

# SUNSEEKER'S Boating Club



July 2019



## What a "Round Up" it Was!

The final count for the 2019 Regatta is forthcoming but it was obvious that it was well attended and very successful. Folks came by boat, bus, cars, golf carts, and even bicycles! The entire weekend was packed with first class entertainment, an amazing cocktail reception for our Commodore and lots of food and beverages. The raffle baskets and regalia merchandise needed their own tents!



### Hours:

Mon-Thurs: 4 pm to 11 pm

Fri - Sat: 4 pm to 2 am

Sunday: 4 to 9 pm  
(except special events)

Attention: **New Hours**

### Membership Meetings:

First Wednesday of the month  
@ 7:30 pm

### Address:

28043 N. Gibraltar Rd  
Gibraltar, MI 48173

### Phone:

734-672-6543



### July Highlights

- Letters from the Bridge
- Notes from the Editor
- Upcoming Events
- Past Events
- Photo Collage
- Reminders
- Fun Facts
- New Members
- Membership Updates



## **COMMODORE: SUE MILLER**

734.915.8862 millerboysfan@gmail.com



**We finally made it to summer (and it's finally feeling like it too)!  
Happy July everyone!**

June was exciting, busy and fun!! We started June 1<sup>st</sup> off with a bang, we helped RC Teri set up for the Captain Jim's kayak race and met this coach that used to coach for some team in Michigan. Oh...wait was his name.....oh yeah, Lloyd Carr. Despite being a Sparty fan, Gentleman Wayne and I were happy to meet him and get our picture taken with him and RC Teri. Then we rushed home to change, picked up AYC Sgt of Arms/PC Jeff Upholzer and drove through hail, wind, flooded highways to get to Pointe Place Boat Club for their cocktail party. Afterwards we rushed home, changed and wrapped up the Commodore's Ball season (until Fall) by attending Grosse Ile Yacht Club along with PC Jerry Hollis and Lady Anna. We unfortunately missed all the OOTI (Opening of the Island) functions as I had minor surgery and had to take it easy, that was tough, but we got in some family time.

Then we had the ever so much fun \$1.98 dance at Toledo Sailing Club. THANK YOU to all who came by bus or on your own. It certainly helps seeing all your friends out there. The north clubs certainly represent down there. The next day we attended Cooley Canal Yacht Club and Toledo Sailing Club cocktail parties along with AYC Sgt at Arms/PC Jeff, VC Jim and Lady Terri, Sgt at Arms Bill Tuite and Lady Donna.

We attended a commodore fundraiser for Indian Hills Boat Club. The following weekend we were off again with special thanks to AYC Sgt at Arms/PC Jeff for my first boat ride of the season to Harbor View Yacht Club and Toledo Yacht Club cocktail parties, followed by an evening back at the club for the multiple 50th birthday party. Can we say we have some great singers and backup singers??

Lastly we rounded out the end of the month with our own regatta and Swan Boat Club cocktail party.

To back track a bit, thank you again to everyone who came and supported the \$1.98 dance. This was a lot of fun, sorry, I did not bring the trophy back this year. It was amazing looking out and seeing all of you there. Thank you AYC Sgt at Arms/PC Jeff and RC Teri for letting me get ready on your boat. Also, special thanks to Lady Terri Ryan for the amazing sign! Then my behind the scenes help, my Rear who was literally stuck to my rear and Sandy Ball. They helped with a little wardrobe malfunction.

Regatta! Amazing! Sunseeker's always pull off everything. Each year this will get easier. It took a lot of planning and it could not have been done without everyone. VC Jim, RC Teri, PC Jerry, what a great planning crew. Dockmaster Scott and your crew, awesome job! There are too many volunteers to mention but thank you everyone. Then the cocktail party, WOW, our members are awesome! PC Sue and the Ball committee, what an amazing job!! I cannot wait to see how the Ball turns out! THANK YOU EVERYONE!!

We also cannot thank PC Derrick Ball enough again. He has spent countless hours on the patio. Thank you to those who came and helped with all that. As people come to the club from other clubs, they are just amazed on how far we have come, what we do as volunteers and not pay to have done. Our club is something to be proud of! Please take a moment to appreciate what has been accomplished in a short time with a handful of volunteers.

