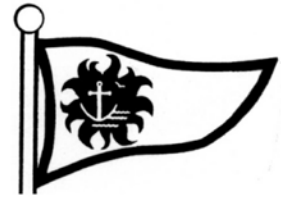


The Semaphore

Fairfield Harbour Yacht Club



Vol. 34, No. 6

35° 04' N., 076° 58' W.

July 2017



The annual Boat Bash was a big success. Members take new Fairfield Harbour residents out as guests on our boats to show them how great it is. Organized by Past Commodore George Stateham and Director Darlene Cleveland, the Boat Bash has become a tradition. We also had a few cruisers make the voyage to Ocracoke for the Folk Festival. This was a great time for all and there are photos of FHYC skippers Dave Brown and Jim Fortuna enjoying the Beer Garden there to prove it.

Congratulations to Eric Frank and crew Jerry Rezab. They were the top FHYC finishers in our Oar Race, sailing Eric's F27 trimaran, Sweet Alice. The overall winner was Tom McKnight in his New Bern-built classic San Juan 30. Tom and his crew kept an unbeatable pace through the midday doldrums. Although there was a good breeze at the start, the wind dropped off and the Oar Race this year finished at Minnesott Point instead of Oriental.

We've had some beautiful weather with perfect days for sailing or cruising. As the river water warms up, our boat engine has tended to run hot, which is not good. Looking for a solution (pardon the pun), I spent most of a week crouching in the engine room. After draining and flushing the cooling system, cleaning the heat exchanger tubes, re-assembling the cooling system and refilling it, the engine runs again, although still warmer than I like. Fortunately, it's not as close to actual overheat as before.

Summer also brings us into the

season of hurricanes. Preparing your boat is the key to avoiding damage or even total loss. While the horizon is clear, now is the time to assemble the gear you need: additional dock lines and chafing gear at a minimum. If you intend to anchor out, you will need at least two heavy storm anchors and ground tackle. The good thing about hurricanes is that we generally have several days warning; sometimes five or six in the case of a major hurricane coming from the Caribbean. This allows us to plan and prioritize the best way to protect our families and homes as well as our boats.

For our June General Meeting, the Medical Minute covered 'Recognizing a Heart Attack.' A transcript is included in this newsletter. We also had a program on safety and law enforcement presented by Master Officer Kyle Van Althuis of the N.C. Wildlife Service. This state agency is responsible for hunting as well as on-water enforcement. The program focused on the problem of boating accidents and alcohol consumption while afloat. While nobody was surprised to hear about alcohol's negative effects, the severity and the

rapid onset of these effects was news to many members. It takes the body over an hour to clear the effects of one drink of alcohol; this time is cumulative and there is no way to hasten the process. Most of us do not imbibe while underway, and much to our relief Bill Jarvis asked the question on everybody's mind: if your boat is safely anchored, is it OK to relax with a drink? Officer Althuis affirmed so.

We have some great upcoming events. The July 4 Fireworks cruise led by Don Knight will go to downtown New Bern. Brian Giersch will lead a long weekend cruise to Cape Lookout, which is one of the best local destinations you could ask for. The Three Dinner Cruise, which includes the Shrimparoo, will be coming up shortly also. We will have had an Impromptu Raft-Up, providently on a nearly-full-moon evening, and another will be coming up soon by the time you read this.

Brief Reminder: the next General Meeting will be held in the Blackbeard Sailing Club clubhouse. There will be a Swap Meet beforehand, so if you have nautical items to trade, if you are looking for some, or if you have some

What's Happening

July	Mo-We	3-5	Cruise: Fourth of July Fireworks
	Tu	11	Board Meeting (ac) 0830
	Tu	11	Race: Fun Racing
	Th	13	Nautical Swap Meet (BSC) 1830
	Th	13	General Meeting (BSC Clubhouse) 1930
	Fr-Th	14-20	Cruise: Cape Lookout
	Tu	18	Race: Fun Racing
	Th-Su	20-23	Cruise: Three Dinner Cruise
	Sa	22	Shrimparoo
	Tu	25	Race: Fun Racing

(cc)=Community Center, (fc)=Fairfield Commons, (ac)=Activities Center

Deadline for next issue is noon, Monday, July 17, 2017

Delivery is Saturday, July 29, 2017

nautical handicrafts, come early (1830) and enjoy the fun.

