

## FELICITY

### Progress Report 4

Felicity is coming along well. As of last week the deck was on and most of the interior was in place. My guess is six to eight more weeks should see her completed.

A letter from Colin regarding medical requirements is enclosed. I am assuming that everyone has already communicated any special needs to Colin.

Colin has also suggested that we all have a dental check up a month to six weeks before we leave.

Torpey has come up with an outfit which will rent survival suits. They cost \$125 for the season. I don't feel strongly about these either way. The odds are very long that we will never need them (otherwise I wouldn't be doing this!). On the other hand, there is plenty of evidence that they do save lives if anything does go wrong. How do you all feel?

- 1) I would like to rent one regardless of what other people do. []
- 2) I would like to rent one only if the majority of the crew does so. []
- 3) I would like to rent one only if everyone else is going to. []
- 4) I don't want one under any circumstances. []

If you will respond to the above questions I will try to draw some conclusions and see what should be done.

Barbara and I have concluded that there is no way to coordinate travel arrangements for a dozen-plus people. You are all on your own!

We will be leaving July 2nd in the early morning from Southwest Harbor. This is a five and one half hour drive from Boston so I highly recommend flying to Bar Harbor. Both Bar Harbour Airlines and Maine Air serve Bar Harbor. I can arrange transport from there if you let me know when you are coming. (It is about 15 minutes from Southwest Harbor).

Any one who can come early and help with the preparation will be most welcome but this is not required. Single men are welcome to sleep on Felicity if they want to or else "The Moorings" is right next door to the Hinckley yard. (Brochure attached). Barbara and I will be staying at the Moorings.

At the other end we have the following arrangements so far:

- 1) Holly and Dave will be staying at the Harbour Hotel in Falmouth:

Harbour Hotel  
1 Harbour Terrace  
Falmouth, Cornwall

Tel Falmouth 311-344

- 2) The Robert Bean's and Jeffrey Bean's will be at the Hotel Tresanton in St. Mawes. (Tel 326-270-544).
- 3) The William Bean's are negotiating for what appears to be the last suitable house in Cornwall. We had been warned that the English book their holidays early but I guess we just didn't take the warning seriously enough.

The March issue of Yachting has a nice article by Bill Robinson on the Sou'wester 42.

Sheffield Health Authority

Renal & Transplant Unit  
'R' Floor

Dr. Colin B. Brown  
Consultant Renal Physician

Our ref CBB/EJN

Your ref

Date 28 January 1983

Royal Hallamshire Hospital  
Glossop Road  
Sheffield S10 2JF

Telephone Sheffield 26484 (STD 0742)



Dear Sailors

re Medical Requirements

On the basic assumption that you wouldn't be doing this unless you were either fit and healthy or stone crazy, not much medical support will be needed for the former and I have no plans to practice psychiatry in the middle of the Atlantic in respect of the latter!

Please could you provide me with the following:

1. Past medical history of any import, and any current drug therapy and/or allergies.
2. I enclose for your review, a list of contents for the 'medical bag' which I was kindly given by a doctor friend of mine who is a member of the Royal Ocean Racing Club, and has done one of the Sydney-Dover non-stop races. Please look through it and if there are any suggestions or additions, let me know.
3. You may have your own 'pet' drug for seasickness, please let me know the name, preferably the real name as opposed to the Drug Company name, as they vary from country to country.

Sorry I won't see you until just before departure but look forward to meeting you all.

Best wishes

COLIN B BROWN  
Consultant Renal Physician

SUGGESTED LIST OF CONTENTS

(DR. D.M. JUSTINS)

DRESSINGS

Triangular bandage x 2 (will double as bandage or sling)  
Gauze bandage 5 cm x 2  
Elastoplast 7.5 cm x 1 (or similar product, ?waterproof)  
Crepe bandage 7.5 cm x 1  
Steristrips x 5 small packets  
Gauze dressings 5 cm x 5 cm x 10  
10 cm x 10 cm x 10  
Sterile non-adhesive dressing x 5 (e.g. Melolin)  
Band-aids various  
Cotton Wool - small  
Paraffin gauze sterile individual packs x 5  
Eyepad, sterile x 1  
Finger stalls x 5  
Scissors ) good quality stainless steel  
Tweezers )  
Safety pins  
Cetavlon solution (or other disinfectant cleansing agent)  
Cicatrillin antibiotic powder  
Space blanket )  
Inflatable splint ) not essential but recommended

