

AMERICA'S BOATING CLUB

For Boaters, By Boaters®



THE DRUM

A Publication of the Finger Lakes Chapter

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Report any errors or omissions to:
editor@abc-flx.org

From The Commander

By *Phil Cherry, S* *SV Harmony*

Let's Do Better

I was visiting a friend of mine in Branford, Connecticut over the Thanksgiving holiday and we had an occasion to drive over to the marina where he keeps his 45-foot yacht. You can imagine that on the shores of Long Island Sound in the well-to-do community of Branford, there are a lot of big and fancy boats that need to be stored for the winter. I asked my friend about whether they recycle all the plastic shrink wrap after the boats get uncovered in the spring and his answer was yes, they recycle all of it through a local recycling operation. I smiled and told him that our little marina in Watkins Glen does not offer any such service, nor am I aware of any opportunities to recycle it nearby.

I have heard that at one point there was a recycling program here in Watkins Glen, but as long as I've been storing my boat here, I've not seen or heard of any such service. When I uncover my 28'



sailboat each spring, I attempt to remove the plastic in such a fashion that I end up with a few good large sheets that I can then use for a variety of purposes. And yet, now five years into storing a boat in the marina here, I have enough plastic sheets to last a lifetime! Additionally, we have all heard about how plastic wastes are a huge problem, both in our planet's oceans as well as our local environment and landfills, not to mention that they are manufactured using petroleum, a substance we should be weening ourselves from in the future anyway.

Having said that, I'm not opposed to using shrink wrap plastic as a boat cover. As you know, wrapping our boats in shrink wrap is a very effective way of keeping critters and weather out of our

boats while stored for the winter. I just want a way to recycle all that plastic! I have considered getting a canvas cover made for my boat and, when I finally decide to get a different and/or larger boat, I may just do that, but for this year I opted again for plastic... and I'm sick about it.

So, if you are like me and wish there was a way to recycle all that plastic, or, if you know of a local recycler who will take it, please let me know. I intend to work on this issue over the next few months to see if there isn't some way to keep all that plastic from ending up in the landfill.

Before I close, let me also remind you of the upcoming Change of Watch meeting, slated for January 14th, beginning at 12:30 PM at the Harbor Hotel in Watkins Glen. If you are an ABC-FLX member, you've already received several emails from me about it. If you haven't RSVP'd, you may still have time. Check your email or

contact me soon if you want to attend. This event is a special one, as our new leadership team will be sworn in, and we'll be having some awards of special significance for some of our members. We also have a very special guest speaker you won't want to miss. The guest speaker will be Watkins Glen resident, boat designer and builder, Geoff Heath. He will be talking about a 12-month solo trip on the northern coast of Labrador when he built and sailed an open 16-foot dinghy *Wayfarer*. Can you imagine?

Lastly, as I write this around the holidays, I'm hoping you all had a great Christmas or Hanukkah or whatever seasonal holiday you celebrate and that your 2024 has gotten off to a great start. The boating season starts in just a few months! Happy New Year!

- Phil, SV Harmony
co@abc-flx.org

The Drum

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General Information

info@abc-flx.org

Commander

Phil Cherry, AP
co@abc-flx.org

Executive Officer

Ray Margeson, AP-IN
xo@abc-flx.org

Administrative Officer

Maggie Martin
ao@abc-flx.org

Education Officer

Andrew Price, AP
seo@abc-flx.org

Assistant Education Officer

Katie Alley, AP
aseo@abc-flx.org

Secretary

Kris West, S
sec@abc-flx.org

Treasurer

Marcia Taylor, AP
treas@abc-flx.org

Membership

Mark Erway, AP
membership@abc-flx.org

Public Relations Officers

Glenda Gephart
pro@abc-flx.org

Vessel Safety Check Chairman

Ray Margeson, AP
vsc@abc-flx.org

Web Site Administrator

Thomas Alley, SN-CN
webmaster@abc-flx.org

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From the Executive Officer

By Ray Margeson

SV Hattie L.



As the year comes to an end and we will be having elections next month, I want to wish y'all a happy and safe New

Year. I am not seeking reelection for the next term and a qualified person will pick up and run in the Executive Officer position. I was honored to be your Exec for a year.

Our group has been doing very well – we continue to pick up new members and the educational offerings are a big part of the

appeal. Couple that with our camaraderie and the future looks good.

Be safe as you recommission your boats for the coming season and don't forget to get your Vessel Safety Exam.

Fair winds and following seas,

- Ray

xo@abc-flx.org

From the Administrative Officer

By Maggie Martin

SV Wined 'n' Down



This afternoon I took a walk through the marina and boat storage yard. The halyards

are flapping in the breeze, the lake is whipped up and no one is around. The restaurant is again in transition, but we expect that it will be open again this spring.

There has been extensive work done on the seawall along the park. Heavy metal pilings and sheets were installed where it was failing, and new paving has been done in large areas. As we are not sailing this winter, I have found a few books to read on my Kindle that are on our favorite subject. It requires no effort to follow other people's accounts of daring adventures on the sea.

Taken by the Wind by Mike Jacker recounts a trip that the

author took with two friends who just graduated from college. They transported one of their Dad's Cal2-30 by truck to New Orleans, set off across the Gulf of Mexico, worked their way down to Panama and through the Canal, to the Galapagos, Tahiti, Polynesian Islands, and ended in Hawaii. It was 1990's minimal electronics, multiple mishaps, relying only on celestial navigation. There were not many other yachts doing the trip back then.

Also a good read, *Come Sail with Me* by Wendy Leo-Smith. The author signed on to crew with a sailboat captain and navigated from South Africa up the coast to the equator, and across to South America and Brazil and the Caribbean. They explored islands and countries unreachable except by boat. Even being well equipped, they had more than their share of difficulties. What an adventure!

I don't know what other people read about, but I have found my

genre. It is all while staying dry and swiping right on the device. This winter all of us have an opportunity to meet and hear about a sailing adventure at our Change of Watch Luncheon at the Harbor Hotel on Sunday, January 14th, 2024 at 12:30. The guest speaker will be Watkins Glen resident, boat designer and builder, Geoff Heath. We have all seen him sailing his beautiful antique *Nahma* on Seneca Lake. It is a one of a kind 42-foot ketch built by Herreshoff Boatworks in Bristol, RI. He will be talking about a 12-month solo trip on the Northern coast of Labrador when he built and sailed his open 16-foot dinghy *Wayfarer*.

