

# ***Channel Chatter***

Official Publication  
**DULUTH POWER SQUADRON**  
Duluth, Minnesota  
A Unit of the United States Power Squadrons  
Sail and Power Boating  
District 10

*Greetings and  
Best Wishes*



## **IN THIS ISSUE**

**COMMANDERS COLUMN**  
**SHOW US WHERE YOU HAVE BEEN**  
**EDUCATION NEWS**  
**ADMINISTRATIVE REPORT**  
**NOTES & QUOTES**  
**DULUTH MAKES HONOR ROLL**  
**CHRISTMAS PARTY**  
**WINTER 'BLAHS'**



1990  
VOL. 90  
NUMBER 6  
**DECEMBER-JANUARY**

## **COMMANDER'S COLUMN**

By now, all the boats are put to rest for another winter and we are headed into the Christmas season (45 days til Christmas, so the radio informed me this morning.)

The D/10 Fall Conference, held in Green Bay, 12-14 October, was attended by Larry & Nancy Anderson, Arne Wuorinen, Harvey & Candy Hengel, Dan & Marlene Simonson, and Mavis and myself. As usual, it was a very enjoyable weekend. Seminars on Weather, Advanced Piloting and Cruise Planning were attended by the Duluth delegates. The Saturday evening banquet was preceded by a tour of the Manitowoc Marine Museum and the WWII Submarine, Cobia SS 245. This tour was of special interest to me, having served on a similar boat during my time in the U.S. Navy.

The October General Meeting was a lot of fun and received praise from several people. We were blessed by a visit from the "Mighty Carnac" and his assistant, and a take-off of the TV show, Family Feud. Thanks to all who helped plan and participate in this meeting!

Merit Mark forms are just about completed and ready for mailing. My thanks to those of you who returned your Merit Mark information forms to me. I submitted the names of all members on whom I had received information. I hope that I did not miss anyone deserving of a Merit Mark.

A good way to beat the cabin fever syndrome this winter is to plan on taking and/or helping with the many classes being offered by the



Squadron Educational Officer and crew. Read the Channel Chatter, the flyers or call SEO Candy Hengel for subjects, dates, and times.

If you are in the market for services or goods provided by the advertisers in the Channel Chatter, please give them a chance to serve you and tell them you saw their ad in the Channel Chatter! We need and appreciate them!!!

The date of the Christmas Party has been changed to 15 December. (See notice elsewhere in this publication.) I hope to see you all there to help celebrate the Christmas Season.

That's about all for now, so from myself and Mavis, and the entire Duluth Power Squadron Bridge, we wish you a very Merry Christmas and a Happy, Safe Boating New Year!

**CDR Harlan Eggert, AP**



## SHOW US WHERE YOU HAVE BEEN

Now that the boats are out of the water and put away for the winter, I'm going to need your help with a project that I'm starting for our Squadron this winter.

With the help of our members, I will be putting together a Lake Superior photo guide. I will be using the new Richardson Chart Book for Lake Superior. This newly published book is composed of all the actual charts of Lake Superior in one 12" x 18", 130 page book. We will be adding blank pages to accompany each page in the book. On this blank page we will attach the photos of the different parts of the lake that you contribute to the book. The book will be on display at our meetings and events for you to look at. Please bring your own photos to enhance the book.

The purpose of the book is to spread some of the experience and knowledge of the members who have cruised Lake Superior with new members and members who haven't cruised all parts of the lake. It should encourage members to cruise more of the lake, and help them plan their destinations. I'm sure everyone will be able to learn something from and enjoy looking at the book. To make it a success will depend on all members, so start looking through your photos and send them, or copies of them, to me at 7 Sugar Maple Lane, Esko, MN 55733. The photos, once contributed, will be the property of the Squadron. Send only photos you are willing to part with, and please write a brief description of where the photos were taken. The book will be at the December 15th Christmas Party, so bring your photos then.

**Lt/C Arne D. Wuorinen, AP**  
EXECUTIVE OFFICER





# EDUCATION NEWS

**SEAMANSHIP - PILOTING** - Students will soon be writing these exams. We wish them all good luck. I know they will all do very well, the quality of their instructors was top notch. Many thanks go out to those individuals who taught a section of these classes – your time and willingness made my role as coordinator very easy. I hope I will be able to call upon you again in the future. Thanks to Howard Boynton, James Meehan, Kenneth Johnson, Sidney Mason, Mary & Gilbert Richey, Gil Porter, Richard Bakke, David Poulin, Robert Byrne, James Naslund, Robert Stokes, and Gene Rock.

**WEATHER** - A class of 30 people have written this exam and are awaiting results. Thanks must also be given to the time and expertise of our own Weather instructor, Robert Wilson. His efforts have given the students a better understanding of weather features and forecasting to make boating for them safer and more pleasurable.

**ADVANCED PILOTING** - This course will expand your basic piloting and charting skills. It provides a well-rounded background for safe piloting in all waters. You'll learn to navigate in impaired visibility, at night, or extended cruising in unfamiliar waters. It teaches precise piloting methods for safe operation of boats, large or small.

A practical understanding and hands-on use of the methods you'll learn in this course will never fail you. It must be your first line of navigating skills, a back-up to your electronic navigation. So, plan to get in on this excellent course now. The only pre-requisite are Seamanship, Piloting, and an enthusiasm for more extended cruising knowledge.



