



# The Lighthouse

Vol. 17, No. 6

<http://nnsps.org/>

November—December 2020

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### Squadron Calendar

#### November

4-7 November 2020  
**D5 Virtual Fall Conf**  
 (see Details on Page 8)

13 November 2020  
**6:00pm Start Time**  
**Virtual Cruise Through**  
**NNSPS History**  
 Featuring

**“Youth Education Program”**  
 (See Details on Page 5)



#### December

**Holiday Gathering**  
**Canceled**



## Commander's Rendezvous *September*



D. Edmonds

AO Edmonds



SEO Mckinney

L. Mckinney



Treas Hinkins

Cdr Hinkins



Secy Howell



Friends & Neighbors



G. Alls

E. Alls

Photography  
 Courtesy of  
 Cdr Hinkins

### Edition Deadline

Please submit information for the next *Lighthouse* to:  
**Sandy Ray, Editor**  
[ohct7878@gmail.com](mailto:ohct7878@gmail.com)  
 by the 15th of December.

*Do you have something you'd like to contribute? Please email to Editor.*

Photos of squadron activities are welcomed.



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**2020-2021**

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*From the Helm*

*Cdr MJ Hinkins, P*

## **Closing A Chapter**

The holiday season is upon us! How normal will that be is yet to be known. What an unusual year we have had. Just hoping that this is a new **TEMORPARY** normal not the Christmases to come. We were able to have a few Rendezvous this summer. It seems that they were in between rain drops on some occasions, but all who came enjoyed it with social distancing and some masks. As far as I know none of us were worse for coming.

Even the year was odd. It was hot and wet, not the best boating weather. I kayaked some, but we did not boat. We stayed close to home. We have been looking for a new boat. Even that has been a challenge. Trying to see a boat. We really don't want to buy one virtually. If we did I guess we could sail the boat virtually. Not as much fun!

We plan to have an ABC3 class soon. If you know anyone who needs this class let one of us know and we will contact them with the details. This is the very fundamental needs for all boaters and a refresher wouldn't hurt any of us!

The fall conference will be held virtually and as of this newsletter I have not heard if the National Meeting will as well. Time will tell. Look for the agenda for the Fall conference on page 8.

Our General meeting on November 13 will be held virtually. Even if your internet is unreliable, we will have a call in number. Bonne Brown-Murphy has agreed to give us an overview and history of the Youth Education program. This program has been a great success and the plan is for it to return this coming year as it has been requested by the School!

Will you be holding a Zoom Thanksgiving or Christmas? Will there be virtual Turkey or Prime Rib? I miss my children and grandchildren. By now Dave and I would have travelled to Colorado at least once and I am having withdrawal symptoms. Might just make the trip for Thanksgiving by car! I don't think I am ready to fly yet. Whatever you do for the holidays I hope it is happy and joyful. Let us know if you need anything. On behalf of the Bridge, I want to wish you all a Very Merry Christmas.

I hope to be back in the **Old Normal** next year! Lets **all** hope for that.

**Cdr MJ Hinkins, P**

***Stay well and hope to see you soon!***



## *The Lighthouse*

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Northern Neck Sail and Power Squadron*

**Articles, opinions and advertisements do not necessarily reflect  
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Staying Safe.....and WARM!

Fall weather brings beautiful color to the leaves along the water, making it the perfect time to take a cruise and enjoy the show. But nothing is ever that simple. Along with the cooler temperatures comes hypothermia. When we think of hypothermia, we think of icy water, wind, snow..... Oh wait, I was back in PA there for a minute. The water doesn't have to be very cold to cause hypothermia. The general formula that you hear is to add the air and water temperatures together and if they total less than 120, you are at risk. However, this information is misleading. Using that formula, if the air temp is 70° and the water is 60° this formula shows no risk, right? However, at 60° the water is still more than 36° below your body temperature.

Most people's normal body temperature ranges from 97° to 99° with mid-range being 98.6°F. When your core temperature drops to 95° you can start having signs of hypothermia and dropping below 82° can result in death.

