



# America's Boating Club Lehigh Valley

## DELIGHTS

District 5



FEBRUARY—MARCH 2022

VOLUME 62 ISSUE 6

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Commander's Corner  
Cdr Keith Knoblach, AP



With the hustle and bustle of the holidays over, we can all take a deep breath and relax.

Your bridge and executive committee are busy planning next year's calendar of events. We are expecting to have a successful and fun year and hope to see everyone often.

As you all know, P/C Michael Lebeduik, III, JN crossed the bar December 25, 2021. We have all lost a family member and good friend. Michael was a great asset to Delhigh by spending his time to plan, prepare and help in any way needed to make us be successful in anything we did. He was always helping someone by helping those in need and the less fortunate. His shoes will be hard to fill.

We are asking our members to help in any way to fill in the void of all that Michael has done and keep us a strong family and squadron.

This year's incoming bridge is a great group of members who will do their best for Delhigh's members and keep the squadron strong. I know we will all support and help them as much as we can.

As I said before, we are family. Let's continue to look out for each other. As P/D/C Chris Brown said, Ginny and Michael are in heaven enjoying a beverage looking down on us. Let's make them proud.

I am looking forward to seeing you at our events, let's all be safe in what we do and have fun.

*Delights* is the official publication of the Delhigh Power Squadron, a unit of United States Power Squadrons®, **District 5**, and is published bi-monthly.

Editor: Kathleen Nowroozani, SN

Most squadron meetings are held monthly at :

Star of Bethlehem Lutheran Church  
514 3rd Avenue  
Bethlehem, PA 18018

Delhigh website: [www.delhigh.org](http://www.delhigh.org)  
D/5 website: [www.uspsd5.org](http://www.uspsd5.org)  
USPS website: [www.americasboatingclub.org](http://www.americasboatingclub.org)



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Squadrons, Raleigh, NC.

Visit our website here:  
[www.delhigh.org](http://www.delhigh.org)



# Holiday Party



Paul Merollo and District Executive Officer Stephanie Ward.



Michael, Nikki, Cookie, Ed, Eileen, Chris and Bob.



Cookie, Stephanie, Kathy and Michele.



Cyrus and Sergio.



Joe, Cam, Jane, Brent, Diane and Fran.



Kathy, Cyrus, Sergio, Michele, Kim, Keith, Stephanie and Paul.



Joe, Cam and Jane.



Michael, Nikki and Cookie.



Bob and Michael recreating their picture from many years ago printed in the last issue of Delhighlights.



Toys4Tots donations ready to be packed up and dropped off!



# Pollyanna Gift Exchange Fun



Chris opened Maker's Mark.



Paul has some Apple Jack Daniels.



Kim keeping warm in her blanket.



Ed's feet will be warm in these heated socks.



Cyrus opened a gift box of tequila.



Brent stole the Maker's Mark.



Eileen with her Sea's & Greetings sign.



Kathy with her white wine.



Sergio is disguising his liquor with the light so it won't be stolen.



Keith and his lantern.



Michele displaying her red wine.



# Phantoms Game



Sergio, Michele, Kathy and Cyrus at BrewWerks at lunch before the game.



Oliver, Vince, Matt and Sam after lunch at BrewWerks.



Game Time!



Kathy next to Doug, Kathy and Tom watching the game.



Delhigh members enjoying the game in our more than 2 full rows of seats.



Sam, Matt and Oliver intensely watching the game with Vince and Cyrus.



Randy and Jeanette with Keith and Jonathan behind them.



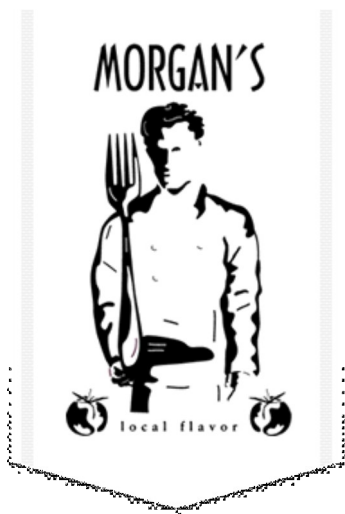
Keith, Jonathan, Matt, Sarah, Bill and Sergio having a good time.



Matt, Sam, Oliver, Vince, Cyrus and Kathy enjoying the game.



## Founder's Day Meeting



3079 Willow Street, Allentown

Wednesday, February 2  
6pm

We are back at Morgan's Local Flavor in Allentown in the private room.

Ordering off the limited banquet menu (available online).

Voting for the incoming bridge will be done at the end of the meeting.

RSVP to Kathy at  
[k.now@mac.com](mailto:k.now@mac.com)

8th Annual



Saturday, February 19 at 5pm  
Meisner Residence  
444 Willow Road  
Walnutport

Feel free to bring your favorite game to play!

Should games not be your thing come and join some good friends and interesting conversation!

