

Coastlines

NEW YORK STATE SEA GRANT INSTITUTE
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Courtesy is Contagious in 4-H

by Linda L. Parks, Potsdam

Tourism is one aspect of New York's growing economy that can contribute to economic growth in the years ahead. A healthy and prosperous tourist industry promises more jobs, better services, and more stable communities for New York citizens. Whether or not tourism increasingly contributed to the economy depends upon two factors.

Initially, more people must be encouraged to visit New York State and to stay longer.

The second factor contributing to the success or failure of New York's tourist industry is the ability of New York businesses and communities to serve the visitor once they arrive.

To meet this need the "Courtesy is Contagious" 4-H Hospitality Training Package, geared for 4-H youth groups and their leaders was developed. Teaching materials and a three-part training course were assembled and pilot tested. As a result of the pilot program, five St. Lawrence County 4-H Clubs subsequently initiated hospitality community service projects of their own. The community service projects are now being used as examples to other states as possible projects. Since the educational program was first initiated in November 1982 interest has grown locally and statewide with over 400 training packets being distributed. The materials have been successfully field-tested in eight occupational classes as well.

The educational program was designed to create awareness of the peculiarities and particular wants and needs of tourist that is lacking in so



Potsdam, New York — After the Sinclair Corners 4-H Club erected the portable tourism information booth in Ives Park, Potsdam Mayor Paul J. Claffey is shown cutting the yellow ribbon at the official ribbon cutting ceremony. Photo by M. Grover, Watertown Daily Times.

many communities.

In April, an Appreciation Evening was held at the Cooperative Extension Office in Canton. Parents, 4-Hers, leaders and guests came together to honor those 4-Hers and clubs who had completed community service projects as a result of participating in the original "Courtesy is Contagious" program.

Frank Cosentino, Chairman of the St. Lawrence County Tourism Committee, presented wallet size certificates of participation to 4-Hers who completed the nine-hour training course.

Assemblyman John G.A. O'Neil joined the group to present Assembly Certificates of Merit to the clubs who had members involved in the hospitality training program. Assemblyman O'Neil expressed his support of the program and its importance to the economic development of the county.

An example of one of the commu-

nity service projects which are catching on throughout Northern New York is the Potsdam/Sinclair Corners 4-H Club's portable tourism information booth which was officially opened in July with a formal ribbon-cutting ceremony attended by Potsdam Mayor Paul J. Claffey and Potsdam Town Supervisor Leslie W. Cook, Chamber of Commerce representatives, 4-H club members, local senior citizens who will help staff the booth, and local supporters.

This project has great potential for 4-H leadership to involve more youngsters in citizenship activities in their local communities.

If tourism is to benefit a community, it is essential that everyone (youth to seniors) in that community be aware of the tourist potential of their region, that they understand the tourist needs, and that they know how to effectively make visitors feel welcome. See I WANT MORE for ordering information.



Motion Sickness

Most avid recreational boaters and anglers will be forced to deal with a problem that many like to forget; that of motion sickness or sea sickness. Caused by an equilibrium problem associated with our balance mechanism in the inner ear, its symptoms are well known — a queezy stomach in mild cases to severe vomiting in the extreme. Boaters familiar with family or friends who are more susceptible to sickness will notice a progression from a victim "looking tired" and becoming quiet to the pale or off color complexion that often accompanies nausea.

For people who can't tolerate any amount of motion it may be wise to stay off the water. It may also help to be careful about food consumption before going out. Those foods which typically upset the stomach should be avoided. However, if symptoms are encountered while underway, the pilot or captain may want to steer for the nearest dock until either the water or stomach (or both) are calmed.

Motion sickness "antidotes" are on the market and can be bought over the counter. These may be effective for the boater who may have a tendency toward motion sickness or in the event of heavy wave action that can do in even the hardest of seagoers.

The most familiar of all remedies is Dramamine, which has an effective time span of about four hours. Another product, Bonine, will last for almost 12 hours. Both work by "assisting" the body's inner ear. A major drawback can be drowsiness, so one might want to be concerned about this if operating a power boat.

Contact: D. Greene, E. Aurora



Strobe Lights Limited to Distress Situations

The U.S. Coast Guard has endorsed the recommendations of two advisory councils urging that the marine use of strobe lights be limited to distress situations. The action came after the Coast Guard had received many reports that strobe lights were being used illegally as anchor lights or anti-collision signals.

