



# THE EAGLE'S EYE

VOLUME 45 ISSUE 6

[marcoboatingclub.org](http://marcoboatingclub.org)

June/July 2024

## District 22 Spring Conference Awards



One of the awards presented at the conference was the Nautical and Geodetic Mark Recovery Program Honor Roll. Marco Island is ranked 6th Nationally. It is awarded to the squadrons that reported on the differences between the latest nautical chart ATONS (and/or Geodetic Marks) and what exist. Our squadron participates in surveying the ATONS. This award was for the year 2023 and 9 members from Marco and 2 from Peace River received this award. The following Cooperative Charting Honor Roll award winners from Marco Island were: Cliff Winings, Carl Thieme, Dave Chaney, Jerry Williams, Christopher Frost, Kenneth Deutsch, Kay Deutsch and Andrea Battaglia.

Pictured: Andrea Battaglia accepting award from D22 Executive Officer and National Chief Commanders' Representative.

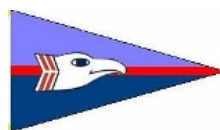
Cdr Nanette Rivers accepted the award for second Place for our Eagle's Eye Newsletter



Photos courtesy of Harold Anderson

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**THE EAGLE'S EYE DEADLINE:** Members and Bridge are encouraged to submit material to the Editor by the 15<sup>th</sup> of the month or as requested by the editor. *The Eagle's Eye* is the official publication of the Marco Island Sail & Power Squadron (MISPS) with ten issues yearly.

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## MISPS is a squadron in District 22

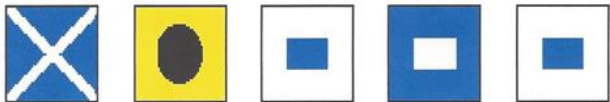


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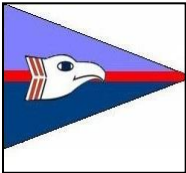
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Photographer	Jane Orsulak or as labeled



## UPCOMING EVENTS 2024

Date	Event	Location	Day	Time	Page
<b><u>June 2024</u></b>					
4-Jun	Cards	Learning Center	Tue	1300	7
6-Jun	Cruise/Drive	Everglades Museum/ R&G Club	Thu	1130 lunch	19
12-Jun	Captain's Meeting	CJ's on the Bay	Wed	1700	7
12-Jun	Executive Board Meeting	Learning Center	Wed	0900	
18-Jun	Silver Tridents Breakfast	Hoots	Tue	0830	
18-Jun	Cards	Learning Center	Tue	1300	7
20-Jun	Cruise – BYOE	Panther Key	Thu	1100	20
26-Jun	Captain's Meeting	CJ's on the Bay	Wed	1700	7
<b><u>Jul 2024</u></b>					
2-Jul	Cards	Learning Center	Tue	1300	7
10-Jul	Captain's Meeting	CJ's on the Bay	Wed	1700	7
12-Jul	Happy Hour	Patty Murphy's Pub	Fri	1600	
16-Jul	Silver Tridents Breakfast	Hoots	Tue	0830	
16-Jul	Cards	Learning Center	Tue	1300	7
18-Jul	Cruise/drive	Island Gypsy	Thu	1130	21
24-Jul	Captain's Meeting	CJ's on the Bay	Wed	1700	7
<b><u>Aug 2024</u></b>					
6-Aug	Cards	Learning Center	Tue	1300	7
8-Aug	Boat Event	TBA	Thu	TBA	
14-Aug	Captain's Meeting	CJ's on the Bay	Wed	1700	7
20-Aug	Silver Tridents Breakfast	Hoots	Tue	0830	
20-Aug	Cards	Learning Center	Tue	1300	7
22-Aug	Dinner/Cruise	Mango's	Thu	1700	22
28-Aug	Captain's Meeting	CJ's on the Bay	Wed	1700	7





**THE EAGLE'S EYE EDITOR**  
**Lt Jane Orsulak**

Please continue to send any pictures of club events for me to include in upcoming newsletters.

