Tarheels

THE *TARHEELS* IS AN OFFICIAL PUBLICATION OF THE WINSTON-SALEM SAIL AND POWER SQUADRON March 2005 Volume XIV Number 3

This Month's Meeting:

WSSPS Goes to The BVI

What's Inside

Officer's Reports
Pages 3, 4 and 5
2005 Cruise Plans
Page 7
THANKS!
Page 8
Hypothermia
Page 9
Full Calendar
Page 11

FUND RAISER - Page 10

Calendar of Events

16 March	**WSSPS BVI Trip** *Twin City Club*
18-20 March	**D27 COW & Meeting** *Greensboro*
28 March	**Bridge Meeting** *at the Commander's home 336/924-2698*
31 March	***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

WSSPS Trip To The BVI

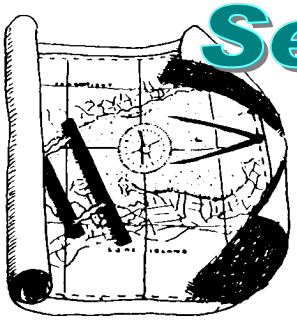
With WSSPS Members

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

Spring is fast approaching and I know that all of us are anticipating the time on the water we have planned for the year. I hope everyone is also looking forward to our Squadron Activities.

As many of you already know, helping with these activities can earn you a merit mark. What is a merit mark? It is quite simply a certificate of appreciation for the contribution you have made to the squadron during the course of the year, be it for teaching, for safety or for work presenting programs and planning social activities. It is not terribly hard to get one. Anyone who helps out a couple or more times can earn a merit mark. Just choose a few things you believe you would enjoy helping with and the reward can be yours. Remember these things are fun to do, often downright recreational, such as Co-op Charting or Geodetic Marker Recovery.

How do we compile a list of members to submit for merit marks? Generally officers and committee chairmen compile a list of those people who have helped with our activities during the year. Also we will hand out a form to each member so everyone can record what he has done. That way no one who deserves recognition can slip through the cracks.

We have scheduled a Yard Sale for May 7 to act as our annual fund raiser. We will need a lot of help with this, both with contributions of items to sell and people to help with the work. You can either rent a booth and sell your own wares, keeping profits or contribute the items you simply want to get rid of to be sold in our squadron booth. Either way, we will need lots of members to help price and sell our wares.

Please everyone try to come to the hospitality suites at the D27 COW which will be on Friday, March 18 at 1900. It will take place at the Sheraton Four Seasons in Greensboro. Great food and great fun for free! OK, so maybe we pulled a couple bucks out of the treasury for this.

Our monthly meeting this month will include beautiful photos taken by the folks who chartered boats in the British Virgin Islands last fall. Someone from each boat will talk about the experiences during that week and how beautiful life looked 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
(AKA "Lord Nelson")

I'm sorry that this report will be short. Your SEO has been very busy lately. So here goes.

The Piloting class has 11 very serious students. With the help of P/C Leon Corbett, SN and me the students are enjoying the intricate process of plotting courses and learning how to take bearings. They are working hard and are looking forward to the exam coming up. The Instructor Fred Eldridge is doing such a great job the students are having fun with plotting a course and thinking about their surroundings.

The Public boating course, ABC, is now underway with P/C Leon Corbett, SN chairing the class. We had eight (8) students the first night with more coming this Tuesday night. P/C Don Breault, AP will teach the first chapter and P/C Leon Corbett, SN will teach the second chapter along with marlin spike. P/C Mary Lou Corbett, AP, B Travis, AP, Cdr. Kris Cranford, AP and me are helping with the class.

The Weather class has finished part 101 and exams were given and part 102 will start this Wednesday night. There are 6 students enjoying the opportunity to learn a little about what makes weather and what to look out for while boating. P/C Ray Travis, SN is teaching the class. There is a good chance that Austin Caviness from WXII Channel 12 will teach a class or two in part 102. This will be an asset to the class. I'm hoping it will take place.

Following the Piloting and Public ABC boating course a Seamanship class will start with students from the piloting class and the **new members** that we will sign up. P/C Mary Lou Corbett, AP will chair the class and will be asking members to help teach. Please give her a yes when she asks you to teach. It's good for the mind and soul.

I hope after this month I will have more time to concentrate on my duties with our squadron. I've been helping to conduct the D27 Outreach sessions for the SEO's and ASEO's I will be helping with the Education breakout session at the D27 COW. I'm looking forward to some time to myself to do things that are important to me, but I will not let our education program falter.

Executive Officer

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

(A suggestion was made that my article report our last Bridge meeting minutes, therefore a recap follows.)

