

# Lifeline

July 2011 Vol. 36 No. 7  
Newsletter of the U.S. Coast Guard Auxiliary Flotilla 2-76 5NR

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Reminder: There is no Flotilla Meeting this month.

## Flotilla Staff Officer Monthly Reports: Communications (CM)

From [www.volunteer-yachtclub.com](http://www.volunteer-yachtclub.com)

What the American Red Cross says about hot weather....

### IN THE HOT WEATHER . . .

- **Dress for the heat: Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or use an umbrella.**
- **Drink Water: Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine which dehydrate the body.**
- **Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.**
- **Avoid using salt tablets unless directed to do so by a physician.**
- **Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.**
- **Stay indoors when possible.**

### KNOW WHAT THESE HEAT-RELATED TERMS MEAN

**Heat wave:** More than 48 hours of high heat (90 F or higher) and high humidity (80% relative humidity) or higher are expected.

**Heat index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 F.

**Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

**Heat exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

**Heat stroke:** Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105 F.

### **GENERAL CARE FOR HEAT EMERGENCIES . . .**

1. Cool the Body
2. Give Fluids
3. Minimize Shock

**Heat cramps/heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. Give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets.

**Heat stroke:** Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it

closes the skin's pores and prevents heat lose.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

Recycle your old sail and **SAVE** on a new North sail with our **Blue Is Green** program! Simply [register online](#) for this offer and you'll automatically receive a voucher for **20% toward a new North sail**. \* Sail must be purchased between July 1st and September 3, 2011. After you register, we'll email you a FREE UPS shipping tag so you can ship your old sail to the North Recycling Center. Once your recycled sail is received, we'll send you a free tote bag made from recycled sail cloth by Sea Bags, Inc.

Go to the link below to find out more and register.

<http://www.na.northsails.com/tabid/14313/Default.aspx>

Matt O'Brien, FSO-CM

### **Communication Services (CS)**

The broken link to our flotilla site that resides on [Sector Delaware Bay page](#) has been fixed.

Darryl Stevenson, FSO-CS

### **Materials (MA)**

All members that are in need of any materials please e-mail me at [jimmyde46@aol.com](mailto:jimmyde46@aol.com). It is important that you e-mail or send by text or letter any material request. Please provide name, address, id number, and what you are requesting to be ordered. Allow three weeks for delivery although you may receive an order earlier.

Jimmy Deleon, FSO-MA

### **Operations (OP)**

Swim test - three additional trainees from our Division successfully completed the boat crew swim test in June. Many thanks to the Drexel University Athletics Department for the support with our second swim test this season held at the DU Pool.

This event was very informative to all in attendance as we certainly drew some attention at the pool as we had a lane reserved during a peak work out time. Jose Rivera explained the many important details of the survival equipment and usage

among other topics. At the conclusion one trainee actually tested an auto inflatable type PFD. The device deployed as designed and a detailed review of PFD types followed.

All trainees performed the required swim test tasks with proficiency. We wish them well with their continued boat crew training.

Patrols - two AUX Vessels participated in both scheduled Holiday fireworks events (June 25 + July 2) as part of the safety area perimeter patrol.

Tow Assist - both AUX Vessels were assigned to assist + tow a vessel prior to the July 2 event. The vessel and all on board were safely towed to home port.

Brian Lynch, FSO-OP

### **Vessel Examinations (VE)**

Remember to turn in your VE Inspections along with the appropriate Forms. For those who need additional Forms or VE stickers, don't hesitate to contact me.

Paul Parravicini FSO-VE



## **CHANGE OF WATCH: SAVE THE DATE!**

**We're going back to the CORINTHIAN YACHT CLUB. The date is SATURDAY, December 10, 2011, from 1200 to 1600 (noon to 4 p.m.)**

**There will be more notices forthcoming - but mark your calendars NOW. There will be no excuse that you didn't know about it in ample time.**

**If you have any questions, call Muriel Lewis at (610) 642-2442**

## **Lost at sea? There's an app for that**

By BRIAN IANIERI Staff Writer |

The Boat Owners Association of the United States, which is like an automobile club for recreational boaters, rolled out a smartphone application this year for stranded boaters.

