

June/July 2003

WAUKEGAN SAIL & POWER SQUADRON

A UNIT OF UNITED STATES POWER SQUADRONS

DISTRICT 20

WAUKEELOG

SAIL AND POWER BOATING

Calendar of Events

* Used Equipment Sale

Date: Saturday, 21 June

Location: Waukegan Harbor

* D/20 Rendezvous

Date: Friday-Sunday, 11-13 July

Location: Pastrick Marina, E Chicago IN

* Chicago Cruise

Date: Saturday-Sunday, 12-13 July

Location: DuSable Harbor, Chicago IL

* Executive Committee Meeting

Date: Tuesday, 12 August at 1900

Location: North Point Marina Admin. Bldg.

* Racine Cruise

Date: Saturday-Sunday, 6-7 September

Location: Reefpoint Marina, Racine WI

Inside This Issue:

Commanders Message	2
New Hands on Deck	2
D/20 Cruise & Rendezvous	2
Executive Office	3
Educational Report	3
Ahoy From the Bridge	4
From the Secretary	5
Venturing Crew	5
Breakfast Burritos and Food Musings	6
Used Equipment Sale	7

Commander: Cdr Keith R. Baldwin, JN

847-253-7252 baldwingroup612@aol.com

Exec. Officer: Lt/C Robert W. Kunath, AP

847-540-8175 bobkunath@att.com

Educ. Officer: P/C David W. Sallmann, AP

847-362-0915 dave@rseng.com

Admin. Officer: Lt/C George B. Tolon, S

847-949-7635 stolon@msn.com

Treasurer: Lt/C James L. Mast, S

630-668-0004 jimmast1355@msn.com

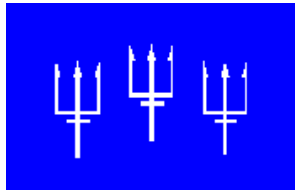
Secretary: Lt/C Ellen M. Ludtke, P

815-678-4300 eludtke@rsg.org

Waukeelog Editor: Lt Michael B Ludtke, P

815-678-4300 mludtke@rsg.org





COMMANDER'S MESSAGE

Cdr Keith R Baldwin, JN

Will we ever get some warm weather, and will the wind ever blow from any direction other than N-NE? So far this spring has not been very good for boating, but it has provided us all with plenty of time to clean, polish and repair boats. I hope you have enjoyed your chance to get back to the basics.

Spring has also provided us with the chance to participate in some organized programs designed to make us all better and safer boaters. Our "Outfitting Cruise" at North Point Marina gave about 20 members a chance to become certified in CPR, and get some experience in defibrillation use. I know that I feel more confident should the unwanted opportunity arise.

The Education Department has just finalized a "Youth Orientated" BoatSmart program to be

taught in June at the Waukegan Yacht Club. This program will be completed in TWO WEEKS!!! For more details contact 1/Lt Mark Davenport, Lt/C Dave Sallmann, Lt Tenney Ford, or myself.

The 'Used Equipment Sale' will be held on 21 June, and you are all invited to attend and participate in the fun, work, camaraderie, (probably cold and rain), and the chance to plan more summertime activities. Bring your old "stuff" down and maybe make a few bucks. Contact Linda Osterndorf to volunteer.

Finally, Frank Herbst has volunteered to organize the summer cruising program and would like to hear from you about your plans and interests.

Don't forget about the Fall Conference to be sponsored by us for all of District 20. It will be held on 24-26 October, and I hope you will all make an extra effort to attend. (It is nice to see the Host Squadron have the largest group in attendance.)

See you around the dock.

New Hands on Deck!

Thomas & Helen Parkinson
Wildwood, Il.
23' Sail

Thomas Creel & Charlene
Kochanowski
Libertyville, Il.