Classes begin Monday, 10 December, at the Herbert Service Center - Rice Lake & Arrowhead Roads, 7:00-9:00 PM.

**PUBLIC SAIL & BOAT COURSE** - This course will begin for the public on Tuesday, 8 January 1991, at the Duluth Technical College. Plan to come up and help. This class needs the support of MANY of our members, not just a few. For our newer members, it's a great way to meet and get to know other Squadron members, and you'll also get the chance to chat with our students. It wasn't that long ago that you were in their places, why not come up and give back some of what you received.

**P/C Candance Hengel, N,**  
Squadron Education Officer (724-2223)

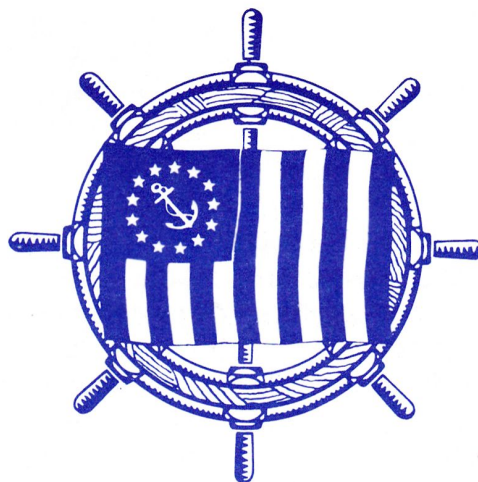


## **ADMINISTRATIVE OFFICER'S REPORT**

Hello again to all Duluth Power Squadron members. As we come to the end of 1990, I think back on all the various activities we have participated in – from the Change of Watch to the Corn Roast. I have a good feeling about the direction the Duluth Power Squadron is going and enjoy being a part of it. We have seen excellent participation throughout the year at all of our events. It is through the enthusiasm and efforts of so many members that our activities are successful. I wish to thank all of you who have helped with various tasks during the year. The more people we get involved, the easier the job becomes.

During the upcoming year I will work with the new Administrative Officer and make a genuine effort to get new members involved. I believe that this is important to make them feel they are a vital part of the Duluth Power Squadron. In closing, I hope to see you all on 15 December at the Duluth Elk's Club to celebrate our Christmas Party which promises to be one of the best ever.

**Lt/C Greg Brisky, P**



### **UNITED STATES POWER SQUADRON PLEDGE**

I do solemnly pledge myself to promote  
and perpetuate high standards of  
navigation and seamanship;

To abide by the Constitution and By-Laws of  
the United States Power Squadrons and of any  
District or Squadron of which I may be a member;

To cooperate with agencies of the United States of  
America and all governmental authority charged  
with the enforcement of laws and regulations  
relating to navigation;

To maintain and operate my boat legally and  
in a manner that will not cause damage  
or discomfort to others;

To render assistance, whenever possible,  
to anyone afloat who is disabled or in distress;

And at all times to conduct myself in a manner  
that will add prestige, honor and respect to the  
organization whose ensign I am privileged to fly.



## **"NOTES & QUOTES" FROM DICK BIBBY**

Back in the early 1900's, an author by the name of Saul Alinsky scribed a jewel which stated, "To a significant degree people express their traditions through their local organizations..." Traditions "are" important to any group and our own unique Squadron organization has annually been entertaining its membership with an extravaganza presentation ever since the Annual Award Dinner back on the 14th of February in 1941.

This sets the scene for the early beginning of a most unusual and notable trophy, the brain-child of old-timer Kim Brook (later Squadron Commander in 1944), who through an appropriate deed of gift, awarded the very first SACRED CALABASH to E. J. Poulin. Captain Poulin, as the initial recipient of Brook's dubious award, had been observed being somewhat careless in permitting an encounter between his vessel's stern and a channel buoy. Poulin was charged, by his pal Brook, with failure to observe the rule, that if the bearing of an object does not change, danger of collision can be deemed to exist. While Poulin put up a reasonably plausible alibi, the Squadron's opinion (naturally) prevailed and Skipper Poulin was charged to cherish the trophy and display it prominently on his mantelpiece. Poulin later served as Commander for three years, during 1945, 1946, and 1947, and was the father of present member, David F. Poulin.

It is historically recorded that in the early days of the Duluth Squadron, our educational classes were held at the old Central High School; and after class, the instructors and students would adjourn to a nearby pub

where generous portions of beer were served in heavy glass containers resembling a fish bowl on a stem... Past Commander Brook had in mind utility as well as beauty in his conception of this trophy. So it was only natural that the flash of inspiration should occur during a post-classroom session one evening at our former local Metropole Bar. Thus, the "Sacred Calabash" as we know it today, is an original standard 32-ounce glass beer growler which has been suitably etched with proper and appropriate figures symbolic of Squadron work. This deed of gift was designed to emphasize that insufficient recognition was given to the "human aspects" of Squadron work and proposed that this trophy be awarded annually to the member caught with the biggest boner, or goof, of the boating season. Brook, fittingly enough, then proceeded to utter endless oratory about the Polynesians of antiquity, ancient priestly navigators, and quoted old Kentucky Admirals, etc., reference the origin of the Sacred Calabash appellation... Quite obviously this Kim Brook was quite a fellow, but no less a publication than the ENSIGN, back in its June-July issue of 1946, came out with a splendid piece of writing, entitled "THE SACRED CALABASH (Or the Boomerang that Came Home to Boom)." This yarn described, in humorous detail, how the Father of Duluth's Calabash award ended up with the citation himself in 1943 when Brook was accused of the original sin of "buoy-bouncing!" His protests that the default had occurred during the 1942 season, and only because he had instructed his landlubber helmsman to