I hope that you are all having a great summer. Now, let's go!

Doug King, Commodore

FHYC General Meeting June 8, 2017

Commodore Doug King called the meeting to order at 1930 hours and led the members in the Pledge of Allegiance.

Welcome – Introduction of Guests: Bill Davidson introduced his new neighbor, Tom Smith who was attending his second meeting. Bob Wofford introduced his son Bobby who is interested in membership. Gail Schiller introduced Dave Honisberg who was attending his second meeting.

Program – Master Officer Kyle Van Althuis of the NC Wildlife Service was introduced by Past Commodore Olwen Jarvis and gave a very informative presentation on boating safety, particularly with regard to alcohol consumption.

Minutes – A motion was made and carried to dispense with the reading of the minutes from the May 11, 2017 General Meeting (Clark/Jarvis).

Treasurer's Report – The Treasurer's report for May 2017 has been approved by the Board and is available for review.

Rear Commodore's Report
Education – Joel Berberich announced that Commodore King will present "Hurricane Preparedness" on Friday, June 9 at the Community Center from 0900 to 1200. This is the last educational presentation until the fall.

Program – Janet Witherup reminded members that next month's meeting will be held at Blackbeard Sailing Club. There will be a Swap Meet from 1830-1930 for members of both clubs. Members may bring boating related items, including boating related crafts, for sale or trade. Janet asked that crafters let her know if they would attend so that tables could be set up.

Marine Assistance – no calls in the past month.

Medical Support – Tonight's medical minute: Joel Berberich presented "Recognizing a Heart Attack". Joel commented on the many symptoms of a heart attack and the importance of calling 911 if a heart attack is suspected.

Hospitality – Maureen Mongan-Smith & Michael Smith and Dottie & Brian Giersch are hosts tonight.

Vice Commodore's Report
Public Relations – George Stateham spoke about Boat Bash to be held June 10. The weather forecast is fantastic. There is space available. There are 32 openings with 21 signed up. A gathering at 1730 at the Community Center will follow the on-water activity. New Neighbors asked that no alcohol be consumed on the water. Smithfield's will cater the meal at 1800.

Semaphore – Deadline for submission for the July issue is Monday, June 12 at noon.

Storekeeper – In response to a member inquiry regarding the club throws, Stephanie announced that orders will be taken. Chris Davies held up a sample. The minimum order is 30. The throws sell for \$40 each.

Commodore's Report
Cruising – Brian Giersch reminded

everyone of recent and upcoming events. Ocracoke cruisers have just returned. The Sailing the ICW Inlets cruise has been cancelled due to lack of interest. The June Impromptu Raft-up was cancelled due to rain. Don Knight reminded everyone of the July 4 cruise. There is room for 2 more boats before rafting up. Twenty-five boats have signed up so far. Members may also attend by land yacht. June 15 is the deadline for sign-up. Deposit for slips is non-refundable but can be used at other dates if needed. Arm bands are needed for all attendees to get on the docks. Brian thanked Don for organizing this event. Cape Lookout Skippers' meeting is July 10. There will be a flyer in the next Semaphore. George Stateham re-reminded everyone the Three Dinner Cruise coming up and includes the Shrimparoo. Contact the Galley Store by July 10 to reserve. There are only 6 slips available. On July 20, participants will go to Morgans for dinner and will dine at River Dunes on July 21 returning July 22 to join other FHYC members for Shrimparoo. Sign-up for Shrimparoo is separate. Attendees need to call the marinas for reservations. River Dunes charges \$1.90 per boat and this may go up to \$2.20. The flyer for this event is online. All sites are available by land yacht.

Entertainment – Maureen Mongan-Smith announced that Shrimparoo is coming up. Joy Thompson let us know that the Shrimparoo flyer will be in next *Semaphore*. Boaters need to reserve their own slips.

Membership – Louise Knight reported that we currently have 196 members. We have had 11 new members join so far this year and five prospective members will be joining in the next three to four months. Orientation will be held later this month or next month.

Regatta – The Commodore commented on the Oar Race. This year's event had more boats participate than in the history of this event. The short course was raced.

