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## The FOGHORN

Newsletter of the  
MID-HUDSON POWER SQUADRON

*A UNIT OF THE*

UNITED STATES

POWER SQUADRONS©

September, 2008

No. 528

The FOGHORN has returned! The staff of your award-winning newsletter has enjoyed a two-month vacation, doing what the summer months are all about...boating, picnics, county fairs, and time off. We are back and will bring you all the news that you have grown to expect. As we cruise into a new season, we shall continue to make the FOGHORN the best in the fleet. -editor



### Commander's Message September 2008

I hope all our members, partners and friends had a safe season enjoying fresh breezes and perfect seas. Please spread the word and personally take to heart that there is much boating fun to share, and take advantage of the opportunity to share this fun by remembering our mission to promote boating skills, safety, and fun by spreading the word of membership in our organization. At the next meeting, please consider bringing a friend to show them how much fun we have.

Since this is my first published message this summer, please allow me to review the activities and events enjoyed this boating season.

Kingston Point Park was the scene of the Annual Kenco Kayak Festival on June 14<sup>th</sup>. MHPS was well represented and kudos to Clare Anderson, Joe Todaro, Ernie Klopping, John and Minke Kwak who pitched and distributed literature, and took names of persons interested in learning more about boating fun.

Guest speakers Jess Hurwitz, Director of Sales and Business Development and Adam Bakke, marine meteorologist representing The Fleetweather Group of Hopewell Junction presented at Red Lobster on June 18<sup>th</sup> an excellent program of weather conditions interpretation available for use by land and marine based operations. Visitors are welcome and encouraged to visit their Route 52 facility to learn more about their services.

A week in July was spent on Emerald Isle, North Carolina with twelve of us renting a home. Talk about quality family time! The Dovekie (Ernie's Boat) spent three days exploring the waters of Bogue Inlet, Bogue sound and the adjoining Intercoastal Waterway. Sailing was long, successful, and safe.

The District 2 Council at Dolphin Cove, Bridgeport, Ct. was held on Saturday, July 26<sup>th</sup>. Four members came by boat. Ed Weber with crewman Tom Ostrofsky arrived on the Sea Serpent and Fred and Linda Mangelsdorf aboard Young America III. A meeting, lunch, games for all, evening dinner, and a ferry side trip to Port Jefferson rounded out the day.

Do not forget the District 2 Fall Conference on October 24-25. Watch for details in the FOGHORN.

Please keep in your thoughts our members who are recuperating from injury or illness. Jim Silver and Betty Gladstone are recovering, and Andy Williams is tending to his son injured in an auto accident.

As we head into September and the fall season, let's make this upcoming year the best fun time in MHPS history.

Commander Pat Smalley

## The Mid-Hudson Power Squadron Monthly Member Meeting

**When:** Wednesday, September 17,  
2008 @ 18:30

**Where:** Coco's Pasta and Grill  
3957 Albany Post Road (Route 9)  
Hyde Park, NY 12538  
Phone: (845) 229-3200  
[www.cocospasta.com](http://www.cocospasta.com)

**Uniform:** Appropriately Casual

**Menu:** Buffet to include: Soup, Salad, Pasta,  
Chicken, etc.  
Dessert and Coffee or Tea

**Cost:** \$24. Per person, including gratuity

**Speaker:** Christine Stetler,  
Director of Volunteer Services,  
Dutchess County American Red Cross  
<http://chapters.redcross.org/ny/dutchess/>

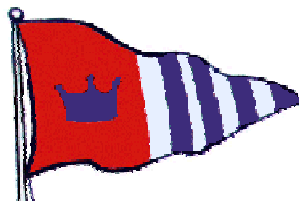


**PLEASE** RSVP with your ***number of guests*** by Monday, September 15, 2008.

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

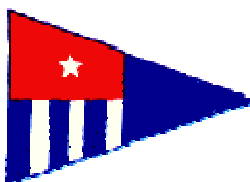
## Photos of Recent Events:

Photos of Recent Events will return  
in October



*StormKing Power  
Squadron: friends indeed!*

**Partners in  
Education and Boating Fun.**



*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 Education Program

**EDUCATION IS OUR MOST IMPORTANT SERVICE.**  
SEO P/C John C. Kwak AP

The summer is coming to a close and now is the time to plan to improve your boating knowledge.

