



AFTERDECK NEWS

PALM BEACH SAIL & POWER SQUADRON
District 8

Volume 76, Number 4

APRIL 2019



**Raft-Up Picnic - 9 March
Dubois Park, Jupiter**

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Visit our web site:
www.palmbeachspss.org



SATURDAY MORNING EDUCATIONAL PROGRAM - 13 APRIL 2019

INDIAN RIVER LAGOON 1100-1200

Aquatic Preserve Management and the Leave No Trace Program

How Leave No Trace relates to all of our activities including boating/sailing Marine debris/pollution and micro plastics.

Emily Dark, Environmental Specialist II

Emily Dark works for the Florida Department of Environmental Protection's Indian River Lagoon Aquatic Preserves office. She works on a variety of projects such as habitat mapping and monitoring, diamondback terrapin research, micro plastics and spoil island management. She has a M.S. in Conservation Biology from Antioch New England and grew up sailing on the lakes of New Hampshire.

OPERATIONS TRAINING 0800 - 1050

Operations Training outlines the structure of organization, its objectives and operation. There is detail regarding the different levels. We will cover the educational courses, seminars and required squadron actions. In addition, we will discuss meetings, audiences, and e-mail protocols.

P/R/C Anita Walker JN

P/R/C Anita Walker, JN has been a member of the Pompano Beach Power Squadron since 1997. Anita has served in a number of capacities. She was a member of the National Leadership Development Team, a Certified Boating Class Instructor, and an Operations Training Program developer. Anita currently serves on the her squadron's Nominating Committee, Past District Membership Involvement Chair, a Past Squadron Commander and author of the Leadership Development trilogy – LD 101, LD 102 and LD 103. She has taught these classes to more than 1400 members.

SAFE SEXTANT ON THE BEACH 0800 - 1050

A common sense introduction to Celestial Navigation.

The sextant- parts & how to read the angles; The basic concepts- index error & correction, "rocking" to bottom the arc; Time keeping & recording the sight; Hands on- shooting a few sun lines @ Ocean Reef Park; Sight Reduction- mathematically turning raw data into a line of position

Lt/C David "Captain Mag" Mangold, SN

Captain Mag has been a member of the USPS since 2003. He is the Educational Officer of the Award Winning Education Department of Sebastian Inlet Sail & Power and 2019 recipient of the USPS Charles F. Chapman Award for Excellence in Teaching. Captain Mag has a hundred ton near coastal license (up to 200 miles offshore) with the towing endorsement. He is an experienced sailor with 50 years on the water.

YOU DON'T HAVE TO BE A SOCIAL MEDIA GURU 0830 - 0930

This 50 min seminar will teach squadrons free and paid ways to reach the public with digital marketing. It will discuss marketing ideas and ways to work with automation to schedule posts regularly. The importance of email marketing and the best practices to use with email blasts. This introductory seminar will give you the information to start you in the right direction to promote your squadrons events and gain membership.

Lt/C James McEntee S

Big Toe Photo Productions, Director, Photographer, Eagle Scouts and Educator. At the age of 12, I earned my Power Squadron ABC Card from the Grosse Pointe Power Squadron and that fueled my love for being on any type of water. Being in the advertising and photography profession, I've been able to use my knowledge of Seamanship on assignments worldwide. As the squadron SEO/PRO, I enjoy working with other members to educate the public about boating

PROTENG FIRE SAFETY AND PROTECTION 0930 - 1030

The open discussion will cover fire loss statistics; comparisons of fire suppression systems and the introduction to THIA. THIA is a fully automatic and self-contained fire suppression device that can be custom installed to marine vessels in areas at the highest risk of fire. It leaves no residue and is non-corrosive, and is unique in its patented delivery system.

Nichole and Dusan Maly

They are South Florida residents and new members of America's Boating Club. Dusan's professional auto racing business led him to a path of fire safety and protection, so he shifted gears. Now he and Nichole has the seas on the horizon and their course will move from the roads to the open water with the intent of raising awareness on the risk of fires across various modes of transportation

You can still make your reservation:

<http://www.uspsd8.org/eventdocs/201902251129270.2019SprConf.pdf>

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Lake Park, FL 33403
561 594-8220



Afterdeck News is published monthly (except July & August) by Palm Beach Sail & Power Squadron. Editor reserves the right to accept, reject, or revise submitted articles. Editor requests articles be submitted directly to her by the **2nd Tuesday** of the preceding month. The Afterdeck News and the Palm Beach Sail & Power Squadron are not responsible in any way for mishaps from the use of any product or services mentioned or advertised herein. Roster and any other personal information is not to be reproduced or otherwise used for commercial purposes.



