



# Sylvan Lake Shoreline

Get the news you need at: [www.slia.net](http://www.slia.net)

## Tragedy at Sylvan Lake

We are very sad to report that Matt Rogan, 21, son of Tom and Tammy Rogan, drowned at the beach during the 4th of July picnic despite the best efforts of a number of people around him and several lake residents trained in emergency CPR. We thank John Oei, Chris Molsen, Glenn Mortensen, Ashley Pomazal, and others for their efforts. The Lake County Coroner reported that alcohol was not a factor. We are not aware of any direct cause of the accident. The Coroner attributed Matt's death to poor swimming skills and venturing too far.

SLIA, the Sylvan Lake Garden Club, and many members of our community extended our deepest sympathy and condolences to the Rogans. Anyone wishing to send donations to the Matt Rogan Memorial Fund with checks made to Tom Rogan may send them to 154 Prospect Ave., Mundelein, IL 60060.

A link to an article containing valuable information about drowning was forwarded to us: <http://gcaptain.com/maritime/blog/drowning/?10981>. In it, they mention "(Drowning) 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)." We have reprinted this article [originally posted in the gCaptain maritime blog] in its entirety for you. *Please see page 2 for this important article.*

## Shoreline To Go digital 'No more home delivery'

The October issue of *The Shoreline*, newsletter will be delivered to you via email or it can read on the Sylvan Lake community website: [www.SLIA.net](http://www.SLIA.net).

This issue, August, will be the last printed copy with home delivery. When the newsletter is published again in October a notification will be put up on the community bulletin boards to let you know that it is available on our website. If you are a household that does not have email or web access, please leave a voice-mail message with Jeanne Peterson at: 847-302-1076 and let us know your name and address. We will arrange delivery of a Shoreline copy for you.

**If you would like to receive this newsletter by email please send your name and email address to:**  
**[SylvanLakers@gmail.com](mailto:SylvanLakers@gmail.com)**

This new delivery system is cost effective, postal mail box friendly, and environmentally green, green, green! You will now also see the news letter in all the colors that it was designed.

# Drowning Doesn't Look Like Drowning

The new captain jumped from the cockpit, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the owners who were 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](#))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experience 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
- Ladder climb, rarely out of the water.

*(Continued on next page 3)*

## Newsletter INfo.

Next Newsletter information for  
Oct. 1st Issue News is needed by:

**September 19th, 2010**

Pictures welcome!

Send to Donn Hamm at:

**dehamm@comcast.net**

Please put Shoreline in the subject line

**Do we have  
your email addresses?  
Newsletter is going digital!**

Please join the Sylvan Lake email  
list, send your email address to:  
**SylvanLakers@gmail.com.**

If you are a household that does not  
have email or web access, please  
leave a voicemail message with  
Jeanne Peterson at: 847-302-1076  
and let us know your name and ad-  
dress. We will arrange delivery of a  
Shoreline copy for you.

## Drowning (Continued)

So if a crew member falls  
overboard and everything looks  
O.K. – don't be too sure. Some-  
times the most common indication  
that someone is drowning is that  
they don't look like they're drown-  
ing. 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 sec-  
onds 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.

Article Written By Mario Vittone

Mario Vittone has nineteen years of combined  
military service in the U.S. Navy and Coast  
Guard. His writing on maritime safety has  
appeared in *Yachting*, *SaltWater Sportsman*, *On-  
Scene*, *Lifelines*, and *Reader's Digest* magazine.  
He has lectured extensively on topics ranging  
from leadership to sea survival and immersion  
hypothermia. He is a marine safety specialist with  
the U.S. Coast Guard.

## Fremont Township Highway Department Roadway Work

The new curbs installed at the  
triangle at Bittersweet and North  
Sylvan Drive, as well as at the  
Highland and North Sylvan  
intersection, were completed just  
in time before the contractors  
strike that began on June 30. The  
landscape restoration has been  
slowed as a result of the strike but  
should be underway soon.

