

# *LGPS*

# *SOUNDINGS*

*November-December 2012*



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*

Dear Fellow Squadron Members,

Greetings from the helm! With Thanksgiving, Christmas and the New Year fast approaching, Elizabeth and I wish you all a wonderful, safe holiday season. It is noteworthy to mention that the Tri-Squadron Holiday Party this year will again be held at the Vista Restaurant at the Van Patten Golf Course - 924 Main Street in Jonesville from 11am to 2pm on Sunday, December 16<sup>th</sup>. For more details and how to make your reservation, see the party announcement flier inside this issue

Now that we are all signed up for a Squadron course or an activity this year – let's look forward to the upcoming summer. This is a WARNING. I read about a healthy 53 year old man who suffered heat stroke on a golf course in the mid-west this past summer. He survived with a minimal (mostly neurological) aftermath. It could happen to you on the water just as easily. Familiarize yourself with the signs, symptoms and prevention of heat exhaustion (which leads to heat stroke). In this issue, I have included a simple yet useful chart which you should clip and keep handy. We don't want to lose a member because of something that is easily preventable such as this by simply knowing and understanding the warning signs.

Now on to other matters:

We need your help. If you have a favorite restaurant with reasonable prices, please let me or a member of the Bridge know. We are looking for a location preferably with a small separate room or an area to hold a rendezvous with a speaker. If you have an idea of someone who might want to present a topic to our group, that too is welcomed. All you have to do is let someone on the Executive Committee know – all of our contact information is in the Roster. This is your squadron. We want to know how best to serve you. Please help - Lets ALL pull together, we can make this work if we ALL try. Remember our motto - "**Let's Do It**" - with your help, I know we can.

### **LAKE GEORGE POWER SQUADRON BRIDGE – EXECUTIVE MEETING**

**Third Wednesday of Each  
Month**

**Church of Good Shepard  
– Burnt Hills, NY**

**1830 hours (6:30pm)**

Contact a member of the Bridge to be certain the meeting date has not changed due to a scheduling or holiday conflict. PLEASE NOTE: The November meeting will be held on Wednesday, November 14th

### **NOMINATION COMMITTEE**

**If you or someone you know  
is interested in serving as a  
Squadron Officer**

**or**

**Member –At-Large**

**for the**

**2013-14 Command Year**

**Please contact**

**Armand at 372-7220**

**Clip and Save**

	<b>HEAT EXHAUSTION</b>	<b>HEAT STROKE (sun stroke)</b>
<b>Symptoms</b>	<p>Skin – cold damp sweating with low grade fever</p> <p>Breathing-labored</p> <p>Illogical thinking- confusion</p> <p>Muscle cramps</p> <p>Gait unsteady</p> <p>Nausea</p>	<p>Call 911 – this is a true medical emergency</p> <p>Skin hot-dry-flushed</p> <p>Pulse – rapid</p> <p>Body temp above 101 degrees</p> <p>Breathing – fast and shallow panting</p> <p>Confused or disoriented</p> <p>Possible loss of consciousness</p> <p>Gait very unsteady or unable to walk</p>
<b>Treatment</b>	<p>Remove to a shady well ventilated area</p> <p>Offer liquids (non-alcoholic, non-carbonated)</p> <p>Lie down – no exertion</p> <p>Loosen tight clothing</p> <p>Sponge skin to help cooling</p>	<p>Remove to a shady well ventilated area</p> <p>Offer liquids (non-alcoholic, non-carbonated)</p> <p>Do not give liquids if unable to swallow</p> <p>Sponge skin to cool body</p> <p>Loosen or remove tight clothing</p>
<b>Prevention</b>	<p>Drink plenty of liquids</p> <p>No more work or play for 20 minutes in extreme heat per hour</p> <p>Dress in cool light clothing</p> <p>Wear a hat</p>	<p>Drink plenty of liquids</p> <p>No more work or play for 20 minutes in extreme heat per hour</p> <p>Dress in cool light clothing</p> <p>Wear a hat</p>

**25-Year membership recently achieved by 3 LGPS members**

The Lake George Power Squadron acknowledges and congratulates three of our members for achieving 25 years of membership in USPS and LGPS. A 25 year member is anyone who has paid dues for 25 years and is allowed to wear the 25 year membership pin. The pin which has been mailed to each of them has a silver braid around the USPS symbol. Note: A 25 year member is not necessarily a Life Member but a Life Member is a 25 Year Member. LGPS salutes **Joe Coffin, David Stafford** and **Joseph Salvo** in achieving this membership level. Thank you for your dedication!

