

## America's Boating Club of Greenwich - District 2

[Our website](#)

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## Co-Commanders, Andy Cummings JN and Howard Sklar AP-IN (L-R above)

This is my first article as Co-Commander, other than my introductory note in which I told you things about me that you probably already knew. Howard and I will be taking turns with this feature of the newsletter, probably in an unpredictable fashion. Although I alone have the pen at the moment, I speak for the Commander's position generally. So, if you like or don't like what is happening tell both of us (and the Executive Committee). Of course the cadence of this report is all mine.

Don't count on me to tell you things you don't already know here either. But what I can do is report on some past events and highlight some upcoming ones. First, we once again celebrated National Safe Boating Week with a proclamation from First Selectman Fred Camillo. We were joined by several other officials from the Town: Police Chief James Heavey along with Marine Officers Repik and Shockley, Selectwoman Janet Stone McGuigan, and Bernie Armstrong from the Greenwich Harbor Commission. Also, many thanks to the members of the Executive Committee, Meg Kelley and Laura Fox, who participated in the event. Following the proclamation, we toured the Town's fleet of police boats. Each of the boats has a three-way mission—police, fire, and emergency medical services. Chief Heavey emphasized the importance of the Vessel Safety Inspection. (See accompanying photo of him showing of the VSC decal.) The VSC is a great independent verification that you have all required safety equipment on board. Office Repik noted that he believes that the number of boating accidents in Greenwich waters is down. This is true even though the number of first time boat owners is up as a result of Covid. I would like to think that our education programs have much to do with this.

Next, I need to thank my wife Julie for putting on a spectacular beginning of summer cocktail party. We were once again delighted to host this popular event. The rain caused a bit of chaos as we scrambled to bring everything inside, but it all worked out well. Many thanks to others who made this event possible: Susan Ryan, David Leisten, Vicki Malara, Laura Fox.

We have our usual line-up of summer events scheduled with two raft-ups and a clam bake. Please try to participate in these events and I look forward to seeing everyone there.

If you have a boat, now is the time to get out on the water. If you are like me, you sit by the fireplace in February longing for boating season. Then when it finally comes, I have trouble finding time to go boating. I am working on changing this. If you don't have a boat, please enjoy our Tuesday and Thursday night sails.

On a final note, Howard and I are working on arranging for a CPR/AED/First Aid course for some time in the fall. We hope to combine this with a lecture on first aid for boaters. This is a great opportunity to acquire skill that every boater should have. Navigating, docking, and anchoring are important. But would you know what to do if someone on your boat got hurt?

I wish everyone a healthy, happy, and safe summer 2023.  
*Co-Commander Andy Cummings*

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Report from the Educational Officer, Susan Ryan, JN

#### What would you like to know?

Over the years, Greenwich has given classes on a variety of boating subjects and of a variety of styles and lengths. We've also urged readers to look at the vast array of online classes that are offered by our National Education Department.

June 24th Andy Cummings will give his 'Partner in Command' class on board his boat docked at the Mianus Boat & Yacht Club. There is room for one more student - [Click to Register](#)

I'd like to offer a seminar one evening in the fall and will suggest some topics. Please contact me at [GreenwichSquadron@gmail.com](mailto:GreenwichSquadron@gmail.com) to say which you'd be interested in taking.

- GPS/Chartplotter
- Charting 101
- Knots
- Points of Sail
- Using the VHF radio
- Anchoring
- Kayaking
- Understanding the America's Boating Club App
- Topic of your choice

I look forward to hearing from you. Meanwhile - have a great boating season!

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Report from our NEW Safety Officer, Howard Sklar

#### BOATING SAFETY - An Emphasis on Health

While cruising and enjoying our boats, we undoubtedly run into all kinds of problems. Those could be random mechanical problems, unexpected health issues or accidents and emergencies in the immediate area. As resources are often scarce in desolate areas, we can instantly be thrown into the role of rescuer, helper or problem-solver.

I am a firm believer that every boater should have at least 30 minutes of First Aid Skills. Boaters that are in more remote areas should have higher First Aid skills and a more complete First Aid Kit. What do I mean by 30 minutes of skill? The ability to treat and stabilize a person for at least 30 minutes that has been injured, **NOT** a First Aid Class that only lasts 30 minutes. Remember if you are home and medical help is needed a call to 911 will probably have an EMT at your door in 5 to 10 minutes. On the water you are farther from help. The Coast Guard and Marine Police may be spread a lot thinner than your local first responder.

Every boat should have a First Aid Kit appropriate for the boating activities that you do. Factors include; the area you are boating in (how far or how long will it take medical help to arrive), how many crew on board, the first aid skills of you and your crew and the type of activities you do.

Conditions on a boat are rough with high humidity and wet interiors in many areas. Any First Aid Kit should protect the supplies from water and moisture. CAUTION: Many "marine" First Aid Kits are not sealed well, however some manufactures are now putting supplies in plastic bags.

For your first aid kit –

Start by finding a thermoformed case that can be mounted with the contents safe and easily accessible.

