

# THE LEARNED LAMP

FALL 2025



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- Boating Stories and More
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## Back by Popular Demand

- Rick Gordon's Tortola Painkiller Recipe

## Plus

## New Boating Stories & More...

- Jib Davidson's Report from Norfolk, Va
- Wendy Kinser-Maxwell's *The Ripple of Kindness*



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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!!!***

**Or use this link to  
watch on YouTube:**

**[https://www.youtube.  
com/@AmericasBoati  
ngChannel/videos](https://www.youtube.com/@AmericasBoatingChannel/videos)**



# Commander's Comments

## CDR Jean-François Roulet

Dear Members,

We had a busy summer! In July we celebrated Helen's Birthday with homemade Gyros, together with my friends from the College of Dentistry. In August, 25 members met at Sheryl and Bob Rella's home for a potluck. Thank you to Sheryl and Bob for their hospitality. We held a short business meeting as well, during which we discussed ongoing topics. On September 18th, we thankfully held our meeting at the clubhouse pool of David and Marylia Roque's condominium. The plan was to have a regatta with radio-controlled motorboats. Everything was planned and tested. However, David and I underestimated the destructive power of the Club! After the trial phase, 3 out of 4 boats were broken! As a result, unfortunately, there was no regatta.

During the Business part of the meeting, we approved the new enrollment rules of America's Boating Club. We also agreed that we should wear name tags and that I would prepare them. In addition, we decided to table the regatta races and use the radio-controlled motorboats for a future competitive event.

Our most recent meeting was held on October 11th at our new members Brice and Suzanne Miller's home, located in Newberry. Thanks to our wonderful host and hostess, we had a great time. With 30 members present, this was the best participation in a long time, and we had an 89% RSVP rate which is a new record. We all admired the Millers' beautiful home and horses. Our business meeting went a little longer this time since there were several district matters to be discussed. I announced again that the D-23 Fall Conference will be held October 24-25 in Daytona Beach, and also informed members that the Banana Beach Squadron is closing. I talked about D-23's budget proposal, which includes a raise in the district dues. After much discussion, the group decided

# Commander's Comments

*(continued, page 2 of 2)*

that the Gainesville Power Squadron is against this budget proposal. The last topic, which generated a lot of discussion as well, was the proposed D-23 Conference Guidelines (considering the March 2015 version and the August 2025 revisions). The Gainesville squadron's position is that these guidelines are far too detailed and are designed for a conference format that is outdated. Rather, the guidelines should be minimal and leave to the organizing (host) squadron the freedom to define the format, as well as the financial independence to do so.

Finally, below are our upcoming meetings:

- **Saturday, Nov 8**– ***“Man Overboard Competition & Honor our Veterans Raft Up,”*** Lake Santa Fe
- **Sunday, Nov 16**– Invitation to a simple ***Italian Meal*** at my house
- **Saturday, Dec 6**– ***Christmas Party*** at Laraine and David Teiss' home

Sincerely yours,  
JFR

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Jean-François Roulet  
Commander



USPS Gainesville Boating Club



# BOATING KNOWLEDGE

## *Man Overboard...What do You do?*

In conjunction with our upcoming Veterans Day Raft-Up on November 8<sup>th</sup>, there will also be a “*Man Overboard Competition*” (see flyer). To help you review/prepare, check out the following:

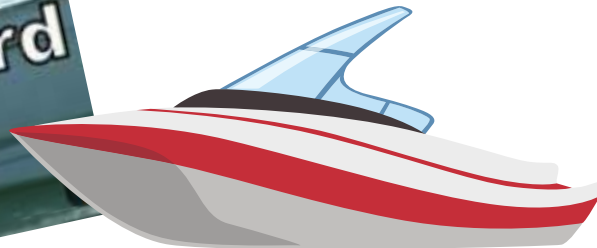


Don't be a statistic! Most boating fatalities result from overboard drownings!

People fall overboard, especially in rough weather and high seas. Review your knowledge and skills regarding prevention and rescue procedures, including how to equip and maneuver your boat to retrieve someone in the water, as well as what to do if you fall overboard.

Take a look at some of America's Boating Channel YouTube videos:

<https://www.youtube.com/@AmericasBoatingChannel/manoverboard>



# Boating Stories and More...

*Boating Report from Norfolk, VA, by Jib Davidson, September 10, 2025*

Water: Our final frontier.  
These are the voyages of the  
motor vessel ***To Boldly Go***.  
Its five-year mission: to explore  
strange new ports; to seek out  
new food and new civilizations; to  
boldly go where man has gone before.