Stay warm and dry yourselves, enjoy the Holidays and look forward to Spring!

- Maggie

ao@abc-flx.org

From the Education Director

By Andrew Price, AP



As Winter begins, a calendar year ends, plants and trees – and marinas – lie dormant, awaiting a new year and rebirth.

Every year brings new adventure, new experiences, and new learning. As I end my time as SEO for our club, I look forward to the continuation of the educational program for ABC-FLX via all the excellent USPS classes and seminars. I know I

look forward to future classes, and I know I and all the members and public will continue the mission of becoming better, smarter, and safer boaters.

Recently, we finished three seminar offerings to the public: *How to Use a Chart, Rules of the Road*, and *Tides and Currents*. I enjoyed teaching these seminars and seeing the interest and understanding of the students grow. Tom Alley finished taking a group of able students through the rewarding *Junior Navigation* class. Education continues year-round with ABC-FLX, so keep your eye on your email and the newsletter for upcoming offerings!

I would like to thank all the club members and members of the ABC-FLX Bridge for the engagement and assistance that made my stint as SEO enjoyable. I am sure I will see you on the water in the future. In the meantime, the club will enjoy the experience and talent of Katie Alley as the incoming SEO. I would say Good Luck to Katie, but she won't need it or rely on it! Her skills speak for themselves, so I will just say, "Enjoy!"

- Andrew

seo@abc-flx.org

From the Assistant Education Officer

By Katie Alley, AP

SV Tomfoolery

New Adventures



Your (soon-to-be) SEO has been on quite an adventure. I was

somewhere in the vicinity of latitude 35° north, and longitude 65° west, where all the eye can see is open ocean – nothing but

blue water and blue sky surrounding a seemingly minuscule sailboat. The compass course was nearly due south at 178° and the boat plowed through the water in SW winds at Force 4. Between long blinks over tired eyes, I pulled out my sextant and pointed it towards the July sun, which was nearly overhead. A chaotic mess of pilot charts and constant scale latitude plotting sheets cluttered the navigation table below in the cabin. I carried the heavy responsibility of knowing where exactly we were in this vast, featureless landscape.

I kept my trusty blue Nautical Almanac in reach at all times. No matter how sleepy I was, I couldn't forget the 60DST formula if I tried. After the storm and the GPS failure, my skills had indeed been put to the test.

As much as I literally want to go to Bermuda, this adventure was merely a hypothetical one as a part of my JN exam. Fantasizing offshore sailing journeys is a great way to pass the colder months, especially when it is productive fantasizing that allows one to exercise newly acquired navigational skills. The JN class

was very fascinating, appropriately challenging, and enjoyable to tackle with a fun group of classmates and instructors! Now, we twiddle our thumbs and await our exam results from headquarters.

I'm a bit more grounded back into reality now. I am sitting by my Christmas tree in the exotic town of Horseheads, where the ground is brown and the sky is gray. Not quite like the tropical ocean. I've been scolding Hobie (my cat) for touching ornaments on the tree instead of sitting on my charts and exam papers.

I'm sure someone else in this issue of the newsletter will say it, but it feels very weird to type out the year "2024". What does the

first part of this year look like for me? I turn 25 this month. (Cue quarter-life crisis?) I'll be adding some new tattoos while I don't have to worry about excessive sun exposure (or *any* sun exposure for that matter). Maybe I'll go skiing (if it ever snows). Oh! And I'll be appointed to the SEO position at the upcoming Change of Watch.

With that being said, if you're looking for some ways to pass the winter time that isn't skiing, getting tattoos, or celebrating your birthday, consider reaching out to me with any boating education pursuits you desire! From my understanding, I'll be your new contact for anything you want education-wise out of our chapter. We have our class

calendar that we've been following for several years now (see elsewhere in this issue), but we can always round up our loyal team of instructors to teach any class or seminar you are interested in! If you need to mentally get out of gloomy upstate New York, we can help you fantasize about your next cruise, summer weather patterns, or the physics of sailing.

Stay tuned for our upcoming offerings and Happy 2024!

- Katie

aseo@abc-flx.org

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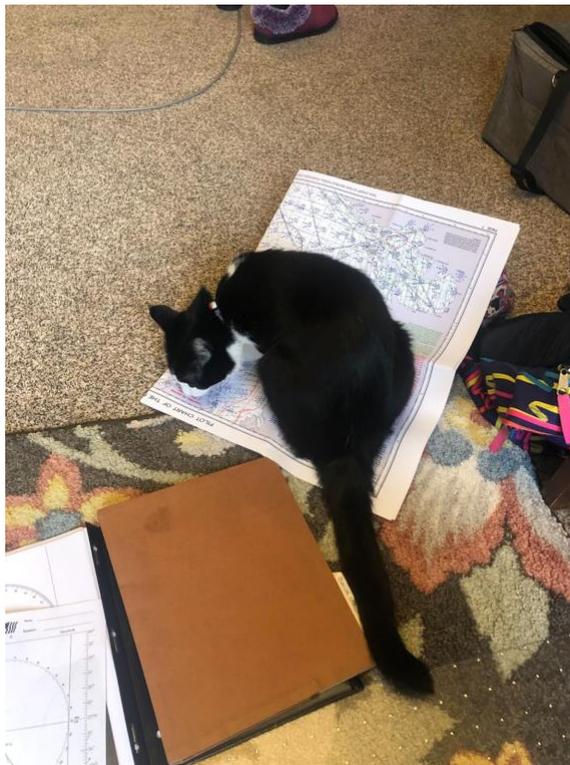


Figure 1: He's actually illiterate despite what it looks like.

