

MYSTIC RIVER
MUDHEAD
BENEFIT CUP FOR
HARTFORD HEALTHCARE AT HOME
CENTER FOR HOSPICE CARE



Hartford HealthCare
at Home



Center for Hospice Care

SATURDAY, JULY 18, 2020

ABC PHOTO LAB

We support the Clean Regatta Commitment - Best Practices

ELIMINATION OF SINGLE-USE ITEMS

- Eliminate Single-Use Water Bottles and Use Water Refill Stations
- Eliminate Plastic Straws- Skip 'em altogether or find an eco-smart alternative.
- Serve Food with Plastic-Free Dinnerware
- Use or Provide Reusable Bags
- Award Gear or Use a Perpetual or Upcycled Trophy

COMMUNITY INVOLVEMENT

- Publicize Your Sustainability Efforts & Involve Other Local Organizations
- Post Responsible, Educational and Reusable Signage
- Serve Local Food or Source Seafood Sustainably

RESPONSIBLE WASTE MANAGEMENT

- Assemble A Green Team to Ensure Proper Waste Bin Placement and Signage
- Divert Food Waste from the Landfill
- Use Paperless Event Management

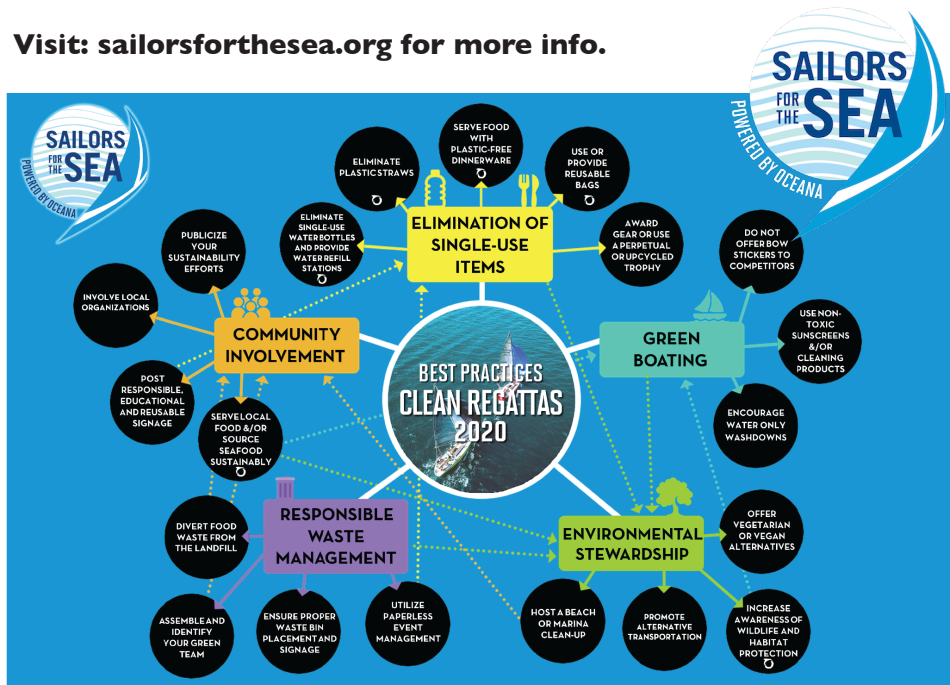
ENVIRONMENTAL STEWARDSHIP

- Host a Beach or Marina Clean-up, Increase Awareness of Wildlife Protection
- Promote Alternative Transportation
- Offer Vegetarian or Vegan Alternatives-Eating vegetarian can reduce your carbon footprint and impact on the environment by more than you may think.

GREEN BOATING

- Water Only Washdowns- Skip the suds - It's easier on you & on nature.
- Use Non-Toxic Sunscreens or Cleaning Products- Keep harmful chemicals out of the water by choosing your products carefully.

Visit: sailorsforthesea.org for more info.



***Why Do We Raise Funds For
Hartford Healthcare at Home Center for Hospice Care?***

Hartford Healthcare at Home Center for Hospice Care is a nonprofit, community-based organization that has been serving Southeastern Connecticut since 1985. This organization is dedicated to assisting people live life as fully as possible during the last months of their lives.