### NOTES & QUOTES CONTINUED

"steer straight for that flashing white light," were rather feeble in view of a guilty 1943 conscience, and the above described BOO-MERANG came on around and stuck fast...

Subsequent recipients of the award, gussied up the original mug presentation with the addition of an old-fashioned chamber pot - complete with a "No Chill" fur collar, and an appropriate pennant for the current holder to proudly display on his yard arm.

Though the competition for this award is somewhat less than intense and the recipient usually screams "foul," it actually carries its own measure of respect since the ideal winner of the mug is a seasoned sailor (preferably an instructor) who obviously should know better. The award is rarely given to a new member or one with his first boat, since he can be expected to make a few mistakes. One of our best sources of Calabash material has always been those members who hope that by informing on their friends, they will themselves either be eliminated from the list or at least moved further down said list. This type of "plea-bargaining" always makes the informer suspect...

The old-timers tell us that in past years some of these Calabash presentations were rated as lavish, highly spectacular theatrical productions... When the late George Cruikshank presented the Calabash award in the spring of 1974, he made the following remarks reference some of this super theater. He said, "At this time many of our newer members have the idea that the Calabash really originated on Broadway. This understandable misconception can be traced to the activities of a couple of "Johnny-Come-Latelys" – principally John Soetebier and John Arnold. Though both of these characters have reasonable limited abilities, they both have wives of great talent

and energy; and as a result, we have had some fantastically successful shows – sometimes even remotely connected with the Calabash. The Calabash Committee found that the excellence of the recent Calabash Extravanzas made it an impossible act to follow, and decided to get back to our earlier and "duller" format where the Calabash presentation became, again, only a small part of our Change of Watch instead of the main event."

The usual limited space restricts the sharing of literally dozens of outrageously humorous salutations presented over the near 50 year history of the Calabash Award. In your writer's opinion, one of the most unusual was awarded in 1978... Former past member and Past Commander Wayne Mosiniak (1977-78) earned the coveted award for knocking over, and swamping, an outhouse with his new boat in South Carolina waters while Northbound to Duluth from Fort Lauderdale. He strenuously denied it ever happened although admitted that his wake may have sunk a couple of clam boats in the Inland Waterway. (Obviously one of his accompanying Duluth shipmates must have squealed on him because it reportedly "did" happen.)

Hopefully, our many newer members will catch the fever and keep their eyes peeled for boating discrepancies wherever the Aerial Bridge/Arrowhead burgee is flown. Here in Duluth we feel that any effort made to avoid the trophy just might help in keeping our skippers on their toes, although incidents will forever occur, so play the role of informant. Make note of strange "goings-on," "goofs," "happenings," and any other choice tidbits about fellow Squadron members and boating friends (?????). Most probably your identity





### NOTES AND QUOTES CONTINUED

will forever remain a secret. (On the other hand, maybe it won't??) Give your boating buddies the publicity they deserve and then watch them squirm in early March at the Change of Watch event when the Sacred Calabash award is given... Now, if you have any information concerning "any" incidents that caused you to raise your eyebrows, it is your duty to get the information to the proper

quarters. Remember, the motto is: BAD NEWS TRAVELS FAST!!! And remember, "One never knows when the boomerang will boom!!!

#### Reference:

Numerous past Channel Chatters

#### Cartoon:

Reprinted from Fresh Water Cartoons by J. E. (Jim) Coslett of Thunder Bay, Ontario, Canada - 1978





## DULUTH MAKES CO-OP CHARTING HONOR ROLL

The 1990 Co-op Charting year ended 1 October and the Duluth Squadron made the Honor Roll for the 4th straight year. We had more members involved than ever before. The efforts of the following members made this possible.

D/Lt David C. Carlson, N  
SEO Candance L. Hengel, N  
D/Lt/C Harvey A. Hengel, N  
P/C Kenneth A. Johnson, N  
Lt/C Arne D. Wuorinen, AP  
Gina Beste Wuorinen, S  
Gloria DeSemdt, P  
Gilbert T. Richey, AP  
Mary M. Richey, AP

To these members, I say WELL DONE!

We are in the 1991 year and if you would like to become involved, contact me or one of the above members and they will be glad to help you find out how easy it is.

There have been a few changes made and it will make it even easier. They have done away with the six digit quad number and now go by county. So the descriptions will be ordered by county name. Most people have county maps. The 76-91 forms have also been changed. Also, for those of you that have IBM-compatible computers, the descriptions are now on diskettes.

Happy hunting.