Leo J. Marubio, Jr. - Reinstated
Libertyville, Il.
26'5 Power

D/20 Cruise and Rendezvous



11 - 13 July 2003
At the Robert A. Pastrick Marina

Hosted by Chicago Power Squadron

Registration forms available online at
<http://users.anet.com/~ludtke/d20.htm>

Waukeelogs delivered by US Postal contain the form along with the latest minutes to the general membership meeting on 1 June.



**Lt/C Bob Kunath, AP
Executive Officer**

Here are a few things of interest this office has been involved in the past few months.

Public Relation Officer – Last issue I asked for help in filling the position of Public Relations Officer. I'm please to report that Maryann Hartl has stepped forward, and will be doing great things telling the world what we do so we can do some more!

Raffle Ticket Sales - We have been making good progress selling 50/50 raffle tickets, which will support our hosting of the Fall Conference as well as being the main source of funds for our general fellowship and administrative costs for the year. We've sold over \$1000 worth so far, but our ticket sales goal to support the conference is \$ 2,400, so we need to sell more!

As an added incentive, we will be offering merchandise prizes to buyers of the tickets at our used equipment sale in late June. Buyers of tickets now and at that event will be entered in a drawing for the prizes, and in addition the winners will stay in the 50/50 drawing! You can help here! Please contact me if you have or can acquire new or almost new prizes that you can contribute to the raffle. These items may be but do not have to be boating related, just cool stuff! Call me!

Tickets are \$5 each; the winners will receive 35%, 10% and 5% of the sales. Please email me at bobkunath@att.net or call me at 847-540-8175 and tell me how many tickets you can sell, and I mail them to you!



WSPS Educational Department

Congratulations to the following
Seamanship graduates:

Jim Diesi, S

Rick Donovan, S

Diane Donovan, S

Alison Gerstad, S

Edward Gerstad, S

Joseph Sackett, S

David Zachar, S

Lynda Zachar, S

Weather Graduate!

P/C Frank Herbst, JN

THE NEXT WAUKEELOG
WILL BE OUT IN AUGUST

Articles and announcements
for the next issue are due
Friday, 1 August



Ahoy from the Bridge

Lt/C George B. Tolon, S
Administrative Officer



Ahoy mates,

Well, we are easing into our 2003 season. The weather has been a little uncooperative, but the good news is, it has given us a chance to take care of all those little things we didn't get done during the winter.

I was really excited to finally get the old girl back into the water (the boat of course). We had a little trouble with a fuel/water separator, the housing cracked; air was getting into the fuel line and therefore the motor wouldn't keep running. Once the problem was solved we had to scavenge the housing from the genset. Then we were on our way to our home port Winthrop Harbor.

Two weeks ago we took an overnight cruise to Chicago and tied up at DuSable harbor. The harbor facilities were great; the office/harbor master are still run out of a trailer, as are the shore heads. Other than that we had a great time in the City thinking we were well traveled boaters, dined at Gibsons and then taxied back to the harbor. That is when we found out how really inadequate the "heater" part of the A/C unit is. The next morning we headed back, and plowed our way back to North Point through 4' waves/swells. When we really got slammed, the bell would clang, and we probably heard that thing clang 20 times in the 4 ½ hour return trip. Needless to say my first mate was not a happy camper by the time we got to Winthrop Harbor. Well, to add insult to injury, at our slip the wind was strong enough that this novice could not get her into the slip. I was all over the place. There is a beautiful sail

boat right across from my slip and he had his boat hook/pole out ready to fend me off if I got too close. I was getting a real audience and beginning to feel a little embarrassed, when one of my pier mates (there was now a gathering of 5 or 6 guys on my pier offering their own unique solution) yelled to me to get close enough to the pier and have Sue – wife & 1st mate-toss them a line. They would pull me in. Sounded like a plan to me (after 4 ½ hours of pounding) so I nosed in and they pulled me in the rest of the way. Whew!!!! Well that is my first few weeks of boating this season.