The Rules of the Road Advisory Council and the National Boating Safety Advisory Council both studied the use of strobe lights by professional mariners and recreational boaters. They recommended their use be limited to on-the-water distress signals, as provided in the Inland Navigation Rules.

The Coast Guard said continued illegal use of strobe lights could jeopardize their use as a distress signal. Should improper use continue, they will consider enforcement measures against violators. The Inland Navigational Rules Act of 1980 provides penalties of up to \$5,000 for each violation. The Coast Guard will stress proper use of strobe lights as part of their continuing education program.

—Contact D. Greene, E. Aurora

Sportfishing Camp

This past June, Suffolk County Cooperative Extension held its 1st Annual Sportfishing Camp including comprehensive coverage from catch to kettle. The 43 teens attending were instructed in fishing technique by Fred Golofaro, editor of "The Fisherman". Subsequently, Wanda Mead, Extension Home Economist, and Sea Grant specialist Ken Gall showed the participants how to clean their catch and helped them prepare several delicious seafood dishes.

Robert Kent, 4-H agent from Suffolk County and organizer of the camp reports that "next spring we hope to hold more sportfishing camps. Interest in the program was very high. We had to put more than 50 people on a waiting list for future programs." For more information, contact Bob at (516) 727-7850.

Canoeing the Hudson

It was a crisp fall morning in September. The brightness of the sun was reflected in a shimmering glow in the placid surface of the Hudson. As we eased the 18 foot fiberglass canoe into the waters at Garrison the tide was going out, but would reach slack in about an hour.

We headed down river to take advantage of the swift outgoing current. Hugging the shore to avoid a light chop in the channel, we had a close-up look of the natural river bank. Enormous outcroppings of rock punctuated the shoreline between stretches of rail running straight as an arrow atop a coarse rock bed. Pitch pine and chestnut oak mixed with the common white pine, red and pin oak and various maples. Mountain laurel and blueberry filled the understory and we even spotted a lone bayberry perched on a rocky outcrop. A few Cormorants drifted at a safe distance.

After an hour's paddle we turned around and caught a strong breeze that had suddenly come up out of the southwest. It was much stronger just several hundred feet from shore than it was close to the river bank. We used the wind pushing against our backs to help propel us back upstream. Even though the tide had not yet turned (it was slack), we sped along at what seemed a relatively fast clip.

Clouds suddenly started to swirl in over the river throwing dark shadows across the water. The channel had become very choppy and a few white caps were beginning to show. We

decided it would be more prudent to stay closer to shore so we moved in to about 50 feet away. The waves had been threatening to break over the back of the canoe further out but moving in we found relatively calm waters — at least temporarily.

An approaching power boat with a deep V-hull quickly grew from a speck on the surface several miles upstream to a roaring intruder, not giving a thought to the perspective canoeers have of a boat wake from low on the surface. We quickly positioned the canoe to ride the wake at an angle to minimize the risk of capsizing and prevent too much water from splashing in. Having successfully maneuvered this obstacle, we continued paddling upstream to home port.

When we reached Garrison, we decided to test our agility in the white caps just a little further offshore. We turned the canoe in calm water (a broadside wave when turning a canoe can be a wet experience!) and headed offshore. By now, the white caps had increased. They seemed everywhere and rose at unpredictable times and in unpredictable locations. They were very steep and began getting the inside of the canoe wet. The experience was somewhat akin to riding a bronco in a rodeo. After just a few minutes we called it quits and made a dash for shore. With the wind again at our backs, it was less than 30 seconds in.

Looking back at that day, I was glad the water was still warm from the summer months. If we had

capsized even several hundred feet from shore in early spring when the water temperature is very cold, we could have quickly become hypothermic. I was also glad to have canoed the Hudson, a large and potentially very dangerous river for small craft, with an experienced canoeist.

Each year thousands of recreationists become casualty statistics from foolish or shortsighted ventures on, or in, water. Before venturing out in any craft, and particularly a small craft, check weather reports and tide charts. Be sure you can return to home port or a safe haven quickly if an unexpected storm comes up. Know your craft — what its limits are and how to handle it properly. Make sure you have life jackets aboard and that they are readily accessible. And perhaps most importantly — don't mix alcohol with boating. You endanger not only yourself but other boaters as well when the captain is intoxicated.

