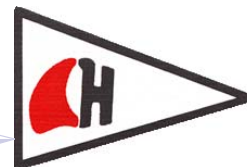
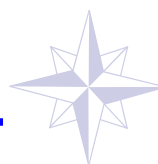




The Log



April 2009
Volume 37, Issue 1

Inside this issue:

From the Editor	1
HSA Mission	2
2009 Officers.....	2
Welcome New Members.....	3
Show Our Colors.....	3
2009 Membership Directory.....	3
Waypoints	4
Shakedown Raft-Up.....	5
Rigging Raft	5
Memorial Day Safety Raft	5
Shipwreck Wrap-Up	6
Winter Brunch Wrap-Up.....	7
Annual Meeting	7
Parade of Lights Wrap-Up	8
Snowbird Report	9
Barnacles: Just a Scratch	9
From the Past	11
<i>Dark and Stormies</i>	12

From the Editor

Spring boat commissioning is underway. We hope your boat will be in the water and ready so you can come to the Shakedown Raft-up next weekend.

By now, you should have received your 2009 Membership Directories. If we missed any updates to your information, please go to our virtual clubhouse at hsa1.org and update your membership profile. If you did not yet receive a Directory perhaps you are delinquent with your dues. If you have not paid your \$30, go to that same website for information on how to renew your membership. If you are current with your dues and have not received your Directories, email Greg at Membership@hsa1.org.

The Club has another exciting sailing schedule. Fleet Captain Dennis is now looking for Raft Captains for the summer raft-ups. Please look over the schedule and let Dennis know which raft-up you would like to lead. It's a fun job, it gives you a chance to get to know some other club members better, and it lets you be the one to pick exactly where the raft-up will be. Want to do a theme raft-up? Just let Dennis know and it's yours. Happy sailing!

Check out our website:
hsa1.org
for the latest Club news

See you on the water,

Sue

HSA Mission

- To encourage friendship, fellowship and seamanship
- To sponsor sailing activities throughout the year
- To create social and sailing opportunities to share experiences and knowledge with fellow club members

2009 Officers

NOTE: To contact a n officer by email, go to our website, hsa1.org and click on AFTERGUARD. Then click on the OFFICE NAME to send an email to that officer.



Commodore	Will (<i>Natural Magic</i>)	Membership Roster Chair	Greg (<i>Stargazer</i>)
Vice Commodore	Perrrian (<i>Up To No Good</i>)	New Member Recruiting Chair	
Fleet Captain	Dennis (<i>Dejah Thoris</i>)	Newsletter Editor	Sue (<i>Windrose</i>)
Secretary	Lois (<i>Mission Impossible</i>)	Shipwreck Party Chair	Mari (<i>Natural Magic</i>)
Treasurer	Kim (<i>Monarch</i>)	Baseball Game Chair	Linda (<i>Canvas Caper</i>)
Immediate Past Commodore	Greg (<i>Stargazer</i>)	Chili Raft-Up Chair	
Webmaster	Greg (<i>Stargazer</i>)	Parade of Lights Party Chair	

Welcome New Members

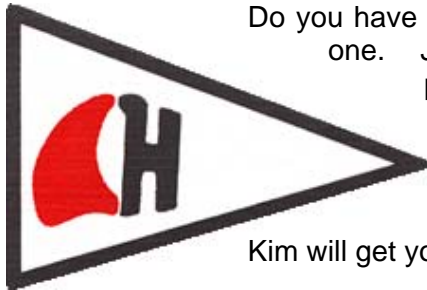
Seven new boats joined the Club since the boat show last fall. Come out to the Shakedown Raft-Up on April 18-19 to welcome these new members, to reunite with all of our other members and to start your sailing season.

Mike & Sharon of *Monarch*, a 1988 Hunter Legend 40
Janice of *Payton Helena*, a 1993 Hunter Legend 37.5
John & Toni of *Hoosier Lady*, a 2009 Hunter 31
Chris & Alexandra of *The Great Escape*, a 1983 Hunter 34
Rankin & Sandy of *Heart of Texas*, a 2000 Hunter Passage 450
Paul & Martha of *Tranquility*, a 2001 Hunter 320
Joe of *Life's Love*, a 1983 Hunter 31

We welcome these newest members and look forward to sailing with them. For you new members, check out our activities in Waypoints and find some that you can attend. For the old salts in the Club, join your Afterguard in giving these new folks a warm welcome and helpful hints when you meet them. For all members, especially early in the season, review our [rafting etiquette and procedures](#).