**P/C Robert Byrne, N**  
Co-op Charting Chair

## 1991 ANNUAL MEETING MIAMI BEACH, FL 15-19 JANUARY

IF YOU ARE GOING PLEASE CONTACT  
COMMANDER EGGERT. 722-0049

DELEGATES ARE NEEDED TO  
REPRESENT DULUTH AT THE MEETING

### MEMBERS ONLY

## The USPS Boat Insurance Program

*An outstanding policy  
at preferred rates.*

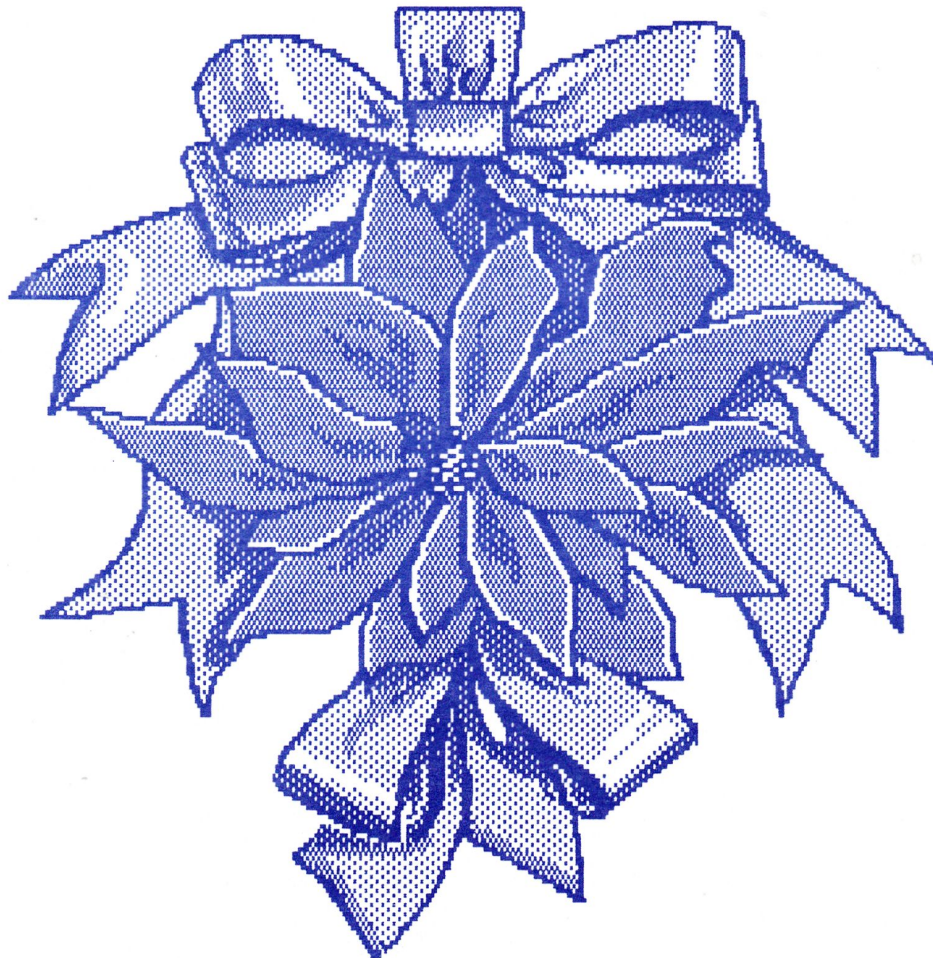
From The St. Paul Insurance Company

For information call toll free:  
**1-800-476-2211**





**DULUTH POWER SQUADRON  
ANNUAL CHRISTMAS PARTY  
SATURDAY, DECEMBER 15, 1990**



**SOCIAL HOUR 1800  
DINNER 1900  
DANCING 2030-2330**



**ELKS CLUB**

**5804 HAINES RD.**

**DULUTH, MN**

**DINNER OPTIONS:**

**PRIME RIB FOR \$14.00**

**OR**

**CHICKEN AMBASSADOR FOR \$11.00**

**BOTH DINNERS INCLUDE:**

**SALAD**

**RICE PILAF (CHICKEN)**

**BAKED POTATO (PRIME RIB)**

**VEGETABLE**

**ROLLS**

**COFFEE - MILK**

**DESSERT**

**MUST RESERVE BY 12-10-90**

**ADD \$2.00 AFTER 12-10-90**



## **ANNUAL CHRISTMAS PARTY**

The Duluth Power Squadron Christmas Party will be held Saturday, 15 December 1990 at the Elk's Club on Haines Road in Duluth. Social hour will be from 1800 to 1900. Dinner will be served from 1900 to 2030 and music will be provided for your dancing and listening pleasure from 2030 to 2330.

Dinner selections this year are: 14 oz. Prime Rib (\$14.00) and Chicken Ambassador (\$11.00). Chicken Ambassador is a boneless chicken breast stuffed with cream cheese and vegetables, covered with a puff pastry, baked and served on a bed of rice pilaf. Both dinners include a baked potato (Prime Rib), rice pilaf (Chicken Ambassador), salad, vegetable, rolls, coffee or milk, cranberries and dessert. **Advanced reservations are required by December 10, 1990. After that date, an additional \$2.00 will be added to each meal.**

To make your reservations, please fill out the form at the bottom of this page and send with your check to Gloria Vitullo.

