

◆ West Headings ◆

Newsletter of the Flinders Yacht Club.

November 1997

Commodore's Report

The Club held its Opening Dinner on Saturday 18 October and had the official opening day sailpast the following day. The previous weekend we also held the normal working bee which, despite our not sending out the official programme, recorded a marvellous roll-up. (The Editor apologises, this Newsletter is a little late!)

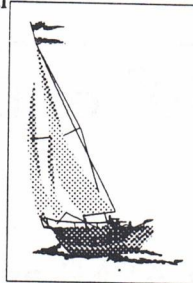
The events of the opening weekend were very enjoyable and while we only achieved a moderate roll-up the enthusiasm of those who sailed /participated was excellent.

Of course the big event of the month was the CRANE launch of Doug Thorne's Etchel. The spectacle attracted a large crowd of sceptics who thought they would see both the crane and Doug's boat disappear into Westernport. No such luck---a perfect launch.

Still no news on our grant application for funds to upgrade our aging rescue boats--An

answer is expected late November.

I have held a meeting with prospective keel boat enthusiasts and we will just have to wait and see what transpires. When you visit the Club next you might notice the new boat racks and the new sign which I hope indicates that we are getting some of the little things in place.



We have now sent the motion on veteran members to those who have not yet voted, and I am pleased to report that we almost have the majority we require. I

plan to call a brief meeting to formalise this as soon as we have all the votes---so if you have not voted please do so as soon as possible.

Finally I am delighted to report that we have a number of new members. Please make them welcome and anything you can do to attract a few more would be marvellous. Don't forget we halved the entrance fee for this year, so now is the right time to join.

Happy and safe sailing

Darcy Smith

Upcoming Events

Date	Event
Saturday, November 29	14 Foot Skiff Visit, 14:00
Saturday, November 29	Dinner evening with skiff sailors, 19:00 Details to be advised contact Frank Bancroft .
Sunday, November 30	14 Foot Skiff Visit, 14:00
Sunday, December 7	1 st Aggregate of the Year
Sunday, December 14	Christmas Cup, Keelboats, S.O.B. & J.O.B.

1997 Sailing School

Every one welcome, not just juniors but seniors welcome to.

A great way to introduce people to sailing in the safe and friendly environment of the FYC.

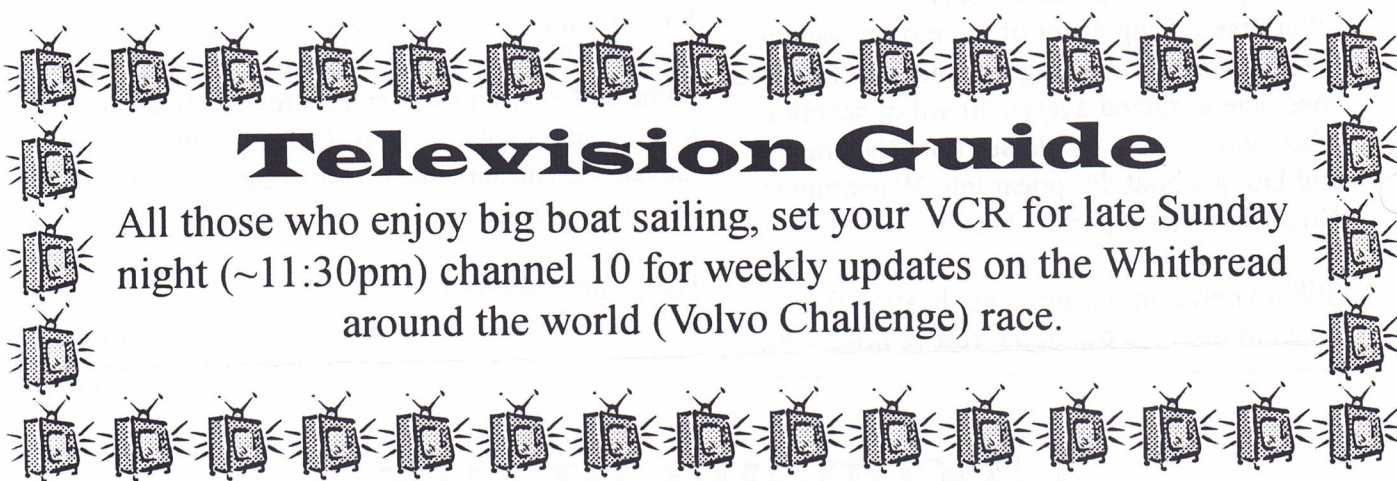
Professional instructors for all sailors.