Soup and sandwiches will be served. Please bring an appetizer or dessert to share.



RSVP to Jeanette at  
[Jeanette@meisnerservices.com](mailto:Jeanette@meisnerservices.com)





# Become a Better Boater, Take an In-Person Boating Course

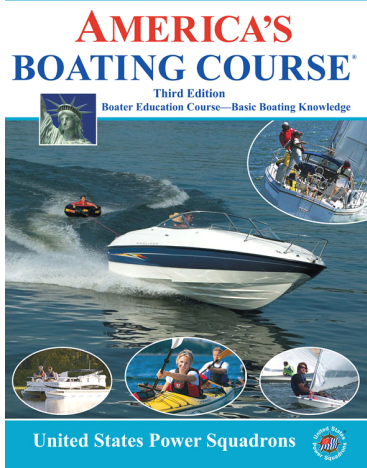
Taking a boating class reduces your risk of accidents and injuries, saves you money on boat insurance, and qualifies you to test for a Pennsylvania boat license. America's Boating Course is the most comprehensive, single source, in-person boating course available to give you the skills you need to enjoy your time on the water and boat with confidence. Our boater safety class meets the certification requirements for a Pennsylvania boat license.

What You'll Learn:

- Information about Pennsylvania State Boating Laws, regulations, boat registration, and licensing
- Required boating safety equipment
- Do's and Don'ts of boating safely
- Practical Knowledge of navigation and rules of the road
- How to handle medical emergencies onboard and mechanical problems on the water
- The basics of towing and trailering
- Special important information for hunters, anglers, and sports enthusiasts.

For the best, most comprehensive boating education available, take America's Boating Course with an expert instructor.

**Saturday's February 5 and 12**  
**9am-1pm both weeks**  
**Northampton Fire Department**  
**4 Lerchenmiller Drive**  
**Northampton, PA 18067**



**Saturday's March 12 and 19**  
**9am-1pm both weeks**  
**Dinbokowitz Marine**  
**2946 MacArthur Road**  
**Whitehall, PA 18052**

RSVP with names and emails of all students and the location of the classes you are taking to Kathy at

[k.now@mac.com](mailto:k.now@mac.com) or (956) 240-5553





# America's Boating Club Lehigh Valley 2022 Change-of-Watch

At



SEAFOOD RESTAURANT  
610.625.3777

530 Pembroke Road, Bethlehem

Saturday, March 5

Cocktail Hour and Cash Bar

6pm

With Vegetable Platter

Dinner and Ceremony

7pm

Choice of:

Chicken Picatta (Chicken breasts topped with a caper and white wine sauce, served with wild rice.)

Grilled Salmon (Generous salmon filet finished with honey dijon sauce, served with wild rice.)

NY Strip Steak (Cooked to your liking and topped with peppercorn sauce, served with baked potato topped with their signature Old Bay butter.)

All meals served with side salad, bread & butter and cheesecake dessert.

\$49 per person

## Delhigh Change-of-Watch Reservation Form

Rank \_\_\_\_\_ Name \_\_\_\_\_ Grade \_\_\_\_\_

Rank \_\_\_\_\_ Name \_\_\_\_\_ Grade \_\_\_\_\_

Dinner Choices \_\_\_\_\_

(Please include the temperature for NY Strip Steak)

Total Enclosed \_\_\_\_\_

Send to: P/C Robert Rendish, P

527 Elm Street

Emmaus, PA 18049

[RobertRendish1@yahoo.com](mailto:RobertRendish1@yahoo.com)

(610) 967-2210

RSVP by Weds, Feb 23





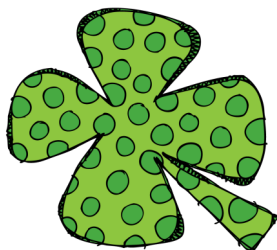
# Join America's Boating Club Lehigh Valley for a St. Patrick's Day Celebration

Saturday, March 19  
At the Lamboy Residence  
114 Wood Hill Lane  
East Stroudsburg  
4pm



Burgers, dogs, chicken and vegetables will be grilled. Please bring an appetizer, side dish or dessert to share.

RSVP to Kathy by March 12 at [K.now@mac.com](mailto:K.now@mac.com) or (956) 240-5553



# Join America's Boating Club Lehigh Valley for our April Meeting and Old Favorites



Wednesday, April 6  
Potluck at 6:30pm  
Meeting starts at 7:00pm  
at  
The Nowroozani Residence  
RSVP to [k.now@mac.com](mailto:k.now@mac.com)  
Or (956) 240-5553  
By Friday, March 26







**February**

P/C Kathleen Nowroozani, SN  
Joe Winegardner, SN  
Lt Sergio Lamboy, P  
P/Lt/C Camilla Stemrich, P

**March**

Muriel Komoski

As provided by our by-laws, the Nominating Committee presents for your consideration our (updated) slate of officers for the elected positions for 2022-2023 as follows:

Commander:  
Kathleen Nowroozani, SN

Executive Officer:  
Robert Rendish, P

Educational Officer:  
Sergio Lamboy, P

Secretary:  
Jeanette Meisner, AP

Treasurer:  
L. Chris Brown, SN

Respectfully Re-Submitted:  
Delhigh Nominating Committee



January Meeting was moved to Zoom. Not as much fun but lots was accomplished. Keith, Kathy, Bob, Ed, Chris, Jeanette, Cyrus, Fran, Brent and Sergio pictured above were all in attendance.