At the Highland corner across from  
the beach, the Highway Department  
is about to have a new decorative  
street light installed, to replace the  
current wooden power pole and  
overhead light. The wiring will be  
placed underground, and we are  
investigating moving the emergency  
telephone to the beach, on the  
other side of the street. Dan and  
Wendy Kjeldbjerg are developing  
a landscape plan for the corner,  
to include a walking path where  
the former street segment used to  
be. The plan includes replacement  
of the old message board with a  
monument-type board that should  
be pretty classy. When it's all done,  
our Sylvan Lake entry way from  
Midlothian will have a whole new  
look.

## Violet Hyerdall

We are sad to report that a dear  
neighbor, Violet Hyerdall (Vi),  
who lived on North Sylvan for over  
30 years, passed away on Monday,  
July 5. Her husband, Don died in  
2004. Those who knew Vi spoke  
very highly of her, and she regularly  
provided baked goods for the  
Sylvan Lake Garden Club events.  
Memorials can be sent to Save-A-  
Pet, P.O. Box 799, Grayslake, IL  
60031. Rita Rak

## Important Reminder *Please Slow Down*

We have a very active com-  
munity - we bike ride, we walk or  
run, we push our kids in strollers  
and have the older ones unsteady on  
their new two-wheeler pedal along  
in front of us. We walk our dogs  
and stop and talk to neighbors. We  
do all of this in the street.

Our beautiful, active commu-  
nity has no sidewalks - so the only  
place to do these activities is in the  
street.

Driving at a speed that might  
seem "slow enough" is not safe  
enough for our neighborhood. Par-  
ticularly dangerous areas include the  
blind curve nicknamed "dead man's  
curve" (for a reason) and any stretch  
of road with parked cars that block  
the driver's view of pedestrians  
(which is pretty much everywhere!)  
Please use caution on our streets for  
the safety of all - drive slower than  
you think you need to and remind  
the new drivers in your family to do  
the same thing.



## Recycle Gym Shoes

The Wauconda Library has a perma-  
nent drop-box to recycle gym shoes.  
It's in the library entrance at 801  
N. Main Street, 2 blocks north of  
Wauconda High School.



# Garden Club News

## Garden Club Annual Meeting & Appetizer Party

- **When:**  
Friday, August 27  
at 6:30PM
- **Where:**  
Mary Pohl is  
graciously hosting at  
21230 South Sylvan Drive
- **Who is Invited?:**  
ALL Ladies of  
Sylvan Lake  
are Welcome!

Meet your neighbors, chat, vote on the next Sylvan Lake Garden Club Board. Moreover, this is your opportunity to learn more about how to get involved with this wonderful community. We promise the “business” aspect will be kept to a minimum. Please bring your favorite appetizer to share. And, please consider joining the Board. The more the merrier!

## Thank You Sylvan Lake

### 4th of July Annual Softball Game, Bike Parade & Picnic

We offer a heartfelt thank you to our wonderful Sylvan Lake Community for all of your help during the Fourth of July Picnic. It takes a lot of work and a lot of people to pull this together and we appreciate all the donated time, goods and services. These times of coming together are what make Sylvan Lake such an exceptional community.

We offer special thanks to Kelly Dickinson for organizing the food servers and making the posters, to Rachel Abel for organizing the Bike Parade and Beverages, to Paul and Debbie Pomazal for helping to set up the beverages, to Laurie and Doug MacKay for buying the food and organizing the set up, to Stan and Rita Rak for organizing ticket sales, to Lucy Mongelluzzo for baking

her FAMOUS BEANS, to Mariann Mortenson for organizing the baked goodies, to Laurie MacKay and Mary Pohl for setting up the food, to Wendy and Dan Kjeldberg for generously donating the Port-A-Potty, for Dan Washburn for organizing the Sailboat Race, to Tammy Trahan for organizing the Young Kid's Games, to Courtney Molsen for organizing the Older Kids Games, and to Dave Benedeck for volunteering for the Adult Games. Thank you to all the grill-masters, food and beverage servers and ticket sellers. Thank you to those that moved and set-up the “Port-a-Potty”.

Finally, a special Thank You to the Countryside Fire Department for the wonderful Water Show.

