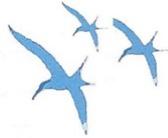




The Newsletter of the Northern Virginia Sail and Power Squadron



# of TARS & TERNS



Volume LI Number 10

[www.nvps.org](http://www.nvps.org)

[www.BeyondBoating.org](http://www.BeyondBoating.org)

[www.uspsd5.org](http://www.uspsd5.org)

December 2018



Nominations for NVSPS positions are sought.  
Elections to be held March 13.



Wanted: West Marine Seminar Presenters  
Contact SEO

**"A look ahead on LOON"**  
**Submit photos to the USPS Photo Contest by December 31, 2018.**  
**For details see <http://theensign.org/submit/photocontest/>**



Photo by Ben Fulton

## December (no meetings)

- 1 Alexandria Holiday Boat Parade of Lights, festivities 5-8pm. Parade at 5:30 pm [www.visitalexandriava.com/holidays/boat-parade/](http://www.visitalexandriava.com/holidays/boat-parade/)
- 8 Solomons Lighted Boat Parade 6:15 pm <http://solomonsmaryland.com/events/signature-events/solomons-christmas-walk/>

## January 2019

- 5 **Holiday Party**—Springfield Golf and Country Club, 6-10 pm. [www.sgccva.org](http://www.sgccva.org)

- 9 Gen. Memb. Meeting 7 pm. New place-PRL
- 15 Newsletter Deadline for Jan/Feb issue
- 23 Exec Committee Mtg 7 pm. GMReg Fx Co Lib
- 24-27 Progressive Baltimore Boat Show, Baltimore Convention Center. [www.BaltimoreBoatShow.com](http://www.BaltimoreBoatShow.com)

## February 2019

- 13 General Membership Meeting 7 pm
- 15 Newsletter Deadline for March issue
- 19-24 USPS Annual Conference, Orlando, FL
- 27 Executive Committee Meeting 7 pm



## Bridge Officers

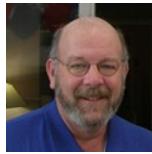
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CDJWorks@verizon.net



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**Vessel Safety Checks Chair:** P/C Rich Unis, JN,  
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5th Member at Large	open position. Contact Alan Hart

## NEW January Meeting Locations:

**Jan 9: Pohick Regional Library, 6450 Sydenstricker Rd, Burke, VA 22015. 703-644-7333. Meeting Rm 1**

**Jan 23: George Mason Reg. Fairfax Co. Library, 7001 Little River Tpk, Annandale, VA 22003. 703-256-3800. Small Conference Room.**

Wed. evening Gen Memb mtgs are on the **2nd Wed of each month except no mtgs in Aug. and Dec. The May and Oct mtgs are combined with other events on diff days.** Changes will be posted in this newsletter or on the Squadron website.

P/C Gale Alls and P/C Dick Durgin are on the lookout for new **interesting and educational** places for our group to visit. Call Gale at 703-569-1511 or Dick at 703-560-9106 with ideas!



### Nominations Committee Chair: P/C Alan Hart, AP

540-898-6002, 1oldtar@gmail.com



## Of Tars & Terns

The official publication of the  
**Northern Virginia Sail and Power Squadron**  
Posted online in color at [www.nvsps.org](http://www.nvsps.org)



**Articles, opinions and advertisements do not necessarily reflect USPS® policy or endorsement unless so designated**

Of Tars & Terns is published ten months of the year and mailed to all NVSPS members. July/August and January/February issues are combined. All Of Tars & Terns newsletters are published online at NVSPS.org in color. Submission deadlines are the 15th of the month prior to the issue month (in first issue month in combined issues) until further notice.

**Volume LI; Number 10: December 2018**

### EDITOR

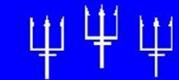
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## Message from the Commander



Happy Holidays everyone!

If you are preparing your boat for a lighted parade, stay warm! Alexandria Virginia is having theirs December 1 at 5:30 pm. Solomons Maryland is December 8 at 6:15 pm. Our local Sea Scout Ship 1942 will participate. If you want to help with winterizing their boats that weekend or teaching Scouts, contact Mike Taylor at [mlftaylor@att.net](mailto:mlftaylor@att.net). For more parades see <https://spinsheet.com/calendar>



Mark your calendar for our squadron holiday party Saturday, January 5 at the Springfield Golf and Country Club, a beautiful place any time of year. To volunteer to help, please contact our Secretary. See page 7.

I need everyone's attention now. Nominations for bridge and Member at Large positions are sought. Nominate someone or volunteer for any position. We need new candidates to grow the squadron. See page 2 of this newsletter to contact any position with questions about what each entails, including newsletter editor. Email or call P/C Alan Hart, AP. You can ask for assistance from the past leaders to help you along. Some communications can be done by email.

We would like to receive as many nominations as possible by Jan 7 for announcement at our Jan 9 meeting, and will publish it in the Jan/Feb newsletter (deadline Jan 15) for consideration by members. Elections will be held at our General Membership Meeting on March 13.

