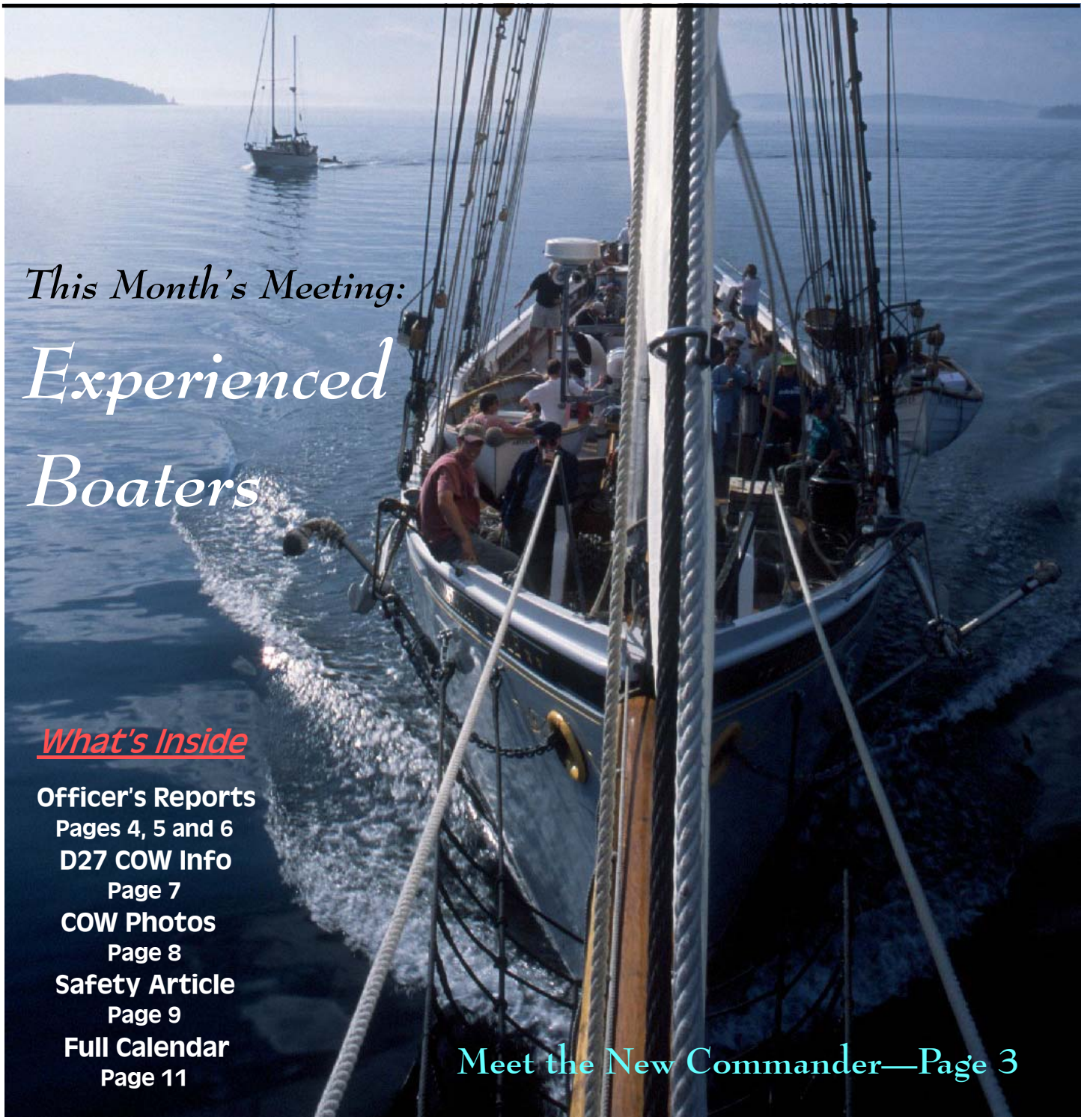
Tarheels

THE *TARHEELS* IS AN OFFICIAL PUBLICATION OF THE WINSTON-SALEM SAIL AND POWER SQUADRON February 2005 Volume XIV Number 2



This Month's Meeting:

Experienced Boaters

What's Inside

Officer's Reports
Pages 4, 5 and 6
D27 COW Info
Page 7
COW Photos
Page 8
Safety Article
Page 9
Full Calendar
Page 11

Meet the New Commander—Page 3

February 2005

Calendar of Events

16 February	**New Boaters' Course** *Twin City Club*
25-27 February	**Boat Show Participation** *Greensboro*
07 March	**Bridge Meeting** *at the Commander's home 336/924-2698*
26 February	***Tarheels* Articles Due** *E-mail prefered mcranford@triad.rr.com*

See the Full Calendar on page 11

(As a note, all squadron members are always welcomed and encouraged to come to the monthly Bridge Meeting on the 1st Monday of every month. The regular time for these meetings is 1900 at the Commander's home at 5854 Woodsway Drive, Pfafftown. Call 924-2698 for directions. Come out and join us. We would like to have your input.)