Click to go to [America's Boating Channel™](https://www.americasboatingclub.org) to see videos about safe boating and boating education!





# In Remembrance of P/C Michael Lebeduik, III, JN



Delhigh Power Squadron



Michael Lebeduik, III, 73, of Bethlehem Township, passed away on December 25, 2021. Born on September 23, 1948, he was the son of Antonette (Kolchin) Lebeduik and the late Michael Lebeduik, II.

Michael graduated from Liberty High School in 1966 and went on to proudly serve in the United States Navy. Following his honorable discharge from the military, he went on to own TJA Associates and Goosie Gander Four. He also worked at Mac Trucks, Bell Telephone, Champion Spark Plugs, ultimately retiring as a lineman with Verizon.

Outside of work, Michael enjoyed spending time with his friends, boating, fishing, traveling and life as a whole. His joys extended to the many memberships he held: Kiwanis, The Lions Club, The Wanderers, Shriner's, the Hellertown Legion, America's Boating Club Lehigh Valley, Chesapeake Cruiser's Club, NRA, Veteran's Yacht Club, and the Freemasons.

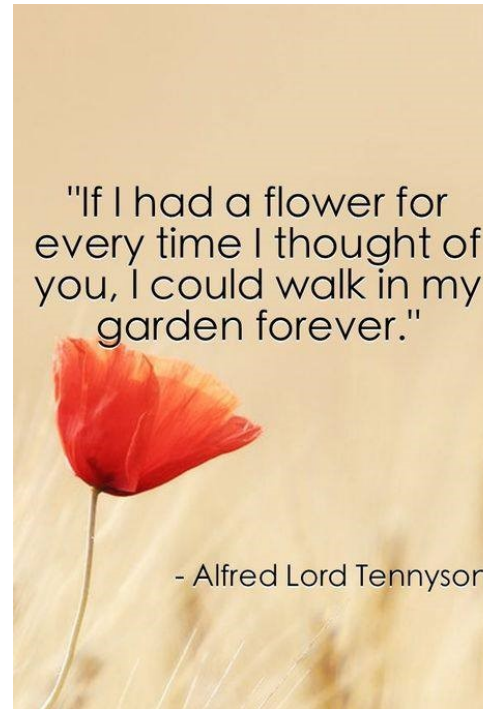
Michael was preceded in death by his father, Michael Lebeduik, Jr..

He will be greatly missed by his wife: Nilsa Lebeduik; son, Jason Michael Lebeduik; daughter, Allison Lebeduik (Jason Spangler); two step-sons, Nelson Rivera and David Rivera, Jr.; sister, Susan (Joseph) Polenchar, IV; six grandchildren, Jaylyn June Spangler, Bella Rivera, David Rivera, III, Inocencio Rivera, Killian Rivera, and Daviana Rivera; and his nephew, Joseph Polenchar, V (Julie).



## In Remembrance of P/C Michael Lebeduik, III, JN

The pictures on this page were saved on P/C Michael Lebeduik, III, JN's computer. They seemed appropriate. The Eulogy notes (in case you missed it) are from P/C Brent Rhoads, SN who delivered a wonderful eulogy at the funeral speaking from the heart.



### Michael Lebeduik III Eulogy

1. How I first met Michael
  - A. Prossers drug store lunches/takeout Goosey Gander Deli
2. Meeting at Piloting /Basic Boating Class
  - A. Wanting to become member and become active and involved which I did eventually
3. District Flag Lt for District Commander Chris Brown
  - A. Duties to carry Stuffed Green Turtle all over the country
  - B. Boating/Chesapeake Bay. Member "The Haven Yacht Club"
  - C. Delhigh Rendezvous to Tilghman Island & rain storm on way back from Tilghman by boat
4. Always ready to help or run errands, volunteer help others and get involved with projects
5. He also had a lot of stories to tell because he was so involved with others and his various projects
6. He had a lot to share and he will be missed by everyone whose life he touched
7. Thanks for the memories and may you have Clear Skies and may the Wind be always at your back my Friend





Executive Officer's Report  
P/C Robert Rendish, P

The District 5 Spring Conference is being held at the Princess Royale Hotel and Conference Center in Ocean City, Maryland, March 31 - April 3, 2022.