From the Commander
CDR JIM DEARMOND, AP

What a month, what a year!

These are exciting times for the squadron. A couple of weeks ago, we held our annual meeting and "Change of Watch" at the same meeting. That's a first for us in a very long time. This was a result of our bylaws change that moved up our COW to be more

inline with squadrons around the country. We had a great time at the meeting and for anyone that has stayed away because of issues with the food at the Sandpiper, that's no longer a problem. Their new kitchen staff is turning out very good food and everyone I spoke with enjoyed their meal. Just ask Nancy Lawrence our very capable substitute for Arlene Widmayer while she's away. Nancy spoke with everyone and received excellent reviews. Very good news!

Now on to the more exciting stuff. Where you at our picnic at DuBois Park. If you weren't, you missed a GREAT time. Harry Diener pulled the event together and did a great job. Thank you Harry. And, he's one of our newer members.

Speaking of new members. We have a bunch. If you were at our monthly meeting in February, we inducted 7 new members. All are very welcome additions to our squadron. Our April meeting will have more inductions. Come join us in welcoming more new members.

As a squadron, we're getting more active, especially with boating activities. Watch future Afterdeck's for announcements of these events.

Oh, lest I forget, the Bridge Officers from last year are our Bridge Officers this year. Yep, we all decided to continue our jobs for another year. Now that we have learned what the job is, we will be able to serve you even better this year. That's very good for all members. Be sure when you see one of our officers to thank them for their service. I've never had the pleasure of working with such a dedicated capable group of people. They are the BEST !!

SQUADRON BOOSTERS

| | Most Recent | Cumulative |
|---------------------------|----------------------|---------------|
| Darryl Aubrey | \$100 (04/19) | \$1700 |
| Cal Cearley | \$1000 (04/18) | \$1000 |
| Art & Mary Dodd | \$ 70 (12/18) | \$ 138 |
| Kathy & Bill Eldridge | \$100 (03/19) | \$2600 |
| Mary & Bob Flucke | \$200 (02/19) | \$ 600 |
| Myra Hoffstein | \$100 (01/19) | \$2600 |
| Jeanne Kirch | \$ 80 (04/19) | \$ 080 |
| Joyce Newman | \$500 (03/18) | \$2075 |
| Jim Palmer | \$100 (06/18) | \$ 700 |
| Barbara Roemmele | \$200 (06/18) | \$1300 |
| Ray & Estelle Rutkowski | \$200 (02/18) | \$ 400 |
| Nancy Sweeney | \$100 (01/19) | \$1300 |
| Arlene Widmayer | \$650 (01/19) | \$4744 |
| MacPherson/Chalmers | \$100 (02/19) | \$ 500 |
| Alan Konzelman (memorial) | \$100 (04/18) | \$ 100 |
| Nancy Sweeney | \$100 (12/18) | \$ 100 |


Finally.....no, I don't mean that. I would never would use that word with our squadron. There is nothing final about us. Our Education Department is an excellent case in point. Under the capable hands of D/Lt Art Dodd, SN we are making every member proud of being part of the most important boating education program in the county. Art has the courses and instructors. Now all we need is more students and that's where you come in. Have you been to a class lately or seminar? Maybe it's about time you put one of our amazing courses on your schedule. Currently, I'm taking the Junior Navigator class. What a ride. There are six of us learning the ins and outs navigation on the water. Next time you see me. Ask why I'm taking the class especially in these days of GPS.

BTW, the classes and seminars aren't just for us members. Anyone can participate. Who do you know that would enjoy sharpening their boating skills. Keep in mind, not only is this about having more fun on the water but possibly saving a life. I can't stress that point enough. There are too many lives lost in boating accidents. Our education offerings can and do make a difference. But, we need students in the classes to make it happen. Come to a class and bring a friend.

Have a GREAT month and come join us for some good fun!