MONTHLY MEETING

WSSPS Membership Meeting

"New Experienced Boaters' Course"

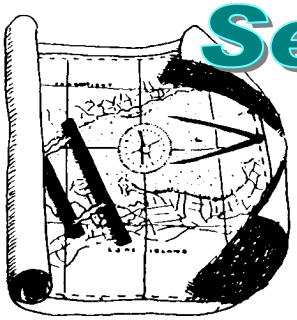
With P/C Leon Corbett, Jr., SN

Twin City Club
350 North Marshall Street
Winston-Salem, NC 27101
724-7471

Dinner Cost $15/pp
Make Checks out to Twin City
Not WSSPS

Social begins at 1830
Dinner shortly thereafter

Guests are always welcome, but a reservation is required.



Setting the Course

Cdr Kristine S. Cranford, AP

First of all I wish to thank all the people who have agreed to serve as my officers this year. I will value their help and advice. These people include not only the bridge officers, but also those who will serve as committee chairmen and fill positions in each of the officer's departments. I am particularly gratified to again have a Safety Officer, Lt Darle Shouse, N, the first of whose safety articles appears in this issue of *Tarheels*.

My goals this year are simple. I want every member to fully enjoy our squadron. Please come to the classes, please come to the meetings, please come to the activities. If any of these things fall short of your expectations let us know how we can improve them. We are always open to suggestions. Some of our activities are in peril of being abbreviated or even dropped because the participation is too weak to make these activities financially feasible. For example, the Commander's Picnic, a steal of a deal at $15 per head for BBQ, drinks and live bluegrass music has seen poor turnout. Remember, poorly attended events will be removed and destroyed by the squadron security department, so please join us at all the activities you can.

We are working on a few special projects. Our very own geek squad will be improving our web site, making it more interesting and accessible. We'll be getting serious about making plans for that legendary cruise in Greece. In education there is a full schedule of classes including some fabulous electives. We are developing several coastal cruises. These will not only be for boat owners, but also for passengers who will leave the boats in the evening to spend the night on land.

I hope to see all of you at all our events this year. Remember, life is more beautiful when you view it from the water.

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WE SERVE

Squadron Contacts

If you have any questions concerning any of the upcoming events, classes, or any other items about the Power Squadron, please feel free to contact any of the people listed below.

Cdr Kris Cranford, AP	**924-2698**
Lt/C Scott Foster, S	**922-7632**
Lt/C Alexander Cooper, JN	**760-2994**
Lt/C Ray N. Travis, SN	**940-3168**
Lt/C Cindy Jennings, AP	**768-3134**
Lt/C Edward Shinlever, P	**725-6334**

Educational Officer

P/C Ray N. Travis, SN

It's great to start off the New Year with good news. It gives me great pleasure to announce we have another member of our Squadron who has completed all the course requirements for a full certificate. Congratulations, **P/C Leon Corbett, SN** for achieving this goal. There are a couple other members sitting in the wings and it is only a matter of time until they will achieve this goal as well. I encourage all members to think about taking classes. **It's good for the mind to learn something new.**

This year has started with a great attitude towards education, because, we have 10 members taking the new piloting class. Fred Eldridge is chairing and teaching most of the class with good results. His technique of springing some real challenges is proving to be interesting to the students. It is a way to help them understand what is going on in the real world of boating. Reid London, AP and P/C Alex Cooper, JN are helping with the class and this makes thing run smoother and quicker. I encourage other members to get involved with these new courses, Piloting and Advanced Piloting. Just helping with the students is a great way to enjoy the new courses. It will help you get a Merit Mark if you desire one.

The Weather course has started with 8 students. Teaching this class is sort of like learning as you go. I am no meteorologist, but after reading the material several times and paying close attention to the weather programs on TV It becomes easier to understand the fundamentals of what is going on. One thing that I have found in trying to understand this science is, that your knowledge about the local area has a lot to do with forecasting. It is a fun class with a lot if interesting graphics presented with the Power Point Presentation. One thing you learn is what to **look for and run from** when you are boating. This alone is worth taking the class because no one wants to be caught in severe squall lines or an approaching storm.