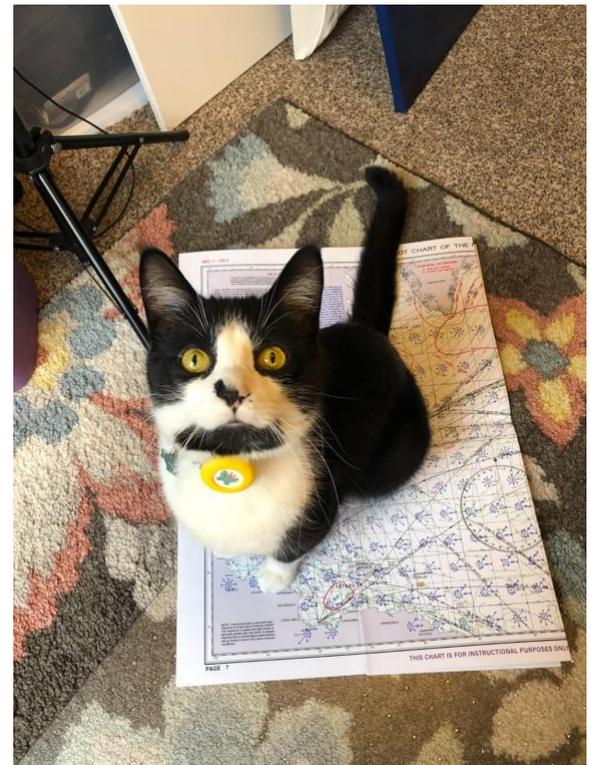


Figure 2: Cute, but NOT helpful Hobie cat!

Secretary's Sidenotes

By Kris West, S

Adventures Past & Future



With the winter solstice in the rearview mirror and the days getting longer, I can't help but look forward to

the coming year. First up in 2024 is our Change of Watch meeting on January 14th at 12:30 at the Harbor Hotel in Watkins Glen. The program promises to be inspiring so please mark your calendar and be sure to RSVP to Commander Phil **before January 6th**.

Like so many people at this time of year I also take stock of some highlights from 2023. Among them are the visits paid to us by family. I recall chatting with one of my sisters one day last summer and casually mentioning that if she and her husband could plan a trip to see us, we'd take them sailing on beautiful Seneca Lake. I thought she'd want to check calendars and get back to me, but, to my surprise and delight, she immediately said, "How's this weekend sound?" Oh, did I mention she lives in Wisconsin?

A few days and 16 hours of windshield time later, they arrived at our house in Painted Post just ahead of a spectacular weekend. After a good night's sleep, we hit the docks and headed out for a sail. It was a perfect afternoon because, after a brisk sail, the wind died and we were able to drop the sails, let the boat drift in the middle of the lake while we had a picnic and went for a swim.

Eventually, it was time to head back to shore, so I made ready to start the engine. I turned the key, pressed the ignition switch and...., nothing. Hmm. I tried again and...., again, nothing. I could feel everyone aboard take a breath, look to me to fix it and get them back home safely. This was precisely the moment that I was incredibly grateful for having taken the ABC Engine Maintenance course.

Immediately, I remembered that the symptoms we were experiencing (i.e., the engine not turning over) likely had something to do with the electrical system. Next, I remembered the words of our instructors. Whenever something goes wrong, don't panic. Then, check the easy and obvious first. In the wink of an eye, I was down below checking that the battery switch was in the right position (it

was). Then, I confirmed that the batteries were charged (they were). Then, a little 'aha' moment hit me. I'd experienced something similar before when I forgot to put the shift control into neutral. Back in the cockpit I made a small adjustment to the shift lever. One more try with the switch, the engine came to life with no hesitation and any anxiety that might have been creeping up on me washed away in a flash.

Knowing how to handle misadventures, big and small, is only gained through experience. Being a member of the Finger Lakes Chapter of America's Boating Club and taking advantage of our great educational programing has helped me build a good foundation for taking on new challenges aboard my own boat. All I've gained from the sailing family in Watkins Glen has inspired me to step into a new role with the club. So, with that, I sign off from the Secretary's Side Notes and, pending the vote at our meeting on January 14th, look forward to succeeding Ray Margeson as Executive Officer.

Now, get outside and have fun!

- Kris
secretary@abc-flx.org

Nominations for 2024 ABC-Finger Lakes Chapter

Notice is hereby given for this year's Change of Watch ceremony on Sunday, January 14th, 2024 at 12:30pm at the Harbor Hotel in Watkins Glen, NY. As most of you know, the Change of Watch serves as our club's annual meeting. At this gathering, we will elect officers for the coming year as well as conduct any business that may be raised from the floor.

The Nominating Committee Chair proposes the following nominees for 2024:

Bridge Positions:

- Commander – Philip Cherry, AP
- Executive Officer – Kris West, S
- Administrative Officer – Maggie Martin
- Educational Officer – Katie Alley, AP
- Asst. Educational Officer – Scott Williams, AP
- Secretary – Jeff Mack, AP
- Treasurer – Marcia Taylor, AP

2024 Nominating Committee

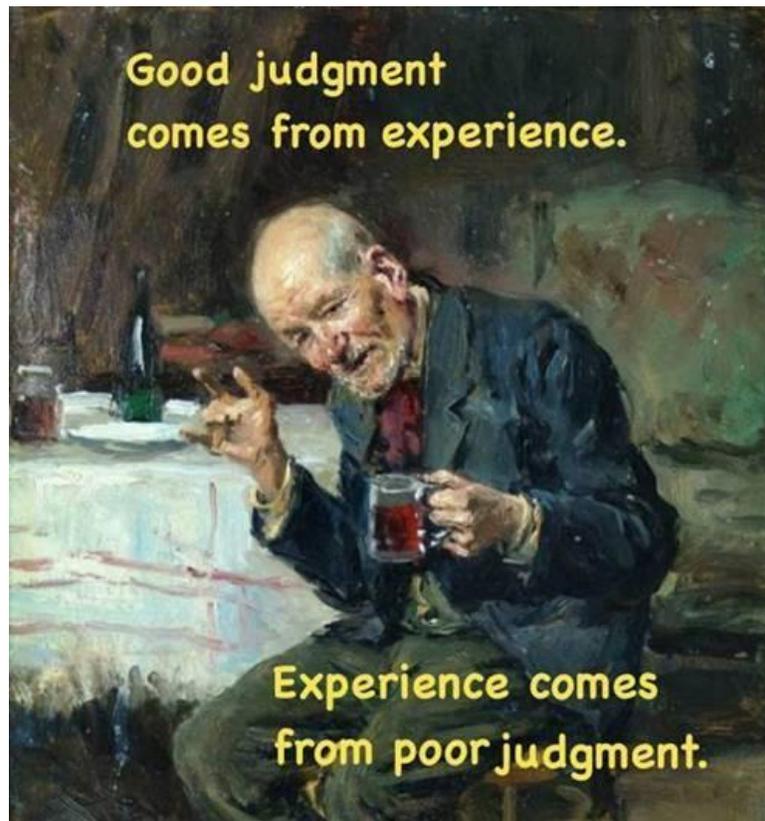
- James McGinnis, SN-CN, Phil Cherry, AP, Kris West, S