Cdr Jim DeArmond, AP





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April Events

2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|---|--|-----------|---|
| | 1 5:30 pm Mischief Monday Cool'A Fish Bar | 2 7:00 pm Monthly Board Meeting | 3 | 4 11:00 am Lunch Bunch Duffy's | 5 | 6 |
| 7 | 8 4:30 pm Mischief Monday LeMetro | 9 6:00 pm Monthly Meeting Sandpiper Cove | 10 | 11 11:00 am Lunch Bunch Duffy's | 12 | 13 |
| 14 | 15 5:30 pm Mischief Monday The Islander | 16 5:30 pm Topsy Tuesday Waterway Café in Tiki Hut | 17 | 18 11:00 am Lunch Bunch Duffy's | 19 | 20 11:30 am Boating Rendezvous ER |
| 21 | 22 5:30 pm Mischief Monday Juno Fish House | 23 | 24 5:30 Wacky Wednesday Draft House | 25 11:00 am Lunch Bunch Duffy's | 26 | 27 |
| 28 | 29 5:30 pm Mischief Monday Ke'e Grill | 30 | | | | |

Duffy's, corner Hwy 1 & PGA Blvd, PBG, Waterway Café, 2300 PGA Blvd, Palm Beach Gardens,
 Ke'e Grill, 14020 U.S. Hwy 1, Juno Beach Le Metro, 1155 Main St #120, Jupiter,
 The Draft House, 713 US-1, North Palm Beach, Sandpiper 's Cove 116 Lakeshore Dr, North Palm Beach,
 Juno Beach Fish House 13980 US-1, Juno Beach,
 The Islander 181 S Ocean Ave, Palm Beach Shores, E.R. Bradley's 104 N Clematis St, West Palm Beach,
 Cool'A Fish Bar, 11340 Legacy Ave E-100, Palm Beach Gardens, Juno Beach Fish House, 13980 US-1, Juno Beach,
 Call Nancy Lawrence for RSVP 561- 346-5907

Help Wanted!

The Editor of this publication is seeking anyone who can help with putting it all together every month. She is overloaded with work and it is affecting the quality of this publication.

SEVEN MONTHS AT A GLANCE: 2019

12 APR DISTRICT 8 SPRING CONFERENCE STARTS
 20 APR RENDEZVOUS
 2 MAY CRUISE PLANNING STARTS
 11 MAY 2019 ON-THE-WATER-EVENT
 18 MAY RENDEZVOUS MAYBE POKER RUN?
 15 JUN RENDEZVOUS MAYBE RAFT-UP?
 JUN 2019 ON-THE-WATER-EVENT MAYBE BAHAMAS?
 19-21 JULY 2019 DISTRICT 8 CRUISE TO BAHAMAS
 15 JUL RENDEZVOUS
 AUGUST LONG TRIP SOMEWHERE (MAYBE A TOUR THROUGH A BOAT MANUFACTURER? SUGGESTIONS PLEASE)
 OCTOBER ON-THE-WATER-EVENT

A Captains' meeting before an on-the-water event is important to ensure raft-up procedures do not damage anyone's boat. Captains' attendance is



Operations Training: STF/C MARY DODD, SN

This month my article is about District 8. Palm Beach Sail and Power Squadron, America Boating Club of Palm Beach is part of District 8 United States Power Squadrons. District 8 consists of 13 squadrons that range from Sebastian to Key West. The District was chartered in October 1939. The first Squadron was Miami. At that time District 8 covered the whole of Florida. In October 1956 District 8 was divided into 3 Districts. District 8 Southeast Florida, District 22 West Florida, and District 23 Northeast Florida. Section 4.1 of the National Operations Manual explains the purpose of districts as follows:

“4.1 The district organization, an intermediate level between the national organization and the squadrons, is the nucleus for group action of squadrons assigned by the Governing Board to a specific district. It oversees administration of programs to educate and train members and the public and it provides opportunities for social intercourse among members and families of assigned squadrons...”

To find out more about District 8 go to the District 8 website and to find out more about districts in general check out the National Operations Manual on the National Website.




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2019 Warriors—Never Let Anyone Walk Alone

Kirsten Stanley, SN—Member of the Palm Beach Sail & Power Squadron for 17 years with 13 merit marks.

The Komen South Florida Race for the Cure honors several warriors in Pink every year. Warriors in Pink program supported nationally by Ford Motor Company recognizing women who live by the credo of taking charge, living out loud, harnessing power and standing together.



For Palm Beach County native Kirsten Stanley, her war with breast cancer literally never ends.

That’s because this married 42-year-old Gulf Stream resident has been battling stage 4 metastatic breast cancer since 2013 after having been diagnosed in 2010 at age 34.

