



Footnotes...

July 2007

Commodore's Corner ~ Steve O'Hagan

This month's article is not about sailing but it is about life and that's important also. To those of you who might be interested and unaware of it I went back into chemotherapy for cancer in April of this year. I have been in a Clinical Trial at Emory receiving two medicines in an experimental combination since then.

This story began in November of 2005.

My doctor had retired and I was going to see a new one who came highly

recommended. He wanted to start with a complete physical including a routine chest x-ray. Well the x-ray showed "something that shouldn't be there".

After repeating it twice to rule out a technical problem he referred me for a series of scans. He also referred me to a cardio-thoracic surgeon ("chest cutter") for another opinion "to be on the safe side".

Well I went to the surgeon expecting some benign explanation of all this and was ready to go on with life as usual. However the surgeon said "You've got lung cancer unless we can prove you don't". He was a blunt man. This pronouncement

August Events

Aug 4 - 1st Saturday Cruise
Aug 4 - Moonlight Scramble #2
Aug 11 - Tradewinds #3
Aug 18 - Tradewinds #4
Aug 19 - 3rd Sunday Cruise
Aug 27 - Member Meeting

was devastating. I had catastrophic visions of my life ending miserably and soon. I dreaded having to tell my children, family and friends.

It takes a bit to get out of feeling immobilized by disbelief and fear. Events started happening that pulled me out of it willing or not. Surgery was scheduled within a few weeks of the diagnosis. I'd never had surgery before and had no idea what to expect. The operation was a doozy. I was in the hospital for ten days, and in bed at home for another two weeks. I was just walking when I started radiation and chemotherapy in January 2006. I

vaguely recall eight weeks of unpleasantness and was noticing more and more non-male pattern hair loss.

The doctors, nurses, technicians, family and friends were remarkably supportive during this phase (and for that matter all) of my treatment. Well as this part of treatment ended the side effects gradually went away and some normalcy started coming back to my life and the lives of those around me.

Frances and I travelled to California to spend a few days with my sister in Palm Desert. We then went over to Kauai, Hawaii for a week to visit her son. The scenery was spectacular and we could not have enjoyed greater hospitality than we had on those visits.

As you can tell we were on a bit of a roll and decided to go ahead with a Charter in the BVI that we had already planned for May. Frances, I, and my two daughters, Kristen and Colleen, spent a week on the water with a few extra days tacked on either end at a beautiful resort. The company was great, the sailing was fine and we saw turtles and caught fish. I don't ask for more.

My treatment had been intense and in a "curative mode" meaning they hoped to eradicate the cancer. Every three months I had a CT scan to check for recurrence. The scans for March, June, September and December of 2006 all came back "no interval change". In March '07, however, the scan showed progression in one lymph node and a suspicious

enlargement in another. Biopsy confirmed the cancer had recurred. Before I could blink I was in the Clinical Trial and taking two drugs for chemotherapy. A Clinical Trial is essentially research studying the efficacy of the treatment. The treatment is free, usually involves the most advanced treatment procedures available, and the follow-up for effectiveness and/or problems is extremely close. For these reasons Clinical Trials are usually recommended as the treatment of choice.

Cancer drugs are not polite and gentle, nor are they puny. They are very powerful and aggressive, which is what you want for treating this disease. These drugs frequently cause side effects that can be unpleasant and severe. That's what happened in my

case. I developed a rash, a fever and a deep loss of energy that had me sidelined for two months. The treatment for the side effects wasn't taking and it looked like I'd be dropped from the study. Fortunately, my doctor agreed to a much more aggressive approach to treating the side effects and this finally seems to be working. I'm beginning to feel normal and I don't look as much as I've been afflicted with an Old Testament plague.

Well, I haven't been going through all this for the fun of it, I've been hoping for results. My most recent CT scan was

two weeks ago and it was compared the original done three months prior. The results showed that the original node had not progressed but was stable. The second node was no longer detectable. The early returns suggest the treatment is working. Successful treatment in my case means that the cancer is staying the same or hopefully shrinking, as opposed to progressing and spreading.

The goal for me and many other cancer survivors is to contain the disease and have periods of remission. The drugs I'm on will not eliminate the cancer

but will hopefully keep me around long enough for a drug to come along that can. When White House Spokesman Tony Snow says his cancer is treatable but not curable that is what he means. You will hear the term "living with cancer" to describe this situation and that's what most people with the disease are trying to do.