The Squadron will be giving away at least ten 10-12 lb. turkeys as door prizes for those in attendance.

An additional raffle will take place for a MARINE PORTABLE RADIO. This will be handled by Greg Brisky. Chances for the radio will be available prior to the Christmas Party, so if you are interested, please contact Greg. The cost for two chances is \$5.00.

**We are also requesting that each of you bring a non-perishable food item that will be donated to either the Salvation Army, the Food Shelf, or some other worthy organization.** This will be handled by Jerry Rock.

We sincerely hope that you and your family will be able to join us for this year's party! As always, a lot of time and effort has gone into its preparation. You can make it a success by attending.

I would like to express my appreciation to this year's committee consisting of Greg & Mary Brisky, Bruce Beste, Gloria DeSmedt, Tom Grover, Sharron Robbins, Jerry Rock, and Arne Wuorinen. A special thanks to Bruce for getting the turkeys for us!

Please fill in the form below and send it along with your check to Gloria before 10 December.

Paul Robbins, Chairman

-----  
Mail to: Gloria Vitullo 4717 Colorado Street Duluth, MN 55804

Enclosed is my check for \$\_\_\_\_\_ to cover the cost of \_\_\_\_\_ Prime Rib dinners

or \_\_\_\_\_ Chicken Ambassador dinners.

Signed \_\_\_\_\_



## FACT SHEET

Time required for commonly littered items to decompose . . .

Glass Bottle	Approximately 1 million years
Plastic 6-pack Cover	450 years
Aluminum Can	200-500 years
Rubber-Boot Sole	50-80 years
Leather	Up to 50 years
Nylon Fabric	30-40 years
Plastic Film Container	20-30 years
Painted Wooden Stake	13 years
Plastic Bag	10-20 years
Plastic Coated Paper	5 years
Wool Clothing	1-5 years
Cigarette Butt	1-5 years
Cotton Rag	1-5 months
Orange Peel or Banana Peel	2-5 weeks

(Source: California Waste Management Bulletin)

## NEW AID TO NAVIGATION

The Coast Guard has a new aid to navigation for U.S. Waters - the isolated danger buoy with red and black horizontal bands. The new buoy will be established on or above an isolated danger that has navigable water all around. It will have a top mark with two black spheres. If lighted, they will show a group flashing of two white flashes.





# FROM THE SEO

I recently attended the Fall District 10 Conference in Green Bay, Wisconsin. Green Bay did a fine job of hosting this meeting and we all got to help them celebrate their 50th anniversary. Of interest to me was that Green Bay has sponsored Fox Cities, Menominee-Marquette, Oshkosh, Sturgeon Bay, and most recently Central Wisconsin into USPS District 10. District 10 was fortunate to have Chief Commander James Stewart and his wife, Jane, present at our meeting.

District Education Officer, our own Daniel Simonson, N, put together an excellent education meeting. Our Saturday meeting started out with a teaching aids display. All squadrons were asked to bring one teaching aid used by instructors in any of our classes, and demonstrate its use. There were some very useful ideas there. If any of our instructors are using teaching aids, please let me know. Seminars on the Weather, Cruise Planning, and Advanced Piloting class shared methods of conducting these classes. Some have already been used by our Squadron, others will be tried.

Our own P/C Kenneth Johnson made up some boards with cleats, posts, and permanently fixed examples of four very useful knots used by all boaters. These examples had plenty of free line for students to practice their marlinespike. This display was used in the Teaching Aids display, and was presented to Commander David Rupley by Commander Harlan Eggert during the recognition of our newest Squadron in D/10, Central Wisconsin,

to be used in their education classes. Many thanks to Ken Johnson for making these aids.

Our conference ended with a tour of the Manitowoc Maritime Museum, including a WWII submarine, dinner, and entertainment.

Sunday morning, P/C Alan Wentworth gave a talk on satellite navigation to the "N" Club.

It was a beautiful drive to and from, the hospitality, camaraderie, and education made for a well-rounded weekend of fun and learning.

**P/C Candance Hengel, N**

### **NORTHWEST OFFICE SUPPLY & COMPUTER SUPPLY CENTER**

Office Supplies • Business Products  
Office & Computer Furniture  
Interior Design Service

Open Monday thru Friday 8 a.m. to 4:30 p.m.

ORDER BY PHONE • CHARGE IT • FREE DELIVERY

at both convenient locations:

202 East Superior St.  
Duluth, MN 55802  
727-7295

1201 Cloquet Ave.  
Cloquet, MN 55720  
879-8648



❖ Fashionable Energy Shades ❖  
Custom Window Treatments  
Unique Gifts • 727-2414



## **DULUTH POWER SQUADRON MEETINGS & EVENTS 1990-1991**

### **DATES**

NOVEMBER 1, 1990  
DECEMBER 6  
JANUARY 3, 1991  
FEBRUARY 14  
MARCH 7  
APRIL 4  
APRIL 18  
MAY 2  
MAY 16  
JUNE 6  
JUNE 20  
JULY 11  
AUGUST 15  
SEPTEMBER 5  
OCTOBER 3  
OCTOBER 17  
NOVEMBER 7

