

# THE LEARNED LAMP

SUMMER 2025



## Inside This Issue

- Boating Knowledge:  
Fire Extinguisher Regulations
- “Nine Lives” boating story  
by Rick Gordon
- Recent Event Photos
- From the Galley
- Upcoming Events





**America's Boating Club of Gainesville, Florida**

**UNITED STATES POWER SQUADRONS, INC.**



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**LOOK!**

**America's Boating  
Channel videos are  
available to USPS  
members to view and  
download for free at  
[bit.ly/USPSABC](https://bit.ly/USPSABC).  
And check out the very  
coool drone videos!!!**





# Commander's Message

## CDR Jean-François Roulet

Dear Members,

It's been a busy past few months. In April, we had a good time on the Ichetucknee River and at Virginia Seacrist's river home. A total of 20 members and guests found their way to spend Sunday at the Ichetucknee River. Despite the fact that only 3 members and 2 guests paddled the river, we enjoyed the perfect weather, plus great hospitality and food. Thanks a lot to Virginia and Jim, who donated the wine and beer, again. We all went home richer from great discussions and full of delicious food. The only bad thing was that someone stole 2 of our America's Boating Club signs, I had posted for directions to Virginia's river home.

Mid-May we had a blast at our annual raingutter regatta. I want to thank Connie and Seth for once again opening and setting up their home with everything needed for the regatta and for being outstanding hosts. (And a big thank you to John Maxwell for storing the gutters at his and Wendy's home along with all the loading, unloading, delivering, and taking them back home to store each year.) Furthermore, I want to thank Jerry Steinberg and Diane Howard for being in charge of running the regatta. Finding a fair sequence of the 13 racing boats to find out the best was no easy task. This year's winners were: 1st -- Connie Shrum, 2nd -- Lorraine Teiss, 3rd -- David Roque, and 4th -- Patti deBear.

Before the Dinner and Race, a brief business meeting was held. Some of the items discussed included the America's Boating Club Membership Campaign. I have sent everyone a copy of the mail I received. Also District 23 sent a copy of their Newsletter "The Galaxy" to some of our members, so I have forwarded it to all members to ensure everyone would have it.

# Commander's Message

*(continued, page 2 of 3)*

On May 25<sup>th</sup> members of our Gainesville Boating Club successfully helped retrieve the Teiss' swim dock in Cedar Key, and it is back in place after having vanished during the last hurricane. A big thank you to all that were involved in this difficult task.

Then in mid-June we had a great Fish Fry, again at the Teiss' home in Cedar Key. We had a short business meeting as well. Topics of discussion included:

- ***Monthly Commander's Update emails.*** Members are liking these and expressed a preference to have all attachments in one file when possible.
- ***Upcoming meetings and events.*** We're all looking forward to the August meeting at Bob & Sherry Rella's, and the September pool party at Marylia and David Roque's, plus the upcoming District events. Note that we still need someone to host the October meeting. *(See the updated Events Schedule and D23 flyers in this newsletter.)*
- ***Annual dues.*** Members were reminded to pay their annual dues with emphasis placed on the importance of paying these and not being delinquent.
- ***Plans from the main organization to improve the way dues are paid.*** The present members agreed to all options, not preferring a single one, as long as it does not create more administrative work for the local clubs.
- ***Letter received from the district asking how the district can help our local club and if they could attend some of our activities.*** Though the district commander unfortunately already will have missed out on two of our great activities (Rain Gutter Regatta and Fish Fry), everyone agreed

# Commander's Message

*(continued, page 3 of 3)*

we'd send the District Commander an invitation to both our July 6th event and the Nov. 8th Veterans Memorial Raftup on Lake Santa Fe. Also, members agreed that the best help that the District could provide for our club would be to find us some young members with a boat!

And finally...remembering Mike Urbaniak...The Celebration of Life that Anne Wallace held for Mike at the Shrums' house on May 3rd was beautiful. We shared stories and memories of an amazing man who was good to everyone and always had a smile to offer with a good thing to say. He was an example for us all. Mike is forever in our hearts.

Sincerely yours,  
Jean-François Roulet  
Commander



USPS Gainesville Boating Club

# BOATING KNOWLEDGE

## America's Boating Channel™

### Fire Extinguisher Regulations

In 2022, the Coast Guard amended portable fire extinguisher rules for recreational vessels in the U.S., making it easier and less costly for millions of boat owners to maintain the onboard fire protection equipment that they need. The rules

do not change the number or types of extinguishers required on board but do simplify inspection and record-keeping requirements. The simplified rules also are now published with other recreational boating rules, making it easier to identify them.