The **SQUADRON BOATING COURSE** at **Certified Marine in Connely NY** will start on Thursday September 11. Your SEO will be the lead instructor with others taking sections to teach. I am looking for instructors for each chapter. I will be calling for **HELP**. 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 will start on Tuesday September 9 .Cdr Pat Smalley AP and P/C Ernie Klopping AP will be the instructors The class will be at the Poughkeepsie Yacht Club (PYC) please contact me or the instructors if you are interested in taking the class.

#### Besides the **Squadron 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**

“**PADDLESMART**”

National has developed 4 more seminars they are **ANCHORING, HURRICANES AND BOATS, KNOTS, BENDS & HITCHES, and MARINE RADAR**

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))

#### **SHIP NAME PREFIXES**

USS:	United States Ship
USCGC:	U.S. Coast Guard Cutter
MS or SS:	Merchant Ship
FV:	Fishing Vessel
HMS:	Her Majesty's Ship
HMCS	Her Majesty's Canadian Ship
ARA:	Armada of the Republic Argentina
FGS:	Federal German Ship
INS:	Indian or Israeli Naval Ship



**Education is Power**

#### **Mid-Hudson Power Squadron Bridge 2008-2009**

##### **Commander**

Patricia K. Smalley, AP  
845-889-4242

[Lymey2@aol.com](mailto:Lymey2@aol.com)

##### **Executive Officer**

Lt. Cdr. Andrew E. Williams AP  
845-876-0761

[agizmofish@yahoo.com](mailto:agizmofish@yahoo.com)

##### **Squadron Education Officer (SEO)**

P/C John C. Kwak, AP  
845-255-5318

<mailto:jckwak@earthlink.net>

##### **Assistant Squadron Educational Officer (ASEO)**

1<sup>st</sup>/Lt Thomas E. Ostrofsky, P  
845-229-9203

<mailto:toostrofsky@att.net>

##### **Honorary Assistant**

##### **Squadron Education Officer (HASEO)**

P/R/C Richard Winchell, SN  
845-691-7606

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

##### **Administrative Officer**

Lt/C Ed Sugg, P  
845-462-3153

<mailto:ej@nhainsurance.com>

##### **Secretary**

Lt/C Jerry Toepfer, AP  
845-462-1786

[Jerry.Toepfer@verizon.net](mailto:Jerry.Toepfer@verizon.net)

##### **Treasurer**

Lt/C Janice M. Silver, P  
845-877-4777

<mailto:jansilver@optonline.net>

##### **Foghorn Editor**

**The power of the pen**

P/C George Danko, AP  
845-724-3702

<mailto:foghorn.editor.one@verizon.net>

**Web Master**

Lt. Joe Todaro, AP  
845-876-8333

<mailto:jstodaro@yahoo.com>

**Assistant Web Master**

Dave Rosenthal, SN

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

**Website**

The Mid Hudson Power Squadron web site is at  
<http://www.midhudsonpowersquadron.org> **come visit us!**

**The Mid-Hudson Power Squadron website is new and improved. If you have not already, take a moment to surf. Under the stewardship of Webmaster Lt. Joe Todaro, we have a brand new look, much information, and state-of-the-art style. Check it out and do not forget to share it with a friend.**

# August

**Birthdays****Anniversaries**

Charles Worrell	8/4		Tammy and Timothy Adels	8/28
Wolfgang Winklharrer	8/23		Bill Palmer	8/31
Ed Weber	8/23		Joyce Teneyck	8/28
Henry Seymour	8/14			
Gerald Milne	8/24			
Ward Miller	8/20			
Fred Mangelsdorf	8/25			
Minke Kwak	8/15			
Bill Enichen	8/13			
Al Croatto	8/16			
George Danko	8/3			

# July

Birthdays		Anniversaries	
Tammy Adels	7/15	Stephanie Bambino	7/1
Irene Denaro	7/17		
Karen Gotimer	7/28		
Linda R Mangelsdorf	7/16		
Bill Palmer	7/2		
Ed Popko	7/29		
Stu Steagall	7/16		
Joyce Teneyck	7/8	Space Reserved for future July anniversaries	

# September

**Birthdays****Anniversaries**

Clare Anderson	9/21		Ed Bright	9/1
Stephanie Bambina	9/19		George Danko	9/14
Sharman Fitchett	9/9		Bill Fitchett	9/1
Linda L Mangelsdorf	9/17		Barbara Black	9/1
Rose Taft	9/21		Ed Sugg	9/28

**Best Wishes and Many Happy Returns to All--editor**

# September 2008 IS

- Craniofacial Acceptance Month
- Fruit and Veggies - More Matters Month
- Healthy Aging Month



- Alcohol and Drug Addiction Recovery Month
- Cholesterol Education Month
- Infant Mortality Awareness Month
- Pediculosis Prevention Month (Head Lice Prevention Month)
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month – extremely important.
- Reye's Syndrome Awareness Month
- Sports and Home Eye Safety Month



- Whole Grains Month



- Apple Month

\*\*\*\*Be Kind to Editors & Writers Month

**This observance is especially important! \*\*\***



Be Kind to Editors & Writers Month is Observed Everywhere.