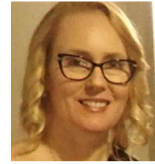
Please check out the most recent edition of the Mark 5 for more details and arrangements for this and other District 5 events and dates. Also, you will find additional information on the D/5 website at <http://www.uspsd5.org>

I would like to once again thank Peter's Marine and owner Bobby Michener, and his great staff Dennis Galligani, Joe Kish and the others who made it all work smoothly for hosting and sponsoring our safe boating classes for many years. They have been great and we could not have asked for any better partner in our purpose to help educate new and current boaters.

Since my article in our last issue, I have learned that Peter's Marine will continue on, with new owners Dennis Galligani and Scott Beman. We will hopefully start a new relationship with the new Peter's Marine in the very near future and I as well as others look forward to that. We wish them all success.

I am optimistic about the Squadron's future with new teaching locations and some new members who are becoming more active. We still have our challenges, we have unfortunately lost several members over the last few years, but we will carry on.

May we all have a healthy, happy, and prosperous New Year!  
To the Breezes.



Educational Officer's Report  
P/C Kathleen Nowroozani, SN

Our two ABC-3 classes are all set up and ready to go. February 5 and 12 we will be at Northampton Fire Department and March 12 and 19 we will be at Dinbokowitz Marine in Whitehall. Both classes still have room for a few more students so please have anyone that might be interested contact me as soon as possible at [k.now@mac.com](mailto:k.now@mac.com). These are both new locations for us and I would like to thank the educational committee for all of the planning and preparations that have gone into making these courses happen.

Winter is a time to snuggle up inside and learn something new. The national website has many new seminars available to you including [Modern Weather Forecasting](#), [Using Nautical Charts](#), and many [more](#). Take a look and see what new course might interest you this winter.

*"There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, may they always be." - Irish Proverb.*





Administrative Officer's Report

Almost 2 years after 'quarantining for 2 weeks' we are still fighting through this pandemic. We are lucky to have a good group of members and live in an area where we can get together easily when we want to, yet still we are cancelling events last minute to keep everyone safe. As much as we love getting together with everyone, safety must come first for all of us.

Our January meeting was moved to Zoom, but we were still able to get some business done and tell some stories afterwards and the Phantoms Hockey Game was a good time as always. What can I say about the Holiday Party? We had a great time and the Polyanna gift exchange was a lot of fun. Thanks to all for your generous donations to the Toys4Tots foundation.

Founder's Day is back at Morgan's this year and we will have a Zoom option as well. Game night at the Meisner's is always a good time, don't forget to RSVP to Jeanette if you can make it. Change of Watch is back at Adagio in Bethlehem. Please send your food choices and payment to Bob by February 23rd. The form is on [page 7](#). Our St Patty's celebration this year will be at the Lamboy residence. Be ready for a good time!

The calendar for the coming year is attached on [page 21](#). Many of our annual events are back and a few new events have been included. Locations may change or be updated and dates may change as we get details worked out, but the most up to date information can always be found at [Del-high.org](http://Del-high.org).

AMERICA'S BOATING CLUB  
LEHIGH VALLEY  
BRIDGE  
2021-2022

COMMANDER  
Cdr Keith Knoblach, AP  
1026 Lehigh Street  
Allentown, PA 18103  
(610) 509-3526  
delhighcommander@gmail.com

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P/C Robert Rendish, P  
527 Elm Street  
Emmaus, PA 18049  
(610) 967-2210  
Robertrendish1@yahoo.com

EDUCATIONAL OFFICER  
P/C Kathleen Nowroozani, SN  
6951 Sunflower Lane  
Macungie, PA 18062  
(956) 240-5553  
K.now@mac.com

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P/C Jeanette Meisner, AP  
444 Willow Road  
Walnutport, PA 18088  
(610) 760-3014  
R.meisner@rcn.com

TREASURER  
PDC L. Chris Brown, SN  
3151 Club Drive  
Allentown, PA 18103

ASST EDUCATIONAL OFFICER  
Sergio Lamboy, P  
114 Wood Hill Lane  
East Stroudsburg, PA 18301  
(862) 262-3120  
Surjracer56@yahoo.com



Happy Valentine's Day





# USPS NATIONAL NEWS



**Annual Meeting**  
**February 19-27, 2022**  
*Ponte Vedra, Florida*

## 2022 ABClub Annual Meeting

**Saturday, February 19, 2022 -  
Sunday, February 27, 2022**

**Ponte Vedra, FL**

**MEAL RESERVATIONS OPEN**

[To begin your online reservation - click here](#)

## Marriott Resort Sawgrass

**This is the main meeting Hotel**

[Hotel Web Site](#)

1000 PGA Tour Boulevard  
Ponte Vedra Beach FL 32082

Telephone: 904-285-7777

Rate: \$179.00

Any questions or issues, please contact Arlene Anderson at [arlene.anderson47@yahoo.com](mailto:arlene.anderson47@yahoo.com)

