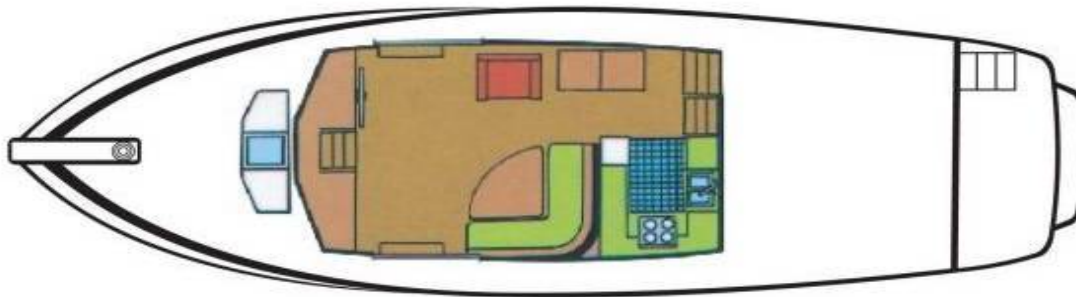
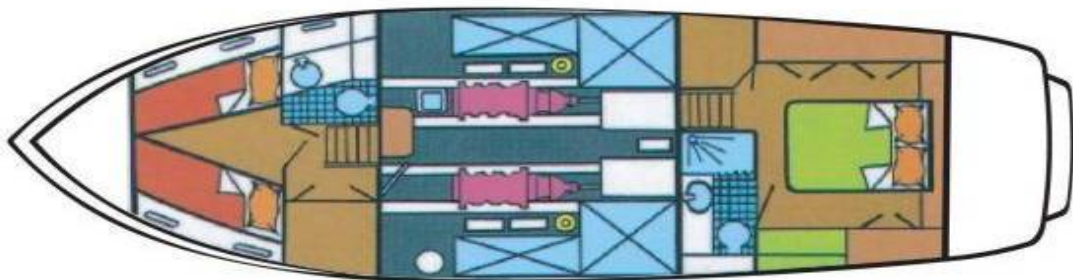


Welcome Aboard



Spirit Dancer



About Spirit Dancer:

The yacht *Spirit Dancer* is a 2001 DeFever 49 foot Cockpit Motor Yacht Trawler (CPMY 44+5). She is the creative expression of long time yacht designer Arthur DeFever. The designation "44+5" means that she is the 44 foot offshore cruiser with a 5 foot lower level cockpit deck on her stern.

She has a walk in engine room and is powered by twin 135 hp Perkins diesel engines, provides offshore electrical power with a 12.5 KW Westerbeke diesel generator, and carries 1100 gals of fuel giving her a 1,800 to 2,200 nautical mile range.



The Name "Spirit Dancer"

A "*Spirit Dancer*" receives an inspiration and expresses it through dance and song (or other creative expression). The inspiration is usually of a virtue or power that will help the dancer throughout life. It is a gift the dancer then develops and practices for the benefit of others.

The Adventure Begins May 2009

Currently she is getting ready to start the Great Loop end of May 2009. This is a 6,000 mile journey to circumnavigate the eastern US. We'll use the Intracoastal Waterway (ICW), canals, Great Lakes and rivers for the trip. When you join us along the way for your favorite part of the country there are some really important things for you to know about living on a boat – even for a short time.

Safety First

Hold on. Boats rock and roll. Whenever you're moving about be aware that we can take an unexpected wave at any time. Look around to see what the natural waves are doing before jumping up. Look also for those created by passing boats. There are plenty of places to hold on. Be ready to do just that.

Moving About Underway: Please feel free to move around the boat while we're underway. If you are moving from one deck another, let someone know where you're going so that they can observe that you got where you wanted to be. If the sea conditions dictate, you will want to take one of the hand held radios with you to let us know on the bridge that you are where you want to be.

