



Citizens For Florida's Waterways

Established 1994

Volume 27 – Issue 3

May/June 2020

Citizens For Florida's Waterways promotes the need for responsible use of Florida's waterways. Our primary objective is to encourage coexistence among recreational and commercial boaters, the marine industry, property owners and the environment. Citizens for Florida's Waterways advocates education in the safe and considerate use of watercraft with respect for the marine environment.

President's Message

It's a Great Time to be a Florida Boater!

I am not going to mention the “elephant in the room”. But, since most of us live here in Brevard County, we should all be glad to have maintained the access to our abundance of water over the early Spring and leading into Summer. I hope you have all enjoyed the clarity of our waterways so far this year and most of us have probably also noticed some submerged vegetation making a comeback or even appearing in areas where the bottom has been nearly bare. The health of the waterways is more tied to abundance of vegetation than to any other factor. The more nutrient absorbing vegetation, the less nutrient available to spawn algae blooms.

We ARE planning to conduct our 23rd “annual” Poker Run on Sunday, July 19. Mark your calendars. One of the side-benefits of these fun events, besides the cash and prizes, is that they send you to the docks of most of our local waterfront business boating destinations. While our long-standing destinations are re-vitalizing, there have been some new destinations created. By now, the dockages at Cocoa Village/Lee Wenner Park have been completed, Frigates opened a short run up the Eau Gallie River and Marker 24 is planning a grand opening on Merritt Island along the Banana River. As I write this, we are still in the planning stages and coordinating with all our waterfront businesses to participate as the “Chip Stops” for the Poker Run and determining which location we will use to deal cards and award prizes.

Summer is upon us. That means great weather for boating but also those afternoon showers and storms. Always be weather aware and plan ahead to avoid the inherent potential danger of Florida weather. And if there are no clouds or storms, as my better half reminds me, I have always told our visitors that the best way to get a little color is to “try not to get a tan”. Those of us who spend a lot of time out on the water know the value of biminis, hardtops and beach shades and know how much reflection off the water adds. Keep an eye and ear on your equipment and take care.

ENJOY BOATING. I'll see you out there. ❖

CFFW Marine Flea Market 2020 Cancelled due to Covid-19

Unfortunately our 23rd Annual CFFW Marine Flea Market had to be cancelled due to the Covid-19 Pandemic. Brevard County rescinded all permits for special events with more than 10 people in attendance.

We were disappointed with having to cancel but understand the reasoning behind the cancellation of large events such as ours. There was no way to reschedule this great event with all of the unknowns at the time. We hope to see all of our great vendors and shoppers in 2021 and we appreciate you all so much! Stay Safe and Healthy!

CFFW Officers

President

Bob Atkins
ratkins@cffw.org

Vice President

Kelly Haugh
321-543-6970

Secretary

Peggy Wehrman

Treasurer

Karen Dignan

Newsletter Editor

Kelly Haugh
cffwcovergirl@gmail.com



Board of Directors

Gary Haugh
Sandy Reynolds
Robin Turner
David Zimmerman

Membership

Sandy Reynolds
sreynolds@cffw.org

Government Liason

Steven Webster
swebster@cffw.org

Please Mark Your Calendars!



- » **June 18: Brevard Marine Advisory Council** 6:00 pm Viera Government Center, Bldg. C, 2nd Floor. Open to the public.
- » **June 29: Board of Directors Meeting** 6:30 pm Lighthouse Christian Church on N. Banana River Dr. Open to the public
- » **July 1: District 2 Dredging Committee Meeting** 6:00 pm Karen Rood Bldg (near the boat ramp) at Kiwanis Island, Merritt Island. Open to the public.
- » **July 16: Brevard Marine Advisory Council** 6:00 pm Viera Government Center, Bldg. C, 2nd Floor. Open to the public.
- » **July 19: 23rd Annual CFFW Boat Poker Run**-stay tuned to email and CFFW.org for more info
- » **July 27: Board of Directors Meeting** 6:30 pm Lighthouse Christian Church on N. Banana River Dr. Open to the public
- » **August 5: District 2 Dredging Committee Meeting** 6:00 pm Karen Rood Bldg (near the boat ramp) at Kiwanis Island, Merritt Island. Open to the public.
- » **August 20: Brevard Marine Advisory Council** 6:00 pm Viera Government Center, Bldg. C, 2nd Floor. Open to the public.
- » **August 31: Board of Directors Meeting** 6:30 pm Lighthouse Christian Church on N. Banana River Dr. Open to the public