The free app uses GPS technology built into the high-tech phones to help tow boats find locations of boats, especially when the boaters don't know where they are.

[Click here to download the app to your smartphone](#)

The app got one of its early uses last month in South Jersey from Tow Boat US in Ocean City, which covers areas from Brigantine to Avalon.

On May 29, a 21-foot bowrider broke down in a bay on a foggy afternoon.

The two boaters aboard left from Beach Haven but thought they were near the Borgata Hotel Casino & Spa, said Patti Kearney, a tow boat captain for Tow Boat US in Ocean City.

They called from a smartphone and were asked to download the app, Kearney said. They were subsequently found near Beach Haven, she said.

Technology like this may represent the future, she said.

"We're definitely seeing the smartphone is becoming a huge player in what we're doing," she said. "With the people being able to use their phones and use their app, it's like ordering a pizza online, but it's, 'I broke down, I need a tow.'"

Kearney said the tow company responds mostly to boaters who ran out of gas or whose batteries died. This could include 30 to 40 responses a week in the summertime, she said.

"The way we've done it for years, they call the 800 number. ... They've always relied on the folks on the boat to give the location. Sometimes, though, the GPS doesn't function, or they don't know how to use it," she said.

The Boat Owners Association app has been downloaded 36,000 times and used 41 times, said Scott Croft, spokesman for the Alexandria, Va.-based, company.

Croft said the app only applies to non-emergency calls. A marine radio should be the first choice for emergencies, he said.

But the app represents a backup and helps eliminate one of the tricky parts for tow boats trying to get a precise location, Croft said.

"The joke is we get the call and someone says, 'Why can't you see me? I'm right under the white cloud.'"

Kearney knows how that can be an issue as well.

"Years ago I had a guy who said, 'I'm in the ocean. I'm between Atlantic City and Europe and I'm wearing a pink hat.'"

He was found about 4 miles off Atlantic City, she said.

The app works on Android phones and Apple iPhones. It also allows the user to share his or her location with friends.

## **Boaters Reminded to Follow Safety Tips Over July 4 Holiday**

Harrisburg, PA – As the busy July 4 holiday approaches, the Pennsylvania Fish and Boat Commission (PFBC) is reminding boaters to follow safety precautions when they are on the water, particularly when engaging boat propellers.

“Boating is among the most popular of summer recreational activities and a lot of people like to anchor their boats and go swimming,” said Ryan Walt, PFBC boating and watercraft safety manager. “However, a day of fun and sun out on the water could end in serious injury or even death if boaters don't follow appropriate safety precautions. Every year we see accidents in which individuals swimming behind boats are struck by propellers.”

Last year in Pennsylvania, 72 boating accidents were reported to the PFBC, of which 15 involved individuals being struck by propellers. Since 2000, three people have died as a result of being struck by a propeller. According to the U.S. Coast Guard, more than 6,000 boating accidents occur every year.

Walt says propeller strikes are among the most preventable of all boating accidents and advises boaters to practice the following safety tips:

### **Before starting your boat:**

- Put on your life jacket.
- Walk to the stern and look in the water to make certain there is no one near your propeller (people near the boat's propeller may not be visible from the helm).
- Attach the lanyard to the engine cut-off switch to your life jacket. If the lanyard is removed from the switch, the engine will shut off.

### **Educate passengers:**

- Explain the dangers of a motorboat running into a swimmer.
- Show the location of the propellers.
- Establish clear rules for swim platform use, boarding ladders and seating (if possible, passengers should remain seated at all times).
- Talk about safety procedures and emergency action plans.
- Discuss preventing falls overboard: Maintain three points of contact; keep your weight low and close to the centerline.
- Watch crew members and frequently check that everyone is aboard.
- Wear deck-gripping shoes (bare feet have poor traction).
- Avoid rough water and adverse weather conditions whenever possible.
- Limit alcohol use.
- Discuss swamping and capsizing prevention: Don't overload your boat. If capsizing occurs, stay with the boat and make sure everyone has a life jacket.

