

# The Sycamore Islander

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The Solstice Campout photographers (see below) and Mark Friedrichs (the quiet ones...)

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**July 10: Monthly Club Meeting**, 8:00 pm, on the Island; at the meeting there will be a:

- Vote on an additional provision regarding Senior membership Bylaws: "Delete last sentence of rule of 85 and change to 'Annual dues notice will include rules for senior membership and show member's start date.' "

**August 14: Club Meeting**, 8 pm, on the Island

**September 2: Labor Day Regatta**, 2-6 pm (Mia Holland organizing)

## Relief Caretakers' Schedule and Online Sign-Up System

To sign-up to be a Relief Caretaker (any Saturday), you can access the "Sign-Up Genius" app from the [SycamoreIsland.org scheduling webpage](http://SycamoreIsland.org/scheduling_webpage) (or by clicking the Relief Caretaker Schedule and Instructions icon on the Club's home page). Click on the link. There are simple instructions. [You can also sign-up by contacting the Relief Caretaker Coordinator, Madeleine Carter, at [madeleinecpcarter@gmail.com](mailto:madeleinecpcarter@gmail.com)]. The app now provides a calendar that now indicates ALL of the Relief Caretakers that have signed up through August 3 and provides reminders. Relief Caretakers signed up for the coming month are:

### July 6

9 am to 3 pm: Sara Deshler  
3 to 9 pm: Susan & Tove Elfstrom

### July 13

9 am to 3 pm: Hayley Holdridge  
3 to 9 pm: Elizabeth Taylor

### July 20

9 am to 3 pm: Eric Aaserud  
3 to 9 pm: **Volunteer Needed**

### July 27

9 am to 3 pm: Kerri Cox  
3 to 9 pm: Sara Deshler

### August 3

9 am to 3 pm: John Cunningham  
3 pm to 9 pm: **Volunteer Needed**

**Thank You to all many volunteers that served as Relief Caretakers during June. Not only was the Potomac low enough for ferry operations ALL of June, but Joe was away for more than a week.**

## Notes from the Island Leadership

The Island leaders are seeking persons for challenging and enjoyable jobs as Co-Captain, Entertainment Supervisors, Insurance and Finance Advisors, and work project leaders. Contact John Noble, Vice-President, [johnnoble@mac.com](mailto:johnnoble@mac.com).

John Noble, Vice-President, also reported that ferry sign-ins for last Saturday and Sunday exceeded 50 names. On Sunday the 24<sup>th</sup> from around 3 to 6 pm all of the picnic and clubhouse tables were in use and the Island was humming. Conversely many were dozing, conversing, or relaxing. Amidst the pleasure, I was concerned to see a 10 or 12 year old youth, swimming alone, almost mid-river. He is no doubt an adequate swimmer. Nonetheless, it would be safer to have a buddy and a flotation device in tow. A reminder to everyone: we use the Island and the River at our own and our children's risk.

## New Automated External Defibrillator (AED) in the Kitchen! by John Butler

The island has an AED! Thanks go to Matt Goldman for making it happen. Some may be surprised that we didn't have one by now. Others may wonder why we need one. Let me address the latter group. The Center for Disease Control says that a person in United States suffers a heart attack every 40 seconds. Each year 790,000 people have heart attacks. The National Safety Council reported that sudden cardiac arrest is the leading cause of death in people 40 years and older.

The big issue for us on the island is how quickly could paramedics arrive and how quickly could a person be treated? According to the American Heart Association, every minute delay decreases a person's chances of survival by 7 to 10%. When an AED is present and used, the average survival rate goes from 5% to 40%. The other thing associated with the island is since we are on the water, lightning strikes are an increased risk. Water attracts lightning. **Note, however, that an AED should never be used on a person that is wet.**

It just makes complete sense that the club finally invested in this important safety device. It is located on the wall, on the right side as soon as you enter the



kitchen, next to the stove (see pic to right). Make yourself familiar with where it is. You never know when you're going to need one. The machine is so called "idiot proof". It tells you everything you need to do, step by step once you turn it on.

