

Shore to Shore News



Swartswood Lakes & Watershed Association, Inc., PO Box 44, Swartswood, NJ 07877

SWLA web page <http://www.slwa.net>

June 2011

President's Message

It is great to see summer weather has returned to Swartswood Lakes. While all seasons are great on the lakes, the most popular clearly is summer. Already summer fishing contests, rowing and sailing regattas, and camp activities have resumed. Swartswood State Park is seeing plenty of activity.

There is no shortage of news to report, particularly with regard to the proposed cell tower and NJDEP meetings concerning American Lotus. These are critical issues and demand time for proper consideration. Time demands associated with of above issues has caused SLWA to reschedule our meeting date, consequently you are receiving short notice of the 10 a.m. Saturday June 25 Public Meeting at Camp Hoover. Please plan to attend for more information on all issues.

Cell tower: Most are aware that Nextel has proposed a 150 foot tall cell tower in the village of Swartswood. Issues with the tower include safety, aesthetics, suitability of the site selection study and whether Stillwater Township can properly hear the application when the deed shows the tower located in Hampton Township. Public attendance at the zoning board meetings has been excellent, and should be, as the public is entitled to full knowledge of what is proposed. The next zoning board meeting is scheduled for 7:30 pm Tuesday August 23 at the Stillwater Township elementary school.

A copy of the newspaper article concerning the May 31 zoning board meeting is attached. SLWA has taken no stance on the application, partly because SLWA has not had the opportunity to discuss the matter since the issue became known. The more important point is, if the public is concerned the public must continually be present for zoning board meetings.

American Lotus: SLWA has sent correspondence (some posted on SLWA web page) and technical information concerning American Lotus to NJDEP. The issue, obvious to lake users, is that prolific growth of the American Lotus bed that has occurred over the past twenty years. The lotus has spread from a bed of roughly 1/4 acre in size to approximately 20 acres in the north cove. Further, the lotus has jumped across the lake and established itself in the State Park cove. Although American Lotus is known to be invasive and noxious, and banned by

the state of Connecticut for that reason, NJDEP considers the plant threatened which means it is protected.

The potential ramifications of this policy were discussed during a May 24 NJDEP meeting held at Camp Hoover. What is needed is a case specific change to policy so that continued expansion of the lotus can be stopped and the size of the exiting bed can be reduced. Those very issues will be part of oncoming discussions with NJDEP, which is planned to culminate with a meeting scheduled for September.

From SLWA's perspective all participants in the process must understand the following:

1. The first priority in lake management is water quality.
2. American Lotus on Swartswood Lake has become invasive, noxious and a detriment to lake quality and intended use.
3. American Lotus is well documented to be invasive and is known to expand at a rate of 1 acre per year. One acre per year is the average annual Lotus Bed expansion rate that has occurred at Swartswood Lake over the past 20 years.
4. While NJDEP contends American Lotus is native, authoritative publications differ from the NJDEP opinion.
5. Adjustment to the current NJDEP policy regarding American lotus is needed to maintain a proper lake management.
6. The stewardship and investment the State of New Jersey and SLWA have in Swartswood Lake needs to be maintained and protected.

With the American Lotus scenario we are breaking new ground. In reality, it is next to impossible to write policy to anticipate all scenarios that might some day occur. Again, this is a process that will take some time. We trust logic and common sense will prevail.

There is much more to be discussed during our June 25 meeting. See you there.

Best Regards,
Randy

Paradise Fishing Club

May 25th was the first annual Larry Strang Memorial Trout and Walleye Tournament. The weather cooperated beautifully, but the fish were hard to find and they were not very interested in the bait. Regardless, all had a great time. Full story, pictures and official results are posted on the web locations posted below.

<http://paradisefishingclub.com/>

<http://paradisefishingclub.com/trout-tournament/trout-and-walleye-tournament/>

Protect the Swartswood Lakes, and all other water courses:

A few reminders on simple things we all can do to protect our natural resources.

- ✚ If you use fertilizer use for your lawn use only fertilizer labeled as 'phosphate free'. Phosphorous based fertilizer will make your lawn green but it also promotes lake weed growth.
- ✚ Avoid disposal of plastic products, including fishing line, in the lake. Plastics last forever and when ingested can kill aquatic animals.
- ✚ If you cut milfoil, coontail, or other invasive aquatic weeds remove the clippings from the lake. Loose clippings can re-root elsewhere.
- ✚ When entering and exiting any water course clean your boat, trailer and motor. This is a best defense against transfer of invasive aquatic species. The same applies to fishing equipment, waders and boots. Felt soled wader boots should be treated or dried for one week before use in another water course. This procedure protects against the spread of rock snot (real name).
- ✚ Know invasive species like Purple Loosestrife and water chestnuts. In the case of water chestnut, its presence needs to be reported and immediately eradicated. Water Chestnut is highly invasive!