America's Boating Channel video [“Fire Extinguisher Regulations”](#) offers an overview of the rules that separates commercial and recreational vessel fire protection requirements. It will help you learn how to ensure that all required portable fire extinguishers comply. Also featured are tips for preventing onboard fires in the first place.



If you need a refresher on classifications and carriage requirements for marine fire extinguishers, the channel offers a second video titled [“Fire Extinguisher Standards.”](#) It offers tips for placing and servicing fire extinguishers, and explains the acronym PASS. Above all, ensure that the proper number of functional fire extinguishers are on board, readily accessible and that all responsible adults on board know to pull, aim, squeeze, and sweep.

U.S. Coast Guard approved marine-type fire extinguishers fully charged and in good and serviceable condition are required on recreational boats where the engines or fuel system could pose a fire hazard. Good and serviceable means that a fire extinguisher aboard a recreational vessel is properly charged and reads charged if it has a pressure gauge reading or charge indicator, that the extinguisher has a pin lock

# BOATING KNOWLEDGE

America's Boating Channel™

## Fire Extinguisher Regulations *(continued, page 2 of 2)*

that is firmly in place, that it does not show visible signs of significant corrosion or damage and has a discharge nozzle that is clean and free from obstructions. Disposable dry chemical extinguishers expire 12 years after their date of manufacture, and rechargeable extinguishers expire annually unless maintained by a certified technician.

Follow the previous video links or visit:

<https://www.youtube.com/@AmericasBoatingChannel> to find these and other safe boating videos, which are an excellent tool to help recruit participants to our educational program and to membership. Invite your friends and neighbors to watch, like, and subscribe to America's Boating Channel to introduce them to what our organization has to offer.

In addition to YouTube, these professionally produced high-definition safe boating and boater education videos are available via the America's Boating Channel free, on-demand app on Apple TV, Roku or FireTV. [America's Boating Channel™](#) is produced by the United States Power Squadrons® (USPS) under a grant from the Sport Fish Restoration and Boating Trust Fund administered by the U.S. Coast Guard.



# Boating Stories and More...

## Nine Lives

I was anchored in Silver Lake, Ocracoke, when the word flashed around the anchorage: Storm Warning! In storm conditions the National Park Service allows free docking on their docks. I immediately pulled my anchor and tied my catamaran up to the head of one of their piers. The docks slowly filled up with fellow boaters and an increasing number of commercial fishing boats. Since I was securely tied to the dock I went to walk into what passes in Ocracoke as downtown. When I returned I had a 60' long line fishing boat tied outboard of me. I briefly talked with one of the crew, and lowered my stern lifelines so they could easily walk across my boat to the dock. Since they were much longer than my 36 feet they had run mooring lines past my bow and stern directly to the dock. It was the only interaction I had with them: they arrived while I was off walking and left before me.

The wind huffed and puffed, and a steady progression of squalls passed overhead. The strongest blasts of wind did little more than create patches of dancing water which would ripple across the surface of Silver Lake: it really lived up to its reputation as a Harbor of Refuge. During breaks in the storm the increasingly stir crazy boat crews began to venture out of their boats and gather to chit chat on the pier. I was surprised to discover I was the only boat moored to the pier that was headed north for the summer. My surrounding boaters were all "locals", using Ocracoke as an Outer Banks destination for a holiday cruise from one of the ports, like Oriental, on the mainland side of the Pamlico Sound.

During one of our social gatherings I noticed a half grown cat swimming around between the moored boats. The water level was too far down to reach and neither of the boats had swim platforms. I enlisted the aid of one of the captains and had him hold my legs as I stretched down toward the desperate cat. I used my Mom's call: "kitty, kitty, here kitty". The cat saw me and immediately veered towards my hand. But it wasn't interested in letting me pick it up: it latched on with the claws in its front paws, then scampered up my stretched arm, over my shoulder and across my back, and from there jumped onto the dock. Its claws gripped the whole way: Ouch! I hauled myself back up to the dock to watch the soaking wet cat run down the pier past several boats then jump across the shortest distance from the dock to the deck of one of the sailboats. It ran down the side deck and disappeared into the hatch of what was clearly "its" boat.