“conduct yourself in a manner that will add prestige, honor and respect to the United States Power Squadrons”

Last week our squadron held a CPR Defib certification class at the Winthrop Harbor building. There were about 15 attendees. It was well worth it. I have been through many CPR familiarization sessions, but this was the most instructive and professional I have ever attended. If you missed it, take it next year, it's a great investment of your time.

The Used Equipment sale is Saturday 21 June. This is your opportunity to finally get rid of that old bilge pump. In July we have the cruise to Chicago on 12 July which is also the weekend of the D/20 Rendezvous.

Well, have a great season, these next few months are the heart of the boating season and I look forward to meeting all of you at our various events. On a more serious note, have fun but remember who and what you are. Be an example of good boaters. As stated in our pledge “conduct yourself in a manner that will add prestige, honor and respect to the United States Power Squadrons”.

Good Sailing





Grayslake Boy Scouts Venturing Crew Visits Waukegan Harbor

From the Desk of The Secretary

P/C Frank A Herbst, JN

**Lt/C Ellen M Ludtke, P
Secretary**

One of our newest members, Venturing Crew Leader Tom Parkinson, led a group of students to Waukegan Harbor on 26 June in hopes of working with Pete Owen and the WS&PS on our Kids day program. As we all know that day was cancelled because of weather so the group visited Frank Herbst on his 32ft Ericson sailboat and Paul and Donna Green on their new 39ft Beneteau cruising yacht. What a difference 7ft and 18 years make when comparing sailboats. Bill Gregory joined the group and took the Venturing Crew over to meet Jerry Larsen at Larsen Marine. All in all it turned out to be a nice day for our young guests.

Boating season has finally arrived. Our 34' Hunter sailboat, Island Time, made her first voyage out on the lake for the year. We had a couple of new recruits aboard, hoping to take part in the tune up race sponsored by our yacht club. "Mother Nature", however, had other plans, as the visibility quickly diminished and we found ourselves in some fairly dense fog. Luckily, for Mike and his new crew, that there was one sane, thinking seaman on board (that would be me) who talked them into heading back to the harbor. I definitely have a new appreciation for GPS' and clear skies!

The students plan and lead all their own activities. They plan to take our Boat Smart course and have expressed interest in becoming Junior Members of the squadron in order to take advantage of our courses. Their goal is to sail across Lake Michigan. In the pictures Bill Gregory took you will see Chris Shurtiff who is the Crew Treasurer and one of the chief sailing enthusiasts. He was part of the original team who refurbished the donated Bristol 24ft sailboat Valhalla. The stocky young man is August Trexler, the crew President who is interested in gaining sailing experience. The young lady is Michelle Coolidge, who is a novice sailor and crew Vice-President for adventure program activities.

Happy June & July Birthdays to:

Inger Herbst	June 4
David Jensen	June 14
Julie Thieme	June 29
Ken Hallen	July 5
Jeff Geltz	July 9
Jim Mast	July 10
Lynn Baehr	July 14
Dianne Duckworth	July 15
Keith Baldwin	July 18
Jim Moran	July 23
Ellen Ludtke	July 24
Fred Adams	July 28
James Zachary	July 30

We welcome with great enthusiasm these new boaters to Waukegan Sail and Power Squadron.

Don't see your name listed? There is a link to a Members Information Change form on the Squadron web page where you can update your information. It gets sent to District as well as to me. With many new members joining over the past few months an updated roster will be distributed shortly. Please review your current information and send in any corrections or changes before the new distribution.

Are you a "snowbird"? There is a roster feature that allows you to have dual mailing addresses. Once I enter your dual addresses into the database, all it takes is a phone call or email to me to have all your D/20, USPS and Squadron mailings sent to your vacation address. When you return, notify me to switch you back. Don't miss any important communications. Contact me!



Lt. Paul Green JN, Chris Shurtiff, P/C Frank Herbst JN, Michelle Coolidge and August Trexler.

