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## The FOGHORN

Newsletter of the  
MID-HUDSON POWER SQUADRON

A UNIT OF THE  
UNITED STATES

POWER SQUADRONS©

June, 2008

No. 526



### Commander's Message June 2008

Boating season is here! The Mid-Hudson Power Squadron is starting the season with several events. The annual education meeting was held on Wednesday, May 29 at the Thai House Restaurant in Hyde Park. We had a unique Thai meal, served family style by very lovely servers. All instructors and students were recognized at this meeting. If you were an instructor or student this past educational year, April 2007 to March 2008 you were recognized. If you did not attend the meeting, please see the Commander or Minke Kwak for a program; your name should be inside.

Also, at this meeting we had a most interesting power point presentation about the mysterious "German Sub" in the Hudson River. This presentation was the result of an investigation by our own P/R/C M.Richard Winchell, SN and his assistant, P/C George Danko. The mystery was

solved, but you have to see M.R. Winchell to find out the solution.

National Safe Boating Week (beginning May 17) was kicked off by the Mid-Hudson Power Squadron attendance at the first annual Sea Tow Safe Boating Rendezvous at Gallo Park in Kingston. Members Andy Williams, Tom Ostrofsky and Minke Kwak were at our booth to hand our brochures and stickers and enlighten the public as to our mission. Thank you, Andy, Tom and Minke.

Our next event was the Memorial Day Parade on Monday, May 16 in Rhinebeck, New York. A report on that will be in the next issue of "The Foghorn."

The Executive Meeting, to which all members are invited, took place on Wednesday, June 4 at Coco's Restaurant in Hyde Park. Coming up on June 18<sup>th</sup> is our meeting at Red Lobster. Please watch your emails and "The Foghorn" for details.

There will be no Executive Committee Meeting or member meeting in July. The Commander will be out of town most of the month.

BUT ... in August we are planning a rendezvous at Cliff Haven, same location as last year. The exact date has yet to be determined. Reserve your Saturdays in August for this annual, fun, boating event.

There WILL be an Executive Committee meeting in August, Wednesday the 6<sup>th</sup>, location to be determined. At that meeting we will plan a new year of boating classes.

Please attend that meeting to share your ideas and support the mission of our organization. In the meantime, enjoy the warm weather, the sailing breeze and fair skies. Be safe.

Commander Pat

## *The Mid-Hudson Power Squadron*

### *Monthly Member Meeting*

**When:** Wednesday, June 18, 2008 @  
18:30

**Where:** Red Lobster Restaurant



2255 Route 9 Town of  
Poughkeepsie, NY 12601  
[www.redlobster.com](http://www.redlobster.com)

**Uniform:** Appropriately  
Casual

**Menu:** Each Person may “*Order Off  
TheMenu*”

**Cost:** Varies based upon food  
ordered

**Speaker:** A Meteorologist (Adam Bakke)  
from [www.YachtWeather.com](http://www.YachtWeather.com)  
(a division of Fleetweather)  
will present a program  
regarding marine weather  
forecasting and routing  
services for yachts navigating  
offshore.

PLEASE RSVP with your *number of guests* by

Thursday, June 12, 2008.

RSVP To: Ed Sugg at (845) 462-3153 or  
[ejsugg@nhainsurance.com](mailto:ejsugg@nhainsurance.com)

P.S. The MHPS Annual Rendezvous is scheduled for  
Saturday, August 16 at Cliff Schoonmaker's home,  
Cliffhaven. Details to follow.

## *Photos of Recent Events:*

### *May 17th kicked off National Safe Boating Week*

Sea Tow organized the first annual Kingston, Galo Park National Safe Boating Week Kick Off. The Mid- Hudson Power Squadron joined them along with the US Coast Guard, the USCG Auxiliary, Dutchess Co. & Ulster Country Sheriff's Marine Department spreading the Safe Boating Message.

Vessel Safety Checks were given and many safety brochures were handed out.

The children especially enjoyed the stickers MHPS was handing out. We were also trying to recruit members and a few boaters seemed interested and took our numbers.

