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## The FOGHORN

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

April, 2008

No. 524



### Message from Commander Smalley:

APRIL 2008

Another year has passed. It is hard to believe that this Commander has been at the helm for twelve months. The Change of Watch this past March 19 was actually a reinstallation of the existing bridge for another year. So the bridge consists of the SEO, John Kwak, Administrative Officer, Ed Sugg, Executive Officer, Andy Williams, Secretary Jerry Toepfer and Treasurer, Jan Silver. The newest elected officer is Assistant SEO, Tom Ostrofsky. Please welcome our new official.

So now let's get this next year off with a bang! It is the auction, Saturday, April 12 at the Poughkeepsie Yacht Club. (See flyer in this Foghorn) Last year we had a very successful auction. Let's make this year's auction even better. All members please consider attending the auction. This is our primary fundraiser that supports our educational programs.

The District 2 Change of Watch is Saturday, April 5 in Norwalk, Connecticut. Those of you who are interested in the organization of the Power Squadron would be well inspired to attend this meeting. The evening is always a great dinner/dance. It's fun and educational. Hope to see you there.

Thank you to all of you for giving me a great year and I look forward to your support during this next year. See you at the auction.

Pat Smalley, Commander

## The Mid-Hudson Power Squadron Monthly Membership Meeting:

Annual "Marine Auction" & Monthly Meeting

*When:* Saturday, April 12, 2008

Potluck Supper from 5:30 – 6:30 PM (Please bring a covered dish)

Auction Item Inspection 6:30 – 7:00 PM

Auction Begins at 7:00 PM

*Where:* Poughkeepsie Yacht Club

Albany Post Road (Route 9)

Hyde Park, NY 12538

*Menu: Potluck Supper at 1730*

*Cost: Free*

**Bring plenty of cash for auction items  
and bring a friend.**



*Photos of Recent Events:*

*Change of Watch: Our Friends of the Storm King Power Squadron*

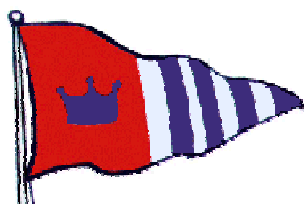
*12 March 2008*



**Ina Feldberg doesn't look old enough to have 20 merit marks!**



***Storm King Bridge Officers take direction.***



***Storm King Power Squadron***



**Squadron Chaplain Jeanette Sangervasio leads the invocation.**



***SEO Wayne Garnsey presents the Educational Achievement Award to Senior Navigators Ingrid Anderson and Bernard Ben Mazer***



***District Commander Feldberg asking George if he really wants to do this again.***



*Commander George Ghirlando good for another year.*



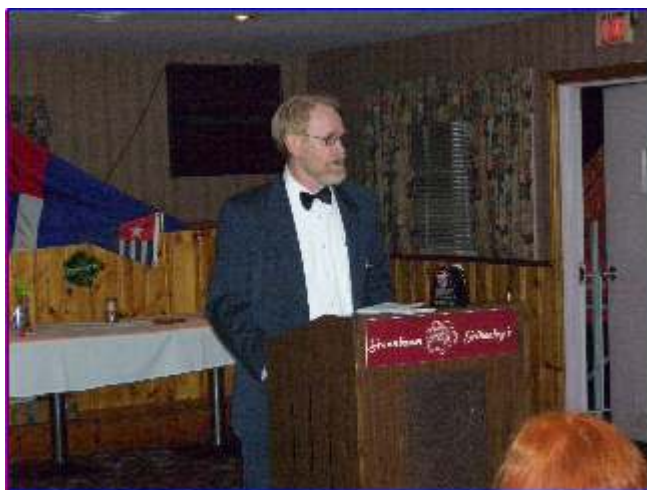
*Is there a doctor in the House?*

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**Mid-Hudson Power Squadron**  
**Change of Watch**  
**19 March 2008**



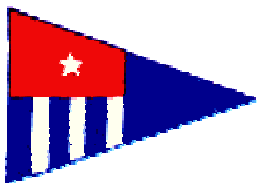
*Clare Anderson taking a moment.*



*Squadron Secretary Jerry Toepfer reports on the excellent job done by the FOGHORN Editor as he addresses his annual report.*



