

Main Sheet

Sailing Singles of South Florida




Volume: XXIII

Number 7

July, 2011

Monica Salis opened her house to the Club on July 3rd for a party she was having. It looks like the mixing of her friends and our Club went well.

It should be noted that Monica supplied EVERYTHING for this party. She was gracious enough to open her home to us. It sure looks that everyone had enough to eat and drink.

Did I mention all the FOOD!!!

THANKS Monica



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Cathy Wilkinson – 07/02

Charles Bollman – 07/05

Jan Garrett – 07/10

Gale Goddard – 07/14

Gillian O'Neill – 07/16

Charles Biancardi – 07/18

Miriam Connell – 07/18

Capt. Bill Olson – 07/18

Bernard Gartner – 07/21

Judy Sneary – 07/21

Mary Ann Hernandez –
07/25

Karen Hermanson – 07/26

Kenneth Bloemker – 07/27

Susan Cohoat – 07/28

Max Goldstein – 07/31

Kenneth Tafts – 07/31

AUGUST Birthdays

Gerhard Estner – 08/02

Maryann Hart – 08/02

Ethel Facundo – 08/06

Kelly Dobbs – 08/07

Ellen Gibbs – 08/08

Mary Kay McHenry – 08/09

James Buckmaster – 08/20

Terry Patterson – 08/20

David Witczak – 08/20

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Members \$50 per annum

Non-Members \$100 per annum

Make check payable to SSSF

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TreasurerSSSF@SailingSingles.org**Check out our new line of SSSF products!**

Our Webmaster Cynthia Hollen has set up an on-line store for our product line, where you can purchase various items with our SSSF logo. Please visit: <http://www.cafepress.com/sailingsingles> to see what's for sale (and we do get a small percentage of all purchases).

On July 9th, Jim Buckmaster held his boat naming party. It was a swim, eat and dance event. Sad to say his boat had mechanical problems and was not in attendance. Thanks Jim for the use of your home. It was FUN!!!



Minutes Board Meeting 07/07/2011

July 7, 2011

Present: Charles, Max, Mary, Marie, Jane, Cynthia, Debra, Steve, Rich

Absent: Mary Ann

The meeting was called to order by Charles at 6:30.

Finances were first discussed. Max reported that we have \$11,707.14 in the checking account. Party costs were discussed. Max agreed to provide a spreadsheet with those expenses itemized. In order to turn over \$2000.00 to the next board, we need to generate approximately \$2000.00 yet this year.

Steve reported that his was the only boat that participated in the last weekend sail. The next overnight sail will be Labor Day Weekend. He stated that he will discuss this sail with individual captains.

Cynthia reported that our e-mail problem has been diagnosed. Earth link upgraded their system and everything got "fluky." We discussed moving the club account to Blue heart. There has been no activity lately in the Ships Store. There also have not been any complaints. We will discuss doing a group order if interested at the next general meeting.

Mary Welcomed Charles back. She discussed the next SOS which is currently scheduled for Sept 24th. We discussed changing the date to November as September is already very busy. No decisions were made.

Debbie reported that we have 4 new members. Our membership total number is now 198.

Marie reported we have already sold 50 tickets to our holiday party. The next party scheduled is Jim's boat naming party. Following that will be Leslie's party. People have been good about volunteering to help set up and clean up. However some people have not been cleaning

up after themselves. There has also been a problem with people not RSVPing to the hosts and hostesses, then showing up. This will be mentioned at the next general meeting.

Rich stated that the June Newsletter is ready. He needs more Spinnaker sponsors and business card ads. He also wants more pictures for the Main Sheet.

A discussion was held re unacceptable behaviors from members and non members. There has been an issue with a non members showing up at parties and no one paying the required \$5.00 guest fee. This is a responsibility of the member bringing the guest.

Meeting adjourned.

Boat Etiquette Reminder to All Members:

Please remember that when you are invited on a Captain's boat, his/her possessions should be treated as you would when you visit someone at their home. If something is accidentally broken, dropped overboard, or left on another boat, please inform the Captain right away...and offer to replace it.

It has been brought to my attention that at times pieces of equipment, poles, cups, etc. have been dropped overboard and the Captain has not be notified. When the moment comes that the Captain may need to use said item, it is unavailable.

Thanks,

Marie Alcazar, Social Director

Leslie Rambin 's held a Texas Luau on July 23rd. Barbeque, Boots, Beer & Bikinis. At her Beautiful Home we swam in the pool, sat in the hottub and ate ourselves ... well I won't go there. DJ Rich supplied the music, and a good time was again had by our Club. THANKS Leslie.



Do You Know What Drowning Really Looks Like?

By Mario Vittone

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know - from fifty feet away - what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response - so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) - of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning - Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.

2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

(Source: On Scene Magazine: Fall 2006 (page 14))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble - they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long - but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs - Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

So if a crew member falls overboard and everything looks OK, don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you alright?" If they can answer at all, they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents: children playing in the water make noise. When they get quiet, you get to them and find out why.