Show Our Colors

Chapman's *Piloting, Seamanship and Small Boat Handling* says "Yacht Club Burgee, generally triangular in shape ... may be flown ... by day and night ... underway or at anchor."



Do you have one of our handsome burgees for your boat? If not you can get one. Just mail a check payable to "HSA-1" for \$30 (that includes postage) to our treasurer,

Kim Seastrom
2011 Lakewinds Drive
Reston, VA 20191

Kim will get your burgee in the mail to you right away.

2009 Membership Directory

In March we printed and distributed our 2009 Membership Directories. Each member should now have two directories – one to keep at home and one to keep aboard your boat. It's fun to glance in the back of the directory to check if that Hunter you just sailed past is a member of our Club. It is also handy to be able to find the last names of the people we name in *The Log*. To maintain privacy, we do not in general publish last names in *The Log*.

The Membership Directory has two sections. The first section is alphabetical by member's last name and the second section is alphabetical by boat name. Please review the directory to assure the information about you is correct. Submit any changes to your directory information online at our website, hsa1.org. Click on the Membership tab to update your information.

Waypoints

Date	Event	Watch Captain
January 25	Annual Meeting & Awards Ceremony Annapolis	Commodore Will, <i>Natural Magic</i>
February 22	Winter Brunch	VC Perrian, <i>Up To No Good</i>
March 21	Shipwreck Party McLean, VA	Will & Mari, <i>Natural Magic</i>
April 18-19	Shakedown Raft-Up Harness Creek, South River	Don, <i>Mission Impossible</i>
May 2-3	Rigging Raft West River	John, <i>Odyssey</i>
May 23-25	Memorial Day Safe Boating Raft Safety Inspections, Shaw Bay	Dick, <i>RoMPer</i>
June 13-14	Baseball Land/Sea Event Baltimore Inner Harbor & Camden Yards	Linda, <i>Canvas Caper</i>
June 20-21	Summer Solstice Sail Cambridge, Choptank River	Volunteer Needed
July 3-5	Fireworks Cruise Location still open	Volunteer Needed
July 18-26	Fleet Captain's Cruise Norfolk, Mobjack Bay & Tangier Sound with a Solomons-Cape Charles overnight	FC Dennis, <i>Dejah Thoris</i>
August 7-9	Annual Night Sail Oxford, Tred Avon River	Volunteer Needed
September 5-7	Labor Day Bahama Mama Raft Rhode River with Fireworks & race	Volunteer Needed
September 26-27	Equinox Rafts at Saint Michaels both Miles River & San Domingo Creek	Volunteer Needed
October 8-12	US Sailboat Show Annapolis	
October 24-25	Great Chili Raft Wye River	Volunteer Needed
November 7-8	Frostbite Raft & Crab Feast Cantler's, Mill Creek, Whitehall Bay	Volunteer Needed
December 12	Parade of Lights Party Annapolis Waterfront Marriott	Volunteer Needed

As you see, we need raft captains for several events. Fleet Captain Dennis recruited raft captains for the spring. If he approaches you to lead an event in the summer or fall, please help us carry out the great program he has planned – just say YES. Better yet, pick an event you would like to help with and let Dennis know via email to FleetCaptain@hsa1.org.

Shakedown Raft-Up

Our first on-water event of the year is just around the corner – Saturday evening April 18. The Shakedown Raft-Up may be just the motivation you need to get your boat and gear squared away. Wear your favorite team shirt or hat, and share a story about your team. If you don't have a favorite team, bring a favorite drink to share. This first event is on Harness Creek off the South River, a short sail for the majority of our members. Don will have *Mission Impossible* on station by mid-afternoon. Let him know beforehand if you plan to attend. You can reach him via his wife's email, Secretary@hsa1.org. Whether or not you do let him know ahead of time, hail the raft on VHF Channel 78 as you enter the South River for details on how to approach the raft. In addition to lines to tie up with, please bring a snack to share at the happy hour that will begin around 1700. (For landlubbers, that is when Mickey's big hand is on the twelve and his little hand is on the five).