**Cdr Charles Hurley, JN**  
**CDJWorks@Verizon.net**

**Wanted: West Marine Seminar Presenters. Contact Dean Markussen**

**Our Facebook name**  
is:  
**Northern Virginia**  
**Sail & Power Squadron**

Find us on

**Like us on Facebook**  
**so you get reminders**  
**about our**  
**meetings, events,**  
**newsletter posting**

# Boating Safety

## Cold Water Boating *by the BoatU.S. Foundation for Boating Safety and Clean Water*

Boating in cold weather can be exhilarating, but it also puts you at risk of falling into dangerously cold waters. Even boating in warm weather can be dangerous if the water is much colder than the air.

### Be Prepared

As a general rule, if the air and water temperature added together equal less than 100 degrees Fahrenheit you should take the following steps:

Wear a properly fitted life jacket. There are even special life jackets that have extra insulation to double as an additional warm layer. This could save your life!

Speaking of layers, dress for the water temperature not the air temperature. Having lots of layers on, including a hat will help you survive if you do end up in the water. The first layer should be a synthetic fabric which will keep cool water away from your skin. Cotton keeps cool water close to the skin and should be avoided as the first layer.

Bring extra clothes in a dry bag and keep them on the boat just in case someone in your party gets wet. Energy bars and a thermos of a warm beverage is also a welcomed accessory.

### Gasp! The Four Stages of Cold Water Immersion

What you should know about cold water immersion.

Falling into cold water is more than just an inconvenience, it's downright dangerous.

For example, your body may react to the cold water or sustained immersion in cold water, in uncontrollable ways. Experts have described what happens to the body when immersed in cold water and have summarized the features and characteristics into four distinct stages. Failure to recognize this, can lead to hypothermia, a serious condition which is the abnormal lowering of internal body temperature that should be treated only by medical personnel or specially trained individuals.

**Cold Shock** - Falling into cold water provokes an immediate gasp reflex. If your head is under water, you'd inhale water instead of air and it is unlikely you'll resurface if you're not wearing a life jacket. Initial shock can cause panic, hyperventilation, and increase heart rate leading to a heart-attack. This stage lasts 3-5 minutes and at this point you should concentrate on staying afloat with your head above water.

**Swimming Failure** - In just 3 -30 minutes, the body will experience swimming failure. Due to loss of muscle coordination, swimming becomes a struggle and the body tends to go more vertical in the water making any forward movement increasingly difficult. That's why it is not recommended to swim for help, but remain with the boat or something else that floats while keeping your head above water while awaiting rescue.

**Hypothermia** - True hypothermia sets in after about 30 minutes. Most victims never make it to this stage since 75% of individuals succumb and die in the earlier stages of cold water immersion. At this stage, regardless of your body type, size, insulation of clothing, acclimatization and other factors, your body's core temperature gets dangerously low. Your survival chances are greatly lessened at this stage. Victims are usually rendered unconscious in this stage.

**Post Rescue Collapse** - A rescued victim must be handled very carefully. When a person is removed from cold water, the body will react to the surrounding air and the body position. Blood pressure often drops, inhaled water can damage the lungs, and heart problems can develop as cold blood from the extremities is released into the body core. Proper medical attention is essential to re-warm the body safely.

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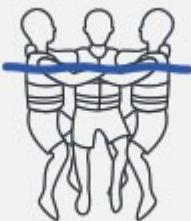
## Cold Water Boating - While Waiting for Help to Arrive

### Heat Escape Lessening Posture - H.E.L.P.



#### Individual Technique

If you find yourself in the water, button up your clothing, cinch your life jacket down nice and snug, keep your head out of the water as much as possible and if you're wearing a hat pull it down tight. Kick off any heavy shoes or boots, but know that some boots like waders can be turned upside down to create an air pocket making the boots good emergency flotation.



#### Group Technique

Huddle with others if there are several people in the water. To do this face inward, link arms over each other's shoulders or under each other's arms and get together close and tight. This will allow you to share as much heat as possible. If there are children or seniors have them move to the middle of the huddle.

This position aims to protect some of the areas of your body most prone to heat loss - the head, neck, sides of the chest cavity and the groin area. If you are wearing a life jacket, this position can be very effective. To reach this position, you should bring your knees up as close as possible to your chest and grasp your hands together over your chest. If this is too difficult, or too unstable, cross your calves, bend your knees and pull your legs close to your body. Cross your arms and tuck your hands flat under your armpits.

Read this and related safety articles  
at <http://www.boatus.org/cold-water-boating/help/>

## The Sea Scout Ship 1942 is looking for a Sailrite Sewing Machine

To repair sails and canvas.

(see Sailrite site for what it is, <https://www.sailrite.com/>)

Donations: Contact Mike Taylor, [mlftaylor@att.net](mailto:mlftaylor@att.net)

For more about Sea Scouting see [www.seascout1942.com](http://www.seascout1942.com).



