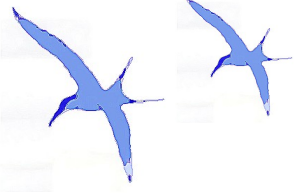




of TARS & TERNS



Volume XLV Number 11

January-February 2011

Upcoming Meetings & Events

Mark your calendars and come join us.

January

- 12..... All Hands Meeting
- 26..... ExCom Meeting

February

- 09..... All Hands Meeting
- 23..... ExCom Meeting

March

- 09..... All Hands Meeting
Annual Meeting and Election of Officers.
(See page 9 for details.)
- 12..... Change of Watch
(See page 11 for details and reservation form.)
- 23..... ExCom Meeting
- 25-27..... D5 Spring Conference
Ocean City, Maryland

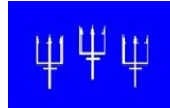
April

- 13..... All Hands Meeting
- 27..... ExCom Meeting

Please note: a complete calendar listing, including education courses, can be found on our squadron website at www.nvsps.org.



Northern Virginia
Sail and Power Squadron
District 5
A unit of the
United States Power Squadrons®
Sail and Power Boating
www.nvsps.org



Commander Sends . . .
Cdr George Nartsissov, AP

The holiday season is behind us and I, and probably most of you, will begin to think of the warmer days ahead and the start of the new boating season.

Now is the time to take courses, review your navigation skills and make a plan for needed boat repairs and equipment checks. The current education course schedule is on page 5. Keep checking our squadron web site (www.nvsps.org) for details the course schedule and updates. I encourage you to take the Weather Course (details on page 5). Although it is the longest course that we offer, it is packed with very useful information that can keep a boater out of trouble on the water.

There are several squadron events this spring that I sincerely hope you will participate in:

- The Nominating Committee, chaired by P/Stf/C Richard Davis, AP, has presented the slate of candidate officers for the next Squadron Bridge and other elected Squadron positions. The election will take place at our **Annual Meeting on 9 March, 2011**. Please mark your calendar for this very important meeting.

(Continued on page 6)



Bridge Officers



COMMANDER
Cdr George Nartsissov, AP
703-425-7044
ganh@verizon.net



EXECUTIVE OFFICER
Lt/C John G. Karjala, P
703-818-8676
jgkarjala@verizon.net



EDUCATION OFFICER
Lt/C Richard E. Unis, JN
703-777-8378
runis_320@yahoo.com



ADMINISTRATIVE OFFICER
Open



SECRETARY
Lt/C Sue Karjala, P
703-818-8676
skarjala@verizon.net



TREASURER
Lt/C Steven Hall, AP
703-242-8566
sdhall02@verizon.net

MEMBERS AT LARGE

P/C G. J. Nelson, AP	703-437-0064
P/LtC Cathleen Sheffield, AP	703-370-4331
Steve Wanbaugh, S	703-323-5025
P/C Francis Williamson, AP	703-440-9074
Lt. Frederick D. Zugay, JN	703-815-1954

Scheduled Meetings:

Unless otherwise noted, the General Membership Meetings will be held at the BoatUS Headquarters* facility at 1900 (7:00 pm). Any changes will be posted in this newsletter or on the Squadron web site.

***BoatUS Headquarters and meeting location:**

880 South Pickett Street, Alexandria VA

From the Capital Beltway, take the VA-613/ Van Dorn Street exit, exit number 173 (aka exit 3), towards Franconia. Turn left onto South Van Dorn Street / VA-613 North. Turn left onto South Pickett Street. Go less than .5 miles and turn in at the BoatUS sign and go to the lighted parking lot in the rear. Proceed to the entrance.



*Do you or one of your friends
need a vessel checked?*

Or want to become an examiner yourself?

