



The Pilot

April 2025

Sign Up for the Summer Cruise

It's time to step up!

The nominating committee is looking for leaders — volunteer!

Contact Russ Jones at wjones3@verizon.net

Upcoming Events

April

Monthly Dinner Meeting
with guest speaker

June

Summer Cruise

July

Potluck Picnic
D5 Rendezvous
Smith Mountain Lake

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Commander's Message

This year is off to a fast start. We introduced our traveling trailer exhibit, Sea Vester, at the Oaks boat show and many people stopped by to talk to us about our education program.

The following weekend we held our Change of Watch at the Downingtown Country Club. It was very well attended and Nick Montalto, our District Representative, presided over the ceremony.

This month we moved our monthly meeting up one week to April 10th and Susan has arranged a special guest speaker from the Chester County Historical Center for that event.

It is time to sign up for the Summer Cruise June 20-

29. We start in Baltimore, then head to Annapolis. After two days there we set out for the Chesapeake Bay Maritime Museum Marina in St. Michaels. We conclude our trip in Rock Hall with a barbecue. Thus far ten boats have signed up and we also have a group participating via a land cruise (car) to those destinations. Join us by land or sea!

In July the District Rendezvous looks to be a really special one on Smith Mountain Lake. It is a really big lake with beautiful scenery. I fished it and there are big striped bass in that water.

You will find additional details on all these events in this newsletter. Please feel free to attend an Executive Committee meeting, in person or online — all are welcome.

- John Juzbasich, AP



ExCom Meeting information

Our policy is to hold our Executive Committee meetings in person and online via Zoom, thus more people can attend. Non-ExCom members may participate in the meeting discussions, however, as per our bylaws, they cannot vote.

In person meetings are held at: Paoli Presbyterian Church, 225 S Valley Rd, Paoli, PA 19301. The Zoom link can be found in the Monthly ExCom Agenda. If you need the agenda contact Barb Jones at bjonesann@verizon.net. The Zoom session begins at 6:30 (because it always takes some time to actually set up that connection). Social time begins at 6:45, and the meeting at 7:00.

Please keep phones and microphones on mute when not presenting.

Strengthen your boating skills!

Educational Officer's Report
Lt/C Wayne Barrett, JN

Spring Class Schedule

We have finalized the schedule with Chester County Lifelong Learning (CCLL) and Downingtown Area Recreational Consortium (DARC). We will be offering the courses at CCLL, or at DARC, based upon enrollment. If there are more enrolled at one or the other, the course will move to the one with the greater enrollment. You can register for the courses listed below at www.cclifelearn.org (CCLL) or at https://downingtownpa.myrec.com (DARC).

| Courses | | | |
|---------|---------------------------|---------------------------|-----------------|
| Sponsor | Course | Location | Day & Date |
| DARC | ABC Boating Certification | Downingtown Middle School | Monday, 4/7 |
| DARC | Marine Navigation | Downingtown Middle School | Thursday, 4/10 |
| DARC | Marine Weather | Downingtown Middle School | Wednesday, 4/16 |

| Seminars | | | |
|----------|------------------------------|---------------------------|----------------|
| Sponsor | Seminar | Location | Date |
| CCLL | Suddenly at the Helm Seminar | Stetson Middle School | Thursday, 4/10 |
| DARC | Knots Seminar | Downingtown Middle School | Monday, 4/21 |
| CCLL | Paddle Smart Seminar | Stetson Middle School | Thursday, 4/24 |
| DARC | AIS Seminar | Downingtown Middle School | Monday, 4/28 |
| CCLL | Knots Seminar | Stetson Middle School | Thursday, 5/1 |
| DARC | Suddenly at the Helm Seminar | Downingtown Middle School | Monday, 5/5 |
| DARC | Paddle Smart Seminar | Downingtown Middle School | Monday, 5/12 |

All classes and seminars begin at 6:30 PM and end at 8:30 PM.

We are always looking for help with the various courses. Even if you aren't a certified instructor, there are many ways to help with the courses and learn how to instruct alongside a certified instructor. If you are interested in becoming a certified instructor let me know, (wrfbarrett@comcast.net) and we can arrange an Instructor Development Course.