The Agency has an impact on our community that brings comfort, support and care to the patients and families they serve.

Here are some of the reasons we support them:

1. Hartford Healthcare at Home Center for Hospice Care is a community-based nonprofit Hospice in Southeastern Connecticut..
2. The Agency has cared for over 12,500 patients and provided Bereavement Counseling to thousands of families.
3. They provide care to anyone who needs care and meets qualifications; even if they are uninsured, under-insured, or unable to pay.
4. They provide Expressive Arts to grieving children and teens, free of charge.
5. They offer Sentimental Journeys, which enables our patients to visit places and people who have special meaning.
6. They have over 108 trained volunteers who provide companionship to patients and respite to families.
7. They offer our patients complementary therapies free of charge, including Therapeutic Massage, Reiki, Reflexology, and Energy Work.
8. They provide Pet Therapy, with nine certified therapy dogs, to our patients and to children in our Expressive Arts program.
9. They offer “We Honor Veterans” to patients who have served the nation in the armed forces which includes Veterans Pinning Ceremonies and care for PTSD.
10. They equip the staff with the most advanced, fully-mobile, medical-records technology, which enables them to provide our patients with well-coordinated care.

Referrals can be made by anyone: hospitals, physicians, family members & even the patient. The sooner patients come onto the program the better – deeper care can be provided for both the patient & their families. If there is question as to whether a person is appropriate for Hartford Healthcare at Home Center for Hospice Care’s program, please call 860-848-5699. They are here to help!

How Can You Help Center for Hartford Healthcare at Home Center for Hospice Care?

- **Donate:** All gifts made to Hartford Healthcare at Home Center for Hospice Care are tax-deductible. The agency accepts gifts of cash, checks, securities and credit card payments. Every gift makes a difference and will directly support the programs and services Hartford Healthcare at Home Center for Hospice Care offers in Southeastern CT.
- **Volunteer:** Hartford Healthcare at Home Center for Hospice Care relies on volunteers in the office, at events and to help assist patients and their families in various areas of care and support. Patient care volunteers offer caregiver respite and patient companionship, and provide help with light chores. They often are a crucial component of the patient's and family's experience. Contact the Volunteer Office for more information.
- **Fundraise:** Supporters are often very creative in their fundraising techniques. Supporters have tag sales, plant sales, bike runs, etc. and donate the profits to HHCAH CHC. We encourage you to use your imagination to find new, fun and meaningful ways to help Hartford Healthcare at Home Center for Hospice Care. All money raised stays right here in Southeastern Connecticut, helping patients and families cared for by the organization. Contact their Development office for more information.

Hartford Healthcare at Home Center for Hospice Care
227 Dunham St, Norwich, CT 06360
(860) 848-5699 • hospicesect.org
Serving Eastern Connecticut since 1985

Hartford Healthcare at Home Center for Hospice Care Staff
Laurie G. St. John, RN, MSN
Vice President
Hartford HealthCare Community Network
Hartford HealthCare at Home

2020 Mudhead Benefit Cup in support of Hartford Healthcare at Home Center for Hospice Care



Welcome Sailors!

We are pleased to again host this regatta for the benefit of the Hartford Healthcare at Home Center for Hospice Care. This great organization is dedicated to helping our community by providing care and comfort to those approaching the end of their lives, as well as related bereavement support.

Hartford Healthcare at Home Center for Hospice Care offers care regardless of age, disease, illness or ability to pay, and depends, in part, on your generous tax-deductible donations. The Mudheads continue to support efforts through raising money and awareness for Hartford Healthcare at Home Center for Hospice Care. All funds collected stay right here in Southeastern Connecticut, helping our families, friends and neighbors.

This year is the 35th anniversary of Center for Hospice Care - now Hartford Healthcare at Home Center for Hospice Care - and the 31st year for their regatta series. The Mudheads are proud to have been participants in this series for over ten years. We are very glad you can join us - your participation, on and off the water, makes this a great event.