It won't take long for your core temperature to drop that low in 60° water, especially if you add some wind. You can lose dexterity in only 10-15 minutes, which could make it difficult to climb up your swim ladder and call for help. See the chart below for additional times and temperatures. And what if you're not using your engine cut off device? First of all SHAME ON YOU, and secondly, your boat could be in another state before you get pulled out of the water. I've heard the reasoning that it's cumbersome to wear, you can't tend your lines properly, etc. But there's no excuse not to use one anymore now that there are wireless devices available, and at a reasonable cost. Isn't your life worth \$200?

The block to the right highlights hypothermia tips from the Boat US Foundation's website. Read their full guidelines for prevention and first aid here: [Cold Water Immersion](#).

So, Stay SAFE, Stay WARM, and STAY ON YOUR BOAT and out of the cold water!

We hope to see you SOON!

Lt/C Jim Ray, Sr., S,

### COLD WATER IMMERSION

**BoatUS Foundation**

Cold water immersion is almost always the result of a capsized or swamping of, or fall overboard from, a boat under 26 feet.

IT INCLUDES, OVER TIME, THREE DISTINCT PHASES:

In each phase, without a life jacket, a person faces a much higher risk of drowning.

- Cold shock response** (gaspings, hyperventilation)
- Cold Incapacitation** (swim failure, loss of function)
- Immersion hypothermia** (eventually resulting in loss of useful consciousness)

WITH THAT IN MIND...WHEN BOATING IN COLD WATER:

- Always wear a life jacket when in an open boat or on deck, ESPECIALLY if operating solo.
- At least the operator, and ESPECIALLY solo operators, should carry emergency communication devices (e.g. hand held VHF radio, cell phone in waterproof bag) and signaling devices (emergency locator beacon and visual distress signals) ON THEIR PERSON.
- Make sure the boat has a re-boarding device (such as a swim step, ladder or foot sling) that can be used by a person overboard.
- Solo operators should ALWAYS attach an engine cut - off device when underway.
- Cold water boaters should consider carrying a small inflatable dingy or life raft, and immersion (survival) suits.
- File (and stick to) a float plan.

New Life Jacket Labeling

Watch the video here

How hypothermia affects most adults

Water Temperature (Fahrenheit)	Exhaustion or Unconsciousness	Expected Time of Survival
32.5 degrees	Under 15 minutes	Under 15 to 45 minutes
32.5 to 40 degrees	15 to 30 minutes	30 to 90 minutes
40 to 50 degrees	30 to 60 minutes	1 to 3 hours
50 to 60 degrees	1 to 2 hours	1 to 6 hours
60 to 70 degrees	2 to 7 hours	2 to 4 hours
70 to 80 degrees	2 to 12 hours	3 hours to indefinite
Over 80 degrees	Indefinite	Indefinite

It's not too late to become a Vessel Safety Examiner! For information, please contact Ray Reuter, AP at 804-453-3642 or [northernneckreuters@va.metrocast.net](mailto:northernneckreuters@va.metrocast.net).

If you'd like to have your boat examined please contact one of our [Vessel Safety Examiners](#).





# “Don’t come about!”



[ABC LIVE](#)

[Boater Education](#)

[Engine Cut-Off Devices](#)

[Life Jacket Care](#)

[Behavioral Consequences](#)

[Introducing ATONS](#)

[Dispelling BUI Myths](#)

[Life Jacket Labels](#)

[Electric Shock Drowning \(ESD\)](#)

[Cold Water Survival](#)

[Wear a Life Jacket!](#)

[Safety Tips for Paddle Sports](#)

[Stand-Up Paddleboard Safety](#)

[Electronic Navigation with GPS](#)

[Situational Awareness](#)

[What Is BUI?](#)

[Dangers of BUI](#)

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My family, like so many other families, is full of lore. Webster describes lore as 1. A particular body of knowledge or tradition, or 2. Something that is learned (as in, knowledge gained through study or experience.) When you train to become a firefighter (or any other public servant) all kinds of grey foxes turn out, anxious to regale you with old war stories you will learn from, or else. Doing leads to learning, because, after all, we are human and we learn from the things we mess up. Hence the lore, worthy of repetition, laughter, and quiet rumination.

