SDSPS*)

Commander's Note *Continued from P. 2*

And please mark your calendars for our last two **GMM's** for the year. **Wednesday November 18** we will be holding our **Instructor Appreciation GMM** where we will be celebrating the work of all of our volunteer instructors and we will be christening our new **Roy Maas Memorial Library**. For those of you who do not know, Roy Maas' widow, **Myril**, donated all of Roy's nautical books to the **SLRSPS** and **Jennifer West** has spent the past six months cataloging and organizing them in our new library in the **OYC/SLRSPS Classroom**.

And then on **Friday, December 18** we will be holding our annual **Christmas Party** that always includes a visit from **Santa** who occasionally has a **Norwegian** accent.

So, pay attention to what is going on around you and stay safe and plan to come to our final two events for 2015.

Commander David Nack, JN

S.E.O. EDUCATION UPDATE

In 2015 we are coordinating the education schedules with the **San Diego Sail & Power Squadron**, so we will include information about their classes also.

We want all the boaters to be able to get as much access to the classes as possible. The combined schedules can also be viewed at <http://www.usps.org/slr/>

and click on CLASSES or <http://www.sdps.org/>



WHAT IS GOING ON NOW?

The test results from the **"Sailing"** class with P/Cdr **Randy White**, SN and P/D/C **Adriaan Veldhuesen**, SN as the instructors have come back. All students easily passed the test. Congratulations to **Lisa** and **Patrick Attardo**, **Kevin Deal**, **Jacques Domercq**, **John Harrold**, **Keith McDaniel**, **David Nack**, **Chris Peavey** and **Phillip Roebuck**.

The second **"Seamanship"** course with instructor **Suzy Cooper** is still awaiting the test results.

The fall **"ABCs of Boating Course"** started September 24 and continues on Thursday nights until December 17, except for Thanksgiving. Although we planned to have a Spanish language class on Monday evenings and an English class on Thursday evenings, starting September 21st and 24th, we had no responses for the Spanish language course. We do have the materials for the Spanish course which are in both English and Spanish, so if you know of anyone needing boating training with Spanish as their primary language have them contact me. We are all safer if we can get other boaters to take these classes, so invite anyone you meet to take one of the classes.

The **"ABC Course"** covers: rules of the road, types of boats, required safety equipment, navigation aids, lights and sounds, anchoring, communications afloat, adverse conditions, water sports safety, trailering, personal watercraft safety, and knots and lines. It also introduces digital charts and GPS waypoint navigation.

This course is one that will fulfill the requirements for a California boating certificate. A new law makes a California boating certificate **mandatory** starting in 2018.

The advanced **"Junior Navigation"** course started on September 21, and continues on Monday evenings until the week before Christmas, with P/D/C **Adriaan Veldhuesen**, SN as instructor. **"Junior Navigation"** is the first in a two-part program of study in offshore navigation, followed by the **"Navigation"** course. It is designed as a practical "how to" course. Subject matter includes:

- *Precise time determination*
- *Use of the Nautical Almanac*
- *Taking sextant sights of the sun*
- *Reducing sights to establish lines of position*
- *Special charts and plotting sheets for offshore navigation*
- *Offshore navigational routines for recreational craft*

The **San Diego squadron** has a **"Navigation"** course going on Monday (6:30 to 8:30pm), June 15-Oct 12 at SWYC with instructor **Steven Bakalis**. The Navigation course will teach you how to use the moon, planets, and stars to determine your position at morning and evening twilight to supplement daytime sights on the sun, moon, and bright planets. You will also get access to and use navigational software tools that can be used to plan and execute any voyage.

The San Diego squadron also has a **"Sail"** course going on Sept 22-Nov 17. The course is being taught in the instructor's home. See their web site if interested in joining this class.

WHAT IS COMING UP?

October 13 - December 14 we have scheduled a **"Weather"** course with our interesting and experienced instructor **David Gibbs**, P. The safety and comfort of those who venture out-on-the water have always been weather dependent. In this course students will become keener observers of the weather, but weather observations only have meaning in the context of the basic principles of meteorology — the science of the atmosphere.

The course focuses on how weather systems form, behave, move, and interact with one another and reflects the availability of all sorts of weather reports and forecasts on the Internet. This is a general weather course benefiting those sitting in their living rooms, as much as those standing behind the helm.