28th and 29th of December

\$20 non-members

\$10 members

Reserve your place ASAP as places are limited



Television Guide

All those who enjoy big boat sailing, set your VCR for late Sunday night (~11:30pm) channel 10 for weekly updates on the Whitbread around the world (Volvo Challenge) race.

ARTICLES FOR WEST HEADINGS WANTED.

If you don't like the content of West Headings do what Brian Coleman does, submit your own articles! You guessed it, contributions from members are very welcome. Within reason we print anything. Send to: The Editor, West Headings, 30 Cloverdale Ave Toorak, 3142 or fax to 03 9804 8353 or e-mail to clayman@bigpond.com
<http://www.users.bigpond.com/clayman>

Whoops! There goes that bloody alarm again!!

Yes, since the installation of the security system several accidental alarm activations have occurred. This is to be expected in the best of well regulated clubs.

If you accidentally activate the alarm it is essential that you stop the racket as soon as possible. Simply insert your alarm key in the key switch, turn clockwise through 90 degrees (12 o'clock to 3 o'clock) then return to the original position. (12 o'clock).

This will avoid the Treasurer having apoplexy when he sees unnecessary and expensive call-outs of security patrols.

For the information of those members who have not seen the letter of 12th June 1997, and as a refresher for those who have the full instructions for operating the security system are repeated below.

DISARMING On entering the club house insert the security key in the key switch. (located immediately to the left of the main entry door)

- Turn clockwise through 90 degrees (or 12 o'clock to 3 o'clock)
- Return key to original position
- Ready light should be ON.
- ARM light should be OFF
- Withdraw key.
- 30 seconds is allowed for this process.

ARMING: When leaving the club house, repeat the above

- READY light OFF
- ARM light ON
- 60 seconds is allowed for this process

ACTIVATED ALARM: (If the bloody thing goes off when it shouldn't)

- Repeat the above process.
- monitoring centre will telephone seeking password
- PASSWORD "FYC" (but don't tell anybody!)

ENTRY TO SHED ONLY: The system must

be : "DISARMED" at the club house first.

IMPORTANT: Don't forget to "ARM" the system when the last person leaves.

If you have trouble following these instructions speak to Frank Bancroft (5989 0654)

Important Message from the Treasurer

This edition of West Headings contains an annual subscription form. Would members who have paid their subs but who did not complete the form please assist by completing and returning it ASAP. Those members who have not as yet paid their subs please do so and return with the completed form

We must receive these by the 20st of November so the current membership list can be competed.

Sailing School

The annual Flinders Yacht Club sailing school will be held on Sunday 28th and Monday 29th December. The sailing school is very important part of the FYC calendar. This year the Committee hopes to make the sailing school bigger and better than ever. The club has applied for a grant from the Department of Youth Sport and Recreation for funding to enable us to employ professional sailing instructors. The school will cater for junior and senior novice sailors and experienced sailors.

Our aim is to lift the sailing skills of members at all levels with particular emphasis on the young adults who are active sailors in the club. If we give priority to improving our sailing skills, the Flinders Yacht Club will be well represented at State championships for the main classes we sail.

For Sale

Laser. Two sails (one as new) together with "M-Rig" ie. reduced sail and mast -suit juniors. Good Trainer. Sail no 35642 Canadian made, sound order

Keith Hando 03 59 890 404 or 03 9803 2865

Safety Notes

HYPOTHERMIA

Hypothermia is the term given to the condition when deep body temperature is lowered to less than 35°C condition. Loss of life can occur when deep body temperature falls below 30°C.

In a cold environment body heat production will automatically increase in an effort to balance heat loss, but if the rate of heat loss exceeds the rate of heat production then body temperature must fall and hypothermia will result. The rate of heat loss is many times greater in water than in air.

Hypothermia should always be suspected in every individual rescued at sea. The treatment of hypothermia will depend on the condition of the survivor. Generally speaking survivors who are rational and capable of recounting their experiences, although shivering dramatically, merely require the removal of all wet clothes and replacement with dry clothes or blankets. Hot sweet drinks and rest in a warm environment not exceeding 22°C (normal room temperature) are also recommended. However always bear in mind that even conscious survivors can collapse and become unconscious shortly after rescue. Therefore they should not be left alone.