Stairs and Ladders: Stairs you can go down facing forward (except in rolling conditions). Ladders you face and go down backwards. Spirit Dancer has hand holds and railings for both stairs and ladders. *Use the hand holds and railings whenever you use the stairs or ladders.*

Wet Decks are Slippery: Rain or not, there will be a fine mist of sea spray on the decks. Even with boat shoes, this can be slippery. Watch your step and your balance.

Watch for any liquid spilled on the decks. Report it to the Captain or crew. If it's small, get paper towels from the Galley (kitchen) and wipe it up. Dispose the dirty paper towels in the trash containers. Their location will be pointed out to you when you arrive. Never throw anything overboard.

What's this? Always ask "how it works" before pushing, pulling or "trying" it out.

Helping: Leaving and returning to dock is not a sport for the uninitiated. Please do not try to help do something that you are not asked to do when docking and undocking. If asked, please follow the Captain and crew instructions carefully. If you're unsure about what to do, please ask before acting.

Under no circumstance try to use muscles to push or pull the boat anywhere. It weighs 52,000 pounds...unless of course you have a big red "S" on your chest. The Captain will use the engines, along with the wind, current, and tide, to place the boat where it needs to be.

Glass Containers: For obvious reasons, don't bring glass containers on deck. Some exceptions will be made once we've docked for the evening.

Smoking: Please don't light up until we're secured for the evening. Don't flip ashes or remains overboard; there are fuel vents on the side of the boat waiting for a spark. So use the proper receptacles. Smoke outdoors only, never in the cabin or staterooms. Even the cigar aficionados will have to wait until we dock before lighting up. Bring one for the Captain.

Drinking Alcohol: The Captain and Crew are not allowed to imbibe until after the boat has been secured for the evening. We suggest that soft drinks (especially ginger ale), water, and tea be the beverages of choice – especially if this is your first voyage. There will be plenty of time to consume grog once we're secured for the day.

Life Jackets

There is an appropriately sized life jacket on board for every passenger and crew. You will be shown how to put it on prior to our departing the docks. There are different sizes for small children, children and adults.

The US Coast Guard requires that any child 12 years or younger wear a life jacket while underway. We prefer that if the child is close to 90 pounds, they wear one of the adult vests we have on board. We carry vests for children weighing 50 to 90, 30 to 50 and less than 30. Let us know how many of each you will need for your family.

Man / Woman Overboard:

If you see someone go overboard, you are responsible for yelling at the top of your lungs, "MAN OVERBOARD" ***Throw the life ring or life-preserver toward them.*** DO NOT TAKE YOUR EYES OFF THEM. Keep pointing to them. The Captain will bring the boat around on a 180 degree heading. So move around the boat as necessary to keep them in sight.

We have three primary ways to get someone out of the water. One is using the swim platform and ladder. If the person is conscious and depending on the weather and condition of the seas, we will bring the boat next to them, hand them a line, put the engines in neutral, help them around to the swim platform ladder and assist them in to the boat.

If the weather or seas are not cooperating, we will use a sling and either the block and tackle or the hoist for the dinghy as needed to lift them from the water and bring them on board.

Guests will be briefed on these procedures along with how to radio for help.

Waste

Do not throw anything overboard. Be careful with napkins, Styrofoam cups, and other light weight objects that might be accidentally blown overboard. Let the Captain or Crew know if this happens.

There is a trash receptacle in the galley and one in each of the two heads (toilets). We may place others in strategic locations based on need. You will be shown where they are before we depart the docks.

We will keep trash bags handy and tied down on the fly bridge and main aft deck.

All waste from the cruise will be hauled ashore and deposited in designated containers.

No oil or oily materials discharge is permitted. All such substances must be handled in a manner consistent with the plans written in accordance with Title 33 Code of Federal Regulations (CFR) Part 151 and MARPOL Annex V. Placards are posted on board the boat detailing the requirements. The “Waste Management” placard is located on the left hand (port) bulkhead (wall) in the stairwell leading to the forward cabin. The “Oily Waste” placard is posted on the forward bulkhead above the workbench in the engine room.

