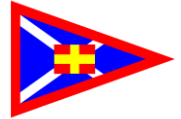




ROCKY MOUNT POWER SQUADRON

THE COASTAL PLAINS SIGNAL

June 2018



Commander Linda (Bug) K. Joyner, S



Clay, Wilma, Lorraine and I have just returned from the District 27 Rendezvous in New Bern. Clay and Wilma came by boat, the Naiad. They had a bit of an issue on the way but as usual, they were able to solve the problem and made it safely to New Bern. A boat can be quite temperamental!

We had a great time at the rendezvous sponsored by Cape Lookout Sail and Power Squadron. The food was delicious and the activities were very well organized as well as fun. I had the opportunity to act as the official photographer, which was quite exciting. I had opportunity to meet and talk with many members that I have not had a chance to connect with before. I also played ladder ball for the first time. Lorraine and Elaine Fretwell won the championship. It was an all-female competition and we were all first time players. Lloyd Moore told us the rules; we learned our own techniques. Jane played and kept score. Some of the other games were corn hole, bocce, and croquet. The conch shell blowing competition had several winners.

In the latter part of May, we contributed to the National Safe Boating Council's annual Wear It Campaign. We helped raise awareness of boating safety and set the world record for lifejackets worn. Our event, supported by Chris, Lorraine and I, was held in conjunction with the 11th Down East Youth and Adult Bass Fishing Tournament. This tournament was founded by Rodney Birth and Geno Mcree to provide mentoring and opportunity to learn bass fishing for underprivileged youth.

Chris attended the banquet on Friday, May 18. He taught all the youth about proper fitting of lifejackets and the importance of wearing a lifejacket while on the water. Dinner was served for all families in attendance. The speakers for the night were former NFL players from several teams such as Washington Redskins, Philadelphia Eagles, Pittsburgh Steelers and the Denver Broncos. All of the former NFL players spoke to the youth about working hard to accomplish your dreams in the midst of the struggles of life. These men, just like Rodney and Geno see the importance of giving back to their community.

This is one of the important goals of America's Boating Club/United States Power Squadron triangle, Civic Service. We as members of the Rocky Mount Power Squadron should look for more opportunities to serve our community in ways that support our community and promote our organization. I look forward to all of us working toward new accomplishments!

It takes each of us to make a difference for all of us.

"Jackie Mutcheson"

Commander Linda bug Joyner, S

AMERICA'S BOATING CLUB

For Boaters, By Boaters™



RMPS Calendar 2018

1800 Monday 25 June	RMPS Family Night Ribeyes, Nashville, NC	1800 Monday 13 August	RMPS Bridge Meeting El Jimador, Rocky Mount, NC
1800 Monday 09 July	RMPS Bridge Meeting El Jimador, Rocky Mount, NC	1800 Monday 10 September	RMPS Bridge Meeting El Jimador, Rocky Mount, NC
11 August	Holiday Island Rendezvous	1800 Monday 08 October	RMPS Bridge Meeting El Jimador, Rocky Mount, NC
12-19 August	USPS Governing Board Marriott City Center Minneapolis, MN	19-20 October	D27 Fall Council/Conference Hilton Doubletree Atlantic Beach, NC

VESSEL SAFETY CHECK

P/C Christopher E. Payne, AP

Chair VSC Committee

Call any of our Vessel Examiners to get your Free Vessel Safety Check today. We have plenty of VSC decals on hand. You can even prepare ahead of time by performing your own pre-VSC online at

www.safetyseal.net by clicking on "Virtual Vessel Safety Check".

Thanks Chris



If you

contact me at 252 641-1233 or cepsmpcs@aol.com would like to become a Vessel Examiner.

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Primary Area of Safety

Rocky Mount, Beaufort
Tarboro, Hertford, Edenton

Down East Youth and Adult Fishing Tournament

By Cdr Linda K. Joyner, S

The 11th Down East Youth and Adult Bass Fishing Tournament held May 18 and 19 was a success in spite of all the rain. A banquet was held on Friday evening to share dinner and inspiration for the youth, boaters, their families and all the volunteers. The guest speakers were former NFL players from several teams. The speakers were Steve Hamilton (Washington Redskins), William Frizzell (Philadelphia Eagles), Myron Dupree (Denver Broncos), Izel Jenkins (Philadelphia Eagles), and Benny Snipe (Pittsburgh Steelers). The former NFL players gave the youth much advice on striving to accomplish their dreams in life. They also talked about the importance of working hard, living life and giving to others. *It takes each of us to make a difference for all of us. – Jackie Mutcherson*

P/C Chris Payne, AP worked with all the youth, especially those that were participating for the first time in the tournament. Chris helped them with the lifejackets. He explained the importance of wearing a lifejacket at all times while on the water. It was important information disseminated with a lot of love and a little humor!