A word of advice. Never answer an email about a boat you might be interested in. I received such an email early last May and answered it. The boat broker said she was going to be in Jacksonville and would like to see our boat, *Make It So*. I said OK, but I made it clear that we really loved our boat, that we had no intention of buying a new boat, and that we do not want to sell her. I repeat, we don't want to sell our Grand Banks Europa *Make It So*. My email inquiry was about a Grand Banks Eastbay that had just come on the market. I was curious about the boat, but that was all! She did have more amenities than our Europa, she had a nicer interior, was in outstanding condition, and would go twice as fast as our trawler. The next thing I knew, Teresa and I made a quick flight to Annapolis to look at the boat. It was to be a mini-vacation only, as I enjoy visiting Annapolis. Within a month, we had purchased our new boat, placed our old boat *Make It So* on the market, and started to explore the Chesapeake Bay in *To Boldly Go*.

We had toured the Chesapeake Bay three years ago while on the Great Loop, but only for a week. It was clear to us that we needed to return to this area for a more intense visit. Wow. What a great place to boat.

Chestertown became our base of operations. An absolutely wonderful small town with dozens of restaurants, a local grocery store, a community theater, and really nice people. It was here that we moved all our boating stuff onto our new boat and had a bunch of boat work done. We left on numerous excursions.

# Boating Stories and More...

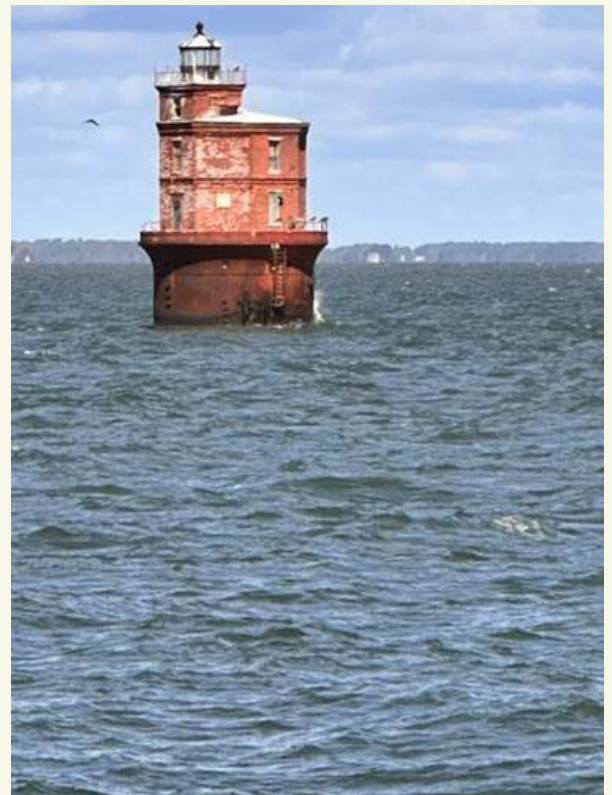
*Jib's Boating Report from Norfolk, Va. (continued, page 2 of 3)*

Baltimore, Annapolis, Solomon Island, Deltaville... seemingly hundreds of great communities. The best part was how nice everyone was and how helpful they were. Lots of hardware stores and marine chandleries.

Alas, it is time to head south and back to Jacksonville. Our target date to return home is October 01, as we have two weeks to prepare for a month in Peru. When we return from Peru, we must focus on preparing *To Boldly Go* for the Down East Loop, a 4,000-mile adventure up the Hudson River to Canada, then east to Nova Scotia and Newfoundland. Then south across the Bay of Fundy, to Halifax, down the Maine coast, and back to NYC. I hope their lobster is as good as they say it is.



***To Boldly Go*, Jib & Teresa's new boat**



**Chesapeake Bay Lighthouse**



**Williamsburg welcomes us to town.**



# Boating Stories and More...

*Jib's Boating Report from Norfolk, Va.,  
(continued, page 3 of 3)*



**Morning Sun at our dock**



**Baltimore Bay Bridge from our helm**



**Attending an all-you-can-eat blue crab fundraiser**

# Boating Stories and More...

## The Ripple of Kindness

*by*

*Wendy V. Kinser-Maxwell*

A single word, a gentle hand,  
A simple act of kindness unplanned.  
It ripples outward, a wave with might,  
Spreading warmth like morning light.

