

July 2013 NEWSLETTER

MESSAGE FROM OUR COMMODORE - GEORGE T. UTT



Boat Parade and Ice Cream Social – THIS WEEKEND!

Just a reminder, that the Boat Parade and the Ice Cream Social will be held on Saturday, July 6th. This is the same day as the “Pig Pickin”. The Boat Parade will begin at 1:00pm, followed by the Ice cream social at 2pm.

Your humble Commodore
George

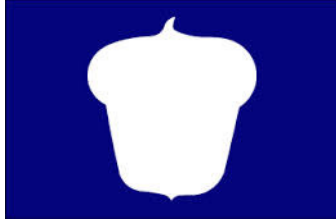
MESSAGE FROM OUR VICE COMMODORE - STEVE THOMPSON



It's great any time of year to welcome new members to LCYC and there has been a lot of that going on this last month! Thanks to all of you who have been reaching out to new people on your dock and making them part of our family. July is here and the season is well under way. If you are new to OLCM and LCYC, you will soon find you do not have to travel very far for a very enjoyable cruise. If it's a beach you are looking for, just head out and make a left at the fish house, watch the markers and it will soon be on your right. You can pull into the cove and anchor and the water remains deep enough to pull some pretty large boats right up on the beach if you choose. If its entertainment you are seeking, this time of year on Friday evenings, St. Mary's College puts on a great concert series complete with food vendors. The concerts are very well done, and free to attend. They simply ask for voluntary donations. For the schedule and more information, just look on line for the River Concert Series St Mary's College. To get there, you just go out, pass the Birthday Cake and cross the Potomac into the St. Mary's River. The College is located at Horseshoe Bend on the charts. There are these and many more places available to you within a short distance of the Marina. If you are new to the area, some of these terms like "Fish House" "Birthday Cake" "Horseshoe Bend" may seem a little strange depending on the chart you may or may not be looking at, but just ask around your dock and you will get a good explanation of this as well as many other great ideas for cruising destinations. Bill Weber our Cruise Director on B Dock is another great source of information. Wherever you decide to go, have a safe and enjoyable voyage and see you out there!

Steve Thompson

Message from our Treasurer – JT Taylor



From “the Bank”.....

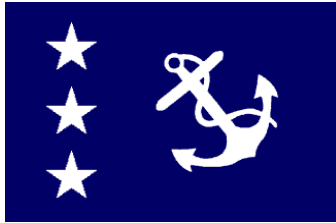
I hope the summer is progressing well. I hope everyone is finally getting some boating time in now that the weather has warmed up. I would like to take this moment to welcome our new members Damian and Geri McInerney on C Dock. Please make them feel at home “in the zoo”!! I would also like to welcome back Ed and Margie Brown from C Dock.

And last, but not least, thanks to all the docks for exhibiting some AWESOME fiscal restraint (matched only by their imaginations) in trying to stay under budget on our events. We are headed towards the “back stretch” and are looking pretty good.

I’m sorry that Susan and I will be missing the ‘Pig Pickin’ but it appears as if you have 100+ folks coming so it should be its’ usual FANTASTIC! All of you stay safe and we’ll see you at the Dock Crawl later this month.

J.T. Taylor
LCYC Treasurer

MESSAGE FROM OUR PAST COMMODORE - THERESA SULLIVAN



THE PIG IS ORDERED.....

Just a reminder, The Fourth of July Pig Roast is just around the corner. We have over 100 people attending. We are going to have so much fun!

IT'S NOT TOO LATE TO JOIN US. Even though we've sold all the tickets we've printed, you can still attend. Please email me at theresasullivan6188@comcast.net if you are still interested in coming so I can put your names on the list. Please remember the tickets are \$10 per person and kids 15 and under are free with paying adult. You can give me the money on the day of the pig roast, Saturday, July 6th.

Please bring a side dish for everyone to share. Soft drinks will be provided by Olverson's Marina. Bill will be making his homemade sauces.

Remember to give our Grill Master/Smoker Guy a pat on the back when you see him. He works really hard for this event and the does an excellent job! This will be a self-serve event.

REMEMBER TO BRING YOUR TICKETS WITH YOU. :)

Looking forward to seeing you!

Theresa Sullivan
Past Commodore

MESSAGE FROM OUR SECRETARY - ROB VAN ARSDALE



Special thanks to Bill Weber, our honorable Fleet Captain, for setting up the cruise to nowhere last weekend. The weather turned out beautiful and Bill picked a wonderful cove. Everyone pulled together and brought some wonderful food. Everything from “twice” cooked grilled wings to traditional ball park Italian Sausages all made while on the “hook”, made for a great time. The beach was unbelievable. Transportation to the beach was provided by Bill and Ellen’s dingy. Special thanks to Bailey for keeping us safe from pirates!



More pictures can be found on our webpage. We have a gallery under the “members section” at www.lodgecreekyachtclub.com

<http://www.lodgecreekyachtclub.com/members-blog-free-for-all/gallery/2013-cruise-to-nowhere>

Special thanks to Eric Amato who documented a C-Dock celebration. Please see our webpage’s member’s contribution section on our webpage. The direct link is below for those that receive electronic versions of our newsletter.