As we come into July, don't forget we have the Gibraltar Parade and Dingy Thingy. Also, come to the club, say hello to the volunteers that are coming in to bartend. When they are there, viewing our beautiful view and there is no one there, it makes it hard, they could be out on the boat or doing something else. Hiring bartenders is always an option, a costly one, but if we can keep the volunteers it is cheaper for all.

**Come enjoy the club, especially now that summer has arrived!**

Sue



## **VICE COMMODORE: JIM RYAN**

734.891.3324 jamesryan@live.com



**We just finished a fantastic weekend at our Annual Regatta – Luau Roundup! The SunSeeker's did not disappoint with lots of Entertainment, Breakfast, Burgers and Brat's with the Blue Gavel, the Food Truck, and late night munchies, with lots of hydrating drinks for everyone. We added credit cards for many of the purchases and the bands were outstanding!**

**Thanks to everyone who lent a hand in the planning, setup, volunteered during the event, and teardown afterwards. You all made this event so successful! And we are just kicking off the summer!**

**Look what's coming up next!**

### ***July 5 – Rushlow and Richards Band***

**Relax outside to the sounds of oldies, your rock n roll hits and country music!**

### ***July 20 - Dinghy Thing/Canal Crawl***

**Travel through the canals of Gibraltar with the finish at the club for a party. Club members and their friends and AYC members only, please. The planned stops will be at Celeron Island, the Marcum's, the Hanrahan's, the Romak's and the Clubhouse. Evening Entertainment is planned with our own member, DJ Tim!**

### ***August 9/11 – Algonac Weekend!***

**More evening entertainment on the patio is planned through the summer. Stay Tuned!**

**Lady Terri and I enjoy representing our great Sunseeker Boating Club and in the past month we attended cocktail receptions at Cooley Canal Yacht Club and Toledo Sailing Club, the \$1.98 Contest with our own Commodore Sue, the Swan Club Cocktail reception, and of course, our own Sunseeker Cocktail reception.**

**It's time to rev it up and motor into a fun summer, Sunseeker Style!**

**See ya on the water!**

**Jim Ryan, Vice Commodore**



## **REAR COMMODORE: TERI UPHOLZER**

248.884.0306



SunSeeker's,

While I am writing this month's newsletter, I am doing so outside in the sunshine (can you believe it?!) What a wonderful feeling...finally!! Hopefully, now that summer is officially here, we will have more warm sunny days!

In June AYC Sergeant at Arms, Jeff Upholzer and I attended:

- Toledo Yachting Clubs Mill Race Party
- Toledo Sailing Clubs Regatta
- \$1.98 in which our Commodore Sue did a fantastic job! You may not have won but you made SunSeeker's proud!
- Swan's Poker Run
- Swan's Commodore Cocktail Reception
- SunSeeker's Commodore Cocktail Reception

Our regatta was so much work but SunSeeker's sure came through once again! A thanks is not nearly enough to all our members and even some non-members who joined in to make this event a huge success.

The cocktail party honoring our Commodore Sue and Gentleman Wayne was amazing! What a great theme and the decorations were perfect! What a great way to show off our new club to the other AYC clubs.

New Club Hours Effective July 1<sup>st</sup>

Monday – Thursday: 4:00pm – 11:00pm

Friday – Saturday: 4:00pm – 2:00am

Sunday: 4:00pm – 8:00pm

**Tips:** Reminder, while tips are appreciated, tips need to be cash only. Tipping on a credit card is not an option.

**Club Cleaning:** The next Club Cleaning is Monday, July 15<sup>th</sup>, from 4:30 – 6:30pm. Please meet at the club. This will be the first deep cleaning post regatta so help is appreciated if you can make it.

Your continued help in all areas of the club are seen and appreciated.

Let's make July another month to remember!

RC Teri Upholzer



## FLEET CAPTAIN: FRANK GIGLIOTTI

734.612.2231 manifest2312@gmail.com



The warmer weather has finally arrived with the official start of summer. Hoping for a break in the rainfall and more sunny days ahead.

Lady Annette and I travelled by bus to the \$1.98 Beauty Contest at Toledo Sailing Club which was well represented by Sunseekers and guests. We had 35 visitors that travelled by bus in addition to those that travelled by boat and car. A super effort by Commodore Sue Miller and a great turn-out of Sunseekers that cheered her on made it an enjoyable night for all.

