

# CONNECTIONS

August, 2004

www.pryc.us

Port Royal Yacht Club Redondo Beach, Ca

## A Friendly, Casual, Fun-loving Group Devoted to Social and Boating Activities

ANOTHER IMPORTANT  
SAFETY INSPECTION

!!!

Not only do we need to have our boats safety inspected—we also need to have our bodies inspected.

A few weeks ago my doctor recommended that I have a colonoscopy. It had been five years and that's the suggested interval for my age (60). Not high on my priority list, I kept putting it off, making and breaking appointments. Another reason I kept procrastinating was that I had **NO SYMPTOMS**. Undergoing the actual procedure is no big deal because you're out like a light. It's the day before when you're preparing for it—really ugly-tasting laxatives, clear liquids, racing to the bathroom, etc. that's the pain in the butt—pun intended. Usually, if poyps (which can turn cancerous) are found, the doctor can remove them easily on the spot. What he found was a polyp too large to remove right then—so he took a piece for biopsy. A couple of days later he called to say it was **MALIGNANT. RE-MEMBER— NO SYMPTOMS**.

He sent me to a colo-rectal surgeon who turned out to be wonderful—see accompanying article. The surgery itself required a nine day stay in the hospital. He removed the cancerous part of my colon and attached the ends to each other. Evidently, we have miles of this intestine— so repairing it is relatively easy. Pretty cut and dried stuff. The surgeon said the tumor did not go beyond the colon wall nor into any lymph nodes. **YES!!!** Still I need to see an oncologist (cancer doctor) to

see about any other treatment (chemotherapy or whatever).

The point of the story is:

**GET CHECKED—DON'T PUT IT OFF!**

Here are some facts:

Colon cancer is the second leading cause of death.

More women than men are affected.

It's the most common form of cancer.

Incidence begins to increase at 40 and peak between 60-75.

Symptoms: constipation, diarrhea, bleeding, cramping.

Risk factors: family history, ulcerative colitis, Crohn's Disease, high fat low fiber diet.

If caught early—this is highly curable.

**GET OFF YOUR BUTT & GET IT CHECKED!!**

Sue Meyer

Rear Commodore



P.S.—This experience has given a whole new meaning to my title.



Port Royal  
Yacht Club

555 N. Harbor Drive  
Redondo Beach  
CA 90277

### PRYC Officers

**Commodore**

Dave Coleman

**Vice Commodore**

Russ Morgan

**Rear Commodore**

Sue Meyer

**Secretary**

Carolyn Coleman

**Fleet Captain**

Jack Laisure

**Junior Staff**

**Commodore**

Zeke Wheeler

**Treasurer**

Don Mueller

**PRYC Directors**

Dick Krebs

Penny Vowles

Larry Brown

Andy Davidson

**Quartermaster**

Russ Peck

**Chaplain**

Carolyn Coleman

## The Yacht's Medical Kit

Excerpts from an Article by Dr. Donald M. McGillis, Fleet Surgeon will be featured in this newsletter for the next few months.

### The Offshore Medical Kit

(\* requires prescription)

#### Oral Medications

* Penicillin VK or Erythromycin 250mg.	30
* Sulfamethoxazol/Trimethoprim (Bactrim DS)	20
*Ephedrine Tabs 25mg.	20
*Aspirin with 1/2 gr. Codeine	20

#### Injectable Medications

* Dexamethasone 4mg/cc	5cc vial
* Epinephrine 1:1000	2 1cc vials
* Furosemide (Lasix)	2 1cc vials
*Lidocaine 1% without epinephrine	50cc vial
*Meperidine (Demerol) 100mg/cc	3 1cc vials

#### Topicals

* Hydrocortisone Cream 1 or 2%	30 grams
* Sulfacetamide Ophthalmic Drops 10%	1 5cc

#### Supplies and Instruments

Needle holder (Olsen-Hegar)	5-6 inch
Tissue forceps 1x2 teeth	“ “
Scissors, tissue, sharp, blunt	“ “
Gloves, sterile 2 pair, Catheter sterile #16 Fr.	
Sutures, nylon 4-0, 1 *Silk 2-0, 3-0, 1 each	
Syringes 3cc & 10cc	2 each
Needles 21ga..1 1/2 in.	2,
30ga. 1/2 in.	2
18ga. 1 1/2in.	2
Cast plaster roll	3in.
Alcohol Sponges	20



### GATE KEYS

#### TO CHANGE SEPTEMBER 1ST

By now, you have probably heard that the gate key you have been using will not work after September 1st. This is for your security. Too many keys have fallen into the wrong hands.