P/C Leon Corbett, SN will chair the ABC boating class that we're trying to get started in March. We have the same problem as we have always had, trying to secure a location for this class. If anyone has suggestions as to where we can teach this class in March please step forward with your ideas. When the class location is secured I will be asking some qualified members to help with this class. This is the most important class we offer and it is where most of our membership comes from. To be a part of it has a satisfying feeling.

Following the Piloting class and ABC boating class, the Seamanship class will start. I have some students in the Piloting class who are interested in taking this class. P/C Mary Lou Corbett, AP will chair this class and will be calling on members to help teach. Just teaching one chapter is gratifying. Members who enjoy this type atmosphere are welcome to apply. Just contact P/C Mary Lou Corbett, AP or myself and we will get you off to a great adventure.

In closing, I would like to thank all of the members that work hard to help our Squadron achieve a high standard in education. This is what makes us stand out: **Members willing to teach and members willing to learn.**

Thanks,

P/C Ray Travis, SN
SEO

Executive Officer

Lt/C R. Scott Foster, Jr., S

As one of the newer members to the Winston-Salem Sail and Power Squadron, I wanted to use this issue to introduce myself.

There have been only two sets of five brothers that have graduated from Annapolis Naval Academy. My paternal and maternal grandfathers were each in one of those sets. It seems only natural that I would be drawn to water. Growing up in San Diego further contributed to my passion for sailing. When not on the football field, I remember windsurfing, racing Hobie Cats and just hanging out at the Yacht Club. My favorite memory is spinnaker flying in the San Diego Harbor.

Now, when I'm not caring for patients in my chiropractic practice, I am out on Lake Norman sharing my passion for boating with my wife (Broocks), two children (Taylor and Baytop), and friends.

I hope to bring some new ideas to WSSPS to help raise awareness of our organization in the community. It is also my goal to bring new members to the Squadron. The more educated members we have, the safer the waterways will be for all of us.

I look forward to serving you this year.

"Boats are the nearest thing to dreams that hands have ever made."
-Robert N. Rose

Administrative Officer

P/C Alexander Cooper, JN

This year promises to be another great year for the Winston Salem Sail and Power Squadron under the leadership of Commander Kris Cranford, AP.

Your Administrative Department is also hard at work planning another year of great meeting programs, activities and adventures. Our first regularly scheduled meeting is on 16-Feb and will feature a program by P/C Leon Corbett, Jr., JN discussing the New Experienced Boater Program. The March meeting will be a slide show and presentation by the B.V.I. gang showing and telling us all about their adventures.

I am going to be giving you information on the meeting programs a month in advance this year. So many times the calling committee is asked "what's the program this month" before deciding to commit to attend. We all know that shouldn't be the case, but it happens anyway and we all know it.

Please visit the USPS web site < www.usps.org > and check out the member's section to learn much more about your organization, especially the Administrative Dept.

This year's District Change of Watch will be held in Greensboro on 18-20 March. I am sure that there will be some car pool's set up so AS MANY AS POSSIBLE WILL ATTEND! We hope to have a hospitality room with Lake Norman. More to come.

Your Administrative Department this year consists of P/C Leon Corbett, Jr. JN, Lt. Faye London, S and P/C Don Breault, AP … feel free to contact them at any time with program ideas, etc.

…and if you've got some free time check out… < www.marineelectrics.org/motorboatlinks.html >

BOATS FOR SALE (SAIL)

1993- "Precision" 23 foot, sloop rigged sailboat - displacement = 2,450 pounds - draft = 5/2 feet with the board down/up. This is a great lake boat plus it can be trailered for coastal sound type cruises. In the cabin there is a V berth, table, sink, stove, porta potty and twin settees. The boat is equipped with an 8 hp, 2 cycle, electric start Nissan outboard motor – The Espirt sails include a main and 2 jibs (150&110). Some of the extras include - tiller tamer- tiller extender- Danforth anchor- VHF radio- compass- boat hook- whisker pole- cockpit cushions- 5 PFDs'- cockpit halyard controls. After completing its winter maintenance that included new drop boards, a new fuse panel, bright work conditioning and bottom paint, the boat is currently in a slip on Lake Norman and ready for a trial sail. The owners are asking ~~$12,750~~ with these additional points of negotiation- supplying a Schaefer jib furlering system- supplying a trailer at cost, including the current slip through the end of the year and delivering/ rigging/ launching the boat at the buyer's marina. Please call 336 765 5202 or 336 765 9527 or 336 765 3619 for information. **Price reduced to $10,950 for the winter. Will go back up March 1.**

New (never installed) Schaefer snap-on furler system CF-500, CF-500-19 and CF-500-22 for $675. Call Fred Eldridge at 336-765-5202.

