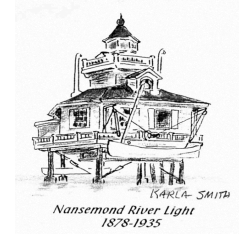


# The NANSEMOND Light

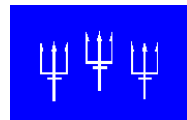
Nansemond River Power Squadron

A UNIT OF THE UNITED STATES POWER SQUADRONS®



February 2013, Vol 19, No. 9

## Commander's Corner



**Cdr Mark Presson, P**

It's a brand new year and I'm very excited about the tentative plans the new bridge is cooking up for us this summer. Having spent the last year as the Commander we have entered the time where the decision making passes on to the new guys. I personally think Matt, Rana, Frank and Doug will be a most capable bridge to lead us on new adventures and to new levels of success. It's going to be great to sit back and see what wonderful new direction they lead us. Please feel free to share suggestions and ideas.

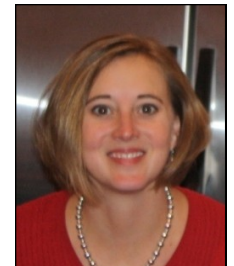
As I sit here writing I'm watching the new about the crazy world we live in. I'm not a doom and gloom type nor am I likely to give you an end of times spiel. What I will say however is it's this time of year where I really start to appreciate and miss the fellowship we share on the summer cruises and many activities we have. I find great comfort in knowing no matter what turbulence the week brings, I can wash it all away with a couple days floating and spending time with good friends.

There are many wonderful aspects of the NRPS that are brag-worthy. Our education department, the large crowd we have at every meeting and the participation we enjoy at our events. The true power of the NRPS and what separates us from our sister squadrons lies in the super group of people we have as members. You can have an organization with any group of like-minded people, but to have a like-minded group of people who you can also call friend and who you genuinely enjoy spending time with is a great gift.

I am happy to call you all the best thing I can think to call anyone...Friend.

## Administrative Officer's Report

**Lt/C Rana Weaver, AP**



Well, spring is fast approaching (I hope)! Our Change of Watch is almost here. I have enjoyed serving as Administrative Officer. We started last year off at Bennett's Creek Park where we inspected boats and celebrated with a yummy cookout. Then we continued on with some GREAT cruises!! Thanks to all who participated in our cruises this past year. Special thanks go out to all of you who said "Yes" when I called you to be ODs (Officers of the Day). All of you did a fantastic job in keeping us entertained and well fed!! We also had a good turn out to our Day Tripper in July at Bennett's Creek Marina & Restaurant. Thanks to all who participated. Then we had a very successful auction where we enjoyed good food and good fellowship (two of our favorite things) and we collected some of your cash in exchange for treasure(?????). We ended our year with an EXCELLENT Christmas party which even included an awards ceremony! Thanks for a great year!

I look forward to serving you in 2013 as your Executive Officer. If you have suggestions for me please let me know.

***Hope to see you at the change of watch!***

### **A "DEFINITIVE NAUTICAL" Term!**

**Yacht** – When discussing boats, if the other is determined to be smaller than yours, it is then customary to refer to yours as a yacht.

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## Executive Officer's Report

Lt/C Matt Schulze, P



Here are some upcoming events in the Hampton Roads area that you might be interested in:

### **The World Famous Glenn Miller Orchestra**

When: 28 Feb, Thurs. : 1930 hours.  
Location: Suffolk Center for Cultural Arts  
110 W. Finney Ave. Suffolk, VA 23434  
Contact: 923-2900 Price: \$35 or \$45

### **"Ocean+Land+Bay = Eastern Shore of Virginia Artists"**

Ocean + Land + Bay = ESVA Artists  
On Exhibit: 8-24 February 2013  
FREE ADMISSION. d'ART Center @ Selden Arcade, 208 East Main St., Norfolk, VA 23510. Call: 757-625-4211, Visit: [www.d-artcenter.org](http://www.d-artcenter.org),

### **Wildlife Rehabilitators' Conference**

This intensive learning experience combines lectures, multimedia presentations and hands-on practice sessions. Box lunch and exciting door prizes included. Registration required.