- Chicken Month –Fried or barbecue



Source: www.butlerweb.com

**Virgo** - August 23 - September 22

**Libra** - September 23 - October 22

September's Birthstone: **Sapphire**

September's Flower: **Aster**

## September Holidays and Observances:

### Labor Day - US National Holiday 1 Sept, 2008

Emma M. Nutt Day, the first woman telephone operator, Sept 1, 1878...Remember the days when they said "number please"? Now they put you on hold and say "your call is important to us, please stay on the line, your call will be answered in three weeks."!!

Ramadan - First day of Ramadan Sept 1, 2008



Citizenship Day/Constitution Day - September 17th each year. Observes the anniversary of the US Constitution being completed, signed and



approved, 1787

POW/MIA Recognition Day (National, US) - Observed each year on the third Friday of September. 19 September

This month in history:

Labor Day is declared a US national holiday by Congress, Sept 1, 1894

World World II began, Sept 1, 1939 at 5:30AM when German troops invade Poland.

**First federal tax on tobacco, Sept 1, 1862...and it does not stop**

V-J Day - Japan signed formal surrender, Sept 2, 1945

Treaty of Paris ended the Revolutionary War, Sept 3, 1783

The Edsel was introduced September 4, 1957



William McKinley (25th US President) was shot at the New York Buffalo Pan-American Exposition in New York, Sept 6, 1901. He died 8 days later on September 14, 1901

First Miss America Pageant, Sept 7, 1921



The United Colonies" is renamed the "United States" by the Continental Congress, Sept 9, 1776

U. S. Naval Sea Cadet Corps incorporated, Sept 10, 1962

**In Memory of America's Tragedy  
September 11, 2001**



2,793 people died in New York, Washington DC and Pennsylvania from the September 11, 2001 terrorist attacks.

**Never Forget!**

*Star Spangled Banner* was written by Francis Scott



Key, Sept 14, 1814

While aboard a sloop during the Battle of Baltimore.

**William McKinley, 25th US President died on September 14, 1901 after being shot on September 6, 1901 in Buffalo, NY. He was born January 29, 1843**

Alexander Fleming discovers Penicillin, Sept 15, 1928

"USA Today" was first published, Sept 15, 1982



**Vanessa Williams becomes the first black Miss**



**America, Sept 16, 1983**

**Ladies Auxiliary VFW organized, Sept 17,**



**1914**

U. S. Air Force established, Sept 18, 1947



Sandra Day O'Connor was confirmed by the Senate as the first woman Supreme Court Justice,



Sept 21, 1981

**Autumn Equinox - First Day of Fall/Autumn 2008**

**Occurs at 0055 Eastern Daylight Time 23 September 2008**

The Planet Neptune was discovered, Sept 23, 1846



Not good for celestial navigation.

The first Transatlantic telephone cable was completed, Sept 23, 1956

USS Enterprise, the first nuclear aircraft carrier, launched on



September 24, 1960

The US Federal Trade Commission was established on September 26, 1914.

World Maritime Day - September 27

US Army established, Sept 29, 1789



VFW established, Sept 29, 1899

**More September Observances from [www.butlerweb.com](http://www.butlerweb.com)**



- Children's Good Manners Month



- Classical Music Month
- Coupon Month (National, US)
- Ethnic Foods



- Fall Hat Month
- Hispanic Heritage Month
- Jazz Month
- **Honey Month (National, US)**

Nice Hat!



Honey's **OR**



Honey from Bees

- **Library Card Sign-Up Month (See Our Partners' Banners below)**



***Sign Up Today. Millions of dollars of services are no extra charge.***

## East Fishkill Community Library

Little League Month (National, US)



- **Marriage Health Month**
- Mushroom Month
  - September is Mushroom Month in Pennsylvania. Pennsylvania is #1 in



mushroom production!