Newsletter Delivery Mode

E-Newsletters Now Available

CFFW is offering all members the option to receive all future newsletters by email instead of a hard copy by mail.

If you wish to save your club money on printing and postage, please reply to info@cffw.org and we will add you to the email list for your newsletters!

You can view the same exact version online at CFFW.org and click on "newsletters" tab and the issue you would like to view. ❖

When Does Your Membership Expire?
(See Back Cover)

Boat's Name _____

Length _____ **Model** _____

Your Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone Day _____ **Night** _____

Alternate Caretaker (If you are not available):

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone Day _____ **Night** _____

Has Boat Keys? _____ **Access to Hurricane Equipment?** _____

Boat's Current Location _____

Marina Name/Address _____

Slip # _____

List All Equipment Needed to Prepare Boat:

<i>Equipment</i>	<i>Current Location</i>
1. Extra Lines	_____
2. Chafe Protectors	_____
3. Fenders	_____
4. Anchors	_____
5. Swivels	_____
6. Shackles	_____
7. Duct Tape	_____
8. Plugs (Exhaust ports)	_____
9. _____	_____
10. _____	_____

List Equipment to be Stripped from Boat

<i>Equipment</i>	<i>Storage Location</i>
1. Electronics	_____
2. Dinghy	_____
3. Outboard/Fuel	_____
4. Sails	_____
5. Bimini	_____
6. Galley Fuel	_____
7. Ship's Papers	_____
8. Personal Effects	_____
9. _____	_____
10. _____	_____

Planned Location During Hurricane _____

If at a Dock _____

Location, (If different than current location) _____

If at a Hurricane Hole:

Travel time by water from present location _____

Are there any bridges that would need to be opened? _____

If yes, will they be open prior to hurricane? _____

Has owner of surrounding land been contacted? _____

How will you get ashore? _____

Type of bottom? _____ **Depth** _____

Additional anchors needed _____ **Size(s)** _____

Types _____

Additional Lines # _____ **Length** _____ **Size** _____

Additional Chain # _____ **Length** _____ **Size** _____

Chafe gear _____ **Swivels** _____ **Shackles** _____

If at a Mooring/Anchorage

Has the mooring been inspected within the last six months? _____

How will you get ashore? _____

Types of bottom: _____ **Depth** _____

Mooring lines should be extended _____ **to increase scope**

Additional anchors needed: # _____ **Size** _____

Additional chain: # _____ **Size** _____

Chafe gear _____ **Swivels:** _____ **Shackles** _____

Diagram of proposed hurricane/Docking/or Mooring location

If Stored Ashore

Windage reduced by stripping sails, furling gear, bimini, and antennas? _____

Extra blocking available for storm conditions? _____

What arrangements have been made for hauling? _____

Storage location _____

Contact name (marina/property owner) _____

Phone # _____

Dealing With Sea Sickness in Children

by Brian Mistrot

There's nothing that can make time aboard a boat worse than seasickness. Unlike adults, your options for dealing with it can be more limited, as many drugs are not approved for young children (especially kids under four years old) and many boaters wouldn't carry them if they were. While we're not against using prescription (or over-the-counter) medications for our children, there are many things that can be done long before that point to mitigate or even eliminate the need for them. After nearly 14 years of raising our children aboard, here are the things that have worked for us. The first step in keeping your child from vomiting is to be prepared long ahead of time, long before you leave the dock. Vomiting means nothing worked. Even so, there are steps to help minimize your child becoming sick again which are also discussed below. So, to get a handle on seasickness, here is where you start:

Before Leaving The Dock

Depart with a full stomach and keep it full. Keep crackers and bread aboard, and in easy access. If you suspect your children may get ill or are prone to it, consider foods that are soft and rather bland. Bananas are good, as are many soups and pasta-based casseroles. Avoid anything spicy.