A smile shared with one in need,  
A tender heart, a thoughtful deed,  
Can pierce the dark, dissolve despair,  
And give new hope to all out there.

A stranger's burden eased today,  
Becomes new strength to find their way.  
They pass it on, the gift expands,  
From soul to soul, from hands to hands.

Like seeds that fall on fertile ground,  
The roots of kindness grow unbound.  
They sprout in places we cannot see,  
Creating bridges, setting us free.

So let your kindness ever flow,  
To places you may never know.  
For every heart your light has stirred,  
Leaves endless echoes heard...echoes heard.

Though fleeting moments, brief they seem,  
They weave the fabric of our dream.  
One act of love, one smile, one touch,  
Can change the world...Kindness means that much.





# Photo Gallery *(page 1 of 13)*

## August 16, 2025 - **Meeting and Potluck at Bob & Sherry Rella's home**





# Photo Gallery *(continued, page 2 of 13)*

More photos from all the  
August 16<sup>th</sup> fun at  
the Bellas!!





# Photo Gallery *(continued, page 3 of 13)*

Sharing Plenty of  
good food & great  
conversation.





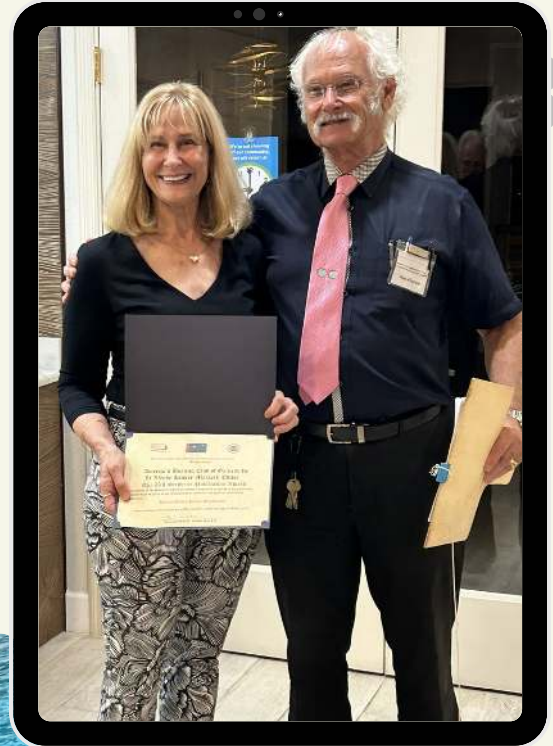
# Photo Gallery *(continued, page 4 of 13)*

**September 20, 2025 -**  
**Meeting and Potluck**  
**at David & Marylia**  
**Roque's (Cobblestone**  
**Apts Clubhouse).**





# Photo Gallery *(continued, page 5 of 13)*



**Who's  
winning?**





# Photo Gallery *(continued, page 6 of 13)*

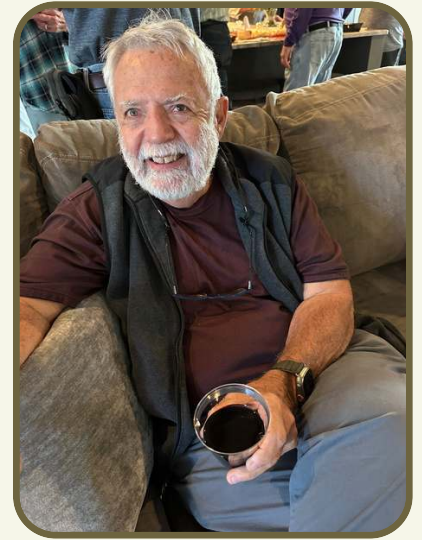
## More fun at the Roques' Clubhouse....





# Photo Gallery *(continued, page 7 of 13)*

## October 11, 2025 - Meeting and Potluck at Brice & Suzanne Miller's home.





# Photo Gallery *(continued, page 8 of 13)*

## LISTEN & LEARN



## The fun continues...





# Photo Gallery *(continued, page 9 of 13)*

## Good Times...





# Photo Gallery *(continued, page 10 of 13)*



**Yippeeeee! Birthday Cake!**





# Photo Gallery *(continued, page 11 of 13)*

How  
precious  
our  
friendships  
are...





# Photo Gallery *(continued, page 12 of 13)*



Isn't  
this fun?