Sea Tow did a great job putting this together. They served hot dogs & burgers to all Sea Tow members and everyone that helped out.

All and all everyone had a good time and I'm sure next year we will have a much bigger turn out, as we will help advertise the event.

I would like to personally thank Captain Paul Kesick of Sea Tow for inviting MHPS.

Lt/C Andy Williams AP.

*(Editor's Note: Photos courtesy of Andy Williams)*



*Is this is a future boater ready to join MHPS?*





*Tommy O and Andy busy in the booth*



*U.S. Coast Guard*



*Paddle and Captain Paul*



*Tom and Minke*



*SeaTow's Booth*



*Spray*





***Save the Lighthouse***



***Fire Boat***

### ***From Jim Smith and Rose Taft***

Jim & Rose Complete Bahamas Voyage

In May 2008 Jim Smith and Rose Taft completed the trip from the Hudson River to the Abacos islands in the Bahamas on their 1980 33' Tartan sailboat. After taking a short break, they will return the boat to North Carolina. Smith, P/LTC of MHPS says the importance of weather, factoring set and drift, and proper boat preparation were critically important during passage-making.

The route was from the Hudson River, down coastal New Jersey to the Delaware Bay and into the Chesapeake Bay. After spending several months in the Chesapeake, they cruised to Norfolk, VA and followed the ICW to West Palm Beach, FL where they jumped across the Gulf Stream to the Abacos, Bahamas. The MHPS couple put several thousand cruising miles under their sailboat's keel and connected with fellow MHPSer's Fred and Linda Mangelsdorf in Jacksonville, FL.

About the ICW, Smith said his eyes were literally glued to the depth sounder during the ICW portion of the voyage. "The shoaling conditions along a number of stretches of the ICW are not only safety hazards but a national embarrassment and I strongly urge USPS national to lobby for increased ICW dredging funds" he said.

Smith said "I really had the chance to use the knowledge gained from my MHPS courses in Piloting and Cruise Planning to good use and I sincerely thank all my MHPS instructors and friends for their help, insights and encouragement."

Rose Taft frequently took the helm on the journey and even found time to take a beginning scuba diving course in Marsh Harbor with Dive Abaco. She was very impressed with the friendly islanders, clear water, and marvelous Abacos beaches. Taft said, "It was the trip of a lifetime and we are going to do it again."

***Story by Jim Smith and Rose Taft***



***Jim Smith at Helm during Gulf Stream Crossing  
Photo by Rose Taft***



***Rose Taft takes her first scuba dive  
Photo by Dive Abaco***



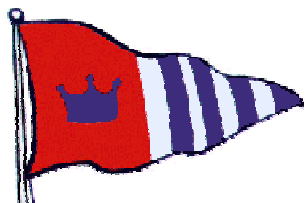
*s/v Radiant, Tartan 33 Sunset at dock in Spanish Cay, Abacos*

*Photo by Rose Taft*

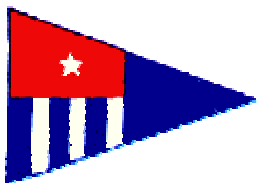
*All Photo Captions by Rose Taft*

**Editors Note:**

*Event photos from the MHPS Educational Meeting 21 May 2008 at Tai House, Kenco Kayak Festival 14 June 2008, Memorial Day Parade in Rhinebeck, and the SEO's sail to Canada will be presented in a special July Edition of the FOGHORN. Boats for Sale also will be featured in July.*



*StormKing Power  
Squadron: friends indeed!*



*Mid-Hudson Power Squadron:*

**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 2008-2009**

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**Website**

The Mid Hudson Power Squadron web site is at

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

**COMING SOON TO AN INTERNET NEAR YOU...OUR NEW WEBSITE.... STAND BY FOR DETAILS.**



Birthdays		Anniversaries	
Joe Chernowski	6/15	Sharman Fitchett	6/1
Margo McGilvrey	6/18	Sharon Jones	6/1
Barry Meehan	6/29	Linda L Mangelsdorf	6/30
Matt Teneyck	6/16	David Rosenthal	6/1
Brian Wiacek	6/2	Chris Suessle	6/23
		Michael Suessle	6/23
Space Reserved for Birthdays of Future Members.		Ed and Gladys Suessle	6/23

