

CONNECTIONS

September, 2004

www.pryc.us

Port Royal Yacht Club Redondo Beach, Ca

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

The Marina throws a Party!



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



With Good Chow,



Mucho Cerveza,

Great Music,



Fun and Games,

And Good Company!

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.

MEDICINE AT SEA

FIRST AID COOKBOOK – NON-PRESCRIPTION DRUGS

1. ABRASIONS Wash gently with povidone solution, blot dry, leave exposed to air.
2. ACIDITY (heartburn) Teaspoon baking soda in glass of water. Sip slowly, burp freely.
3. ALLERGY Benadryl 25mg q 4 h.
4. BEE STINGS Remove stinger WITHOUT squeezing it. Scrape off with knife. Rub site with baking soda paste or vinegar. Take 25mg Benadryl q 4-6 h prn itching.
5. BLISTERS Let ripen one day. Poke several holes in bleb with sterile needle to let plasma leak out. Leave dead skin. Cover with dry, sterile bandage.
6. BOILS Apply hot packs to bring to a head. Open with a clean needle and express pus. Cover with gauze with povidone solution on it. Repeat as necessary.
7. BROKEN BONES (FRACTURES) Ice, elevate, splint. Take aspirin and Benadryl 25mg. Go for help.
8. BURNS Ice or cold water. If extensive, go for help.
9. COLDS TLC and increase water intake. Benadryl 25mg q 6h if large allergic component.
10. COLD SORES Pick off blister with a sterile needle and grind povidone into sore with a Q-tip. Use Chapstik.
11. CONSTIPATION 4 ounces of sea water in 8 ounces fresh water. Repeat twice a day. If no results, take fresh water enema.
12. COUGH Increase water intake. Robitussin in twice the dose recommended on the label (optional)
13. CUTS Wash with povidone solution, rinse, squeeze out clots, dry area around wound. Paint 1 to 2 inches around wound with benzoin, let dry. Approximate edges as close as possible in their original position and tape closed with strips of Micropore tape. Bandage firmly but not too tight.

MEDICINE AT SEA

FIRST AID COOKBOOK — NON-PRESCRIPTION DRUGS

Continued

15. EARACHE Ear drops 1 part povidone, 2 parts vodka (or 1 part rubbing alcohol and 1 part water) Fill ear canal, plug with cotton. Aspirin for pain.
16. FAINTING Lie on back. Make sure airway is open. Raise legs. Loosen belt, collar, etc. Pass ammonia near nose.
17. FEVER Increase fluid intake, give aspirin. If over 104, give cold salt water enema (1tsp salt in 1qt. Water) Do not give sea water.
18. FUNGUS INFECTIONS - TOPICAL Iodohydroxyquin cream. Keep dry and expose to sunlight.
19. HAY FEVER Benadryl 25mg. Q 4 h prn.
20. HEADACHE Aspirin 1 or 2 q 3-4 h. For migraine add coffee, Benadryl.
21. INDIGESTION Same as ACIDITY. Clear liquids for 24 h.
22. INFECTION Local, treat as BOILS. Systemic, see FEVER.
23. INSECT BITES See BEE STINGS.
24. INSOMNIA Benadryl 50mg. And aspirin, 2 tablets.
25. NASAL CONGESTION Benadryl 25mg. q 4 h. Sea water irrigations.
26. NAUSEA Benadryl 25mg. q 4 h. Clear liquid diet. If vomiting, nothing by mouth. Can give Benadryl suspended in water by enema.
27. PAIN See HEADACHE.
28. POISON OAK, IVY Wash with povidone, dry. Baking soda paste. If severe, Benadryl 25mg. q 4 h.
29. SEA SICKNESS See NAUSEA.
30. SORE THROAT Gargle with warm salt water. Take aspirin, increase water intake.
31. SPRAINS Ice, elevate, splint or wrap with elastic bandage. Watch circulation.



PAT PAXSON AND PENNY TOWNE-VOWLES

INVITE YOU TO THE CHRISTENING

OF THEIR SAILING VESSEL

“KNOTTY GIRL”

ON

SATURDAY, SEPTEMBER 18, 2004

3 P.M.

PORT ROYAL YACHT CLUB

555 N. HARBOR DRIVE

REDONDO BEACH

PENNY 310.729.7165

PAT 310.489.1353

PREVIEW OF COMING ATTRACTIONS

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 which members will use to sample a variety of wines. These handsome glasses are acrylic and have “Port Royal Yacht Club” on them. Any glasses remaining after the party will be available for purchase for \$3.00 apiece. Hors D’oeuvres will be supplied on a pot luck basis.

SCYA

The Santa Monica Windjammers Yacht Club has agreed to write a letter of sponsorship for our application. King Harbor has actually sent their letter. (See page 6.) We are still waiting word from the remaining three to whom we requested sponsorship letters: Del Rey Yacht Club, California Yacht Club, and Cabrillo Beach Yacht Club.



KING HARBOR YACHT CLUB

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REDONDO BEACH, CALIFORNIA 90277-2049
TEL (310) 376-2459 • FAX (310) 374-5848

September 7, 2004

Jerry Montgomery, Commodore
Southern California Yachting Association
Re: Sponsorship of Port Royal Yacht Club

Dear Commodore Montgomery,

King Harbor Yacht Club is pleased to submit this letter of sponsorship on behalf of Port Royal Yacht Club for membership in the Southern California Yachting Association.

Port Royal has been our good neighbor these last fourteen years. This yacht club has encouraged, supported and promoted the Corinthian spirit and objectives during its existence. In our opinion Port Royal Yacht Club is poised to expand its horizons and participate in and contribute to those activities provided by SCYA.

Very truly yours,

Martin L. Burke
Commodore, King Harbor Yacht Club