“I had absolutely no risk factors, either in lifestyle or family history,” she says of the disease she discovered via a self-exam.

Because she and her husband were trying to start a family, Stanley opted for a lumpectomy and prophylactic post-op chemotherapy. However, when testing revealed that the disease had spread to her liver and lymph nodes, she knew she’d be fighting for her life—for the rest of her life.

Statistically, there’s only a 20 percent, five-year survival rate for Stanley’s cancer.

“I know I’m on borrowed time but I don’t let that affect me,” she says.

To “manage” her cancer which spread to her brain in 2015, necessitating surgical excision; “I was back at work three days later.” she says nonchalantly—Stanley undergoes rigorous, targeted chemotherapy once every three weeks at UM Sylvester Comprehensive Cancer Center in Deerfield Beach.

Thus, she’s always in a fatigued, flu-like state of achiness and “never really feeling well.” Nonetheless, she works full time as director of operations for Tammy Fender Holistic Skincare of West Palm Beach and leads an active lifestyle. “I exercise, play tennis, ride horses—anything to get outside.”

She’s also active in the philanthropic community. A former president of the Junior League of Boca Raton, Stanley is now the president of Impact 100 Palm Beach County.

Though a self-described “private person,” Stanley says that the reason she went public with her condition was to spread awareness, hope and inspiration to others.

“I want all women to know that if this could happen to me, it could happen to anyone,” she says. “But even with a cancer diagnosis, you don’t have to let the disease define you.”

Reproduced by permission from Kirsten Stanley—Laura Zavalia




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From the Educational Officer

LT/C ARTHUR DODD, SN

Some information from my Annual Report, submitted in March at the Board meeting (and on file):

The current membership educational makeup of our Squadron is: 20 Senior Navigators, 2 Navigators, 11 Junior Navigators, 40 Advanced Pilot, 37 Pilot, 22 Seamanship, 137 have not taken classes. Why is it that over 1/2 the membership hasn't taken an Advanced Grade class?

Class attendance could have been better. The data covers classes held during the period 1 March 2018 to 1 March 2019:

Basic Boating Course: 52 students passed the course.

Advanced Classes (Seamanship, Piloting, Advanced Piloting, Junior Navigation and Navigation): a total of 13 students attended the courses.

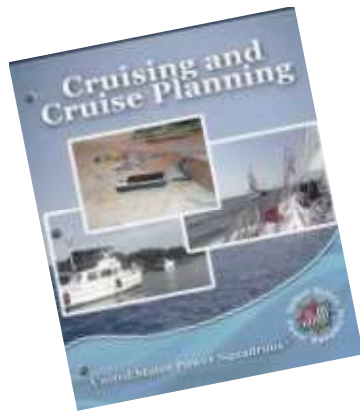
Elective Classes (Cruise Planning, Engine Maintenance,

Instructor Development, Sail and Weather): a total of 16 attended the courses.

Folks, I find these numbers disappointing. It is very discouraging for an Instructor to prepare for a class and have only ONE student show up. This is why some of the Instructors have been giving up. WHAT CAN WE DO TO ENTICE MORE PEOPLE TO TAKE CLASSES?

Jump Start Program – this is where a person with a boat that is new to them can get a vessel safety check and, on their own boat, a one-on-one session with an experienced boater to give them more confidence. We have been running it as a trial program and several sessions were held. A bit of tweaking and training is planned for the near future.

Effective in March, Stf/C Mary Dodd, SN, becomes the Advanced Grades Chair and Elective Chair.



Cruise Planning Course

Thursdays: Beginning 2 May – Cost: \$70

Elements Covered:

- Cruising boat considerations (boat selection)
- Equipment and Systems
- Anchoring and Anchorages
- Crew selection • Emergencies
- Meals and provisions
- Communications • Security
- Formalities in Foreign Waters/Customs
- Chartering • Weather and more



Ken Peters, SN
Instructor

Registration: Call Instructor Ken Peters 321-432-8071–KPeters1@gmail.com
Registration deadline: 18 April • Class begins 2 May – 1900 hrs

Course Description: **Cruise Planning** is designed for members who cruise on either a sail or power boat (owned or chartered). It covers the traditional subjects while reducing redundancy with other USPS courses. It includes the planning and preparation necessary for safe enjoyable, short or extended cruises on both inland and coastal waters. **Cruising:** Describes four cruises that have been selected to illustrate the variety of U.S. cruising areas and the distinct challenges they present.