Join America's Boating Club for our annual meeting in Ponte Vedra, Florida. There are many events planned to keep you entertained. Starting Tuesday, February 22 you can go on a haunted pub crawl and paranormal investigation, join a day visiting a chocolate factory, winery, distillery and burger house, go on a scenic cruise and ride the old town trolley. There are also luncheons to meet with the national bridge members and luncheons with a keynote speaker, social luncheons along with events for first timers and don't forget the Change of Watch dinner and reception. [Meeting Information \(usps.org\)](http://usps.org)

# DISTRICT 5 NEWS



## [2022 District 5 Spring Conference](#)

March 31—April 3

Princess Royale Hotel

Ocean City, Maryland

Reservation form is on Page 15





**RESERVATION FORM**  
**America's Boating Club-Mid-Atlantic**  
**United States Power Squadrons D/5 Spring Conference**  
**March 31—April 3, 2022**  
**Princess Royale Hotel, Ocean City, Maryland**



**MEMBER:** Rank \_\_\_\_\_ Name \_\_\_\_\_ Grade \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 SQUADRON \_\_\_\_\_ POSITION \_\_\_\_\_ FIRST TIMER? \_\_\_\_\_  
 E-mail \_\_\_\_\_ PHONE \_\_\_\_\_

**SPOUSE/OTHER ATTENDEES:**

Rank \_\_\_\_\_ Name \_\_\_\_\_ Grade \_\_\_\_\_ First Timer? \_\_\_\_\_  
 Rank \_\_\_\_\_ Name \_\_\_\_\_ Grade \_\_\_\_\_ First Timer? \_\_\_\_\_

**SATURDAY LUNCH:**

**Lunch Sandwich Buffet:**

Freshly Sliced Turkey, Roast Beef and Ham; American, Swiss, and Provolone # \_\_\_ @ \$30.00 = \$ \_\_\_\_\_  
 Cheese; Assorted Rolls and Breads; Relish Tray with Lettuce, Tomato and On-  
 ion;  
 Pasta Salad, Potato Salad, and Potato Chips; Brownies and Blondies, Coffee,  
 Tea, Decaf Coffee & Iced Tea

**SATURDAY BANQUET ENTREE CHOICES:**

**Chicken Piccata:** Sautéed Boneless Chicken Breast in a Lemon White # \_\_\_ @ \$31.00 = \$ \_\_\_\_\_  
 Wine Sauce and Capers

**Baked Salmon:** Marinated and Served with a Lemon Dill Sauce # \_\_\_ @ \$37.00 = \$ \_\_\_\_\_

**Vegetarian Stir Fry:** Fresh Pea Pods, Onions, Julienned Carrots, Broccoli, # \_\_\_ @ \$33.00 = \$ \_\_\_\_\_  
 Red Pepper and Water Chestnuts in a Teriyaki Sauce With Sherry

Selections Served With:  
 Garden Salad: Fresh Garden Greens and Vegetables, Green Beans with Al-  
 monds, Whipped Potatoes, Rolls & Butter, German Chocolate Cake, Coffee,  
 Tea, Decaf Coffee, & Iced Tea

Dietary Restrictions: \_\_\_\_\_  
 (Gluten Free Option Available)

**Children:** Chicken Tender and Fries # \_\_\_ @ \$18.00 = \$ \_\_\_\_\_

**Total Enclosed:** \$ \_\_\_\_\_

**Make Checks Payable to: KNSPS**

**SEND TO:** Cdr John Locke, SN - ACN  
 806 Harmony Way  
 Centreville, MD 21617 E-mail: Locke806@gmail.com

**MEAL RESERVATIONS must  
 be received by March 8, 2022**

**Recommended Dress for Banquet:** Uniform A with bowtie or suitable civilian attire.  
 Dress Code for other portions of the Spring Conference will be published separately

**MAKE ROOM RESERVATIONS DIRECTLY WITH HOTEL - Call Reservations Dept. at 800-476-9253 Use the  
 Reservation ID Code: U.S. Power Squadron, District 5 or 2203UNITED Rates:** Ocean view/pool view Suite:  
 \$129.00 per night Ocean Suite: \$169.00 per night 2BR/2BA Oceanfront Condo: \$279.00 per night, 3BR: \$359.00  
 per night (Rates listed do **not** include taxes)

**ALL HOTEL RESERVATIONS MUST BE MADE BY MARCH 1, 2022 TO ENSURE USPS RATES**

[www.americasboatingclub.org](http://www.americasboatingclub.org)





**The Adventures of Tom & Michael**  
**A Picture is worth 1,000 Words**  
**You Write the Story...**



-1-



-2-



-3-



-4-



-5-



-6-



-7-



-8-

**The End!**

Now that you made up your story, let me tell you what REALLY happened.

