

LGPS SOUNDINGS

January – February 2014



LAKE GEORGE POWER SQUADRON, INC.
OF UNITED STATES POWER SQUADRONS
PO Box 411, BURNT HILLS, NY 12027

Commander Message

By *Cmdr. George K. Williams, AP*

Well - roll up your pants legs, after all, you don't want to get wet! Here is the high water, weather related story I promised last issue. Yes there are many high water hazards to be aware of - among them are: (1) floating debris - remember some old logs may be floating just beneath the surface; (2) easy to see obstacles such as huge boulders may be awash or completely underwater; and (3) inaccessible shore facilities such as marinas. Here's the story.

Many years ago we spent a two week vacation at Burton Island, VT on Lake Champlain. Our starting point was the Schenectady Yacht Club in Rexford. How were we to know that we would have 14 days of rain - but we had an ark didn't we. After 12 days we had a choice of going into St. Albans Bay for supplies or head back to Rexford via the canal. We had run out of things to do (you can only play so many card and board games). Well, we elected to go home. With the lake level extremely high with the past days of rain, our story unfolds. We had no problem getting through the Gap this time (see previous soundings). While it was foggy and still raining, we thought we would treat ourselves to a lovely dinner at Essex. There was a very nice restaurant right at the marina. We posted my daughter as look out for hazards and off we went. Trouble was we could not tie up to the docks there because of high water. The water was washing over the dock boards. We next headed on to Westport - no access there either. At Port Henry, the dock at the campground was also flooded making the thought of tying up out of the question. We next went into the Port Henry marina, there they had a floating gas dock, however no tie up facilities available. We fueled and went on to find a shallow bay (ordinarily shallow) and anchored out. My wife cobbled together an adequate dinner from our remaining provisions. After dinner, we hit our bunks for the evening. After a good nights rest and a light breakfast we headed for home. Yes it was still raining! Encountering no problem that morning, again with my daughter serving as a lookout, we finally reached Whitehall. At the head of Lake Champlain we careful followed the lock masters instructions and continued, cautiously on our way. We successfully passed through the first of many locks, being one of the last boats to do so, as lock was to close shortly because of high water. We had a good meal at Fort Edward returning safely and again docked at the Schenectady Yacht Club. That was quite an experience! Now I invite any of you who have had a weather experience to share it with us here in Soundings - please let us know. We'll print it, anonymously if you wish. Elizabeth and I hope you all had a wonderful holiday season and our best wishes for a prosperous 2014.

WANTED

Quality - high resolution digital
photographs for the
Squadron Website Photo Gallery Page

All photo's should be submitted in
landscape - digital jpeg format

Mail a CD or e-mail your photo's
to Armand at
lgpsinfo@nycap.rr.com

LAKE GEORGE POWER SQUADRON BRIDGE – EXECUTIVE MEETING

Wednesday, February 19th
NOTE: Winter meetings to
be held at Cmdr. Williams
home at 715 John Paul Court
Niskayuna at
1830 Hours (6:30 PM)

SAVE THE DATE
Lake George Power Squadron
Commanders Brunch
Change of Watch
and
Squadron Annual Meeting
Sunday – April 27, 2014
12:30pm to 4:00pm
Edison Room at The Edison Club
891 River Road
Rexford, NY 12148
(518) 399-2393

Mark your calendar for this combined event. Come and enjoy a delicious Brunch/Buffer and partake in the Squadron Annual Meeting and Change of Watch. An invitation will be sent during March under a separate mailing to all LGPS members. The Commanders Brunch again this year will be \$15 for ALL active Squadron Members. Guests are always welcomed – cost is \$30.00 per guest. Please follow the directions in the invitation you will receive during March as to how you can RSVP your seat



Upcoming District 2 Functions

<p style="text-align: center;">District 2 – Winter Council March 8, 2014 I-84 Diner – 853 Route 52 Fishkill, NY Questions – Call Alexandra Digilio at (914) 475-3740</p>	<p style="text-align: center;">District 2 – Spring Conference (Hosted by Sacandaga Power Squadron) April 11-14, 2014 Holiday Inn – on Broadway Saratoga Springs, NY Questions – Call Denise Terry at (518) 842-1102 or (518) 649-6303</p>
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Congratulations Joan Weill

Lake George member and Past Commander Joan Weill was presented with Hadassah's 27th annual Leadership Award in November. This award is given to a member of Hadassah who demonstrates leadership not only in Hadassah activities but in the Jewish and secular communities as well said local chapter past-president Elaine Sobel. Congratulations Joan!

