



<http://www.usps.org/d12/PDF/>

# bare facts

from Bare Cove  
and Hidden Harbor Yacht Club

## 2014-15 OFFICERS

commander  
William Dawson

ex. officer  
Frank Ciolkosz

seo & public  
relations  
Will Dawson

assistant seo  
Bob Ernst

secretary  
Virginia B. Gray

treasurer  
George Murphy

social  
Jim McIver

safety  
Cindy Madden

membership &  
involvement  
Bob Gibbs

VSC  
Dick Eckhouse

seminars  
Will Dawson

## A note from the Squadron Commander/ Educational Officer

**Will Dawson**

**At last - winter is over!** The ABC class graduated 9 students, the Piloting class graduated 6 students and there's six folks writing the Advanced Piloting exam.

ABC instructors were Virginia Gray, Dick Eckhouse, & Bob Barker. The P and AP instructors were Frank Ciolkosz, Dick Eckhouse, Bob Gibbs and Will Dawson.

**Want to hear about our local nautical heritage?** Our guest speaker for our Bridge meeting on May 14 will be from the Hull Lifesaving Museum. Join us at the 99 restaurant across the street from the Hingham Shipyard on Wednesday May 14. Happy half hour begins at 1800.

**How about learning more about cruise planning?** We've got lots of experienced sailors who will share their cruising secrets and free cruise planning books will be available at a BBQ/rendezvous on June 20 at the Hingham Shipyard Marina.

**More rendezvous are planned.** We'll meet at the Hingham Yacht Club sometime in late July and in mid-September we'll meet at the Hull Yacht Club.

**A big thank you to our immediate past Commander, Dick Eckhouse (SN).** Our Squadron has grown because of his leadership and recruiting efforts. During his tenure Dick streamlined the typical Bridge meeting- rarely do they take more than ten minutes- found interesting and entertaining speakers, drafted people to teach courses - like having Oscar Orringer from USCGA teach Weather and always had the answer to those tough boating questions because he had experienced similar if not the same problems. You did a terrific job Dick. You're a tough act to follow.



## dates to remember!

May 14 - 6 p.m. - Bare Cove's dinner meeting at the 99 restaurant, route 3A in Hingham

June 20 & 21, 2014 - Our first Bare Cove Squadron Rendezvous

# Save the date!

June 20 & 21, 2014 -

Our first Bare Cove Squadron Rendezvous  
at the Hingham Shipyard Marina.

BBQ will be on the patio. The Squadron will supply condiments, potato chips, soft drinks/mixers, ice, sesame noodle salad, cole slaw, serving utensils, cups, paper plates, forks, knives and spoons.

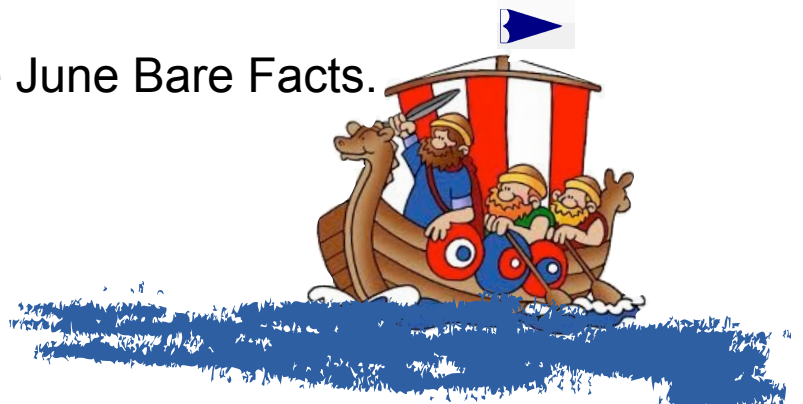
There will a Gas Grille with spatula and fork for you to grill your entrée

We'll be discussing Cruise Planning sometime during the rendezvous. The first three to arrive will get the USPS Cruise Planning book for free!

Transit slips and guest moorings are available at the marina as well.

There's restaurants to eat at like Alma Nova, Wahlburgers and Hingham Beer Works nearby as well as a movie theatre and other stores to visit. Suggest you make reservations at Alma Nova at least a month in advance.

More info coming in the June Bare Facts.





## A bit of Bare Cove's history

A not-for-profit organization dedicated to making boating safer, Bare cove started in 1959. Women were allowed full privileges in 1982. Since then we have had many women in the organization and several have held the position as Commander including the current Secretary.

Bare Cove Sail & Power Squadron is a community of boating enthusiasts who have banded together to enjoy on-water and off-the-water social activities while promoting safe boating through education and community service.

Standing the test of time, United States Power Squadron continues to be a valuable contributor to the sail and power boating community. Whether a novice boater or a seasoned mariner, you can improve your knowledge and skill with our local Bare Cove Squadron. Come and share your experience in a relaxed environment.