I welcome any comments and suggestions to the newsletter. Please email to [jmo.abcd@gmail.com](mailto:jmo.abcd@gmail.com)



**SUNSHINE NEWS**  
**Lt Kathleen Reynolds**

If you are aware of a member of MISPS who could use a little ray of good cheer due to an illness or some other bump along the road of life, please do let the SUNSHINE LADY know. That way I can send along the good wishes of the Squadron. Information can be sent to [kreynol@aol.com](mailto:kreynol@aol.com) or by phone call at 239-394-0459. Thanks

Kathleen Reynolds

### June/July Birthdays

Happy birthday to the following MISPS members who are celebrating their birthdays this month. If we've missed your birthday, contact the Editor.

06/04 Paul G. Gulling  
06/05 Jean M. Taylor  
06/07 Susan B. Cole  
06/12 Kenneth W. Deutsch  
06/22 Susan E. Flaherty  
06/28 Sonny McKay  
06/29 Sheila M. Bahin  
07/01 Mary M. Moyer  
07/04 Galina Yurkin  
07/05 Bill Del Zotto  
07/05 Carol Egan  
07/13 Roger M. Thario  
07/18 Jose D. Puell  
07/18 Julie R. Riley  
07/22 Donald L. Cates  
07/27 Richard C. Flaherty  
07/28 Mary Alice Wilson  
07/29 Bill Russo



**BOSUN'S Whistle Bridge Report**  
**Cdr Nanette Rivera**  
**Lt/C Chris Ricci, S**  
**Lt/C Christopher Frost, AP**



### Marco Island Sail & Power Squadron (MISPS) is becoming a leader in the Marco Island Boating Community

As the 2024 Commander of the MISPS, I view building the skills of the boating community in Tactical First-Aid CPR/AED as *a civic duty*. Our MISPS marketing committee and key bridge leaders have invited the Marco Island Boating Community to form a coalition that emphasizes training that will save lives when minutes count.

Our goal is to build a critical number of Marco's population into individuals who are skilled in resuscitation and who can confidently assume situational leadership, when decision making and acting makes a difference to someone's life. This will be the first "line of defense" **before** EMS arrives.

The national average **survival** rate for sudden cardiac arrest (SCA) in the U.S. remains very low, generally around 5-10%. For each additional minute a person is in cardiac arrest, there is a 10% decrease in the chance for survival.

In King County, Washington, one small community north of Seattle decided to focus on making Automated External Defibrillators (AED) available throughout the town. They combined AED availability with skilled residents and improved survival rates to as high as 40-60%. That is remarkable!

Members of The Marco Island Power Squadron, the US Coast Guard Auxiliary, the Marco Island Yacht Club, the Marco Island Cruise Club, and other Boating enthusiasts such as the Kayaking Club have come together to develop skills in first aid and awareness of how to improve personal safety. The training is hands-on and tactical, using a dummy and with a live Automated External Defibrillator (AED).

These skills can be equally applied to stabilize a



guest who injures himself in your boat during a Sunday outing, or a stranger who stops breathing and collapses in the parking lot outside the Publix supermarket. What we must learn to do is lead at the scene and act: call 911, begin compressions, and secure and deploy a nearby AED. It takes confidence to lead a team of bystanders in these circumstances.

Our boating community shares a culture of camaraderie, enjoyment of boating, and a focus on building safe boating and navigation skills. We believe many of our members likely have an interest in strengthening and refreshing their personal safety and first aid skills. Classes of 20-students with interests in learning how to resuscitate or stabilize injuries (bleeding, bone fractures, heart attacks, strokes, drowning, and more) have been offered at our Squadron condo in April and May.

The skills learned may help you save a life, but at a minimum it will give you confidence to help a “mate” find comfort while waiting for outside 911 emergency help to arrive. These skilled individuals become assets for the community.

Geoff Fahringer, our Squadron Safety Officer, and class instructor calls us trained “Sheep Dogs” (*come to one of the next classes offered and learn how / why you become community Sheep Dogs*). Sheep dogs guard the sheep.