Just such lore leaps to mind from the McKinney annals. The young family worked very hard to obtain their first cruising boat, a 25-foot sailboat built by Hinterhoeller in Niagara-on-the-Lake, Ontario. She turned out to be a wonderful vessel; quality construction, slippery design, small but comfortable for a couple with two young boys, and we were confident enough in her to allow her to adventure us across Lake Ontario during our summer cruises, or supplemental cruises to Toronto. We came to have but one qualm with her; her rigging came with closed turnbuckles.

Well, so what? To complete the picture, allow me to expound on the differences between closed and open turnbuckles. You see, open turnbuckles are cast with webbing so you can see how much of your threaded shroud fittings still remain within the turnbuckle, and even pass a cotter pin through a hole in the end of the fitting to keep the fitting from backing out of the turnbuckle body. The cotter pin requires taping to prevent torn sails, an extra, but necessary rigging step. Therein is the theory behind the closed turnbuckles; no taping required, tighten a couple of capture nuts on either end and Bob's your uncle. Unless, of course, you are on passage between the south and north shore of Lake Ontario in 18 knots of breeze and are experiencing rolling 4-footers across the port bow. The seaway can set up an oscillation which encourages capture nuts to release their grip, which in turn permits a starboard upper shroud turnbuckle to release its grip on a shroud fitting.

Thus the dominoes fall, thus the leeward shroud swings free of the boat in a dynamic pendulum, leaving a deck-stepped mast to fend for itself should the boat's course be changed and the sails apply pressure from the opposite side of the boat. Simple, really, that would be bad. Mom, on watch, loudly informs Dad, who is below checking his Dead Reckoning (learned in the Power Squadron, by the way) who drops the dividers and pops up from the companion-way, uttering the words which cement our story:

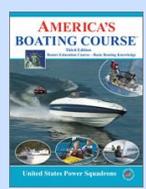
**“Don’t come about!”**

Sounds of the needle being roughly removed from the record, the music stops and the world turns to look at the spectacle... Don't come about? Really? Like we were all ruminating on the situation concluding the solution to an unstayed mast is to tack. The genesis of a new anecdote, the vintles of lore, an object lesson I could relate to my sailing students, and an image which leaves you, dear reader, thinking, “If I had closed turnbuckles on my boat, I would go check them right now.” And well you should.

How does this eccentric tale fit in with what we do in America's Boating Club? Really, that's an easy question to answer. We exchange information all the time, and this is a good illustration of why we share our experiences. I'll bet you have at least a dozen more to pass on which will enrich our lives. We call it education, but it seems to be the term isn't comprehensive enough. Which is why we are more than a school, *we are a club*.

P/C Mack McKinney, N, SEO

**AMERICA'S BOATING COURSE**  
 Want to become a Certified Instructor for the ABC3 Course?  
 Contact Mack McKinney  
[mack@woodnboats.com](mailto:mack@woodnboats.com)  
 Training date TBD





# Adjusting The Course

## Take a Virtual Cruise through NNSPS History

Featuring

### “Youth Education Program”

Presented by

**Bonnie Brown-Murphy, AP**

Via ZOOM

**Friday, November 13, 2020**

**6:00-7:30pm**

Watch your email for Zoom meeting details.

Join us as Bonnie Brown-Murphy, AP takes us on a cruise through NNSPS history to take a look at the evolution of the “Youth Education Program” held each year at *Northumberland Middle School*. This program brings boating safety to the 6th Grade Students through interactive stations manned by NNSPS Members. The topics of **Environmental Protection**, **Hypothermia**, **Fire Extinguishers**, **Fitting a Life Jacket**, and **Using a Marine Radio** come to life as the students interact with Members to simulate emergency events and educate them on how to respond. If you haven’t been involved in this program in the past, *you won’t want to miss this. Maybe you’ll decide to join in next year!*



### \*\*\*Survey Results\*\*\*

Due to responses from our survey and continuing concerns for the safety of our Members, there will be no Membership meeting and social gathering in November, and no **Holiday Gathering** in December.

Please contact Lt/C Fred Edmonds, N at (804) 462-6239 or [FDEdmonds@netscape.com](mailto:FDEdmonds@netscape.com) to offer input for future events



## Meeting Minutes

**NORTHERN NECK SAIL & POWER SQUADRON  
UNITED STATES POWER SQUADRONS, AMERICA'S BOATING CLUB  
BOARD OF DIRECTORS MEETING  
16 September 2020**

### DRAFT MINUTES

Meeting held via conference call (COVID-19).