The next morning, during another one of our between rain squall pier gatherings, I noticed the Captain of the cat's chosen sailboat. I explained that we had used a team effort to rescue a swimming cat which had then run directly onto his boat. His face lit up: "So that's why my pillow was all wet!"

Rick Gordon

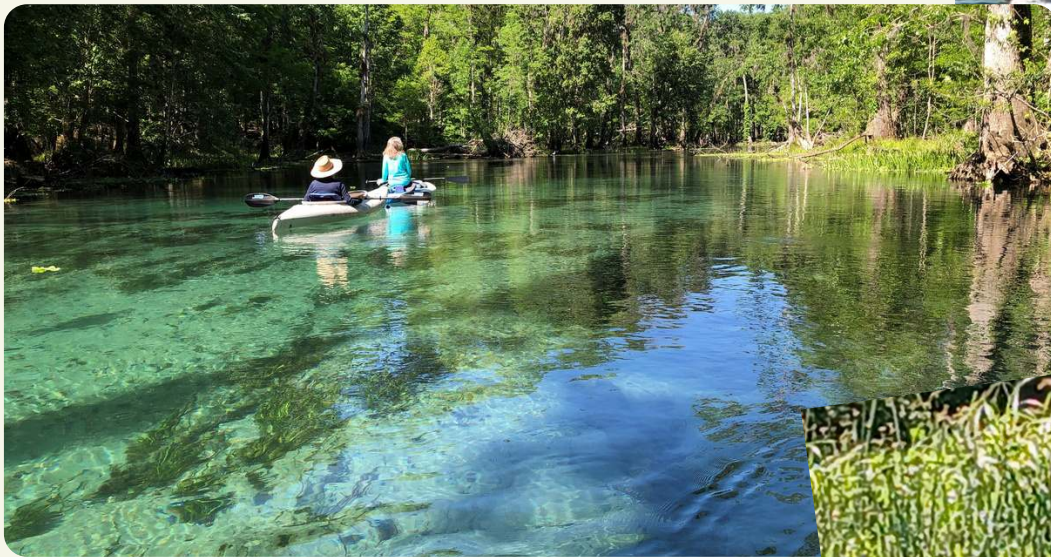
Remembered 4/3/2025



# Photo Gallery *(page 1 of 10)*



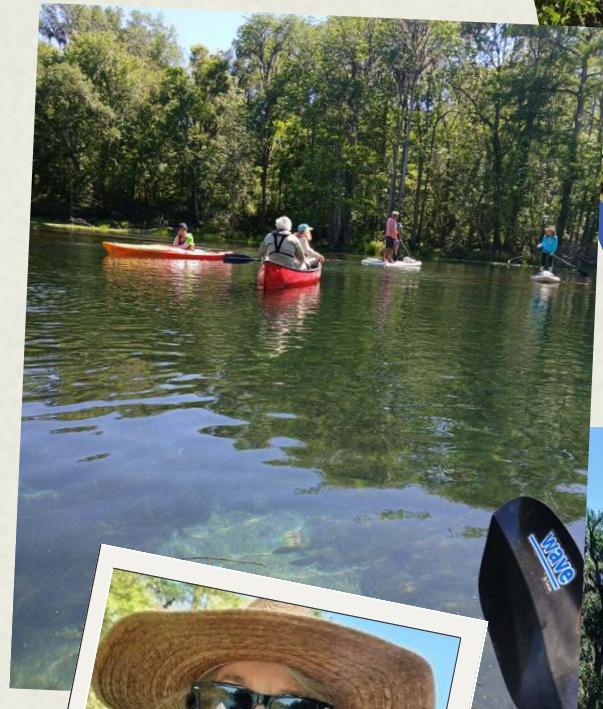
**April 14, 2025 -  
Itchetucknee River  
Paddle and Potluck at  
Virginia Seacrist's  
river  
home**





# Photo Gallery (continued, page 2 of 10)

More photos from our April  
14<sup>th</sup> Itchetucknee Fun!





