



Commander Edward Metivier's Message:

Well, the holidays are upon us, and I am sure we all have places to go and things to do. I bet we all have a special memory that will be forever with us. For me, it was the year 1952, Thanksgiving Day, the navy had given me four days leave. I had just four dollars, got married, the temperature was 72 degrees out, went to Boston for a three day honeymoon, had breakfast in bed, and came back home with change. What a memory.

How about writing our editor, and sharing one of your holiday experiences with us?

Hope your boat is secure for the winter. As for myself, I still need the rest of the month, weather permitting. Until then, I am looking forward to a few more days of sailing in and around New London.

At our last meeting, I suggested a new section in the Fog Horn, in which I would offer recipes for cooking on board ship. For now, let's call the new section, "Ship to Shore".

Please let me know if you would like me to plan a 1 day cruise, weekend, or whatever by placing the suggestion in the red bucket.

Don't forget our Holiday Party. Let's have a good time. And may you all have a happy Thanksgiving.

Note: Uniform for Holiday party will be class A with optional red or black bow tie.

For personal reasons Dick Coulter could no longer continue as MHPS SEO.

It is with sincere regret that the Squadron has accepted Dick's resignation as SEO. He did a terrific job during his tenure. Thank You Dick!

High Tides
Cdr. Ed Metivier



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NOVEMBER/DECEMBER 2003

No 478

The foghorn
Newsletter of the
MID-HUDSON POWER
SQUADRON
A UNIT OF THE
UNITED STATES
POWER SQUADRONS ©

THE DECEMBER MEETING

MHPS Members and guests:

Please accept this invitation to attend the Annual Mid-Hudson Power Squadron Holiday Party Meeting.

Place: Coppola's Italian and American Bistro
4167 Albany Post Road
Hyde Park, NY 12538

When: Wednesday 17 December 2003 at 1830

Menu: Antipasto Salad
Penne with Marinara Sauce
Fresh Seasonal Vegetables

Choice of Entree:
Veal Cutlet ala Parmigiana
Chicken Scallopine ala Marsala
Stuffed Filet of Sole with deviled crabmeat
Baked Eggplant ala Parmigiana

Dessert: Chocolate Walnut Sundaes
Beverage: Coffee, Tea, and Decaf
Cost: \$20.00 per member/guest

An appearance by Santa is promised and please participate in the gift exchange by bringing a wrapped gift (\$5.00 limit).
Please RSVP stating your choice of entree to George Danko. You may leave a message at 845-724-3702 or fax at 845-724-4529 or Email is preferred
DANKOGEORG@AOL.COM

Hope to see all of you and bring a guest.
George Danko AP, MHPS Administration Officer



Figure 1. PYC our hosts for the October Meeting

MidHudson Power Squadron Bridge

Commander

Cdr. Edward Metivier, S

978-422-2921, TinCanSailorEd@aol.com

Executive Officer

Lt Cdr. James M. Silver, S

845-877-4777, JimSilver@att.net

Squadron Education Officer (SEO)

(Position available)

Assistant Squadron Education Officer (ASEO)

Lt Cdr. John M. Boyle, AP

845-462-7219, John_Boyle_NY@amat.com

Administrative Officer

Lt Cdr. George Danko, AP

845-724-3702, dankogeorge@aol.com

Secretary

Lt Cdr. Jerry Toepfer, AP

845-462-1786, toepfer@mindspring.com

Treasurer

Lt Cdr. Janice M. Silver, S

845-877-4777, jansilver@worldnet.att.net

Your Editor can be reached at:

P/C John C. Kwak, AP

240 Sand Hill Rd

Gardiner NY 12525

845-255-5318, jckwak@hvi.net

WEB SITE

The Mid Hudson Power Squadron web site is at
www.midhudsonpowersquadron.com

Where you can get all the information about the
Squadron.

Web Master, Dave Rosenthal SN

Kid's Safe Boating Course

By Pat Smalley, P

Below please find the songs and melodies that we
use in the Kid's Course.

The next class will be held on Saturday, December
6, 1:00 to 4:00 at the Grand Pointe Apartments off Salt
Point Road, Town of Poughkeepsie, just north of the
Poughkeepsie city line.

Whistles have been purchased and will be given
out at the class. George Danko, Betty Gladstone and
Michele Tarsa have agreed to assist and others are
welcome. A friend, Ira Auerbach, will be the
videographer. We will send the video to Florida for the
annual meeting. The songs on the video will be
submitted to the education committee as learning aids.

“WHEN YOU ARE RIDING IN A BOAT”

Sung to the tune of BINGO

When you are riding in a boat

Remember this ru-ule

Wear your PFD, wear your PFD, wear your
PFD

That is your life jacket.

When you are riding in a boat

Remember this ru-ule

Keep your fanny down,
keep your fanny down, keep your fanny
down

It could save your life.

“SIT, THROW, YELL AND WAVE”

Sung to the tune of Row, Row, Row Your Boat

Sit down, sit down

Do not tip the boat.

Throw a cushion overboard.

Yell and wave for help.

Sit down, sit down

When someone's in the drink.

Throw a cushion, yell and point,

Then they will not sink.