The steps are: **Get someone to call 911. If you are alone, call 911 as soon as it is safe to do so.**

(From the manual)

**"To start: Pull handle. Remove protective cover.**

**Remove all clothes from victim's chest. Clean and dry skin, if needed.**

**Peel off film seal and remove pads.**

**Peel each pad from yellow plastic liner.**

**Place pads exactly as shown in picture.**



**(AED voices) Analyzing...Do not touch patient. Wait until (triangle) stops flashing.**

**To shock: Press flashing ORANGE shock button. Do not touch patient.**

**To get help with CPR: Press flashing BLUE button. 30 compressions – Pinch nose, tilt head – 2 full Breaths”**

Finally, I want to put in a plug for as many people as possible to get first aid certified. As a Montgomery County Public Schools sports coach, I have had to go through heart saver American heart Association CPR/AED training. It just takes about four hours and it's well worth the time.

## [Sycamore Island Summer Solstice Campout: Photos and Stories](#)

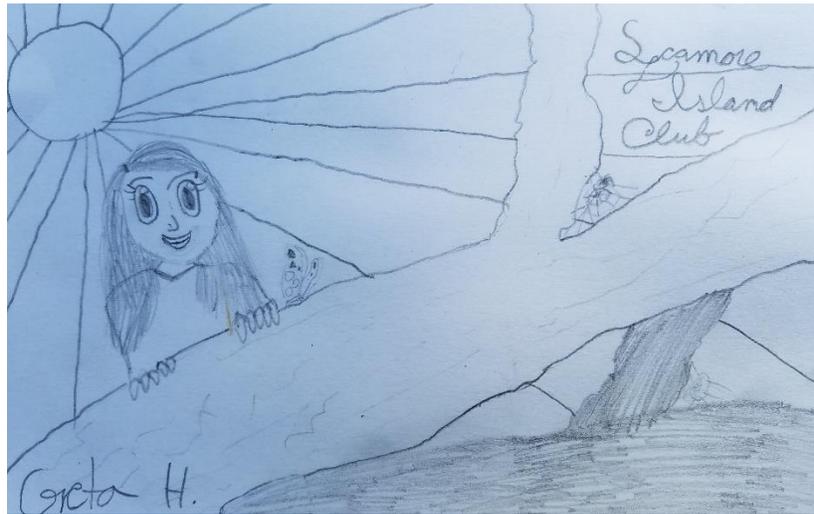
The return of an old island tradition, the Summer Solstice Campout, was a great success! Six families attended, a total of 19 adults and 21 children. The weather was truly perfect - warm enough to swim and cool enough to sleep. Gus Anderson led a tutorial on canoeing. The rope swing was in near-constant use late into the night and as soon as the sun came up. Everyone had many turns! Several young campers ate their weight in toasted marshmallows and we all learned that the island is a particularly magical place early in the morning.

The following is a collection of photos from the campout (a couple more are at the top of this Islander), followed by what some of the young campers most liked about the night.

Photographers: Allison Leotta, Angela Hirsch, Birgit Murff and James Kurtz







Eva, age 4

The most fun I had was the rope swing!

Tali, age 4

My favorite thing was canoeing!

Eva, age 4 - The morning

I like hotdogs. I loved swimming this morning.

I had a great time at the campout. I hung out with my brother + cousin + made lots of new friends. I swam in the river + attempted to catch fish. I had a lot of fun playing pod + swinging on the swing. I really enjoyed my time here. - Jack, 12

(dictated while roasting a hotdog over the fire).



Jacob Friedman 11, 8

Sycamore island is a really nice and fun place. A couple things I like are, the swing, swimming, and kayaking/Paddle boarding.

The Sycamore island is a really great place, I LOVE

IT.

## Labor Day Regatta, September 2,

2-6 pm

Mia Holland has once again volunteered to organize the event, but she will **need lots of volunteers** to help out. So, if you are available to help, please email Mia ([holland.mia@gmail.com](mailto:holland.mia@gmail.com)).



On the Island - Waitlisters and Guests are welcome !

# Labor Day Regatta !

Monday, September 2  
2:00 to 6:00 p.m.



- 2:00 to 4:00 - Games and Races for all ages
- 5:00 p.m. - Dinner and Awards
- Burgers/dogs & fixin's provided by the Island.
- Bring a salad or desert to share if you can.