Yacht Club Dinners – Cheryl Stevenson announced the next Yacht Club Dinner would be held on June 14

The *Semaphore*

Fairfield Harbour Yacht Club



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Deadline

Deadline is 1200 the Monday following the Yacht Club Meeting. Please e-mail articles to the address listed below:
fhycsemaphore@gmail.com

at 1730 at Musashi. The sign-up sheet is available tonight. The count needs to be given to the restaurant by Monday.

In Memoriam

The Commodore thanked the members who attended Dick Donnelly's funeral.

Old Business

July 13 General Meeting will be held at Blackbeard Sailing Club. There will be a Swap Meet from 1830 to 1930 followed by the General Meeting and social.

New Business

TJ Bendicksen provided information on "coexisting with alligators" for members to read.

The Commodore congratulated the Statehams on their 55th wedding anniversary.

A motion was made and carried to adjourn the meeting (Clark/Fortenbaugh). The meeting adjourned at 2046 hours.

Respectfully submitted,

Jan Green, Secretary

**Three Dinner Cruise
July 20**

The Three Dinner Cruise packs a lot of enjoyment in a long weekend. We depart for New Bern on Thursday, July 20, docking at the Galley Store Marina. After a splash and a good time on the docks, we walk to Morgan's Tavern and Grill where we can order our favorites from the menu.

Friday, we cruise down river to River Dunes Harbor Club and Marina. Enjoy the pool, paddle boards, bicycles, or other amenities before we do another splash and then dine at the club house. Again, we can order from the full menu.

Saturday, it's a short jaunt up to Oriental where we dock at Oriental Marina & Inn. Enjoy the pool and quaint shops or gather on the lawn or at the Tiki Bar. For dinner, we will join other FHYC members for Shrimparoo.

Note: You must register for Shrimparoo separately. See the flyer in this *Semaphore*. We return to Fairfield Harbour on Sunday.

Dockage in New Bern is becoming

more difficult to acquire and the Galley Store needs reservations in by July 10. To meet that deadline, we published the flyer sooner than this issue of the *Semaphore*, so you will find it on the FHYC website.

We are targeting a limit of 12 people or 6 boats to avoid special setup fees and/or limited menus but there is some flexibility. Boaters must make their own docking reservation at all three marinas. Please let them know you are part of the FHYC group. Telephone numbers for all three are in the flyer.

The captains' meeting is Tuesday, July 18 in room 3 of the activity center at 1000 hours.

Sign up and join the fun!

George Stateham

Oar Race

The 34th John Walsh Memorial Oar Race had many sailors wishing they were racing a rowing craft instead of a sailboat. I did promise free caps and good sailing conditions but was only able to deliver on the caps.



A ten-mile course was set in anticipation of light winds and light they were. All boats were able to get off the starting line in a seven-knot breeze



coming down river but crews were soon searching for wind. The wind went down followed by the spinnakers as the

dying breeze slowly clocked to the southeast. Some of the drifting boats lost steerage and were pointing up river. One anchored but the boats that favored the southwest side of the river came out the best. After four hours and 15 minutes, local racer Tom McKnight, the overall winner, crossed the finish line



followed by six boats in the next 50 minutes. The heat got the best of *Baggywrinkle* and five other boats who decided to retire from the race.

Congratulations to all the finishers and to Eric Frank who was the top finisher from FHYC. Results can be found on the club website.



A big THANK YOU goes to Commodore Doug King and Kathie for providing the Committee Boat and to committee members Peter Budzynkiewicz and Jackie Moniak.



Next year, no caps, just wind. I promise.

Mark Hittner

Cape Lookout Cruise

Missed earlier opportunities to get out to this pristine location? Never been there before? First time and would like the company of others to help get there with confidence? Got some time for a few days of fun and nature's treats? Then mark your calendar for Thursday, July 13 through Monday, July 20 and let's go to Cape Lookout!

As we anticipate dates and put them on our own calendars, be mindful that allowance should be made for weather days and a watchful eye must be attentive to nor'easters and tropical depressions.

