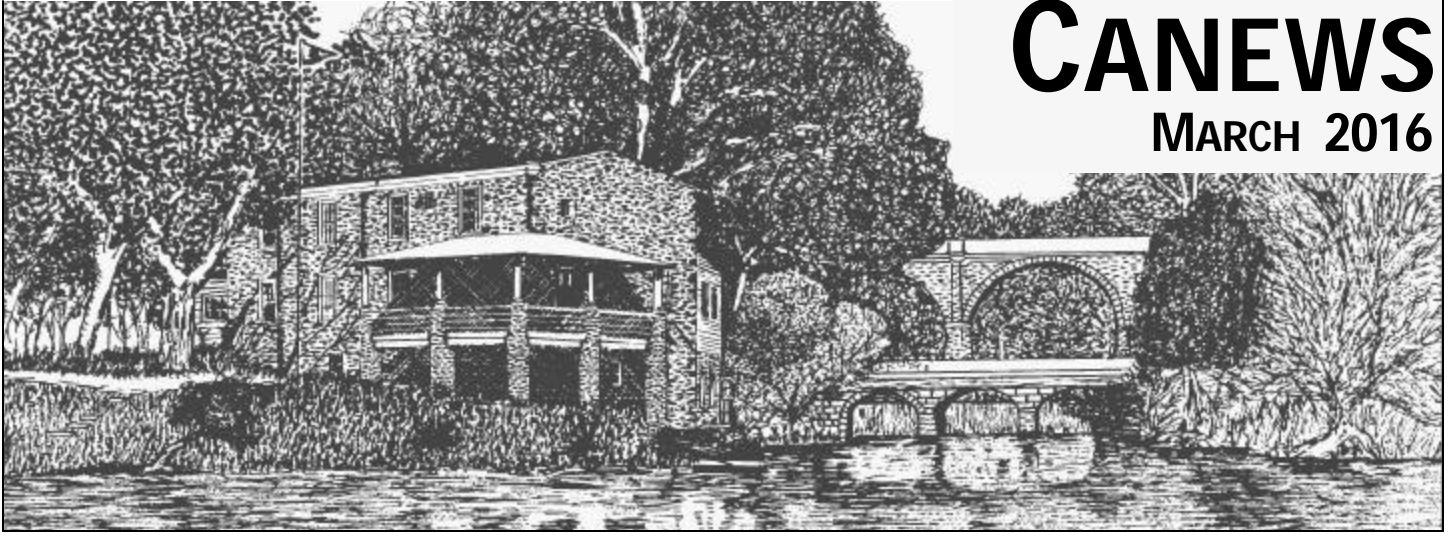


# THE PHILADELPHIA CANOE CLUB

## CANEWS

MARCH 2016

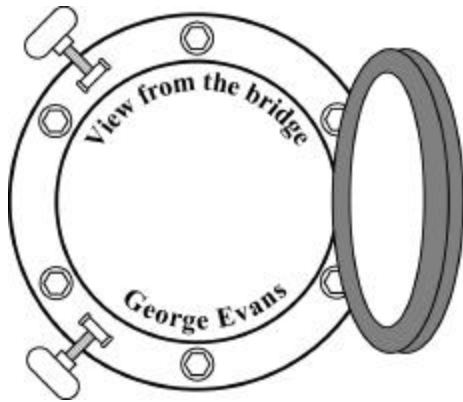


### Who is this?

And what is happening?



See page 4



## COMMODORE'S CORNER

**GENERAL MEETING:** The General Meeting will be held on March 21.

PCC did not have a February meeting even though several board members as well as some newcomers managed to brave the weather,

There have been several issues with PCC members renting the club and not following the proper rules for renting.

Please read and follow the "Rules for Renting" and the "Rental Application" which are both available on PCC's website.

We are also missing several coolers and will need them for upcoming events such as the open House.

If anyone has borrowed them, please return them.

## *Canews*

Published by

**The Philadelphia Canoe Club**  
**4900 Ridge Avenue**  
**Philadelphia, PA 19128**

**215-487-9674**

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

### **2016 Board of Directors**

**GEORGE EVANS**

Commodore

**TODD ZIELINSKI**

Vice Commodore

**ANDREW McALOON**

Treasurer

**CHARLIE DAY**

Secretary

**HUGO HSU**

Quartermaster

**JOE CUNNINGHAM**

Fleet Captain

**GLEN ARMSTRONG**

Social Chair

**TOM BARRETT**

Membership Chair

**LOOIE VORHEES**

Training Director

**FORREST MAYO**

**CHRIS CONRAD**

Directors at Large

**Canews Staff**

**HUGO HSU**

All articles, photos and other materials appearing in the *Canews* are the sole properties of their creators. Unless otherwise indicated, the views expressed in these pages are those of their authors and do not necessarily reflect the opinions of the *Canews* or The Philadelphia Canoe Club.

