

THE

# FAIRLEAD

## NEWS FROM FRASER SQUADRON



JUNE 1986

Vol. 12

FROM THE BRIDGE

No. 2

It was gratifying to have an excellent turnout for the Graduation Night and Change of Watch. There were 70 new members pledged. We certainly welcome all you new members and hope that you will become active participants in the ongoing work of your Squadron. You can be active in many ways, from just attending the regular monthly social nights to training, working on the Executive or one of the many committees. The organization is only as good as you and I make it. We need new ideas and people to promote them. You're welcome and needed at any level.

The large number of new members attests well to the very significant efforts of Commander (Ret.) Martin Hoffman and the S.T.O. Allan Black and his staff. They deserve a tip of the hat and congratulations on a job well done. They are a hard act to follow. They set high standards.

Fraser Squadron was well represented at the Pacific Mainland District Annual General Meeting and Change of Watch at the Royal Vancouver Yacht Club on May 31, 1986. It was an excellent day and a sumptuous banquet.

While our regular monthly meetings are over until September, please remember the Squadron Cruises on June 28/29 and August 30/31 - September 1.

Since this is the last issue of Fairlead until September, I wish you all fair winds and calm seas during your summer cruising.

Cdr. Jack Hunter

## FLAG A SNAG

The Flag a Snag program has been reactivated. Radio Station CKWX will give you, free of charge, a number of flags with attached stakes so that whenever you come across a log, deadhead or other floating wooden hazard to boaters you can flag it. This should help other boaters to keep clear of those horrors which hide in the troughs between waves.

## CANADA DAY CRUISE TO ROSARIO

If you are planning to join Fraser's July 1st weekend cruise, please call Daphne or Dave Williams (277-1085) immediately to give them time to reserve dock space at Rosario. They will need the number and lengths of the boat in feet. The Williams will monitor Channel 16 at 0900 and 2100 for your radio calls to keep the group together.

### The itinerary is:

June 27th to Horton Bay, Mayne Is. for the night.  
June 28th to Friday Harbour, San Juan Is.  
June 29th to Rosario, Orcas Is.  
June 30th stay at Rosario.

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SEAMANSHIP - The following quotation by Matt Broze appeared in the Summer 1986 issue of Sea Kayaker:

"I am a firm believer in learning to understand the forces at work instead of operating from a set of fixed rules. Obeying rules without an understanding of the reasons behind them creates an approximation of competence which leaves one vulnerable to the exceptions."

Incidentally, this magazine is an excellent source of information on seamanship, hypo-thermia, safety and seashore natural history that would be beneficial to any boater no matter what type or size of boat is used. The Summer 1986 issue is particularly good.

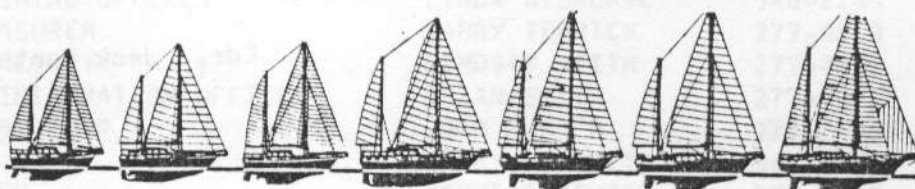
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REMINDERS - If you are cruising into unfamiliar territory, we suggest that you contact the CPS Port-Captain in that area for local knowledge. The names and phone numbers of Port-Captains for localities from Seattle to Prince Rupert including the major lakes are listed in the PMD Roster (Propwash).

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## FOR SALE

27 foot Ericson with Atomic 4 inboard, jib, genoa, cruising spinnaker, Force 10 kerosene heater, VHF, sounder, dinghy etc. at Ladner Y.C.  
Call Bob Baird at 277-0641.



LOOK, BUT DON'T TOUCH!

How poison ivy works and what you can do about it, by George Beinhorn and Peter VanHouten, M.D. This article was copied from Backpacker.

Poison ivy shares with skunks, hornets, cacti and briars an image of humorous pestiferousness; but in a serious case of the rash, you'd be hard pressed to find anything to joke about. Imagine several square inches to several square feet of your skin covered with a rash that itches with the intensity of a fresh mosquito bite, day and night for two weeks.

Though scientists have studied this puzzling plant family for four centuries, there is still no surefire preventive pill that you can pop or cream that you can rub on to defend yourself against the rash. Nor is there a cure, once you have it. Medical treatment is limited to suppressing or soothing the symptoms. However, by knowing how the poison acts in our bodies, we can at least prevent mild cases from becoming severe. And there are a few invaluable symptomatic treatments that can easily be taken along to the outdoors, just in case.

