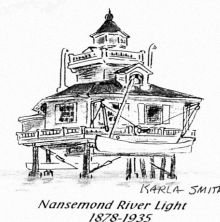


The NANSEMOND Light

Nansemond River Power Squadron

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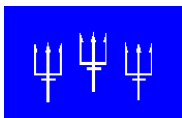


January 2011 - Vol 17, No.11

Commander's Corner



Cdr Robert Eure, AP



Happy New Year! I hope everyone had great Christmas and New Year's Days. We had a great Holiday Open House at the home of Norman and Mary Fisher on Sunday, 12 December. District Commander Chris Brown and his wife, Ginny, attended. I want to take this opportunity to thank Norman and Mary for offering their home for this annual event and am grateful for all their hard work to make this well-attended event successful. I also thank the outside seafood cooks who endured the rainy weather and all who contributed with food and drink. Our fraternal events always demonstrate our member's great team effort and spirit to ensure everyone who comes has a great time.

Our next general meeting will be our annual meeting where we will have elections for the 2011-2012 NRPS year. Your attendance is requested for this special monthly meeting on Tuesday, 11 January. Our new commander-elect will be seeking help to fill the various appointed positions and committee chairs. Please give requests to participate in these activities strong consideration which help to form the backbone of our squadron.

Merit marks are recognitions of members who contribute to the mission of the USPS. Merit Marks are earned by members who put in time to support the various functions of the squadron, district, and national organizations. This year, I submitted 29 requests excluding myself, and 29 requests were approved. The approvers are generally looking for a minimum of 20 hours of support. This time does not include attending general meetings and the "fun" events. The fact that we have 30 members, including myself, that were approved to receive this recognition is a testament of the dedication of the actively-engaged NRPS members to save lives on the water. Recipients of merit marks are to be commended for contributing your time and energy to support our mission. New this year, many Merit Marks were sent

via email. As with any new unannounced changes such as this, problems have occurred. Let me know if you think you were omitted.

Already into the New Year, the Change of Watch scheduled for 12 March is fast approaching. The nominations for the two boating awards, the George A. Morrison Memorial Award and the George Award, are coming in slow. These awards will be presented at the Change of Watch. The January meeting will be the last opportunity to submit. Please bring your nominations to the January Annual meeting and pass them to me. See you then.

Boat safe and

Keep the  **NRPS MAGIC** Alive!

Slate of Officers for 2011-2012 Nansemond River Power Squadron

Commander	Mary Fisher P	E192822
Executive Officer	Mark Presson S	E234118
Administrative Officer	Matt Schulze P	E223005
Education Officer	Frank Brown P	E223172
Treasurer	Gail Aikin S	E211105
Secretary	Jennifer Presson S	E230891
Members at Large	Rana Weaver AP	E219711
	Bob Wallace JN	E210938
	Doug Fisher	E225720



Executive Officer's Report

Lt/C Mary Fisher, P



Happy New Year to all.

It seems like just yesterday that we were all worried about Y2K and the world coming to a temporary stop. How quickly those 10 years have passed.

With the holidays over this brings us to the doldrums of winter. We wait, with no patience of course, for spring to arrive so we can start our boating trips again. So maybe we can occupy ourselves with other boating activities. This is a good time of year to do a lot of planning for our upcoming boating season. We can schedule the annual hull maintenance; update the log book on maintenance done since fall. This is also a good time to go over our boat gear to check for outdated items that need to be replaced. For those members that haven't taken Piloting there is a class starting up in late January, early February. This is another way to keep in the boating spirit.

Before you know it, spring will be here and we will be attending the Change of Watch in early March. After that, the boating season will soon be in full swing.

See you at the meeting.



The coveted George A. Morrison Award, to be presented at our Annual Change of Watch Dinner this March.

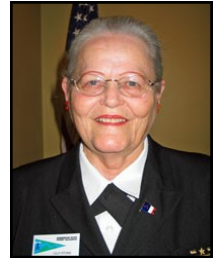
The owner of new 40 ft. yacht invited his only sister to go for a three day cruise. Going directly to the dock from the airport the sister and her luggage arrived a little earlier than expected.

The brother, upon arriving and seeing her luggage said, "you should have warned me, I would have bought a bigger boat!"

-from MyBoatClub.com

Educational Officer's Report

Lt/C Lilly Stone, JN



ADVANCE PILOTING CLASS are working on their final test. CONGRATULATIONS to: Betty Sue Burris, James Presson, Jennifer Presson, Mark Presson, Pete Parker, Patricia Drake & Dennis Drake - all passed the SEAMANSHIP test.

What is next for you? Sign up early - call 335-2558 or e-mail to lilly.stone@gte.net.

HAPPY NEW YEAR TO ALL!

CLASS SCHEDULES FOR 2011

INSTRUCTOR DEVELOPMENT:

Instructor: Frank Brown & Lilly Stone
PBC, 20 Elm Ave, Portsmouth
Mondays . Cost: \$25.00

ABC-SAFE BOATING CLASS:

Instructors: Lilly Stone, Frank Brown,
John Holland, Bob Eure & Others
Cost: \$30.00 (ABC book)
Feb. 2011

INSTRUCTOR RE-CERTIFICATION:

Instructor: Lilly Stone
NO COST.
Scheduled when needed (2hours)

PILOTING:

Instructor: Fletcher Beadles
Cost: \$60.00
26 January
Main Street United Methodist Church
202 N. Main St, Suffolk, Va. 23434

SAILING:

Instructor: Lilly Stone m.fl.
PBC, 20 Elm Ave, Portsmouth
Cost: 45.00
Mondays – March/April 2011

Put education and fun on your calendar.
SEO Lilly T. Stone, JN

Lilly.stone@gte.net or 399-0051 or 335-2558



Safety Officer's Report

Lt. Rana Weaver, AP



Hypothermia

In colder months of the year it is very important to be cautious around the water, whether you are on your boat or around "frozen" ponds or lakes. Accidents do happen and you may find yourself in the water unexpectedly. Your body loses heat to water about 30 times faster than to air. One of the major injuries that you may suffer is hypothermia.