Saturday morning May 19 under grey rainy sky, the boats were put in at the Tar River reservoir. We decided to have the Wear It Campaign photograph taken after the tournament. We were hoping the rain would stop and Mr. Sun would show his warm face. Let us just say the rain somewhat ceased but the sun never appeared. The youth and adult fisherpersons did not let the rain deter them from their day at the reservoir!

There were eleven youth participants and nine boaters. There was grilled pork chops and hot dogs for lunch prepared by Rodney's dad, Nathaniel Birth. Rocky Mount Power Squadron supplied the lifejackets for the youth. P/C Lorraine Ryan, P assisted with proper fit of the lifejackets. Lorraine previously made a great investment with a portion of the squadron's monies and purchased a package of six lifejackets, which was extremely helping in fitting all of the youth. They grow so fast from year to year.

Many fish were caught and many stories were told! The first place winner for biggest fish and total weight was Cody Andrews (youth) and David Bryant (boater). This was Cody's fifth year in the tournament but his first year catching a fish and winning! Cody was very happy with the outcome. Second place went to Jaedon Norwood (youth) and Charlie Choate (adult) for total weight. The biggest pan fish award went to Calvin Norwood (youth) and Tim Covington (adult). There was a total of 31 Bass caught and released.

Rodney presented all volunteers with a certificate of appreciation for support of the tournament. Rocky Mount Power Squadron has helped with the tournament for seven years. It is a privilege working with this organization and helping these kids enjoy some of the fun that life has to offer. We were able to contribute to the National Safe Boating Council's Wear It Campaign.

Next year, there will be changes to the schools that will benefit from this tournament. Currently Williford School is the only beneficiary. Next year, the schools will be DS Johnson, Englewood and Baskerville. This is a change made by the Board of Education, as the grade levels at Williford will be changing. Next year, we will see some new smiles and some familiar smiles!

The following pictures of the Down East Youth and Adult Fishing Tournament were provided by Cdr Linda K. Joyner, S



P/C Chris Payne, AP giving instruction on life jackets.



Getting ready to start.



Always wear your life jacket!



The winners.

District 27 Rendezvous

by Lorraine B. Ryan, P

Although only four members of the Rocky Mount Power Squadron's America's Boating Club attended the District Rendezvous June 8th – 9th in New Bern, they participated in all aspects of the events during the weekend. New Bern has so much to see and do within walking distance. You have the Pepsi Museum, Tryon Palace, Fireman's Museum, Christ Church and of course all of the *Bear Town Bears*.

Friday began with a tour of the Hatteras Boat Company in New Bern and both Bonnie and Steve Boshart (former RMPS members) were able to attend and it was Steve's Birthday. What a way to celebrate! Bug joined us for lunch at a local restaurant and I also invited a new resident of Lake Royale, Lee Hanson who was a boat enthusiast, to join us both on the tour and at lunch.

Bug and I decided to take a historic trolley tour of New Bern, which was a fascinating view of the city. We learned the history of why homes being built in downtown New Bern have to have either a metal roof, slate or fire retardant shingles. It is because of the devastating fire of 1922 when 982 buildings and 40 blocks of the city was burned to the ground. Two separate fires started, one in a lumber mill and other in the flu of a house chimney. Stored dynamite also contributed to structures blowing up.



Our Commander, Bug Joyner, took over the "official" photographer job for the weekend since the District photographer could not attend. Bug was kept busy on Friday evening at the reception held at Harrison Center in downtown New Bern. Members and guests mingled over a beverage and hors d'oeuvres prior to dinner and once the Dee Dricks/Down East Dulcimers group started playing and singing, even the attendees were able to join in and sing (oldies were a specialty). Two Chefs cooked dinner and it was delicious. Pulled pork BBQ, baked chicken, mac & cheese, green beans, potatoes (with cheese and without) and enough to go back for seconds. Homemade desserts were made by aides to the Commander and cobblers were filled with an assortment of fruits.

Clay and Wilma took their boat from Holiday Island and did experience a problem when one of their engines failed. Clay got it fixed and they did make it to the marina right outside our hotel on the Neuse River. Clay represented our squadron in the flag ceremony on Saturday morning that featured a bagpiper (P/C Rob

Thompson, SN) from the Cape Lookout Sail and Power Squadron, which was the host for this event. After the New Bern Mayor's representative mentioned it was her birthday, the bagpiper played Happy Birthday on his bagpipes for her.

Games took up the rest of the morning and part of the afternoon around the Gazebo at Union Point Park, which fronted the Neuse River. There was corn hole, bocce, conch blowing, croquet and ladder ball. Neither Bug nor I had ever played ladder ball and it was lots of fun but potentially dangerous since you threw two golf sized balls attached by rope towards a ladder like structure. I was lucky enough to win with my partner Elaine and we have to choose wrapped gifts at the dinner that evening. In fact, everyone that won at any of the games has to choose a gift.