For the 12th consecutive year, this regatta is certified as a "Clean Regatta" by the non-profit organization, Sailors for the Sea. To help meet our goals of a clean regatta, recycling containers are provided on shore. Please use these to dispose of trash. A list of non-toxic cleaning products has been provided in this sailing instruction book for your consideration. Additionally, this year we are attempting to reduce plastic water bottle use, please refill your water bottles from the large water containers at the end of the tent rather than taking a new bottle. In short; no trash overboard, no discharging of waste, re-use your water bottles, bring trash ashore and recycle your paper and cans. By now this is easy, right? Thank you for helping!

A very dedicated Benefit Cup regatta committee has been hard at work since January to make this event happen. Thank you!

The Team: Andy Stoddard (*chair*), Bob Austin-LaFrance, Matt Curtiss, Greg Gilmartin, Mary Hartmann, Allison Keck, Claudia Koerting, Courtney Moore, Frank Murphy, O.J. O'Connell, Ketu Tiwari, Bethany Traverso and **special thanks to Jeff Marshall and the Mystic Shipyard staff for assisting the Mudheads year after year.**

Raise sails, raise funds, sail fast and have fun!

O.J. O'Connell, Commodore, Mystic River Mudhead Sailing Association

Mudhead Benefit Cup Regatta
Hartford Healthcare at Home Center for Hospice Care
Saturday, July 18, 2020
Mystic River Mudhead Sailing Association is the Organizing Authority

Sailing Instructions

1. RULES

- 1.1. The Regatta is governed by The Racing Rules of Sailing (RRS).
- 1.2. Appendix V is in effect.

2. NOTICES TO COMPETITORS

- 2.1. Notice to Competitors will be posted on the Official Notice Board on Yacht Scoring Events Page online at mudhead.org.
- 2.2. The Race Committee (RC) will communicate on VHF Ch. 01A.

3. CHANGES TO SAILING INSTRUCTIONS

- 3.1. Any change to the Sailing Instructions will be posted by 9 am on Saturday, July 18, except any change to the schedule of races will be posted by 8 pm on the day before the change takes effect.

4. SCHEDULE OF RACES

- 4.1. The 1st warning is scheduled for 10:55 am, Saturday July 18.
- 4.2. Multiple races are scheduled for Spinnaker Classes. One for Non-Spinnaker.
- 4.3. Code flag R “Romeo” will fly at the finish if another race is to be run.
- 4.4. The RC will announce the order of start prior to the first warning.

5. CLASS FLAGS

- 5.1. Class flags will be numbered pennants corresponding to the Class number on the Scratch Sheet.

6. STARTING AREA

- 6.1. The Start Area for all Classes will be located to the Northwest of Seaflower Reef.

7. THE SPINNAKER COURSES

- 7.1. The RC will choose pre-defined Windward/Leeward courses rounding inflatable buoys or point to point based on weather conditions.
- 7.2. For Windward-Leeward courses, the number displayed on the top line of the course board indicates the number of legs in the race. i.e., Course 4 indicates start-windward-leeward-windward-finish.
- 7.3. The Windward mark location will be indicated with Range and Magnetic Bearing from the Signal Boat. See Appendix "A".
- 7.4. The Leeward gate will be positioned approximately 100 yards to windward of the starting line. If there is no gate, the leeward mark shall be rounded to port.

8. NON-SPINNAKER COURSES

- 8.1. Non-Spinnaker Classes will sail one race point to point around Marks in the order posted on the course board on the Signal Boat. The Marks are listed in Appendix "B" below.
- 8.2. Non circled marks are to be rounded to Port, circled marks rounded to Starboard.

9. THE START

- 9.1. The Start Line is between the staff on the Signal Boat with an Orange flag and the nearby starting buoy.
- 9.2. The order of starts will be announced by the RC prior to each race. Class number does not infer starting order.

10. THE FINISH

- 10.1. The Finish Line will be between the staff with a Blue flag and the nearby inflatable mark on the *OPPOSITE* side of the Start line.

11. TIME LIMITS

- 11.1. The time limit for the Non-Spinnaker class is 4 pm. Any boat failing to finish 30 minutes after the time limit plus their PHRF time allowance, will be scored DNF.

12. SCORING

- 12.1. Corrected times will be calculated using the Time on Time formula $TCF = 650 / (550 + PHRF)$.
- 12.2. One completed race constitutes a series. There are no exclusions.