Report of the Nomination Committee

In accordance with Section 5.5 and 6.8 of the By-Laws of the Lake George Power Squadron, the Nomination Committee, is pleased to submit the following slate of officers for consideration by the membership at the election to be held at the Annual Meeting. "All nominees have indicated a willingness to serve for 2013-14"

Commander	P/C Armand Canestraro, P
Executive Officer	Anthony J. Rozek, P
Education Officer	P/C Donna S. Canestraro, S
Administrative Office	Alice Rozek
Secretary	Lt. David J. Wilkinson, S
Treasurer	Lt/C Max Gollmer, AP
Auditing Committee	P/C James W. Grzybowski, AP
Rules Committee	P/C George K. Williams, AP
Members-at-Large	P/C John R. Jermano, AP David J. Hawthorne P/C George K. Williams, AP

In accordance with Section 11.1 of the By-Laws of the Lake George Power Squadron, additional nominations may be made by filing with the Squadron Secretary at least 15 days before the election a written petition signed by at least five (5) squadron members in good standing.

Did You Know....

A vessel made fast to the bottom is said to be "anchored." If two anchors are used, the boat is said to be "moored."

Waterspouts are tornadoes over water - consisting of a small-diameter column of rapidly swirling air in contact with a water surface. The Florida Keys are the greatest, natural vortex lab in the world. Waterspouts probably occur more frequently in the Florida Keys than anywhere in the world. Scientific work over the last 30 or so years has led to a more complicated picture with waterspouts differing in some ways from tornadoes over land, especially large ones.

Annual Meeting Date Changed

By unanimous vote of the Executive Committee on Wednesday, January 15, 2014, the date of the Squadron annual March meeting has been changed to coincide with the Change of Watch, on Sunday, April 27, 2014. Hope you will make it again this year!

Excerpt from a boating safety article for AARP Magazine

Boating Under the Influence: Prescription drugs and effects on senior boaters.

As Americans live longer, more and more of them own and operate boats. In fact, out of almost 13 million recreational boats registered in the U.S., an estimated 68 percent of them are owned and operated by people over age 65.

Today's senior boaters however, are climbing aboard with more than just their hats and extra sunscreen. On average, each is absorbing five prescription medications daily. This combination of boating, prescription medications and seniors poses a health and safety risk the U.S. Coast Guard categorizes as BUI, or Boating Under the Influence.

Medicine cocktail impedes safety “Most people understand how alcohol consumption can impede their ability to function, whether they're trying to drive a vehicle or think logically or recall information,” says Dr. Phil Grande of the U.S. Coast Guard. “But they do not even consider how a prescription medicine cocktail can impact the ability to pilot a boat safely.”

Among the most common prescription medications older Americans use are blood thinners, insulin, diuretics, anti-depressants, opiates and anti-inflammatories. The side effects of medications such as these are well documented, and most health-conscious seniors understand how their prescriptions can enhance or limit their ability to function predictably—at least, on land. On the water, it's a different story.

Pay attention on 'perfect' days “The typical marine environment—vibration, engine noise, sun, wind, and spray—intensify the effect of prescription medications,” Dr. Grande says. “These 'stressors' cause fatigue and dramatically affect a boat operator's coordination, judgment, vision and reaction time.”

Dr. Grande adds that what most people consider a perfect boating day—calm blue skies, hot sun and a cool breeze—might not always be ideal for the safety of senior boaters. For instance, breeze and a hot sun dehydrate people more rapidly together than either of the elements would alone.