For further information, contact Wayne R. F. Barrett at wrfbarrett@comcast.net, or 484-678-5137.

Please help us advertise them to your family and friends! For more information go to our website https://abcvalleyforge.org/.



D5 2025 Summer Rendezvous

Smith Mountain Lake

July 14 – 20, 2025

Houseboat Cruising
Monday - Thursday



Mariner's Landing
Resort
Thursday Night -
Sunday

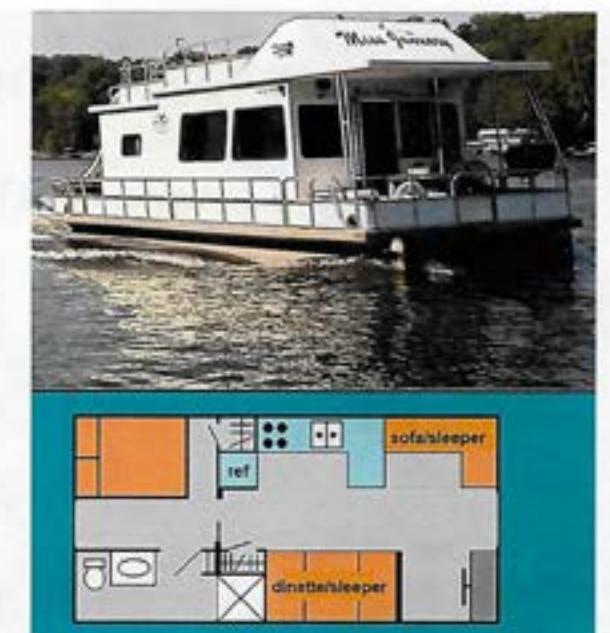
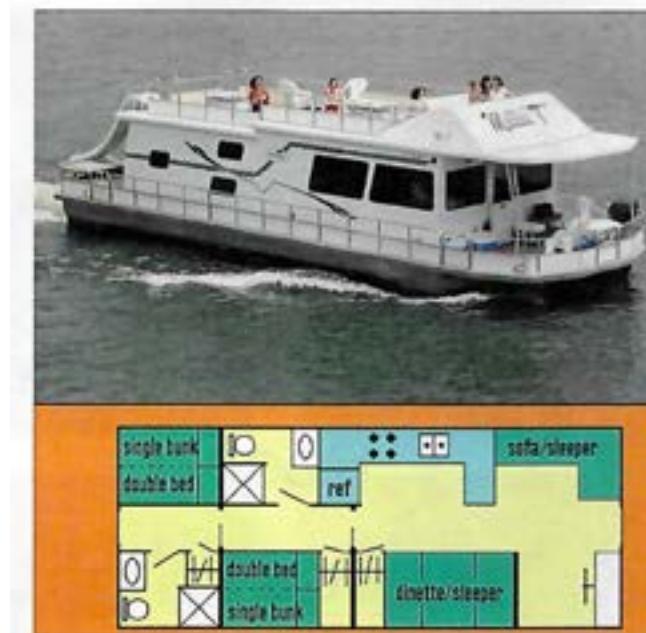


Saturday Council
Meeting and Tour
D-Day Memorial,
Bedford



Parrot Cove Boat Rentals
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(540) 721-5363
www.parrotcove.com

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(note – 2024 rates)



Mariner's Landing
12263 Smith Mountain Lake Pkwy
Huddleston, VA
marinerslanding.com

On site activities include golf, pickleball & tennis courts, pools, game room, fitness center. Check their website. For the most economical reservations use AirBnB or VRBO. Make sure to search under Mariner's Landing, Huddleston, VA. Rooming with friends (perhaps your houseboat crew) will help manage the rates.

Vessel Safety Examinations

During the 2024 Chesapeake Cruise a boat with a blue flashing light approached us; it was the Maryland Marine Police! They saw our VSC sticker, then waved to me and headed off. These decals come in handy!

In 2024 we made our goal and completed over 100 Vessel Safety Checks. The National raised our 2025 target to 125 VSEs and we could use your help. To become a VSE you need to read a manual and take the online test. After performing five vessel safety exams with a certified examiner, you will become a Certified Vessel Safety Examiner!