*J. von Senden,
John@Southerngirl.net*



of TARS & TERNS

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<http://www.nvsp.org>



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

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CO-EDITOR

Lt. Manette B. Lazear, AP
(703) 620-1821
lakematesM@comcast.net

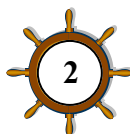
CO-EDITOR

P/Stf/C Richard Davis, AP
(703) 444-2772
rpdavis1702@comcast.net

DISTRIBUTION

D/Lt Walter D. Lazear, AP
(703) 620-1821
lakematesW@comcast.net

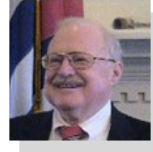
Lt Manette B. Lazear, AP
(703) 620-1821
lakematesM@comcast.net





Executive Officer

Lt/C John G. Karjala, P



Holiday Party Past Thanks all around for the interest, participation, and reservations made for the 4 December 2010 Annual Holiday Party at the American Legion in Fairfax City. We had a good turn out. Food was plentiful and a spirited time was had by all.

Change of Watch Coming Next Let's keep up the spirit and place on your calendars, Saturday, 12 March 2011, for the Change of Watch commencing at 1830 hours (6:30 pm) to be held again at the American Legion Post #177. Dinner entrees are a choice of prime rib or chicken cordon bleu with vegetables and sides. The Commander's Locker will be open.



A copy of the invitation and reservation form is included in this issue (page 11). Clip off the invitation and mail it in with your remittance now! Please don't put your reservation off to the last minute.

This is a fun event and an opportunity to swap boat de-winterization issues with fellow boaters.

Make your belated New Year's resolution now to attend more great NVSPS events.

D5 Spring Conference and Training. Remember the D5 Spring Conference and Training sessions are scheduled for Friday to Sunday, 25-27 March 2011, in Ocean City Maryland. This is a fun rendezvous at the Princess Royale Hotel, 9100 Coastal Highway, Ocean City, Maryland. We expect to be sponsoring a complete hospitality suite where we expect there will be refreshments for members and guests. Conference details and reservation forms can be found at www.uspsd5.org. Details of Squadron activities will be distributed via NVSPS e-mail to members and at the Squadron's February "All Hands Meeting."

I'll be seeing you at the upcoming NVSPS events. If you have any questions regarding status or details of the Change of Watch, please call Robyn Stewart (703) 942-9635.





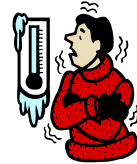
Safety Stuff

Lt. John C. von Senden, AP
Safety Officer and Vessel Safety Check

Hypothermia

As I was checking on our boat last weekend, there was a skim of ice on the creek. So I was walking down the dock, wearing heavy clothing thinking I really didn't want to fall into the water. Therefore, this month's article is on hypothermia.

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Hypothermia is most often caused by exposure to cold weather or immersion in a cold body of water. Hypothermia can be caused in near room temperature environments if your metabolism is low (as with increasing age). Alcohol is a major factor in developing hypothermia; alcohol is, after all, a nervous system depressant.



When your body temperature drops, your heart, nervous system and other organs cannot work correctly. Left untreated, hypothermia eventually leads to complete failure of your heart and respiratory system and to death — generally speaking, not a good thing.

Signs and Symptoms

The primary symptom of hypothermia is shivering. Shivering is your body's effort to maintain core body temperature. Other symptoms include: confusion or difficulty focusing, dizziness, lack of coordination and drowsiness, fatigue and apathy. Most victims of hypothermia don't realize they are in danger.

Prevention

Obviously the best method of prevention is to stay warm in cold weather. We lose heat through radiation, convection (through wind) and conduction (direct contact with cold materials). The Mayo Clinic promotes an acronym COLD — Cover, Overexertion, Layers, and Dry.

Cover

Hats are wonderful things. Since we lose most of our heat through our heads, they prevent a significant portion of heat loss. Likewise gloves or mittens are important. Mittens keep your hands warmer, however gloves allow better dexterity.

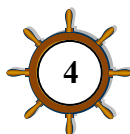
Overexertion

Keeping active to stay warm is good; overexertion to the point of sweating will cause you to lose body heat much more quickly.

Layers

Wear loose-fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat better than cotton does.