<http://www.lodgecreekyachtclub.com/wp-content/uploads/2012/04/C-Dock-Celebration.pdf>

On a more serious note, please take the time to read the article at the end of the newsletter. This is an article found by Paul Koenig and it outlines what to look for with those struggling in the water. I was certainly not aware of some of these signs. Please be safe out there!!!

Thanks
Rob (Miss Smitten – C15)
Secretary LCYC

MESSAGE FROM OUR A-DOCK DIRECTOR: BRENDA GUERRERO

"A" Dockers,

Hope you're thinking about the "Dock Crawl!" Please get in touch with me if I haven't been able to reach you. I need to know who will be able to help. Let's finalize our plans!

Thanks,

Brenda Guerrero

434-246-4045: home

804-921-0066: cell

candbguero@hughes.net

MESSAGE FROM OUR E-DOCK DIRECTOR: BILL SULLIVAN

Well folks it's almost here, I can smell it already. I want to thank everyone ahead of time for making the "Pig Pickin" another great success. There's a few things we all need to keep in mind, this is going to be self-serve dinner. You can always go for seconds, but please be considerate of those behind you in line. Come hungry, there will plenty for all to enjoy. With the fireworks on the beach, I would like to ask that everyone stay out of the launch area. We don't want any accidents. We have a great turnout and I want everyone to have fun and be safe.

Bill
E-dock director

RENEWAL NOTICE:

ALL RENEWALS ARE DUE BY DECEMBER 1ST.

FUNCTION NOTICE:

WHEN REGISTERING FOR DOCK FUNCTIONS, THE BRIDGE REQUEST THAT MEMBERS, THEIR FAMILY, AND GUESTS DO SO BY ENTERING THE CLUB HOUSE THROUGH THE FRONT DOOR. HOPEFULLY THIS WILL ALLOW EVERYONE TO REGISTER AND RECEIVE THEIR NAME TAGS IN AN ORDERLY FASHION. THE REGISTRATION OF MEMBERS, THEIR FAMILY, AND GUESTS WILL COMMENCE AT 5:30 P.M. ON THE DAY OF THE FUNCTION. THANK YOU FOR YOUR COOPERATION.

ADULTS 21+ \$10.00 PER PERSON
TEENS 13-20 \$ 5.00 PER PERSON
CHILDREN 12 AND UNDER FREE

SPECIAL EVENT FEES, SUCH AS D-DOCK AND E-DOCK FUNCTIONS ARE AS FOLLOWS:

ADULTS 21+ \$20.00 PER PERSON
Teens 13-20 \$10.00 per person
Children 12 and under FREE

2013 Lodge Creek Yacht Club Schedule

JULY

6th July 4th Celebration (non LCYC function) – Boat Parade 1pm, Ice Cream Social 2pm, Pig Pickin to follow in the evening.
20th Dock Crawl
27th Cruise

AUGUST

17th Pt Lookout /Blue Grass Cruise
24th A Dock Function/Kid's Fishing Tourney

SEPTEMBER

31-2nd Labor Day w/e Cruise
21st E Dock Function

OCTOBER


12th Chili Cook-off Party (non LCYC function)
26th D Dock Function

NOVEMBER

9TH CORINTHIAN YACHT CLUB OYSTER ROAST (NON LCYC FUNCTION)

SOCIAL HOUR: 5:00 - 6:00 P.M.
REGISTRATION FOR DINNER 5:30 P.M.
MEAL SERVED SHORTLY AFTER

FISHERMANS CORNER

Striped Bass (Rockfish)	<u>Spring Season</u>	<u>Summer/Fall Season</u>	
Season Open:	April 20 through May 15	May 16 through December 31	
Open Area:	Below Harry W. Nice Bridge (Rt. 301)	Below Woodrow Wilson Bridge (I-95)	
Minimum Size Limit:	28"	18" with only 1 over 28"	
Possession Limit:	1 per person	2 per person	
Bait Restrictions:	No live eel. No more than 2 hooks	None	
Special Restriction:	When Fishing for Striped Bass During the Closed Season – Barbless Hooks are Required		

Follow Use the below link for 2013 Rules and Regs from the Potomac River Fisheries Commission

<http://www.prfc.state.va.us/sports/BLUE%20SHEET-2013.pdf>

By Mario Vittone



The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he

barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, “Daddy!”

How did this captain know—from 50 feet away—what the father couldn’t recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that’s all of us) then you should make sure that you and your crew know what to look for whenever people enter the water. Until she cried a tearful, “Daddy,” she hadn’t made a sound. As a former Coast Guard rescue swimmer, I wasn’t surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response—so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In some of those drownings, the adult will actually watch the child do it, having no idea it is happening. Drowning does not look like drowning—Dr. Pia, in an article in the Coast Guard’s *On Scene* magazine, described the Instinctive Drowning Response like this:

1. “Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people’s mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people’s mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water’s surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people’s bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.”

This doesn’t mean that a person that is yelling for help and thrashing isn’t in real trouble—they are experiencing aquatic distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn’t last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs—vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder

So if a crew member falls overboard and everything looks OK—don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. *When they get quiet, you get to them and find out why.*

Direct Link to the article: <http://www.yachtsmagazine.com/drowning-doesnt-look-like-drowning/>

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