Rigging Raft

Again this year Paul Langelier of West River rigging will conduct a seminar on the B&R rigging that Hunter has been using for decades. West River Rigging is one of the few riggers on the Bay that the Hunter Dealers recommend for tuning our rigs. It makes this raft a very special opportunity. Paul will be aboard the afternoon of Saturday May 2. Of course when we gather on the water even for an informative session with a rigging expert we party at 1700. Bring a snack to share at happy hour. John of *Odyssey* will determine the exact location on the West River for our raft and seminar. Let him know beforehand if you plan to attend. Use your 2009 Membership Directory to look up his phone number or email. Whether or not you do let him know ahead of time, hail the raft on VHF Channel 78 as you enter the West River for details on how to approach the raft.

Memorial Day Safety Raft

The week preceding Memorial Day is National Safe Boating Week. Our Club promotes safe boating by providing US Coast Guard Auxiliary vessel safety checks on the Saturday of Memorial Day Weekend. This year that is Saturday, May 23. We will raft on beautiful Shaw Bay off the Wye River. Shaw Bay offers good holding and ample room for several fleets of boats.

Getting a vessel safety check is a very prudent thing to do. Our own Dick of *RoMPer* was certified to do the checks several years ago. He knows the ins and outs of Hunters. If your boat complies with the Coast Guard regulations, Dick issues a sticker for you to display on your mast. The sticker lets everyone know your boat is safe and you care for it well enough to have had a current inspection. If Dick finds something that needs correction, he politely indicates what you need to correct. Once you correct any deficiencies, your boat will be safer.

Dick will organize the Saturday Raft. Just hail "HSA-1" on VHF Channel 78 as you enter the Wye. Sunday night will be an *ad hoc* raft-up. We'll decide what to do on Sunday during Saturday's happy hour. Bring enough snacks for two raft-ups.

Shipwreck Wrap-Up

Nearly fifty members enjoyed Commodore Will and his wife Mari's hospitality at our annual Shipwreck Party. Some years ago, we adopted the Eastport tradition of sock burning at the Shipwreck Party.



The idea is that during the sailing season sailors don't wear socks – they get wet and yucky underway. Since we don't need socks during the season we burn them at the spring equinox and don't put on a new pair until after the Boat Show. Well, that's the tradition!

Perhaps the boat *Monarch* best illustrates the span of members at the Party. Dale and Kim, the original owners of *Monarch* were there as well as Mike and Sharon who just bought *Monarch* from Dale and Kim who have been members of HSA-1 since 1988. Mike and Sharon just joined.

Rather than a lot of words, we'll illustrate the Shipwreck Party Wrap-Up with photos.



Thanks so much to our gracious hosts, Will and Mari (center of lower right picture) for sharing their lovely, custom-built home.



Winter Brunch Wrap-Up

Jim Muldoon brought out over 40 people to hear his rousing presentation at our Winter Brunch in February. Skipper of the 73-foot rocket ship *Donnybrook*, Jim is the former president of the US Sailing Association. Jim's presentation included stories of interest to every sailor from novice to salty cruiser to international racer. Pictured are Jim, his wife Linda and Vice Commodore Perrian. Perrian gets the credit for finding and recruiting Jim to share his lore of the sea with us.