Many thanks to the ABC-Valley Forge VSE team:

Bill McManimen
Wayne Barrett
Nick Montalto
Chris Dome

Meridith Barrett
Russ Jones
Maryanne Boettjer
John Juzbasich



Join our VSE Team

Administrator News

As the incoming Administrative Officer, I have been busy planning events for the upcoming year. I'll give you a run down here on what has been planned so far, and what I am thinking about. If you have any ideas for speakers, restaurants, activities, games, or whatever, please let me know. If you have contact information, that's even better. Remember, many hands (and minds) make less work and more fun overall for the squadron! If you would like to run an event, PLEASE let me know.



So, what's coming up? In April, we will be meeting at a new restaurant (for us) called the Valley House. It is very close to the route 29 exit of the turnpike. You will see directions/ details on the flyer in this issue. Our speaker, from the Chester County History Center, will discuss "What is Open Space?" and will tell us about Chester County's natural resources and the way people have chosen to use them through time.

In July I have planned a Potluck Picnic, similar to the ones we have had in the past. It will be held in Perkiomen Valley Park. As people sign up for food choices, I will send out the menu so we can see what others are bringing, and you can adjust your choices to create a better menu if needed. I would like to have some activities, both active and seated. Please volunteer to do something (even playing cards). Otherwise, you will be stuck with what I plan. Let's make this a fun event. Some equipment, such as cornhole games, would be helpful. If you can bring something please, let me know.

See the flyer in this issue for more information.



I am still looking for restaurants that don't charge fees. If you know of one, with a private room, let me know and I will check it out. I would also like to have some help with certain activities. If you would like to get involved, administrator's jobs are fun and people filled. While a dinner meeting with speaker is not very involved, a picnic takes more work. So, if you would like to be an Assistant Administrator, please contact me.

I am also looking for help with new members.

Membership is one of the duties that falls under the Administrator, and since increasing our membership is one of our very important long term goals, we need to put some energy into it.

Since Lisa resigned, I would like to have a volunteer for Member Involvement. This job would include introducing new members to the squadron via the Pilot and at meetings, contacting new members to see that they are involved in our Orientation Program, providing introductory materials so new members understand the calendar and how we communicate our news, etc. If this job might interest you, it's an easy way to get involved in our squadron. Contact me ASAP.

Fleet Captain's Report

The Francis Scott Key Bridge collapse was a great surprise and has created navigation difficulties on the Patapsco river. The contractors are still in the process of disassembling the bridge. Plans for a new bridge have been created and are now out for review.

P/C Jim Friedrichs, SN

Dinner Meeting April 10

6:30 Cocktails

7:00 Dinner

8:00 Speaker



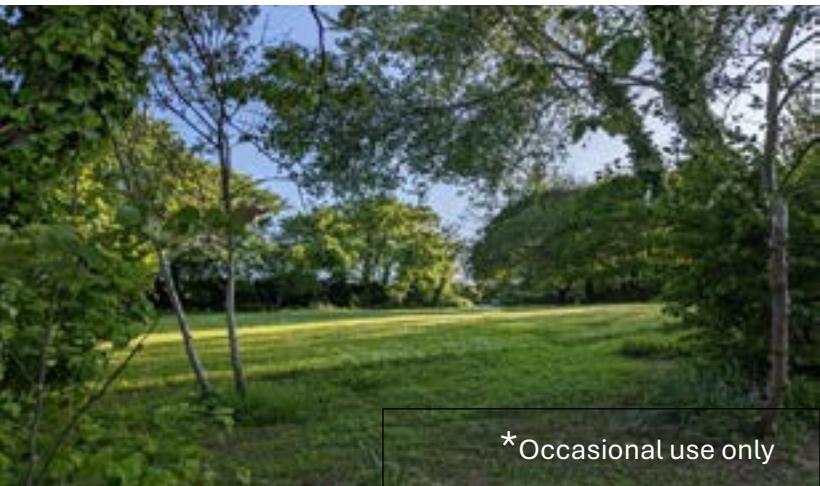
What is Open Space?