**The Month of June – 2008**  
Brought to you by [butlerwebs.com](http://butlerwebs.com)  
“Your Neighborhood Website”

New Moon ~ Tues. 3rd 3:22 pm  
2nd Quarter ~ Tues. 10th 11:03 am

Full Moon ~ Wed. 18th 1:30 pm  
4th Quarter ~ Thurs. 26th 8:10 am

**Gemini:** May 21 - June 20

**Cancer:** June 21 - July 22

**June Birthstone:** Pearl

**June's Flower:** Rose

- Adopt-A-Shelter-Cat-Month
  - "The American Society for the Prevention of Cruelty to Animals (ASPCA) is celebrating June as Adopt A Shelter Cat Month to educate people about the wonderful cats and kittens available for adoption at shelters." Source [www.aspc.com](http://www.aspc.com)



- Aphasia Awareness Month (National)
- Audiobook Month
  - Sponsored by the Audio Publishers Association - Web site: [www.audiopub.org](http://www.audiopub.org)
- Candy Month
- Dairy Month (National)



- Drive Safe Month (National)
- Firework Safety Month (June - July 4th)
- Flag Month (National)
- Fresh Fruit and Vegetable Month (National)
- Gay and Lesbian Pride Month (US)
- Iced Tea Month (National)
- People Skills Month (International)



- Rose Month (National)
- Safety Month (National)
- Scleroderma Awareness Month (National)
- Send A Rose Month (see photo above)



- Turkey Lovers Month
- Vision Research Month
- Zoo and Aquarium Month

2 June Radio was patented in 1896



## Happy Flag Day, Editor George

3 June Battle of Midway began, 1942

### Did You Know?

6 June D-Day Anniversary - Allied invasion of Europe, 1944

The 50th star was added on July 4, 1960 for Hawaii, which entered the Union on August 21, 1959.



Shavuot - June 9 & 10, 2008

A Vexillologist is a person who studies flags.

Federal tax withholding became a law in the US, June 10, 1948



Give till it hurts! -IRS

### The Pledge of Allegiance

24 June U.F.O. Day - First documented UFO sighting on this day in 1947 near Washington's Cascade Mountains.

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.



Men from Mars?

*The Pledge of Allegiance was written in August 1892 by Francis Bellamy.*

25 June Korean War began, 1950

(Editor's note: There is no apostrophe between one nation and under God and, therefore, there can be no separation)

-- source: P/R/C Dick Winchell, SN MHPS

The remote control was introduced on June 29, 1964

The United States Flag Code, which was adopted in 1923, describes the following rules for proper flag protocol:



**Flag Day**  
June 14th



- Always display the flag with the field of blue in the upper left-hand corner. To display it upside down is considered a distress signal.
- It should be carried aloft and free, never flat or horizontally.



- The flag should always be kept clean and safe; never let it become torn, soiled or damaged.
- The flag should be destroyed by burning in a dignified manner, when worn out.
- Always treat the flag with respect. Never embroider it on household items or pieces of clothing.

People who are unable to dispose of the flag in the prescribed manner should contact their nearest American Legion or VFW post. Most of them have an annual ceremony in which old and worn flags are properly destroyed - usually held on Flag Day, June 14th of every year.

### Need More Information:

#### [National Flag Foundation](#)

Flag Plaza  
1275 Bedford Avenue  
Pittsburgh, PA 15219-3630  
412-261-1776

[www.americanflags.org](http://www.americanflags.org)

Providing U.S. Flag etiquette and history information to all Americans.



## Father's Day

15 June 2008

### Did You Know?

- There are more collect calls on Father's Day than any other day of the year.
- An estimated \$1 billion is spent each year in the United States for Father's Day gifts, but Dad is still paying the bill when it comes to telephone calls from the kids. Father's Day ranks #1 for the day that the most collect calls are made, according to AT&T. But dads receive far fewer greeting cards than moms. About 140 million moms receive cards for Mother's Day, compared to just 90 million dads getting Father's Day cards.
- According to the latest Census Bureau figures, there are roughly 36 million dads with kids under age 18 in the U.S. But not all offspring are leaving the nest at adulthood. There are nearly 1 million

fathers who are still providing room and board for their kids aged 18 to 24.