# Photo Gallery *(continued, page 3 of 10)*



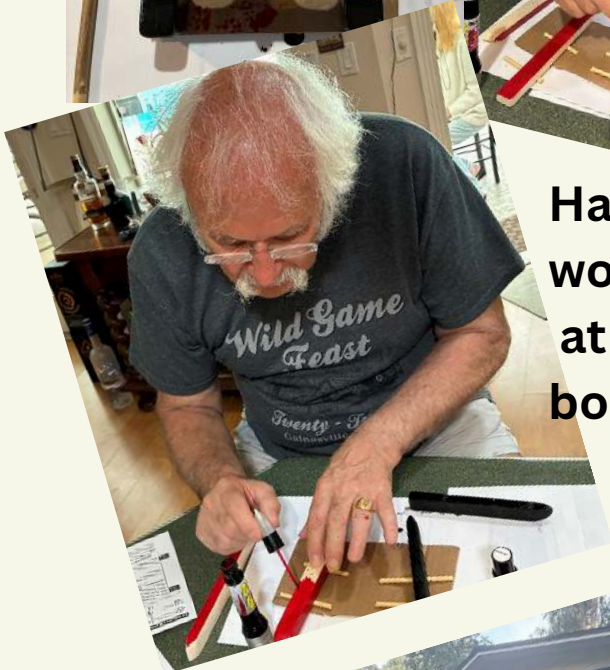
**Sharing good  
food & plenty of  
conversation...**





# Photo Gallery *(continued, page 4 of 10)*

## May 17, 2025 - Raingutter Regatta at the Shrum Shipyard



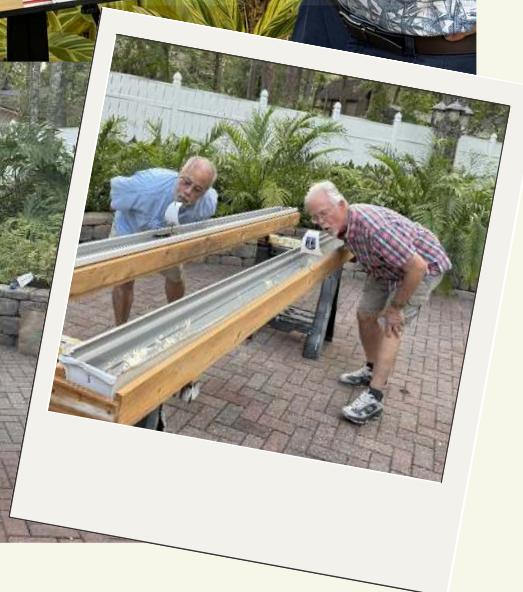
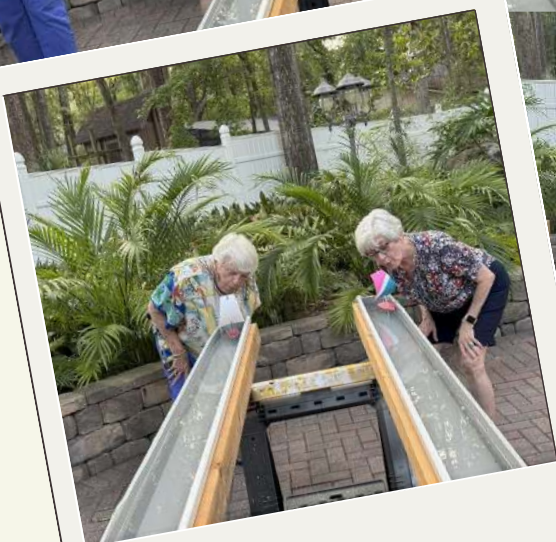
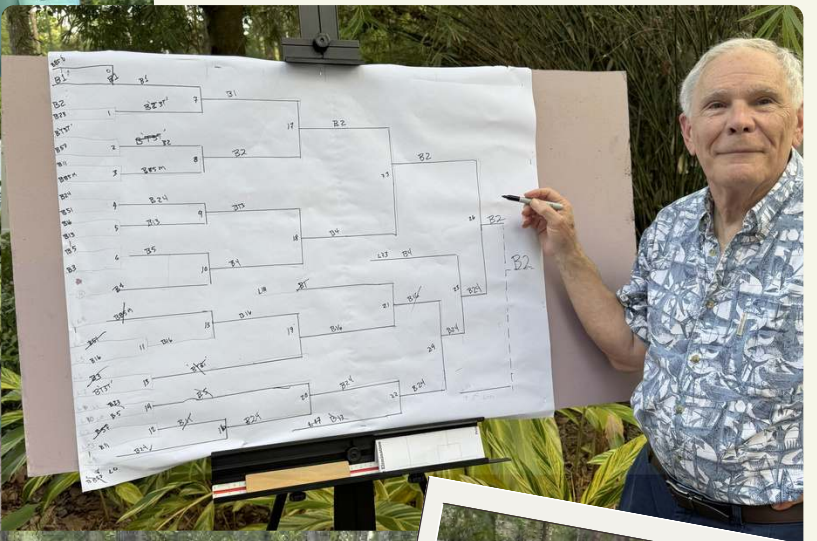
Hard at  
work  
at the  
boatyard...





