



# the Bilge Pump



**BULLETIN OF THE HARTFORD POWER SQUADRON**

**A UNIT OF DISTRICT 1**

**UNITED STATES POWER SQUADRONS®  
Volume 78, Issue 4 – November-December 2016**

**Holiday and Boat Shows Issue**



Schedule of Upcoming Squadron Activities		Page
9 November	<b>Executive Committee Meeting</b> – “Bridge and general membership welcome” Call Pat Pabouet (860) 528-7700 for location details.	
13 December	<b>Executive Committee Meeting</b> – “Bridge and general membership welcome” Call Pat Pabouet (860) 528-7700 for location details.	
10 January	<b>Executive Committee Meeting</b> – “Bridge and general membership welcome” Call Pat Pabouet (860) 528-7700 for location details.	
24 January	<b>Members’ Meeting</b> “History in our Midst” Olympia Diner, 3413 Berlin Turnpike, Newington, CT	<u>6</u>
25 January – 29 January	<b>New York Boat Show</b> – Jacob Javits Convention Center, NY, NY	
9 February – 12 February	<b>Hartford Boat Show</b> - Connecticut Convention Center, Hartford, CT	<u>3</u>
14 February	<b>Executive Committee Meeting</b> – “Bridge and general membership welcome” Call Pat Pabouet (860) 528-7700 for location details.	
28 February	<b>Members’ Meeting</b> “Topic still to be determined” Olympia Diner, 3413 Berlin Turnpike, Newington, CT	
14 March	<b>Executive Committee Meeting</b> – “Bridge and general membership welcome” Call Pat Pabouet (860) 528-7700 for location details.	
28 March	<b>Annual Meeting</b> “Awards and Recognitions” Olympia Diner, 3413 Berlin Turnpike, Newington, CT	
2 April	<b>Change of Watch Dinner</b> – Campagna’s Restaurant, 151 Marlborough St, Portland, CT	
29 April	<b>HPS 4<sup>th</sup> Annual Marine Swap Meet and Cookout</b>	
Schedule of Upcoming District 1 Activities – For further details, see the current issue of Sounds of 1		
12 November	<b>District Fall Conference</b> – Groton Inn & Suites, 99 Gold Star Highway, Groton, CT	
10 December	<b>District Holiday Party</b> – Campagna’s Restaurant, 151 Marlborough St, Portland, CT	<u>3</u>
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## At the Helm

Cdr Patrick A. Pabouet, P | (860) 528-7700 | [argus06108@aol.com](mailto:argus06108@aol.com)

Well, it happened last week. My boat was pulled out of the water and we had the first snowfall, indicators that the boating season is over. We can hope winter will be over quickly and we will be back on the water soon.

We had a great program during our October members' meeting. Our guest speaker, Dan Stadlander, gave a terrific presentation on racing single handed to Bermuda.

The District 1 Fall Conference is scheduled for November 12<sup>th</sup>. The conference is a members' meeting for the entire district, which all district members are invited to attend. By attending, you will see firsthand how the district functions. It's also an opportunity for you to meet members from other Squadrons within our district.

On December 12th, the district puts on a holiday party. It's always a lot of fun, and this year will feature a crazy hat contest. For more party details refer to page 3 of this publication. Members' Meetings will resume in January.

Cdr Patrick Pabouet, P

## Educational Department

Lt/C Roy L. Bergeron, AP – Squadron Educational Officer | (860) 841-8620 | [roybergeron01@yahoo.com](mailto:roybergeron01@yahoo.com)

The Fall season is well underway and the Fall Courses have begun. Classes in Advanced Piloting and Navigation are in progress. We will report on the results of these classes as they complete. Also, Seamanship is offered each fall and normally begins in October.

Now, we are looking ahead and planning for the seminars that will be presented at the Hartford Boat Show.

For Spring, we will be offering America's Boating Course, for the CT Boat Operator Certificate, in both Farmington and Simsbury. Piloting will be offered as an advanced course in Farmington and for an elective course, Marine Electrical is planned in Hartford. Piloting is offered each Spring and begins in February usually the first Thursday after the Boat Show. Specific start dates and locations of the Spring Courses will be in the January Bilge Pump.

If you are interested in any of our courses or seminars, or if you think you may be interested in teaching, please contact Roy at the email or phone above.

## October Members' Meeting



Our October meeting speaker, Dan Stadlander, won the 2015 Bermuda 1-2 sail race in class 4. This grueling 635-mile single-handed leg tests the ability of a person just to stay awake to sail the vessel. When bad weather or equipment failure is added, it can be extremely dangerous.

After describing his winning race, Dan related the difficult race of 2013 in which he was forced to drop out after a shredded genoa sail and a broken boom. He was able to return home by limping along with a partial sail and some motoring. A freighter gave him two "buckets" of fuel so he could make the last 50 miles.

Finally, he related a trip to Bermuda in the 1970s in which he and a friend were rolled over in a 24-foot boat and the boat sank. He was able to save the Emergency Position Indicating Radiobeacon (EPIRB) and only saved himself by cutting loose his safety line. They were able to send a distress call that was picked up only by a Russian station and a European station. The Coast Guard arranged for them to be picked up by a freighter and they were then picked up from that by helicopter. His rescue made the papers locally and nationally.