*Give back to boating!  
Support your favorite boating safety organizations  
before the end of the year for tax deductions.*

### *From the Vessel Safety Check Chair P/C Rich Unis, JN*

The VSC program is a very important ongoing public service effort sponsored by the United States Coast Guard Auxiliary, the United States Power Squadrons and BoatUS. Qualified Vessel Examiners (VEs) from both organizations provide courtesy safety checks to mariners to ensure required safety equipment is aboard and in operational condition. The VEs discuss safe boating practices while conducting their reviews to ensure boaters are well informed of their responsibilities. Most importantly, VEs award the VSC decal to boat owners whose vessels meet the minimum safety requirements. **We could conduct far more VSCs but we need more VEs.** If you would like to become a VE, please let me know. You will need to study the VSC manual and take a quick certification exam, then conduct five VSCs in the presence of a qualified VE before becoming certified and able to conduct them on your own. Come join the program! Contact P/C Rich Unis, JN at 703-777-8378 or at [skipperunis@gmail.com](mailto:skipperunis@gmail.com)

### *Thanks to our faithful crew!*

A big “thank you” from USPS and NVSPS to the following members who performed numerous squadron jobs and were awarded a merit mark for 2018:

Evelyn Alls	Charles Hurley
Gale Alls	Walt Lazear
Keith Clark	Dean Markussen
Jean Durgin	Jay Nelson
Richard Durgin	Ed Phillips
Sean Gallagher	Cathy Sheffield
Alan Hart	Richard Unis
Dave Hinkins	Claire Wyngaard
Mary-Jane Hinkins	Frederick Zugay

These members had the fun and satisfaction of advancing the squadron’s mission. We look forward to seeing even more names on the list for 2019. Come aboard and get the most out of your squadron membership by pitching in!



**Northern Virginia  
Sail & Power Squadron**  
invites you to sail into the new year  
at our



## FESTIVE HOLIDAY PARTY!

**On Saturday, January 5, 2019  
6:00 to 10:00 pm**

### **Springfield Golf & Country Club**

8301 Old Keene Mill Road, Springfield, Virginia  
Driving directions at [www.sgccva.org](http://www.sgccva.org)



Bring your friends and family  
for an evening of DJ music, dancing & fun,  
cash bar & a delicious buffet dinner  
Everyone is welcome!

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### ---- Response Card ----

Members attending: \_\_\_\_\_

Guests attending: \_\_\_\_\_

Cost: \$35.00 per person

Enclosed check payable to NVSPS for \$\_\_\_\_\_ for \_\_\_\_\_ attendees

Please mail this response card with check to P/C Gale Alls, SN,  
7800 Braemar Way, Springfield, VA 22153  
by December 20, 2018. For information,  
contact Gale at 703-569-1511 or  
[galeandev@aol.com](mailto:galeandev@aol.com)



## *Find Your Holiday Gifts at the NVSPS Ship's Store*

Our online Ship's Store at our website <http://nvspsbstores.com> offers shirts, jackets, totebags, and hats with our 50th anniversary gold bordered burgee.

Burgees can be ordered from P/C Gale Alls, galeandev@aol.com.

Boat Under	Burgee Size	Price
20'	10" X 15"	\$24.00 ea
30'	12" X 18"	\$26.75 ea
40'	14" X 21"	\$27.50 ea



Nametags can be ordered from <https://cpdean.com> or by calling 804-355-6588.

Pin, clutch or magnet backing available.

Also <http://www.USPS.org> Ship's store, find safety equipment, mugs, pins and more.

### *How to Catch a Sale in our Ship's Store*

Online shopping in our ship's store for NVSPS shirts, hats and bags is easy and quick. To make it even better, special sales lasting about two weeks are frequently offered.

To receive an email notice of the sales, go to <http://nvspsbstores.com> and register as a customer. You will receive a notice of the offer during week one of its run and a reminder on week two. There is no obligation to anyone who registers and there is a link to opt out of future messages.

We wear our NVSPS apparel with pride!



To learn more about our Squadron's positions,  
committees, meeting requirements, voting procedures  
and more,

See the NVSPS Bylaws at  
<http://www.nvspsbstores.com/byarch/2012bylaw.pdf>

**Learn about ESD: Visit [www.ElectricShockDrowning.org](http://www.ElectricShockDrowning.org)**



**"A look behind on LOON"**

**Ben Fulton arrives in Bahamas**



Photos by Ben Fulton





NVSPS—December 2018 Newsletter

D/Lt W. Lazear, AP

2014 Lakebreeze Way

Reston, VA 20191-4020

**ADDRESS SERVICE REQUESTED**



*of Tars & Terns*



Seminar Presenters Wanted

Position Nominations Requested by Jan 7

Holiday Party January 5

[www.NVSPS.org](http://www.NVSPS.org)

Northern Virginia Sail & Power Squadron