For the Toledo Sailing Club poker run, Bill Tuite supported the fleet captain position on Saturday and Sunday's turn-in. Between the Bus, Boaters, and travelers by Car we collected over 50 member and guests on the Fleet Captain Sign-up Sheet. Unfortunately, we did not win any of the poker run contests, and Riverview had a clean sweep of all the contests. There was a total of 551 in attendance, 91 boats, and 951 miles reported. Thank you Bill Tuite for your support during this event.

This month, Paulie Papazian joined me for a road trip to Monroe Boat Club on a Sunday afternoon for refreshments and live entertainment, we also picked up our Sunseeker burgee to bring back home.

During a spur of the moment trip across the channel to Ford Yacht Club, Lady Annette and I enjoyed a delicious dinner and refreshments with our Sunseeker friends (AYC Sgt at Arms Jeff Upholzer, RC Teri Upholzer, Kevin and Pam Towle, Paulie and Gohar Papazian). Commodore Keith Walker accommodated us by pulling their last burgee down from their flag pole for us to take home. Thank you Commodore! Upon leaving the grounds we discovered our dock was underwater, fortunately we were able to retrieve the boat and exit safely. Please be extra careful when entering the water to gain access to your boats during those high water conditions.

I attended the June AYC Delegates Meeting at Seaway Boat Club and enjoyed a delicious meal and refreshments served by their kitchen and bar staff. During this meeting it was noted that the AYC Golf Outing has been rescheduled for October 6th at Raisin River Golf Course. We have 2 burgees reported out at Great Lakes Steel Boat Club

### No Poker Runs Scheduled for July

#### Other July Events:

Sunseeker Band Night – July 5<sup>th</sup>

Elba Mar Boat Club holding their annual Elba-Mar Days - July 12<sup>th</sup> & 13<sup>th</sup>

SSBC Dinghy Thingy - July 20

### The following AYC Poker Runs are scheduled for August:

**Maumee River Yacht Club** – Aug 2, 3, 2019

Visit their home page for more information. <http://www.mryc.us/contact>

**Bay View Yacht Club** – August 16, 17, 2019

Visit their home page for more information. <https://www.bvyc.org/>

**Great Lakes Steel Boat Club**– August 23, 24, 2019

Visit their home page for more information. <https://www.glsbc.com>

### Algonac Boat Trip Reminder

**Another planning meeting is scheduled at Sunseekers Boat Club on Tuesday July 9 at 7pm** if you are interested in the event planning during our stay in Algonac. More info about it on page 6 of this newsletter.

## Algonac Boat Trip

SSBC has scheduled a club boat trip to Algonac Harbour Club for August 9th through 11th. They have agreed to hold 12 boat slips, although they can accommodate more boats if needed. The cost is \$60 per night and a non-refundable \$60 deposit must be paid by Credit Card via Phone or Web.

To assist with planning our event, Fleet Captain Frank is requesting that the traveling member submit a message by email to [manifest2312@gmail.com](mailto:manifest2312@gmail.com) and let him know if you are attending this event by boat (name of boat), car, or camper, name of travelers, and your phone number.

During our 1<sup>st</sup> planning meeting last month, Lori Boyd agreed to take the lead on Food Preparation. I will be scheduling another meeting once we get closer to the trip date sometime early July to share and discuss event planning during our stay.

### Traveling by Boat:

Contact Algonac Harbour Club 810.794.4448 and state you are with Sunseekers.39999

Web site:

[https://dockwa.com/explore/destination/2gcxpr-algonac-harbor-club/referral?utm\\_campaign=marina\\_site\\_referral&utm\\_medium=web\\_badge&utm\\_source=2gcxpr-algonac-harbor-club](https://dockwa.com/explore/destination/2gcxpr-algonac-harbor-club/referral?utm_campaign=marina_site_referral&utm_medium=web_badge&utm_source=2gcxpr-algonac-harbor-club)

On the Web make sure to note in Special Requests Box "Traveling with Sunseekers Boat Club".

