

FORECAST

Newsletter from Lake Macquarie Yacht Club



Photo credit: Peter Mayo

COMMODORE'S MESSAGE

Swansea Channel Update

Dredging progress has continued to be slower than expected due to mechanical failure of the dredge. There is two weeks dredging required to clear the dog leg area. That puts us into the first week of December before the dog leg will be navigable. There has been some concern regarding the migratory terns returning for nesting in November-December putting a halt to the dredging. I have been assured that the migratory bird management plan is in place and that dredging will continue alongside without any interference to the birds. In fact, a few have arrived and are interested in the new sand that has already been deposited and fenced off. The plan is to continue to dredge until it is finished.

First Aid for Sailors

This week Dr Chris Cahill gave an excellent talk on first aid with a focus on on-board injuries. The evening was well attended by around forty members who were all very pleased with the evening. Chris, a member of our Cruising division and sits on the CD committee, has vast experience with emergency surgery working in defence. Chris pointed out that he is not a first aid trainer and the night was not about training first aid. Chris strongly recommends that everyone should do a first aid course. Chris explained AED's, commonly known as 'defibs', and how to use them, CPR and how to deal with common injuries on board such as how to control bleeding. Chris also listed what he recommends are carried in your first aid kit and highly recommends that everyone do a first aid course. If anyone is wanting more information regarding Chris's suggested first aid kit, contact me and I will pass it along. Also, I would like to know if there is any interest in the club organising a first aid course at the club.

Geoff Edman

Commodore

Email Commodore@lmyc.com.au



SETTING SAIL

An update from the sailing committee
By Steven Ford

Sailing News

- The Wednesday summer series has been underway for several weeks with good turnouts of 20 plus boats split evenly over two divisions.
- Saturday racing has been going for almost three months with around thirty boats participating most weeks. The RKR series has seen an excellent turnout from all clubs.
- Friday Twilight sailing has been impacted by the variable weather we have experienced. As the days get longer and the weather a little more reliable I anticipate the fleet will build.
- The Sailing Committee had a request from One Eyed Bandit to race in Division 2 for the remainder of the season. At times, the boat can compete effectively in Division 1. Due to a lack of experienced crew, the boat's performance has been well down on previous seasons. The sailing committee wants to keep as many boats sailing as possible and for those boats to have enjoyable competitive racing. The boat's elapsed times on the common courses has been consistent with the Division 2 fleet. Consequently, the request was granted. The original handicap from the start of the season has been used for the first race in Division 2 on 25 November, and the Division 2 results up to last Saturday will show One Eyed Bandit as a DNC in Division 2.
- There are several regattas scheduled over the summer –
 - 7 January 2024 – Flying 15s Nationals. **We will be looking for some volunteers for this event.**
 - She Sails – LMYC 14 January, RMYC 18 February, WASC 3 March
 - 9-11 February 2024 – Adams 10 Regatta
 - 8-12 April 2024 – Multihull Regatta
- With the Channel dredging expected to be completed later in the year, the Sailing Committee has decided to reintroduce offshore racing in the 2024/25 season. Details are being worked on and we will discuss this with all local yacht clubs to gauge their interest in running a series of events.
- With waterways becoming busier over summer, skippers are reminded that under the Aquatic Licence issued by Roads and Maritime Services to LMYC, competitors in LMYC events are not to sail within 30 metres of moored or anchored vessels. All accidents involving serious damage or personal injury are to be reported to RMS. Failure to do so may cause the Club's Aquatic License to be revoked.



Photo credit: Peter Mayo



LMYC Annual Golf Day

By Steven Ford

The annual LMYC Golf day was held again at Belmont Golf Course on Friday 24 November. We had 56 players (14 teams) compete in an ambrose competition. We were lucky with the weather and the threatened storms did not eventuate. As you would expect the rivalry was strong and the competition fierce with less than 10 shots from 1st to last and less than 1 shot between 1st and 3rd.

The results were -

1st on 56.3/8 - McGee team - Frank Gardner - Alex Gardner- Chad Griffith - Neil McIlevenie.

2nd on 57 - Salty Dogs - David Cook - Daniel Cook - Graham Cross - Ben Sutton (a great effort considering the 1 shot handicap penalty for winning last year)

3rd on 57 1/8 Fathom - Steven Ford - Andrew Berryman - Paul Berryman - John Costley.