*The First Couple bear gifts and awards.*



*Mid-Hudson Power Squadron*



*The MHPS Success Story all at once!*



*The new boss, same as the old boss, once again.*

## MHPS Events on the Horizon:

**Saturday 12 April at Poughkeepsie Yacht Club  
Annual Marine Auction (see flyer page 10)**

**Kid's Boating Safety Course at Beekman Library  
1000-1300 Saturday 19 April 2008.**

**Executive Committee Meeting 7 May 2008  
starting at 1830. Location to be announced.**

**Storm King Power Squadron Annual Marine  
Auction at Cornwall Yacht Club Wednesday 14  
May 2008.**

**Kid's Boating Safety Course at East Fishkill  
Community Library 1000-1300 Saturday 17 May  
2008.**

## Is Someone in Your Family not Well?

Please let someone know. Your Squadron would like to stand with you. Please notify us of illness, hospital stays, or deaths. Commander Pat can be reached at 889-4242, or E-mail: [lymey2@aol.com](mailto:lymey2@aol.com) or contact Betty Gladstone at 485-5204, or E-mail: [BeGlad1@aol.com](mailto:BeGlad1@aol.com). In time of need, no one should stand-alone.

**Mid-Hudson Power Squadron Bridge**

### Commander

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The power of the pen

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[mhpswebmaster@optonline.net](mailto:mhpswebmaster@optonline.net)

## Website

The Mid Hudson Power Squadron web site is at

<http://www.midhudsonpowersquadron.com/> **come visit us!**

## Mid-Hudson Education Program

**EDUCATION IS OUR MOST IMPORTANT SERVICE.**

SEO P/C John C. Kwak AP

We are back from Europe and we have lots of pictures to show everyone. We did a lot of boating in the Venice Canals and Venice Lagoon on Ferries and Vaporettos.

The **SQUADRON BOATING COURSE** started on Tuesday March 11. Pete Cavalla is the lead instructor with others taking sections to teach. We have seven students at the Chelsea Yacht Club and they are a gregarious group. The Squadron invites all members to come to these courses to observe and learn, who knows, you might decide that you are a natural teacher and want to stand in front of a class someday.

The **SEAMANSHIP** class is not planned as of now since we have NO students. If and when we have the class it will be at the Poughkeepsie Yacht Club (PYC) please contact me or the instructors if you are interested. The instructors will be Cdr Pat Smalley AP and P/C Ernie Klopping AP and your SEO.

### Besides the **Squadron Boating Course** and **Americas Boating Course**

We have 6 seminars to teach to the public;

“**BOAT HANDLING UNDER POWER**”

“**USING VHF & VHF/DSC RADIO**”,

“**USING GPS**”,

“**HOW TO READ A CHART**”,

“**SAIL TRIM**”.

“**ON BOARD WEATHER**

**FORECASTING**

National has developed 5 more seminars they are **PADDLESMART, ANCHORING, HURRICANES AND BOATS, KNOTS, BENDS & HITCHES, and MARINE RADAR**

PaddleSmart is available now and the others will be soon.

We will teach the Seminars to **ANY** group that can assure 10 students or more at any location in the Hudson Valley. Please canvas your other clubs for any interest in the above Seminars. Contact P/C John C. Kwak, SEO, for details 845-255-5318 ([jckwak@earthlink.net](mailto:jckwak@earthlink.net))

The NautiBender problem for this month is; Sometimes anchors become fouled in the seabed. The best way to avoid this is to rig a “----- line” to the anchor (secured to a buoy or the boat)

Answer elsewhere in the Foghorn.



Birthdays		Anniversaries	
Craig Broadbent	4/29	Wolfgang Winlharrer	4/15
Paul Canter	4/21	Andy Williams	4/21
Judy Chernowski	4/27	Brian Wiacek	4/7
Fred Jones	4/22	Michele Tarsa	4/07
Gladys Suessle	4/04	Gary Storm	4/07
Dave Rosenthal	4/26	Jackie Steagall	4/18
Jerry Toepfler	4/03	Virginia Seeley	4/17
		Paul Rivenburgh	4/22
		Scott and Penny Nelson	4/17
		Don Gladstone	4/06
		Al Croatto	4/28
		Sal Cigna	4/21

April 20 <sup>th</sup> 2008	Full Pink Moon	6:25 am
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*April Events*  
**The Month of April is:**

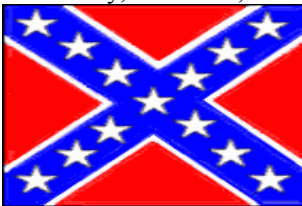


**Passover 20-26 April 2008**



**Internal Revenue Service Day 15 April 2008**

"Confederate Memorial Day is observed on April 26 in Alabama, Florida, Georgia, and Mississippi; on May 10 in North Carolina and South Carolina; on May 30 in Virginia; and on June 3 in Kentucky, Louisiana, and Tennessee."



