



Susquenango SeaChest



Monthly Publication



February 2023

Volume 68 Issue 2

District 6

Susquenango February Happenings

18 February 2023: Change Of Watch, Jonathans on Hooper Road, Endwell 6:00 PM **
The evening menu: Chicken Marsala \$35, Stuffed Flounder \$35, Delmonico Steak \$38,
Veal Parmesan \$37, Cake for dessert, Pizza at Cocktail time.

** Please Contact Lt/C Linda Rought, P if you are planning to attend this Squadron Event.
Phone 607-760-6388 or email Linda Rought <ldrought@stny.rr.com>

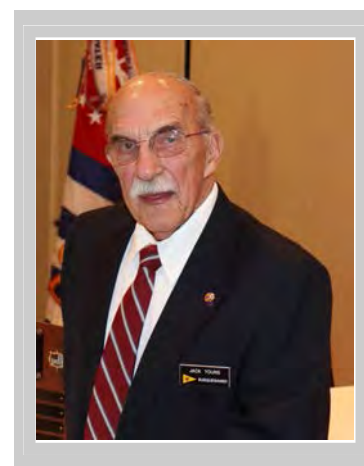
On the Horizon

15 March 2023: Squadron Meeting Zoom Meeting 7:00 PM, Email with sign on information will be sent

Over the Horizon

14-16 April– Spring Conference & COW, Elmira NY

19 April 2023: Squadron Meeting and Easter Dinner, Kirkwood Elks Club



P/D/Lt/C John Young, AP
Editor Emeritus





SeaChest

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Address communications to **The Editors, 3801 Country Club Rd. Endwell, NY 13760-2510**, (607)296-3482, e-mail - acciaim@stny.rr.com. Material for a particular issue must be received before the fifteenth day of the prior month.

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Executive Officer
Education Officer
Adm. Officer
Secretary
Treasurer
Executive Comm.

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P/C Mary Kucharek, P
Lt/C Leslie J. Smith, JN
Lt/C Linda G. Rought, P
Lt/C Margaret Acciai, P
P/D/C Nancy Bieber, P
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Lt/C Peg Acciai, P



Keep a Balance in Your Life and Move On in 2023 **Commander's Comments**

Commander
Michael Acciai, AP

Our Executive meeting on the 18th of January was held at 7:00 PM in my dining room. It was a very comfortable meeting with everyone sitting at the table enjoying some wine and cookies. Having a roundtable setting all were able to participate and converse as we discussed our finances, education plans and future meeting formats. A lot of time was spent in discussion on the best way to upgrade our website to meet our Squadron requirements as well as all of the requests from National that are required to meet their standards. It was a very good meeting and stay tuned as we transition to new formats.

As our next meeting is the Change of Watch on February 18th and P/C Mary Kucharek, P will begin her term as Commander I would like to thank our Bridge Officers, Committee Chairs and all our Members at Large for the wonderful support you gave me over the last two years as Commander. It's your dedication, time and talent and hard work that make Susquenango a fantastic organization and a pleasure to a part of the team. Thank you so much.





Comments from our Executive Officer P/C Mary Kucharek, P

Allan Treman Marina Safety Day

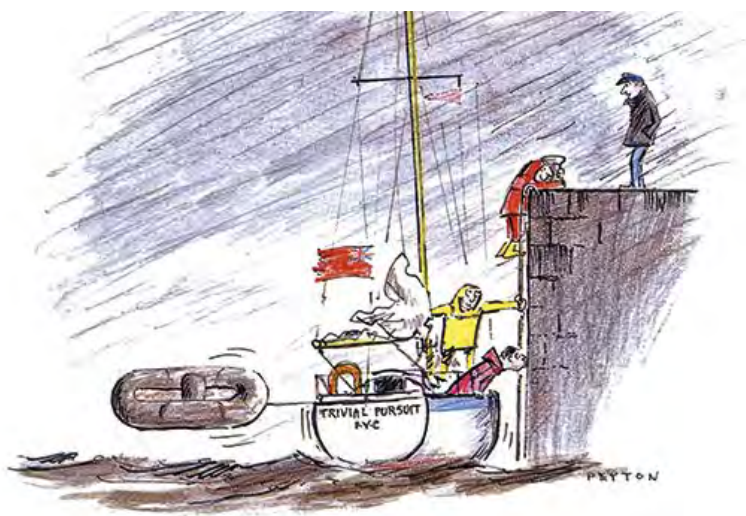
Save the Date

June 17, 2023
(Weather delay date June 24)