4th on 59 The Sailor Girls - Karen Roberts - Daniel Cook - Bev Frowen - Tracey Williams. This was a new team and they also won the best dressed for their fabulous Sailor Outfits.

Big thanks to Jenko and Squid for arranging the day, Belmont Golf Course for the use of their course and Mark Norden, Crusoes and the club staff for the hospitality back at the club.



**She Sails
Tri-Series
Regatta
Race 1**

SUN 14TH JAN 2024
BRIEFING AT 11:30AM
WATERFRONT MARQUEE, LMYC
RACE STARTS AT 12:30PM

For NoR & SI's, go to www.lmyc.com.au/sailing-instructions/

LAKE MACQUARIE
YACHT CLUB

NoR and SI's for Race 1 - Lake Mac She Sails is out !

<https://lmyc.com.au/sailing-instructions/>

Register [HERE](#) to enter for the Tri Series and Casual entry for Race 1.

ANNUAL POINTSCORE 23-24 RESULTS

As at 25 November 2023

SATURDAY RACING

Division 1

1. Roadrunner - Paul Heyes
2. Dirty Deeds - Ian Humphris
3. Squid4Woodsy - Steve Liddell

Division 2

1. Beat to Quarters - Eddie O'Donnell
2. Pogue Mohone - Scott Hamilton
3. Excess - Bruce Dobinson

Division 3

1. Pugsley - Len Lavers
2. Morticia - Geoff Gardner
3. Willpower - Simon Frendo

Division 4

1. Wedgewood - Roger Geary
2. The Shed - Roger Parker
3. Mirage - David Kelty

WEDNESDAY SWEEPSTAKES

22 November race results as follows:

Division 1

1. Mareenblue - John Newton
2. Dee One - Chris Wilson
3. Morticia - Geoff Gardner/John Cairns

Division 2

1. Spellcaster 111 - Scott Fergusson
2. Selene - Brad Williams
3. Invictus - Ross Dawson

SUMMER 1 POINTSCORE

As at 22 November, series Pointscore is as follows:

Division 1

1. Dee One - Chris Wilson
2. Give & Take - Russell Williams
3. Squid4Woodsy - Steve Liddell

Division 2

1. Spellcaster 111 - Scott Fergusson
2. Invictus - Ross Dawson
3. Selene - Brad Williams



Photo credit: Peter Mayo - 16 & 24 Nov



FRIDAY SWEEPSTAKES

24 November race results as follows:

1. Split Enz - Paul Van Rugge
2. Sojourn - Bruce Graham
3. Chippy - Glenn Lewis



HISTORY LOCKER

HUGHES & TOLL - 'IRENE'

By Ray Kiely

The photograph below appeared in the NMH circa 2003.

The caption read 'RESCUERS': Lake Macquarie yachtsmen Bill Hughes and Ian Toll yesterday.

They helped during the 1955 flood and were part of a parade at Maitland Sports Ground to thank the many volunteers.

Bill Hughes and his father Harry co-owned and designed the stays'l schooner Irene - right. They built it in the backyard of the family home at New Lambton.

In 1953 Irene won the Sydney-Noumea Yacht Race. In keeping with LMYC's disregard of LMSC at Boolaroo, the official welcome home was held in the Newcastle City Town Hall.

A great many more LMYC members also assisted in the Maitland floods of 1955.



Irene (above) racing on the Lake and looking good.

Looks like six crew and six sails. They would be a busy crew at the bottom mark. Her six sails are; spinnaker, jib, fore staysail, main staysail, main upper staysail and main.





FIRST AID KITS - Suggested contents

By Chris Cahill

These are suggestions for the contents of a useful First Aid kit for enclosed water and coastal sailing. No quantities are specified as the need is dictated by crew numbers.