(Story on page 17)





## What Really Happened

By Michael Lebeduik

Tom O. called me one Saturday and asked if I would like to take a road trip to get his boat at Walt's Marina at Lake Wallenpaupack. I was up for a road trip. Tom rented a slip for the week while he had work done to his trailer.

It was a beautiful day and the trip up was great.

Now for the good part...

We sat on a bench at the marina and talked awhile and just enjoyed the view of the lake. It was time to take the boat out for a ride and then put it on the trailer and take it back to Tom's house.

We walked to the dock, uncovered the boat and Tom turned the key. Nothing happened. He tried again with the same result. He investigated and determined someone had left the bilge pump on, draining the battery, picture #1.

Yes, you guessed it. Dead battery and forgot the power pack at home.

We asked boaters coming in for the day if they had a power pack or cables to give us a jump start. Same answer from everyone. Sorry.

Oh what to do? We put our heads together and yes picture #2 is Tom taking the battery out of his SUV. He had to carry the battery, cables and wrenches almost a block to the boat, picture #3.

Jump the dead boat battery with the SUV battery. Success!

Now take the boat out on the water, enjoy a ride and let the battery charge, picture #4. What a beautiful day to be on the water. After about an hour and a half it was time to call it a day and load the boat on the trailer.

But wait! Now Tom has to carry the battery back to the SUV and connect it, so he could get the trailer to the water and boat ramp, picture #5.

After Tom got the boat out of the water, one of his furry friends (a bear cub) strolled by to ask if we were going out or coming in and if he could have a boat ride. Tom explained he did not have a life jacket meeting the weight requirements on hand and would not be able to accommodate him. Tom told him maybe next time as he walked away disappointed but understood, picture #6.

Picture #7, is a thumbs up from Tom as he finished the tie down for the trip home.

Although I was there, I was of no physical help to Tom. You could say I provided moral support, picture #8.

We stopped for dinner and headed home.

That's our story of what REALLY happened and we're sticking to it!

How close was your interpretation of the pictures?



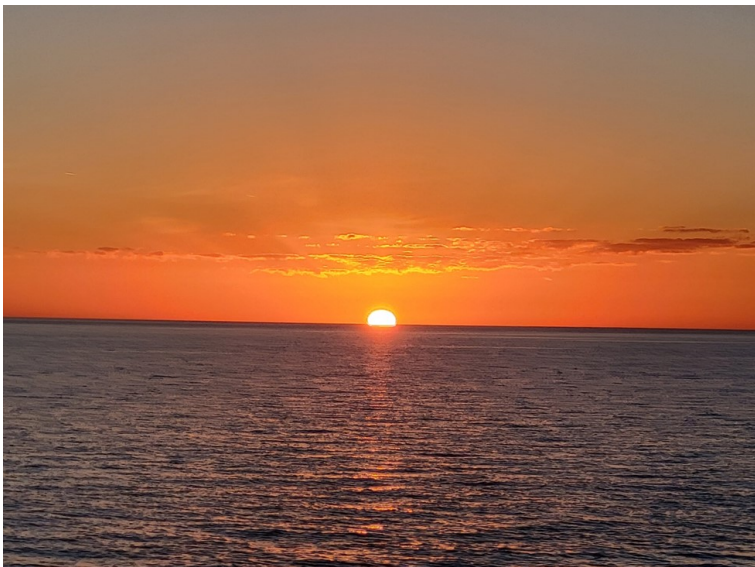
# ABC Lehigh Valley's 'Loopers'

By P/Lt/C Doug McKenzie, JN



Delhigh Power Squadron

Greetings everyone. Last time I checked in with you we were getting ready for the big crossing of the Gulf of Mexico, 170 miles of open water. I decided on a different route going from Carrabelle to Steinhatche, 65 miles of open Gulf waters. Steinhatche is a small, rural and frequently overlooked town for cruisers, which is too bad because we really enjoyed it there. From there we traveled offshore down to Crystal River, another 70 miles in the Gulf. Instead of going to a marina, we anchored out in the Gulf about 8 miles offshore. The weather was beautiful and



*Thanksgiving sunset.*

we had our Thanksgiving dinner there. We were traveling with 2 other boats and all gathered on our boat for drinks after dinner. It was a magical evening. From there we went to Clearwater and spent a few days. The beaches are great with a powdery white sand and it was sunny and warm. We went from Clearwater to Burnt Store Marina near Punta Gorda. Another great place to visit. Our last trip took us to Legacy Harbor Marina in Fort Meyers. This section of the Great Loop was so beautiful, accompanied by dolphins and so much wildlife! My descriptions don't do it justice, it is such an overwhelming experience to see our great country in such an intimate way.

