



# CONNECTIONS

August 2010

www.pryc.us

**PORT ROYAL YACHT CLUB** Redondo Beach, CA  
A Friendly, Casual, Fun-loving Group Devoted to Social and Boating Activities

**Port Royal  
Yacht Club**  
555 N. Harbor Drive  
Redondo Beach  
CA 90277  
310-372-3960

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**Vice Commodore**  
Mike Williams

**Rear Commodore**  
Larry Halvorsen

**Secretary**  
Jennifer Williams

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**Historian**  
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## COMMODORE'S COMMENTS

Dear Port Royal Family,

This year we are celebrating our 20<sup>th</sup> anniversary since the inception of Port Royal Yacht Club. With the assistance of Sue Meyer, Jimmy Z, Jill and Lou Toth, Penny Towne-Vowels, and Diane Bear (as well as others), we are exploring the beginnings of our club through pictures and stories and are putting together a slide

show to present at the 20<sup>th</sup> Anniversary celebration on September 11, 2010. LaRue Thomas was especially instrumental in assisting with the formation of the club by giving us the space above the marina for several months gratis until we could establish a membership base. The management of Port Royal Marina continues in that tradition by providing a friendly partnership with us for the past 20 years, and we can't thank them enough. We are rediscovering a lot of fun facts about the club's formation and development during the first year. So mark September 11<sup>th</sup> in your calendar to join us for a full day of fun featuring: live music (Tres Hombres), dinner, the famous "Dirty Dinghy Race, and history sharing stories of our club.

Summer is in full swing and so are all of the events at Port Royal. Our Officer of the Day events on Saturday and Sunday mornings provide a great start to any weekend day. Our members put their heart and soul into this event and it is truly one of the great traditions of our club – THANK YOU! The OD schedule is almost full, but there are a few slots open. Sign up at the club and show off your hospitality skills.

On August 14<sup>th</sup> Port Royal hosts the King Harbor Home Port Regatta. Associated with this day is also a Live and Silent Auction to support the Top Sail program. We will have a lot of great items for this auction, and the marina has donated a "Free Month of Slip Fee's" as one of the items. Jennifer will be sending out the details for Home Port Regatta.

Have fun at the club!

Kevin

*PRYC member Darrell Yocom wrote this article about his role in a rescue at sea. He is also teaching a big boat sailing class which Shelia Anderson, Barbara Smith and I are taking. Darrell on Stargazer and Andy Pokk on Wind Lass are taking his students out on their boats to learn and practice. Thank you Darrell for being a hero at sea and a great teacher.....editor*



## **Life and Death At Sea**

### **By Darrell Yocom**

It was supposed to be a fun, casual race for charity, not a life or death struggle, but that's just what it became.

On May 16, I raced in the City Of Hope Regatta, off of Marina Del Rey. This annual race for charity is organized by a friend of mine with the Santa Monica Windjammers Yacht Club (SMWYC). Participants donate \$25, and are assigned to crew on one of about a dozen 42' Catalina sailboats. This is the second year I've participated. I was aboard the boat "Stolen Moments". Our skipper was Bob Marks, and our tactician was Besim Bilman. Besim is 78, and has 40 years of race experience. He is also the vice commodore of SMWYC. Since skipper Bob had little experience with racing, Besim was our helmsman, in addition to being the tactician.

About a half hour into the race, about a half mile north of the Venice pier, Besim collapsed at the wheel. Luckily, our crew of 7 also included an oral surgeon, Chris Larson, and I have been trained in CPR for more than 20 years as a member of my company's Emergency Assistance Team. While Chris and I moved Besim from behind the wheel to the starboard bench, where we could tend to him, another member of the crew called for help on the marine radio. We quickly determined that Besim was not breathing, and had no pulse. He had apparently had a heart attack. I started CPR chest compressions while Chris maintained the airway and gave breaths.

## Life and Death at Sea, *continued*

While we were performing CPR, the boat owner started up the engine, got the sails down with the help of the rest of the crew, and sped toward the marina entrance, from which we knew our help was coming. We were about a mile north of it. The emergency response was very fast – in 5 minutes, a sheriff's harbor patrol boat from MdR was there with us, with deputies Bryan White and Matt Schwabe aboard. Deputy White jumped aboard with advanced life-saving equipment, including an automatic electronic defibrillator (AED), which automatically diagnoses a patient and administers heart shocks if required. The AED gave two shocks, but was unable to get the heart restarted. At this point, the deputy took over compressions. Within another 5 minutes, two county lifeguard boats had joined us and contributed more equipment and one lifeguard each, and we had the Coast Guard helicopter circling overhead. The defibrillator shocked Besim a couple more times and got his heart beating again. It was quite a relief to hear the machine report a heart rate on our victim, but he was still not breathing.

Using the lifeguard's equipment, our doctor intubated him and ventilated him with an ambu bag. Shortly after that, Besim began breathing on his own as the two lifeguard boats used lights and sirens to clear the way ahead of us for a high-speed run straight down the middle of the sail-only channel in MdR. Firemen and paramedics were waiting for us at the harbor patrol dock, and they took over when we arrived. Besim was transported to the hospital in critical condition, breathing and with a pulse, but never having regained consciousness. As rescuers, our job was over, and we had given him the best shot at life. It was a very serious turn for what was supposed to be a fun race for charity, but I was glad that I was there, trained in CPR, and able to help.