The Head (Toilet)

Please Read Before Using the Toilet

We have two *Vacu-Flush* marine toilets (head). The flushing mechanism is slightly different from what you have at home.

1. Use toilet. Sit or raise seat – boats move.
2. Push handle (at bottom side of toilet) down. You will hear a loud “POP” and “SWOOSH” sound. This is normal.
3. Hold handle down and count to three. This will allow water to flush and clean the bowl.
4. Release the handle quickly by just letting it snap shut. If using your foot, just let it slide off and snap shut. This helps set the seal.
5. *Wait 30 seconds between flushes.* So that the pump can recreate the vacuum.



Please Note:

- Use only the special quick dissolving toilet paper provided. There is more in the cabinet. Use minimal amounts between flushes.
- Kleenex, paper towels, sanitary napkins, etc. go in the trash can. If it gets full, just remove it and replace the bag with one from the extras that are kept in the bottom of the trash can. You’ll see them. Put the full one in the trash container next to the galley or elsewhere as directed.
- Aside from that special toilet paper, don’t put anything in the toilet until after you’ve eaten it!
- If you need to add more water to the bowel, lift the flush handle.
- Questions? Please ask before using or let us know if something didn’t go according to these directions.

Washing Up: We carry 350 gallons of fresh water on board. Use what you need and at the same time be conservative. Turn faucets off when water is not needed.

Medical

We'll need access to information about any special medical conditions that might flare up while on this trip. Additionally, note any allergies you may have and any medications to which you might be allergic. Put this information in an envelope marked "Medical" and let us know where you will keep it while on board. We will only access it in case of emergency.

Medications

Prescription medications must be in their pharmacy provided bottle or with a doctor's prescription accompanying it. The authorities look harshly at controlled substances on the high seas (or ICW).

Sea Sickness: There are over the counter medications such as Dramamine or Bonine that taken a half-hour to an hour before the trip are quite effective.

Also effective are the ever popular wrist bands that send an electrical current to the median nerve in your wrist. The photo is courtesy of Landfall Navigation website of the Sea-Band wristbands. Sea-Bands are sold in drug chains and pharmacies such as K-Mart, Eckerd, CVS, Rite Aid and Wal-Mart.



Ginger gum, ginger snap cookies, lemon drops can also help prevent and reduce symptoms.

At the first sign of becoming uncomfortable, focus on the horizon (not on the waves). Take deep relaxing breathes, move to the center of the boat on the aft deck where the motion is less, stay in the fresh air, don't eat or drink except for small sips of Gatorade to replace electrolytes and water to avoid dehydration. Get busy doing something to regain a sense of being in control and help the brain ignore the motion messages being sent by the brain. A turn at the helm sometimes helps.

We usually carry home remedies such as ginger snaps, saltine crackers, Gatorade, and ginger ale on board.

Admiral Kem is a nurse and should be consulted should you experience any queasiness or other symptoms.

First Aid On Board: Kem keeps a well stocked first aid kit – enough to make some hospitals jealous. Let her know if you even scrape your skin or pick up a sliver on the dock.

What to bring

Footwear: Deck shoes are specifically designed to minimize slipping on wet decks. Leather soled shoes won't work because they are too slick and you'll slip and slide all over the place. Forget about high heels on a boat. ***Please DO NOT bring shoes with black soles.*** They leave marks that are incredibly difficult to remove.

You don't have to buy deck shoes for the cruise. Soft white or tan soled shoes such as tennis shoes, running shoes, etc., are acceptable – just not the ones with black soles. Be aware of the limitations other shoes have when on board. If you have questions about the suitability of the shoes you have on or plan to bring, just ask.

Attire: Layer your clothes. Depending on the season, it can be chilly in the morning and hot in the afternoon. If you suspect rain, bring a rain coat (or swim suit).

Light coat / heavy coat: Take a look at the weather (www.weather.com) and get the forecast.

Foul weather gear: If you see the weather requires this, we're probably not going out. Call us. We can party on the boat or at the club.