(Continued on page 6)





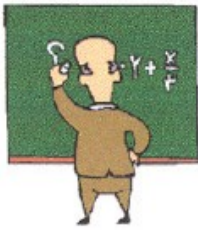
Education Officer

Lt/C Richard E. Unis, JN



Chalk Talk

Weather Course Returns



It is a very busy winter for boating education! Winter is a great time to take a course. The **ABC3** and **Piloting** courses ended in December and January, respectively. The **Weather** course will start on Thursday, January 27th, 2011. Class will be held on Thursday nights from 7 - 9 pm at Fairfax High School. There is still room in the course so please let me know ASAP if you would like to attend. I highly recommend this course if you have not taken it yet. The cost for this course is only \$75 for USPS members and \$125 for non-members. You can send me an e-mail at runis_320@yahoo.com.

Seamanship and **Junior Navigation** courses are ongoing and will be ending in February.

The next Advanced/Elective course on the horizon is **Marine Communications Systems**. This course is the second of the courses pertaining to marine systems. Topics covered in this course include the following: radio theory and the radio frequency spectrum; VHF radio communications; Global Maritime Distress and Safety (GMDSS); FCC rules and licenses; radiotelephone operating procedures; long-range marine radio communications; other marine communications systems and radio maintenance. The course sounds like it could be a bit complicated but it's not too technically complex. This is a required course for the Coastal Level for Boat Operator Certification. I would like to start this course at the end of March or the first week of April. The course will run for 8 weeks. If you are interested in this course, please let me know by Friday, February 18th.



I am planning to schedule a few **Seminars** in March and April to meet the requirements of the Inland Level for Boat Operator Certification. Seminars that are required for this certification include **How to Use a Chart**, **Using GPS**, **Using VHF Radio** and **Onboard Weather**. Again, please let me know if you are interested in any of these seminars. I will send an e-mail to everyone when I schedule them and I will also post the schedule to the website.



Please let me know if you are interested in any other courses. I would still like to squeeze in a **Sail** course, if possible, but that may have to wait until summer. Keep dreaming about boating and you'll be back on the water in no time!



Commander Sends (continued)

(Continued from page 1)

- The Squadron **Change of Watch** ceremony will take place that same week on **Saturday, 12 March** (see the announcement on page 11 in this issue). We anticipate that the District 5 Commander, L. Chris Brown, JN, will attend and swear in the new Squadron Commander.
- The **D-5 Spring Conference** is also scheduled in March (see the Executive Officer's report on page 3).

We hope to see you at these events.

Fisher House: I delivered the toys and food items, collected at the 4 December Squadron Holiday Party, to the Walter Reed Army Medical Center Fisher House. We had collected 46 various toys and 79 items of food (cans & boxes). The items were gladly accepted. We have received an acknowledgement and thank you letter from the Fisher House. *Thanks for your generosity and support for such a worthy cause!*



www.fisherhouse.org

CDR George Nartsissov

Safety Stuff (continued)

(Continued from page 4)

Dry

Stay as dry as possible. Get out of wet clothing as soon as possible. Be especially careful to keep your hands and feet dry.

And...

Don't drink alcoholic drinks until you are back inside where it is warm.

Don't go swimming. If you do end up in the water, get out as soon as possible. Life jackets are always important, but much more so in cold weather.

Treatment

Severe hypothermia needs to be treated in a hospital. Pre-hospital care (otherwise known as First Aid) includes the following:

Be gentle and watch for shock.

Move the person to the warmest environment possible.

Remove wet clothing.

Cover with dry blankets, leaving only the face exposed.

Insulate the person from the cold, especially the cold ground.

Monitor breathing.

Warm only with indirect heat, such as sharing body warmth. Don't apply direct heat, such as heating pads or hot water bottles; these can damage the skin or induce cardiac arrest.

And of course the best treatment is to avoid hypothermia to begin with.



Stay warm and remember, it's hard to expand your horizons, without losing sight of the shore...





NVSPS Celebrates Commitment and Service



Award recipients are (left to right): Alan Hart (45 years); Gale Alls (44 years); NVSPS Commander George Nartsissov; and Robert Hutton (40 years).