## Executive Department

D/Lt/C Timothy Tyler, JN | (860) 561-0669 | [timtyler@timtyler.us](mailto:timtyler@timtyler.us)

### Hartford Boat Show

The Hartford Power Squadron will once again be sponsoring a booth at the Hartford Boat Show now in its 48<sup>th</sup> year.



As in the past, we are planning on offering several free educational and safety seminars to the public. The ever-popular Boating Skills Virtual Trainer (BSVT) will also be making a return visit to the show. This interactive simulation training tool is constantly being improved. Current lesson environments of the BSVT include:

- Departing the Dock
- Working with Spring Lines
- Fairways
- Pivot Turns
- Moorings
- Docking
- Slalom
- Crossing/Overtaking/Meeting
- Emergency Stop
- Training in heavy wind, strong current, day and night scenarios

We are always looking for volunteers to help us with the show. Volunteering gets you into the show for free on the day you are scheduled to work. It's not too early to get involved. To assist with the booth and gain free admission to the show, call Frank Pascucci at (860) 635-3172 or email him at [frank@fpascucci.com](mailto:frank@fpascucci.com). Look for more details in the January issue of *the Bilge Pump*.

D/Lt/C Timothy Tyler, JN  
Squadron Executive Officer

## District Holiday Party

The District is once again hosting a holiday party on 10 December at Campagna's Restaurant in Portland. Come and join us as we "kick-off" the Holiday season.

Last year's attendees had a great time and were very pleased with not only the food but also the prices. Food ordering will be off the menu, so instead of a "party menu," you have a wonderfully extensive menu from Al Forno, Chicken, Veal, Seafood, Steaks and Desserts. You name it, and if it's Italian, it's probably on the menu. For those of you that would enjoy a bit of libation with your meal, they have a full bar and extensive wine list.

Last year's "Ugly Holiday Sweater Contest" awards were well deserved. This year we will have a "Crazy Hat" contest. Prizes will be awarded for the most outrageous chapeau; one for the women and one for the men.

The blind raffles were also fun. There was lots of participation and many of us walked away with holiday goodies. Party conversations flowed throughout the evening and "shop talk" was not permitted! All had a wonderful time. Come join us this year and enjoy the evening. The more the merrier!



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## Hartford Power Squadron Turns 85

Hartford Power Squadron turns 85 on 28 November 2016. The anniversary has been commemorated in a series of history articles in the Bilge Pump. This is the last in a series of four articles featured in our 2016 issues.

### Educational Statistics

One of the primary missions of the United States Power Squadron is to educate members and the public in the safe and proper use of boats on the water. The Hartford Power Squadron has been proud to take on this mission throughout its history. Over the past 35 years (ending in 2015) we have good statistics of our education efforts and want to thank all the members who have participated in the effort, especially those who have sacrificed their time to teach our courses. The total students taught in each course are:

Basic Boating to members of the public	7905
Advanced Grade Courses	
Seamanship	485
Piloting	443
Advanced Piloting	246
Junior Navigation	53
Navigation	21
Elective Courses	
Marine Electronics	125
Marine Electrical	25
Marine Communications	10
Engine Maintenance	133
Sail	90
Weather	93
Cruise Planning	52
Instructor Qualification	39
Seminars	497
Grand Total	10,217

## Hartford Power Squadron Positions Available

### Squadron Secretary

- ▶ Is a member of the Executive Committee (ExCom) and takes minutes at 10 Executive Committee meetings per year.
- ▶ The ExCom meets in Hartford at 1900 on the 2<sup>nd</sup> Tuesday of each month except June and July.
- ▶ Takes minutes at the Annual Meeting of HPS on the 4<sup>th</sup> Tuesday of March.
- ▶ Is supervisor over the Bilge Pump Editor, the Web Master, and the Historian.

### Executive Committee “Member at Large”

- ▶ Is a member of the Executive Committee of HPS and attends 10 Executive Committee meetings per year.
- ▶ Provides input to the ExCom on any matter before it, including future meetings, financial matters, education matters, Boat Show, etc. and any member concerns.
- ▶ May volunteer for additional duties at all HPS events.
- ▶ The ExCom meets in Hartford at 1900 on the 2<sup>nd</sup> Tuesday of each month except June and July.

### Auditor

- ▶ Provides annual audit of the HPS books and transactions in the month of March. This audit generally takes about 2 hours and is intended to assure that the books properly reflect the changes to the checking and asset accounts. A degree in accounting or CPA is not required.
- ▶ Prepares a report to the “Annual Meeting” of HPS (4<sup>th</sup> Tuesday of March). This report has traditionally been a one-page synopsis of the audit findings. Report examples will be provided to the incumbent for reference.

**If you are interested in any of these positions, or any of those outlined in last month’s *the Bilge Pump*, please contact Pat Pabouet at (860) 528-7700 or [argus06108@aol.com](mailto:argus06108@aol.com).**

## Safety Corner

### “Torso Reflex”

The article is written by D/Lt/C Tim Tyler, JN. The opinions are his and do not necessarily reflect the views of the HPS or of the USPS.