No reading! Reading books and playing with some electronics can make a child ill, quickly. Keep those items put away until you arrive, or you're sure the child will not get sick.

Carry peppermint. We have found peppermint to be especially helpful if you get it in the "candy

canes" because in addition to the positive effects of the peppermint, the sucking on the candy cane takes their mind off of the motion.

Carry ginger. You can purchase ginger pills from most nutritional stores, pharmacies, and even many grocery stores. An alternative to having your child take ginger pills is to make ginger snaps. These cookies are not only good, but an easy way to get your child to take their medicine.

Carry lots of fluids. The biggest fear from seasickness is dehydration. If your child gets ill, make sure they're getting plenty of fluids. Cool/cold water is great, but we also carry Gatorade or Powerade to help restore electrolytes. For younger children, consider carrying Pedialyte in flavored or unflavored bottles. We alternate between these drinks and water. Carry many different flavors; after a child has gotten sick with one flavor, that same taste may make them nauseous and vomit again.

Carry a five-gallon bucket or something similar. Also, make sure you have many plastic bag(garbage bags are preferred — especially the new scented bags) and a lot of paper towels. This is to be used should they become ill.

Watch the weather and avoid sea states that might cross the threshold of making your child ill.

While Underway

First, unless you're certain your child is not prone to being sick, do not let them spend time below while underway, especially near the bow of the boat.

... (Continued on Page 5)

Dealing With Sea Sickness in Children

Continued from Page 4

The motion and lack of ventilation makes them even more prone to becoming ill.

Keep them abovedeck in the breeze (a breeze over the face really helps our children).

If you have a dodger or windshield, those often act as a vacuum — pulling in gas and diesel fumes, also known as the “station-wagon effect.” While these alone may not be enough to get children ill, when the fumes are combined with the motion, it's cumulative and may be enough to push them over the edge. Keep them further back on the vessel where they're more likely to get a clean breeze or in a safe area on deck where the wind will blow in their face. Make sure you're with your child if they're on deck and that everyone is well secured.

There are times when you'll need to go below, especially if making a passage. When doing this, find the place with the least amount of motion, which is often the center of the vessel, and as low to the floor as you can get. More than once our children have slept around the mast.

Keep your trips short and as protected as possible.

What To Do If They Are Showing Signs of Being Ill

Get them into the cockpit or an area that is protected.

Change the direction of the boat so that its motion is minimized. Beam seas (swells coming from the side) are generally the worst, followed by

going to weather, and finally the best movement is running with the seas — which slows the motion of the boat.

Let them hold onto the wheel or drive. You can keep a hand on it (and should), but it takes their mind off of being sick and puts it on the horizon. If they cannot drive, keep them where they can at least see the horizon, and have a clean breeze into their face.

If you're at anchor or can stop moving, a swim really helps. The trick is to get them in the water fairly quickly and swimming (or snorkeling), which generally stops any feeling of sickness almost immediately.

Keep talking to them and change whatever they're doing. If they're sitting, make them stand. If they're becoming lethargic, make them move. If they're quiet, keep asking them questions, or sing songs at the tops of your lungs. As discussed above, give them some peppermint or ginger snaps. If they'll eat, give them food and get their stomach full.

If They're Going To Be Sick

Make sure they're in a secure area. The head or saloon (down below) is not the best place, often resulting in them becoming sick again. Keep them in the cockpit.

A natural instinct is to vomit over the side. That is dangerous! Instead, carry a five-gallon bucket (anything will do if you don't have one, even a trash can or cooler if you have to) lined with a plastic bag and many paper towels at the bottom. Make sure they get sick in the bucket and quickly

... (Continued on Page 6)



Dealing With Sea Sickness in Children

Continued from Page 5

dispose of the bag and put in a new one. Keep it fresh. The smell of vomit can make your children (or you!) ill again.