Upcoming Events

July 3	Monica Salis Party
July 9	Swim & Boat Naming Party – Jim Buckmaster
July 15	Full Moon – Sail TBD
July 15	Friday Concert in the Park
July 22	Friday Concert in the Park
July 23	Party by the Pool @ Leslie Rambin
July 29	Friday Concert in the Park
August 5	Friday Concert in the Park
August 7	Jazz Brunch at Riverwalk
August 13-14	Wine & Cheese Tasting Raft-Up - Lake Sylvia
August 26	Friday Concert in the Park
Sept 2-4	Labor Day Sail, Coconut Grove Mooring Bouy
Sept 17	Boatathalon

2011 Holiday Party

After much work and lots of help from some members, we have finally found the perfect place for our **2011 Holiday Party!** This year we will be cruising along the Intercoastal for several hours dining on a delicious buffet dinner and dancing to Rich's music aboard **Anticipation IV**.

A Cash Bar will be available. This lovely event will be Black Tie Optional.

Cost for members will be \$50.00 and for guests, \$60.00. This reflects only a \$10 upgrade from last year's Downtowner charge and should offer us a wonderful preface into the Holiday Season.

Tickets are available at the Business Meeting. Each ticket will be numbered and will correspond directly to the person who purchased it. **Please make sure that you put this ticket in a place where it can be readily accessed, as you will have to present it that evening in order to board. (NO Exceptions to this, please!)**

Tickets will be sold on a first come, first served basis. We have printed 100 tickets, so please don't wait until the last minute to purchase yours as they may be gone, and you will not want to miss out on this wonderful evening!! There are only 35 tickets left, so ...

Volunteers

We know we ask a lot for volunteers and we ask a lot of them. They don't get much recognition during the year, just applause and a gift at the Change of Command. But we do want them to know they are appreciated for all the hard work they do. The organizing and setting up and cleaning up don't just happen; it takes LOTS of work to keep things running smoothly.

VOLUNTEERS - July 9th - Jim Buckmaster's Boat Naming Party

Set Up:

Dot Castell
Gillian O'Neill
Claire Thomas
Cathy Wilkinson
Marie Alcazar
Jim Buckmaster

Clean Up:

Max Goldstein
Claire Thomas
Robert Bettarel
Terry Patterson
Marie Alcazar
Cathy Wilkinson

VOLUNTEERS - July 23rd - Leslie Rambin's party

Set Up:

Russ Jones
Mary Kay McHenry
Bill Roberts
Lynette Beal
Richard Khoudary
Marie Alcazar
Leslie Rambin
Jeannie Burke

Clean Up:

Leslie Rambin
Max Goldstein
Robert Bettarel
Terry Patterson
Vince Guidice
Debi Hallmark
Stan Dekiel
Marie Alcazar

This is a reminder for all but especially for those who weren't present at the last Business Meeting.

1. Please RSVP, especially when events are being held in someone's home, at least 4 days before the party. A headcount is usually a good thing for the host/hostess and set up volunteers to have.
2. Although the volunteer cleanup crew is doing an amazing job, cleaning up after ourselves (empty cups, dishes, etc.) should be each of our individual responsibility. We are all equal members of this club and no one should be picking up after anyone else. Please help!
3. Please be patient with and pleasant to the bartenders at Pirate's Republic. We will try to have them provide more than one, but it's a lot of work for only one person to handle the demands of our "very thirsty" members! And don't forget to tip them.
4. And lastly, all Guests must come with a Member. There is a \$5.00 fee for Guests. Members who are accompanied by Guests, please approach either Max or myself at functions and provide the \$5.00 fee without having to be asked. It will make things easier for all of us. Thanks, Marie, Social Director

PINK BOOK Information:

Please pick up your PINK BOOKS. We will mail them out to anyone who hasn't obtained their copy by Oct 1. It is a moderate expense to the Club to mail out the books. [Contact Max Goldstein and Deborah Magraw to make arrangements to pick yours up today!!](#)

Spinnaker Sponsors

There are now 4 levels of donation: Platinum: \$100.00, Gold: \$50.00, Silver: \$35.00, Bronze: \$20.00. If you see your donation is up for renewal, please rejoin (and upgrade if you can).



Platinum – \$100.00



Ken Bloemker – October, 2010

Gold – \$50.00

Bob Horin – January, 2011

Rich Hustins – July, 2011

Silver – \$35.00

Bronze – \$20.00

To become a Spinnaker Sponsor, donate \$20.00, \$35.00, \$50.00 or \$100.00 to the club which allows the club to provide more activities for its members. **WE NEED MORE SPONSORS. As you can see, a lot of sponsor's membership expired. Please join or rejoin!**

What would you do:

- If your bank sends a foreclosure notice after one late house payment?
- A creditor tries illegal collection tactics?
- If you need a lease agreement reviewed?
- If you needed unlimited legal questions answered?

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