- Alcohol Awareness Month
- Cancer Control Month
- Counseling Awareness Month
- Irritable Bowel Syndrome Awareness Month
- Autism Awareness Month
- Donate Life Month (Organ Donation)
- Sarcoidosis Awareness Month
- Sports Eye Safety Month
- STD Awareness Month
- Women's Eye Health and Safety Month
- Sexual Assault Awareness Month
- Animal Cruelty Prevention Month

- [www.aspca.org](http://www.aspca.org)
- Car Care Month (Spring) see photo...editor
  - Website: [www.carcare.org](http://www.carcare.org) - Also observed in October.
- Child Abuse Prevention Month (National)
  - White House Proclamation: [Click Here](#)
  - [www.preventchildabuse.org](http://www.preventchildabuse.org)
- Frog Month (National)
  - See ButlerWebs' General Webs for [Animals - Frogs](#)
- Garden Month (National)
  - Official National Garden Month Web site: [www.nationalgardenmonth.org](http://www.nationalgardenmonth.org)
  - See ButlerWebs' General Webs for [Gardening](#)
  - Home Inspection Month [www.ASHI.org](http://www.ASHI.org)
- Humor Month (National)
  - Be sure to see ButlerWebs' [100's of Jokes & Cartoons](#)
- Keep America Beautiful Month
  - [www.kab.org](http://www.kab.org)
- Kite Flying Month (National)
  - [www.nationalkitemonth.org](http://www.nationalkitemonth.org)
- Mathematics Education Month (National)
- Poetry Month (National)
  - See ButlerWebs' General Webs for [Art & Literature](#) with a special page for [Poetry](#)
  - See ButlerWebs' General Webs for [Inspiration & Motivation](#) for more Poetry
- Welding Month (National)

(Source: [butlerwebs.com](http://butlerwebs.com))

**MHPS Annual Marine Auction Month**  
*(Source: the gladstones)*



**Happy Car Care Month, Editor George !**



Nauti Bender Answer "trip line"

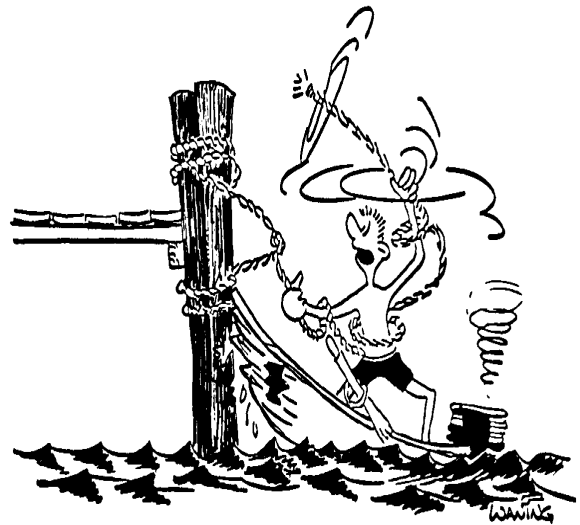
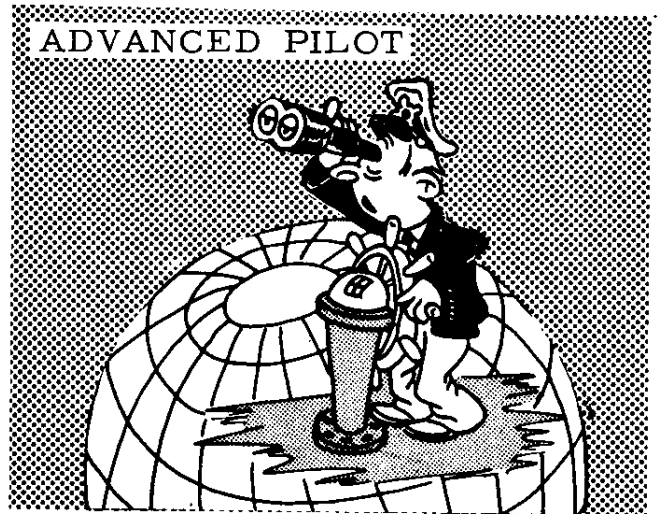
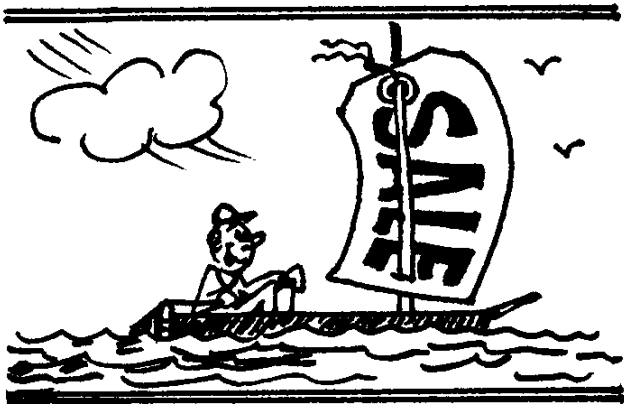