Present: **CDR** Mary Jane Hinkins, P; **XO** Jim Ray, S; **AO** Fred Edmonds, N; **SEC** Marian Howell, AP; **TREAS** Dave Hinkins, P; **MaL/Audit Committee Chair** Dave Herndon, AP; **Newsletter Editor** Sandy Ray, S

Absent: **MaL** Owen McGuill, AP; **P/C & MaL** Ray Reuter, AP; **SEO** Mack McKinney, N

CDR Mary Jane Hinkins called the meeting to order at 6:30pm. Board members present constituted a quorum.

CDR Hinkins called on AO Fred Edmonds to discuss plans for remainder of the year.

AO Edmonds advised the following

Due to the continuing Covid pandemic concerns, emails were sent to the members about their interest in attending meetings and gatherings. There was a very limited response to the email survey for the planned meetings in October and November and about the Christmas/Holiday gathering. Those six emails that responded to Fred all advised that they would not attend any meetings or gatherings this year. Four members along with Ray and Paula (for a total of six) attended August rendezvous at the Reuter's.

Sep rendezvous will be at the Hinkins home

Oct meeting will be virtual. Fred will advise Terry Green of the October in person meeting being canceled and also ask Terry if he is willing to be rescheduled for an in person presentation at some point in the coming year when our group restarts those. Virtual meeting for October will be the regular scheduled meeting time on the second Friday evening. Mary Jane will send out information for the virtual meeting. There was some discussion of a possible program about safety sent by National.

Nov program will be a virtual meeting. Meeting at church with Ida Hall speaking about Waterwomen is canceled.

Decision of whether the Christmas/Holiday gathering will be held will be made in early December. [Fred suggested we ask membership to consider two options for this gathering. The first could be Horn Harbor as we did last year; the other option would be an Open House at the Edmonds home with catered heavy hors d'oeuvres.]

SEC Howell

Minutes for June meeting were resent for formal approval along with the draft minutes for the August board meeting.

Fred advised he did not receive the minutes and those were resent to him during the call. Marian advised that Sandy Ray provided feedback for corrections of the draft August minutes. A motion to approve the June and August minutes with the recommended corrections was made by Dave Herndon, seconded by Dave Hinkins and approved. Amended minutes will be sent out to the board for inclusion in the newsletter.

Treas Hinkins discussed the following

August balance was \$18,700.08. Income received was \$222 from National for renewals; \$4.72 for interest. Current balance is \$18,926.80.

Dave Herndon advised Auditor has not received last year's Treasurer's report for annual reconciliation. He requested that Treasurer scan and send documentation electronically,

Dave Hinkins advised he will email Treasurer Report. There is a lot of documentation to scan and transmit for the year.

CDR Hinkins

Sep rendezvous at the river will still be held.

Oct will be a virtual meeting on the second Friday of October. She will provide information.

Newsletter Editor Sandy Ray advised Fred that she will update the meeting information in the newsletter without an updated email from him.

Motion to adjourn the meeting was made by Dave Hinkins, seconded by Dave Herndon and approved. Meeting was adjourned at 6:57 pm.

Respectfully submitted,  
**Marian M. Howell, AP, Secretary**  
18 September 2020



# National News

## Virtual Fall Conference

### **USPS Virtual Fall Governing Board**

*(Seminars and meeting times  
to be determined)*

## Save the Date 2021

14-21 February

### **USPS Annual Meeting**

Ponte Vedra, FL

Click here for current issue of  
[Member News.](#)

### **Coast Guard Seeks Input on Shallow Draft Waterways**

If you operate in navigable waters less than 12 feet deep along the East Coast, the U.S. Coast Guard would like you to take this [5-minute online survey](#) to assess the East Coast Shallow Draft Waterway Systems. Your input will help the Coast Guard determine the Aids to Navigation (ATON) requirements in the shallow draft waterway systems. **The survey will be open until Nov. 1, 2020.** Please share the survey with fellow members and other boaters. If you have questions or comments, email [CGNAV@uscg.mil](mailto:CGNAV@uscg.mil) using the subject line "Shallow Draft WAMS."