Once again this year, we will partner with the New York State Parks Department and other community resources to host the Marina Safety Day at Allan Treman Marina in Ithaca. As you may remember, last year we had unusually cold and inclement weather, so this year we are setting a weather delay date one week later. It's a fun and informative day and all are welcome to attend. Anyone willing to help with the event, please contact me.

More details will follow in future SeaChests!

P/C Mary Kucharek P



'Good trip?'

Nominating Committee Report

9 December 2022

In accordance with the provisions of the Susquenango Sail & Power Squadron By-Laws, *Sections 5.5 & 6.8, and Article 11*, the Nominating Committee submits the following nominations for office for the 2023-2024 year:

Elected Executive Committee Members with voting privileges at all meetings

Squadron Bridge

Commander
Executive Officer
Squadron Educational Officer
Administrative Officer
Treasurer
Secretary

Mary Kucharek, P
David Olds, AP
Leslie Smith, JN
Linda Rought, P
Nancy Bieber, P
Christina Broderick

Members at Large

Michael Acciai, AP (Immediate P/C)
Margaret "Peg" Acciai, P
Ronald Bieber, S
Donna Gould
Robert Gould, AP
William Herrick, JN
Robert Kucharek, P- IN
Margaret Olds, S
Anna Smith, P

Elected Officers and Committees (not part of the Executive Committee with no voting privileges at Executive meetings)*

Asst. Squadron Education Officer
Asst. Secretary

Bill Herrick, JN
Margaret Acciai, P

Asst. Treasurer

Justin Park, SN

Bylaws and Rules Committee:

David Olds, AP
Elizabeth "Jane" Park, S

Auditing Committee:

Carol Herz, S
Donna Gould

Nominating Committee 2023-2024: Chair

Linda Rought, P
Robert Kucharek, P-IN
John Parnica, P

Each nominee has been personally contacted, made aware of the duties of the office and has accepted the nomination for that office.

Respectfully Submitted,

Linda Rought

Chairman Nominating Committee

***All Squadron members may vote at General Membership Meetings**

Boat Safety Courses

America's Boating Course

\$50.00/person

Register for the Second Session: 5 Monday Nights -- March 6th – April 3rd, 7:00 – 9:00 p.m.

Obtain your USPS Boating Safety Certificate to operate recreational boats and Personal Watercraft (PWC).
Certificate is recognized by all states and **satisfies New York State's Brianna's Law requirement.**

America's Boating Course provides you with basic boating knowledge including types of boats and their uses, boating laws (both federal and state), safety equipment (both required and recommended), navigation rules, adverse conditions, communications, trailering, knots and lines and water sport topics.

Boat Handling

\$120.00 (non-member), \$76.00 (USPS member)

6 Monday Nights -- April 17th – May 22nd, 7:00 – 9:00 p.m.

This course is recommended for both power boaters and sailors who have completed the America's Boating Course, since it builds upon the basics taught in that course. Students learn practical marlinespike (a.k.a. knots), navigation rules, hull design and performance, responsibilities of the skipper, boat care, operating a boat under normal and abnormal conditions, what to do in various emergencies and weather conditions, nautical customs and common courtesy on the water.