In April Marco’s Boating Community came together and launched the first of many classes to come. All classes are open to the public and are held at the Squadron learning center. **Classes are free**, and we encourage you to sign-up and invite friends and neighbors to attend – we want a ‘critical mass’ of Marco Residents to become skilled in life saving techniques.



A second set of classes, **Situational Awareness**, is meant to improve anticipation skills; Capt. Fahringer says: “Marco Island is safe, but Situational Awareness becomes important when you go across the bridge, and you leave paradise! The rest of

Florida is not the safe enclave that Marco is.”

The situational training touches on common sense precautions that we can take, such as: having a plan; analyzing your environment; identifying threats, trusting your instincts and how to avoid being a victim. For example: if you are in the mall and there is an active shooter, how can you improve your chances to make it out safely?

During May, **Marco’s Safe Boating Month**, our squadron was recognized by the Marco Island City Council with a proclamation for the ‘Wear-It Campaign.’ Remember, when on the water, increase your personal safety and role-model for others by wearing a comfortable self-inflatable life jacket, no excuses!

After taking these classes it becomes our duty to be safe and not add to the statistics.

**Nanette Rivera:** Commander – Squadron-3125

**Chris Ricci:** Ex/O– Squadron

**Chris Frost:** A/O – Squadron

Marco Island Sail & Power Squadron



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**EDUCATIONAL OFFICER**  
**P/D/C Ted Reiss, SN-CN**



The Vessel trainer/simulator is up and running in classroom. Are you ready to test your skills or more importantly improve your skills? What size boat do you want? Can you dock it alongside of a floating dock? Can you back it into a slip? Can you deal with

wind or current? On June 11th the system will be available from 9 AM until 7 PM for one hour sessions. Register ahead of time by contacting me (239-213-8722 or Capttedr@yahoo.com) by June 8th. Each FREE session begins on the hour. If that day is not good for you, let me know and we can schedule another day/time.



Peggy Reiss driving the simulator.

Photo Courtesy of Ted Reiss

From our more experienced navigators, we need several to continue training others on the use of the classroom trainer and on their boats (Jump Start) on-the-water training. Are you willing to help other members? One of the best ways to learn is to teach. Let me know your interest.

Classroom education schedule for the Fall and Winter courses and seminars will be created over the

next few months and published in September. Educational opportunities are for you. Let us know of topics of interest so we can include them.

So let's go boating, be safe and keep on learning.





## SAFETY OFFICER Goeff Fahringer



### HOW “SHIP-SHAPE” ARE YOU?

As boaters and members of the Power Squadron, we find ourselves at times being more physically active than say belonging to the local chess club. Now don't get me wrong, I like playing chess. But I have never in the middle of a chess game wondered if my lower back was going to give me trouble as I try for checkmate :-)

Luckily there are a few tools we can incorporate into both our day-to-day lives as well as the time we spend on our boats.

I am talking about using resistance bands and kettle balls or dumbbells to help us stay physically fit.

**RESISTANCE BANDS.** When we talk about workout equipment, nothing is more portable and yet can work every muscle from head to toe than resistance bands. Resistance bands use oppositional forces to train your muscles. Basically, the band will feel heavier and give more resistance the more you pull on it. You can also choose the intensity and level of your workout by just choosing different thickness of bands or simply moving the band to different tension points on your body.

I bought my bands at [www.ironwoodyfitness.com](http://www.ironwoodyfitness.com). Go to this site to both see the wide variety of bands and workout tips.

**KETTLE BALLS OR DUMBBELLS.** A small set of kettle-balls or dumb-bells, say 5lb, 10lb and 15lb or 20lb, is all you need to do basic exercises like curls

for your arms, chest presses or check out the goblet squat for the legs and butt. I prefer kettle-balls over dumb-bells as the handle on the kettle ball gives you a wider range of exercises; like the Russian kettle-ball swing to build those lower back muscles. I have attached a couple of posters you can use to see a wide range of exercises. Remember, being “ship shape” also means staying in shape!