### **Congratulations to 2012-13 Merit Mark Recipients**

The chief commander awards annually a “merit mark” to a member for substantial effort in personally furthering the interests, programs and objectives of USPS, its districts and squadrons. It is a coveted award, and is by and large the only “official” recognition a member receives for his/her efforts. Only one merit mark may be awarded in a year, no matter how extensive the contribution. A certificate is issued and a special insignia may be worn on the USPS uniform. Active, additional active and family members are all eligible. The Squadron Commander based on actual personal service performed by an LGPS member has made a recommendation for a merit mark this year for each of the following LGPS members:

Armand Canestraro	Donna S. Canestraro
Max Gollmer	James W. Grzybowski
David J. Hawthorne	John R. Jermano
Alice Rozek	Anthony J. Rozek
Tina A. Russell	Jay T. Russell
Marvin P. Snyder	David T. Stafford
David J. Wilkinson	

\* \* \* \* \*

### **Erie Canal Audio Tour comes to the Museum of Innovation and Science (MiSci) (formerly The Schenectady Museum)**

Development of the Erie Canal Audio Tour has been funded by the Erie Canal National Heritage Corridor Commission. MiSci partnered with Union College museum studies students to create an audio tour which can be accessed from your home telephone. Explore the Erie Canal and its history through 14 mobile audio stops. Discover the history and innovative technology that made the canal possible and how this technology impacted the lives of Schenectady residents. Schenectady’s location on both the Erie Canal and major rail lines made it attractive for major businesses, including the American Locomotive Company (ALCO) and General Electric (GE), and helped drive 20<sup>th</sup> century innovation and industrial development.

The tour is free, however standard telephone rate plan charges from your carrier may apply. To access the “Erie Canal Audio Tour” simply call (518) 387-3028 from a touch tone telephone. When prompted to enter a **STOP** number on the tour, simply select from following choices: There are 14 stops on the tour: **(STOP 1)** Opening the Erie Canal; **(STOP 2)** Living Along the Canal; **(STOP 3)** Port of Schenectady; **(STOP 4)** Westinghouse; **(STOP 5)** The Canal to the West; **(STOP 6)** General Electric; **(STOP 7)** Original Route of the Canal; **(STOP 8)** Nicholas restaurant; **(STOP 9)** Winter Along the Canal; **(STOP 10)** Life on the Canal; **(STOP 11)** Charles Steinmetz; **(STOP 12)** Rail Bridge; **(STOP 13)** The Canal to the East; **(STOP 14)** American Locomotive Company – ALCO. At the end of the tour, your feedback is appreciated. Enjoy your historic trip on the canal.

## ICE SAFETY



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*Hopefully this will not happen to you or someone you know this winter!*

### **Ice Thickness Guideline**

There is no such thing as safe ice! However, many state agencies, such as the NYS Department of Environmental Conservation have come up with a suggested amount of good, clear ice there should be on a body of water before venturing on it with various modes of transportation. Remember this is only a guide, use your instincts and knowledge and inspect the ice before venturing on it.

The DEC recommends the following activities be conducted when there is at least the following amount of good clear ice on the water body.

**Less than 4 inches** – **STAY OFF!** There is no reason to test the newly formed ice at this time.

**4-6 Inches** – Ice fishing, foot travel in single-file lines, and small spaced seating on the ice should be safe, presuming the ice is clear and clean.

**6-10 Inches** – Snowmobiles and ATV's can travel safely on good ice that is over 6-10 inches thick.

**10-16 Inches** – Small cars and pick-ups can begin to venture on to the ice. However, the NYSDEC recommends that it is best to avoid driving on the ice whenever possible.

**16+ Inches** – A medium-sized car or mid-size pickup can be able to drive on good clear solid ice.

***Most importantly – Remember –there is no such thing as safe ice!!!***

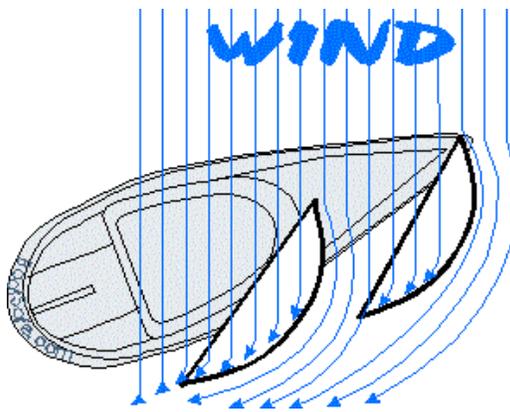
## Why do some sail boats have more than one sail and how can some sail boats go faster than the wind?

Most small sail boats have only one sail because the square footage of sail area is big enough to collect enough wind to push a light boat. As the size of the boat gets larger and heavier, you need to have more sail surface for the wind to interact with - the sail has to be larger. At some point, the sail gets just too large to handle. The solution is to add more sails that are smaller and easier to handle but collectively make up a large sail area.



The second part of your question has to do with a phenomenon called apparent wind. Apparent wind is the wind you feel on your face as you move forward. True wind is the wind that is blowing naturally.

If you can imagine riding your bicycle on a day when there is no wind whatsoever, you still feel wind on your face (apparent wind) and it gets stronger as you go faster. That is because your forward motion is creating its own wind. If you were to ride your bike on a day when there was a 5 mile per hour wind behind you and you were pedaling at 5 miles per hour, the two winds (true and apparent) would cancel each other and you would not feel any wind at all.



Boats that are able to sail faster than the true wind are "creating their own wind". Generally these are fast catamarans and iceboats, although some racing mono-hulls may be able to achieve this. The apparent wind is the wind that the boat sails in. Usually, you can sail faster at 70° to 80° off the apparent wind (called a "close reach") than you can with the wind directly behind you.

This is because you can trim the sails so that the wind flows over them to create a lift, much like an airplane wing, that propels the boat. As you can see, there is a positive force against the inside of the sail, and a negative force pulling the outside of the sail. You can try this by holding your hand out of the window of a moving car. Rotate your hand to feel how the wind pushes and pulls on it at different angles.

Under optimum conditions, the apparent wind is greater than the true wind. Let's say you are on a fast catamaran and sailing in a true wind of 10 knots. By moving very fast through the water you may be able to create an apparent wind of 20 knots which may allow you to sail at 12 to 13 knots, which is faster than the true wind. (Friction will keep you from moving as fast as the apparent wind.)

This is a very simple explanation; many books have been written on this subject and if you have any interest in racing you will want to learn more about this than can be explained here.

Come Help Us Celebrate the  
Holidays and enjoy the season with old friends  
and meet new ones at this year's

***Tri-Squadron Holiday Party***

Hosted by Sacandaga Power Squadron

Enjoy a fantastic Brunch Buffet that has something for  
everyone's taste

Partake or not in our fun "Chinese Grab-bag" game. Just bring a generic  
gift (must be wrapped) valued between \$10-20.

Rules will be explained at the party.

*To RSVP, please send an email to [sacandaga@nycap.rr.com](mailto:sacandaga@nycap.rr.com) or call  
518.842.1102 or 518.649.6303 before 8 December*

*Send payment to Sacandaga Power Squadron*

*217 Calderwood Rd, Amsterdam, NY 12010*

We hope to see you there! We hope you can find a few hours in your  
busy Holiday Schedule to join us for some

**fun times!**

**Sunday 16 December**

**11:00am-2:00pm**

The Vista at VanPatten Golf Club

924 Main Street

Clifton Park, NY 12065

**Only \$28 per person**