Resting at the pool finished our afternoon and we got inside prior to the rain starting. We had to get ready for dinner at the Chelsea restaurant, again in downtown New Bern, within walking distance of the Doubletree by Hilton Hotel on the Waterfront.

Dinner could not have been better. Beef tenderloin, coral shrimp pasta, rosemary roasted potatoes, vegetable medley and raspberry filled cake. Bug had to leave after dinner but I stayed until Sunday hoping to have a hot shower before I left for home. Why, you ask, would I want a hot shower? Well, because I did not get one on Saturday morning since the boiler broke! So cold shower on Saturday morning (Bug luckily took one the night before). Then apparently, I was the only one on Sunday morning that again did not have hot water. Therefore, I had a "luke cool" shower on Sunday morning. I could handle it since Hilton absorbed the charge on the room for the entire weekend. That has never happened in my entire life. It was one of the best rendezvous that we have had and the weather was perfect which also helped. Come on members; make sure you come out for the next one in 2019.



The pictures on the following pages of the D27 Rendezvous in New Bern were provided by Lorraine Ryan and Linda Joyner.



The Dee Dricks/Down East Dulcimers



Lunch by the pool.



P/C Rob Thompson, SN



Elaine Fretwell and Lorraine Ryan, Ladder Ball winners



Lloyd Moore and Vinnie Gordy won the Conch competition.



Cindy Davis and Gene Alligood were corn hole winners.



P/C Clay Helm, JN-CN and P/C Lorraine B. Ryan, P



Croquet anyone?



Dinner buffet.



Lineup for the flag ceremony.



Poster Contest Entries

June Family Night

D/Lt/C Pat Hakanson, SN from the Charlotte Power Squadron will be our guest speaker for the RMPS Family Night on Monday, June 25th. We will be meeting at 6:00 pm at Ribeyes Restaurant in Nashville.

Pat will be entertaining us with her Maritime vacation that took her to Norway, London, Greenwich and Portsmouth Harrison's Chronometers. A fun filled and yet educational tour which will be filled with pictures and stories.



A Message from National

New memberships require cooperation.

Everybody needs to think membership—the commander, the treasurer, the secretary, the public affairs person, the educational officer and of course the membership person. Everybody has an input and sort of needs to keep their eye on the goal of new members. Keep lists of contacts and re-invite, re-remind and just keep in contact. Make sure new members get the info they need, their nametags, rosters, etc. If you do any of these things, make sure the new members and prospects are on the list to get them.

R/C Robert Howd

USPS PLEDGE

"I do solemnly pledge to:

Abide by the bylaws of the United States

Power Squadrons;

*Promote high standards of navigation and
seamanship;*

Maintain my boat and operate it legally;

Render assistance whenever possible;

*And conduct myself in a manner that will
add prestige, honor, and respect to the*

United States Power Squadrons.

Ticks, Ticks Go Away

By P/C Lorraine B. Ryan, P

Rain, rain goes away. Come again another day. We could have said that during May and part of June with the spring weather we have had. But we cannot say that about ticks. In fact, the rain might have exacerbated the problem.

What is small, sometimes too small to be seen with the eye, and lives off the blood of mammals? Ticks. These small, parasitic creatures feed off the blood of animals and humans and, more importantly, spread disease. Ticks are not like bugs that bite you and then fly away or scoot off. When one gets on your body, it sets up camp. It finds a place to eat then burrows its head into your [skin](#) and starts feeding; it will stay there for several days.

Most likely, you will not feel anything because the bite does not hurt, and it is not usually itchy. Because ticks are often very small, you might not see it either. At first, it might just look like a fleck of dirt. As it feeds though, it swells up and can be easier to find.

You might get a small red bump where the tick bites you. Some people's bodies react to ticks with 1 to 2 inches of redness around the bite. That red area will not get any bigger, unless it is really a rash, which is a sign of disease.

Ticks do not fly, and they do not blow in the wind. They live in tall grass and either crawl up or fall onto their hosts. People who spend lots of time outdoors in the summer are generally told to avoid ticks by wearing long clothing or spraying on lots of bug repellent. However, people are not going to want to wear long pants in the summer. They are not going to want to tuck their pants into their socks. Most people do not want to cover themselves with bug spray, and bug repellent with DEET really does not work. It does a good job of keeping mosquitoes away. Not ticks, though. Just because it says it on the can, does not mean it works.

People who find ticks on themselves should remove them immediately with a sharp pair of tweezers. Square tweezers will not do the trick, because they are likely to leave a portion of the tick in the skin. Ticks should also be pulled straight out, not twisted.

Ticks are common in all areas of North Carolina. The more time spent outdoors, especially in wooded areas, can increase your risk of acquiring a tick-borne illness. Tick-borne illnesses are easily prevented by taking measures to reduce tick bites while outdoors.

[Lyme disease](#): The most feared tick-borne illness is Lyme disease, which is spread by ticks so small that they often go unnoticed and is named for the Connecticut town where Yale researchers first traced the disease back to insects. Most people with [Lyme disease](#) get a rash, but not all of them. It shows up within 3 to 30 days of when you are bit, but it usually takes just over a week. You will see a round or oval area of redness around the bite. At first, it may look just like a reaction to the bite, but the rash gets bigger over days or even weeks. Typically, it reaches about 6 inches wide. It might feel warm, but not usually painful or itchy. That happens in less than half the cases, and it comes after the rash has been around for a while. When I experienced Lyme, I was living in NJ. I had a terrible headache which I never get, I was tired and achy (also unusual for me) and had the tell take bulls eye rash. A series of antibiotics cleared it up for me.

[Rocky Mountain spotted fever](#): While you may be most concerned about Lyme disease, Rocky Mountain spotted fever is much more prominent in North Carolina. There are five states that count for 60-percent of all cases of Rocky Mountain spotted fever in the country; unfortunately, North Carolina and Oklahoma lead the pack when it comes to the number of cases we have. One of the reasons is because of the climate. Ticks prefer more than 85-percent humidity with temperatures greater than 45-degrees Fahrenheit. The warmer the winters are, the better your chances of seeing these creepy crawly arachnids. North Carolina fulfills all of those requirements.

Most people with RMSF get a rash 2 to 5 days after they first get symptoms. It will not look the same on everyone, but it usually starts as small, flat, pink spots on your wrists and [ankles](#). It spreads from there to the rest of your body. In about half the cases, the spots turn red or purple after about a week.

Even if you get something such as Lyme or RMSF, you may not get the rash, so it is good to know what else to look for. Most diseases from ticks also give you flulike symptoms, such as: body aches, chills, feeling very tired, fever, headache and with Lyme disease, you may have joint pain.

Lone Star Tick: Alpha-Gal may sound empowering, but the nickname, short for galactose-alpha-1, 3-galactose, is a sugar molecule that might just cause you to become allergic to meat. The sugar molecule is spread from the Lone Star tick bite, named for the Texas-shaped marking on its back. Once bitten by a Lone Star tick, the body's immune system is rewired. You're walking through the woods, and that tick has had a meal of cow blood or mammal blood, the tick, carrying Alpha-Gal, bites you and activates your allergy immune system.

As a result, the person's body produces antibodies to fight the sugar. The next time that person eats red meat, their immune system responds to the alpha-gal in the meat and they suffer an [allergic reaction](#) that can include [itching](#), burning, [hives](#) and even throat swelling.

In cases of mild allergic reactions, the symptoms can be treated with [antihistamines](#), but severe allergic reactions (anaphylactic shock) require [epinephrine](#). Some people with the red meat [allergy](#) carry EpiPens that deliver a shot of epinephrine.

Even after being bitten, it takes several hours for the tick to transmit the pathogen. Prompt removal can greatly reduce your chances of becoming ill. After being outdoors, a thorough "tick check" can help you detect any unwanted passengers. Pay particular attention to the scalp, and any areas where clothing is tight, such as waistbands, groin, armpits, etc. where ticks like to hide. If a tick is found, remove it by grasping with tweezers as close to the skin as possible and slowly and firmly pulling straight out until the tick lets go. Nail polish, petroleum jelly or hot matches will not make a tick let go. Wash your hands and the bite area with soap and water, and clean the bite with disinfectant. For later identification should you become ill, you could save the tick in a jar, plastic bag or tape it to an index card using clear tape. Make sure you write down the date the tick was removed. If you develop any flu-like symptoms over the next several weeks, see your doctor and let him/her know you were bitten.

Once ticks attach to you, it can take them hours to find the perfect spot to latch on. If you catch them soon after they attach, you should be safe from disease. It takes over 12 hours of feeding for them to actually transfer the disease to you.

DO use fine-tipped tweezers.

- DON'T use your fingers.
- DO grab the tick at the part that is stuck in your skin.
- DON'T grab the tick around its bloated belly.
- DO gently pull the tick straight out until it lets go of your skin.
- DON'T twist and turn the tick.
- DO put the tick in a jar or zip lock bag and place it in the freezer for possible identification later.

We live in the country people. Look around you; do you see all the trees? We live with the rabbits, deer, snakes, opossums, chameleons, spiders and ticks. Remember to check yourself when you come back inside after mowing the lawn, cutting your flowers or just taking a walk. You might catch that tick before it finds that nice spot to burrow into your skin and start sucking.



Black Legged Tick



American Dog Tick

COASTAL PLAINS SIGNAL

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