Forty years is a long time. When those years are in service to advancing boating and boater safety, it is especially worth noting. That is what Commander George Nartsissov did at the annual holiday party on December 4, 2010. In a special ceremony at the holiday party NVSPS recognized seven of its members who have served the Squadron for 40 years or more by giving them a commemorative gift - an engraved Weems and Plath clock chart weight. In presenting the gifts, Commander Nartsissov said, "Every member of this Squadron is an important part of our organization. These seven members, however, are special to us. They represent commitment to our mission, they have served selflessly to support our organization, and they are dear friends to all of us." In addition to those pictured, the following also received the award: Ronald Larson (42 years); Richard Cohen (46 years); Thomas Martin (48 years) and Robert Stickell (57 years).



Our Merit Mark Honor Roll

USPS has awarded Merit Marks to 46 NVSPS members who performed substantial service to the squadron during 2010. It's our members, performing jobs both large and small, who help us achieve our mission of safe boating through education. Merit Mark recipients for 2010 are:

Evelyn Alls, P	P/C Alan Hart, AP	P/C Jay Nelson, AP
P/C Gale Alls, SN	Lt Norbert Hymel, AP	Lt Edward Phillips, AP
Richard Baker, JN	Lt/C Sue Karjala, P	James Roberts, AP
Lt Thomas Ballew, AP	Lt/C John Karjala, P	Robin Roberts, AP
D/Lt Dwight Bues, AP	Ronald Larson, P	P/C Keith Segerson, P
Lt Michael Card, S	Lt Manette Lazear, AP	P/LT/C Cathy Sheffield, AP
Lt Robert Cox, JN	D/Lt Walter Lazear, AP	P/C John Shivik, AP
P/Stf/C Richard Davis, AP	Alexander Lieberman, P	Lt Frank Shults, S
P/C George Degnon, P	Nancy Lieberman, P	Lt/C Richard Unis, JN
Lt Robert Donahue, Jr, AP	Mark Lieberman	Lt Robert Van Buskirk, P
Lt Jean Durgin, AP	Michael Lieberman	Lt John VonSenden, AP
P/C Richard Durgin, JN	Nicholas Lieberman	Steven Wanbaugh
Matthew Fischer, P	Lt Thomas Martin, AP	P/C Francis Williamson, AP
1st/Lt J. J. Fitzgerald, JN	Emily Mathae	Lt Frederick Zugay, JN
Sean Gallagher, AP	Ann Nartsissov, P	
Lt/C Steven Hall, AP	Cdr George Nartsissov, AP	

Some Merit Marks were sent to recipients electronically and others by mail. If your name is on this list and you have not yet received your Merit Mark, contact USPS headquarters, 1-888-367-8777, and speak to Deliah at ext. 229.



Northern Virginia Sail and Power Squadron

From: NVSPS Nominating Committee (NOMCOM)
Date: 14 December 2010
Subject: NVSPS Bridge Nominees for 2011 - 2012
To: NVSPS Secretary and Membership.
Reference: 1. NVSPS By Laws Dated 31 October 2008, Sections 5.5 and 6.8,
2. NVSPS NOMCOM Report Dated 2 November 2010 is amend as follows.

Madam Secretary,

The NOMCOM submitted it's initial report in accordance with the bylaws as specified, however after subsequent consultation with some nominees it is unanimously felt that we need to amend our report as follows. This needs to be presented to the membership at the January General Membership Meeting and in the January 2011 oT&T.

Those being nominated for Bridge positions are:

CDR: Lt/C John Karjala, P
EXO: Lt Frank Shults, S
SEO: 1st/Lt Sean Gallagher, AP
AO: *Vacant (Maybe divided up as there is no volunteer)*
SEC: Michelle Dufay, S
Treasurer: Robyn Stewart

Those being nominated for Committee membership by committee are:

Executive Committee:

P/C Jay Nelson, AP
Steve Wanbaugh
Cdr George Nartsissov, AP
P/LT/C Cathy Sheffield, AP
P/C Francis Williamson, AP
Lt Fred Zugay, JN

Rules Committee:

1 Year – P/C Richard Durgin, JN
1 Year – P/LT/C Cathy Sheffield, AP
2 Year – P/C Alan Hart, AP
2 Year – Marge Degnon
3 Year – P/Stf/C Richard Davis, AP
3 Year – P/C John Shivik, AP

