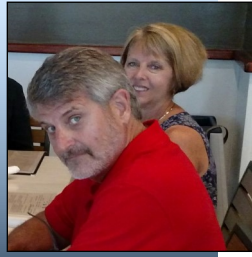


Executive Officer's Report

Lt/C HJ South, S



January 2020 a New Year ...

The time from Thanksgiving to Christmas was very quick! Now we are into the winter season, the return of spring is on the horizon. With that said, the Cruise Planning is scheduled for Thursday 16 January to discuss the cruising for the 2020 season. This will be the 3rd year we have gotten together as a group so we all can have input for the year's schedule. Also we refer to it

as cruise planning but it is really a meeting to discuss how we plan to be together, arriving by boat or any other means to get to our destination. We will get together at the Faith Lutheran Church, a very nice place to have a meeting. We even have pizza so no one gets hungry.

Tracking our Vessel Safety Checks—Our 2019 Total was 334

We are 2nd as a squadron in D5!



Save the date information:

Cruise planning meeting for 2020 season

16 January 2020 * Faith Lutheran Church * 2730 Bridge Rd, Suffolk

Mid-Atlantic Sports and Boat Show 7-9 February. (Va. Beach)

USPS 2020 Annual Meeting this winter, Feb. 9–16, at the Sawgrass Marriott Golf Resort & Spa in Ponte Vedra Beach, Florida.

Mariners' Museum has assembled a team of experts to lead our Offshore Safety at Sea course, Saturday, February 29, 2020. For more information visit the [Safety at Sea website](#).

NRPS Change of Watch 1 March 2020

District 5 Summer Council & Rendezvous, Smith Mt. Lake
Monday 20 July through Sunday 26 July

So check your calendar and consider all the events during the first quarter of the new year.



(Photo of course leader at Mariners' Museum event)

Contact me if you have any questions or concerns at 757-284-1432 or email me at hjsouth@outlook.com.

Educational Officer's Report

Lt/C Carl Smith, SN



members did a day of on the water training with the Sea Scouts, which is fun for us and very helpful for qualifications for the Scouts.

Next year I want to do the seminar format and use the experience and talents of our membership. During and after class interactions with experienced instructors present a great opportunity to pick up some useful and practical knowledge about boats in general and your specific systems.

We have had a safe year, and no obvious candidates for the George Award, either. Let's declare success, and get ready for next spring and another safe and fun year on the water.

Any educational questions, concerns or ideas, please contact me captcrs@cox.net cell 757-672-5893. More Classes announcements coming soon!

USPS® Member Benefits

Information Provided By Lt Cheryl Hanbury



As a USPS® member you can receive discounts on long term care insurance. USPS® has partnered with two companies for this service. Did you know?

- at least 70% of people over 65 will need long-term care services at some point?
- women need long-term care services for longer (on average 3.7 years) than men (on average 2.2 years)?

1. Long Term Care Resources (LTCR) offers a comprehensive Long Term Care Program. USPS members are entitled to a special discount on certain LTC plans available through this program. Members choose LTCR because they deliver these advantages:

Special Discounts & Wider Underwriting: The buying power of USPS was leveraged to give you better pricing that is not available to the general public.

Multiple Carriers: They continually monitor benefit and rate info on the top 25+ carriers in the market and then select the best for their program.

Multiple Products: Whether you prefer 80/20, indemnity, or reimbursement a variety of products allow them to design plans that fit different needs and budgets.

Service for Life: Buying coverage through your group program provides the added comfort of having an advocate for the life of the policy.

For more info call (800) 616-8759 or visit their website at www.myltcplan.com/usps.

2. Long Term Care Global (LTC Global) offers long-term care planning to help educate members as well as providing a long-term care insurance program to members and their families. Five reasons LTC Global can help you:

- Receive care in the comfort of your home
- Protect your home, savings and family assets
- Choose where and by whom you receive care
- Avoid a nursing home facility
- Peace of mind knowing you're covered!