Annual Meeting

Our 2009 Annual Meeting was January 25 at the Federal House in Annapolis. An excerpt of items of interest follows:

- The current officers were re-elected for 2009. The Commodore's Support Team will consist of two membership chairs, a newsletter editor, a webmaster and four event chairs, one for each of our major social events. Greg will continue as Membership Roster Chair, maintaining the roster of existing members. The newly created New Member Recruiting Chair will concentrate on attracting new members. This position is currently open. Sue will continue as Newsletter Editor. Mari of *Natural Magic* will chair the Shipwreck party. Linda of *Canvas Caper* will chair the Baseball Game. We need volunteers for the Parade of Lights and the Chili Raft-Up.
- Fleet Captain Dennis is looking for volunteers to be raft captains. He reports that he is encouraging crews and captains to use the website to get together. People who will crew and captains who want to go to raft-ups but do not have the crew they need can get together via the forum page on our website
- The membership voted to set dues for 2010 at \$35.
- Awards

Member of the Year

Perrian Upton

Sailor of the Year

Dennis Frankle

Extraordinary Service Awards

Dick Perry

Dale & Kim Seastrom

Will named Dick Parry and Dale and Kim Seastrom as recipients of the Commodore's Award for Extraordinary Service to the Hunter Sailing Association. Dick has hosted the Memorial Day Safety Raft since 2005 and provides Coast Guard Inspections at these raft-ups. Dick chaired committees of several Hunter Chesapeake Bay Rendezvous, and

provided Coast Guard Inspections at these as well. He has been Club Secretary and our delegate to the Chesapeake Bay Yacht Clubs Association. Dale and Kim have been supporting the Club for 20 years. Kim has been our Treasurer since 2005 and was our Newsletter Editor before that. Dale has been Vice Commodore and is a Past Commodore. Additionally he chaired the 2001 Hunter Chesapeake Bay Rendezvous. Dale and Kim were HSA Members of the Year in 1999.

- Commodore Will reminded members of the scheduled Hunter Chesapeake Bay Rendezvous in 2010 and the need for a planning committee.



Will recognizing Perrian as Member of the Year



Will recognizing Dennis as Sailor of the Year

Parade of Lights Wrap-Up



We ended our year with a gala at the Annapolis Waterfront Marriot during the Parade of Lights. It has become such a tradition that several of our “regulars” have memorized the room numbers that HSA-1 always rents. The food is superb, the conversation stimulating, and some of the partygoers actually do watch the lighted boats as they parade around the Annapolis harbor. Once again, conversation turned to “Why don’t we enter a boat?” Perhaps we will in 2009. You will just have to wait and see. Regardless, come out in December and join the fun.

Snowbird Report

Two of our boats went south for the winter and one is there for at least a couple of years. Andrew and Vanessa sailed *Tally Ho* to the Bahamas. It is their second consecutive winter down south. After spending a couple of months in Marathon, Larry and Lynn of *two morrows* crossed over to the Bahamas in January. While in the Florida Keys *two morrows* rendezvoused with Key West liveaboard members Wayne and Millie who have *Irish Fever* in the Keys while Millie manages a dialysis unit in Key West and Wayne checks bikinis at an exclusive resort. Larry and Lynn report they like the laid back Exumas more than the Abaco. For them the highlight of the Abaco was joining *Tally Ho* at the Jib Room in the Marsh Harbour Marina.



Andrew, Lynn, Vanessa and Larry in Marsh Harbour Marina's Jib Room

Barnacles: Just a Scratch

By Norm Poulsen (edited)

I've been boating on the Chesapeake Bay for about as long as I have been a family physician – 25 years. And nearly all of my encounters with the Bay have been enjoyable. That changed on a fine August day a few years ago when I had a brush with a strain of bacteria that researchers suspect are a threat to the Bay's rockfish population. Luckily the bacteria is less dangerous to

humans because we can seek treatment while the rockfish cannot. My wife Chris and I anchored our boat in Eagle Cove at the northern end of Gibson Island on the Magothy River, planning to relax a bit, eat dinner and then head back to the dock. But first, I was going to go down under the boat to clean off those pesky barnacles and other marine growth that I knew were growing there.

I put on my diving mask and leather gloves. I gathered up my putty knife and a Scotch Brite pad. As I climbed down the swim ladder, I never gave it a thought that this simple routine activity would affect me for the next several months.

After the usual six dives just to clean the prop, I went down to tackle the shaft. While scraping it off, I lightly brushed my bare arm against a couple of barnacles that were still clinging to the strut. When I surfaced, I checked my arm and found two very faint scratches, with almost no bleeding, so I didn't pay too much attention to it. I continued cleaning the shaft. When I climbed back on board, I thoroughly washed the scratches with dish detergent and squeezed Neosporin on them. This was hardly the first time I'd had a cut exposed to Bay water and I never had suffered any long term effects as a result. But, being a victim of knowing a little too much, I wondered if I might come down with an infection on my arm.