2024 Audit Committee

- Lt/C Denis Kingsley, S

Executive Committee:

- P/C P/C James McGinnis SN-CN
- Member P/C Mark Erway, AP
- Member Lt Thomas Taylor, AP
- Member R/C Thomas Alley, SN-CN



Membership Thoughts

By Mark Erway, AP

Membership Chairman

Membership Year-End Update



It has been a very busy year for our Finger Lakes Chapter, and many thanks are due to our leadership team, our

educators, and our social activity planners. There was no lack of activities along with plenty of courses and seminars for everyone's interest.

As of 12/30/23 our member roles show that we have 66 active members. Of that number, five

are new people who joined us during 2023, and they are: James and Jennifer Stephens in July; Shane and Jacqueline Alsworth in September; and Scott Williams in October. Again, "Welcome Aboard".

Watch for your membership renewal notices and make sure the email you have in your online membership account with National is up to date or you'll miss those notices.

Membership does have its privileges, like reduced rates for classes and seminars, online access to educational videos, a "ship's store" where you can buy branded products and many things nautical and a whole lot more. We also have gatherings that feature

excellent speakers, meet-ups at the Village Marina, and a chance to visit each other's boats and forge new friendships and get great ideas.

May your season on the hard be filled with preparation for this summer's boating season. It's a good time to review your check lists, make sure you have plans to fix things as soon as the weather breaks, and take time to learn something new on those long, cold winter nights.

Best wishes to all for a Happy New Year!

Your Membership Chairperson,

- Mark

membership@abc-flx.org

YOU KNOW WHEN
YOU BUY A BAG
OF SALAD & IT
GETS ALL BROWN
& SOGGY?

COOKIES DON'T
DO THAT

ABC-FLX News

Happy Birthday!

Happy birthday to our members!

January

Maura Toole
Mike Crouse
Lewis Chesebrough
Katie Alley
Shane Alsworth

February

Dave Hursh
Billy Alley
Jon O'Brien
Katie Chesebrough
Dee Stafford
Meg Cabezas

warning will state that under certain conditions the receiver in the AIS unit can become desensitized by nearby VHF transmissions, resulting in updates from other vessels not being processed by the AIS unit. For this reason, the USCG recommends that boaters ***not*** rely solely on AIS for collision avoidance.

Look for a more detailed article once more information is received on this topic.

previous years, the Department of Health, the Office of Parks Recreation and Historic Preservation, Stony Brook University, the New York City Department of Parks and Recreation, and other agencies and organizations were instrumental in documenting HABs in New York State in 2023.

A summary of HABs reported during 2023 is available in the archive section of the [Harmful Algal Blooms webpage](#).

Historical HABs data through 2022 is provided on [Open NY](#), which gives public access to digital data (Search the "Data NY" portal for "Harmful Algal Blooms"). View historical water quality monitoring data, including HABs information, at the [DOW Monitoring Portal](#). Both OpenNY and the Monitoring Portal will be updated with 2023 HABs data over the coming months.

Blooms May Still Occur Any Time of Year

HABs may occur on waterbodies throughout the year, although fewer blooms occur as water and air temperatures decrease. DEC [recommends avoiding contact](#) with floating mats, scums and discolored water at any time – Know it, Avoid it, Report it!

Reported by the NYS Department of Environmental Conservation

Algal Bloom Season Summary



During 2023, over 200 waterbodies statewide were listed as "Confirmed HABs" on the New York HAB System (NYHABS). Over 1,100 HAB reports were submitted to DEC and confirmed by staff (See the [HABs Program Guide](#) (PDF) for more information). The reports ranged from a single observation to widespread blooms that were persistent throughout the season.

Members of the public, the Citizen Statewide Lake Assessment Program, and the DEC Lake Classification and Inventory Program contributed extensively to HABs reporting. Refer to the Division of Water's [Water Quality Monitoring webpage](#) for more information on these programs. In addition, as in

News Release - USCG



United States Coast Guard
U.S. Department of Homeland Security

Ninth Coast Guard District Great Lakes

Coast Guard to rename Sectors Buffalo, Sault Ste. Marie

11/27/2023 10:54 AM EST

CLEVELAND — Coast Guard Sectors Buffalo and Sault Ste. Marie are scheduled to change names to Sectors Eastern Great Lakes and Northern Great Lakes, respectively, on December 1st, 2023.

Contact: Ninth District Public Affairs Office: (216) 902-6020

AIS Users Cautioned

Just prior to publication, notice was given of an impending warning to be issued by the US Coast Guard to AIS users. The

you friendly newsletter editor so that it can be included!

Upcoming Classes & Seminars

Where Do I Start?

[Where Do I Start? \(usps.org\)](https://www.usps.org)

To work through the progression of Boating Classes and the progression of Boating skills development we have organized the classes and skills on the Long-Term Schedule. If you have any questions or want a class offered sooner let me know.

Instructor Recertification

If you are a certified USPS instructor, your certification must be renewed every four years to ensure that you are up to date with the latest educational techniques and regulatory requirements.

A recertification seminar (2 hours) will be held in January via a live Zoom videoconference. The session is interactive and active participation is required.

If your certification is expiring in 2024 and you have not already been contacted, please contact Charlie Fausold (cfausold@gmail.com) as soon as possible.

America's Boating Course

In just 12 months, Brianna's Law stipulates that *everyone* in New York State will be required to have a boater safety card to operate a vessel. Beat the last-minute rush and get your safety cards before the deadline!

The Finger Lakes Chapter will be offering this course in multiple sessions this year, beginning in March. Stay tuned for additional details in future issues of this newsletter or contact the Education Officer if you can't wait.

Sail

Tired of trying to master the art of sailing by reading books? How about learning how to sail a boat by actually getting on a boat and learning how to sail with all of your senses?