After driving all night on long winding roads throughout Pfafftown, we arrived at Commander Cranford's lovely home. The meeting began with discussion of the District Change of Watch, March 18-19. I look forward to seeing you there. With an education theme (I see Lord Nelson has his hand in everything), it was decided that we should have a suite on the same floor as the rest of the squadrons.

We also discussed replacing the silent auction with a community yard sale, in which spaces would be rented to folks with things to sell. (No reason selling our stuff to each other when we can have the whole community selling to each other). A committee was formed to further develop this event and the planning began.

The last topics briefly discussed were: cruises, which Don presented so well at our last membership meeting; our participation at the Greensboro boat show; and the abundant amount of money we have in accounts for various projects.

Be healthy and safe. If I have forgotten anything, I will catch up in the next issue.

Administrative Officer

P/C Alexander Cooper, JN

The time has come…our next meeting will feature our own squadron members showing and telling us about their trip to the British Virgin Islands…It's going to be a great evening, but even though I am the chairman of programs I don't want to say much more for fear of stealing their thunder.

Our program in April will be presented by P/C Ray Travis, SN and Reid London, AP on their journey along the NC coast in the Periauger, which is a replica of an eighteenth century workboat.

Here's an excellent web site for all of you who want to know more about GPS. It's http://www.topografix.com I know the free version works and the the/BUY version is free for thirty days. I feel sure some of our eyes were opened on how things have changed when P/C Ray Travis, SN gave his demonstration at last month's meeting.

See you Wednesday night 16 March.

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 April 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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Winston-Salem Sail and Power Squadron
Cruise Programs
2005

The following cruises are being planned for 2005 and 2006.

Domestic programs

1. Pamlico Sound Tour in August 2005
2. Norfolk, VA via Dismal Swamp Canal and return via ICW. Date: TBD
3. Georgetown, SC with stops in Bald Head Island, Southport. Date: TBD
4. D-27: 3 day weekend cruise to New Berne, NC in July 2005
5. Long 3 day weekend trips to: Washington, NC, Bellhaven, NC, or Ocracoke Island, NC

International Program

1. Greek Islands bareboat charter planned for September or October 2006

   This exciting cruise is planned in the Ionian Sea off of the West Coast of Greece. Experience the clear sub tropical waters of the Mediterranean Sea, and the sights of a land rich in cultural history.

For the domestic cruises, you do not have to own a boat or have a boat with sleeping accommodations. Most boats participating on these cruises need crewmembers. Those boats participating all have room for crewmembers who want to go for the ride and those marina's we select at these various destinations have hotel accommodations on site. The fun part is the experience, the ride, and the fellowship shared along the way. There are many sights to see, and you will never forget these cruising experiences as long as you live.
Anyone interested in any of these cruises, please complete the sign-up sheet below, and turn it in to
P/C Don Breault.

Cruise sign-up sheet

Please check off those cruises you want to participate in. Also indicate those dates you would like to go or you are available to go.

Please turn this in to P/C Don Breault, AP no later than March 31, 2005 for all domestic cruises. If you are interested in the Greek Bareboat Cruise in 2006, there will be a more detailed meeting on this later on this year. We just need an approximate number of people who want to go on this trip for now.

_____ Pamlico Sound Tour, August 2005

_____ Norfolk, VA Dismal Swamp Cruise

_____ Georgetown, SC Cruise

_____ D-27 New Berne weekend cruise, July 2005

_____ 3 Day weekend Cruise to Ocracoke Island, or Washington, NC

_____ Greek Island Bareboat Cruise in the Fall of 2006

Print your name: _____ Number of people in your group_____
If you are using your boat, please indicate OAL, Beam and Draft _____

Mail this form to: P/C Don Breault, AP, 1200 Arboretum Dr., Lewisville, NC, 27023

Thank You...

GRUBBS MARINE

For providing the Winston-Salem Sail and Power Squadron space at your booth at the Greensboro Boat Show this month. Thanks to your generosity we signed five people to take ABC, our public boating course.

WSSPS members please support Grubbs Marine. Not only do they support us but they are fellow members too!

2900 GRIFFITH ROAD
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District 27 Annual Meeting and Change of Watch

18-20 March 2005
Sheraton Four Seasons
Greensboro, NC.