### *Birthday trivia*

- *US Power Squadron, the nation's largest boating safety educator, will celebrate the completion of 100 years providing a unique service to the boating public. Prior to 1914 this organization was called the Boston Yacht Club Power Squadron. On February 2, 1914 became a national organization with Roger Upton its first Chief Commander; Charles Chapman the editor of Motor Boating Magazine was appointed Treasurer.*
- *This summer will be the 100th anniversary of the opening of the 48-mile long US built Panama Canal. Nearly every cruise ship line has at least one trip through the canal.*
- *The Cape Cod Canal will celebrate its Centennial this year.*
- *US Coast Guard Auxiliary is celebrating its 75th Anniversary this year*
- 



# SAMPLE FLOAT PLAN

Complete this form before boating and leave it with a reliable person who can be depended upon to notify the [Coast Guard](#) or other rescue organization in case you do not return as scheduled. *Do not try to file this form with the Coast Guard, they do not accept float plans.* A word of caution: In case you are delayed, and it is not an emergency, inform those with your float plan, the police and/or Coast Guard of your in order to avoid an unnecessary search!

Name: \_\_\_\_\_

Telephone:(Including area code) \_\_\_\_\_

*Person filing this plan*

## ***Description of boat***

Type:

PowerSail CruiserHouseboat  
RunaboutSportfishermanTrawler  
CatboatCutterKetchSloopYawl  
Other **Other:**

Hull Color: \_\_\_\_\_

Trim Color: \_\_\_\_\_

State/Registration Number: \_\_\_\_\_

Length in feet: \_\_\_\_\_

Name: \_\_\_\_\_

Make/Model/Year: \_\_\_\_\_

## ***Persons Onboard***

**Include yourself!**

**Name**

**Age**

**Address**

**Telephone**

## ***Trip expectations***

Leaving from: \_\_\_\_\_

Leaving(Date) \_\_\_\_\_

Return by(Date) \_\_\_\_\_

Return by(Time) \_\_\_\_\_ AMPMN/A

But no later than(Date) \_\_\_\_\_

But no later than(Time) \_\_\_\_\_

# **THE BEST CURE FOR SEA SICKNESS, IS TO SIT UNDER A TREE.**

~ Spike Milligan

Once in my life I was introduced to a malady called mal-de-mere. I vowed Never Again! 50+ years on the water, in all kinds of conditions, but then there was that one time. That is all it took for me to explore how this happened to me, thus help others. It happened because I did not watch out for what I had to eat that day (nor the night before). For others it is the thought of the boat's motion. Whatever the cause I started to read up on this problem so it would not happen again. Here is a bit of what I found out.

“Children under 2 and elderly are less susceptible to this malady. There is hope that I will never experience it again! Here is one advantage of Old Age.

Sometimes referred to as Sea Sickness, it is sometimes caused by repeated motion of the waves. It is also attracted to the food one eats prior to the sailing adventure. SS is hardly ever fatal. One might think so when one is experiencing this flaw in life.

While it may be impossible to prevent all cases of motion sickness, the following tips can help you prevent or lessen the severity of motion sickness:

Watch your consumption of foods, drinks, and alcohol up to 24 hours prior to your boating adventure. Avoid excessive alcohol and foods or liquids that are greasy or high in caffeine or milk products or juices.

Get as much fresh air if possible.

Try not to be overly tired.

It can sometimes help to keep your gaze fixed on the horizon or on a fixed point. One trick I use is to put rubber bands on my wrists that I continually pull on. The other trick is to make sure that you have ginger cookies or candied ginger or ginger ale handy for a snack. Saltines also help. Above all, try not to think about this malady.





## Safe Boating Week is May 17 through 23

a little early for us New Englanders to be on the water but let us not forget when we do go boating we shouldn't just carry a life jacket, we should **'Wear It!'**

Accidents happen too fast on the water to reach for stowed life jackets. Most boating fatalities are drownings and 85 percent of those who drown, while boating, are not wearing a life jacket. Now, new styles are available – comfortable, lightweight and perfect for any boating activity. Wear your life jacket at all times while boating and ask your friends and family to do the same! The purpose of National Safe Boating Week is to remind us to do so.

### A little quiz to help you be a safe boater:

Many people, even among the boating community, have false perceptions of life jacket safety. Below are some simple life jacket safety questions that are asked of the “Man or woman on the street” (or, in this case, “On the water”) along with the answers. How many of them would you get correct if you were that man or woman?

1. How often should life jackets be tested for proper fit and buoyancy?
  - a. Every year.
2. How many life jackets are boaters required to have on their boat?
  - a. One for every passenger.
3. True or False, life jackets come in only one size and shape?
  - a. FALSE! Life Jackets come in a variety of shapes, sizes, colors and materials.
4. True or False, life jackets can make it harder to swim if you capsize?
  - a. FALSE! 85 percent of those who drown, while boating, are not wearing a life jacket.
5. At what age can boaters use inflatable life jackets as an alternative to an inherently buoyant life jacket?
  - a. 16 years old.

To make sure your boat meets all state and federal safety requirements why not ask one of our Vessel Examiners (VE) to perform a Vessel Safety Check (VSC). It is free and you either pass and get a decal, or not. No record is kept if you don't pass and the VE will be happy to return to check your boat when the deficiency is rectified.

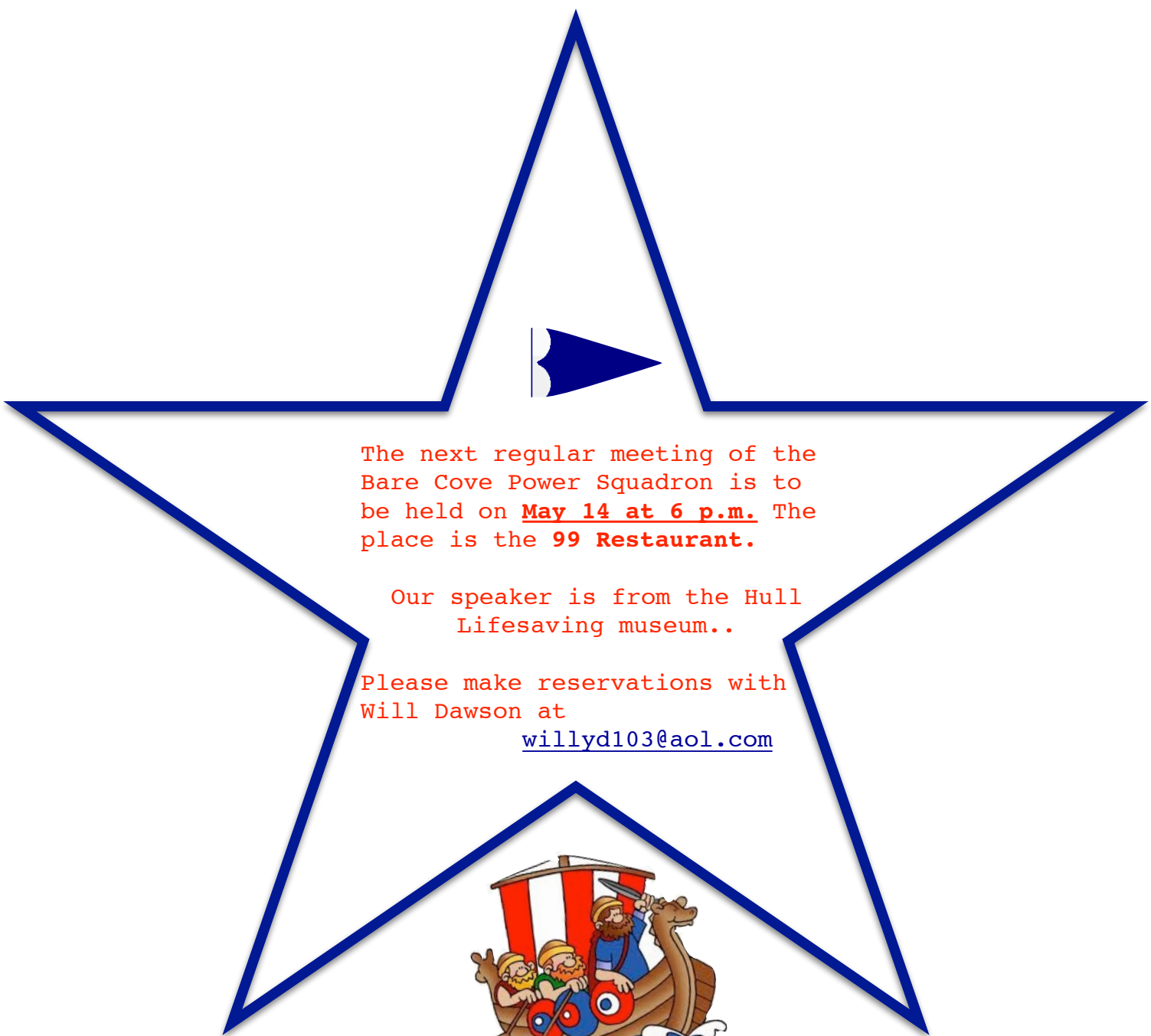
The three VEs in the Bare Cove Squadron are Ginny Gray ([vbgray@aol.com](mailto:vbgray@aol.com)), Adria Gallagher ([adria876@comcast.net](mailto:adria876@comcast.net)), and Dick Eckhouse ([richard@eckhouse.com](mailto:richard@eckhouse.com)). Contact them soon to arrange for your VSC.

## Saved by the Jacket

Accidents on the water happen much too fast to reach and put on a stowed life jacket. Remember, whether you're an experienced or new boater, it is important to follow boating safety procedures and wear a life jacket each and every time you are on the water. There's never an excuse not to 'Wear It!'

Many lives have been saved by boaters who did the responsible thing and wore a life jacket. Through the *Saved by the Jacket* outreach, we are highlighting true on-the-water stories from those who gratefully acknowledge the lifesaving capabilities of life jackets.

**Do you have, or know someone with, a *Saved by the Jacket* story?  
If you do, please send it to us.**



The next regular meeting of the Bare Cove Power Squadron is to be held on May 14 at 6 p.m. The place is the **99 Restaurant.**

Our speaker is from the Hull Lifesaving museum..

Please make reservations with Will Dawson at [willyd103@aol.com](mailto:willyd103@aol.com)