**A Blast from the Past:**

**Contributed by P/D/Lt/C Ed Weber**  
Ed Weber may be contacted c/o the  
FOGHORN.

**MARINE AUCTION and SOCIAL NIGHT**  
**APRIL 7 1973**  
**MID-HUDSON POWER SQUADRON**  
 ST. ANDREWS EPISCOPAL CHURCH  
 OVERLOOK ROAD, MANCHESTER BRIDGE, ROUTE 55  
 ...MARINE ITEMS...  
 SPORTING GOODS  
 SURPLUS MERCHANDISE  
 WHITE ELEPHANTS  
 ...THINGS  
**FREE FOOD** BYOB  
**FREE SET-UPS**  
**ALL DONATED ITEMS HELP THE CAUSE**  
 DONATED ITEMS MUST BE ON HAND BETWEEN 1300 AND 1700 (1-5 PM)  
 INSPECTION FROM 1800 TO 1900  
 AUCTION BEGINS PROMPTLY AT 1900  
 DON'T FORGET THE CAKES & COOKIES  
 TICKETS: \$2.00  
 ...CLIP FOR EXTRA TICKETS...  
 E. DEAN WILCOX  
 P. O. BOX 220  
 FISHKILL, NEW YORK 12524  
 Please send me \_\_\_\_\_ extra tickets.  
 Am bringing guests \_\_\_\_\_  
 Enclosed check payable to Mid-Hudson Power Squadron.  
 Signed \_\_\_\_\_  
 ...LIMITED TO MEMBERS AND GUESTS!

**MHPS Auction Flyer April 1973**



More priceless history to come with the works of P/C George Waning.



[USPS Member Benefits](#)  
**Tell Your Friends about USPS!**

**In case you cannot find it on the website!**

Would you like to have millions of dollars...in free services? Visit our Library Educational Friends:

## WELCOME TO THE BEEKMAN LIBRARY



Kid's Boating Course 19 April 2008

### Second Week of April:

- Library Week (National)
  - National Library Week 13-19 April.
  - National Library Workers Day 15 April

## East Fishkill Community Library

Kid's Boating Course 17 May 2008

### Message from the **FOGHORN EDITOR:**

*The power of the pen.*

**NEW EMAIL ADDRESS?** Want us to know? Please let us know. MHPS painstakingly attempts to keep your information correct and up-to-date. We need your help so we can continue to invite you to meetings, inform you of educational courses, boating information, and, of course, send you the FOGHORN or money. When you call or write, please ask what can we do for you. Got a complaint? Email Us.



**WANTED:** Squadron Historian  
**JOB:** Keep monthly records of events, awards, meetings, attendance, etc

in preparation for history report to be submitted to national and district annually.

**Please contact Squadron Secretary, Commander, or any Bridge Officer for details.**

### Help Wanted: Assistant Webmaster:

Are you interested in using your creative skills in website publication. MHPS can use your artistic abilities in assisting the Webmaster with our on-line information page. The world sees our work. Microsoft Front Page skill desired, but technical support and assurance will be provided.

**Please contact the Squadron Secretary, Webmaster or FOGHORN editor-in-chief, for information and particulars.**



### \*\*\*Special Report\*\*\*

Just what is a Squadron Executive Committee and what do they do?



Executive Committee Members Enjoying Repast.





**More Executive Committee Members  
Enjoying a Meal.**



**Do They Do Any More Than Eat ??**



**Getting Down to Business, Finally.**



**The Great Hall Where Decisions Are  
Made.**

The Squadron Executive Committee is rather like the Board of Directors of a Corporate Organization.

Meeting each month, except July, the MHPS ExComm (Some Squadrons call them Bridge Meetings) proudly considers the day to day business of the Squadron, discussing, voting, debating, and arguing various topics and planning the future. The Executive Committee membership includes the Commander, the entire Bridge, Immediate Past Commander, and three elected members. All Squadron members are invited and encouraged to attend a meeting, participate, and voice an opinion.