Hypothermia is when your body core temperature drops to less than 35 degrees. Decreased consciousness occurs at 32 to 30 degrees. Continued cooling of the body leads to ventricular fibrillation of the heart. The highest priority for treating a person with hypothermia is preventing cardiac dysrhythmia. If your body core temperature drops below 30 degrees there is a great chance that you will die from heart failure.

The Res-Q-Air inhalation rewarming unit was discovered in 1982. This specialized equipment is used in places like Canada where the waters get extremely cold. Res-Q-Air helps to stabilize and begin the warming process of the body while the patient is in the field or being transported to the hospital. It gives heat to the head, neck, and thoracic core through inhalation of warm water-saturated air or oxygen. Rewarming of the central nervous system improves the level of consciousness. Core rewarming is a very effective treatment for all levels of hypothermia. The sooner the rewarming process begins the better.

If you find yourself in cold water, try to get out as soon as possible. If you are very close to shore then try to swim to safety, but remember, strong swimmers cannot swim more than 1 kilometer in calm water. Swimming is an option but it leads to 35% to 50% faster loss of heat and it causes exhaustion. This loss of heat and exhaustion can cause you to become unconscious and drown. Do not remove clothing or shoes and wear a life jacket if possible. These items provide insulation and flotation. Climb on top of your boat or other objects that may be floating in the water. If you are unable to get out of the water then you should cross your arms over your heart and bend your legs into a fetal position to help prevent heat loss. If you have other people with you, huddle with them to try to keep body heat between you.

If you are part of the rescue effort, immediately remove the person from the water and begin the trip to the hospital or call for an ambulance. Remove their wet clothing and replace with dry clothing. Wrap the person in dry blankets or towels to begin the warming process. Be sure to share this article with your fellow boaters or friend so they can be prepared on the water also.

Remember safety on the water starts with you!

Administrative Officer's Report

Lt/C Mark Presson, S



Happy New Year! This time of year finds us reflecting on accomplishments and events of 2010 and making plans for 2011. Consider including a New Year's Resolution that will help our squadron continue on its successful path. For example:

- *Bring a guest who enjoys boating to one of our general meetings.
- *Commit to taking a boating class.
- *Attend one more NRPS cruise than you did last year. (Even if you visit by land.)
- *Suggest a novel idea for a day tripper and assist with the details.
- *Volunteer to be an "Officer of the Day" for one of our cruises.
- *Dig up some serious treasure for our annual fund raising auction.

Good luck with your resolutions! Our next general meeting is on 11 January. The meeting will be at Plaza Azteca with the social hour starting at 1830 and the meeting at 1900. Details for the Change of Watch scheduled for 12 March will be shared. Members will have an opportunity to pay at the January and February meetings. If you have ideas for an upcoming program for the "off-season" send me your ideas at markapd@hotmail.com.

Change of Watch Dinner 12 March 11 Cedar Point Country Club

Mark your calendars now for our annual Change of Watch Gala Dinner at the Cedar Point Country Club, 12 March. Installing our squadron's new officers will be Past District Commander Ralph Bernard. Our squadron's annual awards—The George Award and The George A. Morrison Award will also be presented. A wonderful dinner is planned with cocktails prior at the club. We need to know quickly and upfront (as well as having costs in hand early) in order to put the numbers in for the Country Club.

Also, the nominations for our awards are barely trickling in, and we know that our members have worked hard (and perhaps done the crazy!) this year and surely need to be recognized! Frank Brown sent out an email to everyone with the nomination form attached—please take a moment, think of this past year, and send a nomination into our commander!

If my ship sails from sight, it doesn't mean my journey ends, it simply means the river bends.

J. Enoch Powell

Nansemond River Power Squadron

900 Gatling Pointe Parkway
Smithfield, Virginia 23430-2308

Place
Stamp
Here



NRPS Calendar of Upcoming Events

11 January 2011	1900	Annual Meeting	Suffolk VA
24 January 2011	1900	Executive Committee Meeting	Eure Residence
31 Jan-5 Feb 2011		USPS Annual Meeting**	Orlando FL
8 February 2011	1900	General Meeting	Suffolk VA
21 February 2011	1900	Executive Committee Meeting	Eure Residence
12 March 2011		Change of Watch	Cedar Point CC

2010-2011 Bridge Officers

Commander	Cdr Bob Eure, AP
Executive Officer	Lt/C Mary Fisher, P
Educational Officer	Lt/C Lilly Stone, JN
Administrative Officer	Lt/C Mark Presson
Secretary	Lt/C Brenda Wallace, JN
Treasurer	Lt/C Gail Aikin, S
Safety Officer	Lt Rana Weaver, AP

Publisher's Statement

THE NANSEMOND LIGHT newsletter is published monthly. Deadlines for articles is the 25th day of each month (or immediately following a scheduled Bridge Mtg.) for the following month's issue and we welcome both articles and photographs of interest to our members.. *THE NANSEMOND LIGHT* published for the members and member families of the Nansemond River Power Squadron (NRPS), Squadron 3600, District 5 of the United States Power Squadrons®.

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