It Doesn't Look Like Drowning

Sarah Cerone found a web page with information related to symptoms/actions often displayed by a potential drowning victim. Sharon sent that information via Swartswood Yacht Club. The articles are title 'It Doesn't Look Like Drowning', as our impressions are usually formed based upon Hollywood, rather than reality. The author of the article is now retired from the US Coast Guard and contributed to the publication "ON SCENE, Journal of U. S. Coast Guard Search and Rescue Issue: Prepare for Winter Cold Water Survival & Ice Rescue; Fall 2006". The referenced articles are attached, while the entire source text from the Fall 2006 US Coast Guard publication 'On Scene' can be viewed at:

<http://www.uscg.mil/hq/cg5/cg534/On%20Scene/OSFall06.pdf>

The publication includes other excellent articles on rescue and survival.

There likely is no better no better source regarding water rescue than the US Coast Guard. When reading the publication please keep in mind that certain statistics may be based upon Coast Guard testing of coast guard personnel, rather than children and adults not as physically fit, as this would likely be their source for human testing. A similar scenario applies to SCUBA depth time frame chart developed by the US Navy, similarly because testing was based upon Navy frogmen. Recreational SCUBA divers should assume comparable performance.

Dues Reminder

Have you paid your 2011 dues? If not, why not make out at check today? Just \$35 for family membership made out to SLWA. And remember, it is tax deductible.

Mail to:

SLWA, C/O Larry Condit
1 Windy Brow Manor
Newton, NJ 07860

Name: _____

Address: _____

Phone #: _____

Cell Phone: _____

Email: _____

Enclosed: \$ _____

Additional Donation \$ _____



[Year 2001 SLWA Membership Meetings](#)

June 25th 10 AM Camp Lou Henry Hoover Townley Hall
Trustees meet at 9 am

October 15th 10 AM Camp Lou Henry Hoover Townley Hall

Trustees meet at 9 am

To get to Townley Hall take first right after turning into Camp Hoover.
Follow road to Townley Hall

Stillwater cell tower hearing heats up

By LYNDSEY CAYETANA BOUCHAL

lbouchal@njherald.com

STILLWATER — About 200 Sussex County residents, opposed to a 15-story cell tower proposed to be built on private property in Stillwater, sweated through a three-hour public hearing on the structure Tuesday. Because the stenographer and the public could not hear expert testimonies at the start of the Stillwater Zoning Board meeting, one of the two fans cooling the Stillwater School gymnasium, where the hearing was held, was turned off.

In March, the 150-foot tower was proposed by Nextel wireless of New York to be built on Swartwood Volunteer Fire Department property off Swartwood Road. Plans initially called for a tower with 12 antennas and a lightning rod on top that would reach 156 feet. An 11-foot-tall, 240-square-foot equipment shelter surrounded by an eight-foot fence was also proposed.

The monopole is part of an agreement between Nextel and Ohio-based First Energy Corp., the parent company of JCP&L, to create a Nextel "push to talk" network, reaching from Ohio to New Jersey, providing communication for work crews operating in the area and service to Nextel customers.

Robert Bertona, a Sprint Nextel design engineer, said there is a need for a radio frequency facility for in Stillwater because there is no service in the area. Similar towers exist in Hardwick and Culver Lake

Frank Colasurdo, the design architect for Nextel, proposed an alternative design at the meeting where the structure would be a 150-foot "monumental flagpole." The alternative design would eliminate the six additional feet the antennae would create as the antennae would be concealed in the interior of the pole. A 250-watt light would then be needed to light the 12-foot by 18-foot American flag recommended to hang at the top of the structure around the clock. The base of the monopole would be 50 inches in diameter, while the top 50 feet would be 36 inches in diameter, Colasurdo said.

Professional Planner William Masters then presented 10 revised photo simulations that reflected the flagpole design from 10 different vantage points throughout the area.

An expert testimony by a professional land surveyor followed; Richard Gardell attempted to clarify concerns over municipal boundaries after residents questioned whether an area of the Swartwood Fire Department property is actually in Hampton. Kate Bradley, a Hampton resident living on Little Swartwood Lake, asked Gardell if the municipal lines of neighboring towns had been reviewed. Gardell said no. Bradley said the townships' division lines may differ from town to town and requested a more in-depth analysis.

"Approval of this one application before one zoning board would have an enormous effect on a mind-boggling number in both Stillwater and Hampton townships, including title problems, legal actions, property line disputes, lot line adjustments, boundary line agreements, reassessments ... resurveying of these properties and the township line itself, children may have to change schools," Bradley said. "A township line should not arbitrarily be moved to satisfy one applicant. The division line between these two townships must be agreed upon by the townships themselves or by a court."

"There are was so much erroneous, misleading information (presented by each expert that testified)," Kate Bradley's husband, Ken, said.

While Masters said there would be no impact on Big Swartswood Lake because it was one mile from the proposed tower in the March minutes, Ken Bradley pointed out that the environmental impact statement prepared by Colasurdo's firm, FCArchitects, identified the lake as 1,360 feet from the structure. Ken Bradley said he did not have time to express the many other misrepresentations made by the other experts due to a five-minute time restraint per speaker.