If you're single-handing, you need to quickly find a way to get your boat safely to a harbor or a marina where you can concentrate on your child. It is very difficult to manage both a sick child and keep an eye on the boat. Even if you have someone to help, it is time to change your plans if possible and start back at square one.

Make sure they have plenty of fluids after they become ill. They must stay hydrated! In addition to the fluids, crackers or bread really help at this point.

Some children will vomit once and not do it again, while others may continue to deteriorate. Your main goal after they have become sick is to stop it from going further. Go back to the basics mentioned above and if those don't seem to be effective, consider quickly making your way to a port or marina where they can recover.

Warning Signs-The signs of seasickness are often in this order, though not always. It is important to catch it early on as once a child begins to vomit, or get close to it, your options are much more limited and much less effective.

Child becomes irritable, then becomes quiet. They often quit talking or responding to your questions. They will seem disinterested in everything.

Child becomes lethargic. They don't move and

won't even bother to pick up their toys or drinks. They may lie back in their seat and daze off into space.

If they're old enough, they'll tell you they are not feeling well. They may not be able to tell you what is wrong, just that they do not feel well.

Their mouths will start to water and/or they become pale. At this point, they're getting close to vomiting. Our experience is you cannot stop it after this point. Make sure they have a bucket in front of them, and you're preparing to rehydrate them.

Vomit. This generally is not one single incident, but many over several minutes. Be aware, your child will often feel better after this and may suddenly



Joel C. Scalera, D.D.S.
www.joelscaleradds.com

33 Suntree Place, Suite A
Melbourne, FL 32940
(321) 259-3283

1400 Dixon Blvd.
Cocoa, FL 32922
(321) 636-8120



**Sea Tow
Port Canaveral**
*Serving Port Canaveral,
Indian & Banana Rivers*
321.868.4900

800-4-SEATOW
seatow.com

SEA TOW.

... (Continued on Page 7)

Dealing With Sea Sickness in Children

Continued from Page 6

not show signs of being seasick. However, generally this is only temporary. Use some of the solutions above to try and keep them from getting to the same point. This is your opportunity to stop it from going further.

If Vomiting Continues. Continual vomiting can be a very serious issue — especially with children. They risk the potential of becoming seriously dehydrated or even tearing their esophagus (Mallory-Weiss tear). If you suspect your child has become dehydrated or is vomiting up blood, seek medical attention immediately.

Prescription Medications There are prescription meds you can carry to help your child, but these should be discussed with your doctor. Our opinion is that these are a weapon of last resort. We generally can get along without having to consider these — by using the methods above

If you feel that you should carry these medications, make sure your physician understands these medications will be used on a boat. For example, Phenergan (promethazine) was one of the most commonly prescribed anti-nausea medications we've carried. It commonly is dispensed in two different forms: pill and suppository. The pill is not worth much because the child is vomiting — and once they've taken it, they cannot take it again until the time has reset ... even if they vomited it up soon after taking it. The suppository may be a better option, but it has to be refrigerated.

Another option is Zofran ODT. This is similar to promethazine but dissolves under the tongue — making it a better option if your child can take it. Our only negative experience with the ODT tablets is that they appear to be more susceptible to moisture/heat than the standard tablets. We've carried all three of these, but now prefer Zofran ODT, which dissolves under the tongue.

Be aware that very young children probably cannot take either of these medications. Also, these meds will very likely make your child extremely sleepy. It is important to consider where and how they will sleep after taking these drugs. If there's a chance your child may need to take one of these medications, discuss the option of giving the drug to your child on a test basis with your physician. This should be in a controlled environment (on land) where you are close to emergency medical attention. Being many miles away from the shore (and possibly many hours from assistance) is a terrible place to find out that your child has an allergic reaction to a drug.

