

The Hailer

Con Trios Yacht Club, St. Louis, MO

June 2004

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Con Trios 2004

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Commodore.....John Bicknese
 Vice Commodore.....Jim Barlow
 Rear Commodore.....Jim Svoboda
 Fleet Captain.....Carl Tiemann
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 Director 2.....Mark Miles
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 Director 5.....Gary Meinershagen
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 Editor..... Karen Weidinger

Inside this Newsletter

Page 1: Commodore's Corner
 Page 2: Fleet Surgeon
 Heart Attack
 Page 3: Missouri Water Patrol
 Carbon Monoxide
 Page 4: Fleet Captain
 Upcoming Events
 Page 5: For Your Information
 Required Equipment
 Boat Names
 Tidbits

Commodore's Corner

As Commodore of our club, the start of this year has not been easy for me. The losses that we have endured, have been overwhelming to us all.



It has been tough for me, not only as Commodore, but on a personal level as some of Our members has fallen. To try and put things on a direction of positive nature, I have to say that I did not have a clue of just how close nit our club really is.

It has also been overwhelming to me of the concern, care, and consideration, that I have seen by members of our club. I think we all need to take a good look at the people we are close to, enjoy them, and see what we might do to make their day better. Tomorrow, that chance might not be there.

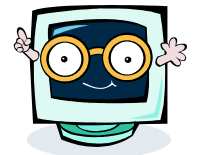
One way that you can do this, is to support Carl and Mary in their functions. What they did at the Ice Breaker was just a taste of what they have in store for us this year.

Lets all get back together, get on with life, and have a little fun.

Little John and Terrie

Don't Miss Out on Upcoming Events

Log On to:



ConTroisYachtClub.org



Fleet Surgeon



“Recognize Heart Attack Symptoms”

Some people don't know how to recognize the signs of a heart attack, and may be unaware that the symptoms in women can be quite different from those in men. Prediman K Shah, MD, Director of the Division of Cardiology at Cedars-Sinai Medical Center, offers the following tips for recognizing a heart attack.

“Classic symptoms that may appear in Men and Women”

1. Squeezing chest pain or pressure.
2. Shortness of breath
3. Sweating
4. Tightness in chest
5. Pain spreading to shoulders, neck, arm or jaw
6. Feeling of heartburn or indigestion with or without nausea and vomiting
7. Sudden dizziness or brief loss of consciousness

“Symptoms more likely in Women”

1. Indigestion or gas-like pain
2. Dizziness, nausea or vomiting
3. Unexplained weakness or fatigue
4. Discomfort or pain between shoulder blades
5. Recurring chest discomfort
6. Sense of impending doom

If you are experiencing symptoms that could be signaling a heart attack or if you see someone else with these symptoms, call 911 immediately and summon an ambulance. Do not attempt to drive yourself. Only paramedics and trained fire personnel have the necessary equipment to revive you if your heart has stopped beating. Give the patient one aspirin to chew (provided the patient is not allergic to aspirin) and if she or he is not breathing, start CPR. Above all, get to the hospital as quickly as possible because the longer a heart attack goes untreated, the more badly damaged your heart will be.

Safe Boating,
Your Fleet Surgeon



CARBON MONOXIDE POISONING

By Corporal Mike Porter, Missouri State Water Patrol



The state of Missouri has many areas for the boating public to enjoy. However, one unique difference of the Alton Pool, compared to other lakes of the state, is the large number of houseboats and cruisers. These larger vessels generally have two drive engines and a generator; all internal combustion engines and mounted in enclosed areas. Boaters should be aware of the danger from carbon monoxide coming from internal combustion engines. Carbon Monoxide is a colorless and odorless gas, which is often undetected until too late. It causes headaches, nausea, vertigo, and death. People with cardiovascular problems are more susceptible to the gas. Carbon monoxide can build up in any enclosed compartment, usually from a leak in the exhaust system.