Suntan lotion: Yes. Pick the one that's right for you. Sun reflected off the water carries a double whammy.

Sun Glasses: These are an absolute must. Polaroid work best. Darker is better.

Small Tote Bag: These work very well for keeping your hats, sunglasses, towel and bathing suit close at hand.

What not to bring

Please do not bring a weapon (firearm) of any sort. Even if you're licensed, state laws are vary from one state to the next.

Do not under any circumstance even dream about bringing illegal drugs on board.

Do not bring prescription medications without the prescription or original pharmacy bottle.

In essence, don't bring anything you wouldn't want a law enforcement officer to see. Or, black soled shoes you don't want me to see.

We can be boarded at anytime without cause by the US Coast Guard, Texas Parks and Wildlife officers, Sheriff's patrol, and numerous other law enforcement agencies that patrol the waterways to keep us safe. They have flashing blue lights on their boats.

Travel Time Constraints

We cannot be date driven; rather we are guided by the calendar, the seasons, and most of all the weather.

If you are planning to join us along the route, please make note that we can set target dates, but not absolute dates. This usually means that if you fly into a city and we can't get there, you may need to entertain yourselves until we can. Or, be prepared to find optional transportation to where we are located at the time.

We'll all have better luck if we pick a location where we can spend a week or leave when you arrive. That means we'll at least be there when you arrive. We'll do the same on the backend if possible. Take care to get trip insurance – you may have to change flight locations, times and dates to make coming and going connections. Flexibility rules!

Not to worry, we'll have detailed discussions about places, dates, and alternatives long before you buy your airline ticket.

Questions

Ask them. Always ask.

Nautical Language

- Port – “left” side of the boat as you face forward (toward the pointy end). Port and Left each have four letters
- Starboard – right side of the boat as you face forward.
This way, no matter if you’re facing, forward or backward, the port side (with the “Red” navigation light – port red wine) is always the same side of the boat. The starboard side has a “Green” light. This way, we can tell which way a boat is traveling at night by the color of the light we see
- Aft – toward the stern (back end) of the boat.
- Bow – front of the boat (pointy end).
- Head – Toilet area.
- Galley – Kitchen.
- Hatch – openings in deck to provide access below.
- Bulkhead – wall.
- Stanchion – upright pole or support.
- Lines – ropes.
- Cockpit – the aft deck on a “cockpit motor yacht.” Also called the “sugar scoop” deck.
- Porthole or Port light – opening in the hull to admit light and air.
- Cleat – fittings to which you tie lines (usually dock lines).
- Sampson Post – An upright post with “ears” (a lateral rod) to which you can make lines secure.
- Back porch – term used to designate the aft deck. On Spirit Dancer this is also the “Quarter Deck.”
- Fore deck – in the front of the boat (bow).

Spirit Dancer has several decks:

1. Cockpit Deck – most aft deck (sugar scoop). Down the hatch on the cockpit deck is the lazarette which contains the rudder posts that steer the yacht. There is also a 150 gallon fuel tank down there. Plus extra lines, time out room, etc. Bob is standing on the swim platform aft of the cockpit deck.
2. Quarter Deck – back porch. This large deck is where we spend a lot of time. It has an ice maker and sink – push the faucet handle and it will turn itself off automatically.
3. Flying Bridge – a.k.a. “Lido” deck; large upper helm station with built in bench type seating. See the people standing on top?
4. Dinghy Deck – deck holds the dinghy and its hoist. See the dinghy’s stern on top (above Bob’s head)?
5. Saloon – Mid-deck inside. Contains galley, lower steering station, settee, table and chairs.
6. Cabin Decks – Forward stateroom has its own head with wet shower (entire head area is shower stall). Master stateroom is aft and has a separate shower stall. The washer and the dryer are located in the utility room in the master stateroom.
7. Engine Room Deck – The walk in engine room is accessible from the forward guest cabin through a door on the aft bulkhead.
8. Fore deck – follow the walk around side decks to the front of the boat.

