

LGPS

SOUNDINGS

September-October 2023



Commander Message

By George K. Williams, AP

Wow – the summer has flown by once again. I hope you are all having fun on the water these last few weeks of the 2023 boating season. It won't be long and we'll be putting up our boats for the winter once again.

Like so many Squadrons near and far, the USPS continues to experience a severe decline in membership. Our numbers continue to diminish each year. Our membership presently stands at 20. I can recall a time when we had well over 100 members, and active members at that! What do we need to do to increase not only membership, but safety awareness on the water? How do we connect with younger boaters so together they too may continue our never ending work of promoting boating education and safety? The only requirements for membership are a keen interest in boating and related activities, and an eagerness to meet like-minded people. You don't even need a boat to join. Think about anyone you may know who fits those characteristics and invite them to join us.

In closing, please enjoy the fall weather everyone, practice end-of-season boater safety on the water and stay safe!

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



Now Hear This...

Interim Treasurer Appointed

Due to the recent passing of our long-time member and Squadron Treasurer Max Gollmer, the Squadron is seeking a member to volunteer to assume the role and duties of Squadron Treasurer. In the meantime, Commander Williams has appointed SEO Donna S. Canestraro to take over the bookkeeping duties until a permanent suitable replacement comes forward. If you like working with numbers, have some accounting background, enjoy balancing a checkbook, and a desire to learn the treasurer's duties, please contact Commander Williams at (518) 393-6414 to discuss the opportunity.

Cold Water Boating is Upon Us

Boating in cold weather can be exhilarating, but it also puts you at risk of falling into dangerously cold waters. Even boating in warm weather can be dangerous if the water is much colder than the air.

Be Prepared - As a general rule, if the air and water temperature added together equal less than 100 degrees Fahrenheit you should take the following steps:

- Wear a properly fitted life jacket. There are even special life jackets that have extra insulation to double as an additional warm layer. This could save your life!
- Speaking of layers, dress for the water temperature not the air temperature. Having lots of layers on, including a hat will help you survive if you do end up in the water. The first layer should be a synthetic fabric which will keep cool water away from your skin. Cotton keeps cool water close to the skin and should be avoided as the first layer.
- Bring extra clothes in a dry bag and keep them on the boat just in case someone in your party gets wet. Energy bars and a thermos of a warm beverage is also a welcomed accessory.

COLD WATER IMMERSION



Cold water immersion is almost always the result of a capsized or swamping of, or fall overboard from, a boat under 26 feet.

Gasp! The Four Stages of Cold Water Immersion What you should know about cold water immersion.

Falling into cold water is more than just an inconvenience, it's downright dangerous. For example, your body may react to the cold water or sustained immersion in cold water, in uncontrollable ways. Experts have described what happens to the body when immersed in cold water and have summarized the features and characteristics into four distinct stages. Failure to recognize this, can lead to hypothermia, a serious condition which is the abnormal lowering of internal body temperature that should be treated only by medical personnel or specially trained individuals.

1 Cold Shock - Falling into cold water provokes an immediate gasp reflex. If your head is under water, you'd inhale water instead of air and it is unlikely you'll resurface if you're not wearing a life jacket. Initial shock can cause panic, hyperventilation, and increase heart rate leading to a heart-attack. This stage lasts 3-5 minutes and at this point you should concentrate on staying afloat with your head above water.

2 Swimming Failure - In just 3 -30 minutes, the body will experience swimming failure. Due to loss of muscle coordination, swimming becomes a struggle and the body tends to go more vertical in the water making any forward movement increasingly difficult. That's why it is not recommended to swim for help, but remain with the boat or something else that floats while keeping your head above water while awaiting rescue.

3 Hypothermia - True hypothermia sets in after about 30 minutes. Most victims never make it to this stage since 75% of individuals succumb and die in the earlier stages of cold water immersion. At this stage, regardless of your body type, size, insulation of clothing, acclimatization and other factors, your body's core temperature gets dangerously low. Your survival chances are greatly lessened at this stage. Victims are usually rendered unconscious in this stage.

4 Post Rescue Collapse - A rescued victim must be handled very carefully. When a person is removed from cold water, the body will react to the surrounding air and the body position. Blood pressure often drops, inhaled water can damage the lungs, and heart problems can develop as cold blood from the extremities is released into the body core. Proper medical attention is essential to re-warm the body safely.





Chart Assembly Assistance Needed



As the boating season comes to an end, the Squadron can still use your assistance in rolling charts to fulfill last minute orders and prepare for Spring of 2024.

There is still time remaining to volunteer and earn a USPS Merit Mark for 2023! The Squadron is in need of the membership to help roll and package our Squadron navigation charts. Volunteering and earning a merit mark doesn't get any better! Contact Armand at (518) 372-7220 for details on how you too can get involved.