Equipment

- Triangular bandages with safety pins
- Sterile un-medicated dressings (shell dressing type with bandage tails if available
Medium 10x10, Large 10x20, Extra Large 20x20)
- Medicated adhesive dressings – “Band-aids”
- Sterile eye pads
- Gauze pads / swabs
- Adhesive tape - narrow
- Disposable latex / vinyl gloves
- Face shields / CPR Pocket mask
- Adhesive elastic bandage / Crepe bandages
- Adhesive strip wound closures – Steristrips, Butterfly plasters
- Paraffin gauze / non-adherent dressings
- Dressing scissors / EMS shears

Medications (listed meds/brands are examples only. If in doubt talk to the pharmacist)

- Anti-emetic (sea sickness) - Promethazine(Avomine), Hyoscine (Travacalm)
- Anti-diarrhoeal - Loperamide (Imodium)
- Re-hydration salts - Oral rehydration salts (Hydrolyte)
- Pain killers - Paracetamol, Aspirin, Ibuprofen
- Antihistamine - Claratyne
- Normal Saline for irrigation (eyes & wounds)
- Antiseptic solution or wipes - Chlorhexidine / cetrimide/ Betadine
- Burn / antiseptic ointment - Cetrimide
- Any prescribed medications – your’s and crew’s

Automated External Defibrillator (AEDs) - FAQs

What is an AED?

What does it do?

Can anyone use it?

When would I use it?

Could I do any harm using it?

AED stands for Automated External Defibrillator. It is a device that is designed to detect cardiac arrest due to Ventricular Fibrillation (VF - disorganised useless electrical activity in the heart) and advise /deliver an electrical impulse (a shock) to return the electrical activity in the heart to organised normal activity resulting in the heart pumping blood again.

AEDs are either fully automatic or semi -automatic. The fully automatic version will deliver a shock without the user needing to do anything, whilst the semi-automatic version requires a button to be pushed to actually deliver a shock. Both types give clear verbal instructions throughout their use.



AEDs continued - FAQs

AEDs are intended to deliver life saving defibrillation as soon as possible after a cardiac arrest and to be used by anyone doing "bystander CPR" with little or no training.

If an AED is available when someone collapses and appears to have no heart beat (ie anyone who you would start CPR on) then it should be attached to the patients chest. The self adhesive electrode pads have clear pictorial instructions showing how and where to attach them. The pads need to be attached to bare skin in the correct places which may involve the removal of clothing and occasionally shaving very hairy skin.

The AED will prompt the correct actions with clear commands like - "apply pads to the patient", "continue CPR", "stop CPR, analysing", "do not touch patient", "shock advised" etc.

You cannot accidentally shock a patient and the machine will only allow a shock to be delivered if it is appropriate. Essentially the machine uses AI to identify electrical activity in the heart and will only advise/deliver a shock if it will potentially revert the heart to proper function.

Unfortunately, unlike the movies, CPR and defibrillation do not always work and not every patient can be saved, but a much higher proportion of people in VF survive if they get early CPR and early defibrillation. More than one shock may be required.

LMYC has been gifted an extra AED which the CD is generously being allowed to carry during CD activities/cruises. It is a semi-automatic AED and is simple to use. There are clear instruction with/on the machine

Attached to the carrying case is an accessory pouch containing:

- PPE - gloves, face shield etc
 - Scissors and Razor - for cutting off clothing and removing dense body hair
- CPR pocket Mask for safe CPR breaths

When on a cruise with the CD, the plan is that the lead boat for any activity will carry the AED and fly the AED flag whilst it is onboard. The skipper is responsible for picking up the AED from LMYC reception and returning it after the cruise is finished.

This is a major safety item and we must ensure that it is looked after and available when needed. You could be the one who benefits.

The club has 3 AED's
One on the start boat, in the bar
& one for the Cruising Division.





**Marine Rescue Lake Macquarie
Radio Club Members
Radio Base Open Day and
Free Sausage Sizzle**

**Date : Saturday 2nd December
Location : Swansea Heads Radio Base**

Marine Rescue Lake Macquarie would like to thank you for your ongoing support of our unit by extending an invitation to you and your family to attend our new Radio Base at Swansea Heads for a free sausage sizzle and tour of the base.

Time: 9am to 2pm

Location: MRLM Search and Rescue Control Centre - Green Island Road Swansea Heads - accessed at the corner of Waratah and Wallsend Streets.



LAKE MACQUARIE YACHT CLUB'S

EVERYTHING THAT
GLITTERS IS GOLD
COMMODORE'S CHARITY BALL

13/04/24

SAVE THE DATE!

DRESS CODE - GLAMOUR

WE THANK OUR SPONSORS