Information: Mia Holland [holland.mia@gmail.com](mailto:holland.mia@gmail.com)

## Minutes of June 12, 2019 Meeting of the Sycamore Island Club

Present: Diane and John Noble, Jim Drew, Steve Newman, Anne Waidmann, Sherri Fizdale, Marianne Ross, Cecily Abram, Richard Bertaut, John Butler, Dave Winer, Adele Seifried, Vicki Judson, Gerry Barton, Meredith Griggs

Opening the meeting at 8:00 pm, President Bertaut welcomed members, who then introduced themselves and unanimously approved the May minutes. The agenda included the following items:

**New defibrillator:** Jim Drew presented the equipment, housed in a red case, and thanked Matt Goldman, who researched and bought it, as well as member Dr. Jameson, who had recommended it. Suggestions were made to add a sticker telling responders to call 911 and say that the call was coming from "Montgomery County, Sycamore Island." John Butler will write an article for the Islander on using the defibrillator.

**Summer Solstice Celebration:** Vicki Judson reported that new waitlisters Angela Hirsch and others are preparing this June 22 event, for kids ages 4-15, approximately, and for which six families have signed up. People can come for the activities without camping overnight. Dave Winer suggested more publicity and showed a picture-filled sheet he'd drawn up. Volunteers are needed to give canoe lessons or run a canoe race.

**Treasurer's Report:** In the absence of treasurer Florian Kogelnik, Pres. Bertaut reported that the club budget is on track for the year, the only extra expense being the defibrillator.

**Financial Secretary's Report:** Sherri Fizdale said all members were paid up, though a couple people resigned when contacted.

**Caretaker & Captain's Report:** On behalf of vacationing caretaker Joe Hage, Pres. Bertaut reported that Joe

- has done a great job cutting all grass, clearing paths, and eradicating poison ivy; much progress, and there is still a bit of Japanese knockweed;
- will be fixing three areas of damaged wood siding on the clubhouse, including installing and painting (under an add-on contract);
- has stabilized the ramp to the swim dock and expects the raft (float) to be put out when the river falls to 3.5 feet;
- put the DSL modem in the kitchen during his absence, in case it needs resetting; and
- added carpeting on the ferry for softer landings.

When Captain Stan returns, we hope that new curved ends can be installed on the ferry railings.

The tree that is stuck in the river bottom near the shore side ferry landing has been chopped back twice now, as the river level has receded. Ferry pullers should lift chains out of water to avoid entangling them on the tree, which cannot be lifted out of the water or chopped further—although it may move again in another flood.

**Website:** Pres. Bertaut has reviewed the website with Tryon Wells to better understand the laborious and time-consuming blast email system under the current, poor website host. Tryon will coordinate finding a new host and explore a better system. Volunteer(s) are sought to assist Tryon or take over website. Sherri Fizdale recommended that the club have one database, one email list, not two as it currently does.

**Membership Secretary's Report:** Anne Waidmann circulated a clear outline of the questions to be voted on regarding changes to senior membership. In order of the questions called, members approved:

- Adding an age requirement for senior membership,
- Adopting the rule of 85 ("A regular member in good standing whose age plus years of full dues-paying regular membership equals at least 85 may elect senior membership."),
- Reviewing bylaws on senior membership every five years, and
- Voting on the following amendment at the July meeting: "Delete last sentence of rule of 85 and change to 'Annual dues notice will include rules for senior membership and show member's start date.' "

**Swimming Supervisor's Report:** Vicki Judson thanked previous supervisor Larry Heilman for setting up all swim safety stations. She has checked them all and recommends that any intruding vines be pulled back from the stations. It was recommended that the missing poles be returned to each safety station.

She also reminds parents that the river is not a safe place to teach children to swim. Parents must watch their children—there is no lifeguard. Children must wear lifejackets on club paddle boards and canoes, and those under 15 must be accompanied on the island by a parent.

The meeting was adjourned at 9:20 pm. The next meeting will be July 10 on the island.

Respectfully submitted,

Meredith Griggs  
Co-recording secretary



Islander Editor: Mark Friedrichs; suggestions or contributions of content or photos welcome to [mark.d.friedrichs@gmail.com](mailto:mark.d.friedrichs@gmail.com)