Our club will again offer its nationally recognized Sail course beginning in May and continuing through early July. Unlike other sailing classes, we combine classroom and on-the-water experiences to help students feel and understand the concepts behind getting a sailboat from here to there.

The 9-week course consists of 3 classroom sessions, 4 hands-on, on-the-water sessions, a review session and a final exam. Even if you've been sailing for years, you'll be guaranteed to learn something new from our staff of highly experienced instructors!

Celestial Navigation

Building on the Offshore Navigation class, this course expands on concepts introduced in "Junior Navigation" and

extends them to allow students to navigate by traditional means using stars, planets, and the moon in addition to the sun.

The classroom sessions won't begin until this fall, but sight-taking sessions will take place during the (much warmer) summer months aboard various instructors' vessels on Seneca Lake. Sight-taking sessions will take place in the evening during dusk and twilight on Fridays and Saturdays.

How to Register

If you have questions about any of these courses, or better yet, if you wish to sign up, please contact: Finger Lakes Chapter Education Officer, Katie Alley

seo@abc-flx.org

or the Assistant Education Officer, Scott Williams

aseo@abc-flx.org

Or you can go to the national web site (www.usps.org) and register under the "Find A Boating Class" tab on the member home page.

Looking for Something?

ABC-FLX would be happy to hear your requests and ideas. Feel free to contact me, Katie Alley at

seo@abc-flx.org

or Scott Williams at

aseo@abc-flx.org

Available subjects for instruction
can be found on the chapter web
site:

www.abc-flx.org

Long-Term Class Schedule

Seneca Education Department

BOC Level	Title	2023	2024	2025	2026	2027	2028	
Inland Navigator	Classes	ABC	C	X	X	X	X	X
		Boat Handling	C		X		X	
		Engine Maintenance						X
		Marine Electrical Systems				X		
	Seminars	Using A Chart	C					
		VHF/DSC Radios	C					
		Using GPS						X
		Basic Weather and Forecasting					X	
	Skills	Basic Powerboat Handling						X
		Fire Extinguishers						

BOC Level	Title	2023	2024	2025	2026	2027	2028	
Coastal Navigator	Classes	Marine Navigation	X			X		
		Marine Communication Systems			X			
		Weather		X				
	Seminars	Tides & Currents	C					
		Rules of the Road	C	X				
		Anchoring						
		Mariner's Compass				X		X
	Skills	Coastal Nav						X
		Pyrotechnics					X	

BOC Level		Title	2023	2024	2025	2026	2027	2028
Advanced Coastal Navigator	Classes	Advanced Marine Navigation	C			X		X
		Cruise Planning		X				
		Marine Navigation Systems			X			
		Radar		X				
	Sem.	Emergencies Onboard	C					
		Marine Radar		X				
	Skills	Advanced Coastal Nav	X					
		First Aid						

BOC Level		Title	2023	2024	2025	2026	2027	2028
Offshore Navigator	C	Offshore Navigation	C			X		
	Sem.	Computer Weather Forecasting		X				
		Thunderstorms / Severe Weather		X				
	Skills	Offshore Navigation						
		CPR/AED						
Endorsments		Sail		X		X		X
		Boating on Rivers, Locks, and Lakes	C				X	
		Canadian Regulations			X			
		Paddlesmart			X			X
Other		Instructor Development						X
		Instructor Recertification		X		X		X
		Operations Training						X
		Celestial Navigation		X			X	

Table Key

X = Planned

C = Completed

The Truth About Cold Water

By Mario Vittone

[This article was first published to gCaptain.com in 2010 and is reprinted here with permission of the author. -Ed.]

I'm going to come right out and tell you something that almost no one in the maritime industry understands. That includes mariners, executives, managers, insurers, dock workers, for certain – fisherman, and even many (most) rescue professionals:

It is impossible to die from hypothermia in cold water unless you are wearing flotation, because without flotation – you won't live long enough to become hypothermic.

Despite the research, the experience, and all the data, I still hear “experts” – touting as wisdom – completely false information about cold water and what happens to people who get in it. With another season of really cold water approaching, I feel compelled to get these points across in a way that will change the way mariners behave out there on (or near) the water.

What follows is the truth about cold water and cold-water immersion. I know that you think you know all there is to know about hypothermia already (and maybe you do) but read ahead and see if you aren't surprised by something.

When the water is cold (say under 50°F) there are significant physiological

reactions that occur, in order, almost always.

You Can't Breathe

The first phase of cold water immersion is called the **cold shock response**: It is a stage of increased heart rate and blood pressure, uncontrolled gasping, and sometimes uncontrolled movement. Lasting anywhere from 30 seconds to a couple of minutes depending on a number of factors, the cold shock response can be deadly all by itself. In fact, of all the people who die in cold water, it is estimated that **20% die in the first two minutes**. They drown, they panic, they take on water in that first uncontrolled gasp, if they have heart problems – the cold shock may trigger a heart attack. Surviving this stage is about getting your breathing under control, realizing that the stage will pass, and staying calm.

You Can't Swim

One of the primary reasons given by recreational boaters when asked why they don't wear a life jacket, is that they can swim. Listen up, Tarzan; I swam for a living for the better part of my adult life, and when the water is cold – none of us can swim for very long. The second stage of cold water immersion is called **cold incapacitation**. Lacking adequate insulation your body will make its own. Long before

United States Coast Guard, Retired

your core temperature drops a degree, the veins in your extremities (those things you swim with) will constrict, you will lose your ability control your hands, and the muscles in your arms and legs will just flat out quit working well enough to keep you above water. Without some form of flotation, and in not more than 30 minutes, the best swimmer among us will drown – definitely – no way around it. Without ever experiencing a drop in core temperature (at all) over 50% of the people who die in cold water, die from drowning perpetuated by cold incapacitation.

You Last Longer than You Think

If you have ever heard the phrase, “That water is so cold, you will die from hypothermia within ten minutes.” then you have been lied to about hypothermia. For that matter you can replace ten minutes with twenty, or thirty, or even an hour, and you've still been lied to. In most cases, in water of say 40 degrees (all variables to one side), it typically takes a full hour to approach unconsciousness from **hypothermia**, the third stage of cold water immersion. But remember, you must be wearing flotation to get this far.