### Traveling by Camper:

Go to web site <https://www.midnrreservations.com/ALGONACSTATEPARK>

### Traveling by Car:

Contact Colony Motel in Algonac phone 810-794-5974

**Do not hesitate to make your arrangements as early as possible.  
The reservations will fill quickly!**

# Membership News!

## Welcome Aboard New Members!

Lisa Montemay, sponsored by P/C Sue Cisco  
David Jozsa, sponsored by P/C Chuck Shivel  
Jim Jernigan sponsored by P/C Jerry Hollis  
Jeff Martell sponsored by Lady Phyllis Chamberlin  
Rachel Wathen sponsored by Lady Phyllis Chamberlin  
Tony Rogers sponsored by P/C Jerry Hollis  
Gary Gagne sponsored by Leonard Bradburn  
Greg Geragosian sponsored by P/C Matt Romak

### Huge Thank You to

...The cleaning crew that did a deep cleaning of the clubhouse  
...Derrick Ball and crew for completing the outdoor patio  
...All who bought tickets for the Yeti cooler  
...All who volunteered at and attended the Regatta

### Reminders

- ☼ Smoking is allowed only in the designated areas-NOT ALLOWED on the outdoor patio.
- ☼ The Bridge is accepting S.A.D. (SunSeeker Acting Dysfunctional) award nominations. Submit nomination via email: sad@ssbc.us Include story/details and photos (if possible) that explain why the person(s) is deserving of this award
- ☼ Be sure to input your work hours within 30 days of your donation/hours worked. Every \$10 spent on a food donation or monetary donation equals 1 work hour. You may do this online at the SSBC.US website under the Members Only section (Work Hours) or obtain a work hours slip from a bartender.

## Volunteers Needed

If you are interested in bartending, please contact RC Teri Upholzer. If you need training, she can schedule a shadowing session with an experienced bartender. With the Club now open 7 day's a week and for extended hours there will be a need for even more bartenders.



**REMINDER:** if you would like to submit articles/announcements/stories/pictures for the newsletter, please send an email to Lori Stoddart at lakeaffect@att.net. All submissions must be received by the 25th, for the following month's newsletter! Thanks!

#### Recording Secretary

KATHY HOGAN

#### Treasurer

MATT JAMISON

#### Sergeant At Arms

BILL TUIITE

#### Membership Secretary

RITA ROBBINS

#### Newsletter Editor

LORI STODDART

#### Jr. Sunseeker's

ANGELA STEPANIAK

#### Building Committee

GEORGE MARX

#### Regalia

SANDI LAFRANCE

#### Dock Master

SCOTT BOYD

#### 2019 BOARD OF DIRECTORS

##### Chairman

KEITH WADDLE

##### Secretary

PC SUE CISCO

##### Bar Operations

PC DERRICK BALL

##### Event Management

PC SUE CISCO

##### By Laws Chairperson

DEBBIE MCGRAW

##### Regalia Management

PC JEFF UPHOLZER

##### Docks/Facility Management

KEVIN TOWLE

##### Financial Secretary

STEVE DETERS

#### 2019 AYC DELEGATES

PC JEFF UPHOLZER

FC FRANK GIGLIOTTI

PC JOHN ROBBINS

ALT—PC SUE CISCO

ALT—PC JOHN HOPPER

ALT— C SUE MILLER

#### 2019 I-LYA DELEGATE

PC DENNIS NIEMIEC

# UPCOMING

Mark Your Calendars

# EVENTS



- ✿ Annual Gibraltar 4th of July parade. SSBC will have two floats in the parade again this year
- ✿ **July 10th (a change this month)**—Membership meeting, 7:30 p.m. @ the club
- ✿ July 20th—Dinghy Thingy/Canal Crawl through the canals of Gibraltar with the last stop at the club for a party. Club members/friends and AYC members only, please.
- ✿ August 9th-11th—Algonac Trip . Additional information on page 6
- ✿ AYC Poker Runs
  - ✿ Toledo Sailing Club – June 14, 15, 2019 *completed*
  - ✿ Swan Boat Club – June 28, 29, 2019 *completed*
  - ✿ Maumee River Yacht Club – Aug 2, 3, 2019
  - ✿ Bay View Yacht Club – August 16, 17, 2019
  - ✿ Great Lakes – August 23, 24, 2019