# Photo Gallery *(continued, page 13 of 13)*



**ABSOLUTELY  
BEAUTIFUL!**



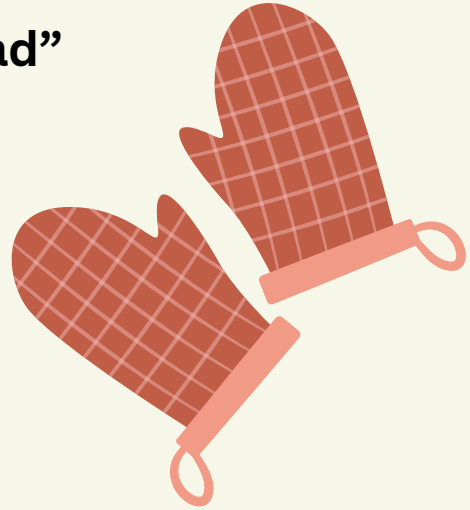
# FROM THE GALLEY

Thank you to Francois for providing his famous recipe!

## “Brewer’s Bread”

### Ingredients

- 1.1 lb. white flour
- 2 tbsp dry yeast
- 1 tsp salt
- 0.6 oz animal fat
- 10 liquid oz warm beer
- 1 warm egg
- 1 egg yolk to paint surface



### Instructions

1. Put all ingredients in bowl and knead into homogeneous dough. (I use my KitchenAid machine with the dough hook.)
2. Cover bowl with kitchen towel and let dough rise for 30 minutes in warm place.
3. Knead dough again by hand (2 minutes) and let rise again for 15 minutes.
4. Put dough bowl on oiled (I use avocado oil) sheet, paint surface of dough with egg yolk and cut structures into surface.
5. Bake in preheated oven (350°F) for 45 minutes. Right after the bread goes into the oven, inject plenty of water (3 x turkey baster) into the oven to produce steam which will create a crisp crust.



# MORE FROM THE GALLEY

Once again, many thanks to Rick Gordon for his Tortola Painkiller Recipe, previously published in our 2023 Fall Q4 *Learned Lamp* Newsletter.

## Rick's Tortola Painkiller Recipe

**BACK BY POPULAR  
DEMAND**

Several fellow boaters asked for my Painkiller recipe at the Christmas party. So here is a description of how I learned it, together with various modifications I have experimented with over the last several years.

To fly to Tortola from my house I first drive to Orlando, then fly to San Juan, and then hop on a short flight to Tortola. Everyone who flies in and out of Orlando must share their airplane with families containing young children coming and going to Disney World. Which means a certain amount of exposure to whatever influenza is currently sweeping the nation's grammar schools. I guess I am particularly prone to catching colds on airplanes, for I developed respiratory infections several times within two or three days of my arrival in Tortola. I soon learned that a large glass of orange juice at the breakfast nook cost \$3, while even more and varied fruit juice could be purchased at the nearby bar for \$3.50 in the form of the local rum drink called a "Painkiller". The icy blend feels great on a sore throat, and even though it didn't cure my cold the rum created a welcome sense of improved wellbeing. There is no secret to the Tortola version of a Painkiller, and you too could join me on a barstool watching the construction of the local version.

### To Make a Pitcher

Start with a can of Coco Lopez or similar type of condensed coconut milk. I'll describe the quantities for the 8 oz can, a smaller can is the available, just halve the amounts. Pour it into a gallon pitcher. Use rum, I favor Meyer's, to fill the can and mix with the remnants of the viscous coconut milk. Empty into the pitcher and repeat (i.e. 16 ozs of rum), stirring to get the last of the coconut off the bottom of the can. Empty this also into the pitcher and stir the pitcher. The idea is to use the rum as a solvent for the condensed coconut. Next add a quart of orange juice, and nearly a quart of pineapple juice to taste. In Tortola they used canned juices in equal quantities. At home we can get fresh or concentrated juices which to my taste create a much crisper drink. However, I find the pineapple juice in the US is too sweet, so I reduce the amount I put in the pitcher. If you desire add Grenadine to produce a slightly pink color in the concoction (if it seems too sweet I skip the Grenadine). Top with nutmeg and you now have a basic Painkiller, ready for embellishment.