© 2015 Philadelphia Canoe Club

© Frontispiece art Rod Cavanaugh

### **Upcoming Events:**

**General Meeting: Monday March 21, 2016 - 7:30 p.m.**

### *Canews Submissions*

We welcome and invite trip reports, articles, information about upcoming trips and releases, opinions, reflections, poems, photos, ads for classified section, or anything else you'd like to see in the *Canews*. This is your newsletter. Please note however that the *Canews* Editor reserves the right to edit all articles submitted for clarity, length, or appropriateness. Please submit articles via email to [CaNews@PhilaCanoe.org](mailto:CaNews@PhilaCanoe.org). Please put "Canews" in the subject line.

### *Deadline*

The deadline for all submissions is the Board meeting (the first Monday of the month). All late submissions will be placed in the FOLLOWING month's *Canews*. Please be aware for time-sensitive items.

---

### *Non-discrimination Policy*

From Philadelphia Canoe Club Constitution and Bylaws:

The Philadelphia Canoe Club, is committed to full compliance with the Philadelphia Fair Practices Ordinance regarding non-discrimination. Suspected violations of this ordinance should be reported to the Commodore or other officer of the club. A current copy of the Philadelphia Fair Practices Ordinance shall be posted on the club bulletin board at all times.

## Upcoming Events

**Instruction Fair—April 17th**

**Open House—Sunday May 15th**

On January 4th several PCC members gathered to explore the sump pit on the club front lawn. The sewage pumps needed repair and one has been replaced at a cost of several thousand dollars.

This day our intrepid commodore decided to have a “hands-on” look to determine what might be the issue.

Shown here donning his protective gear assisted by ?, George Evans boldly went where no one in his right mind should need to go.

The issue seems to be a cracked outlet pipe leading to the sewer system.

Additional repairs will be needed but the decision was made to wait until the weather is warmer as it may require excavation to expose the entire sump pit.



George Evans  
“This job stinks”



What lies beneath your picnic table ?.



# February High Water

February's rains and resulting snow melt caused the Wissahickon and Schuylkill levels to rise on Feb 4th and Feb 25th,

Wanda needed to be moved to higher grounds.

Thanks go out to George Evans, Kris Alutius and other unsung heros.



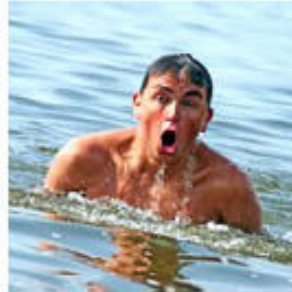


Spring weather may be deceiving.

Remember the water is still cold so dress for the conditions.

Article by Glen Green

### Cold Water Gasp

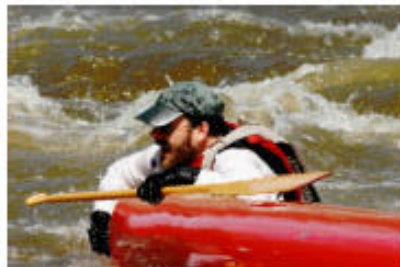


In the photo in the upper right hand corner you can see the gasp by Jimmy Fallon (man in the suit) from 36.5°F cold water hitting his face. Practice helps—triathletes & swimmers who practice getting into cold water, and whitewater kayakers & canoeists who roll their boats in cold water, experience the changes the body makes. They know what's coming, they know it will settle out, and they know they can make the adjustments to hold their breath or control their breathing. If you are planning on swimming in cold water, try breast stroking a few times to start the process. When you're ready, put your entire face in knowing that it will take a bit for your body to settle out and adjust.

**Cold water gasp**, also known as the **gasp reflex**, **torso reflex**, or **cold water inspiratory gasp**, occurs when there is a sudden immersion of a person's face in cold water which causes an automatic gasp to breathe in a large volume of air. This is a part of an artifact of human evolution called the **mammalian diving reflex** exhibited in aquatic mammals (seals, otters, dolphins, whales) which optimizes respiration to allow staying underwater for extended periods of times. Diving birds such as penguins and cormorants have a similar diving reflex. Every animal's diving reflex is triggered specifically by cold water contacting the face of a mammal. Water that is warmer than 70°F does not cause the reflex, and neither does submersion of other body parts.

If this sudden gasp for air happens when you are submerged (boat capsizing or a fall through thin ice) or when you get doused by a large wave of cold water, you will inhale water, not air. This is why wearing a PFD is critical, because if you do inhale some water the PFD will bring you to the surface and keep you on the surface as you are gasping or choking. It only takes an inhalation of about five ounces (150 ml) of water to cause drowning. Drowning is a combination of cardiac arrest and suffocation. Water in the lungs compromises your ability to exchange oxygen, and because respiratory movements may occur for up to five minutes when underwater, water can continue to be drawn into your lungs. Once your brain has been deprived of oxygen for a period of 4-5 minutes you will become unconscious and with continued lack of oxygen the less chance you have of returning to normal function even if the heart keeps beating.