Poison ivy and its cousins, poison oak, poison sumac and poison wood have overlapping ranges that cover the entire U.S. except, strangely, the state of Nevada, where poison ivy is found only along the Colorado River in the southeast. An estimated 50,000 people get the rash every year, from San Francisco backyards to the Maine woods.

The poisonous substance in all these plants is called urushiol, an oil-soluble, non-volatile compound of catechol and resorcinol derivatives. It occurs in virtually the same chemical form in all members of the family, and its effects are identical in all, though poison sumac, which contains a larger dose of one of the stronger antigens (toxins or enzymes that when introduced into the body stimulate the production of antibodies), causes a somewhat more severe rash. So; what we say about poison ivy applies equally to the other plants.

Urushiol exists in all parts of the plant except the pollen. It is carried in resin canals beneath the surface of stems and leaves. An undamaged plant therefore can't give you the rash (a highly theoretical event, since bug-chewings and wind and weather leave holes in nearly all plants).

Initially we're not sensitive to urushiol at all. But after the second, or even the fiftieth exposure (depending on the individual), the immune system begins to see the combination of flesh protein and urushiol as an invader. In its fight to destroy the poison resin, the system strews the battlefield with by-products which give us the characteristic itch, blisters and weeping sores.

Urushiol begins combining irreversibly with the protein in your skin in less than one minute, but the appearance of the rash can take from six hours (rarely) to two days (commonly) to a week (rarely). By the time you realize you've got it, very often you've touched the affected area and spread urushiol to other parts of your body. This may also account for the false notion that it can spread internally. Another fallacy is that people can be affected just by standing close to the plant.

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LOOK, BUT DON'T TOUCH! (cont'd) 2.

The only guaranteed treatment is cortisone, which suppresses the body's immune defences. In mild cases, and at the start of a more severe case, cortisone creams, now available over-the-counter in drugstores, are effective. In severe cases, the inflammation and weeping of the sores prevents the creams from penetrating the skin.

Many doctors prescribe a one-week course of oral cortisone three to four times a year to individuals who show no side effects. There's a very low incidence of further symptoms, and the patient has had only a week's exposure to cortisone instead of the two weeks that many dermatologists prescribe.

If you come into contact with a poisonous plant it's extremely important to wash off the urushiol as quickly as possible. Any available hand soap and lots of scrubbing in cold water will help. If you're far from soap, bathe the exposed skin in water, which is known to oxidize urushiol so that it polymerizes into a relatively inactive substance.

At home, throw clothes in the laundry to avoid recontamination. Urushiol is very tenacious; Herbarium workers have contracted poison ivy dermatitis from specimens hundreds of years old!

Then take a cold shower to close the skin pores, and soap yourself all over, rinsing several times. Cold water seems to shorten the course of the affliction as well, perhaps by constricting blood vessels and decreasing blood flow to the area.

Long, hot showers will stop the itching completely for four to six hours. (It's not true, as some believe, that hot water spreads the rash. The sores contain no allergenic substances, and once you've washed the original urushiol away, there's no danger of further spreading.) There is a trade-off with the hot water treatment though, as some dermatologists say it prolongs the course of the malady.

Calamine lotion is effective in alleviating itching, but it's messy. Creams containing benadryl (Ziradryl and the like) work just as well and are easier to remove. Benzyl alcohol (Topic gel and others) is colorless and works moderately well, too, to stop itching. When you wake up in the middle of the night itching horribly, very cold water from sink or shower will provide much relief.

Dr. Alexander Fisher of the Department of Dermatology at New York University Graduate School of Medicine warns that preparations containing benzocaine, zirconium or antihistamines "are notorious sensitizers" and should be avoided because they may cause a rash of their own.

There's a widespread belief propagated by the late Euell Gibbons and other natural remedies advocates that eating a few young poison ivy leaves in the spring, once or on various schedules lasting several weeks, will confer immunity for the season.

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LOOK, BUT DON'T TOUCH! (cont'd) 3.

It's true that purified urushiol in capsules is administered clinically to desensitize people who must work around poison ivy - foresters, telephone linemen and others. But the desensitizing procedure takes about four months and is fraught with dangers: patients often develop anal dermatitis and other unpleasant symptoms that delay the procedure. Dr. Fisher says that over-the-counter preparations containing urushiol (ImmunOak, homeopathic pills and the like) should never be taken during a case of the rash, as they will only add to the suffering.