## Membership Corner P/C Peggy Reiss

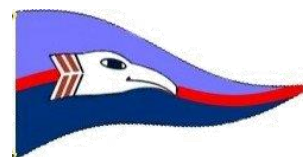
Please welcome new members Dan & Paula Wilson. They joined after a VSC on their boat, a 34' named Spirit in the Sky. Our current membership is 130.

## Hand, Knee & Foot” Card Game

Call: Lt Dorothy Harkness, S at 239-642-3575

Email: [dorothyharkness@embarqmail.com](mailto:dorothyharkness@embarqmail.com)

Easy to learn this fun game ... nice to play while on cruises. Socialize with members of the squadron, give Dorothy a call ... 239-642-3575.



**Captain's Meeting**

**“Meet & Greet”**

*everyone welcome!*

**CJ's Gazebo Bar at the Esplanade**

**at 1700 on the 2<sup>nd</sup> and 4<sup>th</sup>**

**Wednesday of the Month**

*For the time being, those who wish to attend should just show up at CJ's and be ready to enjoy a meet and greet!*



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# RESISTANCE BAND WORKOUTS

## UPPER BODY



## CORE



## BACK



## LOWER BODY



## TOTAL BODY



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Consult a physician before beginning any exercise program. Properly hydrate and warm up prior to each physical activity. If you experience any feeling of dizziness while exercising please stop activity immediately.



# DUMBBELL WORKOUTS

## UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



Alternating Front Raise



Side Raise



Shoulder Press



Shoulder Shrug



Wrist Curl



Dumbbell Pullover



Bench Press



Incline Bench Press



Chest Fly



Reverse Fly

## CORE



Side Bend



Bow Extension



Russian Twist



V-Up



V-Sit Cross Jab

## BACK



Single Arm Row



Incline Row



Floor T Raise



Renegade Row



Seesaw Row

## LOWER BODY



Squat



Goblet Squat



Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



Reverse Lunge



Side Lunge



Step-Up



Calf Raise

## TOTAL BODY



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Thruster



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Consult a physician before beginning any exercise program. Properly hydrate and warm-up to stretch before physical activity. If you experience any feeling of dizziness while exercising please stop activity immediately.



## White Horse Key Boating Event May 2, 2024

MISPS members enjoyed a beautiful day at the beach on White Horse Key. While there were “clouds in the sky”, they were lovely to look at and the weather was ideal.



Photos courtesy of Terri Olshanski

**AMERICA'S BOATING CLUB**  
Marco Island Sail & Power Squadron

## Make Your Boat A Safe Boat



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**Contact: Lt Jim Addison**  
**[vsc@marcoboatingclub.org](mailto:vsc@marcoboatingclub.org)**



## National USPS recognizes Squadron's Advertising Outreach

Over the years, you have seen our America's Boat Club Marco Island advertisements in the Marco Island Coastal Breeze weekly newspaper promoting the Squadron's educational course offerings and our annual Wine & Hors d'Oeuvres Party. Did you know that many of our new Squadron members learned of and joined our organization after attending one of our boating educational courses?

This year, our National America's Boat Club is supporting these kinds of squadron efforts to recruit new members by establishing its Co-Operative Advertising Program. The program offers partial reimbursement of expenses incurred for squadron advertising and promotional projects.

Our Treasurer, Jerry Cole, submitted our ABC-Marco Island application highlighting our advertising and news articles seen in the weekly Coastal Breeze newspaper (and found in CoastalBreezenews.com). The National Marketing Committee deemed our efforts worthy of the reimbursement award. In their own words:

*"Congratulations! We are very pleased that your squadron has been selected to receive the reimbursement of \$300.00 for your excellent campaign! Thanks for your great work and outreach supporting our brand and the mission of America's Boating Club, United States Power Squadrons. We are so proud of your squadron! Thanks, Jeff LaGrew, Ron Jones & Tammy Brown."*