5 Water Street, New Hamburg, NY 12590 - [845] 298-1707  
**Father's Day Breakfast 0900-1200**

### My Father

When I was ...

- Four years old: My daddy can do anything.
- Five years old: My daddy knows a whole lot.
- Six years old: My dad is smarter than your dad.
- Eight years old: My dad doesn't know exactly everything.
- Ten years old: In the olden days, when my dad grew up, things were sure different.
- Twelve years old: Oh, well, naturally, Dad doesn't know anything about that. He is too old to remember his childhood.
- Fourteen years old: Don't pay any attention to my dad. He is so old-fashioned.
- Twenty-one years old: Him? My Lord, he's hopelessly out of date.
- Twenty-five years old: Dad knows about it, but then he should, because he has been around so long.
- Thirty years old: Maybe we should ask Dad what he thinks. After all, he's had a lot of experience.
- Thirty-five years old: I'm not doing a single thing until I talk to Dad.
- Forty years old: I wonder how Dad would have handled it. He was so wise.
- Fifty years old: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

Author Unknown





## Summer begins in the Northern Hemisphere on June 20<sup>th</sup> at 2359.

"A perfect summer day is when  
the sun is shining, the breeze is  
blowing, the birds are singing,  
and the lawn mower is broken."  
-- James Dent

(Source—butlerwebs.com)

### NEWS FROM ED WEBER:

**BoatUS has reported a radio licensing scam.**

An outfit called **Business Radio Licensing** is sending alarming letters about radio licenses being canceled. They say the fee for reinstatement is \$290. The company has no affiliation to the FCC and is in no position to make threats.

By-the-way recreational boats do not need a radio station license unless broadcasting in a foreign port; or the boat is over 65' length; or if single side band or Immarsat equipment is used.

### SEXTANTS FOR SALE

Mid-Hudson Power Squadron has two sextants available for sale.

Both are Hughes & Son of London, and have drum verniers. One is dated 1943 the other 1944. Both are in very good condition with solid wooden cases. We are asking \$150 each, and are a great deal for any Squadron needing quality tools for navigation or teaching a class.

Be the first to contact:

P/R/C Dick Winchell, SN

845-691-7606, today

[n2exv@verizon.net](mailto:n2exv@verizon.net)

Words of Wisdom: for the summer season

From MHPS Commander Smalley

Protect Yourself from Ticks

1. Check yourself daily.
2. Avoid tall grass.
3. Tuck your pants into your socks.
4. Tuck your shirt into your pants.
5. Wear light colored clothing.
6. If you use repellent, read use directions carefully.

June is the season of the nymph (second stage tick). The nymph is very small, has eight legs. The nymph is fairly easy to remove with your finger. Please dispose of in the toilet or save for inspection. Questions? Call 845-889-4242.



<http://www.lyme.org/> Female Deer Tick



[USPS Member Benefits](#)

**Tell Your Friends about USPS!**

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

**You will soon.**



[A Blast from the Past:](#)

[Contributed by P/D/Lt/C Ed Weber](#)

[Ed Weber may be contacted c/o the FOGHORN.](#)

**\*A Blast from the Past will continue in future editions of the FOGHORN. \***

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Beekman, New York

**East Fishkill Community Library**

**Have a suggestion?**



**Email the FOGHORN Editor.**



## **The Health Corner**

**By Gladys Suessele**

### **ALLERGIES: WHY SUFFER?**

It's that time of the year again! I know you have seen them. They are everywhere! People rubbing their eyes, sneezing, sniffing, suffering with sinus congestion, sore throat, ear infections, chest congestion, asthma (just to name a few) and complaining that they lack energy and can't get restful sleep. Some of them deny it saying, "I don't

have allergies" or "I never had allergies before" and many others just try to grin and bear it. More than 50 million Americans suffer from allergies. The culprits in these annoying conditions (i.e., the allergen) include some of the most ordinary things: cats, dogs, grass, pollen, dust, copper coins, nickel-coated earrings and insects to name a few.