### **Keep a lookout:**

- Assign a passenger to keep watch around the propeller area of your boat when people are in the water.
- Never allow passengers to board or exit your boat when the engine is on or idling (your propeller may continue to spin). Turn the engine off.
- Be especially alert when operating in congested areas and never enter swimming zones.
- Take extra precautions near boats that are towing skiers or tubers.
- Never permit passengers to ride on the bow, gunwale, transom, seat backs or other locations where they might fall overboard.
- Children should be watched carefully while onboard.
- Carefully approach your downed skiers or tubers. Turn the engine off before allowing them to board the boat.

Also, Walt suggests boaters consider purchasing propeller safety guards, cage-type devices which surround the propeller and shield people from the blades.

The mission of the Fish and Boat Commission is to protect, conserve, and enhance the Commonwealth's aquatic resources and provide fishing and boating opportunities. For more information about fishing and boating in Pennsylvania, please visit our website at <http://www.fishandboat.com/>.

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## **2011 Course Schedule**

### **Boating Skills and Seamanship Course:**

Mondays: 14-week course, 7:00-9:00 pm. Registration begins at 6:30 pm. Start Date: September 12, 2011. Cost: \$65.00 to public (\$25.00 to Auxiliary).

Location: USCG Sector Delaware Bay -- USCG AUX Flotilla 2-76 --Penn's Landing, Washington & Columbus Blvd. Philadelphia PA

A comprehensive course designed for both the experienced and novice boater. Eight required and five elected modules include: which boat is right for you; legal requirements; safety equipment; trailering; boat handling; aids to navigation; navigation rules; piloting; engines; lines and knots; weather; radio; inland boating.

Individuals successfully completing this course qualify for the Pennsylvania Safe Boating Certificate. This certificate is recognized by PA state officials requiring proof of a safe boating course.

### **How to read a nautical chart course:** August 25 (3 weeks) \$50.

Learn about types of charts, chart scales, symbols used, and information given. Be able to plot boat courses and bearings; determine distance and direction; plot latitude and longitude; includes text, chart, plotter and dividers.

### **Weekend Navigator Course:** Thursdays: 10-week course, 7:00-9:00 pm

Registration begins at 6:30 pm Start Date: September 15

Cost: \$75.00 to public (\$40.00 to Auxiliary). Location: USCG Sector Delaware Bay -- USCG AUX Flotilla 2-76 --Penn's Landing, Washington & Columbus Blvd. Philadelphia PA

This is a comprehensive course designed for both experienced and novice power-boat and sailboat operators. The course is divided into two major parts designed to educate the boating enthusiast in skills required for a safe voyage on a variety of waters and boating conditions.

Topics include: Fundamentals of Waypoint Navigation; Navigation Tools; Planning and Navigating with GPS and Paper and Digital Charts; Avoiding Dangers; Double-Checking with Instruments; What to Do If the GPS Quits; Tides, Currents and Wind; Using Radar, Depth Sounder, Radio and Autopilot; and Adverse Conditions. Chart work is an integral part of this training course.

**First Aid , CPR, AED Course:** Two more sessions of the First Aid, CPR and AED course are planned to run on Sundays as 1-day courses , from 8:00 am to 5:00 pm: dates are July 10 and Oct 9 . Cost is \$75.00 to public (\$45.00 to Auxiliary) and includes lunch. This course is taught by John Mosley, a Red Cross Certified instructor, and it covers First Aid basics, CPR, Automatic External



Defibrillator (AED), medical, injury and environmental emergencies, and special medical concerns and emergencies for boaters.

We are advertising these PE courses on our website and with brochures. However, with the 2011 boating season upon us, the PE team is still appealing to 2-76 Auxiliary members to **GET THE WORD OUT for the fall!**