Itinerary: Thursday, July 13 depart FH, run down Adams Creek and anchor in Town Creek. Friday, time the departure to catch the slack current in the Morehead City Inlet, then sail off to the Cape Lookout bight and start exploring. Saturday and Sunday, continue exploring. Monday, depart for Cedar Creek for an overnight anchorage. Tuesday, return home.

Social Considerations: Plan for afternoon socials on the beach - bring beach chairs. Plan an evening bonfire - bring some firewood, hot chocolate, hotdogs, marshmallows and Smoores.

Skippers' Meeting: Monday, July 10, 1600 hours in the Activity Building, Room 2. Details on slack current times will be shared.

You may return the completed flier to 5712 Barbary Coast Drive or simply email the requested information to bdgiersch@suddenlink.net. Emailed data is preferred, as Brian and Dottie are on the road.

Cape Lookout is always a beautiful destination. Plan to come if you have never been there!

Brian Giersch

Don't Be A Hot Head!

Internal combustion engines have a reputation for being fussy. As an engineer who spent much of my working life around steam plants, I can tell you that external combustion engines have their issues too. That's a topic for another day.

If your boat has an engine, that engine has a cooling system which is vital to proper performance. Many engines run with chronic mild overheat, which can cause a lot of annoying symptoms. This is easily avoidable! Serious overheat can destroy an engine, in which case you get a new one and start over again.

Most of us know to look for the outflow of cooling water, this is true with outboards and inboards. However, do you know how to replace the raw water impeller? This is the little gizmo that spins with the engine, forcing water from outside the hull thru the engine (in the case of raw water cooling, which is true of outboards and some older inboards) or the heat exchanger which plays the same role as the radiator in your car. Impellers have only a given working life and they enjoy being retired. If they are forced to work too long, they take vengeance on your engine. It's not difficult to change them, so make this step part of your routine maintenance.

Our own boat, a 2000 year model Albin 31 with a Caterpillar 3126, has tended to run hot which is not good. As the river water gets warmer and warmer in summer, approaching the mid-80s F, it could be a severe problem and engines like this are extremely expensive. The first part was to examine the technical manuals for our engine, but there was little help there.

Crouching in the engine room, tracing out the coolant plumbing, I finally located the coolant drain. This was difficult to access and almost impossible to place a drain pan under. In my usual impatient manner, I grabbed some flexible plastic quart jugs and squeezed them into the space one by one. This was tedious and painful, considering that our engine holds almost six gallons of coolant. However it was necessary because engine coolant is a serious pollutant and I want to keep our local waters clean & healthy.

The brown glop which drained out of the engine convinced me that it should have been changed MUCH sooner. Now, after flushing the cooling system, cleaning the heat exchanger

tubes, re-assembling and refilling the cooling system, the engine runs again.

It's still warmer than I'd like but not as close to actual overheat.

Doug King
Commodore

Reminder: July 13 Swap Meet

There will be a joint Swap Meet with Blackbeard Sailing Club prior to the FHYC July 13 general meeting, to be held at BSC. Set up begins at 1800.

Bring your boat gear or nautical crafted items. Tables will be provided. The sale will run from 1830 to 1930.

Janet Witherup
Program Committee

Medical Minute

In 2016, data in European Heart Journal from England from April 2004 to March 2013 showed that one-third of heart attacks (AMI) initially were misdiagnosed. Women had a 59% greater chance of misdiagnosis for ST segment elevation MI and 41% for non ST segment elevation MI than men.

A recent article in Lancet reviewed all 135,950 deaths from AMI in England from 2006 to 2010. Of these patients, 51% had not been admitted to the hospital in previous 28 days, 20% were admitted with MI diagnosed on first encounter with physician, 4% on subsequent encounter, 9% with cardiac co-morbid conditions and 16% with no mention of heart symptoms in hospital record. Of the latter group 35% had circulatory system diagnosis, 6% nonspecific chest complaints and 12% respiratory disorders.

What is the problem? Heart attack symptoms are not just classic chest pressure, tightness or squeezing. Other symptoms include pain traveling from chest to arms, jaw, back or neck, feeling lightheaded or dizzy, nausea and vomiting, sweating, shortness of breath, overwhelming sense of anxiety, and coughing or wheezing. If you suspect a heart attack call 911.

Joel Berberich