## Merit Marks for 2020

Our America's Boating Club, formally known as the US Power Squadron is dedicated to boating safety and education. Our members are boaters and boating families who boat together, learn together and contribute to their communities by promoting safe boating through education. The organization rewards our efforts with a Merit Mark for a job well done throughout each year, January- December.

The Covid 19 Pandemic has made this a challenging year to function normally. Many of you have worked to schedule and prepare for classes, squadron events both in person and virtual, performed VSC's, taken minutes, written newsletters, etc. In spite of your work and planning, events have had to be cancelled. Commander Hinkins and I have been keeping track of hours for those of you who have served. However, to be sure, all members get credit for their service, we ask that officers, committee chair or you individually please email anything you think we may have missed to me, Nancy Williams at [twynan@verizon.net](mailto:twynan@verizon.net). Our Merit Mark report will be sent to our area monitor who reviews each submission and if approved sends it on to our National Commander.

Something you all may not know is that when one receives 25 Merit Marks, he/she is then a Life Member and does not have to pay National dues. We have four in our squadron who have achieved that status. Stay well everyone and good luck with getting a Merit Mark this very challenging year.

**Nancy Williams, AP**  
Merit Mark Chairman

The Bones Family wishes you a  
**SAFE**  
and  
**Happy Halloween!**





America's Boating Club® Mid-Atlantic

## THE VIRTUAL D5 FALL EDUCATIONAL CONFERENCE

Save the date: **November 4-7, 2020**



### Conference Agenda

Time

Seminar

Link to FCCall Session

#### FRIDAY OCTOBER 30, 2020

1600 -

[FreeConferenceCall Practice Session](#) [D5FEC](#)

#### WEDNESDAY NOV 4, 2020

0900 - 0950	<a href="#">Virtual Meetings &amp; Video Production Workshop</a>	<a href="#">D5OddHr</a>
1330 - 1420	<a href="#">DB2000 &amp; WEB Officer Tools - How to find Information</a>	<a href="#">D5OddHr</a>
1430 - 1520	HQ-800 Training – Focus on recent enhancements	<a href="#">D5EvenHr</a>
1630 – 1720	Squadron Educational Officer Meeting	<a href="#">D5EvenHr</a>

#### THURSDAY NOV 5, 2020

0900 - 0950	<a href="#">America's Boating Channel Update</a>	<a href="#">D5OddHr</a>
1000 - 1050	<a href="#">CPR Update</a>	<a href="#">D5EvenHr</a>
1100 – 1150	Executive Officer's Meeting	<a href="#">D5OddHr</a>
1330 – 1420	<a href="#">New USPS Merit Mark System</a>	<a href="#">D5OddHr</a>
1430 – 1520	<a href="#">Becoming a US Coast Guard Captain</a>	<a href="#">D5EvenHr</a>
1530 – 1620	<a href="#">Marketing America's Boating Club®</a>	<a href="#">D5OddHr</a>

#### FRIDAY NOV 6, 2020

0900 – 0950	<a href="#">Teaching Piloting On-line</a>	<a href="#">D5OddHr</a>
1000 - 1050	Meeting & Rendezvous Committee Meeting	<a href="#">D5EvenHr</a>
1000 - 1200	<a href="#">Instructor Recertification</a>	
1100 – 1150	AIS Mini-seminar	<a href="#">D5OddHr</a>
1330 - 1530	<a href="#">National Weather Service SKYWARN® Program</a>	<a href="#">Register</a>
1530 - 1620	<a href="#">The New Virtual Classroom – A blended approach</a>	<a href="#">D5OddHr</a>

#### SATURDAY NOV 7, 2020

0900 - 0950	<a href="#">ABC On-the-water programs</a>	<a href="#">D5OddHr</a>
1000 - 1050	Educational Dept. Programs – General Update	<a href="#">D5EvenHr</a>
1100 – 1150	Administrative Officers Meeting	<a href="#">D5OddHr</a>
1330 - 1420	Town Hall	<a href="#">D5OddHr</a>
1430 - 1630	Conference Presentations & Awards	<a href="#">D5EvenHr</a>