

Calendar of Events

- Last Week:** 10/19 Angie Silipigno – Exec. Director, Ballsfest
- This Week:** 10/26 Bridget Simpson – Swimming Lake George
- Next Week:** 11/02 Alice Marcus/Lon Pena – Amazing Alice’s Story
- Coming Up:** 11/09 Jere Blackwelder – Brookside Museum
- 11/16 Mike Saccocio – City Mission

Note: Regular ZOOM meetings are held Monday Evenings at 6:00 pm. Check your e-mail for ID# and Password, as well as the phone number you can use to phone in if using your cell phone to participate.

*Please give suggestions for future programs to Dan Stec
Find us at bhblrotary.org and on Facebook*

“Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities and in ourselves.”

ANNOUNCEMENTS

- Steve Geene opened the meeting with leading the recitation of **“The Five Way Test.”**
- Bill Lonergan summarized the flower-bed winterizing work done at Captain and discussed the non-functioning lighting of their sign.
- Jon Costolo is seeking up to 50 people for the Virtual Apple Run. Please sign up on the BHBL Rotary website. Please share the opportunity to participate with friends and family
- Steve Caine updated the Books for Troops project. Seven boxes of paperbacks went out to 15 hospitals today.
- Mary Anderson and Gini Whitten reviewed the ongoing Nursing-Home Cards program. The hand-drawn cards mean a lot to residents. Cards can be dropped off at Gil’s Garage. Forty-five cards will be delivered later this week.
- Silas Schrader serves as liaison for the Winter-Coat Project, noting that “Professional Clothing” is being sought as well.
- Spartan Catering is planning an 18 November take-out turkey dinner.
- Gini pitched the 7 December meeting which will describe the conversion of the camp *Boyhaven* to *Camp Stomping Ground*.



– Mike Brewster reviewed the progress in arranging Christmas-Tree Lighting on 1 December. Permission has been granted to use the BHBL HS parking lot. The Friends of the Library have been brought on board.

– **Happy Dollars** were solicited by Mike Brewster. Suggestions were made encouraging Gregg Schorr to take the New Year’s Day Polar Plunge!

Swimming Lake George

– Bridget Simpson –

Bridget Simpson of Ticonderoga is a marathon swimmer and swimming coach who has swum the lake in all months and under all conditions except ice. She swims in a swim suit – never in a wet suit which impairs her stroke – although her accompanying boater may wear a dry suit for safety and protection against the cold.



She is pictured to the right in summer costume wearing a coating of Desitin ointment for sunburn protection.

She plans her swims, enters the water slowly to adjust to the temperature, starts slowly to let her body further adjust and gradually picks up the pace. Winter swims are from the Ticonderoga beach with no access to a changing room. Getting out, drying off and getting dressed all require careful advance planning. She had little advice for Gregg and the Polar Plunge, where participants run in, run out and rarely swim.

She mostly swims a mile, picking shallow water permitting walking to shore should an emergency arise. She was asked if she has ever suffered hypothermia, responding no, but noting that shivering is the first sign, signaling that the swimmer should get out immediately. On the longer deep-water swims she recommends towing an orange-colored *tote float* for visibility and its ability to carry food and drink.

The primary purpose of being accompanied by boat, even as small as a kayak, is navigation, not rescue. On long deep-water swims such as the 32-mile length of the lake, she is followed by a power boat which can fish her out if necessary.

Bridget is an engaging and effective speaker. Many of her audience reported feeling cold by the time she finished!