- Have a wide array of medications to treat pain, inflammation, common allergies.
- Have a wide variety of wraps and bandages to immobilize fractures and provide support
- CPR Mask with O2 valve for protected mouth-to-mouth resuscitation.
- Irrigation syringe and wound closure strips to clean and close wounds.
- Emergency heat reflective blanket reflects 90% of radiated body heat.
- Have instant cold pack to manage swelling of fractures and sprains

Other supplies:

AM/FM radio with spare batteries - Box of waterproof matches - Adult poncho or rain gear

Flashlight - Whistle - 14 n 1 pocket tool (such as a Leatherman)

**Small Boat First Aid Kit (Check annually for expiration dates.)**

- Antiseptic / Cleaners
- 4 Alcohol Gel Hand Wipes
- 4 Benzalkonium Chloride Antiseptic Towelette
- 4 Providone-Iodine U.S.P. Prep Pad
- Antibiotic / Wound Treatment
- 4 Triple Antibiotic Ointment
- 4 Burn Gel

**Medications**

- 3 Advil / ( Ibuprofen ) ( 200 mg x 2 Tablets )
- 3 Tylenol / ( Acetaminophen ) ( 500 mg x 2 Tablets )
- 3 Aspirin ( 325 mg x 2 Tablets )
- 2 Histaprin ( Antihistamine )
- For Motion Sickness (3 tablets each of 2 different over the counter medications)

**Miscellaneous**

- Adventure Medical Wound Closure Kit
- Barrier Gloves (Nitrile preferred (non-allergenic / non-latex))
- Tweezers
- Scissors

**Bandages / Dressings**

- Flexible Fabric Adhesive Bandages of various sizes
- Butterfly Closures (Medium) 2 2"
- Gauze Pads, Adhesive Telfa Bandages, Island Bandages
- Conform Bandage Roll - Adhesive Tape - Flexible Clear Tape

**THINGS TO DO**

- Review how to treat common medical problems, traumatic injuries, and medical emergencies encountered in recreational boating, and diving.
- Review the nature and treatment of illness and injuries from hazardous marine life.
- Review the pathophysiology, treatment, and prevention of environmental threats faced by mariners e.g., hypothermia, lightning, cold water immersion, and solar injury.
- Review the principles of health and safety at sea, and the measures to prevent accidents & illness.
- Review the causes and prevention of drowning, and treatment of submersion in warm and cold water.
- Review the new emergency communication systems used in search and rescue, medical evacuation, and telemedicine. Become familiar with the unique supplies and requirements of a boat medical kit.

**NEVER**

**Go boating without thoroughly recent, current and future weather. One suggestion is that National Weather Service Watches Warnings & Advisories can be found on the NWS website ([forecast.weather.gov](http://forecast.weather.gov)) under the tab "Hazardous Weather Outlook."**

With all the above read, marked, learned and inwardly digested by our members, America's Boating Club will be confident that our waters will be safer for everyone - and a lot more fun!!!

**Past Rear Commander George Hallenbeck AP-IN**

Our boating community has lost one of its finest - George was an inspiration and a friend to so many of us. He headed National's MMSI program, he taught safe boating in Stamford's public schools, he was the first instructor to be certified for on the water training and helped Greenwich offer that to many students. He was always ready to help anyone on the water and also anyone OFF the water. His neighbors in Shippan remember him going round with a water pump after Sandy, emptying out their basements. We will miss him.

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**Explanation of the Photos**

- George Hallenbeck behind the helm of *Great Gaels*.
- Rick Delfosse's presentation on Fiji.
- The Town Proclamation for Safe Boating Week.
- Commander's Cocktail Party.
- A sunset Sail.
- A reminder of the No Wake Zone.

UPCOMING EVENTS

Watch your inbox for details or contact GreenwichSquadron@gmail.com

**June 24** 9am – 12pm Partner in Command Class at Mianus River Boat & Yacht Club

**June, July, August** – Sunset Cruises

**July 15** noon RaftUp, Greenwich Cove

**July 23** 4pm Lobster Bake, Greenwich Point

**Aug 26** noon RaftUp, Greenwich Cove

**Sept 20 7pm at Greenwich YWCA**  
Paul Cappiali, Greenwich Harbormaster

**Oct 18 7pm at Greenwich YWCA**  
David Tunick, Atlantic Ocean solo sailor

**Nov 15 7pm at Greenwich YWCA**  
Evan Ward, 'Plastics in our Oceans'

**December 15** 7pm Holiday Party  
Innis Arden Country Club, Old Greenwich





**Slow No Wake**

- MEANS moving at the slowest speed possible while still maintaining steerage
  - If there is a wind or current, you might have to go faster than you might think to maintain steerage.
  - This means boaters going downstream with a current need to go faster than boaters traveling upstream against the current. Boaters going against a current have greater control of their boats.
  - It has nothing to do with you actually making a small wake or not. The speed and maintaining steerage depends on your boat and boat characteristics.



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