ADDITIONAL ITEMS FOR EXTENDED PASSAGES

Thermometer  
Syringes 2cc x 5 plus needles  
Tinaderm powder (tined from foreign showers!)  
Inflatable splint  
Space blanket  
Laerdal resuscitation mask  
Oil of cloves (for toothache)  
Sunburn cream U.V.  
lip cream U.V.  
Moisture cream e.g. Nivea (cracked hands etc)  
Waterproof lists of contents with expiry dates etc.  
Waterproof easily understood basic resuscitation instructions.

contd .....

DRUGS

Seasickness tablets (- personal preference e.g. "Stugeron")

Paracetamol tab x 24

Codein or DF 118 x 24

Strong pain killer e.g. fortal x 5

Magnesium Triscilicate tab 50 (or other antacid)

Lomotil x 24

Senokot x 24

Calamine lotion

Antibiotic e.g. erythromycin 250 mg x 20

Local anaesthetic eye drops (only if unopen and sterile)

(Many of these drugs require a prescription so are probably most easily obtained by the boat owner).

## URINARY INFECTION

This causes pain and frequency of passing urine, which may smell foul. There may also be general malaise and fever. The majority of infections respond to Seprin, two twice a day for five days. Drink plenty of fluid and take bicarbonate of soda to combat the acidity of the urine, which causes the burning sensation.

## VENEREAL DISEASE

This is an infection characterised by a discharge from the penis developing on leaving port and can only be dealt with by taking a course of four Seprin tablets every six hours for twenty-four hours. Report to a doctor as soon as possible for tests to check it has cleared. A contraceptive sheath provides some measure of protection.

## MEDICINE CHESTS

We suggest for easy storage you take four separate, watertight boxes. To assess the amount needed you should discuss the matter with your general practitioner, or M.P.S. chemist from whom you obtain the supplies, in relationship to the number of intended persons in the crew and the period the vessel will be away from places where further supplies can be obtained.

### Box One (Day Box)

Airstrip  
Ambre Solaires  
Asilone  
Bradosol  
Gelusil  
Lanoline  
Multivite  
Panadol  
Rinestead  
Scissors  
Slow Sodium  
Thermometer  
Tinaderm  
Uvistat  
Uvistat Lipsalves  
Vaseline

### Box Three (First-Aid Box)

Ambulance Dressings  
— Large and Small  
Brook Airway  
Cotton Bandages  
— 2" and 4"  
Cotton Wool  
Crepe Bandages  
— 3" and 5"  
Elastoplast Bandages  
— 2" and 4"  
Gauze Swabs  
Guedal Airway  
Nobecutane Spray  
Zimmer Splint  
— Leg and Arm

### Box Two (Drugs Box)

Anusol Suppositories  
Asilone  
Bradosol  
Chloromycetin Drops  
Crystapen  
Dalmane  
Distalgesic  
Dramamine  
Culcodos  
Hyoscine  
Lomotil  
Maxolon  
Multivite  
Omnopon  
Otosporin Drops  
Panadol  
Penbritin  
Phenergan  
Piriton  
Rinestead  
Seprin  
Sodium Bicarbonate  
Sterile Water  
— For Injections  
Streptotriad  
Tinaderm  
Thermometer  
Vitamin C

### Box Four (Dressings Box)

Betadine  
Dressing Packs  
— Large and Medium  
Dressing Scissors  
Hibitane Cream  
Hibitane Sol  
Mediswabs  
Needles  
Needle Holder  
Schapel Blades  
— Round and Pointed  
Schapel Handle  
Spencer Wells Forceps  
Sterile Ambulance Dressing  
— Large and Small  
Steristrips  
— Assorted Sizes  
Sutures  
— Silk and Catgut  
Syringes  
— 2 ml and 5ml  
Xylocaine

FINEST VIEW ON EAST COAST

## *The Moorings*

Shore Road

Southwest Harbor, Maine 04679

*"Little Norway of America"*

ON THE WATER

### RATE SCHEDULE

Names on the doors are copied from sailing vessels built in Maine. Most have twin beds, and all rates are European.