### **DATES**

DECEMBER 8  
MARCH 2, 1991  
MARCH 22-24

APRIL 6  
MAY 2-5

MAY 11  
MAY 18  
JULY 4  
AUGUST 17  
AUGUST 31  
SEPTEMBER 1  
SEPTEMBER 12-15

SEPTEMBER 20-22

SEPTEMBER 28  
DECEMBER 7

### **MEETINGS**

EXECUTIVE BOARD  
GENERAL MEETING  
EXECUTIVE BOARD  
ANNUAL MEETING & ELECTION  
EXECUTIVE BOARD  
EXECUTIVE BOARD  
GENERAL MEETING  
EXECUTIVE BOARD  
GENERAL MEETING  
EXECUTIVE BOARD  
GENERAL MEETING  
EXECUTIVE BOARD  
EXECUTIVE BOARD  
EXECUTIVE BOARD  
EXECUTIVE BOARD  
GENERAL MEETING  
EXECUTIVE BOARD

### **EVENTS**

CHRISTMAS PARTY  
CHANGE OF WATCH  
DISTRICT 10 CONFERENCE  
ST. PAUL  
FITTING OUT PARTY  
SPRING GOVERNING BOARD  
NEW ORLEANS  
CANADIAN CHANGE OF WATCH  
DOCK CLEAN UP  
4TH FESTIVITIES & PARADE  
PREDICTED LOG  
TREASURE HUNT  
CORN ROAST  
NATIONAL GOVERNING BOARD  
CHICAGO  
DISTRICT 10 CONFERENCE  
MINNETONKA  
COMMANDERS CRUISE  
CHRISTMAS PARTY



## Channel Chatter

### DULUTH POWER SQUADRON CALLING COMMITTEE - 1990-1991

Margie VanDyke 727-0356  
 Polly Holt 729-6072  
 Mary Markon 398-6413  
 Linda Hogan 724-7459  
 Mary Brisky 724-4916  
 Gina Wuorinen 879-1897  
 Greg Brisky 724-4916  
 Chris Beste 624-5696  
 Tom Grover 722-1061  
 Dorothy Harrison 722-3063  
 Tracy O'Hehir 727-1959  
 Diane Johnson 727-5556  
 Pam Halling 722-8172  
 Nancy Coleman 525-5594

Amatuzio - B. Beatty  
 Robert Beaudin - G. Buerke  
 Joe Bullyan - Gloria DeSmedt  
 J. DeSantis - M. Fossen  
 R. Gajewski - Erling Hansen  
 Richard Hansen - Tom Holt  
 Sven Hubner - L. Kennedy  
 R. Kervina - Mary Markon  
 James Marshall - James Munger  
 J. Naslund - K. Owens  
 K. Page - Mary Richey  
 P. Robbins - L. Simonson  
 S. Sivertson - R. Vitullo  
 S. Walsh - W. Youngren

### Patty Cake Shop

Captain Jack Soetebier invites you to stop in and try some of his world famous Goodies, Pastries, Cakes, Doughnuts, Breads and many more delicious items.

*All baked by Duluth's Master Baker*

1434 East Superior St. - Duluth 728-4219

SHOP AT . . .

**6th Ave.**



220 N. 6th Ave. East  
 Duluth, Minnesota

Open 7:00 AM - Midnight  
 Monday thru Saturday  
 Open 8:00 AM - 9:00 PM on Sunday

### CANVAS PRODUCTS

Sales & Repair



Truck tarps,  
 Grain & Flat Beds  
 Awnings,  
 Canvas-Vinyl  
 Pack Seals  
 Ice Fishing Tents  
 Boat Covers  
 Contractors Supplies  
 Party Tent Rentals  
 Zipper Repair  
 Truck Seals

**PROCTOR CANVAS**

208 3rd Ave., Hwy. 2 Proctor 628-2316

### GOLD CROSS Answering Duluth's emergency 911

AMBULANCE

- Advanced Life Support Ambulance Service
- Mobile Intensive Care
- Patient Transfers Anywhere

Over 17 years of professional patient care in Duluth. **722-0807**

Harvey Hengel, Owner-Director



**TWIN PORTS  
 CONVALESCENT**

Safe, reliable wheelchair transportation and home oxygen rental.

On call 24 hours a day/7 days a week.