I was concerned about two very different bacteria. One can be very aggressive and progress rapidly to a serious systematic infection and even death if not treated quickly. Even the name sounds bad: *Vibrio vulnificus*. It is found in up to 80 percent of Bay water samples taken during the warm months, and it grows rapidly. It causes nausea, vomiting and diarrhea if sufficient amounts are ingested with raw seafood, especially oysters, and it can cause rapidly developing skin infections in wounds exposed to contaminated water. Most infections are mild, but even they can also lead to tissue destruction and large blister formation. In higher-risk individuals — people with liver disease, depressed immune systems, or chronic diseases like diabetes and rheumatoid arthritis — severe infections, sepsis and shock are possible with death rates of approximately 50%. Luckily, significant infections are rare. Awareness and prompt treatment of possible infections are the best prevention of serious problems. High-risk individuals should avoid exposing wounds to seawater.

Because I am not in a high-risk group, I was not too worried about *Vibrio*. And when I didn't get sick and die within a few days after the incident happened, I knew I was pretty much in the clear for coming down with *Vibrio*.

The second type of infection that crossed my mind was *Mycobacterium marinum*. It is a very slow growing bacteria and is a close cousin to the bacteria that cause tuberculosis. *Mycobacterium marinum* grows in fresh water, salt water, brackish water ... even in fish tanks. The infection that it causes among humans is known as "Fish Handlers Disease" or "Fish-Tank-Finger". It grows best at 82-90° Fahrenheit. When the scratches on my arm healed quickly and my arm looked fine, I felt relieved that I had escaped without any problems.

Two weeks later, however, I noticed a small reddish-purple bump developing where the scratches had been. Exercising my excellent capacity for denial, I was able to ignore it. Over the next few weeks, more bumps developed. Although the entire area involved was only about an inch in size, it didn't hurt much and it didn't itch. It was still easy to dismiss as insignificant. But then I noticed a tender, swollen lymph node just above my elbow and a few of the bumps were starting to drain. I could no longer persuade myself that this was 'nothing'.

I saw my physician and told him that I believed that I had a *Mycobacterium marinum* infection in my arm. He took my word for it, cultured the drainage and started me on clarithromycin (Biaxin). After 10 weeks of being on antibiotics, the lesions were smaller and fading but still present. Meanwhile, 5 weeks after my initial doctor visit, I received a call that the culture for *Mycobacterium* was positive, although it still had not been identified as to which type.

According to medical literature, *Mycobacterium marinum* infections are quite rare and many physicians even in the Chesapeake Bay region are not aware of this type of infection. Since I contracted mine, I have learned of a few of my boating friends having the same experience of being scraped by barnacles. One guy didn't treat at all, and it cleared up on it's own after about eighteen months. Two others took antibiotics for four months to get it to go away. One needed surgery and nine months of antibiotic treatment. They were all the result of infections from cuts or abrasions that occurred underwater. None of the infections was due to cuts that were later exposed to Bay water.

I have read of a number of cases in medical literature about patients who underwent multiple cultures and biopsies to try to diagnose the infection. This all resulted in a delay of proper treatment. These bacteria do not like humans' normal 98° core body temp — which makes it less of a threat, because the infection stays confined to the cooler extremities and does not become systemic. But that same characteristic makes it difficult to identify in a lab where most bacterial cultures are grown at body temps. Lab Corp, one of the nation's largest medical laboratories, wasn't quite sure what to do with the specimen from my arm. An ordinary wound culture, which is usually complete in a few days, would have been reported as negative after no bacteria grew from the sample.