The Committee meets on the first Wednesday of each month except July at a FOGHORN published location. Yes, we do dinner, but we also work. Please plan a future appearance; it is time well spent.

***The Health Corner***  
***By Gladys Suessle***

This is the first in a series of articles that I hope will pique your interest in optimal health so that you will be able to enjoy boating to the fullest. Many have invested much money into their beautiful crafts and would like to enjoy their time in the best of health. It might be interesting if you know where I was health wise and where I am now and why my passion is to help others proactively achieve optimal health.

Perhaps I should start with a little bit about us. My husband, Ed has always had an interest in boating, having grown up spending much time piloting his parent's boat. When our 2 children came along, boating was put on the back burner and we started cruising on

land in a motor home. This was easier as we also had 2 Huskies that loved to go everywhere with us. With my health problem, boating was out of the question. Now that we are retired, children are grown and no pets to worry about, we are freer to pursue a more nautical lifestyle and the Power Squadron is a terrific group of like-minded people that we have so enjoyed spending time with.

When I was a Junior in College, I was riding as a passenger in a little MG and the person driving was going a bit too fast around some windy roads. The car went over an embankment and I was thrown out. I suffered a severe concussion with loss of memory and a serious back injury. Only by the grace of God did I survive. At the time, doctors told me that I would have trouble walking and especially climbing steps by the time I was 35. They advised buying a house on one level, so we bought a Ranch. My back was getting worse and worse due to the scar tissue that had built up on my spine. It was very painful bending down trying to pick something up or vacuum under furniture. I had to ease myself down by using the couch or a chair or someone to help them and me I needed help to get up. I was 5'2" and 125 pounds, a bit lighter than I am today. By the time I was 36, I was in constant pain.

When I was in my mid 20's, I developed a real interest in nutrition as I had developed blood clots and could hardly breathe and felt that proper nutrition might be the solution to my problem. I ate a healthy diet, but obviously lacked something. The doctor told me that the blood clots were caused by the birth control pills I was on after we got married. He neglected to tell me that blood clots were a possibility, since as he said, it only happens to 1 in 200,000 women. He said to stop and in time, maybe a year, they would clear up, but having a Biology background, I knew the dangers and questioned him. He said that I was a walking time bomb and that a clot could travel to my brain and cause a stroke or to my heart and cause a heart attack. I did my research and started on several natural supplements from the health food store. After a few months, the clots disappeared. My back was not getting any better and by now I had been taking these supplements for 10 years.

A neighbor suggested that I start on a particular brand, so Eddie and I decided to give it a try. We were the #1 skeptics when she said that we would feel better within 2 months time. Eddie told her "you are a neighbor and we will buy them to help you,

but don't tell us we will feel better." After all, I had studied and researched nutrition so how could she know more? Was I a bit arrogant and distrusting? Absolutely!! Well, within a short time, I had to eat humble pie. We had more energy and Eddie's bursitis disappeared.

My back injury was very severe and it took 4 years to completely heal so much so that I could do anything physical including hiking, jogging and most exciting to me bending and stretching, pain free! To put it mildly, I was sold on these products.

Then 13 years ago, I was in a scooter accident where I broke my left leg in 8 places and my right arm. That was a tragic, yet enlightening experience for me. But, in the interest of not making this too long we will address this in an upcoming Health Corner.

### **Health & Blessings to all!**

FOGHORN staff writer. Ms. Suessle may be contacted at (845.635.2162) or [gsuessle@aol.com](mailto:gsuessle@aol.com)

### **[Editorial and Boating Information Page](#)**

## **Court Ruling Poses Serious Threat to Boating**

A court ruling intended to prevent invasive species from being brought into US waters in the ballast tanks of freighters and tankers requires the EPA to create a permitting process. Unfortunately, as it now stands, the process will include pleasure craft. I.e: you will have to get a permit for discharge of your engine cooling water, grey water discharge, deck runoff, etc.

A new recently created bill; S. 2766, the Clean Boating Act of 2008; would exempt pleasure craft from the burden and expense of obtaining an EPA permit. And would eliminate the need for EPA to add the bureaucracy for handling the millions of pleasure boats.

See [BoatBlue.org](http://BoatBlue.org) for additional information.

NEED SOME NEW STUFF FOR YOUR BOAT?