### What is a Poker Run?

At each Poker Run location our Fleet Captain (Frank Gigliotti) has a SSBC notebook for our members to sign. We get credit for 3 categories:

- ⇒ For each member (and guests of members) who attend a Poker Run
- ⇒ For each boat that attends a Poker Run
- ⇒ For the miles each boat traveled to attend the Poker Run

Sunday of each Poker Run there is a Fleet Captain's meeting at 10 am. All are welcome to attend. The winner of each category is announced. On Sunday of the last Poker Run stop of the year (2019 will be Great Lakes Steel Boat Club), the category winners are announced and playing cards will be given out. For every Poker Run stop where you brought your boat, you will receive one playing card. If you attend by car, you will not receive a playing card. For example, if you brought your boat to 3 Poker Run stops (TSC, SBC, GLSBC), you would receive 3 playing cards. If you attend all 5 Poker Run stops, you would receive 5 playing cards. You must open your cards in front of the committee in charge. The best poker hand wins money, usually around \$300. Of course, your odds are better if you have all 5 cards. The Fleet Captain will know how many playing cards you should receive based on the SSBC notebook you sign at each Poker Run stop. Also if you attend all 5 Poker Run stops by boat, you will receive a unique Poker Run Flag for that year and attend a special dinner.

- ✿ November 27th-Thanksgiving Eve party
- ✿ December 14th—Santafest—Details TBD

# **SPEND A DAY AT “THE BAY”**

VISIT PUT-IN-BAY OHIO



**TICKET SALES FOR OOTI JET EXPRESS TRIP**

**SEPTEMBER 21<sup>st</sup>, 2019**

Tickets for the Put-in-Bay Jet Express Trip from Ford Yacht Club will be going on sale for one night at Ford Yacht Club, on Wednesday, July 24, 2019 starting at 7 pm.

Tickets for both overnight and day trip will be sold on a first come first serve basis.

Overnight trip you fill out the hotel form that night so you will need to bring your credit card information with you. (Visa, Mastercard & American Express only).

Jet Express ticket for Overnight and Day trip must be purchased with cash or check.

Overnight trip will leave Ford Yacht Club at 8:45 am on Saturday and leave Put-in-Bay at 4:00 pm on Sunday, arriving at Ford Yacht Club around 5:30 pm.

Day trip will leave Ford Yacht Club at 12:15 pm on Saturday and leave Put-in-Bay at 9:30 pm on Saturday arriving at Ford Yacht Club around 11:00 pm.

Ticket prices are \$75.00 per person and are non-refundable.

Hotel for the overnight trip will be at the Islander Inn for \$139.00 plus tax.