Classes held at Johnson City High School, 666 Reynolds Rd., Johnson City, NY

For more information and to register: www.susquenango.org
or call Les Smith at 607-797-7391



NEW YEAR'S RESOLUTIONS



- ☒ **TAKE A BOATING SAFETY COURSE**
- ☒ **GET A FREE VESSEL SAFETY CHECK**
- ☒ **ALWAYS WEAR A LIFE JACKET**
- ☒ **MARK PADDLERAFT w/ID STICKER**
- ☒ **ALWAYS FILE A FLOAT PLAN**



America's Boating Compass

Cardiac arrest: What to do

By now, everyone has probably heard about the NFL player who suffered a sudden cardiac arrest during “Monday Night Football”: [Damar Hamlin](#), a 24-year-old Buffalo Bills safety thought to be in perfect health, collapsed after tackling a Bengals receiver.

The night’s events demonstrate the critical importance of knowing what to do when someone experiences sudden cardiac arrest, including being aware of the signs and symptoms, having an emergency action plan, and quickly implementing CPR and AED, or [automated external defibrillator](#). What we all witnessed that night was a plan of action that saved Hamlin’s life.

As responsible boaters, we are encouraged to take a CPR course. Knowing CPR is just the first step in saving a life. CPR can keep a person alive by circulating oxygenated blood to the brain and other critical organs. No one person can perform high-quality CPR for long before becoming exhausted. As a result, the quality of CPR deteriorates, the victim’s blood pressure drops, and the oxygenated blood flow drops to a point where it can no longer sustain life. More importantly, no matter how good the CPR provider is, CPR by itself will not restart a heart. Defibrillation is the only way an untrained bystander can restart a heart.

An AED delivers a shock to a heart only when it detects erratic electrical activity that can be brought back to a normal rhythm. According to the American Heart Association, if a sudden cardiac arrest victim receives high-quality CPR and AED within four minutes of the attack, they have a 74% chance of survival. The chance of survival diminishes by 10% for each minute of delayed response.

If you are currently certified, thank you. If not, contact a local training program ([American Heart Association](#) or [Red Cross](#)) and get certified or recertified as soon as you can. Read more about recognizing signs of cardiac arrest and other heart problems [here](#). –Jeff McKinney



The Achilles' heel of inflatable PFDs

Inflatable PFDs are great! They are comfortable to wear and they provide very effective flotation. They are popular with professionals on the water such as law enforcement and harbor pilots. However, they require maintenance. I consider the need for regular maintenance to be the critical weakness (Achilles' Heel) of inflatable PFDs.

Winter is an excellent opportunity to maintain your inflatable PFD. Since inflatable PFDs vary in the details of their design, it is critical that you follow the manufacturer's maintenance instructions. If you have misplaced the owner's manual, check the PFD itself for written maintenance instructions. Electronic copies of owner's manuals can often be found at the manufacturer's web site under the "support" topic.

Who should do the maintenance? The best person to do the maintenance is the person who will be wearing the PFD. Performing this maintenance increases the likelihood that the wearer know how to use the inflatable PFD effectively.

In general, the maintenance process is:

- Inspect the device for damage. Beware of damage to the belts, buckles, or fabric. Unfold the PFD to inspect the bladder.
- Verify the inflation mechanism is charged and within its expiration date (if any).
- Perform a bladder leak test by inflating the vest orally. Typically, the process is to leave the bladder inflated overnight and then check to see if it has lost air.
- While the vest is unpacked inspect the survival/signaling equipment packed in the PFD. If there is none... consider adding a flat whistle, and a light designed for installation on an inflatable PFD.
- Re-pack the PFD. Verify that the manual activation handle is accessible!
- Note the maintenance on the record attached to the PFD.

Now that you have dealt with the inflatable PFD's Achilles' Heel, take advantage of their advantages and **wear it whenever you are underway!**

[U.S. Coast Guard Heartland Safe Boating](#)







The rear defroster should take care of this.



THESE BIG CHEERIOS ARE WAY BETTER THAN THE SMALL ONES. AND YOU DON'T EVEN NEED MILK.



@goldtimers

SUSQUENANGO SAIL & POWER SQUADRON
C/O Michael Acciai
3801 Country Club Road
Endwell, NY 13760-2510