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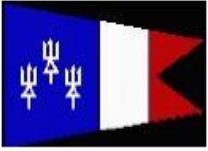
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**"CAPTAIN TED'S CORNER"**  
P/D/C Ted Reiss, SN-CN



- 1) When underway and proceeding ahead, as the speed increases, the pivot point tends to \_\_\_\_\_.
  - a) move aft
  - b) move forward
  - c) move lower
  - d) remain stationary
- 2) **INLAND ONLY** Your vessel is proceeding down a channel and can safely navigate only within the channel. Another vessel is crossing your bow from port to starboard, and you are in doubt as to her intentions. Which statement is TRUE?
  - a) The sounding of the danger signal is optional.
  - b) The sounding of the danger signal is mandatory.
  - c) You should sound two short blasts.
  - d) You should sound one prolonged and two short blasts.
- 3) **INTERNATIONAL ONLY** Which statement is TRUE concerning a vessel "constrained by her draft"?
  - a) She is hampered because of her work.
  - b) She is unable to maneuver due to some exceptional circumstance.
  - c) She may be a vessel being towed.
  - d) She must be a power-driven vessel.
- 4) Which statement is FALSE concerning precautions during fueling operations?
  - a) A fire extinguisher should be kept nearby.
  - b) All engines, motors, fans, etc. should be shut down when fueling.
  - c) All windows, doors, hatches, etc. should be closed.
  - d) Fuel tanks should be topped off with no room for expansion.

Answers: 1 b, 2 b, 3 d, 4 d

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# Boating Activities Calendar

Mark your calendars for these upcoming club boating activities.

Date	Event	Day	Time
6-Jun	Cruise/Drive – Everglades Museum / Rod and Gun Club	Thu	0900
20-Jun	Cruise – BYOE – Panther Key	Thu	1100
12-Jul	Happy Hour – Patty Murphy's Pub	Fri	1600
18-Jul	Cruise/Drive – Island Gypsy	Thu	1130
8-Aug	Boating Event – TBA		
22-Aug	Dinner/Cruise – Mango's	Thu	1700

For questions, contact Boating Chair, Lt/C Christopher Frost, AP (848) 466-0230

For boating/lunch reservations, contact Lt Terri Olshansky 201-207-1957 [terriolshanski@gmail.com](mailto:terriolshanski@gmail.com)



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## Captain's Meeting at CJ's on the Bay May 8, 2024



Photos courtesy of Gene Burson



## Ridgeway Bar and Grill outing May 10, 2024





# Cruise or Drive

Thursday, June 6th at 11:30 am

Lunch: **The Rod & Gun Club** 11:30 am



**Historical Everglades City** dates back over 1,000 years.

**The Rod and Gun Club** is built on the original structure of the first permanent white settler who founded Everglades City in 1864. In 1922 Barron G. Collier, a banker and railroad man, bought almost all of Southwest Florida including the Rod and Gun Club which he operated as a private club. He hosted international dignitaries and several United States presidents here.

<https://rodandguneverglades.com>



Rod & Gun Club: 200 W Broadway, Everglades City, FL 34139

## Museum Of The Everglades



**Museum Of The Everglades**

First opened in 1927 as a commercial laundry, the building that now houses **Museum of the Everglades** is one of several historic structures still standing as a testament to the town's time as a once-bustling center of business and the region's first County seat. The museum exhibits provide visitors with an in-depth look at over 2,000 years of human history in the area and tell the stories of those adventurous enough to settle "Florida's Last Frontier".



Museum Of The Everglades: 105 West Broadway Avenue, Everglades City, FL 34139

The Museum opens at 9:00 for those that would like to tour before lunch.

We will meet at The Rod & Gun Club at 11:30 AM for lunch

followed by a short walk or drive to the Museum Of The Everglades.