There are many opinions about what open space is or should be. Farm land, woodlands, parks, town squares, building courtyards, and bike trails are some examples. Personal experiences often shape opinions that affect individual and community outcomes. This talk looks at the colonial background of Chester County land and natural resource use and the ways that local people made choices through time.

Speaker: Ellen Endslow
Director of Collections, Curator

RSVP to: Susan Woron
sworon54@gmail.com or 484-467-6705

See you there!



*Occasional use only



Order from the menu



*



*

* Occasional use only



ABC Valley Forge, a.k.a. Mainline Sail & Power Squadron, is a member of the Chesapeake Bay Yacht Clubs Association and our members can visit many fellow clubs on the Chesapeake. Enjoy a meal at their restaurant or stay overnight for a reasonable slip fee.

An advertisement for Ventnor Marina. It features a large anchor logo, the text "VENTNOR MARINA", "YAMAHA OUTBOARD RE-POWER CENTER", and "OUR SERVICES". The services listed include wet slips, dry storage, travel lift services, full marine services, ship store, fuel, and boat lifts. The text "Located off of Bodkin Creek Pasadena, MD Easy access to the Chesapeake Bay" and the address "8070 Ventnor Rd. Pasadena, MD 21122 | 410.255.4100" and website "ventnормarinamd.com | Get in Touch with US" are also present.

Come join us for a Potluck Picnic

July 17 3:00-7:00 PM

at the Lower Perkiomen Valley Park. The park is dog and kid friendly, not alcohol friendly. We will be at the main pavilion (with bathrooms and the picnic area) closest to the dam on the map. See the following link for the map and additional info about the park:

<https://www.montcopa.org/873/Lower-Perkiomen-Valley-Park>

Additional Information for your comfort:
The main pavilion has electricity, cold water spigot access, picnic tables, is handicapped accessible, has firewood available, flush toilets nearby, and charcoal grills. With all this comfort, plan on staying for awhile.

With lovely views along the Perkiomen Creek, the park serves as a trail head for those seeking access to the Perkiomen Trail, the Schuylkill River Trail or the Audubon Loop. This active park is conveniently located along Rt. 422 and is contiguous via the trail system to the John James Audubon Center at Mill Grove and Valley Forge National Historical Park.

Source: <https://www.montcopa.org/873/Lower-Perkiomen-Valley-Park>



So, how is this going to work?

You provide a dish from the list on the next page.

Tell Susan what you are bringing.

The squadron will provide paper products, water, ice, and music.

Susan will coordinate the menu so that we have a good balance of things to eat. You must contact Susan to let her know what you will be bringing. Otherwise, who knows what we will be eating?

RSVP: Susan Woron
sworon54@gmail.com or 484-467-6705

I'm coming! Here's what I'm bringing:

Main Dishes: (what kind and your name)

 Kielbasi and rolls

 Susan and John Beardsley

Salads and/ or Sides: (Please tell us what kind next to your name)

Desserts: (what kind with your name)

Activities, games, things to do: (please tell us what you will bring with your name)

Your menu choice should be ready to serve with serving utensils, etc.

Susan will send out periodic reminders to everyone so we have a good idea of what's coming and can coordinate the menu with everyone else's choices.

Remember, ready to serve!

Understanding Hypothermia

John M. Juzbasich

Ah, spring. Boating season is upon us! The days are getting warmer, daylight is starting to creep further into twilight, and the greenery is just beginning to creep out of the ground and on the trees. I opened my spring boating season on March 1 of this year with a *very* short, less than a mile, kayaking trip to the local Schuylkill River. The reason for cutting the trip so short was primarily due to wind and weather conditions. I wanted to share some lessons I learned which are a good reminder that no matter how many years of boating experience we may have, sometimes our desires override our good judgment, and that, at the end of the day, our goal is not just to have fun on the water, but to come back and be able to do it again.

Ultimately, I consider the first trip of the year a success, primarily because I did cut the trip short. Given the conditions encountered, choosing to quit early was the right decision. I called it quits because of the water temperature. The day was about 60-65 degrees air temperature, and what I would consider a moderate wind for paddling, about 5-10 knots steady. The water temperature was in the fifties. I had decided to take a sit-on-top kayak as they have more primary stability for flat water/slow-moving water.