Safe boating is fun boating for everybody!

—Contact: Stephen Lopez, New City

I Want More!

Please check the items which interest you and send to the Ithaca Sea Grant Extension Office. Make checks payable to Cornell University.

- _____ **Courtesy is Contagious:** 4-H Hospitality Training Program. 1984. Linda Parks. 41 pp. \$4.00
- _____ **The Great Garbage Chase.** 1984. Louis A. Iozzi. Filmstrip, cassette narration, and teacher's guide. \$22.00
- _____ **If Fish Could Talk.** 1984. Louis A. Iozzi. Two 20-minute filmstrips with cassette narration and teacher's guide. \$44.00

Layers of Clothing Advised for Cool and Cold Weather

To much, too little or even the wrong kind of clothing can be hazardous for people who expose themselves to outdoor temperatures of 50 degrees or less.

Improper dressing for outdoor activities — whether it's work or play — leaves the body susceptible to heat loss, according to New York Sea Grant Extension. When the body loses heat faster than it is produced, a condition known as hypothermia sets in. Untreated, hypothermia causes uncontrolled shivering, loss of coordination, slurred speech, unconsciousness, and eventually death.

Surprisingly, most cases of hypothermia occur in seemingly mild (30°-50°) temperatures. Sea Grant had conducted extensive research on hypothermia because of the number of cases resulting from cold-water accidents.

To protect against hypothermia, clothing must conserve body heat. It must be adaptable to changing weather and different activities. It must allow body moisture to evaporate and prevent rain or snow from entering. Dressing in layers provides this protection.

As activities and weather change, layers can be added or taken off. Four layers are recommended:

Layer 1 — Underwear. The layer next to your skin should trap body heat in the air space closest to your body. It should "breathe" well to allow body moisture to escape, thus preventing the collection of moisture that can cause serious chills associated with hypothermia.

Mesh underwear and wool long-johns work well for this layer. Warm even when wet, wool dries from within, keeping moisture away from the skin. Mesh or "fishnet" underwear worn under a shirt or sweater also traps body warmth while allowing evaporation. For those who do not like wool against their skin, double-layer wool/cotton underwear or synthetic fishnet can be worn. The effect of mesh underwear is improved by wearing a lightweight turtleneck over it.

Cotton underwear is not recommended because it absorbs moisture and does not trap body heat when wet.

Layer 2 — Wool. Wool is the best choice for your second layer of clothing. It provides warmth even when wet and dries from within, keeping moisture away from the skin. It insulates well, is strong, abrasion resistant, water repellent and elastic, permitting free movement.

Light or medium weight wool shirt and pants over long underwear provide good protection for strenuous activities in cold weather. The adjustable collar, cuffs and openings of a shirt permit ventilation. Knickers allow freedom of movement, while trousers provide protection from heavy brush and severe weather. Use suspenders, not a belt, to have more freedom of movement.

Layer 3 — Down or Fiberfill. While one or two layers are warm enough for strenuous activity during moderate weather, you'll need to add a parka or vest of down or fiberfill to keep warm if you rest or if it's extremely cold.

Down or fiberfill garments trap warmth with a minimum of weight or bulk. They "breathe" well, are lightweight and compressible, permitting free movement and easy storage. When extra warmth is not needed because of a change in activities or weather, they can be folded up into a fraction of their size and stored in a backpack.

Remember, when your body core or torso is warm, your arms and legs stay warm too. For this reason, a vest is all you'll need in moderately cold weather. But if you're not physically active in extremely cold weather, you'll need a parka and down pants.

Layer 4 — Water Repellent Wind Breaker. Wind robs the body of its heat. Even a gentle breeze can reduce the temperature of stationary air.

The shell of your outer layer should keep out wind and water but still allow body moisture to evaporate. Unless this outer layer breathes, body moisture will build up on the inside, no matter how much rain is kept out.

Mountain parkas of water repellent 60/40 cloth, polyester cotton blends, or waterproof Gore-Tex are lightweight, windproof and "breathable" making them an excellent choice for the shell of your outside layer. In a downpour,

(continued on page 5)

The Problems of Frostbite

More and more people are getting into winter sports and outdoor activities than ever before. Whether you cross-country ski, ice fish or ice boat, you all share a common problem — the risk of frostbite.