# Photo Gallery *(continued, page 5 of 10)*

## Raingutter Racing...





# Photo Gallery *(continued, page 6 of 10)*

## More Raingutter Regatta... This year's winners:



**L-R: Patti deBear-4th, Connie Schrum-1<sup>st</sup>,  
Laraine Teiss-2<sup>nd</sup>, and David Roque-3<sup>rd</sup>**





# Photo Gallery *(continued, page 7 of 10)*

## Raingutter Fun continues...





# Photo Gallery *(continued, page 8 of 10)*

May 25, 2025 *Mission Impossible?*

**Absolutely Not! This is *Mission Accomplished!***

**Dock is now recovered and back at the Teiss' Cedar Key home, after having been stolen by Hurricane Helene.**

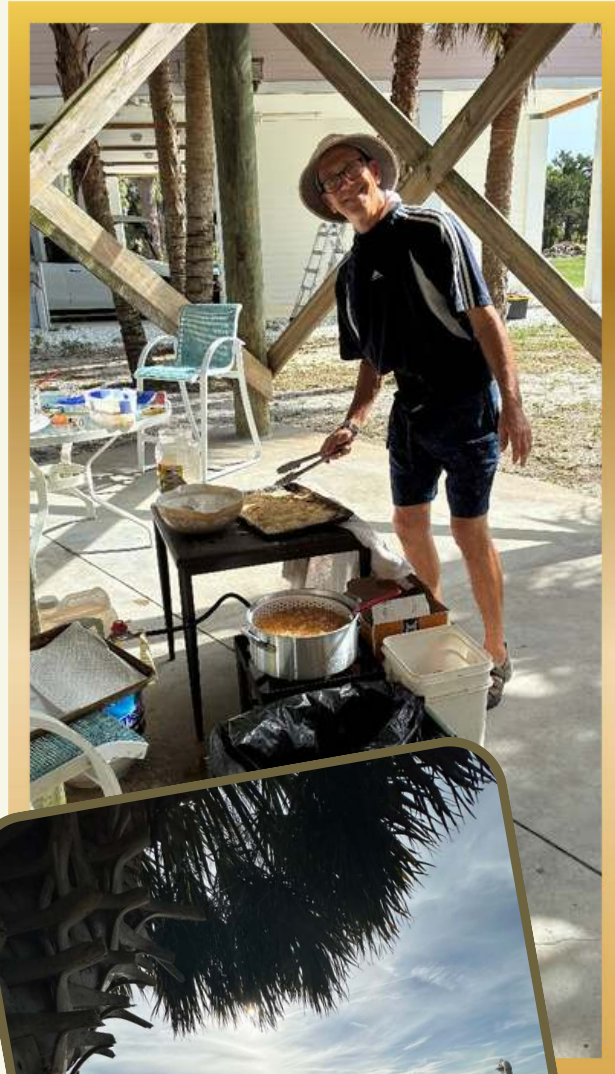
**EUREKA!**





# Photo Gallery *(continued, page 9 of 10)*

**June 14, 2025 - Cedar Key Fish  
Fry at David & Laraine's  
"Fineview"**





# Photo Gallery *(continued, page 10 of 10)*

## More Cedar Key Fish Fry Fun.



# FROM THE GALLEY

Remember that deeeeeelicious homemade macaroni and cheese we all enjoyed at Laraine and David's Cedar Key Fish Fry last month? Welllll...you asked for it, and now, you shall receive...Many thanks to Robyn Frangie for sharing this very yummy recipe!!

## Homemade Baked Mac & Cheese

### INGREDIENTS

- 16 oz elbow macaroni, cooked (or other tubular pasta)
- 1 tbsp extra virgin olive oil
- 6 tbsp unsalted butter
- 1/3 cup all-purpose flour
- 3 cups whole milk
- 1 cup heavy whipping cream
- 4 cups sharp cheddar cheese, shredded
- 2 cups Gruyere cheese, shredded
- salt and pepper to taste
- 1 1/2 cups panko crumbs
- 4 tbsp butter melted
- 1/2 cup Parmesan cheese, shredded
- 1/4 tsp smoked paprika (or regular paprika)



### INSTRUCTIONS

1. Preheat oven to 350F. Lightly grease a large 3 qt or 4 qt baking dish and set aside. Combine shredded cheeses in a large bowl and set aside.
2. Cook the pasta one minute shy of al dente according to the package instructions. Remove from heat, drain, and place in a large bowl.
3. Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce.