# MORE FROM THE GALLEY

## Rick's Tortola Painkiller Recipe (*continued*)

### Options

In Tortola the bars serve a Painkiller with a cherry. I prefer lime, and ask the bartender to substitute a large lime wedge. In my pitcher recipe I add an entire lime by slicing it, squeezing the ends into the pitcher, and adding the whole slices to float around in the mix. If I have it available I add chunks of fresh pineapple and an orange slice or two. (The foresightful Captain will take possession of his nearly empty pitcher, declaim sorrow over its demise, and sneak the remnants home with him. A night of marinating in the refrigerator will provide some tasty fruit chunks for the next evening, together with probably enough Painkiller to displace all pain from the task of cleaning the pitcher.) If your local bar makes their Painkiller with strait Bacardi or similar light rum, you might ask the bartender to top your second drink with an extra blast of Meyers. Although I grew up in a Meyers rum family, I will concede some prefer Captain Morgan's or similar spiced rums.

### To Make a Single Glass

You can make Painkillers by the glass (or mug) by using Coconut Rum instead of the condensed can of coconut milk. I use equal amounts of Meyers and Coconut Rum, then add orange juice, pineapple juice and lime to taste. The supernatant poured from the plastic container of a fresh cored pineapple, containing lots of little chunks of pineapple, makes for an especially flavorful mug sized drink. You can also purchase single dose cans of pineapple juice. Top with nutmeg and enjoy! Coconut rum can be used to make a pitcher of Painkillers, and it is neater, but you will miss the little pieces of coconut floating around in the condensed coconut version of the drink.

The best part of traveling is the exposure you get to foreign cultures. Most of the Caribbean islands have their own version of a rum drink, varying with what is locally available. I encourage you to sail your boat to as many as possible, dinghy in to the beach, and test each yourself.

Rick Gordon  
Christmas 2004

CHEERS!



# EVENTS CALENDAR

UPDATE

## 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 ( <i>see emailed flyer</i> ). 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.
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	6:00 PM	<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. Bring a dish to share and your beverage of choice.
	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	11 Saturday	5:00 PM	<u>Monthly Meeting and Potluck</u>	Brice & Suzanne Miller's home: 4495 SS SR 45, Newberry, FL 32669	Hosted by Brice & Suzanne Miller. Bring a dish to share and your beverage of choice.
<b>UPCOMING EVENTS:</b>					
OCTOBER	24 - 25 Friday & Saturday		<u>District 23 Fall Conference</u>	Hilton Garden Inn, Daytona Oceanfront	See "Commander's Update" emails for details. (For additional info, contact Sharon Neitzey at 386-290-1243, or by email: sneitzey@aol.com.)
NOVEMBER	8 Saturday	10:00 AM	<u>Man Overboard Competition and Honor Our Veterans Raft-up &amp; Potluck Lunch</u>	Lake Santa Fe. Meet at the Alachua County Boat Ramp (Lake Santa Fe Public Boat Ramp).	Man Overboard Competition and "Honor Our Veterans" Annual Veterans Day Raft-up & Potluck Lunch on Lake Santa Fe. 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 Oct. 25th</b> , and let us know how many persons may join you in your boat. ( <i>Flyer attached.</i> )
	16 Sunday	5:00 PM	<u>Simple Italian Meal</u>	Francois & Helen's home: 9604 SW 35th Lane, Gainesville, FL 32608 (Haile Plantation)	You're invited for a simple Italian meal. Enjoy friends and help celebrate our Commander's birthday. <b>RSVP by Nov. 8th</b> to jroulet@dental.ufl.edu. If you get lost, call 352-672-2599. ( <i>Flyer attached.</i> )
DECEMBER	6 Saturday	6:00 PM	<u>Holiday Party</u>	David & Laraine's G'ville home: 11619 NW 2nd Ave, Gainesville 32607	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!!*

## MAN OVER BOARD COMPETITION



## HONOR OUR VETERANS raft-up



AMERICA'S BOATING CLUB  
UNITED STATES POWER SQUADRONS

Potluck. Bring a dish you like and your favorite beverage. Commander will grill ???

RSVP by Oct 25 2025 to [jroulet@dental.ufl.edu](mailto:jroulet@dental.ufl.edu)

**Required info: # of people; boat yes or no, how many passenger on boat possible**

## Invitation for a simple Italian meal

Sunday Nov. 16  
2025  
17:00



9604 SW 35<sup>th</sup> Lane  
Gainesville, FL 32608

RSVP to  
[jroulet@dental.ufl.edu](mailto:jroulet@dental.ufl.edu)  
by Nov. 8, 2025





# 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.