We are all different in this regard, but I once spent an hour in 44 degree water wearing

street clothes and my core temperature was only down by less than two degrees (I was not clinically hypothermic). It was uncomfortable to be sure, and I wouldn't recommend finding your own limit, but it probably would have taken another hour to lose consciousness, and an hour after that to cool my core to the point of no return. The bodies efforts to keep the core warm – vasoconstriction and shivering – are surprisingly effective. The shivering and blood shunting to the core are so effective, that twenty minutes after jumping in (twice the “you’ll be dead in ten minutes” time), I had a fever of 100.2.

Rescue Professionals Think You Live Longer

There is a good side to the misconceptions about hypothermia. Should you ever be in the water in need of rescue, you can be certain that the Coast Guard is going to give you the benefit of every possible doubt. When developing search criteria – search and rescue coordinators use something called the Cold Exposure Survival Model (CESM): It is a program wherein they enter all the available data about the victim (age, weight, estimated body fat, clothing, etc.) and about the environment (water temp, sea state, air temp, wind) and the software spits them out a number that represents the longest possible time you can survive under those conditions. I plugged my own information

into it once and it said I could survive for over 4 hours in 38-degree water wearing nothing but a t-shirt and jeans and no flotation. I can tell you from experience that the CESM is full of it – I'd give me 35 minutes tops – but the error is comforting. If the program that determines how long I might live is going to be wrong – I want it to be wrong in that direction.

Out of the Water is Not Out of Trouble

I lost count of the number of survivors I annoyed in the back of the helicopter because I wouldn't let them move. I had a rule – if they came from a cold water environment – they laid down and stayed down until the doctors in the E.R. said they could stand. It didn't matter to me how good they felt or how warm they thought they were. Because the final killer of cold water immersion is **post-rescue collapse**. Hypothermia does things besides making everything colder. Victims are physiologically different for a while. One of the things that changes is called heart-rate variability. The hearts ability to speed up and slow down has been effected. Getting up and moving around requires your heart to pump more blood, being upright and out of the water is also taxing, then any number of other factors collide and the heart starts to flutter instead of pump – and down you go. Victims of immersion hypothermia are two things: lucky to be alive, and fragile.

Until everything is warmed back up – out of the water and dry is good enough – mobility comes later.

Did You Learn Anything?

If you did, then hopefully you'll use it to make good decisions when it comes to being safe on and around cold water; good decisions like these:

1. When working on deck, wear flotation. This includes, especially, all fisherman in Alaska. I couldn't find more recent research, but the 31 Alaskan “fell overboard” casualties in 2005 died from drowning, not cold water. Not one of them was wearing flotation. Many couldn't stay above water long enough for their own boats to make a turn and pick them up... over a life jacket.
2. If you witness a man overboard – getting the life ring directly to them is critical (vital – step one – must do it). Make certain that all-important piece of safety gear is not just on your vessel, but readily available and not tied to the cradle.
3. When working on deck – wear flotation. I said that already? Well, when I quit reading search reports that end with “experienced” mariners dying because they thought they understood cold water – I'll come up with better advice.

For more advice about how to handle an accidental immersion into cold water – please watch [Cold Water Boot Camp](#) – it is one of the best 10 minutes on immersion hypothermia ever produced. For even more advice, ask me a question on the discussion boards.

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Mario's first experience with at-sea emergencies was as ship's company

aboard the USS Coral Sea, a WWII era aircraft carrier, in 1985. Joining the Coast Guard in 1991 he worked at Training Center Cape May before

transferring to the Cutter Point Franklin as a helmsman and small boat coxswain. He graduated from Helicopter Rescue Swimmer School in 1994 and began his career in helicopter rescue with two tours at Air Station Elizabeth City, one at Air Station New Orleans, then finally as an instructor and course developer at the Aviation Technical Training Center in Elizabeth City, NC. He retired from the U.S. Coast Guard in 2013 following four years as a vessel inspector and accident investigator in Norfolk, Virginia.

Mario is a leading expert on immersion hypothermia, drowning, sea survival, and safety at sea. His writing has appeared in Yachting

Magazine, Soundings, SaltWater Sportsman, MotorBoating Magazine, Lifelines, On-Scene, and Reader's Digest. He has developed courses for municipal rescue teams and the military on search and rescue tactics and open ocean survival. In 2007, he was named as the Coast Guard Active Duty Enlisted Person of the Year and was named as the 2009 recipient of the Alex Haley Award for Journalism.

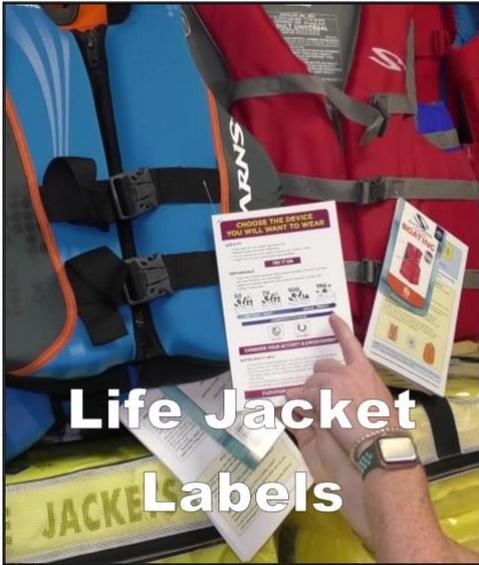
He lives and works in Apollo Beach, Florida, as the General Manager of [Lifesaving Systems Corp.](#), the world's leading manufacturer of helicopter and maritime rescue and survival equipment.



Understanding Life Jacket Labels

By the America's Boating Channel Staff

USPS National



Channel offers the video “[Life Jacket Labels](#)” in which you are introduced to the simplified labels that contain less writing and more icons.

Regardless of your age or experience level, data shows that life jackets save lives. So don't hesitate to replace older life jackets. America's Boating Channel also produced a sequel entitled “[New Label Benefits](#)” that covers the advantages of the new life jacket labeling system. In this video, viewers learn how to interpret label icons. Also featured are tips for selecting the right life jacket for your intended on-the-water activity.