Once a physician is familiar with these infections, however, a culture is not always needed to make a diagnosis. Just because the infection is slow growing does not mean that it is harmless. If it gets into the joints or tendons, especially the fingers, it can be destructive and may need surgical incision in addition to antibiotics. Antibiotic therapy is lengthy and several different treatments are available. The one I took (Biaxin) is the most widely used, but sometimes several medications must be prescribed simultaneously, including rifampin and ethambutol, two drugs usually reserved to treat tuberculosis. A *Mycobacterium marinum* will often turn up positive on a PPD skin test, which is also used to diagnose exposure to TB. My test result turned up positive for TB, and had I not known the reason, I would have had to take six to nine months of treatment with an anti-TB drug, isoniazid. Ironically, isoniazid does not treat *Mycobacterium marinum* and it would not have helped my infection.

So, if you get a cut while you are in contact with any kind of seawater, that initially heals but the site develops a non-painful, non-itchy reddish-purple rash, don't ignore it. Go to your doctor, armed now with a little bit of knowledge. The best prevention is to avoid getting a cut while under water, and avoid having your skin come in contact with barnacles. Wear gloves and a heavy shirt when cleaning bottoms and don't touch barnacle covered pilings with bare feet!

Editor's note: Thanks to Mike of *Eternity* for finding this article on the web and bringing it to our attention. We had a member pick up an infection from a scratch she got in the Bay and indeed, it took a long tough antibiotic treatment to cure her. Be careful out there and if you get a cut, do as Norm Poulsen recommends go to your doctor and take this article with you.

From the Past

A “Flock of Birds” Overnight to Norfolk

Our Club annually has a night sail to the Eastern Shore coinciding with either a July or August full moon. When the breezes are good we have the hook down by 2200. Even on an unfavorable night, we settle in by 0100. We have had two real overnight sails. You know, the kind when you sail from before sunset until after daybreak. The most recent was the 2006 cruise to Block Island Rhode Island when *Liberty*, *Summer Wind*, *Dejah Thoris* and *Natural Magic* sailed from Cape May New Jersey to Great Salt Pond on Block Island – a 30-hour passage. The other overnight was in 2002 from Solomons to Salt Ponds, Virginia.

In 2002, only a few club members had ever done an overnight sail. Commodore Larry and Fleet Captain Billy worked with Dr. Phil (ours, not the TV shrink) to conceive an opportunity for more members to experience an overnight sail. Our fleet left Solomons in the late afternoon and sailed 85 miles south to Salt Ponds Marina.

At one time during the dark and stormy (northerly gusts to 30 knots) night the captain of a commercial vessel said our southbound fleet looked like a flock of birds on his radar. Upon hearing the comment, Phil marshaled our fleet out of the shipping lanes. Today better equipment makes such an encounter less likely. Many of our boats now have their own radars. Automated Identification Systems (AIS) have become common on large vessels and affordable for small vessels. Better radar reflectors are available. With the help of Phil's book *Radar Reflectors for Cruising Sailboats*, you now can pick the best reflector for your boat.



Phil at the helm of the original *Dolly G* with the Norfolk shipyard gantries in the background.

Even with all the recent advances in technology, the way prudent mariners avoid problems is still by following US Coast Guard Rule 5 "Lookout":

Every vessel shall at all times maintain a proper lookout by sight and hearing as well as by all available means appropriate in the prevailing circumstances and conditions so as to make a full appraisal of the situation and of the risk of collision.

The overnight sail kicked off 2002's two-week cruise, gave our crews new experiences and increased their confidence. Since then Dr. Phil became Captain Phil and wrote his book. Jim and Stephanie sold *Enterprise*, the fastest boat in the fleet that night, and many of the participants moved up to bigger boats. Past Commodore Larry and Lynn sailed their original *two morrows* on the 2002 cruise. Phil and Minnie's *Dolly G* from that trip is now Larry and Lynn's *two morrows*, the boat mentioned on page 9. Since 2003, Phil and Minnie have been sailing a newer, bigger *Dolly G*.

Our July Fleet Captain's Cruise this year will visit some of the same anchorages that the Club visited in 2002 and like the 2002 cruise will give our crews the increased confidence that comes with the experience of an overnight sail. History repeating itself can be a good thing.

Dark and Stormies

Dolly G's signature drink

Fill a tumbler half full with ice. Add one jigger of Gosling's Black Seal Rum and fill with Stewart's Ginger Beer. Stir then serve and dream about your fondest sailing experiences.