In more serious cases, where the survivor is not shivering but is semi-conscious or apparently dead, slow rewarming is essential. Never attempt rapid rewarming by immersion in hot bath except on medical advice. The following measures will be necessary to preserve life:

- If the survivor is not breathing, ensure the airway is clear and start artificial (mouth to mouth) respiration immediately. Attempts at resuscitation should be continued until medical advice can be obtained, or for at least 30 minutes.
- Prevent further heat loss due to evaporation or exposure to wind.
- Do not massage limbs
- Avoid all unnecessary handling even the removal of wet clothing.
- Enclose the survivor in a plastic bag or blankets or preferably both. The blankets

should not be warmed, and it is important that the head, but not the face is well covered. Never attempt to give fluids by mouth to an unconscious casualty. Never give alcohol. When consciousness has been regained give warm sweet drinks

- Conscious survivors suffering from hypothermia should be laid on their side and, whenever possible, in a slightly head down attitude.
- In survival craft seriously affected survivors should be placed in close proximity to warmer occupants, to permit transfer of body heat.

SURVIVAL TIMES IN WATER

In water at 10°C the predicted survival time is two to three hours. Survival time is increased by extra body fat and decreased by small body size. Women generally have proportionally slightly more fat than men, however females generally loses heat about 15% faster than males. Children dissipate heat much more rapidly than adults.

MAXIMISING SURVIVAL TIME

Techniques have been developed to maximise survival time.

“Drown-proofing”



This technique was developed to enable poor swimmers to remain afloat. The swimmer lies forward in the water holding breath. The head is raised for breath ever ten seconds or so. In cold water the loss of heat from the head is increased by this technique.

Treading water

Maintaining the head above water by treading water reduces heat loss





Heat Escape Lessening Posture (HELP)

In addition to the head, heat loss occurs rapidly from the sides of the chest and groin. These areas can be protected by holding the arms down the sides and up across the chest and raising the knees and holding them together.

Huddle

A group huddling close together so that chests and arms are protected reduce heat loss and increase survival times by up to 50%



Estimated survival times for an average adult in water at 10°C. (wearing a personal flotation device) are:

- Swimming 2 hours
- Remaining still 2.7 hours
- HELP 4 hours
- Huddle 4 hours

New Members

The following new members are welcomed to the club:

- The Fredersdorff family, John and Sue Fredersdorff and their children Julia and Jeremy.
- Mr Roger Knott
- The Williams Family, Neil and Sue and children Luke, Tim and Grant
- The Swagemakers, Jeff and Patrina, and children Reece, Nathen, Ryan, Jake, and Geogina
- Peter and Suzanne Gray

Strictly Ballroom Launched

The big news around the club in the last few weeks has been the launch of Doug Thorne's Etchel "Strictly Ballroom". It is a beautiful looking boat and Doug has done a great job getting it in shape for the season.

It is now moored just off the south side of the jetty. Doug took it out for a sail on opening day and it made a fine sight. Doug and James will be strong competitors in the keelboat races. A number of other keel bot skippers have been overheard discussing tactics. The best suggestion so far has come from Commodore Darcy Smith. He is a great advocate of the old bucket on the keel trick.

Join the visiting skiff sailors for a great night at the Flinders Y.C



A spit roast will be held at the club house on Saturday the 29th of November. All FYC members are welcome.

19:00 (7:00pm)

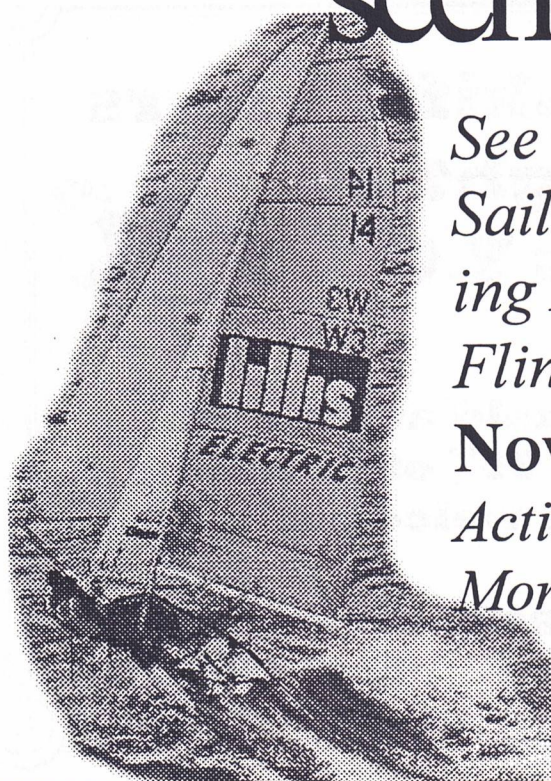
**RSVP: Frank Bancroft
ph. 03 5989 0654**



See sailing as you have

NEVER

seen it before!



See High Performance Dinghy Sailing at its Best: Int. 14's, Flying Ants, Cherubs. Come to the Flinders Yacht Club,

NOVEMBER 29, 30 AT 2PM

Activities at the club all weekend

More info: Frank Bancroft

ph: (03) 5989 0654