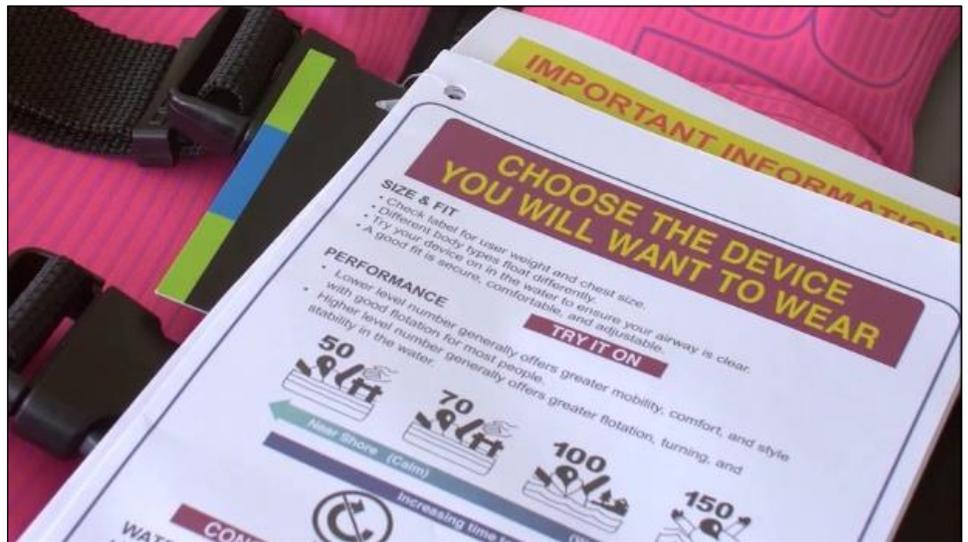
Follow the above links or visit <https://www.youtube.com/@AmericasBoatingChannel> to find these and other safe boating videos, which are an excellent

tool to help recruit participants to our educational program and to membership. Invite your friends and neighbors to watch, like and subscribe to America's Boating Channel to introduce them to what our organization has to offer.

In addition to YouTube, these professionally produced high-definition safe boating and boater education videos are available via the America's Boating Channel free, on-demand app on Apple TV, Roku or FireTV. [America's Boating Channel™](#) is produced by the United States Power Squadrons® (USPS) under a grant from the Sport Fish Restoration and Boating Trust Fund administered by the U.S. Coast Guard.

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Let's start the year by getting our life jackets ready for the 2024 boating season. If you cleaned and inspected your life jackets before storing them for winter storage, you should know how many need to be replaced. Which brings us to our topic of life jacket labels. You may be unaware of the new labeling system if you have not purchased a life jacket recently. Type I, II, III and IV labeling was removed by the U.S. Coast Guard from the Code of Federal Regulations in 2014, but it is taking several years for the legacy designations to be phased out. To help boaters understand the current labeling system, Season Four of America's Boating



Finger Lakes Chapter Apparel

By Tom Alley

Tomfoolery

A number of years ago, the Finger Lakes Chapter of America's Boating Club made embroidered polo shirts available for its members. Unfortunately, the supplier went out of business a few years ago, and we haven't been able to make a similar offer since then.

Fortunately, a new (local!) supplier has been found and we can once again offer these shirts to our membership. You've probably seen other members wearing them at various events. Now you can show off your membership as well!

Ordering Information

Product details are shown below and an order form can be found at the end of this newsletter. Send any questions to Tom Alley (tom@abc-flx.org).

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88181P **primeplus** CORE365 Men's Origin Performance Piqué Polo with Pocket

Product Specifications

	S	M	L	XL	2XL	3XL	4XL	5XL
BODY WIDTH	20.5	22	23.5	25	26.5	28	29.5	31
FULL BODY LENGTH	28	29.25	30	30.75	31.5	32.25	32.25	32.25
NECK CIRCUMFERENCE	17	17.5	18	18.5	19	19.5	20	20.5
SLEEVE LENGTH	19.5	20.125	20.75	21.375	22	22.625	23.125	23.625

Size Chart

	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	35-38	39-41	42-45	46-49	50-52	53-56	57-60	61-64



Product Features

- Available in men's and lady's styles.
- 4.1 oz/yd², 100% polyester piqué with moisture-wicking, antimicrobial and UV protection performance
- Matching flat-knit collar
- Heat-sealed label
- Three-button placket (men's), four-button placket (lady's)
- Chest pocket
- Side slits
- ABC embroidery above breast pocket
- Custom embroidery available on right sleeve (additional fee)
- Available in 9 colors

78181P CORE365 Ladies' Origin Performance Piqué Polo with Pocket

Product Specifications

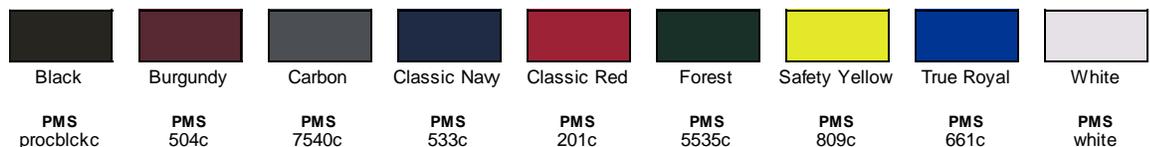
	XS	S	M	L	XL	2XL	3XL
BODY WIDTH	17.5	18.5	19.5	21	22.5	24	25.5
FULL BODY LENGTH	24	24.75	25.5	26.25	27	27.75	27.75
NECK CIRCUMFERENCE	16	16.5	17	17.5	18	18.5	19
SLEEVE LENGTH	15	15.5	16	16.625	17.25	17.875	18.5

Size Chart

	XS	S	M	L	XL	2XL	3XL
CHEST	31-32	33-35	36-38	39-42	43-45	46-49	50-53



9 Available Colors



The Last Word

By Tom Alley, SN-CN

SV Tomfoolery

Turning the Page



As I write this, my wife and I are still sending out the last of our

Christmas cards and still picking up last-minute gifts for people we can't believe we didn't think of earlier. By the time you read this, many of you will probably already be taking down your Christmas decorations and crossing off several New Year's resolutions that have already fallen by the

wayside. In between, we've all turned the page on our calendars to a brand-new year.

With this ceremonial page-turning, many of us are already beginning to plan our adventures for the 2024 sailing season. I would encourage all of you to plan to do just one thing next summer to expand your boating horizons, even if just by a single step. For some of you, the "next step" is leaving the dock to go for a day sail. For others, that step will be a multi-week voyage to the Great Lakes or beyond. Whatever it is, I encourage you to take that next step. Big or small, the sense of accomplishment will be the same.