We planned on being home one week for Christmas, but the passing of our dear friend Michael Lebeduik changed that. We spent several weeks at home, preparing to sell our house and go "All In" as the cruisers say and live full time on the boat for the next few years. Our plans include going to the Florida Keys, then up the east coast of Florida, through Georgia and back to Beaufort, South Carolina where it all began. This summer we will spend much more time in the Chesapeake Bay and we hope to see many of you there!





When we read about a sailor lost overboard in a storm, we think about PFDs and personal locator beacons, and accept the sea is unforgiving. When we read of novice boaters drowning in a local lake, we're sad, but say that will not happen to us because we wear PFDs. But when we read of a PFD-equipped sailor falling overboard and dying within minutes, it's a real eye-opener.

Spring sailing in temperate climates still carries the risk of cold water shock. With the water temperature in the low 50s, true hypothermia sets in at about 30 minutes. Swimming can be difficult after about 20 minutes. However, 50 degrees is well below the accepted threshold of shock. Most likely, when the icy water slams into a person's face it causes an involuntary gasp. It's hard to recover from inhaling water, even for a strong swimmer.

Originally known as sudden disappearance syndrome, cold water shock has been known since the 1970s. Different from true hypothermia, which results from the body core temperature dropping over a period of 20 minutes to hours, cold water shock is immediate. Being cast headfirst into icy water is one of most severe shocks a human can face, with deadly effects. It is estimated that 20 percent of victims die within 2 minutes.

## Physical effects

The instantaneous reflex is a violent gasp, totally unlike the one scary movies strive to cause. This results in a massive inrush of air, which can be fatal if you are underwater. Unlike the controlled plunges of the local polar bear club, where participants walk in via a beach and are attended by rescue swimmers in dry suits, MOB sailors plunge in head first, the result of tripping over the lifeline. Even with an automatic vest, your head will plunge 6 feet underwater before popping to the surface. If the first blast of inhaled water doesn't drown you, you'll arrive on the surface gasping and unable to swim and swallowing more. Drowning will typically occur in less than a minute. The initial gasp is followed by several minutes of hyperventilation, making any physical effort nearly impossible. Consequences include the inability to hold your breath or think clearly.

Instantaneous and massive increases in heart rate and blood pressure can cause heart failure in otherwise healthy individuals. Clear thought is impossible. Panic is likely, only serving to increase problems with breathing control and heart rate.

These reactions may appear to an observer as nothing more than panic. Flailing, spastic breathing, muddled thinking, and a racing heart fit the pattern. But victims include experienced sailors and strong swimmers who are not at all prone to panic. If you fall overboard in warm water and reasonable weather, your first concern might be embarrassment over screwing up the race, and later whether the boat would be back in the next half or hour so. It wouldn't have felt life threatening.

If you survive the first critical seconds, then come the more traditional challenges of cold water exposure. Cold incapacitation and swimming failure begins in 5-20 minutes, the result of failed muscle control. In the absence of a PFD, drowning follows. Death from true hypothermia (cold core) takes considerably longer, at least 30 minutes in very cold water up to a few hours in cool water.

How do you keep this from happening to you? First, don't fall in. The first line of defense is careful movement and the use of harness and tether systems as described in PS October 2018. If sailing a smaller boat, prone to capsize or swamping, dress for full water immersion. In cool water either a thin wetsuit or dry suit is effective. Once the water temperature drops below about 50F, only a dry suit is suitable. (See PS [November 2018](#) and [March 2009](#).)

If performing high risk activities on larger boats (hiking out, working on the bow, or leaning outboard) a dry suit is the smart option. It is our favorite foul weather gear for stormy conditions in cool weather; more agile than heavy foul weather gear and nary a drop of water will go down your neck. Small wonder is increased in popularity with offshore racers and sailors.

Unfortunately, once the air temperature gets above about 55F, dry suits get steamy, tempting the wearer to open the zipper and defeating the whole purpose. As the water temperature rises into the 50s, we like paddling jackets and dinghy smocks, with snug fitting wrist, neck, and waist seals. Water will sneak in pretty quickly, but shock is reduced and the seals reduce the exchange of cold water. The wearer is also more mobile than in conventional foul weather gear.

Soft shells may also have possibilities. Once our tester found himself in 35F water, with ice around the edges. He was dressed not in foul weather gear or dry suit, but in Wind Blocker fleece tops and bottoms. The saving factors were that the wrist, waist, ankle, and neck closures were all tightly secured; not all soft shells have effective closures. Although very cold, it was more survivable than ordinary foul weather gear.

## Conclusions

The last 12 months have been hard on ocean racers. It is more than coincidence cool or cold water was a common factor. In the UK, coldwater shock is considered to be the root cause of most drowning, including non-boating accidents.

We like certain features of manual inflating PFDs; they don't go off inadvertently and climbing back aboard is easier. But cold water is different. Because of the high probability the wearer will be incapable of action for a minute or more, auto-inflation is the way to go.