Despite the variety of substances that an individual can or may be allergic to, all allergies result from the same basic cause: **AN IMMUNE SYSTEM THAT IS UNABLE TO DISTINGUISH BETWEEN THE HARMFUL AND THE FRIENDLY.** This is an extremely important point. Many people have the misconception that it is the dust or pollen (the allergen) that causes the allergic reaction. It is not! It is the body's inability to adapt to the allergen that is the problem! If pollen were the problem, everyone would have allergic symptoms in the presence of pollen, but that is not the case. Rather it is the body's inability to adapt to the allergen that is the problem.

For example, an article in the newspaper noted that the pollen count was almost 50 times above what is considered normal to the Clean Air Council. The purpose of the article was to provide readers with tips on how to control allergic reactions, all of which boiled down to avoiding the allergen. The article noted that the high levels had caused reactions in people who had never experienced them before. At first glance, this might seem to suggest that indeed it is the pollen that is the cause of the allergies. However, as long as there are still people who do not develop symptoms in the presence of unusually high levels of pollen, then pollen is not the cause.

You see, everyone is born with a certain potential for adapting to pollen (as well as to every other allergen) and some have a greater potential to adapt than others. For those who express no symptoms, it is because their bodies are working the way they should. Their bodies do not see pollen as harmful (which it is not) and consequently, do not declare war on it. Everyone is born with a different potential to adapt to allergens, but all of us can strengthen our immune system to its highest potential so the body can recognize what is harmful and what is not.

**NOW YOU KNOW, BUT WHAT TO DO ABOUT IT?**

We suggest that some of the best things you can do for allergies are:

1. Severely limit your intake of **white flour products** and **sugar** (soda, diet soda, cakes, cookies, white bread, etc) as these lower your immune response.
2. Supplement your diet with Quality Whole Food Supplements with strong enzyme activity (otherwise those supplements are being excreted and you are wasting money)
3. Purify indoor air and
4. Use non-toxic cleaning products. 99% of the cleaning products on the market contain toxins that cause allergies in many people and aggravate asthma conditions.

I would be happy to discuss a protocol that will strengthen the immune system, thereby reducing allergy symptoms naturally, with no medications and their side effects.

**Health & Blessings to all!!**

**Gladys**

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



**Kingston Kayak Festival  
Kayak Demo Day**

June 14th 10am-4pm  
Kingston Point Beach  
Kingston, NY



**Hudson Valley Renegades**

Opening Day 17 June 2008 at Dutchess Stadium at 1905 vs. Aberdeen Ironbirds.



Price of Gasoline on 22 March 2008

Oslo , Norway  
**\$6.82**

**3 May 2008**

**Most expensive places to buy gas  
Rank Country Price/gal**

1. Bosnia-Herzegovina \$10.86
2. Eritrea \$9.58
3. Norway \$8.73
4. United Kingdom \$8.38
5. Netherlands \$8.37
6. Monaco \$8.31
7. Iceland \$8.28
8. Belgium \$8.22
9. France \$8.07
10. Germany \$7.86
11. United States \$3.45

**Where gasoline is cheapest  
Rank Country Price/gal**

1. Venezuela 12 cents
2. Iran 40 cents
3. Saudi Arabia 45 cents
4. Libya 50 cents
5. Swaziland 54 cents
6. Qatar 73 cents
7. Bahrain 81 cents
8. Egypt 89 cents
9. Kuwait 90 cents
10. Seychelles 98 cents
45. United States \$3.45

Source: AIRINC

Editors Note: U.S. Prices have increased \$1.00/gallon since 3 May 2008.





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**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**

**THE FOGHORN**

**Newsletter of the**

**MID-HUDSON**

**SQUADRON**

**POWER**

**June, 2008**

**No 526**

MID-HUDSON POWER SQUADRON

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