### MAIN HOUSE

**NIRVANA** - Small single, bath - Lawn side \$25 a day.

**JUPITER** - Small single, bath - Lawn side \$25 a day.

**MONARCH** - 1 Double bed, bath - Lawn side \$30 a day.

**RED JACKET** - Twin, bath - Three exposures - Waterfront \$35 a day.

**SILVER SPRAY** - 1 Double bed, bath, sitting room. Waterfront \$35 a day.

**DAUNTLESS** - Twin, bath, sitting room. Waterfront \$35 a day.

**SPINDRIFT** - Twin, shower and dressing room combination. Two exposures, waterfront \$35.00 a day.

**OSPREY** - Twin, sitting room, shower - Lawn side \$30 a day for 2, for 3 \$35.

## *Moorings Motel*

All units have large windows on the seaside, tubs with showers and nautical motif.

**NORTHERN LIGHT** - Two exposures, probably the finest view on the coast, \$35 per day. Twin beds.

**FRIENDSHIP** - Two exposures with 180 degree view, same as Northern Light unit, \$35 per day. Twin beds.

**AMERICA** - Overlooks lawn, islands and mountains as well as all ships entering the harbor from sea, \$30 per day. Twin beds.

**ISLAND QUEEN** - Overlooks island and lighthouse toward the open ocean, \$30 per day. Double bed.

**THEOLINE** - Smaller room, large picture window looks directly on outstanding seascape at foot of Somes Sound, \$35 per day. Double bed.

Deposits: Deposits will be refunded if the accommodation is re-rented for the same duration.

## Restaurant and Shipwreck Lounge

Picnic Tables, Grills, Clamming Equipment, Bikes and Canoes For On-Premise Guests.

### RATE SCHEDULE

#### LOOKOUT COTTAGE

**Lookout Front** - Living room, fireplace, kitchen screened porch, twin bedroom, bath. Waterfront \$55 a day for 2, \$60 for 3.

**Lookout Rear** - Twin bedroom, kitchenette, bath. Lawn side \$50 a day for 2, \$55 for 3.

**Lookout 2nd Floor** - One twin bedroom, one waterfront, bath, \$50 a day for 2, \$55 for 3. Kitchenette, dining and living room comb. Outside deck with outstanding view.

#### PILOT HOUSE

Living room, open fireplace, screened porch, double bedded bedroom, 1 small single bedroom, bath, tub and shower, \$55 a day for cottage. Kitchenette.

#### EAGLE WATCH COTTAGE

Living room, Franklin fireplace, 2 bedrooms, double beds, bath, kitchen, \$55 per day. Lovely cottage with privacy and a view of a working harbor and mountains. Outside deck with outstanding view.

#### KING APARTMENT

2 bedrooms, 1 double bed and one twin, bath with shower, living room with fireplace, full kitchen, den, dining area, lovely view of the inner harbor and mountains, \$55 per day. Picnic facilities on lawn.

Not including state tax or gratuities.

#### Boat Rental Inquiries at Moorings

Sail, Row and Motorboats

½ Day or Longer

Sailing Lessons Daily

c/o LESLIE OR CHARLES WATSON

TELEPHONE: 244-5625



View from Water

Yachting, Hiking, Beachcombing,  
Bike, Canoe, Row, Sail, Clam, Fish

## OUR RESTAURANT

Located at the very water's edge, we overlook the complete mountain range and great harbor of Mount Desert. A view you will always remember.