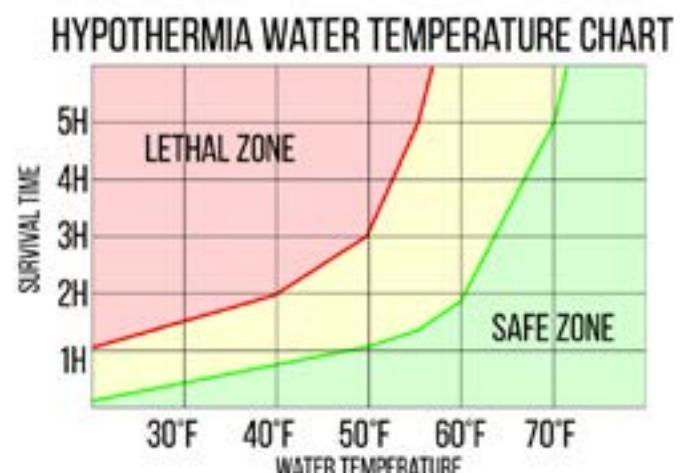
Wearing long-pants (nylon), neoprene booties, a thin thermal (1 mm) neoprene top, and a PFD, I had planned on having a pretty relaxing paddle with no thoughts of immersion. I am generally pretty conscious of "dressing for success" and felt confident that my skills were commensurate with conditions present at the time of launch. This is generally part of my pre-launch mental checklist: "Am I prepared with the knowledge and skills to overcome most likely scenarios I might encounter?" I thought so at the time. I had a spare paddle, paddle-float for re-entry in case of a flip, and a flip-line for righting the overturned kayak in case of a total bailout. I thought I was prepared. I was not. I was not dressed for immersion.

Cold Water Kills. I recently bought a new life jacket. I, being the nerd that I am, actually read that tag that is provided with each life jacket and there are some really interesting facts. The United States Coast Guard (USCG), defines "cold water" as any water temperature less than 70 degrees Fahrenheit.

Paddling is generally a dry sport. However, the rule is that you dress for immersion. Water is 25 times, 250% more effective than air at heat transference. As you can see from the chart below and the graph on page 15, any water less than 70 degrees for any sustained length of exposure time begins to affect cognitive function & judgment, and more specifically: mobility. hampering your ability to self-rescue or swim to shore.

One of the most dangerous aspects of cold-water immersion is **cold shock**. Cold shock occurs when the body temperature is rapidly exposed to a significant thermal differential causing the autonomic reaction of gasping. This can happen when leaving your front door on a snowy day when stepping outside your home to your car. Or, more lethally, when suddenly exposed to cold water from a capsize.

A body's core temperature for optimal physical and cognitive operation is 98.6 degrees. According to the National Center for Cold Water Safety your skin is on average a temperature of 91.7 degrees. Rapid exposure to cold instantly triggers your body's autonomic reaction for increased oxygen, attempting to increase blood flow to the heart, lungs, and brain while maintaining optimal core operating temperature, hence the gasp. Rapid exposure in cold air is not a significant danger. However, when combined with Understanding Hypothermia (Continued from page 11) aquatic immersion, a person quite literally



Continued on page 15

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26th Annual Greater Philadelphia
BOAT SHOW
March 14 - 16, 2025
Expo Center at Oaks

A GREAT SUCCESS

The Philadelphia Boat Show at the Oaks Convention Center was held March 14-16, 2025. As we have for many years, our Squadron had a booth at the boat show. The Philadelphia Boat Show features small to medium sized power boats supplied by boat dealers from Philadelphia, the Jersey Shore and Upper Chesapeake region.

The centerpiece of our booth this year was our new training trailer. Valley Forge was lucky enough to be offered the trailer by another Squadron that was disbanding. Show attendees were able to go through our trailer and view an area of navigational aids, PFDs, knots, and other boating related information. The booth was staffed by a crew of squadron volunteers that were available to dispense information regarding our boating classes and other information. My experience while staffing the booth was that many people had questions about how to obtain their PA boat operators certification. While this year's show didn't seem to be as well attended as past shows, I believe we did our part to encourage safe boating to the people that attended this year.