What are the causes, effects, first aid measures for the treatment of this winter hazard, and what exactly is frostbite and how can it be prevented? Frostbite occurs when the water in the cells and capillaries of the skin freezes. The damage occurs when ice forms and expands within the tissue. The best prevention is to protect yourself from direct exposure to the wind and cold. Remember that your feet, hands, nose and ears are the most susceptible, so take special care to keep these areas warm and protected. Avoid smoking and alcohol immediately before and during exposure to winter temperatures. Smoking is especially bad because it constricts the surface blood vessels in your hands and feet increasing the risk of frostbite. Frostbite is most easily recognized by the grayish-white color of the skin. To see what this color is like, push your finger down hard on the back of your hand and remove it quickly. When your finger is released, your skin will momentarily appear grayish-white until blood returns to that area. Your skin will also appear frozen and will have an intensely numb cold feeling.

Hot food and liquids are strongly recommended, but avoid alcohol in any form. Exercising the affected fingers or toes will increase the blood flow, bringing life back to those affected areas. It is best to consult a physician even when thawing procedures are successful. One word of caution — do not attempt thawing unless the thawing can be complete and uninterrupted. Incomplete thawing or immediate refreezing of frost bitten areas results in severe tissue damage which may result in gangrene and loss of the affected tissue.

Contact: Dave Greene, East Aurora

Layers of Clothing (from page 4)

only the Gore-Tex will keep you dry. So depending on the fabric of your parka, you may need a light weight, loose fitting poncho of plastic or coated nylon to keep dry.

Store your parka in your pack until wet, windy or cold weather. In the cold, wear it over your wool and down or fiberfill layers. In moderate weather, wear it for comfort and safety.

Extras — Hat or Hood. Remember that 50 percent of your body heat is lost from your head and neck unless it's covered. A good wool hat, insulated hood, wool scarf, turtleneck or dicky are vital in cold weather.

Gloves or Mittens. Unprotected hands lose their heat rapidly when in contact with cold tools or rocks. Wool, down or fiberfill gloves or mittens with a windproof, water repellent shell work well against heat loss and frostbite.

Wool Socks. Your feet, if poorly insulated, can also lose heat rapidly. Waterproof or water repellent boots worn with one or more pairs of wool socks will protect them from the cold.

To enjoy the outdoors safely in fall and winter, Sea Grant recommends proper dressing.

Contact: D. Greene, E. Aurora

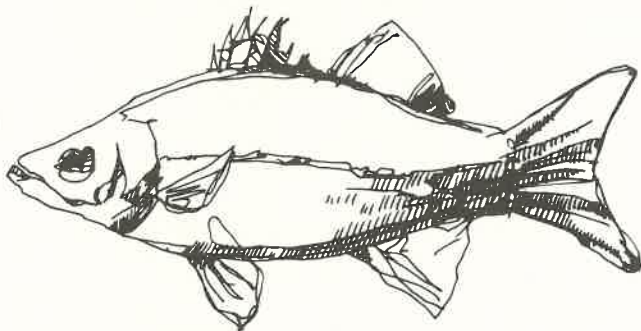
Now Available for High School Classes

Two new filmstrips on marine pollution in the New York-New Jersey area

If Fish Could Talk...

Part I: Sources of marine pollution

Part II: Effects of marine pollution

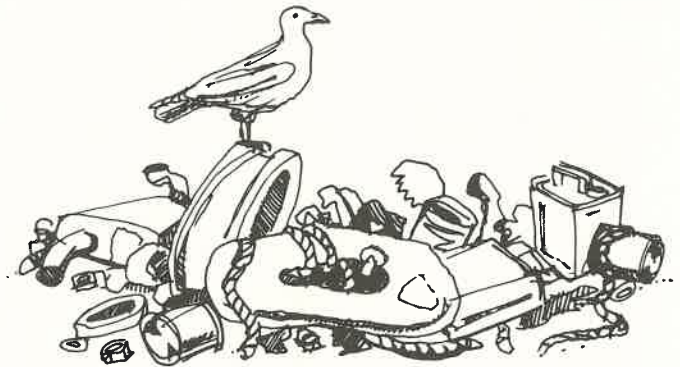


If Fish Could Talk... packet includes two 20-minute filmstrips with cassette narration, teacher's guide, references and activities for students.