We would like to see the makers of foul weather gear take a long hard look at what can be done to improve cold water shock resistance. Conventional jackets and soft shells could be fitted with effective internal neck seals. Wrist and waist seals could be upgraded.

We would like to see race committees post cold water warnings. It is common to require PFDs be worn above a certain wind speed. The race committee should at least recommend that protective gear such as a wet suit or drysuit be worn if the water temperature is below about 55 F. Our level of caution around the rail varies with the risk we perceive, and that level of caution goes way up when the water temperatures go down.

Most importantly, sailors need understand what being thrown face first into cold water feels like and how their body will respond to it. A diehard for traditional foul weather gear? Don't fall off the boat in cold water, and don't expect to survive more than a few minutes if you do. Its tough out there.

*Originally Published at [Practical Sailor](#) by Darrell Nicholson*



# A BIT OF FUN



Does the new year mean it's time for new gear? If you are looking for new electronics this is the place to start!  
[Marine Electronics Guide | Best Marine Electronics](#)

Looking to do some work on your hull? Check out this article from Practical Sailor to see how the epoxy's they tested fared against a body of water.  
[Underwater Epoxy Test - Practical Sailor \(practical-sailor.com\)](#)



Three YouTube boating videos for your viewing pleasure.  
[WARNING: FAMILY IN TROUBLE AT HAULOVER INLET ! | BOAT TAKES ON TOO MUCH WATER ! | WAVY BOATS - Bing video](#)  
[SHIP & BOAT CRASH COMPILATION - Expensive Boat Fails Compilation - BIG SHIP LAUNCHES GONE BAD 2021 - Bing video](#)  
[Crazy Boat CRASH/RIDING Wave Fails Compilation 2020 - Bing video](#)





## 2022 Calendar of Events

### Founder's Day

Wednesday, February 2  
Morgan's Local Flavor  
6pm

### America's Boating Course

Saturday's, February 5 and 12  
Northampton Fire Department  
9am-1pm

### Game Night

Saturday, February 19  
Meisner Residence  
5pm

### America's Boating Course

Saturday's March 12 and 19  
Dinbokowitz Marine  
9am-1pm

### Change-of-Watch

Saturday, March 5  
Adagio  
6pm

### St. Patrick's Day Celebration

Saturday, March 19  
Lamboy Residence  
4pm

### April Meeting and Old Favorites

#### Potluck

Wednesday, April 6  
Nowroozani Residence  
6:30pm

#### Pub Crawl

Saturday, April 23  
TBD

#### May Meeting

Wednesday, May 4  
TBD  
6pm

#### Sock Burning

Saturday, May 14  
Lebeduik Residence  
3pm

### Beltville Lake Clean-Up

Saturday, May 21  
Beltville Lake  
9am-12pm

### Post Clean-up Lunch

Saturday, May 21  
Joey B's  
1pm

### Ice Cream Social

Wednesday, June 1  
Montuori Residence  
6pm

### Summer Rendezvous

June 23-26  
Safe Harbor Great Oak Landing

### July Poolside Meeting

Wednesday, July 13  
Nowroozani Pool  
6pm

### Trailerboat Rendezvous and BBQ

Saturday, July 25  
Blue Marsh/Nowroozani Pool  
10am/5pm

### August Iron Pigs Meeting

Wednesday, August 3  
Coca-Cola Park  
7:05pm

### Musikfest Mania

Wednesday, August 10  
Hotel Bethlehem  
6pm

### Fall Trailerboat Rendezvous

Saturday, August 27  
Ridley Park Marina  
11am

### September Meeting and Chili

#### Cook-off

Wednesday, September 7  
Nowroozani Residence  
6:30pm

#### Cookout

Saturday, September 17  
Lamboy Residence  
TBD

### Sporting Clays

Saturday, October 15  
Lehigh Valley Sporting Clays  
10am

### Oktoberfest

Saturday, October 15  
Meisner Residence  
5pm

### Beer Tasting

Saturday, October 22  
TBD

### November Meeting

Wednesday, November 2  
TBD

### Road Rally

Saturday, November 12  
TBD

### Wine Tasting

Saturday, November 26  
Montuori Residence  
TBD

### Holiday Party

Saturday, December 10  
TBD

### January Meeting and Potluck

Wednesday, January 4, 2023  
Nowroozani Residence  
6:30pm

### Phantoms Game

TBD

### Founder's Day Meeting

Wednesday, February 1  
TBD

### Wine and Chocolate Pairing

Saturday, February 4  
Lebeduik Residence  
TBD

### Game Night

Saturday, February 18  
Meisner Residence  
5pm

### Change of Watch

Saturday, March 4  
TBD

All Calendar events are subject to change as the bridge sees fit.

Please contact Kathy at [k.now@mac.com](mailto:k.now@mac.com) or (610) 351-5192 for more information on any scheduled event.