SET A COURSE FOR THE  
MID-HUDSON POWER SQUADRON'S 36TH ANNUAL

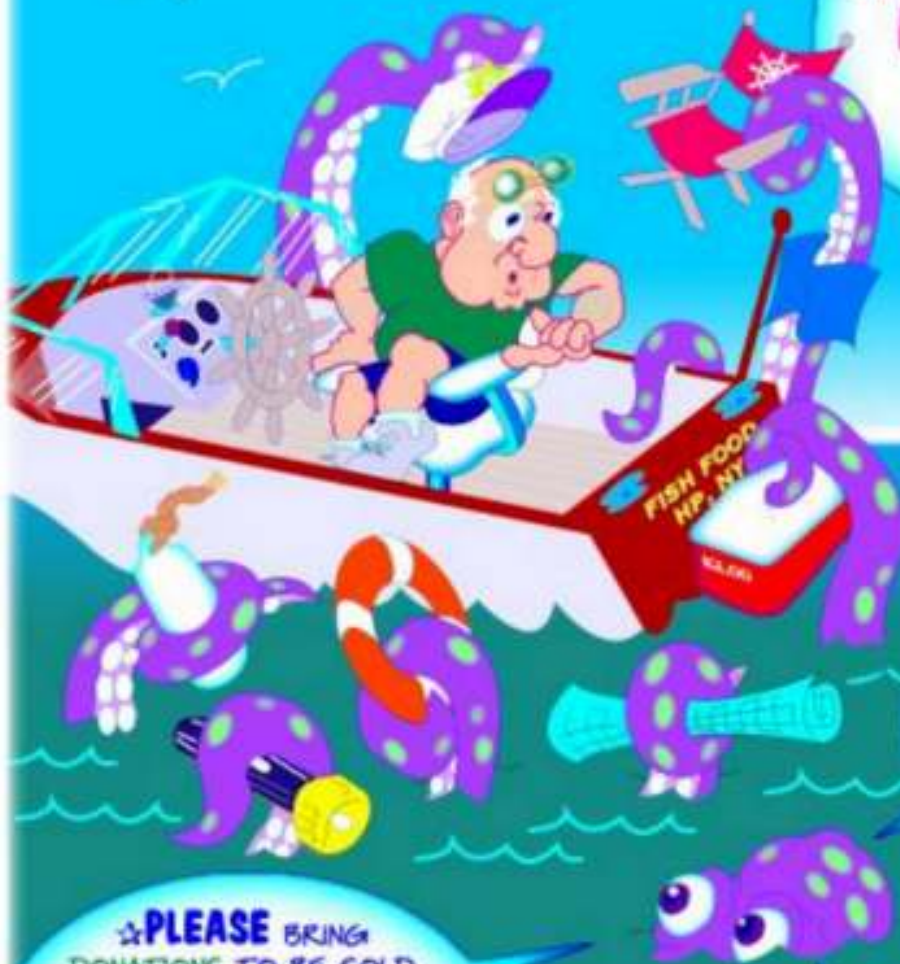
# MARINE AUCTION

AND SOCIAL NIGHT (AND REGULAR MONTHLY MEETING)  
MEMBERS AND GUESTS ONLY

FOR 35 YEARS THE MOST HIGHLY ATTENDED EVENT  
OF THE MID-HUDSON POWER SQUADRON



IT'S **SATURDAY**  
**APRIL 12TH** AT  
**POUGHKEEPSIE**  
**YACHT CLUB**  
ALBANY POST RD  
HYDE PARK, NY



**NEW**  
**MARINE ITEMS**  
**WILL BE AUCTIONED!**  
INSPECTION IS 6:30-7:00 PM  
**CASH BAR**

PLEASE BRING  
DONATIONS TO BE SOLD  
AT AUCTION!  
YOU CAN ALSO BRING  
A COVERED DISH FOR THE  
**POTLUCK SUPPER**  
FROM 5:30-6:30 PM

**ALSO,**  
BRING COOKIES,  
CAKES, PIES & OTHER  
GOODIES FOR THE  
**BAKE SALE**

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# The Foghorn Newsletter of the MID-HUDSON POWER SQUADRON

April, 2008

No 524

**Would you like to be published? Do you have a story to share? Boating experience or Life experience? What about you U.S. Navy Guys? Do not hesitate to submit your original work to the FOGHORN. Let the world know what you know. Contact the Editor, The FOGHORN, Mid-Hudson Power Squadron, an equal opportunity printed media, for and about you and your family.**

<mailto:foghorn.editor.one@verizon.net>  
**the power of the pen**



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