**IMPORTANT: The Rod & Gun Club is a CASH ONLY restaurant— No Credit Cards!**

To reserve your spot contact: Terri Olshanski (201) 207-1957, [terriolshanski@gmail.com](mailto:terriolshanski@gmail.com)

If you intend to cruise or would like to ride on a boat contact:

Chris Frost (Boating Chair) 848-466-0230, [frostchris@verizon.net](mailto:frostchris@verizon.net)

Ted Reiss (Cruise Captain) 239-213-8722, [capttedr@yahoo.com](mailto:capttedr@yahoo.com)

Captain Ted Reiss will depart Rose Marina at 9:15 AM. Rendezvous 10:00 AM at Coon Key Light.

**WE WILL HAIL ON CHANNEL 16 AND TALK ON CHANNEL 78.**





# Picnic Cruise

## To Beautiful Panther Key

Thursday June 20th 20024

Rendezvous: 11:30AM at Panther Key

Come join us for a fun day in the sun on the gentle sloping beaches of Panther Key swimming, sunning, fishing and exploring this interesting island. This is a “bring everything” cruise – food, water/drinks, spare clothes, swimwear, umbrellas, etc. There are no amenities on the island and we will anchor off the beach after unloading.

Ted Reiss will lead the trip in his boat “Just US” and can rendezvous with other boats at two locations: 9:30 AM off Rose Marina or 10:30AM off Coon Key Light or you can proceed to Panther Key on your own.

If you would like to cruise and do not have a boat contact Chris or Ted. We have plenty of space available!

#### Contacts:

Terri Olshanski (Event Chair) 201-207-1957 [terriolshanski@gmail.com](mailto:terriolshanski@gmail.com)

Chris Frost (Boating Chair) 848-466-0230, [frostchris@verizon.net](mailto:frostchris@verizon.net)

Ted Reiss (Cruise Captain) 239-213-8722, [capttedr@yahoo.com](mailto:capttedr@yahoo.com)

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**PLEASE LET TED REISS KNOW IF YOU INTEND TO RENDEZVOUS WITH HIM,  
PROVIDE YOUR CONTACT NUMBER AND BOAT NAME.  
WE WILL HAIL ON CHANNEL 16 AND TALK ON CHANNEL 78.**



# AMERICA'S BOATING CLUB

## Marco Island Sail & Power Squadron

Cruise or Drive to The Island Gypsy

For Lunch on Thursday, July 18th at 11:30 am



Located at 292 Capri Blvd on the Isle of Capri

Come join in with your friends from the MISPS to sample some of the freshest seafood in the area, or share a mound of onion rings or a giant piece of carrot cake at the locally famous Island Gypsy Café. Come by boat or car to enjoy great food and comradery and we dare you to eat the carrot cake by yourself! Hope you can make it!

- To reserve your spot for the lunch contact Terri Olshanski by July 16th at 201-207-1957 or [terriolshanski@gmail.com](mailto:terriolshanski@gmail.com)
- To boat to this event contact Chris Frost at 848-466-0230
- Don't have a boat? No problem! Hitch a cruise with one of us!



**Cruise or Drive to Dinner**  
**Thursday, August 22nd, 5:00 pm**

# Mango's Dockside Bistro

760 Collier Blvd, #109 - 239-393-2433 - [info@mangosdocksidebistro.com](mailto:info@mangosdocksidebistro.com)



## **Mango's offers waterfront dining at its best on Marco Island.**

Our family-friendly restaurant offers a fun, tropical atmosphere that families love, and our huge bar, brand new 750 gallon salt water fish tank, and outdoor dining options are a big attraction for every age. Our dishes are unique and made with the freshest ingredients. Dogs are welcome for patio dining too! We also offer premier catering services for all your personal and business events.

**To attend Contact: Terri Olshanski 201-207-1957 [terriolshanski@gmail.com](mailto:terriolshanski@gmail.com)**

**If you intend to cruise or would like to ride on a boat contact:**

**Chris Frost 848-466-0230, [frostchris@verizon.net](mailto:frostchris@verizon.net)**

**Ted Reiss (Cruise Captain) 239-213-8722, [capttedr@yahoo.com](mailto:capttedr@yahoo.com)**

**WE WILL HAIL ON CHANNEL 16 AND TALK ON CHANNEL 78.**