



Jackson Park Yacht Club

April/May

1999

Harbor News



In progress: clubhouse. Photo credit: David Travis

In with the new

The last of the concrete is being poured as I write this note. The grounds have been graded and top soil has been spread. We'll get grass as soon as the sod farms start harvesting it.

The parking lot will be done when the blacktop plants start their season; probably another couple of weeks. This won't hold anything up. The lot will have to be closed for a couple of days when it is time to lay the blacktop.

The contractor expects to start installing the slips next week. They are prefabricated and have been assembled into modules in the inner harbor. I am told that moving them, securing them, and hooking up electricity and water should take about two weeks.

In about four weeks, so at the outside, the contractor expects to be out of there.

There is no further news on dredging. Westrec and the prospective contractors are haggling over price. Somewhere along the line the number put into the construction budget was much less than the job will cost.

Westrec will temporarily transfer to other harbors anyone who wants to put their boat in the water, but can't get into Jackson. This won't help with mast stepping, unless the mast is stepped at Burnham - for a lot more than \$20! Don't all call at once, but telephone calls to Westrec to find out when the harbor will be available might help keep the pressure on. The controlling element is the dredging. cc

Late breaking news, 4/5/99: There are slips in the Outer Harbor! cc

Dock Boxes

Westrec will have a limited number of dock boxes available for rent. The annual rental cost is \$80. Placing your own box or other appurtenance on the docks or piers is prohibited, except you may mount mooring line caddies. cc

Don't forget your dinghy!

You must let Westrec know in WRITING that you would like a dinghy space this year. You can either send a request through the mail or fax them at The cost is \$65.



In progress: parking lot. Photo credit: David Travis

Jackson Park Yacht Club
6400 S. Promontory Dr.
Chicago, IL 60649



Dale Smith, Commodore
Lisa S. Jewell, Foghorn Editor

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David Travis, Tom Vargoff

JPYC News

Sweat equity again

The spring work party will be held on Saturday, April 17th, beginning at 0900. We're on our own this year, without Gloria and her well crafted lists, so we can use all of the help we can get! It will also be a great chance to see the harbor that is to be up close. Please come by for any or all of the day.

Note to the e-mail enabled

Don't forget to send Cedric Chernick your e-mail address. We're hoping to use e-mail to help keep people informed between meetings and Foghorns. Cedric's e-mail address is cedric@ameritech.net.

Traveling?

There is a copy of the "Register of American Yacht Clubs" in the Club office. If you will be out-of-town, you may wish to consult the guide to see what clubs may be near your destination, what facilities they have, and when they are open. All Clubs listed offer reciprocal privileges. cc

BOAT/U.S.

JPYC has renewed its cooperating group agreement with Boat/U.S. Members of the Club may apply for (or renew) BOAT/U.S. membership for annual dues of \$8.50 instead of the usual \$17.00. Our Cooperating Group Accord number is GA81231Y. See the Steward if you want an application form. cc

Member News

New partners for Night Watch

Jack and Eunice Lyle of the vessel Night Watch welcome aboard Jim and Carol Lett as partners. The Lett's have a 13 year old daughter named Katie and a daughter in college named Elizabeth. ej-f

JPYC in diaspora

Judy and Cedric Chernick, Anne Ploert and Tod Engelskirchen, Tessie and Frank Garner, Marilyn and Jerry Lesak, and Mary and Dick Lyons spent a week on a windjammer cruising in the Caribbean. The JPYC burgee flew from the truck of the S/V Polynesia. cc

Tod Engelskirchen, Lisa Jewett, and Gordon Reichert spent a week with Arne Reichert on Morning Glory in Fort Pierce, Florida at the beginning of February. As you may have expected, Arne already knows everyone in Harbortown, and most of them have used his tools--especially his die-grinder--at least once! At last contact, he was island hopping in the Bahamas

aboard a 40+ foot catamaran with another Harbortown resident.

In our thoughts

Eunice Jackson-Lyle informed the Foghorn that Rosanna Bernstein of Ivory Gull has been diagnosed with cancer. Rosanna worked with Eunice on the entertainment committee and helped organize the Christmas parties at the South Shore Country Club and the Quadrangle House in Hyde Park, an outdoor dinner party at JPYC, and many more memorable events. Cards can be sent to:

Rosanna Bernstein
16293 Co. Rd. 48
Kimball, Minnesota 55353

In Memoriam

R. Adair Hess, a well-known Star racer who joined JPYC in 1936, died in January.



Other News

Coast Guard Boating Safety Seminar

(excerpted from Coast Guard literature forwarded by Cedric)

The Thirteenth Annual Boating Safety Seminar will be held Saturday, April 17, 1999 at the Sheridan Shore Yacht Club, Wilmette Harbor, from 0830 to 1400 hours. Topics include Safety Awareness, Hypothermia--"The Real Killer," Safety Equipment, State & Federal Regulations, Weather Hazards, First Aid and Man Overboard Drills. There will also be demonstrations of personal flotation devices, visual distress signals and helicopter rescue. There will also be a chance to visit Coast Guard facilities and vessels.

This hands-on program is for all boaters--sail or power--and their passengers and crew on Lake Michigan and inland waters. Speakers will be members of the U.S. Coast Guard, the U.S. Coast Guard Auxiliary, the U.S. Power Squadron, and the Illinois DNR. Admission is free.