**TICKETS AND ROOMS BOOKED AFTER SEPTEMBER 1ST, 2019 WILL BE CHARGED AN ADDITIONAL \$10.00 PER TICKET AND HOTEL ROOM.**

Opening of the Island Representative

**CONTACT OR LEAVE A MESSAGE WITH RON**

**AT 734-260-9432 FOR MORE INFORMATION**

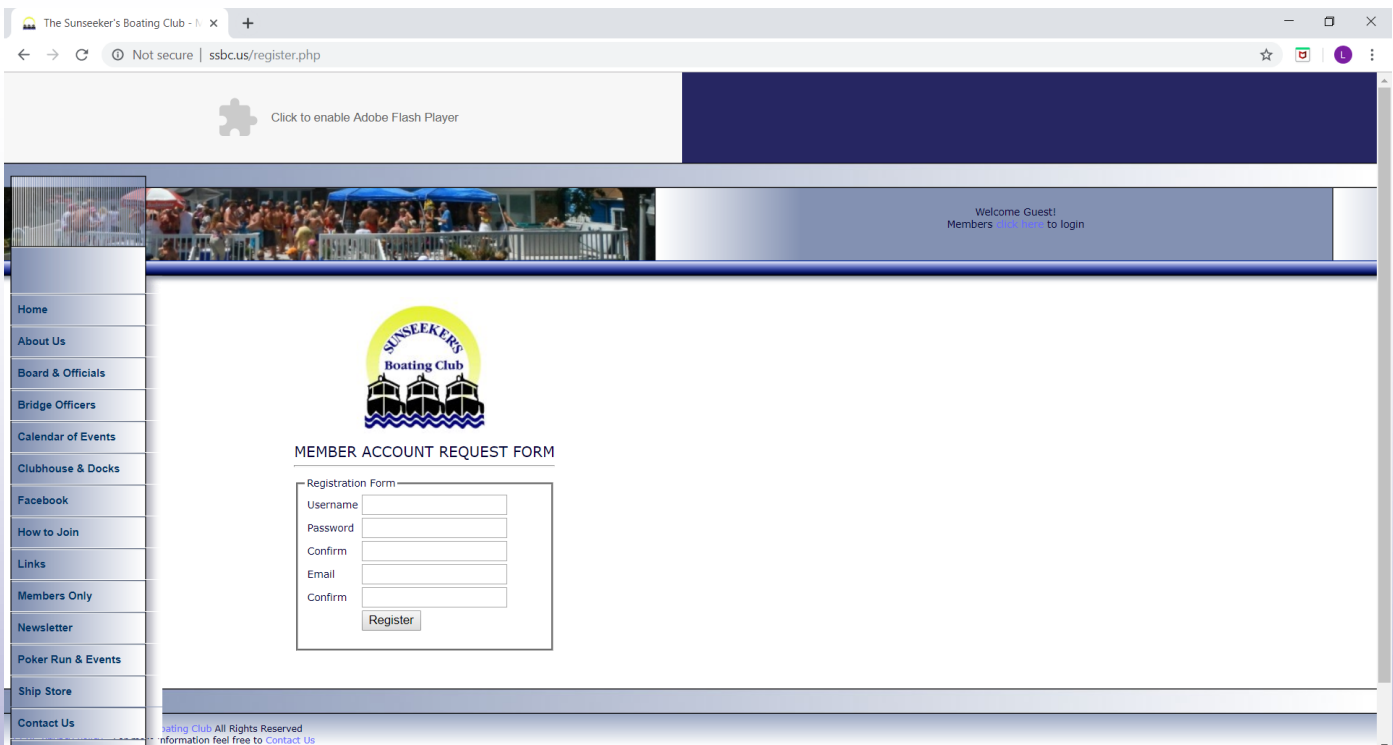
# *How to Access Member's Only Section of Website*

To access the members only section of the website you must first register for an account. If you don't already have an account set up on ssbc.us then do the following:

1. Go to [ssbc.us/register.php](http://ssbc.us/register.php) and fill out the registration form with what you want for your user ID and password along with your email address.
2. Shortly after you submit the form you should receive an email asking you to click on a link to validate your email address. Please click on that.
3. Send an email Jeff Upholzer at [jeff@upholzer.com](mailto:jeff@upholzer.com) and he will link your account with your membership profile (the system does attempt to automatically associate these by matching email addresses but it doesn't always work properly).

If you get any error messages then send an email to [jeff@upholzer.com](mailto:jeff@upholzer.com) and he will complete the registration steps for you and link your account. Just let Jeff know the user id that you attempted to sign up with.

Note - if you already have an account then you are all set and do not need to do this again.



The screenshot shows a web browser window displaying the registration page for the Sunseeker's Boating Club. The browser's address bar shows the URL [ssbc.us/register.php](http://ssbc.us/register.php). The page features a navigation menu on the left with links such as Home, About Us, Board & Officials, Bridge Officers, Calendar of Events, Clubhouse & Docks, Facebook, How to Join, Links, Members Only, Newsletter, Poker Run & Events, Ship Store, and Contact Us. The main content area is titled "MEMBER ACCOUNT REQUEST FORM" and contains a registration form with the following fields: Username, Password, Confirm, Email, and Confirm. A "Register" button is located at the bottom of the form. The Sunseeker's Boating Club logo is displayed above the form. A "Welcome Guest! Members [login] to login" message is visible in the top right corner. A footer at the bottom of the page reads "Sunseeker's Boating Club All Rights Reserved. For more information feel free to Contact Us".