Operating our boat show booth wouldn't be possible without the support of many other squadron members.



I would like to thank all the people that volunteered to staff the booth for a few hours, and those that assisted in organizing, setting up, and disassembling the show. Special thanks to Commander John Juzbasich, whose coordination of the trailer was above and beyond the call of duty.

Many thanks to everybody who helped with this year's Boat Show booth.

John Beardsley

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2025 ABC Valley Forge Cruise

Our ABC Valley Forge (aka Main Line Sail & Power Squadron) 2025 Summer Cruise itinerary is finalized. The dates and the marinas were chosen by our cruisers and commander. We are estimating that 5-10 boats will join us this summer. If you would like to crew on a boat, please let me know.

There will be **many interesting activities** on the cruise, all of which are optional. Look for details about the cruise activities in a subsequent Pilot article. We always have fun activities, and hopefully that will influence your decision to join us this year. These will include **a beach party, a cookout, dinner at great restaurants, and several guest speakers, more of our celebrated boat crawls, the infamous "forward throttle award" ceremony of course, and other interesting activities still in development.** You can sign up for the activities at our May pre-cruise dinner meeting.

Don't miss this annual cruise! Something exciting always provides wonderful memories. **If you are new to boating, we can team you with another similar boat.**

The marinas have requested a list of the boats that will require slips. **Please complete this form** indicating the marinas for which you will require a slip for our records. The list of boats that we will provide to the marinas is NOT official.

You need to reserve slips directly with each Marina AFTER January 6. Be sure to mention that you are with Main Line Sail & Power (ABCVF).

Please email your response to wrijones3@verizon.net or **send the completed form** to P/C Russ Jones, 115 Oak Street, Downingtown, PA 19335.

No deposit required.

Boat Name: _____ Captain: _____ Cell number: _____

Boat Make: _____ Boat Model: _____ Length: _____ Beam: _____ Draft: _____

Type of boat: [] Power; [] Sail

Electricity needed: [] Single 30; [] Dual 30; [] Single 50; [] Dual 50

[] Friday, June 20 – Lighthouse Point Marina, Baltimore, 410-675-8888, <https://newlhp.com/>

[] Saturday, June 21 – Lighthouse Point Marina, Baltimore

[] Sunday, June 22 – Lighthouse Point Marina, Baltimore

[] Monday, June 23 – The Yacht Basin OR on a mooring, Annapolis, <https://www.yachtbasin.com/>

[] Tuesday, June 24 – The Yacht Basin OR on a mooring, Annapolis

[] Wednesday, June 25 – Chesapeake Bay Maritime Museum, St. Michaels, <https://cbmm.org/>

[] Thursday, June 26 – Chesapeake Bay Maritime Museum, St. Michaels

[] Friday, June 27 – Haven Harbor Marina, Rock Hall, <https://www.havenharbour.com/>

[] Saturday, June 28 – Haven Harbor Marina, Rock Hall

breathes in cold water, which can lead to coughing & sputtering (partial drowning- a misnomer), or in some cases full on drowning which can be near instantaneous.

There are four stages of drowning, of which hypothermia is the third stage and has three sub-stages.

1. Cold Shock
2. Mobility Failure
3. Hypothermia

a. Mild Hypothermia where a person feels cold, has violent shivering and slurred speech.

b. Medium Hypothermia incurs a certain loss of muscle control, drowsiness, incoherence, stupor, and exhaustion

c. Severe Hypothermia causes a person to collapse or be rendered unconscious, show visible signs of respiratory distress and/or cardiac arrest, ultimately leading to death.

4. Post-Rescue Collapse

Even when you are no longer immersed, the dangers of hypothermia remain high. The effects on your body after you are pulled from the water include loss of hydrostatic pressure from the water leading to a sudden drop in blood pressure causing heart or brain failure. Your heart is cold and cannot pump cold blood effectively to maintain blood pressure. Your lungs are damaged from the water you inhaled which can cause a pneumonia-like illness. Fatal bleeding from injuries may occur as your body warms up and your blood flows more freely. Up to 20 percent of all survivors die during rescue or shortly after.