If you have been affected by cancer and would like to talk about it give me a call. For now it's fingers crossed, thumbs up, and life goes on. Time to get out on the water.



**Social Captain
Newsletter
Contribution**

Kris Luther

Being a new sailboat owner can be both exhilarating and a little daunting. This thought crossed our minds when my husband Dave and I were contemplating the task of putting up the mast on our Rhodes 22, *Orion*, for the very first time. Having bought the boat with the mast already stowed, we didn't have the opportunity to de-rig the boat previously, and now we were faced with a myriad of lines and rigging, all neatly bundled together and daring us to figure out where each one was supposed to go.

Then, the kind members of Barefoot Sailing Club stepped in to offer support and a little elbow grease. The first came from Tedd Meinersmann, who Dave and I race with on Wednesday evenings. One race night, as we rigged up his Lindenberg 22 to go off and beat everyone, he offered to help us raise the mast the following weekend, if we wanted his assistance. We paused for, like, four nanoseconds, and

enthusiastically chorused a resounding "Yes!" Saturday rolled around and with some clouds in the sky to ensure we wouldn't all fry to death in the sun, we met up with Tedd and began the mast raising festivities. But, wait! Was that the sound of my cell phone ringing? Rummaging in the truck, I dug my phone out to see that Tom O'Shea had called and left a message. He, Bill Gray and David Payne had heard that we were raising the mast on our boat, and did we need any help? Soon, we were six, as Tom, Bill, David, and Tedd helped us figure out the lines and the mast raising gadget and before you know it, viola! We had a sailboat that, well, looked like a sailboat...rigged mast and all. Even after the mast was up, they all stayed around to help tune the rig, get the boom fastened, and affix the traveler system. Bill's impressive toolkit also came in handy when we realized we were a few cotter pins short of a secure rig (thanks, Bill!).

As we often say in Barefoot, you don't need

a boat to be a member. As someone who has been in the club when I didn't have a boat, I can attest to the motto and always felt welcomed and included on others' sailboats. And now that Dave and I have our own boat, we feel equally grateful to draw upon the expertise and support from fellow club members as we learn our boat. Many thanks again to Tedd, Tom, Bill and David for all your help. You made our day and we feel very lucky to belong to such a great club!

Upcoming Social Event!!! Are you hankering for some tasty lobster? Well, then mark your calendars for August 19th for the BFSC annual Lobster Boil! This year's event will include fresh lobsters, as well as chicken (the other lobster meat) and a veggie option. Join us for this fun, annual event. Look in your email box soon for an Evite to the event and more details.

Questions? Contact Social Captain Kris Bowles at keluther@gmail.com.

Destinations

Cruising Captain: Lance Jones

Cruisers Article:

The Cruisers race
We are hoping to have a very large fleet for the Cruisers Race in the Barefoot Open this year. Why would you, a cruiser, want to race? The answer is simple – it's fun and exciting. Unlike the traditional windward/leeward courses the true racers run, the Cruising fleet will have a long distance course, similar to that we normally have for our regular cruises. Our starts are staggered so you don't have those hair-raising starts that may add a new scar to your boat. Your start time will be based on your boats PHRF rating. Boats with high number PHRFs like Catalina 22's will leave at an earlier time than a boat like a Pearson 34. That way, you don't have a

bunch of boats trying to cross the mark at the same time.

The start is designed this way so that the real excitement is at the finish line. As the "PHRF" has already been taken care of at the start, whoever crosses the line first is the winner! There is no waiting to see who won the race due to PHRF. Another nice thing about this type race is that you don't have to upgrade your sails, buy a whisker pole or anything of that nature. In fact, any racing type modifications are prohibited. We require Dacron sails too – no modern Kevlar, Mylar or carbon sails are allowed.

At the present time, we are looking to have two different fleets. The first will be for those who only want to race on

Saturday. That being said, we know that there are those out there who want to race both days. So, we have added a second fleet that will race on Saturday AND Sunday.

Why push this at the end of July when the event isn't until October?

Well, you need to get out and practice. Most of the BFSC races will have a cruiser class in them for you to enter. Secondly, I'm asking you to spread the word! The more the merrier. All cruisers entered in the Cruisers Fleet will receive a special prize. No, I'm not telling what it is; but, I guarantee you'll love it!