It's known by many names... Inhalation Response, Cold Water Shock, Gasp Reflex and Torso Reflex, but many boaters have never heard of it. With cold weather upon us, I thought it would be a good time to talk about this subject and how serious it can be.

There are many reflexes healthy individuals have that we have little or no control over; closing our eyes when we sneeze, protecting our faces with our hands when we fall or if something is thrown at us and the knee-jerk reflex are known by most people. Torso Reflex is less well known but can kill you if you are around cold water like we are here in the Northeast.

“So, what is it?” It's a reflex that causes a body to gasp for air when it is rapidly immersed into cold water. If your head is underwater when that happens you can aspirate water into your airway and lungs. Not a good thing for those of us whose lungs use air, not water, to provide oxygen. This can lead to disorientation and panic, which in turn can lead to an inability to swim or float. It can also lead to a thing called laryngospasm, a fancy name for a condition that causes your vocal cords to seize up or close while trying to take a breath preventing airflow into the lungs.

“Why does this happen? Does my body have a secret death wish?” No, it is just the opposite. Your body wants desperately to survive and it thinks it's helping. This attempt to rapidly fill the lungs with oxygen is to increase the metabolic rate, to create internal warmth, to deal with the cold it is experiencing... a good thing if your head is not under water.

“How about I just stay away from cold water?” In this case, cold water is defined as water colder than 70 degrees Fahrenheit. “70 degrees you say? We're lucky if the water gets that warm around here.” True enough. If staying away for cold water is your preventative plan, you will need to move to the tropics.

“I can't just uproot my family and move. Besides, we like it here. What else can I do?” I like it here too. The best thing you can do is create an awareness around Torso Reflex and have everyone you care about wear a life preserver when they are working or playing near cold water. Make them aware that when they are jumping into the water to cool off on a spring or early summer day that's in the 80's or even 90's, the water may not have warmed up yet. It could still be in the 50's or 60's. Numerous non-fatal and fatal incidents occur under just these circumstances. Also, take caution when ice skating, ice fishing or engaging in any winter activity that takes place on or around the water. Your life may depend on it.

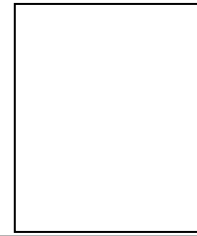
Another way to prevent Torso Reflex is to fully cover your mouth and nose with your hand or hands. This is done prior to entering the water. The mouth and nose are kept covered until you have come to the surface again and your head is above the surface of the water. This is a technique everyone should know and practice. Even if you don't jump into the water to cool off, you can use this technique as a rescuer should you find yourself able to try and save someone's life.

So, to summarize... falling into cold water (70 degrees or less) will cause a torso gasp. If your head is under water when this happens you can breathe in cold water which can lead to panic, disorientation, the inability to swim or float and death. Wearing a life preserver can float you to the surface and possibly save your life. If you enter the water to try and save someone, cover your mouth and nose when you do and keep them covered until your head is above the water's surface.

This should not be considered all there is to know about Torso Reflex. The purpose of the article is to raise an awareness around a potentially fatal situation and to hopefully get you to do further research on your own.

Stay safe.





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**PLEASE VOTE ON NOVEMBER 8<sup>th</sup>**  
**Our Future Depends on All of Us**

## January Members' Meeting Will Feature "History in our Midst"



The January 24<sup>th</sup> Members' Meeting will feature Hartford Power Squadron's own Don Watson, a Life Member of the United States Power Squadrons with 35 Merit Marks and 69 years of service.

Don's presentation will start with a brief history of the combat experiences of the United States Army's 71<sup>st</sup> Infantry Division. The 71<sup>st</sup> fought its way across France, Belgium, Germany and Austria ousting a crumbling German Army from these countries and liberating their citizens on its way. Don will recount some of the Division's experiences from its landing in Le Havre, France, to its eventual liberation of prisoners from the Gunskirchen Lager concentration camp in Austria.

Don will then share his experiences at the most recent reunion of the WW II 71<sup>st</sup> Division held in Erie, PA. This is a reunion of both division member's and survivors of the Gunskirchen death camp. These survivors and their families attend the reunion in gratitude each year because they understand that without Don and the 71st Division there would not have been any survivors. Don's presentation will also cover his side trip to the D-Day Conneaut, an annual recreation of the amphibious Allied landings upon the beaches of Normandy, France held on the grounds of Conneaut Township Park, Conneaut, Ohio in since 1999.

Also being presented will be pictures from a Reuters news photographer of war-ravaged areas at the time of the war and how these sites have since been rebuilt.

- Time:** 6:30 p.m.
- Place:** Olympia Diner, 3413 Berlin Turnpike, Newington, CT
- Cost:** \$15 for dinner with a cash bar - or just come at 7:30 p.m. for the free presentation.
- Reservations:** Contact Jim Salvatore at [jimsall@comcast.net](mailto:jimsall@comcast.net) or 860-346-0680.