Palm Beach Sail & Power Squadron 2019 Course Schedule

| Course | Length/Day | Start Date | Exam Date | Instructor | | |
|------------------------|---------------|---------------|-----------|-----------------------|--------------|--------|
| Piloting* | 8 weeks | TBD | | Lt Mike Gavin, SN | 561-373-0639 | \$ 80 |
| Junior Nav | 15 weeks/Wed | 9-Jan | May | P/C Darryl Aubrey, SN | 561-670-0396 | \$100 |
| Navigation | 20 weeks | Not scheduled | | St/C Art Dodd, SN | 561-758-4253 | \$160 |
| Weather | 8 weeks | TBD | | Lt Mike Gavin, SN | 561-373-0639 | \$ 70 |
| Cruise Planning | 9 weeks/Thurs | 2-May | 27-Jun | P/C Ken Peters, SN | 321-432-8071 | \$ 70 |
| Engine Maintenance | 13 weeks/Mon | 18-Mar | 17-Jun | P/C Ken Peters, SN | 321-432-8071 | \$ 70 |
| Electrical Systems | 8 weeks | TBD | | Lt Larry Rudner, SN | 561-842-9494 | \$ 60 |
| Communications | 7 weeks | TBD | | Lt Larry Rudner, SN | 561-842-9494 | \$ 60 |
| Instructor Development | 8 weeks | TBD | | Lt/C Art Dodd, SN | 561-758-4253 | free** |

*Seamanship advisable but not mandatory before Piloting and Sail courses.

** Fees listed are USPS member's prices. Non-member's fees are two times the member's prices. Fee for 2 people sharing materials is one and a half the member's prices.

1. All courses will be held at PBSPS Headquarters, 1125 Old Dixie Hwy, Lake Park.

2. All classes begin at 1900 (7:00 pm).

3. Participants are requested to register for classes at least two weeks in advance so we have the materials ready for you.

Change of Watch!



How I Spent Christmas 2018, or How to Lose 10 Pounds in A Month!

By Helene Hvizd



If you looked only at the pictures and video clips I accumulated during my Christmas Holiday in 2018, they would appear to tell the story of an old sailboat's rehab. A 1974 Irwin 28 is in pretty rough shape:

And after four weeks of blood, sweat, and tears, a 1974 Irwin 28 is in somewhat better shape:

But the story I want to share is much more than a simple boat rehab story. This is a story about overcoming fear, stepping outside a personal comfort zone, trusting that the universe will cooperate in the effort, and most importantly, learning to ask for and accept the kindness, help, and support of others.

This is my personal rehab story.

Fear is defined as "a feeling induced by perceived danger or threat which causes a change in metabolic and organ functions and ultimately a change in behavior such as fleeing, hiding, or freezing from perceived traumatic events." FDR is quoted as having said of the Great Depression during his first inaugural address: "Only thing we have to fear is fear itself." Looking back, I realize just how true that expression is.

After purchasing the Irwin almost five years ago, and soon thereafter losing touch with the individual who had offered to help with her rehab, I found myself frozen from the perceived traumatic events that would accompany the rehabbing of this sailboat. How could I do this? I had taken class after class offered by the Palm Beach Sail and Power Squadron, now America's Boating Club of Palm Beach, but I had never mixed 2 part polyester epoxy to fill holes and cracks in a boat hull. I had never sanded and painted a sailboat, restrung a halyard, or rewired the electricity within a boat. Actually, while I had zero practical experience with most of what lay ahead of me, thanks to Larry Rudner, Rick Wood, and Commander One, I had some experience tinkering with rewiring a boat.

Still I was paralyzed. I recall being at a friend's house when her

husband, who was a sailor and had lived aboard for years, asked me questions about my sailboat. I told him my boat was moored in the intracoastal for several years without any cleanings and he quite seriously told me that the boat was probably attached to the bottom of the intracoastal. Not knowing better, I imagined sea growth actually attaching the boat to the intracoastal bottom. Nothing could have been further from the truth, but just the suggestion from someone with "sea cred" made it seem possible to me.

This may be a good time to give a little history of the boat. Her name was HIPPO when I purchased her. I answered an ad on Craigslist, and when the owner told me her name was Helene (No kidding! We had the same uncommon first name!), I knew this was the boat I would purchase and sail in. From that very first moment, everything about HIPPO had a spiritual connection to my soul. To where I had been, and to where I was going. To moving beyond my fears and to setting my spirit free. I started a diary on Hippo, and chronicled a couple of meaningful life relationships, as well as the joy of being on the water with Hippo the couple of times she made it to the ocean. Hippo was constantly pulling at her mooring lines, wanting to be set free, but she needed help. The analogy to my own life is striking, in retrospect.

I am the middle child of six, raised by Italian and Czech immigrant parents, taught that if I wanted something done right, I should do it myself, and never to rely on anyone. Early life experiences reinforced those beliefs and led to my turning 60 still harboring the belief I could do it all myself. That I had to do it all myself. That was where Paul and Beverley Johnstone entered the story....

Helene will share the rest of her story with the Palm Beach chapter of America's Boating Club during the April dinner meeting.



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From the Administrative Officer:

LT/C LAURA ZAVALIA, AP

Port Captains!

Our Port Captains gather and disseminate information concerning local waters, marinas, repair facilities and other shore-side services of interest not only to our squadron members but

also to all people cruising our waters.

Through the Amateur Radio Directory, the Cruise and Rendezvous Listings and Guide, and the network of Port Captains, we are ready to serve you as your personal cruising guides and resources.

We are like Ambassadors to the world being visible in and out

of the Squadron. We cooperate with the coop charting people, have local knowledge on depts and bridge heights in our local area. We keep a list of restaurants, marinas and fuel docks. We have resources for real estate, weapons laws, pet care, and local events. We visit the local marinas and businesses and let them know who we are and what we do.

Since Palm Beach county is the largest county in the state, we have 3 Port Captains in our Squadron:

- Northern Palm Beach County—Laura Zavalia
- Mid Palm Beach County—Bill Eldridge
- Southern Palm Beach County—Rick Wood



Lightning Talk

Lightning is unpredictable at best, and, at worst, it can appear completely irrational. Our claim files show a wide variety of damage with fried electronics at the top of the list. More serious damage occurs when lightning cannot find an easy exit out of the boat and ends up blowing through fiberglass or out thru-hulls. That can result in sinking.

Dewey Ives, a surveyor in Florida and member of the BoatUS Catastrophe Team who has seen his share of lightning damaged boats, says that lightning is unpredictable. "I've seen a small sailboat docked between two larger ones get hit and sometimes a powerboat in the middle of a marina filled with sailboats gets it. If lightning wants your boat, there's not much you can do about it."

Luckily injuries to people aboard are quite unusual based on the claim files. The lightning is looking for the most efficient route to ground, and that doesn't normally include passing through a person unless they are holding on to something along that route, like a wire stay on a sailboat.

In a sailboat, one of the paths it takes is down the mast; typically, anything that happens to be close by on the way down can be destroyed — wind instruments, TV antennas, radar, lights, etc. Though mast-mounted components are the most likely to be destroyed, anything on the boat that is electronic can be damaged. The wind, speed and depth instruments can be destroyed as was the air conditioner controls, the battery charger, autopilot, compass readings have been found 50 degrees off, mast wiring, the refrigeration controls, the stereo, and of course, the VHF. In other cases, battery selector switches, power panel breakers, volt/amp meters, alternators, and even cabin lights can be damaged.

Article courtesy of BoatUS

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**EMAIL
EDITION**

General Meeting

Tuesday, 9 April
Social 6:00 pm, (Cash Bar)
Dinner 7:00 pm — Program 8:00 pm

\$35.00 per person

Reservation Deadline: 4 pm, Thursday, 4 April

For Reservations Contact:

Nancy Lawrence
561-346-5907
or c21nancyla@aol.com

Please note: Whenever the Squadron schedules a dinner event, it assumes financial responsibility for all reservations. Reservations are a **MUST**. *Once you have made a reservation you, are responsible for the cost of the dinner.* If you need to cancel, call Nancy before the deadline and she'll cancel your reservation.

Guest Speaker - Our Very Own!
P/Lt/C Helene Hvizd, AP

Helene has been restoring a sailboat for a few years now and has had some experiences to share that will exhilarate us.



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Menu

Entrée Choices:

Tenderloin Beef Tips
Grilled Salmon
Chicken Penne ala Vodka

All served with Caesar Salad, Rolls and Coffee or Tea

Dessert: Hot Apple Cobbler or Fruit Cup