*(recipe continued on next page)*



# FROM THE GALLEY

## Homemade Baked Mac & Cheese (continued)

4. Melt butter in a deep saucepan, dutch oven, or stock pot.
5. Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden.
6. Gradually whisk in the milk and heavy cream until nice and smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes. Whisk in salt and pepper.
7. Add two cups of shredded cheese and whisk until smooth. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick.
8. Stir in the cooled pasta until combined and pasta is fully coated with the cheese sauce.
9. Pour half of the mac and cheese into the prepared baking dish. Top with the remaining 2 cups of shredded cheese and then the remaining mac and cheese.
10. In a small bowl, combine panko crumbs, Parmesan cheese, melted butter and paprika. Sprinkle over the top and bake until bubbly and golden brown, about 30 minutes. Serve immediately.



**UPDATE**

# EVENTS CALENDAR

## 2025 Gainesville Boating Club Activities

MONTH	DAY	START TIME	ACTIVITY	ADDRESS	NOTES
JANUARY					
FEBRUARY	13 Thursday	6:00 PM	Change of Watch (COW) Potluck	Francois & Helen's home: 9604 SW 35th Lane, Gainesville, FL 32608 (Haile Plantation)	Hosted by Helen and our new Commander Jean-Francois Roulet (JFR). Francois will bake salmon. Bring a dish to share and your beverage of choice.
MARCH	16 Sunday	5:30 PM	March St. Patty's Day Potluck and Meeting	Diane and Jerry's home: 8507 SW 5th Place, Gainesville FL 32607	Hosted by Diane Howard and Jerry Steinberg. Bring a dish to share and your beverage of choice. <b>Be sure to wear green!</b>
APRIL	13 Sunday	8:30 AM -- Boating; 1:00 PM -- Eating	Kayak Adventure and Potluck at Virginia's River Home	Virginia & Jim's Ichetucknee River Home: 2766 SW Santa Fe Drive, Fort White, FL 32038	Hosted by Virginia Seacrist and James Duffy. ~ <b>SIGN UP by April 5th.</b> ~ For those signed up to canoe/kayak, your adventure begins at 8:30 AM (see emailed flyer). For those signed up for eating only, festivities begin at 1 PM. Bring a dish to share and your fave beverage.
MAY	17 Saturday	4:30 PM	Raingutter Regatta & Potluck at the Schrum's Shipyard	Connie & Seth's home: 8522 SW 5th Place, Gainesville 32607 (Buckingham South)	Hosted by Seth and Connie Schrum. Be sure to get your sailboats in ship-shape condition (boats for sale on Amazon in \$10 range). Bring your favorite dish to share, beverage of choice, and sailboat; come with lots of WIND to make your sail sing to win one of the fabulous prizes. <b>RSVP by May 1st, but know that you are always welcome.</b>
JUNE	14 Saturday	1:30 PM (Dinner @ 5:30 PM)	Cedar Key Fish Fry	Laraine & David's Cedar Key home: 16320 SW 129th Lane, just off of Airport Road, Cedar Key	Hosted by David and Laraine Teiss. Bring a dish to share and your beverage of choice. See emailed flyer.
<b>UPCOMING EVENTS:</b>					
JULY	6 Sunday	5:00 PM	<u>Gyros Feast (and Helen's Birthday Celebration)</u>	Francois & Helen's home: 9604 SW 35th Lane, Gainesville, FL 32608 (Haile Plantation)	Hosted by JFR and Helen Hussong. Just bring your good mood and appetite, and come help celebrate Helen's birthday!!!!
AUGUST	16 Saturday	5:00 PM	<u>Monthly Meeting and Potluck</u>	Bob & Sherry's home: 14232 SW 79th St, Archer, FL 32618	Hosted by Bob & Sherry Rella. Bring a dish to share and your beverage of choice. Questions? Call 352-278-4198
SEPTEMBER	20 Saturday	TBA	<u>Pool Party &amp; Monthly Mtg *</u>	David & Marylia's home: 2801 NW 23rd Blvd, Gainesville FL 32605 (Cobblestone Apartments Clubhouse/Pool)	Hosted by David and Marylia Roque. <b>*More info to follow.</b>
	27 Saturday	9:00 AM - 2:00 PM	<u>District 23 Council Meeting</u>	Daytona Library Auditorium 105 Jackie Robinson Pkwy (in downtown Daytona on the river)	See attached flyer. <b>SAVE THE DATE!</b> For info, contact Sharon Neitzey at 386-290-1243, or by email: sneitzey@aol.com.
OCTOBER	24 - 25 Friday & Saturday		<u>District 23 Fall Conference</u>	Hilton Garden Inn, Daytona Oceanfront	See attached flyer. <b>SAVE THE DATE!</b> For info, contact Sharon Neitzey at 386-290-1243, or by email: sneitzey@aol.com.
	?	?	<u>Monthly</u>	Anyone want to host?	
NOVEMBER	8 Saturday	10:00 AM	<u>Veterans Day Raft-up &amp; Potluck Lunch</u>	Lake Santa Fe. Meet at the Alachua County Boat Ramp (Lake Santa Fe Public Boat Ramp).	Annual Veterans Day Raftup & Potluck Lunch in Melrose Bay. We share stories and thanks, celebrating our Veterans who have served so faithfully to preserve the Freedoms we enjoy and never want to take for granted. Meet at the Alachua County Boat Ramp. Bring something to share for lunch and your preferred beverage. <b>RSVP by Nov. 1st, and let us know how many persons may join you in your boat. *More info to follow.</b>
DECEMBER	6 Saturday	6:00 PM	<u>Holiday Party</u>	David & Laraine's G'ville home: 11619 NW 2nd Ave, Gainesville 32607 (Sawbuck)	Hosted by David and Laraine Teiss. <b>*More info to follow.</b>