Discuss these and all other options (including many of the over-the-counter medications) with your physician. There are very, very few children (or adults) who cannot get over seasickness. It just takes a little time, patience, and preparation to see what works best. Most of that preparation should begin long before you leave the dock.❖

Hurricane Season 2020

The next big named storm to make landfall is a question of when, not if. Coastal boaters should prepare because hurricane season is here. The more you know and plan ahead, the better your chances of protecting your boat and property.

In an average year, two hurricanes will come ashore somewhere along the Gulf or Atlantic coast, destroying homes, sinking boats, and turning people's lives topsy-turvy for weeks or months. Since 2016, the U.S. has been hit by four powerful Category 4 hurricanes of 130-mph-plus — Harvey, Irma, Maria, and Michael, which strengthened to a Cat 5 storm, the most powerful ever to hit the Florida Panhandle, and demolished 150 years of records. Florida is struck most often, but every coastal state is a potential target.

Experts predict that tropical storms will be stronger and contain even more rainfall in the future, coupled with higher water levels. Experts also warn that after a number of storm-free years, people in some of the vulnerable areas may become less wary of a storm's potential fury. But to residents of the Carolinas crippled by Florence, and people in Florida ravaged by Michael in 2018, the hurricane threat won't soon be forgotten.

Taking the time to develop a comprehensive plan for yourself, your family and your boat now can make all the difference when a storm is coming your way.

We have shared the Boat US Checklist to help you prepare for the 2020 Hurricane Season.

District 2 Dredging Update

by Kelly Haugh

As the Chairperson for the Brevard District 2 Dredging Committee, I received information from Matt Culver (County Natural Resources Dept.), that Dredging of the Milford Point/Pelican Creek Canal system has begun. The Milford Point project is contracted to Brance Diversified. We had the preconstruction meeting a few weeks ago and found during the required pre-dredge survey that there is nearly twice as much sand as the first survey, 2 years ago. The cost for the project will be doubled. We are working on those details now.

The location is at the north end of Milford Point Drive, on the east side of Merritt Island on the Banana River. There is a navigational channel that heads east from the island into the Banana River. The island to the north side of the channel has eroded and the North winds have pushed sand into the channel. This channel serves hundreds of boaters located on the numerous canals located to the west/east of North Banana River Drive. We have many members who live throughout the area and have been affected by this hazard. This project was identified as a priority back in 2013, so you can see that even with a priority classification, the process involves many agencies which requires a lot of time to finally authorize the go ahead.

7 years later, and we finally have workers in the water!

Citizens for Florida's Waterways



PRESENTS

Our 23rd Annual



POWERBOAT POKER RUN

Sunday, July 19

Registration at Kelly Park East
(Merritt Island)

9:30 to 10:30 am

As Always - Chip Stops at Participating Waterfront Businesses

Cash Prizes: 1st, 2nd & 3rd best hands

Cash prizes will be determined by the size of the pot

**Prizes for Gentleman with the most Kings
and Lady with the most Queens**

PLUS – Many Random Draw Prizes TOO

Always a Fun Day for the Whole Family !

\$25 Boat Registration – Includes one Poker Hand and one Event T-Shirt

\$15 Additional Poker Hands and \$15 T-Shirts Available Separately

For More Information, Updates and Details

Visit our Website CFFW.Org or

Citizens for Florida's Waterways on Facebook

For Potential Early Registration email Bob Atkins - ratkins@cffw.org



Boat Safe Reimbursement Program

CFFW promotes the need for responsible use of Florida waterways.

Our primary objective is to encourage coexistence among recreational and commercial boaters, the marine industry, property owners, and the environment.

CFFW advocates education in the safe and considerate use of watercraft with respect for our marine environment and conservation.

If you would like to receive reimbursement for the class fees charged by the Coast Guard Auxiliary or the Cocoa Beach Power Squadron, you can contact a **CFFW** Board member and present your certificate of completion, and receive your reimbursement. **CFFW** funds are limited, but at this time we should be able to accommodate a relatively large class.