For more info call (888) 305-4582 or visit their website at www.altcp.org/usps/members

NOTE: You can log on to usps.org and click on the member benefits button to learn more about these and other benefits!!

Located just over 30 miles from the Jacksonville International Airport, the Marriott Sawgrass Resort features guest rooms at the America's Boating Club room rate of \$169 as well as suites and family-friendly villas.

The resort has seven restaurants and lounges for you to choose from. Besides a round of golf at TPC Sawgrass golf club, you can visit the fitness center, multiple pools, a SurfStream wave machine, and complimentary beach access at the Cabana Beach Club.

Visit the [hotel website](#) to learn more



Nansemond River's Annual Christmas Party!

At the Wallace Home, Suffolk VA * 8 December 2019



Nansemond River's Annual Christmas Party!

*At the Wallace Home, Suffolk VA * 8 December 2019*



ADDITIONAL REPORT OF THE NOMINATING COMMITTEE FOR THE 2020-2021 SLATE OF OFFICERS FOR NRPS

On behalf of the nominating committee, we wish to report the following modified slate of officers offered for election at our Annual Meeting, 14 January, 2020.



**Commander
H. J. South, P**



**Executive
Officer
Art Aikin, SN**



**Administrative
Officer
Mark Barnes**



**Educational
Officer
Carl Smith, SN**



**Treasurer
Mary Fisher, AP**



**Secretary
Frank Brown,
AP-IN**

Executive Committee

Members at Large (elect 3)

Susan Faurot, S
Cheryl Hanbury
Art Hitch

Nominating Committee (Elected for a 3-year term) Cdr Butch Baxter, P

Rules Committee (Elected for a 3-year term) P/C Mike Michael, AP

Audit Committee (Elected for a 3-year term) Gail Aikin, S

If someone wishes to have his or her name entered into nomination, they will have to be nominated from the floor. Nominations may be accepted from the floor at the annual meeting as long as the nominee has signified willingness and ability to serve if elected.

P/C Norman Fisher, AP
Chairman

P/C Frank Brown, AP-IN
Member

P/C Bob Wallace, SN
Member

Winter Boating Tips...

From www.discoverboating.com

'Tis the season for winter boating! With the trees losing their leaves around the country, and some areas already getting a coating of snow, boating may be the farthest thing from your mind. Even those of you who live in more temperate regions might have turned your attention away. But, the cooler months are as good of a time as any to take your boat out. In fact, in some cases, winter is an even better time. Consider the following five tips to make winter boating enjoyable, and safe.

****5 Tips to Enjoy Winter Boating:***

1. Take in the changing scenery.
2. Delight in reasonable rates, and superior slip choice.
3. Fight a fish.
4. Check your batteries.
5. Dress for the temperatures.

****Enjoy the Scenery***

In summer, sometimes we're too busy splashing in the water to notice nature. Late fall and early winter can produce stunning scenery. Sea or lake fog, resulting from warm air over cool water, can be beautiful, so take along your camera. Some outdoor stores even organize canoe and kayak tours this time of year.



Safety Officer's Report

Lt Theresa
Abercrombie, S



Emergency Boating Medical Emergencies

(Article from Lt Susan Faurot, S)



Fractures

When encountering a fracture do not attempt to set or force fractures or dislocations back into place. Splint the affected area to immobilize it with a newspaper, magazine, paddle or pillow. Apply ice and elevate. Spinal and head injuries should be stabilized in line to minimize movement. If angled to one side or complains of pain or muscle spasm, support it in the position found. Watch for respiratory problems and maintain airway.

Burns

There are three basic classifications. First degree is superficial with red skin. Immerse in cool water (no ice) and cover dressing or cloth soaked in water. Second degree or partial thickness burns the skin is blistered and or weeping. Do not pop the blisters or apply any kind of ointment or antiseptic spray. Treat the same as first degree unless extensive which requires emergency care. Third degree full thickness burns the skin may look white, gray or charred requiring medical intervention. Don't remove any burned tissue or material like clothing. Feeling may be diminished due to nerve damage. Treat the same as first and second degree and watch for signs of shock. Critical burns require medical attention. Including even a first degree if large areas of the body or certain parts of the body require emergency treatment. Things to watch for are difficult breathing, covers more than one body part and if it affects the head, neck, hands, feet or genitalia. Partial or full thickness burns from fire, hot grease, chemicals, explosion or electrical also require medical attention.