At the hospital, doctors stabilized Besim and determined that he had had a heart attack and needed triple-bypass surgery. His condition was touch-and-go until the surgery, more than a week later, but the operation was a success and he was discharged from the hospital just a few days later. His doctors called his survival a miracle.

On June 18, SMWYC held a dinner party for which the main event was a celebration of Besim's recovery and recognition for those who brought him back from certain death. I was pleased to be an honoree, along with Chris Larson, Bryan White, and Matt Schwabe, but was even more pleased to see our "victim", Besim, healthy as ever, beaming and telling bad jokes (example: since he wasn't, technically, alive when we moved him, he said we should have been disqualified from the race for illegally moving "ballast"). His wife, Patricia, gave me a huge hug and thanked me for "breaking Besim's ribs" (pretty normal during CPR). In the picture are, left-to-right, Darrell Yocom, Bryan White, Besim Bilman, Patricia Bilman, Matt Schwabe, and Chris Larson. It was a wonderful night, and a nice reunion for all those involved that day.

CPR is a valuable, life-saving skill. It's something everyone should know. If you don't know CPR, please consider taking a class. The Red Cross and other organizations teach CPR. It's a four-hour class that could help you save someone's life.

## OFFICER OF THE DAY

Every weekend during the summer members volunteer to be "OD" Saturday or Sunday from 10 AM to 2PM. It's a good way to meet other members and have some very delicious food.....

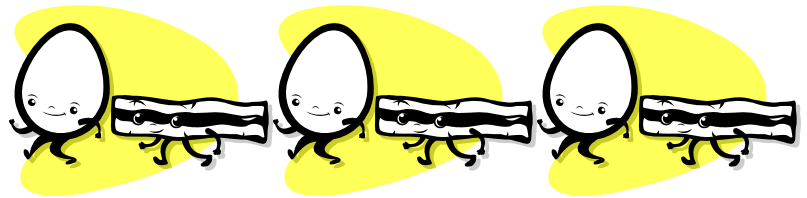
The casserole that John Nelson cooked was extremely yummy so I asked him if he would share it with us.

Not great for the cholesterol but it's an easy recipe and worth trying for a special breakfast or brunch treat.



### EGG CASSEROLE

serves 6



### Ingredients

- 12 eggs, beaten
- 1 1/2 pounds ground breakfast sausage
- 16 ounces shredded Cheddar cheese, divided
- 7 slices white bread, torn into pieces

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Brown sausage in a large skillet over medium-high heat.

Drain off grease, and set aside to cool.

Pour the eggs into a lightly greased 9x13 inch baking dish.

In a separate large bowl, combine the sausage, bread and 12 ounces of the cheese.

Mix well and pour this into the egg mixture. Top with the remaining 4 ounces of cheese and cover with foil.

Bake at 350 degrees F (175 degrees C) for 15 minutes, uncover, and bake until casserole is golden brown and bubbly.

### Nutritional Information

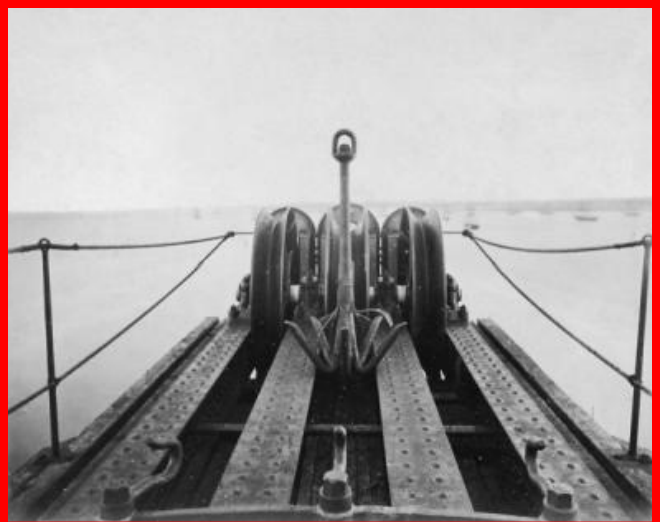
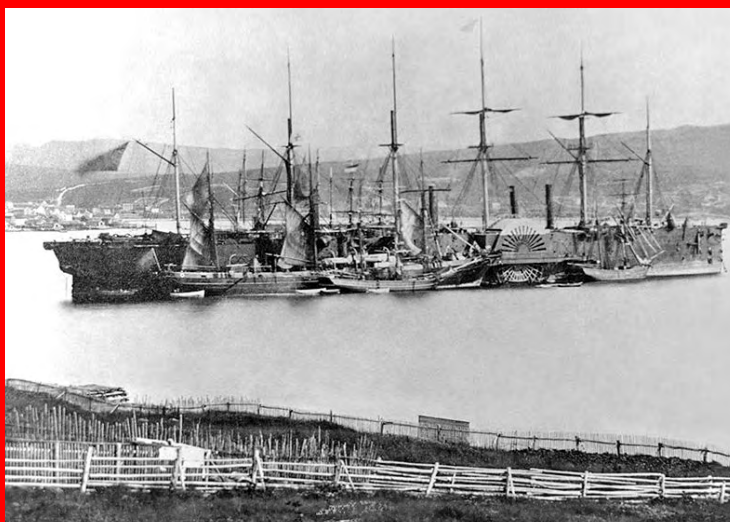
Amount Per Serving Calories: 991 | Total Fat: 80.5g | Cholesterol:



# The Underwater Engineering Feat of the 19th Century: The Transatlantic Cable

To some, it may have seemed as out-of-this-world as would the idea of sending humans to the moon a century later. But 19th century entrepreneurs soon proved the concept could work, albeit on a smaller scale. By the early 1850s, France and England were connected by underwater cable and other communications networks soon followed that would hook up the United Kingdom with Ireland and the Netherlands. And there was no shortage of motivation: prior to the building of a trans-Atlantic cable, the fastest ships of the day took a week to cross the ocean.

Attempting a project on such a grand scale brought with it a set unique technical and logistical challenges - not the least being the approximately 2,500 miles of ocean which separated the continents. It's estimated that the amount of wire which got laid on the ocean floor was equivalent to thirteen circumnavigations of the earth. Despite a series of setbacks, the cable was successfully connected after a third attempt in the summer of 1858. Unfortunately, glitches continued and it would take another eight years before the new and old worlds could count upon a reliable underwater cable connection between North America and Europe. On July 27 1866, chroniclers [would note](#) that cable was pulled ashore at Heart's Content, a small fishing village in Newfoundland.





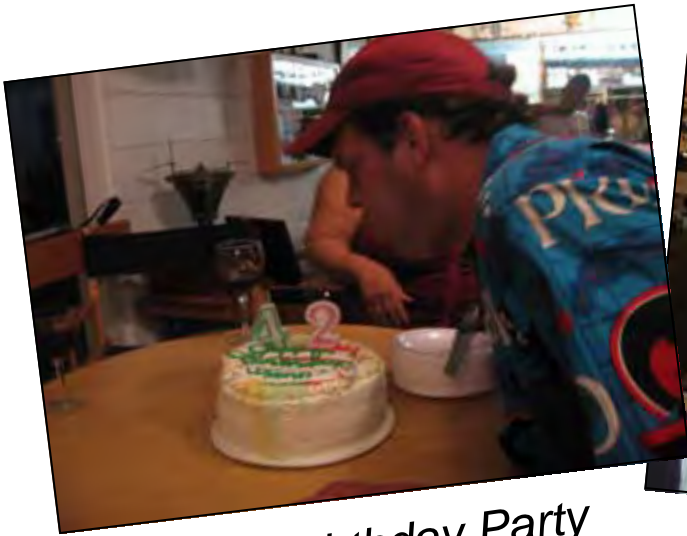
*Lou and Jill and Sue and Jimmy were the OD's for Jimmy's 89th birthday. Bacon, eggs and pancakes with Mimosas and cake!*

*Trivia & Cheesecake Night*



*Lines were out the door for Jan and Tree's OD. They ran out of food by noon!*





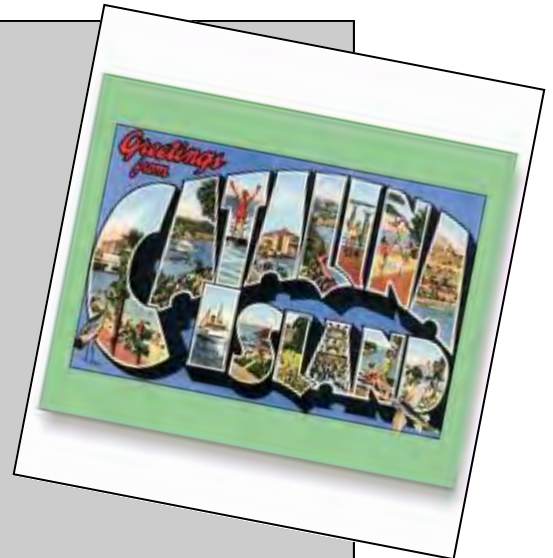
Shawn's Birthday Party

## MESSAGE FROM THE REAR COMMO-

Hi Members,

Don't forget about our cruise to the isthmus coming in September, hopefully the sun will come out by then. Just a quick helpful reminder please put your name with last initial or last name F.I. on the bar tab. See you at the club.

RC,  
Larry Halvorsen



## BIG BOAT SAILING CLASS

Darrel Yocum has been teaching sailing at Northrop Grummond. He teaches a small boat class and a big boat class. Once a week for 6 weeks are lectures and then on Sundays the lessons are hands-on.

PRYC members Darrel Yocum and Andy Pokk generously take the students out on Sundays. Members Shelia Anderson, Barbara Smith and I are taking the lessons. More about our progress in the next newsletter. Thanks, Darrel and Andy.