Additional ways it can build up are:

- ◆ Backdraft caused by a square stern can infiltrate a boat underway.
- ◆ Exhaust from a power generator can enter a boat through dry sink drains, especially on still days or when at anchor.
- ◆ Gasoline-powered inboard engines are potentially the most hazardous. When a boat is closed up tight with the engine running, the carburetor may pull the air out of the cabin, lowering the cabin pressure. This in turn may draw carbon monoxide laden air into the cabin from outside.

Carbon monoxide can easily be purged from your boat if proper precautions are taken. When underway, run with an open hatch forward and an open hatch aft that will allow air to circulate through the boat from front to back. This will flush out carbon monoxide concentrations.

Remember to:

- ◆ Make sure that sink drains and other openings into the cabin are on the opposite side and as far away from the exhaust outlets as possible.
- ◆ Refrain from using the generator when anchored, tied up or becalmed.
- ◆ Make sure the boats ventilation system is unblocked and in good working order.

First Aid

All victims of inhaled poisons need oxygen as soon as possible. If it is possible to remove the person from the source of the poison without endangering another life, then do so. Just getting him or her to fresh air and then calling for medical assistance can help a conscious victim. Remove an unconscious victim from the environment, maintain an open airway, and call EMS personnel immediately. If the person is not breathing, perform rescue breathing.

Over the years there have been numerous carbon monoxide related accidents on Missouri's waterways. Take the time to routinely inspect your exhaust systems, be aware of your surrounding, such as in a boat slip, or tied up next to other boats running engines or generators. Take time to make your boating experience a pleasant one.



Fleet Captain



Fleet Captains Report

Hello everyone I hope that everyone's boating season is going well. Hopefully by the time everyone is reading this report the river will be back to normal.

The first few parties have went well. A good time was had by all at the Pool Party, Ice Breaker, and the Poker Run. I would like to thank all the members who have helped out so far. Also special thanks to Bill Brasses, Joan Shamel, and Rich Shamel for taking the time to be our card boats at the Poker Run.

The next event will be the Full Moon Cruise and due to the rules and regulations of the Coast Guard the cruise is limited to 130 people. The first 130 reservations paid will be boarded all others will be returned.

At this time we are also putting the final touches on the next few events. The updates will be posted on the web site contriosyachtclub.org as soon as the dates and locations are known. Every one with Internet access should take a look at our site and bookmark it. Current news and happenings are posted to keep everyone informed in-between the issues of the Hailer.

Carl Tiemann
Fleet Captain



Upcoming Social Events

June 13	Champagne Brunch
July 31	Full Moon Cruise
August 14	Beach Party
TBD	Membership Party
TBD	Past Commodore Party
December 4	Holiday Party

Notice regarding this newsletter:

The newsletter editor for 2004 is Karen Weidinger. Unfortunately this past March, she lost a battle with breast cancer she had been fighting hard and strong for almost 2 years.

Her sisters, Debbie Pavis and Kathy Thompson have stepped up to finish her responsibilities as newsletter editor and will continue for the remainder of the 2004 year.

Please send any articles or requests to Debbie at dpavis@charter.net or Kathy at kathythompson@charter.net.

Thank you for your patience as we assembled this newsletter. We would especially like to thank this years board who have made the transition easy.

Debbie and Kathy

For Your Information

Equipment Required by Missouri State Law			
	PWC	Boat Less than 16 ft	Boat 16 ft to less than 26 ft

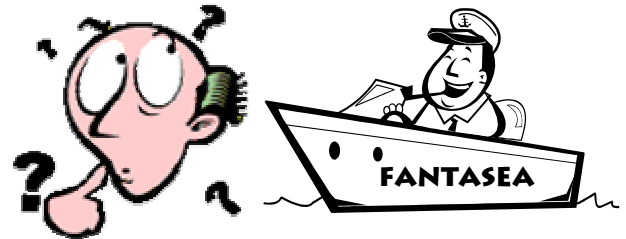
<u>Certificate of Number Onboard</u>	✓	✓	✓
<u>Validation Decal Displayed</u>	✓	✓	✓
<u>PFDs: for each person</u>	✓1	✓2,3	✓2,4
<u>Type IV PFD: for boat</u>			✓
<u>Type B-I Fire Extinguisher</u>	✓	✓	✓5
<u>Ignition Safety Switch</u>	✓		
<u>Ventilation System</u>	✓	✓	✓
<u>Muffler</u>	✓	✓	✓
<u>Horn, Whistle or Bell</u>			✓
<u>Skier Down Flag</u>		✓6	✓6
<u>Navigation Lights</u>	✓	✓	✓

1. Those on PWC must wear a Personal Flotation Device at all times.
2. Children under the age of 7 years must wear a PFD at all times unless confined in a fully enclosed area.
3. Boats less than 16 ft. in length must carry one wearable (Type I, II, III or V*) or one throwable (Type IV) USCG-approved PFD for each person onboard or being towed.
4. Boats 16 ft. long or longer must carry one wearable (Type I, II, III or V*) USCG-approved PFD for each person onboard or being towed.
5. Two Type B-I fire extinguishers or one Type B-II fire extinguisher required for vessels 26 feet in length or longer.
6. Required for display whenever an occupant of the motorboat enters the water if on the waters of the Mississippi River, the Missouri River, or on Missouri lakes between the hours of 11 AM and sunset.

* Type V PFDs must be worn to count toward meeting this requirement.

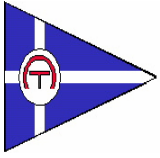
Most Popular Boat Names

2003 Happy Hours Carpe Diem Reel Time Sea Biscuit Freedom Summer Wind Aquaholic Serenity No Worries Mental Floss	2002 Liberty Victory Aquaholic Bite Me Endless Summer Seahorse Footloose Sliver Lining Miss Behavin' Moondance	2001 Second Wind Endless Summer Happy Ours Time Out Fish Tales Island Time Sea Ya Lazy Daze Luna Sea Serenity	2000 Serenity Irish Eyes Island Time Sea Spirit Obsession Time Out Reel Time Escapade Southern Comfort Serendipity
1999 Misty Flying Cloud Serenity Irish Wake Wind Dancer Seas The Day Odyssey Gypsea Luna Sea Osprey	1998 Serenity Osprey Obsession Wind Dancer Therapy Destiny Fantasea Escape Odyssey Tide Runner	1997 Obsession Osprey Wind Dancer Odyssey Therapy Serenity Fantasea Escape Wet Dream Liquid Asset	1996 Serenity Obsession Osprey Escape Therapy Liquid Asset Wet Dream Diversions Sundancer Predator
1995 Obsession Odyssey Osprey Escape Liquid Asset Wet Dream Serenity Hakuna Matata Fantasea Therapy	1994 Odyssey Serenity Obsession Sea Breeze Osprey Escape Wet Dream Therapy Liquid Asset Solitude	1993 Serenity Obsession Osprey Fantasea Liquid Asset Therapy Seaduction Happy Hours Solitude Wet Dream	1992 Serenity Wave Runner Sea Dancer Liquid Asset Obsession Therapy Happy Hours Miss Behavin' Seafarer AWOL



Tidbits and Facts

- 40% of North America's ducks, geese, swan and wading bird species rely on the Mississippi as a migration Corridor.
- 241 fish species inhabit the Mississippi River and its tributaries.
- The Mississippi River serves as a shared border for 10 states.
- The river and its tributaries supply drinking water for more than 18 million people in central U.S.
- There are 29 locks and dams on the Upper Mississippi.
- The Upper Mississippi has over 600 water-orientated recreation sites.
- Annual revenue from recreational uses on the river exceeds \$1.2 billion in the Upper Mississippi River alone; sport fishing and waterfowl hunting generate revenues of \$100 million and \$58 million respectively.
- Dam 15 in the Quad Cities is the largest roller dam in the world.



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ConTriosYachtClub.org

Visit us on the web: