



MARK 5

DISTRICT 5

A UNIT OF UNITED STATES POWER SQUADRONS®

VOLUME 61 No. 2

SAIL AND POWER BOATING®

SUMMER 2011

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“Crisfield Got Wet”

By: P/C Frank Timpano, SN

Can you think of a small town on the Eastern Shore that was named for the Congressman who fell into the river inspecting the docks?

For many years, the area had been named after the Annemessexes, an offshoot of the Pocomoke tribe located on the Great Pocomoke River. This tribe was associated with the Nanticoques, whose primary territory was along the Nanticoke River. When the first colonial settlers arrived, they began to develop the area. Among the earliest settlers was Benjamin Somers (or Summers) who in 1663 was granted a patent by the Calverts of Maryland to establish a settlement. His home was located on 300 acres near the small gut which now bears his name, Somers Cove.

The story goes that Congressman John Crisfield was in what was then known as Annemessex Neck, a small settlement that was being considered for rail service. When he fell into the river due to a faulty wooden walkway, the local officials placated his mood by suggesting that the town be named after him. As the town grew, the primary commercial activity involved oysters, and the spent shells were used as fill, extending the area of land further out into the marsh. Today, much of the town is built on the billions of oyster shells used in this way.

The railway was finished in 1886, connecting this port town to the cities of the northeast, forever cementing the role Crisfield would play as the center of the eastern shore seafood industry.

Today, Crisfield, recognizable by the huge orange crab painted on the side of its water tower, is a busy recreational and commercial boating center. With a large, well-run marina, it has become a popular stop-over for cruisers and tourists.

On the weekend of 29-31 July, 2011 this venue will be the site of one of the biggest rendezvous on the Bay—the annual District 5 Summer Council and Rendezvous. Hosted by Richmond Sail and Power Squadron and District 5 of United States Power Squadrons, hundreds will converge on this small town for three days of boating and family fun. Do not miss this year's incredible event. See the enclosed registration form for details on the food and fun. Sign up now to join us!



2011 - 2012 District 5

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Commander's Message

D/C Bernard S. Karpers, N

I am preparing this message the day of return from the NOAA Co-Operative charting conference in Norfolk/ Portsmouth area. At this annual event representatives attended from three USPS districts and 12 Squadrons of District 5. District 5 lead by D/Lt David Bernard, AP and assisted by P/R/C Normal Parrish, AP and Colonial Power Squadron Connie Beltz, AP hosted the event. I was impressed with the quality of the presentations. The new depth measuring technique was presented. This procedure was perfectly demonstrated aboard the R/V Fay Slover. It seems that NOAA is interested in developing information in the waters that are not used by commercial vessels. Since the recreational boaters are the primary users of the non commercial areas they are the choice to provide data about the shoal waters of the Chesapeake Region. Virginia Beach Power Squadron provided a party after the NOAA Conference. We were able to meet with three members of the US Marine Corps who were involved with the Wounded Warrior Project.

Now with the rising costs of fuel it is becoming apparent that boating activity will be considerably reduced. The last diesel fuel I purchased in mid April was priced just below \$4.00 per gallon. Gasoline was even higher. So it is becoming apparent this season will see considerable decrease in use of our boats.

But an interesting project would be to try the new depth measuring procedure in areas adjacent to the waters of our boats. A typical survey run will consume about four hours of time. It does take some attention to detail, but it is an interesting way to gather data which may be helpful to accurate chart development.



In preparation for this boating season our boating activities chair has published the integrated cruise activities of squadrons of District 5. This can assist in developing multi squadron events. Perhaps participation in a squadron event near you may reduce your run time, but not detract from your time to enjoy your boat.

Failing all of that there is always the challenge of doing that maintenance job you have been deferring for another time. Yes this will be a challenging year, but this situation will improve.

Richmond Sail and Power Squadron will be our host at Summer Rendezvous and Council at Crisfield, Maryland. I hope to see you there. Remember the plans for the North bound and South bound cruises remain intact. Following the rendezvous the trip to Washington D C will take place.

By the time you read this Safe Boating Week will have passed, but District 5 has been working with this project in conjunction with local boating law administrators, the U S Coast Guard and the Coast Guard Auxiliary.

I encourage you to wear your life jacket when underway, and to fly the cruise pennant at all times. Until we meet stay safe, keep well and "Go With Confidence", for you are the best of the USPS.



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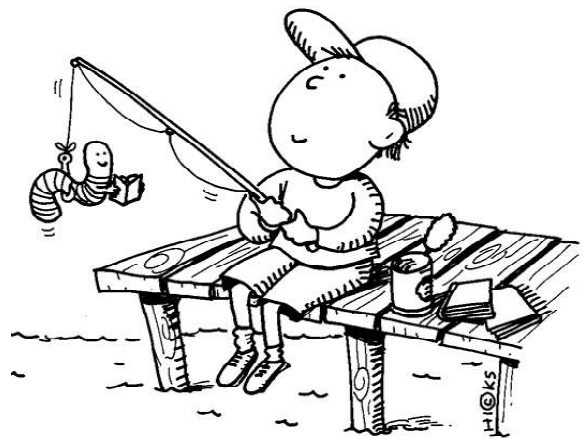
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**D5 FALL SAILING REGATTA AND
FISHING TOURNAMENT
SEPTEMBER 30 – OCTOBER 2
HERRINGTON HARBOR SOUTH**

This year's event will be hosted by Annapolis , Dundalk and Rockville Sail & Power Squadrons. As the hosting Squadron, Annapolis is looking forward to a FANTASTIC event and hopes that all squadrons in District 5 will participate either by sea or land. Registration forms may be found on the District Web Site or by contacting Marianne Ponzio, Annapolis Sail and Power Squadron at mariannelacey@comcast.net or telephone 410-990-0291. See you on the dock, Friday, September 30!!!!

Marianne Ponzio,P
Executive Officer
Annapolis Sail & Power Squadron



USPS D/5 SUMMER RENDEZVOUS RESERVATION FORM
29-31 July 2011 - Crisfield, Maryland
Somers Cove Marina

MEMBER: Rank _____ Name: _____ Grade: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

SQUADRON: _____ POSITION: _____

E-mail: _____ PHONE: _____

(Note: email will be used to send you a registration confirmation)

SPOUSE/OTHER ATTENDEES:

Rank: _____ Name: _____ Grade: _____

Rank: _____ Name: _____ Grade: _____

Please see the Marina and Hotel Information sheets to make your boat or room reservations.

D/5 SUMMER RENDEZVOUS ACTIVITY FEE:

Total Attending Adults # _____ @ \$10.00 \$ _____
Total Attending Children (ages 12 and under) # _____ @ free

MEAL SELECTIONS:

FRIDAY NIGHT

Pig Pickin' Barbeque
Slow cooked Smokey Goodness!
Potato Salad, Baked Beans, Corn Bread,
Macaroni Salad, Cole Slaw, Pasta Salad,
Iced Tea, Bottled Water, Beer, Wine, Lemonade
Cakes and Pie for Dessert!!!!

Adults # _____ @ \$16.00 \$ _____

Child (12/under) # _____ @ \$8.00 \$ _____

SATURDAY NIGHT AWARD BUFFET

Eastern Shore Specialties!!!
Crabcakes, Fried Chicken, Spiral Sliced Ham
Tossed Salad, String Beans, Mac & Cheese
Corn Pudding, Iced Tea, Beer, Wine, Bottled Water
Lemonade, Assorted Cakes and Pie for Dessert!!!

Adults # _____ @ \$24.00 \$ _____

Child (12/under) # _____ @ \$12.00 \$ _____

ACTIVITY SELECTIONS:

NAVIGATION CONTEST – Saturday – Per Boat # _____ @ \$10.00 \$ _____
Defrays cost of awards

Fun Events for Everyone! No advance registration needed!!

TOTAL ENCLOSED: \$ _____

We are planning a Talent Show. If you are interested in participating, please contact:

P/C Jim Zeigler, SN at 804-347-5239 or jim_zeigler@msn.com.

Make Checks Payable to: 2011 D/5 Summer Rendezvous

SEND TO: P/D/C William D. Selden, V, AP
5109 W Franklin St

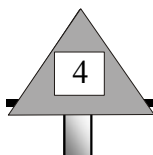
Meal Reservations must be received by 15 July 2011
Richmond VA 23226-1510
Phone: 804-288-4939
E-mail address: Bill@cpdean.com

Uniform:

Saturday flag raising and council meeting:
Uniform E – Uniform D is optional.

All other times: Suitable summer attire such as your
squadron polo shirt, either shorts or trousers and a ball cap.

Hawaiian shirt and flip-flops optional.



D/5 SUMMER CRUISE 2011 - "KARPERS KRUISERS"

Your District 5 cruise planning committee has been busy planning the summer cruise to Crisfield from the northern part of the bay and to make some different stops this year, we have planned to stop at the following places:

Bay Bridge Marina—this marina is located on the eastern shore of the Annapolis Bay Bridge and is easily accessible from the Bay. It would be a short run from most people who keep their boats in the northern part of the bay. There is plenty of water to get in and of course, we will have all the normal get togethers while we are there. We will spend two days there, July 23rd and 24th.

Herrington Harbour North—this is located across the Bay approximately 21km from Bay Bridge Marina and again this is a place we have not visited. There is plenty of room for any and all of our activities. We will spend two days there, July 25th and 26th.

Bring your Hams to Summer Council!

No, we don't mean the Smithfield type, we mean you! Are you a ham? Can you ham it up? Do you have a talent? The Summer Council Talent Hunt Committee (aka P/C Jim Zeigler, SN) is looking for a few good men and women to fill out the talent show roster. We are looking for polished performers, especially those who have a connection to the eastern shore or it's history. This is the opportunity to share your talents with the entire District. Whether it is singing, story telling, a skit or even a musical talent, please consider joining the D/5 Players, that august group of skilled thespians who will entertain, amuse and embarrass the Summer Council attendees. If you are willing to share your talents with us, please call Jim at 804-347-5239 or email at jim_zeigler@msn.com and let him know.

Calvert Marina, Solomons—we can use this as a stopover so the trip from Herrington North to Crisfield is not so long. It is approximately 31km from Herrington North. There is a great restaurant there and we may make arrangements for those of us who want to eat there to be all together. We will stay only one day, July 27th.

Crisfield—Of course, this is the location of the summer rendezvous and we will spend July 28th, 29th, and 30th there for all the festivities being offered. It is approximately 39 km from Solomons to Crisfield.

Colonial Beach—For those who want to continue with Karpers Kruisers, there is a plan to go to Washington DC. In order to make the daily trips a little shorter, we are going to make arrangements to stop at Colonial Beach on the Potomac River. This stop is approximately 50 km from Crisfield and almost half-way to Washington DC. This will be on July 31st.

Gangplank Marina—Although this marina is tentative, the plan is to stay at the Gangplank as it is the closest to Washington DC and is just one block from the Metro. It is approximately 70 km from Colonial Beach. There are not too many places to stay on the way to DC. We plan to stay there four days, August 1st, 2nd, 3rd, and 4th.

Going home will be up to the individual boater.

We hope to capture some of the southern boaters with the second trip also. If you are interested, please contact P/D/C Ralph Bernard, rb3513@comcast.net or 609. 625-0031 and we will put you on the list.

**UNITED STATES POWER SQUADRONS
DISTRICT 5 SOUTHBOUND CRUISE**

RESERVATION FORM

BAY BRIDGE MARINA
JULY 23RD AND 24TH

HERRINGTON HARBOUR
JULY 25TH AND 26TH

CALVERT MARINA
JULY 27TH

Member: Rank: _____ Name: _____ Grade: _____
Address: Street: _____ City: _____ St/Zip: _____
Email: _____ Phone: _____

Squadron: _____ Position: _____ 1st Timer? _____

Boat info: Name: _____ Length _____ Beam _____
Electric: (1) 30A ___ (2) 30A ___ (1) 50A ___ Other: _____

Other attendees:
Rank _____ Name _____ Grade: _____ 1st Timer? _____

SEND TO:
P/D/C RALPH A. BERNARD, AP
PO BOX 682
MAYS LANDING, NJ 08330

**FOR MORE INFO OR
QUESTIONS:**

609-625-0031
rb3513@comcast.net

**MAKE YOUR SLIP
RESERVATIONS EARLY!!**



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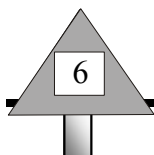
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CPR – Facts and Fiction
P/C Alan Karpas, JN
District 5 - CPR/First Aid Chairman

Coughing during a heart attack can save your life

I have received several questions regarding an email circulating the internet regarding what to do if you think you are having a heart attack and you are alone in a car. The email has a PowerPoint attachment, which recommends that hard coughing (coughing CPR) can save your life. They refer to a study that was reportedly conducted by the Rochester General Hospital. This email has been circulating the internet since 1999.

For those of you familiar with the Snopes website, a site to confirm or reject rumors - www.snopes.com – they have classified this story as “False” - <http://www.snopes.com/medical/homecure/coughcpr.asp>.

Rochester General Hospital makes the following statement on their website:

“We can find no record that an article even resembling this was produced by Rochester General Hospital within the last 20 years. Furthermore, the medical information listed in the article cannot be verified by current medical literature and is in no way condoned by this hospital’s medical staff.”

The American Heart Association also rejects the idea that coughing is a substitute for CPR. They do state that during an abnormal heart rhythm (an arrhythmia), it **may** be possible for a conscious person to cough forcefully and maintain enough blood flow to remain conscious **for a few seconds** until the arrhythmia disappears. This procedure is frequently used in a clinical setting when directed by a medical professional. This has been mislabeled as “cough CPR” although it is not a form of traditional resuscitation and is not taught in any CPR course.

So what should you do if you are driving alone and believe you are having a heart attack? The American Heart Association recommends that everyone should recognize the early warning signs for a heart attack. Doctor James A. Brown, JN, a member of Rockville Sail & Power Squadron and an American Heart

Association CPR instructor for the Safety Institute of Maryland, makes the following recommendations:

- 1) Pull over to the side of the road
- 2) Unlock your car doors so EMTs can get to you without having to break into your car
- 3) Turn on emergency flashers
- 4) Call 911 on your cell phone or push your “OnStar” button
- 5) Chew an adult aspirin (if you don’t already take daily aspirin as a preventative)

If you have a GPS in your car, you will be able to get your exact location (most will provide a Lat/Lon position). Do not under any circumstances drive yourself to the hospital. Wait for help to arrive. The last thing you want to happen is for you to go unconscious while driving.

New CPR procedures eliminate the need for mouth-to-mouth breathing

It has been widely circulated on the internet, in the newspapers and on TV that the Heart Association and the Red Cross no longer recommend that, lay people perform mouth-to-mouth breathing as part of CPR. This statement is partially true, but requires some clarification. In 2008, the AHA published a report stating that CPR without mouth-to-mouth breathing can provide enough oxygen into the bloodstream to sustain life. They went on to say that the procedure is not as effective as providing full and proper CPR and should be used only when a rescuer for his/her own personal reasons does not want to have mouth-to-mouth contact with a victim.

When chest compressions are correctly applied, the lungs are deflated due to the pressure on the victim’s chest. When the pressure is released, the lungs will naturally re-inflate. If compression only CPR is started immediately when a victim collapses and continues uninterrupted until additional help arrives, the victim will receive

Kids' Korner....

D/Lt Carole Reilley, AP

Youth Poster Chair
3789 Blake Road
Huntingdon Valley, PA 19006
215-947-0233
Email: caral4@verizon.net



Attention all kids!

If you haven't gotten the word yet, 'BE A SURVIVOR – WEAR IT' is the theme for the 2011 Boarman National USPS Youth Poster Contest. Prizes are \$150.00 for first place **National** winner in each age category 6-8 years, 9-11 years and 12-14 years. Second place in each category will receive \$100.00 and third place \$75.00.

All you need to do is draw a poster showing the theme in bright colors. The poster needs to be 15 x 20" or 14 x 22" on poster paper. Do not fold, and don't use any copyright material (e.g. Snoopy, Sponge Bob, Ronald McDonald, etc). You are not allowed to use any computer generated art work including stickers. Your friends can also enter a poster, they do not have to be members of a squadron.

Just draw your best and send it to Carole Reilley, 3789 Blake Road, Huntingdon Valley, PA by 20th July or turn it into your squadron before July 20th, unless someone will bring it to the D/5 Summer Council in Crisfield.

Be sure you attach the Submission Form to the back of the Poster.

Additional copies of the rules and Entry Form can be found on the USPS website under Youth Poster Contest.

sufficient blood flow and oxygen to the brain to sustain life.

It is critical to know that this procedure is not a substitute for taking a CPR course and learning the proper method of performing CPR. Providing additional oxygen through mouth-to-mouth or mouth-to-mask breathing will insure that the victim received more than the minimum amount of oxygen and will significantly improve his/her chance of survival.

Having an Automated External Defibrillator (AED) and knowing how to perform CPR are the two most critical steps in preventing death from a heart attack. Recent studies confirm that if a person experiencing sudden cardiac arrest receives a shock from a defibrillator and CPR within the first four minutes, there is a 62% chance of full recovery.

I encourage every member of the USPS to take a CPR and First Aid course. Courses can be set up by contacting you local chapter of the Heart Association or Red Cross. Or, just call me and I will help set up a class for you.



***D/5 Sail Regatta & Fall Festival 2011
30 Sept -02 October 2011
Herrington Harbor South***

Hotel :

Herrington on The Bay
herringtononthebay.com
410-741-5101

Herrington Harbor South info:

**Route 261
Friendship, MD 20758
800-213-9438**

Contact person: Bob Green or JoAnn Gibson

Slip charges: \$2.25 per foot electric \$12.25

Slip reservations must be made no later than 20 September 2010 and you must make your own slip arrangements. Make sure you tell them you are with D/5 USPS. 25% discount will be given to Boat US Members. Must have your Boat US Membership Card with you.

SCHEDULE OF EVENTS

Friday, 30 September

1300 – til: Arrive by land or sea Friday afternoon.
1700-1800: Pitch-in welcome cocktail party
Dinner on your own.

Saturday: 1 October

Fishing tournament (time to be determined by Captains)
0800 Continental Breakfast
0830 Skipper's meeting for sail race
1100 First signal for race
1100-'til Land lubbers fun (for those who are not sailing or fishing)
1900-2000 Cocktail party (cash bar)
2000-2200 Banquet & awards presentations

Sunday: 2 October

0930 Pitch-in breakfast (and maybe fish?)
SAFE VOYAGE TO HOME PORT



D/5 SAIL REGATTA & FALL FESTIVAL 2011
30 Sept 02 October 2011
Herrington Harbor South
HOSTED BY: Annapolis, Dundalk & Rockville

Name: _____ Squadron: _____
 Address: _____
 Phone: _____ Cell: _____ e-mail: _____

	Number		Total
Event registration fee:	_____	@ \$10.00	\$ _____
Saturday continental breakfast:	_____	@ \$10.00	\$ _____
Saturday banquet & Awards presentations			
Adults	_____	@ \$35.00	
Children 10 & under	_____	@ \$15.00	\$ _____
Regatta entrance fee (per boat)	_____	@ \$20.00	\$ _____
Fishing tournament entrance fee (per fisherman)	_____	@ \$10.00	\$ _____
TOTAL AMOUNT DUE:			\$ _____

If you are planning on competing in the race, please furnish all of the following information:

Skipper's name: _____ Yacht name: _____
 Sail number: _____ PHRF rating, if known: _____ Squadron: _____
 Boat make, model, size & color: _____
 Class, circle one: Single-hull Multi-hull

I agree to abide by the regulations and sailing instructions governing this event. I agree that it is solely my responsibility to decide whether to start or to continue to race. I voluntarily assume the risk of participation in this event and release the United States Power Squadrons, District 5, Dundalk Sail & Power Squadron, Annapolis Sail & Power Squadron, Rockville Sail & power Squadron and those conducting this event from all liability for any injury or damage that may occur.

Signature of Owner/Skipper: _____ Date: _____

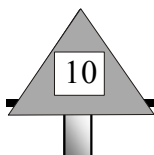
Make your own slip reservations directly with Herrington Harbor South 800-213-9438

Deadline for event registration is 21 September 2011

Send your completed registration form & check made payable to D/5 Sail Regatta & Fall Festival to:

Lt/C Marianne Ponzio, P
1253 Still Woods Way
Annapolis, MD 21403

For additional information call (410) 990-0291 or mariannelacey@comcast.net





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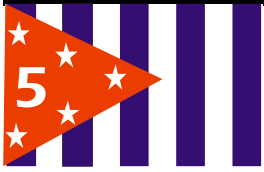


Moving?

Changes in Information??

Please remember to let us know if you have moved to a different address. Also, if you change: your phone, cell phone number(s) or e-mail addresses, please let us know so we can make sure you are kept informed of upcoming events. All changes can be given to our Secretary who will in turn notify National and everyone else who needs to have the information.

THANK YOU!!!



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UPCOMING EVENTS



June 11

Dinghy Poker Run

Hosted by:

Colonial Sail and Power Squadron

July 23 - 29

Commanders Cruise

Hosted by:

P/D/C Ralph Bernard, AP

July 29-31

Summer Council and Rendezvous

Chrisfield, MD

Hosted by Richmond Sail and Power Squadron