When: 28 Feb, Fri. : 1900-2100. ; Sat. & Sun., 9-10 0900-1630 Contact: 441-5830  
Where: Norfolk Botanical Garden  
6700 Azalea Garden Road Norfolk, VA 23518

### **"An American Turning Point: The Civil War in Virginia-Surviving War"**

Through 28 April 28  
Hampton History Museum 120 Old Hampton Lane Hampton, VA 23669 757-727-1610  
Museum hours are 1000-1700 Monday-Saturday. 1300-1700 Sundays. Regular admission is \$5 for adults; \$4 seniors, active military, active NASA, AAA, and children ages 4-12. Contact the Hampton Visitors Center at 800/800-2202 or the Hampton History Museum at 757/727-1610.

### **Port Hampton Lecture - "The Race to Save the Monitor"**

At 1900 on Monday, 4 Feb, Marine archaeologist and former director of the Monitor National Marine Sanctuary, Dr. John D. Broadwater, "The Race to Save the Monitor". Free for museum members and \$3.00 for non-members. For further information on this and other Hampton History Museum events, dial 757/727-1610

### **"Safety at Sea Seminar"**

Adult Program  
Saturday, 23 February 23, 0830-1600  
Location: The Mariners' Museum Corporate Center Newport News, VA  
(Cont'd at right)

## Educational Officer's Report

Lt/C Frank Brown, AP



We've begun the new year with a bang. The Marine Electrical class has 16 students and is going well. Seamanship and Piloting are coming soon as will Instructor Development (a new textbook will be published in March so we have to wait.) We plan to have two Safe Boating Classes in the Spring before boating season begins, one in Suffolk and probably one in Smithfield at Gatling Pointe Yacht Club. We want to have a CPR program presented and this summer we plan to do the Anchoring seminar.

I will be creating a Survey to determine which seminars we have interest in doing. When I send out the survey, the options will be those you'd be interested in doing. We are saying we do all that are selected but your education committee wants to have an idea of what is of interest to you.

The weekend of 8 Feb is the District 5 training for Squadron officers. At least two are scheduled to attend. We need to arrange to have Operations Training for our officers to ensure continued success for NRPS.

Have an idea for a class? Let me know. Call 472-4178 or e-mail at [frank.brown@gmail.com](mailto:frank.brown@gmail.com).

### **CLASS SCHEDULES FOR 2013**

#### **Marine Electrical**

Chuckatuck Volunteer Firehouse, Suffolk  
Instructor: P/C Donnie Weaver AP

#### **Seamanship Class**

Mid Feb—Mid Mar (4 wks max)  
Sunday evenings, location TBD  
Instructors: TBD Cost \$42.00

#### **ABC3 Safe Boating Class**

Late March-early April, Location TBD  
Instructors: Frank Brown et al Cost \$30.00

#### **Instructor Development**

Info TBD, Cost \$25.00

### ***Put education and fun on your calendar***

(Cont'd from EXO article at left)

Cost: \$75 non-members/\$65 Members  
Topics to include: Damage Control, Coast Guard Rescue Procedures, Crew Over-Board & Rescue, First-Aid, Chesapeake Bay Weather Life Raft Demonstrations.

#### **Junior Program**

Sunday, 24 February 24  
1200-1700. Ages 12 and up interested in transiting into Big Boats. Topics include: Big Boat coastal Navigation, Storm Preparation, Man-Over-Board, Dinghy Safety, Knowing your Equipment.

***That's all for this month. See you all at the dock!***

# Safety Officer's Report

## Lt Gene Monroe, AP



We all know about the dangers of boating in the winter, and falling into the (what seems like) freezing-cold water – *hypothermia!* Or is that *hyperthermia*? I always get those two confused. I'll bet I'm not the only one, so let's take a questionnaire:

1. What's the difference between hypothermia and hyperthermia?
  - a. *Hypothermia is where your body gets too hot and hyperthermia is where your body gets too cold.*
  - b. *Hypothermia is where your body gets too cold and hyperthermia is where your body gets too hot.*
  - c. *There is no difference; they are both the same.*
2. Where does hypothermia occur?
  - a. *Mainly in cold countries*
  - b. *Mainly in hot countries*
  - c. *Anywhere*
3. Where does hyperthermia occur?
  - a. *Mainly in cold countries*
  - b. *Mainly in hot countries*
  - c. *Anywhere*
4. How many symptoms, signs and effects are there for hypothermia?
  - a. *7*
  - b. *11*
  - c. *3*
5. How many symptoms, signs and effects are there for hyperthermia?
  - a. *8*
  - b. *6*
  - c. *11*
6. How do you prevent hypothermia?
  - a. *Wear layers of warm clothes*
  - b. *Wear summer clothes*
  - c. *Wear the most fashionable accessories you can find*
7. How do you prevent hyperthermia?
  - a. *Wear layers of warm clothes*
  - b. *Wear loose fitting clothes*
  - c. *Wear the most tallest shoes you can find*
8. How many ways are there to treat hypothermia?
  - a. *8*
  - b. *4*
  - c. *5*
9. How many ways are there to treat hyperthermia?
  - a. *6*
  - b. *4*
  - c. *5*
10. What is the average human body temperature?
  - a. *25 degrees C*
  - b. *40 degrees C*
  - c. *37 degrees C*

Answers: *b, a, b, b, a, a, b, c, a, c*

Wikipedia: Hypothermia is a condition in which core temperature drops below the required temperature for normal metabolism and body functions which is defined as 35 degrees C.



<u>Classification</u>	<u>Core</u> (rectal, esophageal, etc.)
Hypothermia	<35.0°C (95.0°F)
Normal	36.5-37.5°C (97.7-99.5°F)
Fever	>37.5-38.3° C (99.5-100.9° F)
Hyperthermia	>37.5-38.3° C (99.5-100.9° F)
Hyperpyrexia	>40.0-41.5° C (104-106.7° F)

I guess what I've done in the past is to just say it fast with an 'a' (as in hypothermia), which isn't even a word but at least no one ever questions me! So now it is time to set the record straight and begin using the correct terms. I don't really know of any quick and easy schemes to sock that into the memory bank, so we'll just have to memorize it; however, pee is warm, and hyperthermia is too much heat...

The typical cause of hypothermia is exposure to low temperatures. The heat loss process is quicker in water than on land; one hour in water at 50 degrees F often leads to death; 15 minutes in water at 32 degrees F can lead to death. Prolonged exposure to water at a temperature of 79 degrees F will lead to hypothermia.

Did you know that when the Titanic sunk that the water temperature was 28 degrees F, and that most of those folks died within 15-30 minutes after entering the water? So wear wool clothing when you go out on the water in the winter, because it not only keeps you warm when it is dry, but it also helps keep in body heat when it is wet.

If you happen to find yourself in cold water for an extended period of time you can lessen the rate of heat loss from your body by assuming the "heat escape lessening position (HELP). This is a body position where your knees are together and you are hugging them close to your chest by wrapping your arms about them and squeezing inward. Also, if you are not alone in the cold water, huddle together in this position for added heat retention.

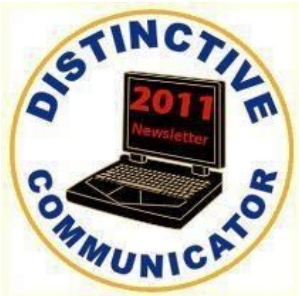
Remember that part of boating safety is knowledge, with knowledge we can better our chances for survival. Be diligent to be prepared (as the Boy Scouts would say).

**Nansemond River Power Squadron**

900 Gatling Pointe Parkway  
Smithfield, Virginia 23430-2308

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# *NRPS Calendar of Upcoming Events*



8-10 February

D5 Winter Training Session  
Maritime Institute  
Linthicum, MD

23 March

Change of Watch  
Nansemond River Golf Club  
Suffolk, VA  
(details TBD)

### **2012-2013 Bridge Officers**

Commander	Cdr Mark Presson, P
Executive Officer	Lt/C Matt Schulze, P
Educational Officer	Lt/C Frank Brown, AP
Administrative Officer	Lt/C Rana Weaver, AP
Secretary	Lt/C Jennifer Presson, P
Treasurer	Lt/C Janet Horn, AP
Safety Officer	Lt Gene Monroe, AP

### ***Publisher's Statement***

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Publisher: Cdr Mark Presson, P  
Editor: Lt Grace Brown  
900 Gatling Pointe Parkway, Smithfield, VA 23430  
Email: [gowithgrace@aol.com](mailto:gowithgrace@aol.com)