A University of Mississippi chemist, Dr. David Borris, in 1977 isolated several enzymes from the soil surrounding poison ivy bushes, that effectively neutralized urushiol. Difficulty in putting the enzymes into a stable solution, however, prevented him from marketing his discovery. But a California herbalist, Kathy Keville, reports that for years she's remained rash-free by rubbing soil from the base of the plants on areas of her skin that had touched poison oak.

The most frequently mentioned natural remedy is jewelweed. Euell Gibbons claimed that bathing in water to which handfuls of the herb had been added gave him 100% protection. Jewelweed can be crushed and rubbed on the skin, or brewed into a tea. (Dried jewelweed tea doesn't work at all.) Jewelweed is found more or less in the same locations as poison ivy.

In mild cases, aloe vera juice or gel is quite soothing - less so in severe cases where penetration of the skin becomes difficult. And a liniment of goldenseal, cayenne, myrrh and rubbing alcohol, for which the recipe appears in Jethro Kloss's book *Back to Eden*, is also very effective. (The preparation is sold as "Fern River Herbal Liniment" by Fern River, Inc., Box 613, Bolinas, CA 94924).

Readers who won't be able to avoid contact with poison ivy can try Kerodex 51 (Ayerst Laboratories) or Toxic-Guard barrier creams (Reynes Products, Inc.). Applied to bare skin before exposure to poisonous plants (in very hot weather or when perspiring freely, reapplication during the day is necessary), these two products appear to be the best on the market.

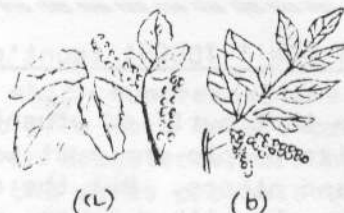
Other members of the poison ivy family are the mango, cashew and Japanese Lacquer trees. Many cases of dermatitis have resulted from people eating unwashed mangos in their skin (urushiol drips onto the fruit from the pedicel, the part that attaches it to the tree), from eating raw cashews (urushiol is found in the shells), and from handling Japanese black lacquerware (the beautiful lacquer is made from urushiol).

Just two feet from the front door of our home in the Sierra Nevada foothills there's a small poison oak bush. It's a lovely little shrub when green, and glorious in the fall when it turns from firey-orange to smokey crimson. I don't have the heart to dig it up. I can thoroughly understand the aesthetic impulse that moved a New England gardener to transplant a shrub of poison ivy to his yard all unaware. It grew to second-storey height before he lost his immunity and landed in the doctor's office with severe dermatitis .....

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LOOK, BUT DON'T TOUCH! (cont'd) 4.

Leaves in three,  
Let it be!  
Berries white,  
Poisonous sight.



Remember that little rhyme if you're hiking anywhere below 5000 feet elevation outside of Nevada - and take along a few tubes of your preferred palliatives. Remember the soap-and-water treatments too ..... they could help you enjoy an itchless trip.

WHERE TO FIND PLANTS OF THE POISON IVY FAMILY

(a) Common poison ivy (*Toxicodendron radicans*) grows throughout the U.S. except in the extreme southwest, and in Canada from coast to coast. Its familiar three leaflets have smooth or notched edges that are green in summer, turning a beautiful reddish-orange in the fall. It appears as a woody, rope-like vine, a trailing shrub on the ground or an erect shrub without support. Oakleaf or Eastern poison ivy (*Tox. diversiloba*) ranges through the southeastern states, from New Jersey to eastern Texas. The center leaflet looks like an oak leaf, and it grows only as a low shrub.

(b) Western poison oak (*Tox. quercifolia*) is found on the Pacific coast from southern California to Canada. It is, in fact, California's most widespread shrub. Poison oak may grow as a vine 30-feet high on trees or telephone poles, but is most commonly found as spreading clumps up to six feet tall, or individual shrubs. Its central leaflet resembles an oak, but the side leaflets are irregularly shaped.

Poison sumac (*Tox. vernix*) is found only in damp, swampy areas, throughout the U.S. but especially east of the Mississippi. It has seven to 13 leaflets arranged as pairs along a central rib, with a single leaflet at the end. It is a coarse, woody shrub, never a vine.

And finally, poison wood (*Metopium toxiferum*), found only in the Everglades of Florida, presumably introduced there by hurricanes from its native Caribbean Islands, is a tall shrub or small tree with five to seven leaves on the mature branches, one leaf at the tip and the others opposite each other along the branch.

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FISH FRY '86"

The Annual Fish Fry put on by Royal City this year was on Sunday, May 18th, with 300 tickets pre-sold.

Many people came over by ferry who were in turn met at Sturdies Bay by "power" boats. Being picked up saved travel time and allowed more time to socialize with those already there since early Saturday.