You need to come in and change your keys. So that the new keys don't fall into the wrong hands, you must prove that you are who you say you are. Bring photo I.D. and current boat registration or documentation.

#### **PRYC MEMBERS WHO DON'T OWN BOATS**

You members who don't own boats have a different way of getting your gate keys. You must request a letter from PRYC verifying, to the Marina Office, that you are members in good standing of the Port Royal Yacht Club. Bring that letter and photo I.D. to the office, and you will be issued a new gate key. We will send that letter to you promptly either by email or through the post. In addition to this change, the Marina has asked the club to issue special parking permits to non-boat owners. Unfortunately, there is a charge for these permits which the Club must recoup. Therefore, you will be asked to pay \$20.00 for these permits.

#### **CLUB DOOR KEY WILL ALSO CHANGE!**

For the same reasons, (safety and security) Port Royal Yacht Club has decided this is a good time to change the lock on the front door. So don't forget (as I did last time) to get your new key, or you'll find yourself locked out.

Russ Morgan  
Vice Commodore

## Commodore's Cruise 2004

**1st night's Dinner & sleeping arrangements:**  
5200 Juneau St. Anchorage, Alaska



Dine in an atmosphere of warm Alaskan hospitality. **The Sourdough Mining Company Restaurant** is a replica of an old mill house. Our menu offers a variety of selections; Fresh Alaskan Seafood, Barbecued Specialties, Salads, Sandwiches, and of course, our famous homemade Korn Fritters with Whipped Honey Butter. Enjoy a cocktail from our full-service Creekside Saloon while viewing Alaskan salmon in our backyard creek. Celebrate dessert by "building your own ice cream sundae" from an array of tasty toppings.



**A**fter your delicious dinner, don't miss "The Adventures of Dusty Sourdough" in the sourdough Tent City Theater. Dusty and Miss Aura Lee will take you back to the gold rush days with song, storytelling and humor.

**The Hotel Captain Cook** A luxury hotel with 547 rooms and 96 suites located downtown. Indoor swimming pool, separate men's and women's workout facilities, sauna, steam room, and specialty shops. Rooms have luxury linens, 24-hour in-room dining, nightly turn-down and twice daily maid service. Four

restaurants: Crow's Nest-fine dining, Fletcher's-an English style pub, The Pantry-a cafe' style restaurant, and Whale's Tail-a coffee and spirits bar.



**Day 2:** We are traveling by train through the heart of Southwest Alaska, riding the "[Coastal Classic](#)" from Anchorage to Whittier. The train ride is without question one of the most beautiful routes in the country. This is truly an excellent way to see Alaska, to gape at its awesome scale, its epic beauty. The train we are on has recently been through several major changes. Four years ago, the Alaskan Railroad Corporation, which is owned by the State of Alaska, decided to improve the line to make it more inviting to tourists. They spent almost \$5 million restoring the cars and adding dome viewing cars.



Board the ship: 7-day Voyage of the Glaciers, cruise sailing from Whittier via College Fjord, Glacier Bay, Skagway, Juneau, Ketchikan and Inside Passage to Vancouver, B.C.

Have a wonderful Summer!  
Commodore Dave

# PREVIEW OF COMING ATTRACTIONS

August 21, 12:00-3:00pm—Marina Party

September (tba)—Mad Mike's Sausage Tasting Party?

October 9—Wine Tasting Party\*

October 30—Halloween Party

November 20-21— Lobster Cruise

December 11—Christmas Tree Trimming Party

December 31—New Year's Eve Party

## Wine Anyone?

\* Penny Vowles and crew are working to bring us a wine tasting experience. Plans so far include charging \$10 for a glass with which members will use to sample a variety of wines. Hors D'oeuvres will be supplied on a pot luck basis.

## NEW BOAT OWNERS

In case you hadn't heard, Penny and Pat Paxon have acquired a beautiful sailboat, an Islander 28, formerly known as *Sir Lancelot*. The ladies plan to rechristen it *Knotty Girls*.

## SCYA

In our quest for SCYA membership, we have achieved another step along the way. The Santa Monica Windjammers Yacht Club has agreed to write a letter of sponsorship for our application.

## PLASTIC CLASSIC

Graham Grice, Staff Commodore, has brought an exciting development to Port Royal Yacht Club. At our August Board of Directors meeting, he introduced Allen Fraiser, Secretary of Bay View Boat Club, who offered us the opportunity to host their *Plastic Classic* Annual Open Race down here in Southern California. The Board voted to accept the offer and are now making plans to make this a great success in the summer of 2005. Our Clubs have exchanged burgees and reciprocal privileges, and from the description of their club on [www.bvbc.org](http://www.bvbc.org), a visit is definitely a "must do".

Thanks, Graham.