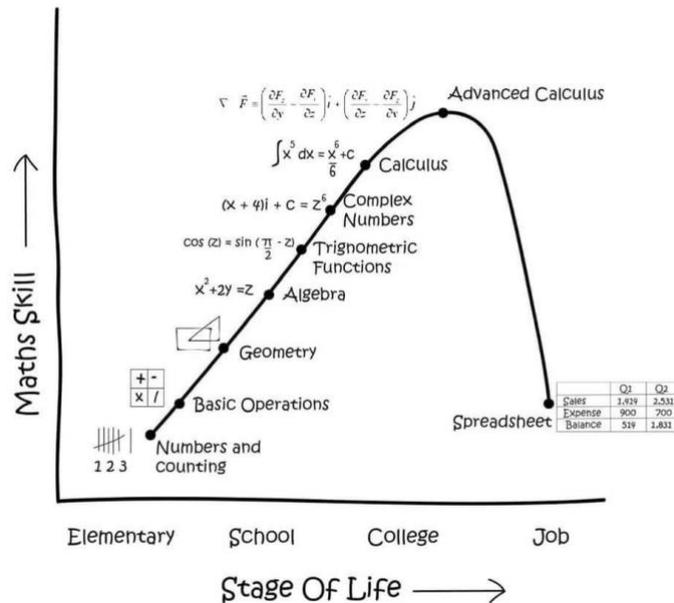
No matter how big or small your 'next step' is, know that there are plenty of members in your club that have taken that step before and can help you overcome whatever obstacles you might face as you prepare for it. Just ask. You'll be amazed at the encouragement you get.

And with that, get your logbook and go turn your page!

- Your Editor, Tom
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As always, send your thoughts about this newsletter to:

editor@abc-flx.org
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Calendar of Events

January 2024

- 01 Finger Lakes *Drum* January issue publication date
- 09 Bridge Meeting (1900)
- 14 Finger Lakes Change of Watch
- 19 Deadline for D/6 *The Deep 6* articles. (D/6)
- TBA Instructor Recertification Seminar, *online* (1900).

February 2024

- 01 *The Deep 6* winter issue publication date. (D/6)
- 03-12 USPS Annual Meeting (National)
- 13 Bridge Meeting (1900)
- 23 Deadline for *Drum* Articles

March 2024

- 01 Finger Lakes *Drum* March issue publication date.
- 12 Bridge Meeting (1900)
- 22-24 District 6 Spring Council & Conference, *The Seasons Hampton Inn, Keuka Lake, NY* (D6)

April 2024

- 09 Bridge Meeting (1900)
- 19 Deadline for *The Deep 6* articles (D/6)
- 22 Deadline for *Drum* Articles

May 2024

- 01 Finger Lakes *Drum* May issue publication date.
- 01 *The Deep 6* spring issue publication date. (D/6)
- 14 Bridge Meeting (1900)
- 18-24 Safe Boating Week (National)

June 2024

- 11 Bridge Meeting (1900)
- 21 Deadline for *Drum* Articles

July 2024

- 01 Finger Lakes *Drum* July issue publication date.
- 09 Bridge Meeting (1900).

12-16 Lake Ontario 300 Challenge Race.

19 Deadline for *The Deep 6* articles. (D/6)

26-28 Summer Boater Weekend, *Sampson State Park Marina, Seneca Lake.*

August 2024

- 01 *The Deep 6* summer issue publication date. (D/6)
- 13 Bridge Meeting (1900)
- 23 Deadline for *Drum* Articles

September 2024

- 01 Finger Lakes *Drum* September issue publication date.
- 10 Bridge Meeting (1900)

October 2024

- 08 Bridge Meeting (1900)
- 25 Deadline for *The Deep 6* articles (D/6)
- 25 Deadline for *Drum* articles
- TBA District 6 Fall Council & Conference (D/6)

November 2024

- 01 Finger Lakes *Drum* November issue publication date.
- 01 *The Deep 6* fall issue publication date. (D/6)
- 12 Bridge Meeting (1900)

December 2024

- 20 Deadline for *Drum* Articles

Calendars are "living documents." For the latest information on squadron activities, please check our web site:

<http://www.abc-flx.org>

or our Facebook page:

<http://facebook.com/SenecaPowerSquadron>

for any last-minute changes.

Finger Lakes Chapter Apparel Order Form



Breast embroidery graphic.

NOTE: Embroidery colors will be different on darker shirts but will conform to USPS standards.

Order for:

Name: _____

Address: _____

Phone: _____

Email: _____

Circle the size and color desired. Use additional sheets if ordering multiple colors or custom sleeve embroidery.

Description	Color	Size / Price	Qty	Total
MEN'S Origin Performance Piqué Polo w/Pocket <ul style="list-style-type: none"> • Matching flat-knit collar • Heat-seal label • Three-button placket • Chest pocket • Side slits • 4.1 oz/yd², 100% polyester piqué with moisture-wicking, anti-microbial and UV protection performance • Embroidered with "ABC-FLX logo over breast pocket. 	Black	S \$31		
	Burgundy	M \$31		
	Carbon	L \$31		
	Navy	XL \$31		
	Red			
	Forest	2XL \$33		
	Yellow			
	Royal	3XL \$36		
	White	4XL \$36		
			5XL \$36	
Custom embroidery on sleeve: _____		Add \$5		
WOMEN'S Origin Performance Piqué Polo w/Pocket <ul style="list-style-type: none"> • Matching flat-knit collar • Heat-seal label • Four-button placket (narrow for a feminine look) • Chest pocket • Side slits • 4.1 oz/yd², 100% polyester piqué with moisture-wicking, anti-microbial and UV protection performance • Embroidered with "ABC-FLX logo over breast pocket. 	Black	XS \$31		
	Burgundy	S \$31		
	Carbon	M \$31		
	Navy	L \$31		
	Red	XL \$31		
	Forest			
	Yellow	2XL \$33		
	Royal			
	White	3XL \$36		
Custom embroidery on sleeve: _____		Add \$5		
Total Due				

Make checks payable to: "America's Boating Club – Finger Lakes Chapter".

Send checks and completed order forms to: Tom Alley, 38 Woodland Dr, Big Flats, NY 14814