Because a majority of the three-hour meeting was monopolized by discussions between the zoning board and experts, about 10 of the two dozen people who wished to speak were given the microphone.

"The needs of the people of Stillwater are being ignored," said Hampton resident Sally Caple. "(Fall zone ordinances) are meant to protect the people's homes in case the cell tower falls."

The application identifies seven variances and five setback requirements. The township's requirement for a tower setback to a non-residential property is 180 feet. The application proposes that the monopole be constructed 52 feet from Our Lady of Mount Carmel parish. The township's required tower setback to a residential property is greater than 300 feet or 300 percent of the tower height, or 450 feet. The closest residence is 274 feet from the proposed tower.

"Not only are home values going to nothing, it's at the risk of their safety," Caple said.

The next public hearing will be held Aug. 22.

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

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

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, 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 ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

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

(Source: [On Scene Magazine: Fall 2006](#) (page 14))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue.

They can grab lifelines, throw rings, etc.

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

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

So if a crew member falls overboard and everything looks OK – don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you 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 quiet, you get to them and find out why.*

[Join me on Facebook](#)

Disclaimer: The views and opinions expressed by the author are not necessarily those of the Department of Homeland Security or the U.S. Coast Guard.

259.1K

2891

share

19.6K

share

283.5K

Add New Comment

Type your comment here.

Post as ...

Showing 475 of 480 comments

Sort by Popular now

 [Subscribe by email](#)

 [Subscribe by RSS](#)



Lem Sayble 344546 2 weeks ago

Articles like this are why the internet was invented. Thank you!

“It Doesn’t Look Like They’re Drowning”

How To Recognize the Instinctive Drowning Response

By Aviation Survival Technician First Class Mario Vittone and Francesco A. Pia, Ph.D

In the summer of 2002 at U.S. Coast Guard Air Station New Orleans, a young aircrewman had just returned with his crew from Lake Maurepas, west of Lake Pontchartrain. A boat with a family of five aboard had capsized during a squall, and he had deployed to assist the survivors. He began telling his story:

“We arrived on scene and all five of them were in the water; some clinging to debris, some not. As we hovered above the scene, two of the victims appeared to be looking up at us, treading water. I hurriedly changed into my wetsuit when I heard the pilot say, ‘They don’t look like they are in any immediate danger. They can wait for the boat.’”

I said, ‘No Sir, they look like they are drowning!’”

Good crew resource management prevailed. The pilot put the swimmer in the water to gather all the victims together and to make sure they were all safe until the sheriff’s boat arrived. It was a successful rescue and everyone did a great job. But why was there such a difference between the two assessments? Why does one person think that there is no immediate danger, and another think that danger is imminent? Doesn’t everyone who works on (or above) the water as rescue professionals know what drowning looks like?

Most people assume that a drowning person will splash, yell, and wave for help; and why wouldn’t they? That’s what we see on television. Without training, we are conditioned first to think of drowning as a violent struggle that is noisy and physical. It is not.

Coast Guard rescue crews are less likely to see a person drowning than nearly every other water rescue professional (beach and pool lifeguards). Our relative distance to the accidents and distress calls to which we respond usually puts us on-scene well after persons who may experience problems have done so. However, if you play this game long enough you will see a victim in the water. You may even be the one directing him or her to get in the water. Extenuating factors such as increased levels of stress, secondary injuries, and environmental factors can increase the likelihood of distress and/or drowning in the victims we find. It is important that we learn to recognize the behaviors associated with aquatic distress and drowning, so we can make informed decisions during emergencies.

The *Instinctive Drowning Response* represents a person’s attempts to avoid the actual or perceived suffocation in the water. The suffocation in water triggers a constellation of autonomic nervous system responses that result in external, unlearned, instinctive drowning movements that are easily recognizable by trained rescue crews.

In the case of our aircrew above, the victims outside the rotor wash, looking “up” (at the helicopter) appears from the pilot’s view to be doing fine and able to wait the five minutes for the boat to arrive. When in fact, they may be 30 seconds from going down for the last time. The splashing and waving that one expects from false training or dramatic conditioning (television) was not there.

This is not to say that a person in the water that is shouting and

waving is fine and doesn’t need assistance. They are in what is known as *aquatic distress*. They are not drowning, but realize they are in trouble and still have the mental capacity (and lung capacity) to call for help.

Our rescue crews must know what drowning looks like. Recognizing panic and distress in the water is something that they must learn and train for in order to perform their jobs effectively.

Characteristics of the Instinctive Drowning Response:

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

Shore to Shore News

Membership Meeting Dates

June 25th 10 AM Camp Lou Henry Hoover Townley Hall

October 15th 10 AM Camp Lou Henry Hoover Townley Hall

SWLA web page <http://www.slwa.net>

**SLWA
P. O. Box 44
Swartswood, N. J. 07877**