Auditing Committee:

1 Year – Lt Michael Card, S - Chair
2 Year – P/C Francis Williamson, AP
3 Year – P/C William Russell, III, SN

Nominating Committee:

1 Year – P/Stf/C Richard Davis, AP
1 Year – Lt Norbert Hymel, AP
1 Year – Lt Thomas Martin, AP
1 Year – Ronald Larson, P
1 Year – Cdr George Nartsissov, AP
2 Year – P/C Francis Williamson, AP
2 Year – D/Lt Dwight Bues, AP

Respectfully submitted,

Richard

P/Stf/C Richard P. Davis, AP
Chairman, NVSPS Nomination Committee





Fun and Fellowship at the NVSPSP Holiday Party



NVSPS Cdr George Nartsissov, AP (l) and D5 EXO Bernard Karpers, N, (r)



D5 EXO Bernard Karpers, N, and wife Kathy get gifts from Santa (John Karjala) and Mrs. Claus (Evelyn Alls).



P/Cs Gale Alls and Dick Durgin survey the festivities.



Evelyn Alls and Robbie Shivik sample holiday libations.



P/C John Shivik toasts the season.



P/C Alan Hart and wife Mary enjoy the party.



P/C Jere Dando and wife Nancy are among the holiday revelers.



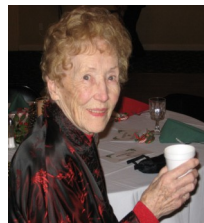
Phil Gilbert, Jo Ann Donnelly and Ann Nartsissov enjoy a chat.



Guests dance the night away.



Yummy cake!



Evelyn All's mom Mary Shoaf joined the fun.

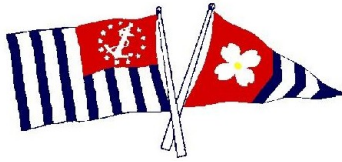


Lt/C Steve Hall and wife Ann smile for the camera.



Lovely tables.

Pictures courtesy Dick and Jean Durgin, Alan Hart and John Shivik.



Northern Virginia Sail and Power Squadron
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www.NVSPS.org

ALL Members and their Guests are cordially invited to:

NVSPS Change of Watch

1830 to 2200, 12 March 2011

at American Legion Post 177

3939 Oak Street, Fairfax, VA 22030 (Located in Fairfax City)

Dinner Choice of Prime Rib or Chicken Cordon Bleu with vegetables and sides; Two New Appetizers; and the Commander's Liquor Locker will be open. Beer, wine, set-ups and soft drinks will be available from the American Legion for a nominal charge. (No need to designate an Entrée below.)



Cut Here

Reservation

Cut Here

Name: _____

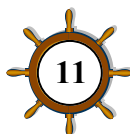
Phone number: _____

Spouse / Guests: _____

YES! I will attend the Change of Watch on **12 March 2011**.

_____ persons X \$25.00 each = \$ _____ Total.

NOTE: Please make your check payable to **"NVSPS"** and mail it with this half of the form **prior to 7 March 2011** to: Robyn Stewart, 2809 N. Underwood St., Arlington, VA 22213-1504. **Questions? Call Robyn at 703-942-9635 or E-mail to Silverbullet@Sailormoon.com**



of TARS & TERNS

D/Lt. W. Lazear, AP

2014 Lakebreeze Way

Reston, VA 20191-4020

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January-February 2011

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Change of Watch

12 March

See Page 11 for details.



MONTHLY ALL-HANDS MEETING

2nd Wednesdays at 1930 (any changes posted herein and on the web)
at BoatUS 880 S. Pickett St., Alexandria

From I-495 take Van Dorn Exit #173 (old #3) north.
Turn Left on S. Pickett

Or..From I-395 take Duke St. Exit #3 east, turn right on Van Dorn.
Turn right on S. Pickett.

Then...Go less than 1/2 mile and turn in at the BoatUS sign.
Enter from the lighted parking lot behind the building.

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America's Boating Club