FRIDAY 18 March:
1500 – 1800 Member Registration and Voter Registration
1800 – 2000 Visit Squadron Hospitality Rooms—WSSPS and Lake Norman PS in Room 2785
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

HYPOTHERMIA 201

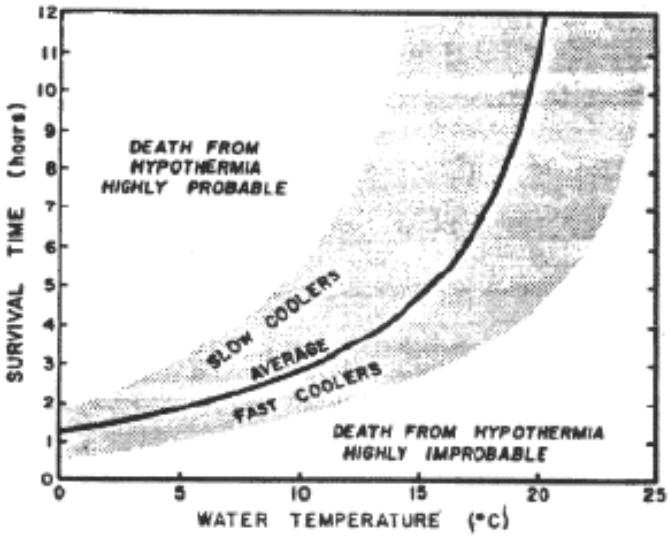
Referring to last months' article for the theory of hypothermia, we know that body temperature is a balance between body heat loss and body heat generation. So, what equipment and procedures will lessen body heat loss should we be immersed into cold water?

If we find ourselves in cold water, remember that water conducts heat away from our bodies many times faster than air. Wearing a proper PFD is a must. A proper PFD has many benefits other than floatation:

We exert less energy to stay afloat
Keeps head high, reducing heat loss
We are more visible to rescuers floating high
Vest type PFD insulates rib cage and chest-reducing core heat loss
A proper PFD will keep us afloat even when unconscious
A PFD too warm for a summer day may be just the ticket for winter boating

Assuming the fetal position or Heat Escape Lessening Position (HELP) will increase our survival time in cold water. With some PFDs it is impossible to assume the HELP position and still keep head out of water. In this case, assume a modified HELP position, preserving body heat as best we can. Should there be several persons in the water, huddling close together, side to side in a circle will preserve body heat. HUDDLE.

This is a most difficult decision. A good swimmer can swim 100 to 1000 yards in cold water depending on many factors such as water temperature, body conditioning, and sea conditions. Make this decision very carefully. Staying with the boat is usually the best decision. Most boats will float even when capsized or swamped .Also, rescuers can spot a boat much easier than a swimmer in the water.



FIRST AID FOR MILD HYPOTHERMIA

Symptoms – confusion, vigorous shivering or body, weakness, clumsiness, slow reflexes, rapid breathing

Make sure airway is open - Is CPR necessary?
Gently remove wet clothing- wrap in warm blanket or sleeping bag.
Transport victim to hospital as soon as possible (Hypothermia is a serious condition)

Lt Darle Shouse, N
Squadron Safety Officer

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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.

FUND RAISER

Tentative Date May 7
Spaces $25.00 each
8:00 a.m. - 3:00 p.m.

Location Still to be determined

Clean out your closets, attics, garages, cellars

We need volunteers and donated items

Come Join the Fun

Turn your junk into $$$$

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
20 April	Membership Meeting - ”The Periauger”
7 May - Tentative	Fundraiser - Yard Sale - Call Sheila Breault or B Travis
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	Commander’s Picnic - Tanglewood Park, Shelter #3
16 November	Annual Business Meeting - Year in Review
15 December	Annual Christmas Party - Bermuda Run Country Club
04-08 January ‘06	USPS Annual Meeting, Orlando, FL
28 January ‘06	WSSPS Change of Watch - TBD

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.

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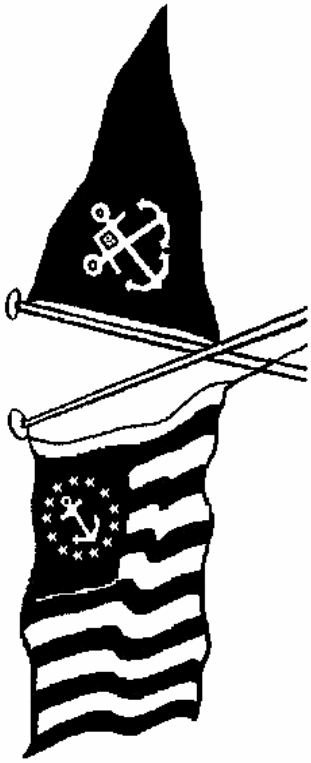
WINSTON-SALEM SAIL AND POWER SQUADRON

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 March	**WSSPS BVI Cruisers Twin City Club**
18-20 March	**D27 COW & Meeting Greensboro**
20 March	**First Day of Spring Everywhere in NC**

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