Breakfast Burritos and other Boat Food Musings

Lt/C Bob Kunath AP

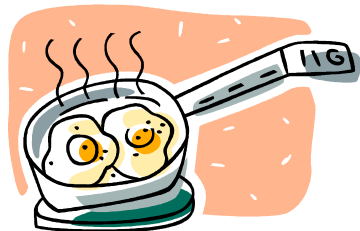
I like to cook on a griddle. I used to eat at a diner near work in Jersey City when I was a teenager, and was fascinated by the skills the short order cook exhibited as he turned out one delight after another. So, we have a griddle on *Sans Souci* as well as at home. A griddle can be used to cook all sorts of meals. Our grill is cast aluminum, reversible with two sides. One side is flat with a gutter to catch any drippings, the other side ribbed for grilling food like steaks, chicken breasts and chops. For almost all uses, I use a very light spray of Pam and a very small amount (1/4 pat) of butter. The combination seems to work better than either alone, and tastes better than just Pam. The brand is Chef's Design, made by Wisconsin Aluminum Foundry.

I also like eggs. Eggs had been maligned in recent years because of their high cholesterol content, but there has been more recent writings praising eggs as a great protein source, and practically a single item balanced, inexpensive meal. Other writers claim that high blood cholesterol levels have little to do with diet, but are due to heredity and life style. Eggs can also be stored un-refrigerated for a few weeks as long as the shells are not cracked (you'll know when it's been too long!), which make eggs a great boat food.

Another great, versatile food is the tortilla. We like the flour tortillas that you can buy on the un-refrigerated shelf in a plastic re-closable bag of about 10. They are very versatile in their usage and have more fiber than most bread. Looking at the "sell by" dates you usually find dates a few months away, which makes me a little suspicious, but the ingredient list usually find nothing nasty. So, here's another item that you can keep unopened on the boat for at least several weeks. Store them in the cooler after opening the package. Use for sandwich wraps, quesadillas and burritos.

A word about bacon: two crisp strips of well cooked bacon have the same saturated fat as an 8 ounce glass of 2% milk. Read the packaging! I now drink skim milk so I can eat bacon once or twice a week, with less dietary fat!

Finally the recipe!



Breakfast Burritos

You need:

Tortillas, Eggs & Grated cheese (Cheddar, Mexican combo, Swiss, your choice)

Optional:

Bacon – two strips per tortilla
Grilled mushroom slices (only a few needed, grill with butter and olive oil)
Salsa



Procedure:

Preheat griddle on LOW heat. Cast aluminum griddles need very little flame to cook efficiently. Higher heat will only burn food and may harm the griddle

Precook bacon, preferably in a microwave wrapped in a paper towel to absorb the fat.

Heat 2 tortillas briefly on the griddle, topping with a handful of grated cheese. Remove and set aside on plates when the cheese starts to melt.

Use 6 eggs for two burritos. Open eggs, separate and throw out 3-4 of the yolks. This yields the same protein as 4 whole eggs with much less fat and cholesterol. Mix well with fork. If you don't mind whole eggs, use two per burrito.

Spray a little Pam and add 1/4 pat butter to griddle. Pour out the eggs and cook a minute or so. Save some room on the griddle so you can grill mushrooms at the same time, or grill them before the eggs. Turn and cook another minute or two. Push aside when done.

Replace tortilla on griddle; add the eggs, bacon and mushrooms. Fold the tortilla over the stuffing, leave in grill for a minute or two to blend contents.

Serve with salsa in burrito, or on the side. You can eat with a knife and fork or as a sandwich.



WAUKEGAN SAIL AND POWER SQUADRON

USED BOAT EQUIPMENT SALE

Saturday, 21 June, 2003 1030-1430

Waukegan Harbor Parking Lot

**Bring your items between 0830 – 1000
On the day of the sale**

**For more information
Contact Linda Osterndorf**

Return Address:
11419 Zarnstorff Road
Richmond IL 60071

1 st Class Stamp Here
--

ADDRESS CORRECTION REQUESTED

PLACE MAILING LABEL HERE