\* NOTE: For additional and up-to-date details, watch your in-box for the monthly "Commander's Update" and other event-associated emails from our CDR Jean-Francois Roulet (JFR).

# EVENT FLYERS

*Don't Miss Out!!*



**See the next two pages of flyers about these upcoming District 23 events:**

- **D23 Council Meeting**
- **D23 Annual Fall Conference**



**AMERICA'S BOATING CLUB**  
*UNITED STATES POWER SQUADRONS®*



# **Save the Date!**

## **D23 COUNCIL MEETING**

**September 27, 2025 9-2**

**Daytona Library Auditorium**

**105 Jackie Robinson Pkwy.**

**It is downtown Daytona on the river,  
east of Beach Street (one block so. of I-92).**

**Lunch at McKay's Irish Pub**

**(just over pedestrian bridge from the library)**

**I will send more info including schedule, cost,  
agenda, and RSVP info in August.**

**Hope to see you on the 27th.**

**Contact Sharon Neitzey with questions. 386-290-1243**





# Save the Date

District 23 Fall Conference

October 24-25

HiltonGardenInn,DaytonaOceanfront

Roomcosts-Standardking/queens- \$145

Oceanfront king/queens-\$170

\*Optional Extra Activities

Friday Eve. \*River Dinner Cruise

\*Pop Stroke Mini Golf

Saturday Eve. \*Polynesian Luau (Show +Dinner)

Reservation info, schedule, and agenda will follow soon, but save the date for the event.

For info, call Sharon Neitzey 386-290-1243

# CLOSING NOTES

## ★ Call to action

- If you have stories, articles, and/or photos (jpeg) to submit for future newsletters, please send them to [wendykinsermaxwell@gmail.com](mailto:wendykinsermaxwell@gmail.com), and include in the subject line: “GBC Newsletter.”
- **REMINDER:** Contact Francois [jroulet@dental.ufl.edu](mailto:jroulet@dental.ufl.edu) with ideas/plans for future Club activities, and share your boating activity ideas with Virginia [vseacrist@gmail.com](mailto:vseacrist@gmail.com)



**PHOTO COMPETITION.** Send in any photo you take during the year using your phone or camera (submit as jpeg-file) regarding activities on the water or of the club. At the end of the year, a prize will be awarded to the contest winner. All entries should be sent to [wendykinsermaxwell@gmail.com](mailto:wendykinsermaxwell@gmail.com). Note that all club event photos submitted for the newsletter will automatically be entered into the contest, unless you indicate otherwise.