Lymey2 Publishing, May 2002

The author gives everyone permission to copy and
distribute these songs for the furtherance of safe
boating for children. Written and published by Pat
Smalley, Mid-Hudson Power Squadron.

SAFETY CORNER: STAYING ON THE BOAT JACKLINES

By Jim Smith, S

A fellow sailor is fond of telling me that one of the most important safety missions of a skipper is to “keep water outside of the boat and the people inside the boat.” Installing jacklines and using safety harnesses with tethers can significantly add to one’s ability to stay on the boat.

Are jacklines just for sailboats? No. Safety conscious powerboat skippers also install jacklines. If its nasty weather and there is considerable wave action, those skinny decks on some powerboats present a real challenge for even the most nimble boaters.

A jackline is usually a length of nylon webbing or stainless wire that runs along the centerline of the boat. The ends are commonly made-fast to either cleats or special eyebolts. Sometimes a series of jacklines are used, one for the deck and the other for the cockpit. Those with safety harnesses and tethers simply “hook” to the jackline as they move about the deck or cockpit.

All elements of a jackline system should be able to withstand shock loads in excess of 2,000 pounds.

There are competing theories about whether to use stainless wire or nylon webbing for the jacklines. Some argue the flat, somewhat slick surface of webbing could promote slipping on deck. Others argue that stainless wire can “roll” under foot.

Most manufacturers of inflatable PFDs offer versions that include safety harnesses. Harnesses and tethers can also be purchased separately. A good fitting harness is necessary. Determining the appropriate length of the tether is an issue of much discussion. Whatever you decide, consider the importance of having a system that will keep you hooked to the boat such that you are at least within arm’s reach. A system that is too “long” may put your lower extremities in danger of coming into contact with the prop.

Why aren’t more vessels equipped with jacklines? The rationales run from being “unsightly” and

cumbersome to “we don’t go out in bad weather or at night.” If you are tossed into 62-degree water those rationales don’t seem very useful. Nature usually has a surprise in store for boaters, it’s not a question of whether but when we get that surprise.

What are some of the advantages of a jackline-harness system?

- Some jobs on deck require two hands and the system becomes your “hand for the boat.”
- If you do go overboard, the crew knows where you are and that you are attached to the boat.

MHPS Cruising course instructor Ed Weber SN, a very experienced sailor and cruiser, is a good resource for seeking advice on jackline installation. Before buying a system you should do more research and consult with safety experts at your boating supply retailer. In addition, noted marine author John Rousmaniere has recently published an interesting piece on jacklines that is available online.

http://www.sailnet.com/collections/articles/prt_article.cfm?artID=rousma0085

END

GOOD NEWS

Jim Silver AP, is recovering steadily from his extensive back surgery. Jim says, “I expect to get my cast off early December and if all goes well we should be at the Holiday Party.”

Jim, I am sure that the entire Squadron is thinking of you and wishing you all the healing power that is necessary. See you at the party. Editor John.

LATE BREAKING NEWS

By Dick Winchell

Tom Gallagher Donates Training Aids.

Tom, An Associate Member and previous member of MHPS who had moved to NC has since moved in with his son in Springfield MA. He was the Training Aids Chairman for MHPS and had created some National prize winning aids which he has donated back to MHPS. We have invited Tom to join us at our Christmas Party.

Welcome back Tom.

Ship to Shore Recipes

Apple Lasagna (makes 12 to 15 servings)

Ingredients:

2 cups (8 oz) shredded cheddar cheese
1 cup ricotta cheese
1 egg lightly beaten
1/4 cup granulated sugar
1 tsp. almond extract
2 cans (20 oz each) apple pie filling
8 uncooked lasagna noodles, cooked, rinsed, and drained
6 tbs. all purpose flour
6 tbs. packed brown sugar
1/4 cup quick cooking oats
1/2 teaspoon ground cinnamon
1 dash of ground nutmeg
3 tbs. butter or margarine
1 cup dairy sour cream
1/3 cup packed brown sugar

Directions:

Combine first five ingredients in medium bowl, blend well. Spread 1 can apple pie filling over bottom of greased 13 x 9 inch pan. Layer 1/2 of the noodles over filling, and then spread cheese mixture over noodles. Top with remaining noodles, and then remaining can of apple pie filling.

Combine flour, brown sugar, oats, cinnamon, and nutmeg in a small bowl, cut in butter or margarine until crumbly. Sprinkle over apple pie filling. Bake in preheated 350 degrees oven for 45 minutes. Cool for 15 minutes

Meanwhile, prepare garnish by blending sour cream and 1/3 cup brown sugar in small bowl until smooth, cover, and refrigerate.

To serve:

Cut lasagna into squares and garnish with sour cream mixture.

Note: This can be made at home if you wish, you can heat it on board or eat it cold, your choice. I have used this as a breakfast, lunch or for dinner, just add meat and vegetables.

Happy Cooking. Cdr. Ed Metivier



Figure 2, Patricia Smalley P, Showing the Most Valuable Teaching Aids Award. Presented to her at the D-2 Conference. All those handsome people standing behind her helped her at the courses.



Figure 3, Teacher Pat describing the Kid's Course and leading us in the songs she wrote for the course.



Figure 4. Dave Rosenthal SN, receiving his full certificate from SEO Dick Coulter,,