22' Catalina sailboat with pop top and swing keel. Three sails included, main, jib and st. Call Laura 252-241-9039.

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District 27 Annual Meeting and Change of Watch

18-20 March 2005

Sheraton Four Seasons
Greensboro, NC.
Room Rate: $99.00 plus taxes
Reservations made by calling 336-292-9161
Be sure to ask for United States Power Squadrons District 27 block of rooms
Cutoff date for rate is 16 February 2005

FRIDAY 18 March:
1500 – 1800 Member Registration and Voter Registration
1800 – 2000 Visit Squadron Hospitality Rooms
SATURDAY 19 March:
Uniform of the Day: Uniform F
0700 - 0900 Member and Voter Registration
0700 - 0830 Commanders' Breakfast - D/27 Bridge & Current Squadron Commanders
0800 - 0930 Complimentary Ladies Coffee
0900 Council Meeting Convenes
0930 Spouses Seagrove Pottery Tour & Shopping (Must be prepaid)
1000 Spouses Four Seasons Mall or Old Greensboro Shopping
1200 - 1320 Members' Lunch and Awards (Must be prepaid)
1330 Meeting Reconvenes
1630 Meeting Recessed
1812 Cash Bar
District 27 Change of Watch Banquet (Must be prepaid)
Uniform A with bow tie or Suitable Attire
SUNDAY 20 March:
0900 – 1000 Cooperative Charting and Geodetics

----------DETACH ----------

District 27 Annual Meeting and Change of Watch
Reservation Form

Squadron: Rank, Name & Grade	Saturday Complimentary Ladies Coffee Check if Attending	Saturday Four Seasons Mall Shopping Check if Attending	Saturday Old Greensboro Shopping Check if Attending	Saturday Seagrove Pottery Tour & Shopping @ $20.00	Saturday Sheraton Member Lunch @ $15.00	Saturday COW Banquet @ $38.00 Circle One	Total
						Beef Chicken	
						Beef Chicken	
						Beef Chicken	
						Amount Enclosed	

Please make checks payable to: D/27 COW 2005. Mail Check with completed form to:
Lt/C Tom Hamlin, 6115 Muirfield Drive, Greensboro, NC 27410 Phone: 336-668-4836
Reservations Must Be Received by Wednesday, 3 March 2005. Any reservations received after that time will be honored if there is cancellation space available. Thank you for being prompt.

COW 2005

HYPOTHERMIA 101

What would we expect to occur should one of our bodies, with its normal temperature of 98.6 F be plunged into 50 F ocean water? Would our body warm the ocean water? NO!! Conversely the ocean water would surely lower the temperature of our warm body. This scenario is played out many times each year in our waters when commercial and recreational boating accidents occur in cold water. This condition of lowering of core (internal) body temperature is called hypothermia. Hypothermia can occur anytime of the year in North Carolina, but is more likely to occur during the winter months when ocean temperatures are 48 to 50 F and sound, river and lake water temperatures are much below 50 F.

Hypothermia is defined as a condition that occurs when core body temperature drops to 95 F or lower. This is a serious, life threatening condition that develops when the core temperature drops below the point where the brain, heart and lungs function normally.

As the core temperature drops, the body exhibits a series of symptoms as shown below. Drowning can occur early in this temperature decline due to loss of dexterity and inability to use the arms and legs normally. When the core temperature cools to 86 to 87 F, unconsciousness can occur and death can result due to heart arrhythmias and cardiac arrest.

SYMPTOMS

Mild Hypothermia - confusion, vigorous shivering of arms and legs, breathing rate core 92 – 95 F increases.
Most victims if rescued at this point can rebuild body temperature without extensive medical treatment and can recover.

Moderate Hypothermia - delirium, slow reflexes, slow pulse rate, dilated pupils, and risk of core 85 – 90 F heart arrhythmias.
At this point the body has lost its ability to self correct extensive medical treatment is necessary.

Severe Hypothermia - very cold skin, unresponsive, body stiffness core below 84 F body now likely to go into cardiac arrest and death.

Body temperature is a balance between how much heat is produced internally, and heat lost to our environment with the brain acting as a thermostat.