Continued on Page 9

Cruise to Catalina

By Cheryl Veldhuisen,
On-the-Water Activities Chair

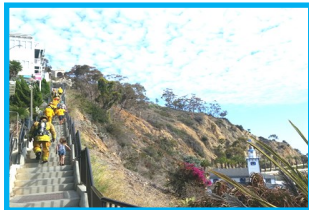
San Luis Rey's annual cruise to **Catalina** began on Tuesday, 9/8, when **Sue & Barry Bean** left their slip at **Pier 32** in **National City** aboard their sail boat, *Le Lezard*, headed to **Southwestern Yacht Club** for an overnight side-tie to *L'Esprit*, owned by **Adriaan & Cheryl Veldhuisen**. The evening was spent catching up on the activities of our lives since we last saw each other in **Paris, France** in June.

Early Wednesday, 9/9, *Le Lezard* & *L'Esprit* headed north up the coast to **Oceanside**. We would love to report a wonderful sail, but, disappointingly, we had to motor the entire way due to light winds directly on the nose. Happy Hour that evening at the Jolly Roger was a wonderful event. We were joined for dinner by **Cdr. David & Leslie Nack, Loie Powell, Shawn Goit, and Jennifer Alcantara**.

Thursday morning, 9/10, *Le Lezard* & *L'Esprit* were joined on the leg from Oceanside to Avalon, **Catalina Island**, by *Passing Wind*, with Shawn Goit at the wheel and **Boyd West** as his 1st mate. Once again, we had no co-operation from the wind so the entire trip was spent motoring. The fish must have been biting that day as we passed 30 – 40 fishing boats on our way across the sea!



Our 1st night in Avalon, like last year, was spent moored in rocky **Descanso**. Luckily the next day, Friday, 9/11, three moorings right in a row opened up in the main bay at Avalon. As soon as breakfast was finished, each boat headed over to our new calm moorings. Once settled, Shawn, Boyd, Adriaan & I headed to shore where we watched the local firemen in full gear race up the stairs of the streets above the shower house in honor and memory of the firefighters that lost their lives in the **World Trade Center**. A bit later, Shawn headed over to the ferry dock to pick-up Jennifer and her children, **Jacob & Jenna**, who joined us for the weekend. The weather was hot and muggy, just like on the mainland, so everyone was in the water – swimming, floating on an air mattress, riding in the dinghies. After a delicious dinner hosted by the Beans, Boyd headed back to the main land by ferry.



The weather on Saturday continued to be hot and humid, so

water activities were again the highlight of the day. The **Women's Outrigger Canoe 26** mile race from **Newport Beach to Avalon** arrived late in the morning. It was quite a sight to see all the canoes lined up attached to the stringer line! The men were racing back to Newport on Sunday, so the city of Avalon was packed with people either in the race or supporting the rowers.



Soon after breakfast on Sunday, 9/12, the three boats headed up to **Two Harbors** where we were again had three moorings right together. Two Harbors is our favorite spot. As Sue Bean said, it is the place for “boat camping.”

Jennifer, Jacob & Jenna had to leave later that afternoon to get back for work and school, but the rest of us just *relaxed* for the next 2 days! There was plenty of time for reading, boat work, and spending time with friends. On Monday night we had rain showers – the 1st ever on one of our cruises! Luckily we had all looked at the weather report and closed our hatches before retiring.

Early Wednesday morning, 9/16, we headed back to Oceanside, arriving in time for the **All Member Hawaiian** potluck on S-dock. Again – no wind for our trip! Shawn's fishing attempts finally paid off on his way back, and he generously shared his catch with the rest of the Squadron at the potluck.

The final leg of our trip was made on Thursday, 9/17, when *L'Esprit* & *Le Lezard* headed back to their home ports in the **San Diego Bay**. And the wind? You guessed it – none to be seen, until we reached **Point Loma** and headed into the channel. At least we were able to *end* the trip with some sailing!



Last SLR On-the-Water Event for 2015

MISSION BAY RAFT-UP in Mariner's Basin

(L 32° 46' N, Lo 117° 15' W)

October 16 – 18

Potluck Happy Hour/Dinner daily @ 5:00 pm
Bring food to share.

Boat inspections will be available.

**DON'T FORGET YOUR DINGHY &
FENDERS TO SIDE-TIE!!**

No Boat?