13. PROTESTS

- 13.1. A boat intending to protest shall notify the RC after finishing.
- 13.2. Protests shall be submitted in writing to the RC at Ram Island Yacht Club within one and a half hours of the Signal Boat docking time.
- 13.3. Protests will be held by the vicious tribunal with swift execution under the basement of the MudHut.

14. PRIZE GIVING AND PARTY

- 14.1.Prizes will be awarded at a later date to be determined by the Organizing Authority.

15. MORE INFORMATION

- 15.1. Contact Frank Murphy at fpmurf@gmail.com or 860.840.4828 or Greg Gilmartin at prorcosc@gmail.com 860.625.0094.



1.1.

APPENDIX “A”

Windward/Leeward	
Course Board	Mark Rounding Order
2	Start – 1 – Finish
4	Start – 1 – 2s/2p – 1 - Finish

APPENDIX “B”

Marks of Course (Lat/Lon is approximate)

B	Black Ledge N “2BL”	41’18.02”	72’03.92”
E	Silver Eel Cove Mo”A” SE	41’15.55”	72’02.22”
I	Intrepid Rock C “DIR”	41’17.94”	72.00.24”
M	Mouth of Mystic River C “1”	41’17.92”	71’59.42”
N	North Hill Bell R “2”	41’16.79”	72’01.38”
R	Ram Island Bell R “20”	41’18.19”	71’58.39”
V	Vixen Ledge N “28VL”	41’18.33”	72’02.92”
W	West Harbor FI R “6”	41’16.30”	72’00.33”

D/M Drop Mark Inflatable Mark Range & Bearing from RC

** All positions approximate*

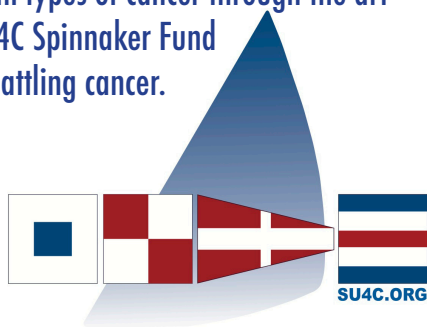
GET INVOLVED!

SU4C is a non profit organization dedicated to funding research in the education, prevention, care and cure for all types of cancer through the art and enjoyment of sailing. Support the SU4C Spinnaker Fund with direct financial assistance for those battling cancer.

With events throughout the year,
we need volunteers! Sign up today!

More info: SU4C.org

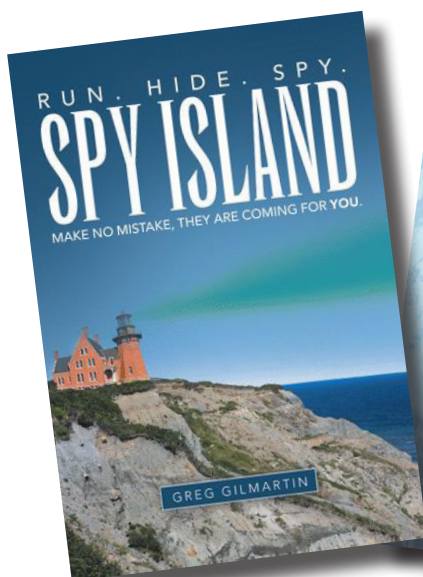
Questions: Bob Davis 860/383.5405



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13TH MUDNITE MADNESS OVERNIGHT

Friday, JULY 31, 2020

START: 1800 HOURS

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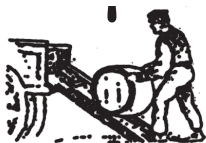
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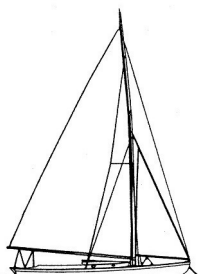
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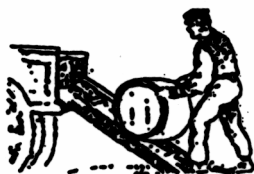
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gehring

SAVE THE DATES 2020!

Mudnite Madness

July 31

Mudhead Golf

Fri. September 4

Pequot Golf Club

Mudhead Awards

TBD

**Holiday Party &
Annual Meeting**

Weds., Dec. 16

TBD

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Location

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