Next month we will take a look at ways to conserve body heat should we find ourselves in a situation that could lead to hypothermia

Lt Darle Shouse, N

Ship's Store

6" x 12" 2-color ***License Plate*** only $5.00.

Red or Blue ***Can Hugger*** for $3.00 each or 2 for $5.00.

Coffee Mug with our logo printed on both sides. Comes with a no spill lid. Only $5.00.

Show your support for our Squadron. Call Jim Frazier at 336-998-6998 or get yours at some of our meetings. Ask Jim about a ***Burgee*** too.

Newest Members

James H. Florence
Paul F. Briggs
Cyrus William Bazemore, Jr.

2005 FUND RAISER

Community Yard Sale

Tentative Date April 9
Spaces $25.00 each
8:00 a.m. - 3:00 p.m.

Clean out your closets, attics, garages, cellars

Come Join the Fun

Turn your junk into $$$$
We need volunteers and donated items too

Questions or Donations
Call B Travis 940-3168
or Sheila Breault 712-0661

Winston-Salem Sail & Power Squadron
Calendar of Events for 2005

Date	Event
05-08 January	USPS Annual Meeting, Orlando, FL
22 January	WSSPS Change of Watch, Twin City Club
16 February	Membership Meeting - "New Experienced Boater's Course"
18-20 March	D27 Annual Meeting & Change of Watch - Greensboro, NC
16 March	Membership Meeting - "BVI Trip" WSSPS Group Effort
9 April	Fundraiser - Yard Sale - Call Sheila Breault or B Travis
20 April	Membership Meeting - "The Periauger"
18 May	Membership Meeting - "Self Defense for Boaters"
28-30 May	Memorial Day Weekend - Co-op Charting - Morehead City, NC
01-05 June	USPS Spring Governing Board -Charlotte, NC
17-18June	D27 Spring Council - Fayetteville, NC
15 June	Membership Meeting - Walt Blackman's Fabulous Fish Fry
04 July	July 4 Impromptu Get-Together Morehead City
09 July	Winston-Salem Sail & Power Squadron July Rendezvous at Jim and Genny Frazier's Lake Norman Home
20 July	Membership Meeting - "Claiborne Young's New Book"
15-17July	D27 Rendezvous - New Bern, NC
06-07 August	Rendezvous - Morehead City, NC
17 August	Membership Meeting - "Simple Astronomy" - Darle Shouse
03-05 September	Rendezvous - Morehead City, NC
06-11 September	USPS Fall Governing Board - Portland, OR
21 September	Membership Meeting - "Scuba Diving with Blue Dolphin"
23-25 September	D27 Fall Conference - Rocky Mount, NC
15 October	Rendezvous - Belews Lake
15 October	Commander's Picnic - Belews Lake
16 November	Annual Business Meeting - Year in Review
15 December	Annual Christmas Party - TBD
04-08 January '06	USPS Annual Meeting, Orlando, FL
28 January '06	WSSPS Change of Watch - Twin City Club

Many dates are tentative and subject to change as well as new events being added on a regular basis. Please make sure you check for those changes and additions in <u>each</u> month's issue.

TARHEELS

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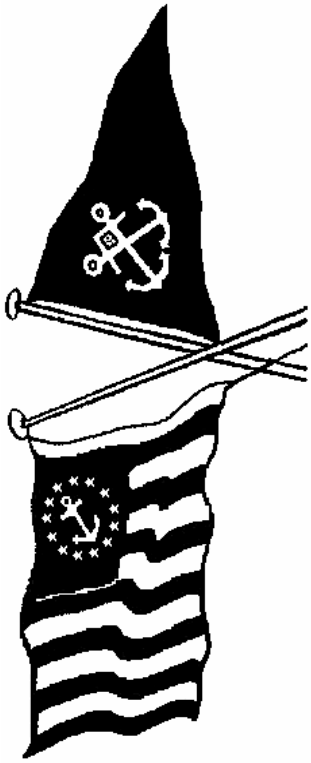
WINSTON-SALEM SAIL AND POWER SQUADRON

A Unit of the United States Power Squadrons

DISTRICT 27



WINSTON-SALEM SAIL & POWER SQUADRON
5854 Woodsway Drive, Pfafftown, NC 27040

IMPORTANT UPCOMING EVENTS

16 February	**Experienced Boaters** **Twin City Club**
25-27 February	**Boat Show Participation** **Greensboro**
18-20 March	**D27 Change of Watch** **Greensboro**

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Editor/Publisher	P/C Michael L. Cranford, AP

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