Allergic Reactions

Severe allergic reactions must be treated as an emergency and can occur with the ingestion of poison foods, insect bites, marine life which may lead to anaphylaxis. These symptoms include flushing, itching, swelling of the throat or tongue. Redness of the skin usually the face and chest may get urticaria (welts).

They may have shortness of breath, wheezing, cough and tightness in the chest. Check if they have an epinephrine pen and one should have oral antihistamines like Benadryl, which will treat symptoms temporarily.



Members Corner

January Birthdays



Art Hitch	5 January
Jack Leach, AP	8 January
Debbie Baxter	12 January
Letty Gambacorta	13 January
Lt Susan Faurot, S	15 January
Gene Presson, P	21 January
Cdr Butch Baxter, P	29 January

A very nervous first time crew member says to the skipper, "Do boats like this sink very often?" "Not too often," replied the skipper. "Usually it's only the once."

Q. Why are pirates really cool? A. Because they ARRRRRRRRGGGGHHHH!



ence is one of them; a lot of fun, education and comradery among boaters, I highly recommend this event for everyone. It is a good get away during the winter and a way to start the New Year and meet new friends.

As my time as commander and writing these articles is getting short, I wanted to show you a picture from boating back in the early 1900's. National for some time has been discussing dress codes, which many squadrons are trying to relax. At the 2019 Antique & Classic Boat Festival at the Chesapeake Bay Maritime Museum, I noted this picture in the Steamboat Pavilion. The picture, I believe is from the Rosenfeld Collection that is held by the Mystic Seaport Museum. Look how boaters dressed then! Can you imagine dressing like that today, especially in the heat of summer? Thought you might enjoy this picture of boating yesterday.

The picture was from about 1912, location unknown, but obviously some kind of boating event. In this picture, I did not see one person wearing a PFD and I do not see any in the boats either. Some nice looking skiffs in this picture.

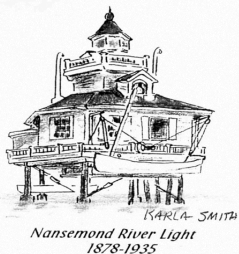
Look forward to seeing you as we start a new year,

Cdr Butch Baxter P



NRPS 2020 Calendar of Upcoming Events

- 7 January 2020 Bridge Meeting, The South home, Suffolk
- 14 January Annual Meeting-Election of New Board
George's Steakhouse, Holland Rd., Suffolk
- 16 January 2020 Cruise Planning Meeting
Faith Lutheran Church
Rt. 17, Bridge Road, North Suffolk
- 1 March NRPS Change of Watch
Cedar Point Country Club
Rt. 17, North Suffolk



2018-2019 Bridge Officers

Commander	Cdr Butch Baxter, P
Executive Officer	Lt/C HJ South, S
Education Officer	Lt/C Carl Smith, SN
Secretary	Lt/C Frank Brown, AP-IN
Treasurer	Lt/C Mary Fisher, AP
Safety Officer	Lt Theresa Abercrombie, S

Publisher's Statement

THE NANSEMOND LIGHT newsletter is published monthly. Deadline is the 24th day of each month for the following month. We welcome articles & photographs of interest to our members. *THE NANSEMOND LIGHT* published for the members of the Nansemond River Power Squadron, District 5 of the United States Power Squadrons®.

Publisher: Cdr Butch Baxter, P
 Editor: Lt Grace Brown, P
 Ass't. Editor: Lt Cheryl Hanbury
 Contributing Photographers: Lt Mary South; P/C Rana Weaver, AP; Julie Fisher; Cdr Butch Baxter, P