### Cold Shock Response



Cold water inspiratory gasp is the initial response to being submersed in cold water. A second component of the **Cold Shock Response** involves **hyperventilation**. Like the gasp reflex, this is a natural reaction to the cold. Although this physiological response will subside, panic can cause a psychological continuance of hyperventilation. Prolonged hyperventilation can lead to fainting, so the key thing is to concentrate on controlling your breathing. Hyperventilation can be exacerbated by panicking. If the body has a staged immersion (gradual immersion to the waist followed by full immersion to neck level), it can attenuate (lessen) the hyperventilation response; therefore, lessen the probability of sudden drowning. If experiencing hyperventilation, the tendency is to want to take deeper breaths. You have to fight this desire as best you can, and slow down your breathing dramatically. Hyperventilation literally translates to "over-breathing". Contrary to popular belief, it is not the act of getting too little air; rather, it's the act of breathing out carbon dioxide too quickly. This changes the chemistry of the blood by raising the pH affecting the central nervous system and chemical functions. The result can be muscle cramps, disorientation, confusion and loss of control. Take breaths that last as long as 12 seconds. Breathe in through your nose slowly for 5 seconds; hold for 3 seconds; breathe out through pursed lips for 7 seconds. Doing this will help your body balance its carbon dioxide levels again and should prevent you from further hyperventilating.

Cold receptors are not in your body or limbs, but in your nasal cavity and other facial areas that relay information to your brain. Once triggered by cold, the automatic nervous system then takes control to make changes in your body. This includes slowing your heart rate down and restricting blood flow to the limbs and organs to conserve oxygen for the heart and brain. One minute in 60°F water will result in the skin turning black on infrared viewing—meaning the skin is cold and surface circulation has been eliminated. See the handout on hypothermia or further details on what cold water leads to even in the absence of inhaling water. The length of time in cold water before a fatal outcome depends on the temperature of the water, protective gear, and the health of the person.

FOUR PHOTOS FROM COLD WATER BOOT CAMP  
HANDOUT PREPARED BY GLEN GREEN 2016

CHICAGO'S "POLAR PLUNGE" — HUFFINGTON POST 03-02-2014  
CANOE PHOTO FROM AMERICAN CANOE ASSOCIATION 2005  
HANDOUT REVIEWED BY ROBERT MCNAMARA, MD, FFAEM 2014

# Philadelphia Canoe Club 2016 Training Calender

<b>Flatwater Canoe -</b> 8:30 AM - 4:00 PM	<b>Whitewater Canoe -</b> 8:30 AM - 4:00 PM	<b>Flatwater Kayak -</b> 8:30 AM - 4:00 PM	<b>Whitewater Kayak -</b> 8:30 AM - 4:00 PM	<b>Stand-Up Pad- dleboard - 5:30</b> PM - 8:30 PM	<b>Flat Rock White- water Practice -</b> 5:30 PM to Dusk
Sat May 21	Novice - Wed June 1	Sat - June 25	Novice - Wed June 1	Thurs - June 30	Wed - May 4
Sun May 22	Novice - Sat June 4, Sun June 5	Sat - July 16	Novice - Sat June 4, Sun June 5	Thurs - July 7	Wed - May 11
	Novice - Sat June 11, Sun June 12		Novice - Sat June 11, Sun June 12	Thurs - July 14	Wed - May 18
			Sun - June 26	Thurs - July 28	Wed - May 25
			Sat - July 9	Sat - August 4	Wed - June 8
			Sun - July 17	Sat - August 18	Wed - June 15
			Sat - July 23	Sat - August 25	Wed - June 22
			Sun - July 24		Wed - June 29
			Intermediate - Two days - Sat July 23 & Sun July 24		Wed - July 6
					Wed - July 13
					Wed - July 20
					Wed - July 27
					Wed - Aug 3
					Wed - Aug 10
					Wed - Aug 17
					Wed - Aug 24
					Wed - Aug 31
					Wed - Sept 14
					Wed - Sept 21
					Wed - Sept 28

**Please contact training director at: [looielooie@yahoo.com](mailto:looielooie@yahoo.com) for further information.**

**Early Registration: 20% discount until April 30, 2016**

## **MARCH GENERAL MEETING**

**Monday March 21, 2016 - 7:30**

**The Deadline for submissions to  
the next newsletter is Friday,  
March 11, 2016**

**The Philadelphia Canoe Club  
4900 Ridge Avenue  
Philadelphia, PA 19128**

**ADDRESS SERVICE REQUESTED**

**FIRST CLASS MAIL**