Because we do have a finite amount of money,
it is on a first come, first served basis.

You can visit our website at www.cffw.org for more info.

You may also contact Kelly Haugh **CFFW** V.P. at
321-543-6970 for more information.

Enjoy safe boating!



**Ask A Friend
To Join CFFW**

CFFW Member Recognition

Diamond Level (\$100 per year)

Bob & Sherry Atkins	Chuck & Susan Reed
Ben Blythe	Sandy Reynolds
Jack & Karen Dignan	Richard Sproc
Daniel & Amy Dvorak	Robin & Kathy Turner
Charles & Susan Frazier	Herbert C. Vitt III
Gary & Kelly Haugh	Debra Warner
Keith & Tamasine Houston	Willie & Peggy Wehrman
Doug Jaren	Bill & Eileen Wetzel
Troy & Genese Launay	Robert Wille
George & Majel Legters	Gerd Zeiler
Mike & Kris Moehle	Dave & Bonnie Zimmerman
Tom Mott	
Don Nesbitt/Waterfront Solutions	
Jim & Ann O'Malley	
Cloud & Frances Pawtowski	

Gold Level (\$50 per year):

Skip & Ruth Bateman	Paul & Tammarra Mycoskie
Vincent Barro	John & Elizabeth Picardi
Helen & William Bennett	Ron & Donna Pritchard
Bubba & Paula Beyer	Robert Rusk
Harold D. Casleton	Gary & Debra Sawicki
Don & Annette Doerr	Sea Tow/Port Canaveral
Glen & Sherry DeJong	Wayne & Pat Stratford
Scott Ellis	Jim & Pam Urick
John .C. Farley	Jess H. Yates, DMD
Derek Ferguson	
Ed French	
Joe Fust	
Gus & Bobbie Gostel	

New Member:

Orson Tarver - Cocoa Beach
Brent Scott - Titusville

Mandatory Equipment
For Your Boat:

A CFFW Family Membership!

If you own a boat or live by the water,
you can't afford not to join
Citizens For Florida's Waterways!

- ☐ \$25 Silver Family ☐ \$100 Diamond Family
☐ \$50 Gold Family ☐ \$500 Platinum Family
☐ Donation (\$_____)

Date

Check

Credit Card #

Exp. Date

Name

Address

City

State

Zip

Phone

Email

Company

Join by Check OR Credit Card!

Clip and mail to:

Citizens For Florida's Waterways

PO Box 541712

Merritt Island, FL

32954-1712

info@cffw.org

Or join with your
credit card on our
secure web site at cffw.org



CFFW is a 501(c)4 organization. Donations and
membership dues are not tax-deductible.



Citizens For Florida's Waterways

Post Office Box 541712
Merritt Island, FL 32954-1712

If you're not a member... please join.
Your membership dues provide the financial support
needed to save family boating from the
million-dollar enviro-businesses.

Please join online at cffw.org
or by mailing the enclosed membership form.

*Is it time to renew your membership?
Please note your membership is valid thru:*



**AUTO PARTS**

Get the Good Stuff for your trailer & tow vehicle
Locally-owned locations in
Titusville, Cocoa, Merritt Island & Melbourne
napaonline.com
Dan Dvorak, Owner, Past CFFW President



CFFW members are entitled to a full Membership
in Boat US for 50% off the regular annual dues!
Please use discount code **GA84884B** to receive
your discounted membership.



BoatUS and BoatUS ANGLER Member benefits
include Member Rewards at West Marine stores,
discounts at marinas nationwide on fuel, repairs,
and overnight slips, on-the-water Towing
Services, highly-respected Marine Insurance, a
subscription to BoatUS Magazine or BoatUS
ANGLER.

**WATERFRONT SOLUTIONS**
Quality You Expect - Service You Deserve
Docks Seawalls Lifts Repairs

DON NESBITT
321.454.9100

615 Azalea Avenue
Merritt Island, FL 32952
P:453-3582 F:454-9102

CBC 1251647
docks@cfl.rr.com