Some demonstrations will be outdoors. You may bring your own expired flares and fire extinguishers to use for these supervised demonstrations.



Special Feature: Safety on the Water



Part I: Preparation for Cruising and Long Distance Racing

Thom Vargish, MD- JPYC Fleet Surgeon

In an effort to provide something substantive for the membership of JPYC as your fleet surgeon, I have put together some thoughts about health care problems while away from shore. This short article is not all inclusive but should cover most of the basic issues which I hope you all have thought about if not already dealt with on your own. Sometimes a brief review is helpful as a check list against your current plan. This review is divided into two parts; the preparation for a cruise and a discussion of some common problems you are likely to encounter while on your cruise.

The preparation for a cruise irrespective of whether it is off shore or just across the lake should include anticipation of medical emergencies. First, everyone on the cruise should be in good health. For those of us over the age of 50, this includes a visit to your family physician at least once a year with specific mention of your cruising plans. You should also have his/her help in obtaining some prescription medications for your on board medical kit (see below). Second, those individuals who have previously diagnosed conditions should be sure to take along a sufficient quantity of their medications. These medications should be stored somewhere accessible and well waterproofed. Make sure that extra medication is brought along in case the planned trip turns out to be longer than expected. Finally, it is useful to start a physiologic exercise program, if you do not already work out on regular basis, about four to six weeks in advance of the trip. Sailing can be quite rigorous during a difficult passage, particularly if you are sailing short handed. You do not want to precipitate a problem by being physically unprepared for a trip.

Irrespective of whether you are going out for a day sail or a three week trip up and down the lake, all water craft should have a suitable medical kit. The contents of those kits can be purchased individually or as one of the many medical kits sold through ship chandleries. The contents should be dictated by the trip and extent of the time you will be away from medical help. The basic kit should contain, as a minimum, the following items: Band-Aids of several different sizes, 2"x2" and 4"x4" gauze pads, 1" and 2" adhesive or "paper" tape, 3" and 6" elastic bandage (ace bandage), rubbing alcohol or other aseptic solution, antibiotic ointment, topical cream for burns, pain medication (Tylenol, ibuprofen, and a codeine containing medication), motion sickness medication, antidiarrheal medication,

(Pepto Bismol- tablets or liquid is excellent for all kinds of GI disturbances), antihistamine, and oral antibiotics (optional).

Obviously, if you are going off shore for prolonged periods of time, the kit must be more extensive. On a long distance race like "the Hook" or "the Mac" for example, I include a suture kit, syringes, needles and local anesthetics so that we can repair lacerations. You would want to include more medications and this kind of equipment only if you are going to be away from medical care for two or more days. If you are not prepared to use this type of equipment, there is no point in taking it.

You may also want to include medications that are specific for the kinds of illnesses any of the crew might have. This could include injectable epinephrine for hypersensitivity reactions to insect bites (etc.), nitroglycerine for crew members with cardiac problems, or glucose for diabetics as examples. All of this should be discussed with your family physician who will give you recommendations and instructions about their use.

The last part of the preparation is the information you take with you. At least one and preferably two or more of the crew should know how to do basic CPR (cardiopulmonary resuscitation). Sometimes only a short period of airway management or resuscitation with chest compressions, will be enough to save someone (e.g. - near drowning). Additionally, you should have a first aid book on board. Those of you who have first aid training or who are medical professionals may feel, as I did, that a book was unnecessary. My wife Kate was quick to remind me about who would be providing the medical care if I were the injured person. I bought a book the next day—we have never had to use it although we both have read it.

The book I chose was *Your Offshore Doctor* by Beilan. It is an easy read but somewhat old (1985). There are others available: *First Aid at Sea* by Justins and Berry, *Advanced First Aid Afloat* by Eastman, or *Sailing and Yachting First Aid* by Bergan and Guzzetta. These last three are recommended by the ORC (Offshore Racing Council) but I suggest that you look at as many of them as you can to find out which is most appropriate for the kind of sailing you plan to do and which is most understandable. ☐

Note: The most recent issue of *Practical Sailor* 25:8 April 15, 1999 contains a review of First Aid Kits and suggest some first aid books that might be of interest to sailors. iv

Next edition: *Safety on the Water, Part 2: Common Problems Aboard*

On the Horizon

April

- 10 (Sa) CSYOA Spring Bash, JPYC, 1900 hours
- 13 (Tu) JPYC Board Meeting, JPYC, 1930 hours
- 15 (Th) Early opening for Chicago Harbors (Jackson Park not included)
- 17 (Sa) Work Party, JPYC, 0900 hours until the work is done
- Coast Guard Safety Seminar, Sheridan Shore Yacht Club 0830 hours
- 23 (Fr) MORF Spring meeting, Columbia Yacht Club, 1800 hours

May

- 4 (Tu) JPYC Board Meeting, JPYC, 1930 hours
- 11 (Tu) JPYC Members Meeting, JPYC, 2000 hours
- 15 (Sa) Chicago Harbors Open (call Westrec to find out about Jackson Park)
- 30 (Su) JPYC Opening Day, JPYC, 1000 hours
- 31 (Mo) Memorial Day



Any information for this calendar or any other part of the **Foghorn** should be sent to:
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