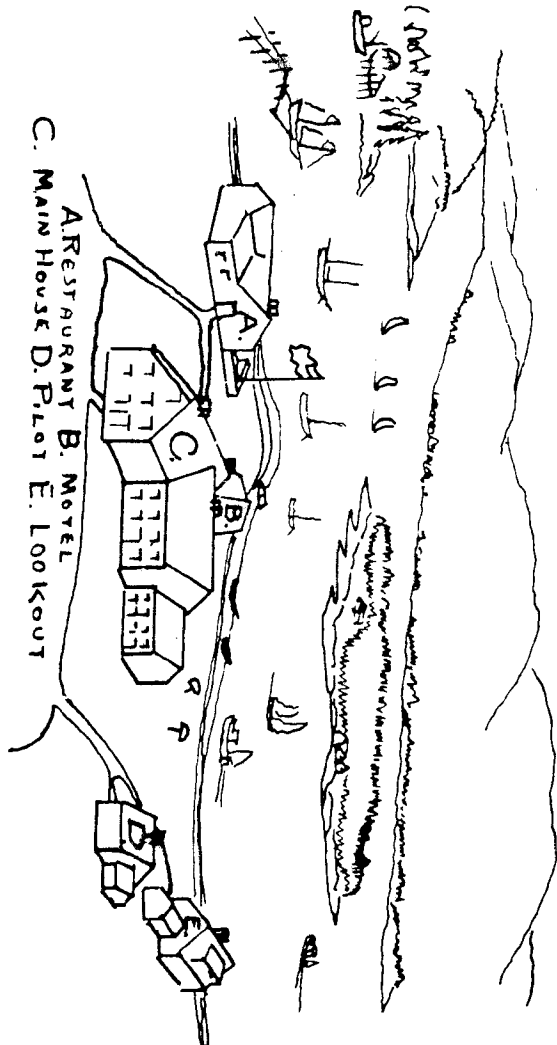
Continuous yachting and commercial craft are at work and play just offshore at the harbor mouth.

Our fresh seafood, homemade breads, soups and chowders before the open fireplace are a sample of things from our complete menu.

The Chef - Owner Garry Skirry has made his place one of the most popular on Mount Desert Island noted for his unique ability to make good food taste the way you like it.

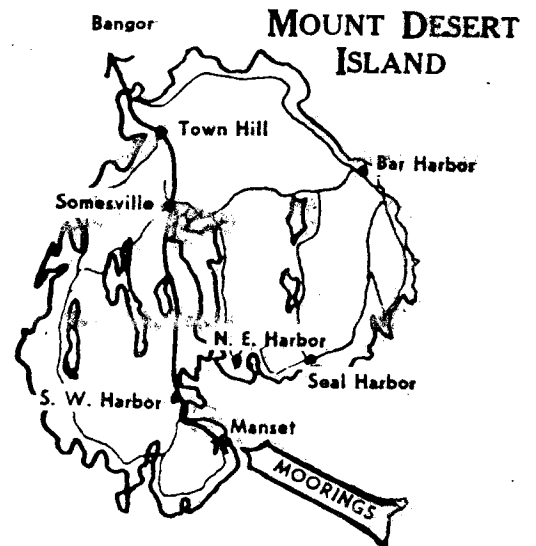
For something a little different and a view you'll never forget, drop in and see.

244-7070



**AUTOMOBILE** — Excellent roads through beautiful New England to Augusta, Maine, continuing north on Interstate 95 to Bangor, Maine, and only one hour's drive on Alternate Route 1 to "The Moorings." Then 1 mile left on 102A.

**AIRPLANE** - Frequent luxury airliners leaving Philadelphia and New York to Bangor and Bar Harbor, Maine. Only a half hour's drive to "The Moorings" from Bar Harbor Airport - 12 miles.



## Rooms

Suites, single, doubles, baths, showers.

CHILDREN WELCOME

## Cottages

Cheerful, secluded cottages with fireplaces and ocean view.

Inquires Invited  
 BETTY & LESLIE KING, Managers-Owners  
 Southwest Harbor, Maine  
 Phone: (207) 244-5523 or 244-3210

The MOORINGS  
 "Little Norway of America"

SOUTHWEST HARBOR, MAINE 04679

On The Ocean - By The Mountains