Cold Water Kills. What can you do to minimize the onset of hypothermia and increase your odds of survival? First and foremost, wear a life jacket. At the very least, a properly fitted life jacket will keep your head above water and minimize the likelihood of cold-shock. Furthermore, a life jacket provides insulation around your core, helping to mitigate the effects of cold-water immersion. Secondly, dress for immersion. Regardless of the air temperature. What you are doing when dressing for immersion is buying time.

Dressing for immersion starts with never wearing cotton clothing. **Cotton kills.** Cotton absorbs water and is notoriously difficult to dry. Once it's wet it stays wet. Even on dry land wet cotton continues drawing heat out of your body. Neoprene wetsuits are some of the most thermally efficient and cheapest clothing designed for cold-water immersion.

Neoprene is nitrogen impregnated rubber cloth. A properly fitted neoprene wetsuit (skin-tight), insulates by trapping a layer of water and/or sweat between your skin and the suit and then creating a thermal barrier with the nitrogen bubbles in the suit between you and the water you are immersed in. Here are some useful guidelines: a 3-millimeter wetsuit is designed for operating in water temperatures between 60 and 70 degrees. A 5-millimeter wetsuit is designed for operating in water temperatures between 50 and 60 degrees. My mnemonic device is "5 stops working at 50."

While my first trip of the season didn't end in disaster, it did provide a sobering lesson. In my excitement to have fun, I disregarded the subtle dangers. If I had taken 10-15 more minutes and suited up and dressed properly for the conditions, I would have had a far more relaxing and enjoyable experience. Dress for success.

| Water Temperature | Exhaustion or Unconsciousness | Expected Time of Survival |
|-------------------|-------------------------------|---------------------------|
| >80 | Indefinite | Indefinite |
| 70-80 | 2-12 Hours | 3 Hours+ |
| 60-70 | 2-7 Hours | 2-12 Hours |
| 50-60 | 1-2 Hours | 1-6 Hours |
| 40-50 | <1 Hour | 1-3 Hours |
| 30-40 | 15-30 Minutes | 30-90 Minutes |
| <30 | <15 Minutes | <15 Minutes |



2025-2026 Bridge

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Log Ahead

| | |
|-------------|---|
| April 2025 | |
| 2 | Hybrid ExCom Meeting, 7 pm, Paoli Presbyterian Church, and via Zoom |
| 10 | Monthly Membership Meeting, Valley House Inn |
| May 2025 | |
| 7 | Hybrid ExCom Meeting, 7 pm, Paoli Presbyterian Church, and via Zoom |
| 15 | Monthly Membership Meeting, and Pre-cruise Dinner Meeting, TBD |
| June 2025 | |
| 4 | Hybrid ExCom Meeting, 7 pm, Paoli Presbyterian Church, and via Zoom |
| 20-29 | Annual Chesapeake Cruise |
| July 2025 | |
| 2 | Hybrid ExCom Meeting, 7 pm, Paoli Presbyterian Church, and via Zoom |
| 12 | Crabbing, Pasadena, MD |
| 14-20 | D5 Summer Cruise on Smith Mountain Lake |
| 17 | Potluck Picnic at Perkiomen Park |
| August 2025 | |
| 6 | Commanders Picnic and ExCom |
| 16 | Crabbing, Pasadena, MD |
| 21 | Monthly Membership Meeting, TBD |

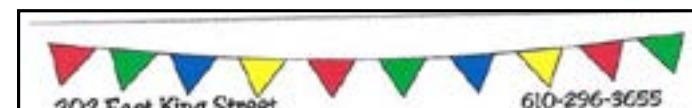


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Mail Your Check with this form to:

Treasurer Emily Singer, 95 Baker Road, Cochranville, PA 19330

Email Your Ad to Pilot Editor John Juzbasich at juzbasich@abcvalleyforge.org

Publications and Articles of Interest

Chesapeake Bay Magazine
<https://chesapeakebaymagazine.com/>

MD Department of Natural Resources
<https://dnr.maryland.gov/Pages/default.aspx>
has a wide variety of articles that may be of interest



MD State Police heading out on patrol



The Pilot

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Assistant Editor: Ginny Parry

Photographers: Meridith Barrett and Rita Rossi

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