**727-3036**



Marine Accessories  
and Electronics  
for All  
Boats & Boaters



Fishing Tackle  
for Mom, Dad &  
the Whole Family

Local Phone  
218-724-8833

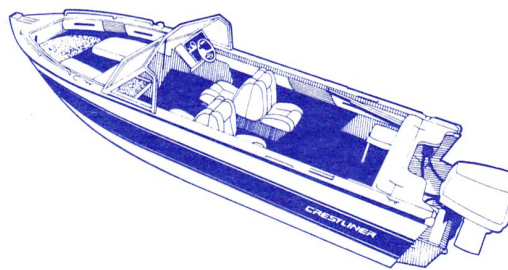
Toll Free  
ORDER LINE  
1-800-777-8557

Free Easy  
Access Parking

1501 London Road Duluth, MN 55812

**EVINRUDE, MERCURY, MERCUISER  
CRESTLINER, WELLCRAFT**

**DOCKS & LIFTS**



5350 Miller Trunk Hwy.  
Duluth, MN 55811  
(218) 729-6982



1901 Minnesota Avenue  
Park Point, MN 55802  
727-7635

8am To 8pm 8 Days a Week

**"FRESH MEATS & DELICATESSEN "**

**SUPPORT OUR  
ADVERTISERS!  
THEY SUPPORT US**

ROBERT BYRNE

1-715-394-3935  
1-715-374-2354

**MARINE SURVEYOR**

1724 Lackawanna Ave. Superior, WI 54880  
Certified  
Chapman School of Seamanship  
Yacht & Small Craft Surveying

**LISCOMB  
HOOD**



**MASON CO.**

**INDEPENDENT INSURANCE AGENT**

212 Medical Arts Building  
(on Duluth's downtown skywalk)

Duluth, MN 55802 218-722-7472

**UNITED STATES POWER SQUADRON  
Authorized Agent**



# Winter 'blahs'

***You can brighten your winter mood!***

Whether you live in California or in the Northeast, the calendar is the same. It's winter! And for the majority of people, the "blahs" set in. Psychologically speaking, the winter months are tough. They represent a big void with nothing to look forward to.

This time of the year is particularly hard for people who live in a cold climate where the days are gray and snowy.

After several years of study, scientists at the National Institute of Mental Health's Clinical Psychology Branch have concluded that ultra-bright artificial light may be the best cure for winter depression. Brighter lighting in hospitals, office buildings and homes during the winter months could have an important impact on the behavior and psychological well-being of people, the study showed.

Tests with more than 50 patients suffering from the winter blues, sometimes known as Seasonal Affective Disorder, showed that bright light therapy dramatically lifted depression in 90 percent of the cases.

If you find yourself feeling listless, sleeping more than usual, suffering from cabin fever, or even grouchier, try these suggestions from the experts:

- Try to keep your home as brightly lit as possible—"grow" lights help a lot;
- Take a mini-vacation if possible or at least get away on the weekends;
- Treat yourself to a small, inexpensive present;
- Follow a diet and exercise program to improve your sense of well-being;
- Increase your social activities. They distract you from thinking about yourself;
- Try winter sports to enhance your appreciation of ice and snow;
- Develop a new interest.

## **Some like it cold**

There is another side to the coin. Some people truly enjoy the winter months. Their reasons are that the holidays are over and all the craziness that goes with them.

These same people enjoy the warm,

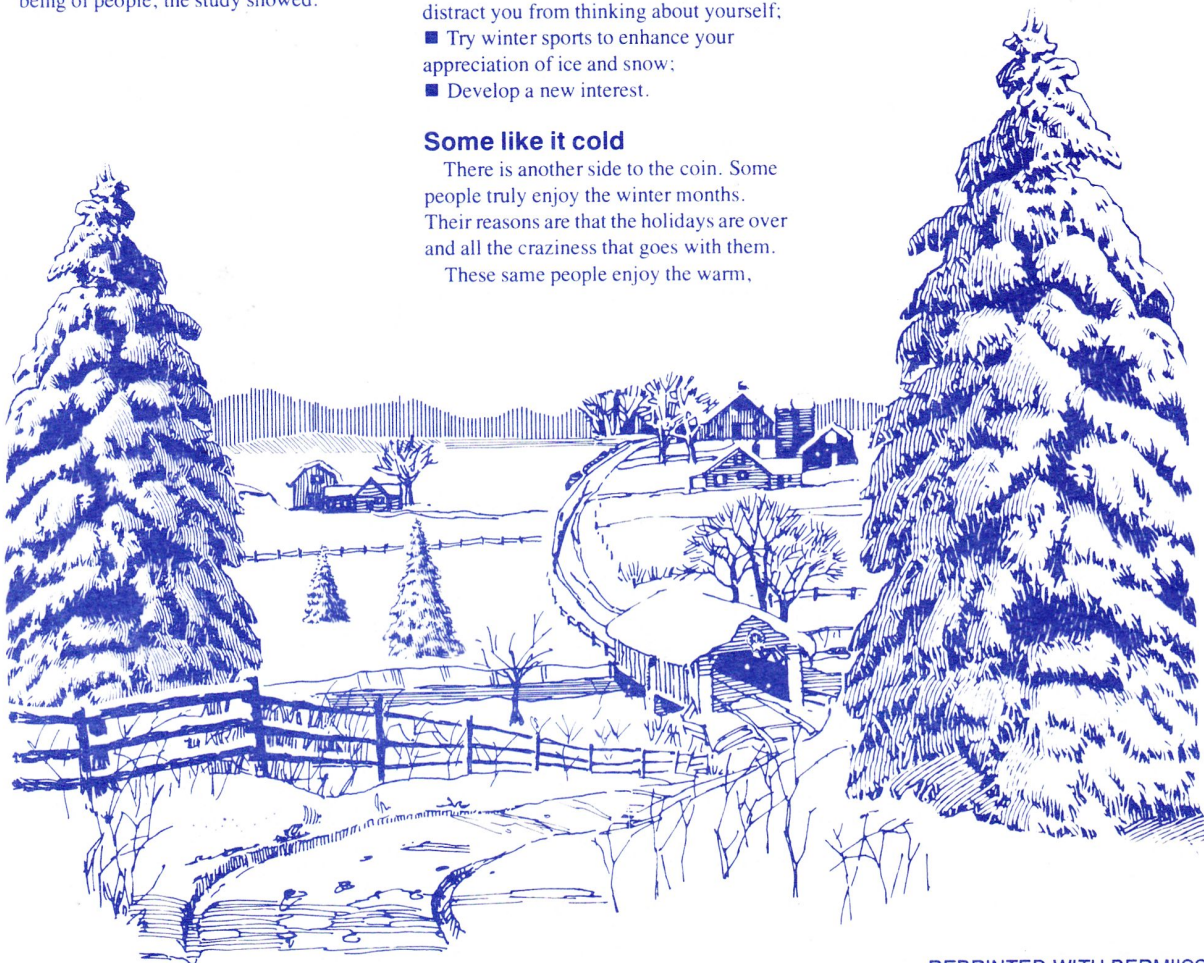
woolen clothing, blankets and even the hot toddies, particularly if they can sip them in front of a glowing fire in the fireplace.

Winter is a good time to get organized, too, according to the folks who love this time of the year.

It's a good time to take on a new project—like a photography course or a cooking class.

But most of all this group loves winter sports—cross-country skiing, downhill skiing, ice skating and sled riding.

If you are one of the people who experiences winter lows, recognize that weather is a contributing factor. Use that to calm yourself down. And do try to see winter as the "winter lovers" do. You'll be surprised how fast the time passes.



REPRINTED WITH PERMISSION  
WESCO WORLD  
WESTINGHOUSE ELECTRIC SUPPLY





Established 1889

**DWIGHT SWANSTROM COMPANY**

31 N. 21st Ave. W., Duluth, MN 55806

**GREG BRISKY**

**AGENT FOR USPS INSURANCE**

Home 218-724-4916

Office 218-727-8324

**Electricity from Minnesota  
Power costs 37% less  
than the national average.**



**minnesota power**

ALWAYS AT YOUR **SERVICE**

(218) 727-0101 BUS.  
(218) 727-2074 HOME



**FIRE & INDUSTRIAL SALES**

F & I SALES, INC.

HOWARD L. BOYNTON

P.O. BOX 16712  
1902 W. 1ST STREET  
DULUTH, MINNESOTA 55806



Duluth Tire & Oil Inc.

**DAN BLOOM**

**SERVING HARBOR COVE & SPIRIT LAKE**

**JOBBER  
SPUR GAS & FUEL OIL**

2802 West Superior Street  
Duluth, Minnesota 55806  
(218) 722-5886

**PATRONIZE  
OUR ADVERTISERS!**

**THEY ARE HELPING US  
PROMOTE SAFE BOATING!**

**ERLING R. HANSEN**

*Your Locally Owned Contractor  
for...*

*Commercial — New Construction  
— Industrial —  
General Remodeling and Repairs*

**722-0589**

**TODD  
SIGNS**  
DESIGNERS CREATORS

324 Miller Trunk Hwy. Duluth, MN 55811

**729-6800**

*Buy from whom the architects consult... We are the area's most experienced  
signage experts with the zenith of quality by which others are judged.*

INTERIOR-EXTERIOR SIGN SYSTEMS / LETTERS  
ELECTRICAL / NEON / DISPLAYS / SCREEN PRINTING  
LETTERING BY COMPUTER & BY HAND / FLAG POLES

**SALES - INSTALLATION - MAINTENANCE**

**Fast, Quality Service**

**Specialty Welding**

**PROP SHOP**



**SKEG REPAIR**

**BOAT PROPELLER REPAIR & SALES  
ALUMINUM, BRASS, STAINLESS**

**ERIC (RICK) HOGLUND**  
(218) 729-8304

3633 MILLER TRUNK HWY.  
DULUTH, MINNESOTA 55811



DULUTH POWER SQUADRON  
4805 TIOGA STREET  
DULUTH, MN 55804



## DEADLINE NOTICE

CHANNEL CHATTER  
JANUARY 11, 1991

## OFFICERS 1990-1991

COMMANDER	HARLAN A. EGGERT, AP	722-0049
EX. OFFICER	ARNE D. WUORINEN, AP	879-1897
SEO	CANDANCE L. HENGEL, <u>N</u>	724-2223
ASST. E/O	STEVEN JOHNSEN, AP	525-5148
ADMIN. OFFICER	GREG R. BRISKY, P	724-4916
SECRETARY	RITA V. JOHNSEN, AP	525-5148
TREASURER	GLORIA J. VITULLO, AP	525-4138
EX. COMMITTEE	GLORIA DE SMEDT, P	624-5909
	LARRY J. ANDERSON, S	729-7491
	DAVID C. RUTFORD, P	724-4854
ADMISSIONS	DENNIS MARKON, P	398-6413
DOCKMASTER	FREDERICK L. CRANDALL, P	727-0922
COOP-CHARTING	ROBERT J. BYRNE, <u>N</u>	394-3935
SAFETY	JOSEPH G. ECONOMY, P	727-7927
EDITOR	DAVID C. CARLSON, <u>N</u>	525-1438
ASST. EDITOR	GLORIA J. VITULLO, AP	525-4138
ADVERTISING	WAYNE D. CARLSON, P	722-9733