Another great start to the new watch year. 2013 has brought us fair growth in our organization thus far and I am looking forward to even more success with membership retention.

There is an increase in active members and as a result we have acquired a new Bridge and Committee members. Our focus will be to encourage retention and civic service for the year.

Our educational Department has increased the number of classes made available to the public and members on a monthly basis thanks to our new SEO Lt/C Rudyard Jeffers. We also have a couple of volunteer instructors to assist us in carry out a series of advance classes this summer and I am so excited.

A new list of activities is now available for our social events coming up for the month of May starting this weekend with a night on the town at Hard Rock Hotel & Casino. We will meet up at Johnny Rockets for 7 pm and take it from there.

Our executive committee has purchased so new appliances and tools to assist us in keeping up with our duties for both recreational and educational activities.

Overall we are off to a great start with lots of potential and I trust that as we continue to spread the word about our great organization and each one of us making a commitment to reach one and teach one we will achieve greater success in keeping our community safe while having fun on the waters.

"In God we Trust!"
Member Birthdays

January
01/04 Charles Gutierrez, AP
01/05 Belkis Gutierrez, S
01/11 Richard Horvitz
01/12 Felipe Blanco
01/17 Cindy Cercone
01/26 Michael Mooney

April
04/09 Daisy Magno
04/09 Sandra Gilad
04/09 Craig H. Grosby, P
04/18 Anthony J. Silvagni
04/23 Paul Meltzer
04/24 Robert T. Reilly
04/30 P/Lt/C Charles R. Wolk, JN

February
02/02 William Bohler
02/06 Roberto Ghitis
02/18 Paul Norman Comeau, AP
02/27 William E. Knickerbocker, S

MAY
05/04 P/C Jim Yaeger, SN
05/21 Easter Dawkins
05/23 Austin Higney
05/30 Leo R. Gray, P
05/30 Lt Frederick F. Richards Jr., AP

March
03/16 Lt/C Rudyard K. Jeffers
03/17 Christopher P. Williams, P
03/25 John A DeMartino, AP
03/26 Lt Howard A. Cohen, AP
03/30 Nodilee James

Please contact editor if your name is missing so that we can update our roster.
Congratulations to our recent graduates & Welcome to USPS!

Schedule is as follows:

**ABC Class** May 25, June 22, July 20 from 8-5pm

**Emergency on Board Seminar** May 8 & 22 from 7-8:30pm

**Operations Training** May 11-12 from 9-12pm

**Seamanship** June 12 7-9pm weekly

**Cruise Planning** TBD

**GPS Seminar** TBD

All classes will be held at the Squadron building at 5225B W Broward Blvd, Plantation, FL 33317.

If you would like to participate or need more information about a course or to register please go to our website at [www.flsquadron.org](http://www.flsquadron.org).

More Advance courses to follow this Fall.

*Education Excellence*

*Education Department*

_Educating our community one person at a time!!_

“Be an Active Member”

Become a booster and donate $12 towards the publication of the Gondola.

Contact the treasurer to help!

_Nations best Boating Courses!*
UPCOMING EVENTS

Bridge Officers 2013-2014
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Vessel Safety
Lt/C Fred Richards Jr., AP
305–935–1494
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Executive Committee
Mary Yaeger 954–567–3339
Paul Comeau 954–922–9036

Join us for a Night on the Town at the Seminole Hard Rock Hotel & Casino this Saturday Night May 4th at 7pm. Meet up at Johnny Rockets. FREE Parking!

Let’s Brunch out at the Jazz in the Park on Sunday May 5th at Las Olas River front from 11-2 pm.

Pay for parking and bring a blanket & let’s be entertained.

Member social celebrating new members & birthdays on May 11th from 7p.m until.

At squadron building with Pot-luck dishes & no admission cost!

D-8 Summer Rendezvous on July 12-14
Go by boat or car rooms from $109 + $20 parking.
For bookings call 1888-421-1442
Health Watch

What causes high blood pressure?

Blood pressure is the measure of the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and contributes to hardening of the arteries, or atherosclerosis, and to the development of heart failure.

What Is "Normal" Blood Pressure?

A blood pressure reading has a top number (systolic) and bottom number (diastolic). The ranges are:

- **Normal**: Less than 120 over 80 (120/80)
- **Prehypertension**: 120-139 over 80-89
- **Stage 1 high blood pressure**: 140-159 over 90-99
- **Stage 2 high blood pressure**: 160 and above over 100 and above

People whose blood pressure is above the normal range should consult their doctor about steps to take to lower it.

What Causes High Blood Pressure?

The exact causes of high blood pressure are not known, but several factors and conditions may play a role in its development, including:

- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Older age
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders

To be continued……
“Be Alert: National Safe Boating Week”

“Practice safe boating, wear your life jacket and take advantage of your Member Benefits by checking out what’s available to you! Looking for a fire suppression system? Maybe the Pyrocool® Aerosol is just what you need. USPS members get a 52 percent discount! Go to the Member Benefits website, click on the Pyrocool icon and start enjoying your benefits today!” — Barbara Erickson

Safe Boating Week Activity

Safe Boating week is May 18-24 and we need volunteers to go out to promote boating safety and the value of wearing life vest. Please contact Lt/C Joan Jones at 954-709-0207 for more information of locations and times that you may assist.

Surge Protective Devices Onboard Vessels May cause fires

“The reason for the danger and alert is that on many commercial vessels - 120 v. Ships house power is stepped down from 480. Unlike home power where 120 volts is hot to a neutral- which is tied to ground at the service entrance; 120 on a commercial vessel is thus hot on both legs. That is 120 v. phase to phase or about 60 volts phase to ground.

Thus a wiring or device fault which trips only the normal household hot - does not protect a device which is on a ship. This is especially true on ships built in the 70s and 80s. You can tell if your vessel is wired this way, as all 120 volt circuit breakers are double pole. However, generally this warning does not apply to the small boat market. The exception might be some older boats with incorrectly wired generators.”

The life you save may be your own... Get your Vessel Safety Check completed before you hit the waves!

Contact Fred Richards Today! at 305-935-1494
Let the good times roll....

Join us at our next meeting!!

Executive Meeting at 7pm on May 27
&
General Meeting at 8pm on May 27
All meetings will be held at Squadron Building
Boating in Fun.....We’ll show you how!!

Fort Lauderdale Power Squadron
5225B West Broward Blvd
Plantation, FL 33317

Website: www.flsquadron.org