

HARTFORD YACHT CLUB

February 2017 Newsletter



CALLING ALL MEMBERS

You will receive an email this week from our Club Secretary announcing work parties beginning this Saturday, March 4th to open the club. We need all your help

turning on the water, moving furniture for the new floor, cleaning, raking leaves, and beginning work on the docks. We have to remove the bad floats from the docks and install the new ones, as well as inspections and repairs on the older dock hardware, anchors, chains, etc. Even if you are restricted to light duty, we have light duty jobs for you. We need your help!

NEW COMMERCIAL GRADE LUXURY VINYL FLOORING

After six months of research and negotiations, a vendor has been chosen to encapsulate the asbestos flooring by covering it entirely with a skim coat of fiberglass reinforced cement, and install the new commercial 15 year warranty luxury vinyl tile in the main room, kitchen, hallway outside the rest rooms, and storage room behind the old bar. New rubber tips are being added to the table and chair legs that are worn so the floor will not be scratched when moving them around.

ON DEMAND RHEEM TANKLESS WATER HEATER

A new on demand tankless water heater is being installed with the associated wiring and new circuit breakers for the main electric panel. This will provide more than enough hot water for all of our club functions.

NEW BOSCH DISHWASHER

The new dishwasher has been chosen and purchased after careful research. It will have a stainless steel front that will match the stove/oven we have and is highly rated by Consumer Reports.

THANK YOU!

Once again, our thanks go out to Jeri Lynn and Brendan Howley for snow plowing our parking lot!

SAFETY TIPS ON SHOVELING AND SNOW BLOWING

Snow removal is responsible for thousands of injuries and as many as 100 deaths each year.

"Picking up a shovel and moving hundreds of pounds of snow, particularly after doing nothing physical for several months, can put a big strain on the heart," says Harvard Health Executive Editor Patrick J. Skerrett.

Pushing a heavy snow blower also can cause injury. And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

The National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Don't pick up that shovel if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.



Past Holiday



I hope you remembered your sweetheart on Valentine's Day, February 14th. If not, you better have a great excuse/gift when you try to make it up to her or him.

Upcoming Holiday



Saint Patrick's Day is on March 17th. Did you know that they rarely eat Corned Beef & Cabbage in Ireland? On Saint Patrick's Day, they eat lamb or bacon instead. There are many reasons for this, but the dish became an [Irish American](#) tradition. Interestingly, since there is a difference in the cut of meat and the way corned beef is seasoned, it's Jewish Kasher beef brisket cooked with cabbage, potatoes, and carrots that became the famous corned beef and cabbage dish we enjoy today.

JOIN A COMMITTEE!!

Some members have joined a committee in the past few months and we are looking for many more. It won't take a great deal of your time and it is your chance to give back and share the work load. We are a working club and need your participation and input!