Join from land by calling Cheryl at (760) 716-4712 and we'll
send a dinghy to pick you up on shore.

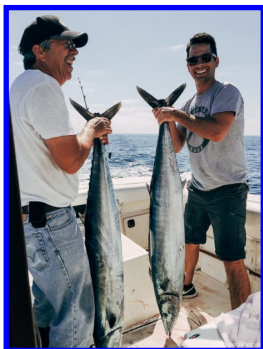
RSVP (*including approximate arrival time*):
cheryl.veldhuisen@cox.net

Directions:

By Boat: *As you enter Mission Bay, curve left, then take 1st left into Mariner's Basin.*

By Car: *Follow directions to Bonita Cove, off W. Mission Bay Drive.*

Justin's Culinary Corner



A RARE CATCH SEARED WAHOO + TOMATO CAPER SAUCE

We went fishing last weekend out of **San Diego** and into **Mexican** waters. It was an absolutely gorgeous day on the water and we were trolling for **Tuna** (which apparently had taken the day off from eating delicious bait).

I had just gotten myself comfortable on the back of the boat and began to doze off in the sun as the breeze blew across my face when I heard the reel start to click. I quickly grabbed the rod and knew pretty soon that we had a decent fish on the line. It took off on a few runs while I was trying to bring it in when another line caught. There was a lot of excitement on the deck while we brought not one, but two 50+ pound **Wahoo** trophies. I'm not much of a fisherman, so I didn't realize that how rare of a catch it is until others started telling me. Not only was it fun to catch, but it is absolutely delicious meat.

After a day of fishing, I wanted to put something quick together for everyone. So far I have eaten it raw, smoked, seared and made a fish stock with it. This quick seared Wahoo goes so well with a Tomato-Caper sauce. Enjoy!



Continued on Page 9

IN MEMORIAM

P/D/C ROBERT N. NEWSOM, P

Submitted by P/D/C Adriaan Veldhuisen, SN

It is with great sadness that I have accepted the task of informing our Squadron Members of the passing of Past District Commander **Bob Newsom** at the age of 84. Although not too many members knew him personally, since we had so many new members in the recent years, we will still miss him.



Bob joined **USPS** in 1977 and earned 30 Merit Marks. Stop and think about that: an active contribution to our organization for 30 years! Bob joined **Helix Power Squadron**, now disbanded, 38 years ago where he ultimately rose to the rank of their **Squadron Commander**. He then joined **San Luis Rey**, was active at the District level, and rose to the rank of **District Commander** in 1993. Bob celebrated his 61st wedding anniversary in June this year and went on a cruise from **Vancouver to Anchorage** in August. He passed away on Monday, September 7th at **Mercy Hospital**. **Mary-Lou** told me that his death certificate reads: "*failure to thrive*" and we were able to laugh about that.

When I served as Squadron Commander in the year 2000, my mentors were **E. Brian Smith** and **Bob Newsom**. Also later, when I served as District Commander in 2005, I could always count on Bob and a few like him for advice. At USPS, and San Luis Rey in particular, we take support and mentoring very seriously. In other words, I learned from the best.

So here's to Bob Newsom:

"May the road rise up to meet you and, until we meet again, may God hold you in the palm of His hand."

Bob is survived by his wife Mary Lou, daughter Lynn, son Tom, and 4 grandchildren.

You may sign the Guest Book online obituaries at www.utsandiego.com

Boating Clean and Green in Oceanside Harbor

Submitted by Lt/C Suzy Cooper, AP

What is a Dockwalker? No, it's not that guy that roams the dock giving out citations if you have the wrong shorepower connector. A **Dockwalker** is a volunteer that talks with other boating enthusiasts on the importance of environmental stewardship and policy changes. They help to distribute boaters kits at boat shows and special events.

I first came aware of the Dockwalker program by chance in 2014. The previous year as I was finishing up my **ABC** course while at the same time studying marine conservation fulltime as a graduate student. One of my small projects was to look at how the boating community perceived certain human impacts in the **Oceanside harbor**.

What I learned quickly after surveying a few of my fellow ABC students was that marine pollution such as marine debris, sewage and oil/fuel contaminants was ranked as the greatest threat by my boating peers. Not only had the boating community voiced their concern over this problem, but they had also suggested possible solutions in which every individual could help - the solution, educational hands-on activities and workshops for fellow ocean users. In the following months I started to actively participate in **SLRSPS** and attend meetings and conferences. In the spring at the **D28** conference hosted by **Balboa** the guest speaker, **Vivian Matuk**, explained this amazing volunteer opportunity that allowed boaters to help spread the word about ecofriendly boating practices. This was the **"Boat Clean and Green"** environmental program, a program specifically targeted at educating boaters how to properly dispose of oil, chemical, sewage and plastic waste. I was on my way in becoming a trained Dockwalker.

This path soon became full circle with my research interests and passions on saving the oceans from marine debris. Soon afterwards another small project was born. This time the purpose was to understand what type of approach motivated boaters to go clean and green. In September and October 2014 during **"Harbor Days"** and **"Clean Dockbox Day"** the SLRSPS booth surveyed boaters about their boating practices and knowledge of environmental laws. The survey focused on six environmental and policy questions. It was strictly considered a "cold call" approach in which there was not a previous discussion on issues or interactive displays to engage with. Incentives to participate and take the short survey was the boating kit which was supplied by the Dockwalker program, part of a joint effort between the **California State Boats and Waterways Department** and the **California Coastal Commission**. The boating kit had many fantastic resources such as, an oil absorbent pillow, waterproof guide describing how to keeping pollutants out of the water, environmental boating law guide, **State of California Guide to Boating and Safety**, **Southern California** tide table and phone numbers for recycle used oil locations and where to report oil and chemical spills and was reported at a \$22 value. Also in the kit, ten main educational messages was shared in its literature including, 1) *practicing preventive engine maintenance and using oil absorbents*, 2) *spill-proofing oil changes and fueling*, 3) *not adding soap*, 4) *minimizing boating cleaning in the water*, 5) *reducing toxic discharge from bottom paint*, 6) *disposing of hazardous waste properly*, 7) *managing sewage properly*, 8) *keeping trash on-board, do not throw it overboard*, 9) *reducing grey water discharges*, and 10) *not spreading invasive species*. Once the participants agreed and took the survey in exchange for the boating kit, then the correct answers were given to the

six environmental questions. The participants were made aware of the green pledge and sign-in for any additional educational information at the back of the survey.



On the flip side, a 15 minute educational presentation with interactive hands-on activities on eco-friendly practices was given in the fall ABC class. The hands-on activity demonstrated how soap did not disseminate oil in the water column, but instead how in reality that oil sunk deeper into the water column. The demo brought home the point that it was illegal to add detergent to mask oil inside confined waters such as Oceanside harbor. At the end of the survey the participant was asked to make a pledge to keep the waters clean and encouraged to sign up for the clean and green boating online newsletter, just as before.

The results indicated that interactive educational presentations when compared to the "cold call" approach showed a high majority of participants agreeing to be clean and green by taking the pledge. Surely this is not a surprise for us involved in teaching our boating classes as seen by the increase of student motivation and participation when on-the-water classes are offered compared to the regular sit-in-the-classroom type. However, what was most interesting was how much more education is needed in our community. Only about half of the study participants could correctly recognize the pump-out and oil recycle symbols. And knowledge of current federal laws pertaining to the discharge of untreated boat sewage within the 3 mile limit in US waters scored the lowest of the questions asked. With boating experience ranging from 6 months to over 40 years, there is still much more to be learned especially with changing of boating and environmental laws.

So take the pledge and keep up to date with environmental policies.

Clean & Green Pledge:

- **Go green when cleaning by using less toxic, biodegradable, and phosphate free cleaning products**
- **Never using soaps to remove any oil or sheen on the water**
- **Stashing trash onboard, recycle, use reusable water bottles, coffee mugs and bags to avoid excess packaging**
- **Disposing of hazardous wastes (e.g. used oil, oil filters, oil/fuel-saturated absorbents, batteries, and antifreeze) properly at a local Household Hazardous Waste Collection Center**
- **Never discharging raw sewage overboard and instead using a landside restroom, sewage pump out, port-a-potty dump station, or mobile service**
- **Contain every drop of fuel and oil by leaving the fuel tank 10% empty, using oil absorbents in the bilge, under the engine, and while fueling to capture unexpected leaks**
- **Reviewing and implementing practices included in the educational materials in the Clean and Green Boating Kit**