# Representing Sunseeker's



Gentleman Wayne Pitock, Commodore Sue Miller, PC Jeff Upholzer, Lady Marilyn and PC Paul St. Pierre attending Harbor View Yacht Club Cocktail Reception



Gentleman Wayne Pitock, Commodore Sue Miller, Lady Anna and PC Jerry Hollis  
Grosse Ile Yacht Club Ball honoring Commodore Gary Dust & Lady Tamara



Gentleman Wayne Pitock, Commodore Sue Miller, PC Jeff Upholzer, Lady Donna and Sgt At Arms Bill Tuite attending Cocktail Reception at Toledo Sailing Club

Gentleman Wayne Pitock, Commodore Sue Miller and PC Jeff Upholzer attending Cocktail Reception at Toledo Yacht Club



# Representing Sunseeker's

Gentleman Wayne Pitock & Commodore  
Sue Miller,  
RC Teri Upholzer & PC Jeff Upholzer  
Honoring  
Swan Boat Club's  
Commodore Gary Baker and Lady Jayne



PC John Robbins & Lady Rita,  
Commodore Sue Miller & Gentleman  
Wayne Pitock and PC Jeff Upholzer  
attending  
Pointe Place Boat Club's  
Cocktail Party

Cooley Canal Yacht Club  
Cocktail Reception attended by  
AYC Sgt at Arms/PC Jeff Upholzer,  
Gentleman Wayne Pitock & Commodore  
Sue Miller, VC Jim Ryan &  
Lady Terri Ryan



Swan Boat Club  
Cocktail Reception attended by  
FC Frank Gigliotti &  
Lady Annette, Gentleman Wayne Pitock  
& Commodore Sue Miller,  
PC Jeff Upholzer & RC Teri Upholzer  
and  
PC Viliija Telycenas

# Toledo Sailing Club Hosting the \$1.98 Contest



**They  
Like  
Big  
Boats!**



# Teamwork!

## Check out the Progress of the Patio Addition



# The Never Ending Burgee Quest!



**It's Officially  
the Season for  
Whites**

**SSBC  
2019  
Bridge**



# Community Members Working Together for the Community



**Sponsored** Annual 5K and Kayak Race  
by Captain Jim's Marina & Kayak

**Surprise visit by none other than Lloyd Carr  
Go Blue!**



**Beverage hostesses RC Teri and Kahley display-  
ing the new SSBC bottle and can koozies  
Available at SSBC!**

**Have You Noticed the New Playground Equipment  
at Gibraltar Community Center?**



**Thanks to the generous donation from Sunseeker's Boating Club  
and Rotary Club of Gibraltar**

# SSBC 2019 Regatta and Cocktail Reception





The SSBC Women Commodores  
2004, 2015, 2017, 2019



# Drowning Doesn't Look Like Drowning

MARIO VITTONI

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 it to. When someone is drowning there is very little splashing, and no waving or yelling or calling for help of any kind.

To get an idea of just how quiet and undramatic drowning can be, consider this: It is the number two cause of accidental death in children age 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 10 percent of those drownings, the adult will actually watch them do it, having no idea it is happening.

Dr. Pia, in an article he wrote for the Coast Guard's *On Scene* magazine, described the instinctive drowning response like this: Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is a secondary or overlaid function. Breathing must be fulfilled before speech occurs.

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.

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.

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.

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.  
(Source: *On Scene* magazine: Fall 2006 page 14)

This doesn't mean that a person who 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, reach for throw rings, etc.

## *The Common Causes of Drowning*

- ◆ Weak (or nonexistent) swimming skills
- ◆ Failure to wear a life jacket
- ◆ Swimming in unsupervised areas
- ◆ Use of alcohol and drugs
- ◆ Lack of boating education and skills
- ◆ Not familiar with the water; depth and currents

## ***Look for these Other Signs of Drowning***

- ◆ 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
- ◆ Hyperventilating or gasping
- ◆ Trying to swim in a particular direction but not making headway
- ◆ Trying to roll over onto the back
- ◆ Appears to be climbing an invisible ladder

So, if a crewmember falls overboard and everything looks okay, don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look as if they're drowning. They may just look as if they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you alright?" 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

## ***What You Can Do to Help Prevent Drowning***

- ◆ Don't go in the water unless you know how to swim; swim lessons are available for all ages
- ◆ Never swim alone
- ◆ Learn CPR and rescue techniques
- ◆ Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- ◆ If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- ◆ Swim in areas supervised by a lifeguard
- ◆ Don't push or jump on others
- ◆ Don't dive in unfamiliar areas
- ◆ Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings