
February 2021 Totem Line

1 message

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Totem Line

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Mark Your Calendar!

Click for the: [2021 Cruise Calendar](#) or [2021 Social Calendar](#)

Please join us via Zoom (phone or video) for our Feb. 2 meeting. The line will be open at 7:15 for pre-meeting socializing. Commodore Kris will call the meeting to order at 7:30. Yeoman Matt will send details via email.

The Feb. 16 board meeting will be via Zoom. If you would like to participate, contact Matt Ales for the connection info (males.ohe@gmail.com).

The Bremerton Yacht Club Heavy Weather Log Race is Feb. 13. There will be no social activities in connection with the race this year.

Totem General Meetings are the 1st Tuesday of each month (unless otherwise announced), at 7:30 call to order. **There are no meetings in July and August.**

Board Meetings are the 3rd Tuesday of each month at 6:30. Members are welcome to attend. Minutes of board meetings are available by request; contact the Yeoman. **There are no meetings in July and August.**



2021 Membership Card Numbers

In case you noticed that your Totem membership cards don't have the same number this year as last, here's what happened: Somewhere in the hand-off of the membership roster spreadsheet from the outgoing Membership Chairperson to the incoming one at the beginning of 2020, the membership numbers got partially scrambled. \Since the cards have already gone out and we can't change some without affecting many others, the numbers will be readjusted at the beginning of 2022. Appreciation in advance for your understanding.



Commodore Kris Huber

Vice Commodore Randy Kenyon

Rear Commodore Mike Holman

From the Commodore Kris Huber: Hey Totem! Coming to you from the upper helm again (AKA the condo). Wow! Another month has flown by. Seems like the past year has just been one long month. Lisa and I look back and say, Where did the last year go?

We have some exciting stuff coming ahead of us. So stay turned! It appears that Daffodil might happen this year! Very exciting. It will be only the Marine Parade, so if you want to get involved with decorating, reach out to one of us. You can also reach out to Noreen. She will be hosting this event. I also received some info on Opening Day in Seattle. They are preparing to having open day. We have our fist cruise scheduled in March.

Please plan on attending Tuesday's General Meeting. We have some exciting stuff planned for a vintage info on our infamous Mosquito Fleet for the Puget Sound. There is some other educational info we have to provide. At the end, we have a question for a special prize. Don't miss out.

As always, if anyone needs anything during these difficult times, please don't hesitate to reach out. We are here for everyone.

See you on the water!

Vice Commodore Randy Kenyon: Wow! Another month has flown by. Please join us for the February general meeting. I'm enjoying seeing members and learning how you're doing.

We are making progress on the Annual Membership directory. If you have a change of address, phone or email, please notify Yeoman Matt Ales (males.ohe@gmail.com). He will share this with the directory team. And if you know any business that is surviving or thriving in the last 12 months, please introduce me to them so I can talk to them about advertising with us. Think about your favorite restaurants or activities at your favorite cruising location.

Take care, stay safe, and I'll see you on the water soon.

Rear Commodore Mike Holman: COVID-19 and the Rear Commodore: I really don't have much to report on the club this month except that Jenny continues to arrange more club rentals for 2021. While we don't expect a banner year, I believe she is now up to 5 total with one having occurred just this month. Go Jenny.

On a more personal note many of you have heard that both me and my son, Gary, tested positive at the beginning of January for COVID: I on the 3rd and Gary on the 5th. We are both now fully recovered except for a lingering cough which can actually take several months to cease. Gary's coughing is worse than mine, mine is only a few times per day. But we are both negative for the disease itself. I don't know how many of you may have experienced this disease so I want to offer a few tips from my own experience in the hope that it might be helpful and perhaps keep some of you from getting it.

First, we were taking all precautions. Always wearing N-95 masks, always immediately sanitizing hands after coming out of stores, before leaving the gas station, etc. Not touching our faces until our hands were fully sanitized, and as much as possible in public settings being socially

distanced. No exceptions. We also are on daily regimens of Vitamin D3, zinc, C, and other immune system enhancing supplements. Vitamin D3 and zinc are an absolute must. During the recovery period I took D3 from 4000iu up to 8000 iu per day. I know these steps decreased the severity of our infections and shortened our recovery period.

So what did we experience? Body aches, headaches, loss of appetite (made ourselves eat), smell and taste, a lot of fatigue, heavy phlegm and sputum, a lot of coughing, some minor trouble breathing, and a general feeling of malaise -- Gary actually had pain in his eyes, -- and maybe one day when temperatures reached 99/100. The worst was the first two weeks after which we were doing really well except for fatigue and the coughing. Both still linger on.

So how did we expedite the recovery? First we got a ton of rest. Second, we drank a lot, especially warm, clear liquids. Third, the doctors put us on azithromycin almost immediately. This is better known as the "Z" pack. The 5 day course of this very strong drug remains in the system for 15 days due to its long half life. It dramatically reduces the opportunity for the patient to develop pneumonia. This is important, as that is what kills. Fourth, we used aspirin as a blood thinner to help prevent blood clotting. Fifth, to keep airways moist we used humidifiers to keep the humidity in the rooms we were in at about 45% and nasal saline sprays. The result was a quick recovery and no hospitalization. Finally, we had a pulse/oxygen saturation (cost about \$10.00) which we used to take our oxygen saturation percentages several times a day to monitor our breathing effectiveness. Anything below 90% would have meant going to emergency as it would have indicated the developing stages of pneumonia. If you don't have one, get one. Our readings were consistently between 94% and 99% which assured us we were not getting worse and that our lungs were not becoming compromised.

Reflecting on the experience I think we were lucky. We were prepared with enough food, etc. that we did not need to go to any stores or have anything delivered. We have no comorbidity and are generally quite healthy. Besides our initial visits to be tested and get the prescriptions there were no doctors involved in our treatment. I actually had my doctor order a set of chest x-rays for me this week to make sure there was no damage from the virus. The results today showed that everything was normal.

So, well this is not quite the beginning for 2021 I had looked forward to at least we now appear immune for several months. Still, we will continue wearing masks, sanitizing, and being careful.

Oh, and yes we do know how we got the virus: from Gary's cousin, whom

we had not seen in 9 months since this started, and who had been tested several time and always been negative. He came by my house to visit Gary in my basement and give him his Christmas present on December 28th. Three days later we had symptoms, and the day after Gary came back positive, my nephew and his brother both tested positive (they own a house together). So after all the precautions we had taken and that they had taken and the months of not seeing family or friends, a casual visit with a family member infected us.

In closing, we found out today that a report was just issued by Israel that involved 700,000 people who had been vaccinated either with the Pfizer or Moderna vaccines. So far the efficacy rate for both is showing 99.6%. Phyllis (my fiancé) has had the first dose of the Pfizer vaccine. No problems other than a little soreness at the injection site. Am I recommending that everyone get vaccinated? No, as I am not a doctor, but it is worth considering.

I know this has been a long read, but I hope it helps you avoid this virus, and helps you with ideas of how we recovered and kept it mild if you don't. I wish you all the very best in this new year. We hope to see you soon.

Jr. Past Commodore Debbie Ales: We are attending the virtual boat show this year. It is really a nice experience to attend the seminars and university sessions without the stress of running from one room to another and searching for seats. In many ways, this was more enjoyable than the in person show but I miss looking at the boats in person.

Monday Feb 8, 2021 is Legislative Day for Recreational Boaters. The **RBAW** will again be teaming up with the **Northwest Marine Trade Association (NMTA)** to host the annual "Legislative Day in Olympia". It'll be a little different this year as all meetings will be held virtually with our Olympia Legislator's. This is your chance to meet with the state legislators who adopt budgets and set policy impacting our entire state – and certainly our recreational boating community. We will meet directly with state lawmakers to discuss and emphasize the issues of importance to our Members - such as our Lakebay Marina capital budget request, PFD and Boater Education Card legislation, and more. You can register to attend at www.rbaw.org.

We are getting closer to spring and I am looking forward to more time out on the water. Our first cruise will be the shakedown cruise in March at Longbranch Marina. Keep a watch for more information from our Fleet Captain.

If you have not attended a zoom meeting, please try to do so. It is nice

to see the other club members and catch up on the news as we keep up on the club's business. Thank you Matt for the video at last month's meeting. Attend the general meeting to find out what will be presented in Feb.

Seas the day!



Linda Lander ~ Fleet Captain Report

Click for the: [2021 Cruise Calendar](#) or [2021 Social Calendar](#)

Hope this finds you all well. Weather hasn't been optimal for boating, however we are seeing a lot of boats and club members out on the water. No cruises are scheduled for February and we have the shakedown cruise in March. Here is a list of upcoming events for the club:

- February 13th - Bremerton Heavy Weather Log Race
- March 6th - Des Moines Yacht Club Ball
- March 12th-14th - Shakedown Cruise at Long Branch - First come first serve for spots
- March 20th - Des Moines Swap Meet - will get more details as they come in
- March 20th - TOA Ball - More details to follow.

As with everything, the above schedule is changeable and an email will be sent to update the club as more details come in.

We hope to see everyone on the water soon! Stay safe, mask up and have a wonderful Valentines Day!

Linda Lander, Fleet Captain

The Fleet Captain will have the AED (automatic external defibrillator) on her boat (*Our Happy Place*). Rick Boskovich has oxygen on his boat (*Vigilant*).



We were sad to hear that former member Gail Burg passed away from heart failure in January.

If you have information about an illness, injury, surgery, or death that you would like Totem members to know about contact Sunshine Chair Patty Chastain so we can offer support. You can reach Patty at 253.670.3072 or pattychastain@yahoo.com.



Membership

If you know someone interested in joining Totem YC, please refer them to Barb Berntsen (barb@bluedolphininteriors.com or TotemYachtClub@gmail.com).



2021 Board of Trustees

Andy Coster (2021 - 2022) | Linda Harms (2021 - 2022)
Roger Lander (2020 - 2021) | Al Vraspir (2021 - 2022)
Sally Vraspir (2020 - 2021)

2021 Appointed Chairs

Archives – Bob Watson | Bar – Linda Harms | Bylaws – Jenny Kenyon | Clothing – Sally Vraspir | **Education - TBD** | Galley Manager – Lisa Otto | **IOBG & RBAW Delegate – TBD** | Membership – Barb Berntsen | **Reciprocal Manager – TBD** | Rental Manager – Jenny Kenyon | Sergeant at Arms – Barb Berntsen | Sunshine – Patty Chastain | Totem Line – Jenny Kenyon



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