Now Available for Elementary School Classes

New filmstrip on marine pollution

The Great Garbage Chase



Two gulls examine the garbage on the beach to learn where it comes from and how it got there.

The action of tides, currents, and waves is discussed as well as the community problem of garbage disposal.

Two new marine pollution education filmstrips and program guides are available through the combined efforts of the national Oceanic and Atmospheric Administration's Ocean Assessment Division, the Cook College-Rutgers University Department of Education, the New Jersey Marine Sciences Consortium and New York Sea Grant. The programs focus on technical and policy considerations associated with the marine resources of the New York-New Jersey metropolitan area.

"If Fish Could Talk" is an extensive package offering teachers many tools in the form of resource materials, class activities and discussion guides and an ecological game entitled "To Harvest a Bluefish". It is designed to allow adaptation to various depths of coverage and numbers of class periods. Although intended for the secondary level, it has been used for public presentations and could be appropriately used for introductory collegiate audiences.

"The Great Garbage Chase" filmstrip and discussion guide helps elementary students begin exploration of pollution and ocean disposal of wastes.

Both programs include the appropriate filmstrip and guide and an audio cassette with both inaudible and audible advance tones. To order, see "I Want More".

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Scenic Quality

A workshop on assessing scenic quality of the Hudson River Valley will be offered on Wednesday, November 14, 1984 from 9:30 am to 4:30 pm at Cuneen-Hackett Cultural Center, 12 Vassar Street, Poughkeepsie, New York. The workshop will focus on different approaches to assessing scenic qualities of the Valley, examples of how various communities have incorporated these techniques into their decisionmaking processes, and specific information on how to initiate and implement a local scenic quality assessment and enhancement program.

The workshop is cosponsored by Cornell University Cooperative Extension, the Cooperative Extension Associations of Dutchess, Orange, Putnam, Rockland, Ulster and Westchester Counties, the Sea Grant Extension program and Scenic Hudson, Inc.

Cost of the workshop is \$20 including lunch and a post-workshop proceedings.

—Contact: Steve Lopez, New City

Breakwater Workshop

A "Floating Tire Breakwater Workshop" will be held November 7-9, 1984 in Niagara Falls, New York. The workshop is being cosponsored by the National Water Research Institute and the U.S. Army Waterways Experiment Station. For additional information, contact: Ms. Laurie Broderick, Waterways Experiment Station, Coastal Engineering Research Center, P.O. Box 631, Vicksburg, Mississippi 39180 or telephone (601) 634-2063.

Home Ports

New York Sea Grant Institute
37 Elk Street
Albany, New York 12246
Tel. (518) 436-0701

Sea Grant Extension Program
Fernow Hall
Cornell University
Ithaca, New York 14853
Tel. (607) 256-2162

Great Lakes

Sea Grant Extension Program
405 Administration Bldg.
SUNY/Brockport
Brockport, New York 14420
Tel. (716) 395-2638

Sea Grant Extension Program
Farm & Home Center
21 South Grove Street
East Aurora, New York 14052
Tel. (716) 652-5453

Sea Grant Extension Program
52 Swetman Hall
SUNY/Oswego
Oswego, New York 13126
Tel. (315) 341-3042

Sea Grant Extension Program
512 Raymond Hall
SUNY/Potsdam
Potsdam, New York 13676
Tel. (315) 267-2131

Hudson River

Sea Grant Extension Program
Cooperative Extension
62 Old Middletown Road
New City, New York 10956
Tel. (914) 425-5500

Marine Coast

Sea Grant Extension Program
Nassau County Cooperative Extension
Plainview Complex, Building J
1425 Old County Road
Plainview, New York 11803
Tel. (516) 454-0900

Sea Grant Extension Program
Cornell University Laboratory
39 Sound Avenue
Riverhead, New York 11901
Tel. (516) 727-3910

Sea Grant Extension Program
South Campus, Building H
SUNY/Stony Brook
Stony Brook, New York 11794
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Fernow Hall
Cornell University
Ithaca, New York 14853
Tel: (607) 256-2162