- Organic Harvest Month
- Rice Month
- Self Awareness Month (International)
- School Success Month (National, US)
- Self-Improvement Month

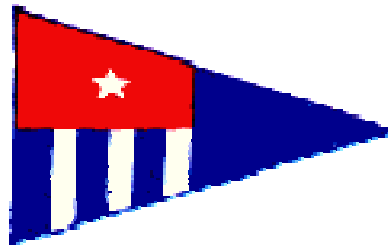


- Sewing Month (National, US)
- Southern Gospel Music Month



- Tiger Month –Not to be confused with lions or bears
- Women of Achievement Month -- Take an achiever to

lunch.



## Mid-Hudson Boating Club

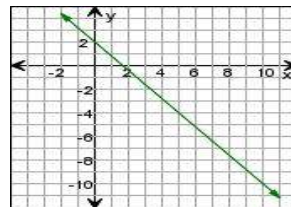
A Unit of Mid-Hudson Power Squadron Inc.

*Recreational Education— America's Boating Club*

### ***We Have Fun!***

What do you think of the name?  
Is this a good idea for the future?

Send your comments.



***Think about it.***

USPS Membership 1993-2007



**Thanks for a great time boating this summer.  
We're glad the FOGHORN is back, Editor George**



## SEXTANTS FOR SALE

Mid-Hudson Power Squadron has two sextants available for sale. ***There are only two left!***

When these are gone, that's it. If you have any intention of following the great navigators of the past, this is your final chance.

**Be the first or second, but not third to contact:**

**P/R/C Dick Winchell, SN**

**845-691-7606, today**

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



Dedication party at Certified Marine

**The Adventures of P/D/C Fred and Linda Mangelsdorf this summer aboard the Young America III.**

**[Read all about it at their web log:](http://youngamerica3.blogspot.com)**

<http://youngamerica3.blogspot.com>



***The Best is yet to be!***

## The Health Corner

By Gladys Suessele

Doesn't Everyone Dream of FEELING 25 years YOUNGER and LIVING LONGER?

Unlocking the secrets to longevity is the ultimate scientific quest. Scientists are spending billions in research dollars to help us feel younger and live longer. The top scientists in the anti-aging field at Harvard University, the National Institute on Aging, the National Cancer Institute and the National Institute of Environmental Health Sciences have done multiple studies and published over 2000 articles on resveratrol and other longevity factors.

There has been much research recently on the value of red wine, but is it really beneficial? Red wine contains a substance called resveratrol which has been found to have anti-aging /anti-oxidant properties. The only glitch is that you would be constantly intoxicated were you to get enough resveratrol to really make a difference. About 100 glasses of red wine per day is what would be necessary to really make an impact.

There are 4 key mechanisms that impact Cellular Aging:

1. DNA damage: Every day, every cell in your body (and there are trillions of cells) is bombarded by up to a million DNA-damaging assaults. These assaults can damage the cell's genetic database, creating a "typo" (mistake or mutation) that may compromise cell function and longevity. So you need to PROTECT and REPAIR the cellular DNA. Scientists have long told us that we cannot repair DNA, but new evidence shows that it IS possible, given your body has the right nutrients.
2. Genetic Regulators: Genetic regulators or longevity genes contribute to age related cellular deterioration. So, something must positively impact genetic regulators that help turn down cellular aging.
3. Declining Cellular Energy Production: Mitochondria in our cells create energy we can't live without. As mitochondrial efficiency decreases, cell function declines. So, we need something that will promote mitochondrial biogenesis.

4. Accumulation of AGE Proteins: Excess accumulation of Advanced Glycation End products (AGE) proteins can cause cellular damage that can compromise cell integrity and longevity. Resveratrol will do this to some extent, but some special polyphenols are 10X more powerful than resveratrol alone at slowing AGE protein formation.

How would you like to Feel 25 Years Younger and Live 25 Years Longer? There is now a revolutionary breakthrough in the fight against cellular aging!!! It has been developed after years of research by the number one natural nutrition company in the US. VIVIX is the world's best anti-aging supplement which in clinical tests has been shown to impact the four key mechanisms of cellular aging. A 30 day supply (1 tsp/day) of VIVIX delivers the equivalent amount of Resveratrol found in 3000 GLASSES OF RED WINE, and VIVIX ingredients are 10X MORE POWERFUL in slowing a key mechanism of cellular aging (AGE protein formation). