



RAPPAHANNOCK RIVER YACHT CLUB  
IRVINGTON, VA 22480

February 2019

# THE HEADWAY

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## I Was a Dead Man Walking - And an Opioid Saved My Life!

*By Jack Chamberlain*



I was a dead man walking. And I didn't know it. But an opioid saved my life. How could this happen? I'm glad I asked that question.

I had been feeling increasingly out of breath and fatigued for a long time. It was to the point of thinking *Maggie Rose*, our Cape Dory 33, was too much trouble. I attributed this to aging. But I felt I was pretty healthy for 81.

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## RAPPAHANNOCK RIVER YACHT CLUB

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## Comments from the Commodore

*By Tom Chapman, Commodore*

- **Vision:** “RRYC’s vision is to be recognized throughout the Chesapeake Bay as providing outstanding sailing and social opportunities in a welcoming, vibrant and enjoyable yacht club environment.”
- The majority of our club racing schedule has been set and is available on the RRYC website. Cruising Fleet Commander Cheryl Wicks has finalized the spring cruising schedule. The fall cruising schedule is in development with the idea of being flexible on dates to plan around potential fall storms.
- Ken Vincent and Cheryl Wicks have set February 23, 08:00 to 17:00 for an in-depth cruising seminar for experienced cruisers and also those just looking to get started.
- We had a great 2018 as a Club. Let’s make 2019 even better by getting more involved in the Club activities that you enjoy. Volunteer and Participate!
- As you might remember, we have a new RRYC website in development by Chris Little that will replace both the website and Member Connect. If you have any suggestions, please send them to Brad Perry, our new Communications and Marketing committee Chair. Brad and his committee are focused on improving both our internal and external communications this year.
- Rear Commodore Ed Peake has had our rear porch inspected by a number of contractors and we need to replace it before the season, as the foundation and supports will not make it through another season. Ed will be keeping you informed as the project develops.

## From the Vice Commodore

*By Danielle Kuper*

We may all be sitting indoors trying to keep warm, but that does not mean that we can’t enjoy thinking about and learning about boating! There are three interesting upcoming events that I would like to highlight.

On February 23<sup>rd</sup>, RRYC will host an all-day cruising seminar. Read more about it in Cruising Fleet Commander Cheryl Wicks’ article in this Headway issue.

Also on the 23<sup>rd</sup> of February, FBYC in Deltaville will host a one-day US Sailing Race Management Seminar. This will be taught by the

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## From the Vice Commodore

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entertaining John McCarthy and assisted by Jerry Thompson. Those interested in obtaining or renewing a US Sailing Club Race Officer Certification and those just interested in “the ins and outs and whys and wherefores applicable to all levels of regattas” will benefit from this seminar. If interested, find out more by going to: <https://ussailing.org/competition/rules-officiating/resources/find-a-seminar/race-officer-seminar-calendar/>

On Saturday March 30<sup>th</sup> at 17:00, Commodore Terry Greene and his wife Nancy will entertain us with anecdotes of their long distance ocean racing days. The Greenes shared some of their adventures to a rapt audience at Indian Creek Yacht and Country Club last November. Terry is a past commodore of the California Yacht Club and since he has friends at RRYC, he and Nancy have kindly agreed to share their adventures with us as well! Drinks and hors d’oeuvres will follow.

## From the Rear Commodore

*By Ed Peake*

Calling all interested Home Chefs, as we are still looking for an individual to cook the monthly Social Dinners this year. If you are interested please contact me at [empeake5@gmail.com](mailto:empeake5@gmail.com) or 804-873-0763.

Our Application for the New Dock Permit has been submitted to the Virginia Marine Resources Commission, the Army Corp. of Engineers, and the Virginia Department of Health. We might receive our permit in about four to six weeks if no one contests it, or it could be three months plus if someone does contest it. There is a large drawing of the new dock layout in the clubhouse for you to view.

## Time to Update Your Yearbook Information!

Fred and Candee Pevahouse will be updating the RRYC Yearbook again this year. If you have any changes to any of your information (boats sold/bought, phone numbers, addresses, etc.), please go to the club’s website and log into “Member Connect” to change your information.

You can also email the Pevahouses at [capflp@yahoo.com](mailto:capflp@yahoo.com), or call Candee on her cell at 434.480.2136. You don’t need to let the Commodore or Vice Commodore know – they have enough on their hands!

So that the Yearbook can be handed out at the Blessing of the Fleet in April, the **DEADLINE for corrections and changes is MARCH 15<sup>th</sup>**.

Thanks for your help!

Candee and Fred Pevahouse

## Dead Man Walking

(continued from page 1)

It was time to renew my prescription for hydrocodone, which I use occasionally for various pains. The law requires my doctor to see me in person, so I made an appointment for October 1.

During the routine exam, the nurse became quite alarmed when my heart rate was nearly double the normal rate. I thought it was better than no pulse. My doctor hooked me up for an electrocardiogram. I did not feel any symptoms of a rapid heart rate, or any other obvious symptoms of anything wrong.

My doctor referred me to a cardiologist, who conducted many tests in his office. He also ordered several more tests at our local hospital, including a nuclear stress test, which did not make me glow in the dark.

I experienced no obvious symptoms, but he declared that I had serious heart problems, including atrial fibrillation, commonly known as A-fib. Heart disease! No! I'm in good shape for my age. So I thought. He referred me to another cardiologist at Bon Secours Memorial Regional Hospital in Mechanicsville, where they subjected me to more tests and various invasive procedures by a cohort of specialists.

The diagnosis was I was a heart attack waiting to happen – 100 percent blockage in two arteries and 70 percent in a third. No wonder my heart was working so hard. There was evidence of bacon cheeseburgers and fried chicken. But I felt fine! No chest pains or other symptoms.

Suddenly, Jo wrapped me in bubble wrap and gave up all thoughts of baking Holiday cookies. For the first time in my life I felt vulnerable. The cardiologist in charge of stents said that the blockage was too extensive for that. The only course of action was open-heart triple bypass surgery, if my heart was strong enough. It was. I figured they'd schedule the operation for after the holidays, but I figured wrong. Six days later, on December 12, I was in la-la land. So all I got for Christmas was a "new" heart. Actually, our insurance wouldn't pay for a new one, so we got a reconditioned one on eBay.

The main concern after surgery is protecting the sternum (breast bone), which they had to crack open to get to the heart. Then they wire it shut and glue the incision together. No stitches! It takes a few weeks to heal.

To remind you to avoid pressure on the sternum and to ease the pain of coughing, the hospital provides your very own teddy bear that says, "Hugs Heal Hearts." I named mine Fred, because Jo said we looked like we were dancing when I held it to my chest. I guess I was Ginger Rogers.

I realize this has little to do with yachting and boating, but I thought RRYC members and other readers should know that heart problems can be a silent killer, with no chest pains or other obvious symptoms. I was lucky to see my doctor for a prescription refill. I was lucky his nurse spotted a problem that had no obvious symptoms.

How could this be? I asked one of the doctors. He said it's very common. The cause is "our Western diet." He said I could have been one of those guys who suddenly dropped dead in a Walmart parking lot with everyone saying, "But he seemed so healthy!"

Now that it's over, I thought open-heart triple bypass surgery was a big deal, exclusively for me. Since then I have learned it's a common procedure. I heard about several men, some of whom I knew, that had or will have the surgery. So I guess the only way my big-deal surgery would be unique is if I also had a hysterectomy.

Jack and Jo Chamberlain have been RRYC members for nearly 21 years. They sail *Maggie Rose*, a Cape Dory 33.



*“Nautical Terms” by Bestie, www.bestie-art.co.uk. © Bestie 2019, reproduced with permission.*

## Nautical Skill Seminars

Many people have expressed interest in the Club running short seminars for basic and ongoing skills development. We already have two programs scheduled, the normal pre-season Typhoon seminar and a new Cruising seminar. This year, Ian Ormesher will be coordinating a series of short seminars aimed at boosting skills and confidence on the water. These seminars will be focused on learning or reinforcing sailing skills in a safe, friendly environment. The seminars will include a mix of knowledge and practical sessions. Subjects so far envisioned include: Essential Knots and Line Handling; Man Overboard: Action & Recovery; and Navigation with an iPad and PC. Ian will circulate a questionnaire asking for topics that you would like to see covered before finalizing the schedule. Watch out for an all hands email in the coming days!

### Submitting Items to *The Headway*

All items for publication should be submitted via email to [rytheadwayeditors@gmail.com](mailto:rytheadwayeditors@gmail.com) no later than the 20<sup>th</sup> of the prior month (i.e. by February 20<sup>th</sup> for March publication). For consistency's sake, whenever boat names are included, please italicize them only (not in all caps, not in quotation marks). Please provide photographer name with any photos submitted. For quality, photos should be jpeg files not inserted in a word file. Spell out numbers under 10 or that begin sentences. Use a 24-hour clock for all times (e.g., 16:00, not 4:00 P.M.). Articles should be limited to no more than 1,200 words, or alternately split into multiple parts with a 1,200 word limit per part, to run in contiguous issues of *The Headway*.



# Calling all Cruisers—Power and Sail!

## Cruising Seminar

### Saturday, February 23, 2019

### At the RRYC Club House

### 0830 – 1700

**\$10 per person. Morning coffee and donuts and lunch sandwiches will be provided.**

Whether you are a seasoned or aspiring cruiser, this is a good way to update or create a solid cruising checklist to ensure a safe and fun time exploring the tranquil anchorages and interesting ports throughout the Chesapeake Bay and beyond. Learn where some of those fun and great dining spots are by meeting fellow cruisers, gathering tips, and hearing about planned cruises you are invited to join.

Please RSVP with number of people to Cruise Commander, Cheryl Wicks, at [cawicks@aol.com](mailto:cawicks@aol.com) by February 16.

## Cruise News



“Ahoy Cruisers!”, the 2019 cruise schedule has been circulated for suggestions and has also been published on the club website and Member Connect. It has also been placed in this month’s issue of The Headway for your convenience. You can also go to [rryc.org/fleets/cruising](http://rryc.org/fleets/cruising) to see the schedule, along with the date for the cruising seminar -- February 23rd.

Cheers,  
Cheryl Wicks  
2019 Cruise Commander  
[cawicks@aol.com](mailto:cawicks@aol.com)

# 2019 RRYC Cruising Schedule

## February 23, Saturday, 08:30 – 17:00

Cruising Seminar – Ken Vincent

\$10 per person, donuts and coffee and sandwiches will be provided  
(open to cruisers, aspiring cruisers, general public cruisers)

## April 27 Saturday

The Blessing of the Fleet at RRYC; bring your boat.

## April 28 – 29 Sunday, Monday

Shakedown Cruise – Wicks

Urbanna and Jackson Creek (which comes first depends on the wind and weather)

Dining at either Something Different or Angelos at Urbanna – your choice and availability.

## May 13 – 22/24 Monday through Wednesday or Friday of the following week

Up the Bay to Rock Hall, stopping in Cambridge and Annapolis, etc.

Shops & galleries and great dining in Solomons, Annapolis, and Rock Hall

## June 7 - 9 Friday through Saturday

Regent Point (Locklies) and Mathews

Dining at Merroir and Mathews Yacht Club

## June 18 – 22 Tuesday through Saturday

South to Yorktown

Great selection of good restaurants and shops

## July 3/4 – 5 Wednesday/Thursday through Friday

Tabbs Creek – Springetts highly recommended this firework display

## July and August – Spontaneous weekday/weekend short cruises

2 – 3 day possibilities depending on heat, weather and interest:

Onancock (shops & galleries, great Italian eating, terrific bakery)

Cape Charles (shops & galleries and restaurant selections)

Reedville (Crazy Crab, Reedville Market, homemade ice cream), Great Wicomico - Horn Harbor

Indian Creek (Indian Creek Yacht & Country Club) off Fleets Bay, Wicks' Port o' Call - grill and pool)

Tangier or Smith Island – disappearing fast!

## September and October – Hurricane dodging possibilities:

### September:

5 day cruise Up the Putuxent - follow the 1812 British route used to invade Washington

Optional: Any of the suggested July/August short cruises, perhaps combined to 5 days

### October:

10 - 12 day cruise to Hampton and Portsmouth (dinner and a movie at the Commodore Theatre! - a RRYC cruising tradition!) Target 12-20<sup>th</sup>, see the warships dressed for Columbus Day.



## From The Galley

We were fortunate that, with our Bleak Midwinter theme for the January Social, we missed Winter Storm Indra and the Super Wolf Blood Moon (fun facts) by one day. The temperature has suddenly fallen from 56° to 43F° as this is scribed. Leslie Damon kindly provided the seasonal table decorations. We began with appetizers, ably arranged by Kay Vincent and generously presented by Grace Ann Miller, Jane Wells, Joyce Bombay, Martha Gilbert, and Ed and Kathie Peake. Carried Away Cuisine catering gave an encore performance to their January meal that included a seafood (“whitefish”) chowder, chili with multiple toppings, a hearty ham vegetable soup, delicious crusted bread, green salad with lemon basil vinaigrette and balsamic dressings, and crowned with chocolate croissant bread pudding dessert. Leslie Damon was the maestro conductor, with a strong Social Committee showing from Alice and Rick Riviere for set-up, appetizer and dessert preps; serving by Art Gilbert, Jim Schmidt, Leslie, Sue and Greg Kirkbride; and behind-the-scenes help from others. Of course, Diane and Kent kept us honest (“Who’s going to plate the desserts?”) and covered all bases where they saw the need. We’re especially grateful for the help of the newer members to help ensure our viability to make these events a success!

Our February Social is Saturday the 16<sup>th</sup>, beginning with a 17:30-18:30 appetizer happy hour and then dinner at 18:30, all for a cost is \$25.00. This one will celebrate Valentine’s Day, and your Social Committee is again working on providing a delicious spread and will send out an email blast as soon as the menu is set. Brad Perry will provide a short (not longer than 15-minute) perspective on the New Horizons voyage to Pluto and beyond.

Please make your dinner reservations by sending an e-mail to [rycmanager@gmail.com](mailto:rycmanager@gmail.com). The deadline for reservations and cancellations is 08:00 on Monday, February 11, 2019. We’re looking forward to another great gathering – stay warm!

Your Social Committee



# Club Calendar February - March

## February

## March

1 <sup>st</sup>	First Friday		1 <sup>st</sup>	First Friday	17:00
16 <sup>th</sup>	Board of Directors Meeting	15:30	16 <sup>th</sup>	Board of Directors Meeting	15:30
	Club Social and Dinner	17:30		Club Social and Dinner	17:30
23 <sup>rd</sup>	Cruising Seminar	08:00	30 <sup>th</sup>	Cruising Education by the Greens	17:00



*The Headway* is the official publication of the Rappahannock River Yacht Club  
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 Tom Chapman, Commodore  
 Brad and Joan Perry, Editors  
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