Interested in a boating kit, becoming a Dockwalker, or a **"Go Clean and Green"** interactive presentation in your USPS classroom, contact **Shawn Goit** - SLRSP@cox.net or **Suzy Cooper** - suzycoop@gmail.com

Want more on the Dockwalker program, contact **Vivian Matuk** vmatuk@coastal.ca.gov or visit www.BoatingCleanandGreen.com

SEO Report *Continued from Page 4*

Each student receives:

- * A **Weather Manual** - USPS Weather - an explanatory text with full color photographs and drawings covering weather in the United States and its coastal and inland waters;
- * A set of three **Daily Weather Maps** - learning aids with a complete explanation of map symbols designed to develop weather map reading and analysis skills; and
- * **NOAA's Sky Watcher Chart** - a reference to assist in identifying cloud types – helpful indicators of approaching weather.



The San Diego squadron has the **"Advanced Piloting"** course scheduled on Tuesdays from October 6 to December 15. The course builds on the lessons of the Piloting course and includes:

- *Advanced positioning techniques, such as advancing a line of position to obtain a running fix*
- *Use a variety of electronic tools: radar, depth sounders, autopilots, chart plotters, laptop computer software, and more*
- *Hazard avoidance techniques using electronics (e.g., avoidance waypoints or safety zones in GPS)*
- *Collision avoidance using radar, GPS, and AIS*
- *Working with tide and current data to determine clearances, depth of water and effects of current*
- *Piloting in various wind and current conditions*
- *The "Seaman's Eye" – simple skills for checking that one is on course*

The San Diego squadron also has a weekend **"ABCs of Boating Course"** October 23-24.

As stated earlier on P. 4, the **"ABC Course"** covers: rules of the road, types of boats, required safety equipment, navigation aids, lights and sounds, anchoring, communications afloat, adverse conditions, water sports safety, trailering, personal watercraft safety, and knots and lines. It also introduces digital charts and GPS waypoint navigation.

This course is one that will fulfill the requirements for a California boating certificate. A new law makes a California boating certificate **mandatory** starting in 2018.

Please contact Lt/C **Bob Miller, JN**
(email rgmsrm@yahoo.com)

or

Lt/C **R.D. Walker**, SN Phone (760) 729-6034 for registration and information about the educational opportunities available for you or to request classes and seminars we have not currently scheduled.

Lt/C Bob Miller, JN

Justin's Culinary Corner *Continued from Page 7***Ingredients:**

- 2 Wahoo steaks (or similar meaty fish)
- ½ cup tomato sauce
- 1 tablespoon capers
- 1 tablespoon lemon juice
- 1 tablespoon olive oil for the tomato sauce
- 1 tablespoon canola oil for cooking the fish
- Kosher salt + pepper

Instructions:

1. Heat the tomato sauce with the olive oil, capers and lemon juice until heated through in a small sauce pan. Keep warm.
2. Season the fish on both sides with kosher salt + pepper. Heat the canola oil in a frying pan over medium-high heat. Once the pan is hot and the oil begins to shimmer, sear the fish on the first side and reduce the heat to medium. Turn the fish to finish cooking through.
3. Spoon the tomato sauce onto a warm plate and place the fish on top. Serve immediately.

I am always interested in your feedback, so please don't hesitate to email me or post a comment on my food blog,

SaltPeperSkillet.com

Author: Justin McChesney-Wachs

Justin@justinmw.com



Photos in this issue provided by Jennifer Alcantara and Shawn Goit



2015 BRIDGE

COMMANDER

Cdr. David L. Nack, JN

Cell: (760) 941-5336

DLNack@cox.net



EXECUTIVE OFFICER

Lt/C Suzy Cooper, AP

(808) 221-4692

dlnack@cox.net

ADMINISTRATIVE OFFICER

Lt/C Shawn Goit, AP

(760) 468-6212

SLRSP@cox.net

EDUCATION OFFICER

Lt/C Robert Miller, JN

(760) 415-1566

rgmsrm@yahoo.com

ASST. EDUCATION OFFICERS

Lt/C R.D. Walker, SN

(760) 505-3500

rdgail35@gmail.com

TREASURER

Lt/C Dan Rancourt, AP

(619) 787-7066

dhrancourt@gmail.com

SECRETARY/HISTORIAN

Lt/C Jennifer Alcantara

(760) 468-6212

scubajenny65@yahoo.com

FLAG LIEUTENANT

Lt/C Shawn Goit, AP

(760) 468-6212

SLRSP@cox.net

EXECUTIVE COMMITTEE

P/C Barry D. Bean, JN

P/C Loie D. Powell, AP

P/C Adriaan Veldhuisen, SN

COMMANDER'S AIDE

P/C Adriaan Veldhuisen, SN

BOATING ACTIVITIES

Lt Cheryl Veldhuisen, AP

(760) 471-6067

cheryl.veldhuisen@cox.net

PORT CAPTAIN

Lt Nigel Woolf, AP

(760) 753-6643

nkwoolf@hotmail.com

MEMBERSHIP CHAIR

Lt Jennifer Alcantara

(760) 468-6212

scubajenny65@yahoo.com

VESSEL SAFETY CHECK

Lt/C Shawn Goit, AP

(760) 468-6212

SLRSP@cox.net

LEADERSHIP DEVELOPMENT

P/C Van Diehl, SN

(760) 942-0870

vandiehl@sbcglobal.net

WEBMASTER

Lt/C Shawn Goit, AP

(760) 468-6212

SLRSP@cox.net

SAFETY OFFICER

ADVERTISING & PUBLIC REL.

Lt June Duet, S and Lt. Gail Palmer, AP

(760) 224-5612

june5306@yahoo.com

ENVIRONMENTAL COMMITTEE

Lt June Duet, S and Lt Dave Duet, P

(760) 224-5612

june5306@yahoo.com

CO-OPERATIVE CHARTING

Lt/c Shawn Goit, AP

(760) 468-6212

SLRSP@cox.net

MEMBER INVOLVEMENT/RETENTION

P/C Cida Diehl, SN

(760) 716-5643

cidadiehl@sbcglobal.net

BOAT SHOWS

Cdr. David Nack, AP

(760) 941-5336

DLNack@cox.net

THE MARINER'S NEEDLE EDITOR and ROSTER

1/Lt. Jill Powell, AP

(760) 716-1675

sanluisrey@earthlink.net

NEED TO CONTACT SAN LUIS REY SAIL & POWER SQUADRON ? Call or write:

SLRSPS, 1384 Woodview Court, Oceanside, CA. 92056. USA.

**WISH TO ADVERTISE TO
FELLOW SQUADRON
MEMBERS AND OTHERS?**

Your advertisement will be placed in subsequent editions (for 1 full year) of **The Mariner's Needle**. Please submit advertisement whether it be a half page, 1/4 page or business card size, along with your check for \$300, \$150 or \$60 accordingly. Make check out to **San Luis Rey Sail & Power Squadron**. Mail it to the squadron office address prior to the 20th of the next month. Circulation for October is approx. 120.



**ADDRESS CORRECTION
REQUESTED**



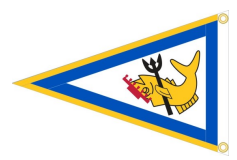
www.usps.org/slr

**SAN LUIS REY SAIL &
POWER SQUADRON
VISIT THE MARINER'S
NEEDLE IN "TECHNICOLOR"
TODAY**

**United States Power Squadrons®
What is USPS ?**

USPS® is a private, non-profit, non-governmental, and non-military organization of men, women and families who are socially compatible and have a common love of recreational boating. There are no barriers to membership on the grounds of gender, race, religion or ethnic background. USPS is comprised of some 37,000 members in approximately 450 local Squadrons in virtually every State, Puerto Rico, the Virgin Islands, Japan, and more distant areas where Americans congregate. USPS is the world's largest private boating organization. The USPS Educational Program is diverse and challenging. It offers to the members the promise of greater enjoyment and safety in their own boating activities. In addition, the Educational Program offers the satisfaction of personal accomplishment, and the opportunity to share with others the knowledge and skills the individual member has acquired.

**SAN LUIS REY SAIL &
POWER
SQUADRON**
A Unit of the United
States Power
Squadrons®
**Sail and Power
Boating—District 28**



Articles, Opinions and Advertisements do not necessarily reflect USPS policy or endorsement unless so designated.

1384 Woodview Court
Oceanside,
CA. 92056.