There was a tremendous show of boats from the Fraser Squadron.

The activities for the day included running relays for the children, balloon toss and horseshoes for the adults. Prizes were given to all the children.

Despite the down-pour all day the people kept lining up for fish and chips. There was plenty for all. Some of us even returned for 3rds!!

Bev Lutman



## TRAINING DEPT. NEWS

The tentative Training Program being scheduled and registration dates for the coming season will be:

Boating Course - Accelerated - Tues. Sept. 9 - Ladner & Richmond  
- Regular - Mon. & Wed. Sept. 15 & 17 - Ladner & Richmond

Advanced & Elective Courses: Seamanship Sail  
Seamanship Power  
Advanced Piloting  
Marine Maintenance

These courses will be registered - Sept. 23 & 24

Jr. Navigation - Tues. Sept. 9  
Navigation - Mon. Sept. 8  
Weather - Mon. Oct. 20

Let's Be Boatwise - for youngsters aged 7 - 13 - Sat. Sept. 20

Instructor Training - Sept. 9, 11, 16 & 18 (four sessions)

The Local Knowledge & Restricted Radio Operators Course will be held in the spring and is open to the public.

### REPEAT NOTICE

- Anyone planning to take the JN or N courses this coming fall should be aware of the latest course requirements for altitude sights of heavenly bodies. Sights must be submitted before an exam will be issued and our weather makes sighting difficult in winter and early spring. Help with the sights will be available from now until classes begin. You will need the use of a sextant and a watch. We will offer hands-on instruction for the sights. Please contact your T.O., Linda Gisborne at 946-2749 if you wish to take JN or N.  
DO IT NOW - September is too late.

ALSO: Anyone planning an advanced or elective course in the fall MUST present a current membership card and, if applicable, proof of course prerequisites at registration.

Linda Gisborne

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### COMING EVENTS

June 27th to July 1st, 1986 - Cruise to Rosario (Orca Is., East Sound)  
See details elsewhere in this issue.

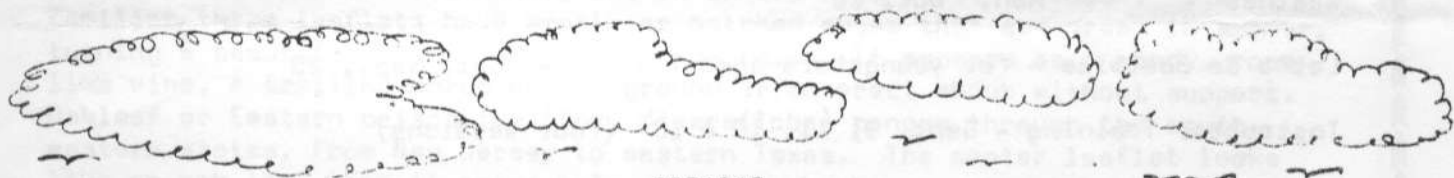
July 26, 1986 - Sur-Del Squadron's Cruise to Desolation Sound. Call Sur-Del's Cruisemaster Roger Cullum 590-3983 for details.

August 29th to Sept. 1st, 1986 - Fraser's Cruise to Howe Sound.

Sept. 26, 1986 - Fraser's first social evening of the new season. The program will be announced in the Sept. issue of Fairlead.



# Pat & Ray Score Poster



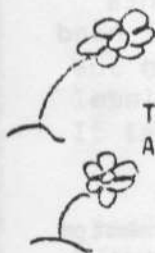
## PRESAGE

YOUR EDITOR HAS EXERCISED HIS PREROGATIVE, HE HAS GONE ON VACATION!  
(perquisite of this job)

WE THE STAFF HAVE BEEN LEFT TO PUT YOUR FAIRLEAD TOGETHER, WELL, AS THEY SAY  
"WHEN THE CATS AWAY THE STAFF WILL PLAY."



THE NEXT ISSUE OF FAIRLEAD WILL BE MAILED IN EARLY SEPTEMBER. HAVE A SAFE  
AND HAPPY SUMMER!



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## FRASER SQUADRON EXECUTIVE TELEPHONE LIST

COMMANDER  
EXECUTIVE OFFICER  
TRAINING OFFICER  
TREASURER  
SECRETARY  
ADMINISTRATION OFFICER  
MEMBERSHIP  
P.R.O.  
MAREP

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CLIFF CUNNINGHAM	274-3073
LINDA GISBORNE	946-2749
LARRY TERRICK	277-9919
LINDSAY SMITH	277-7981
BRIAN SMITH	277-7981
JOAN HUNTER	274-2153
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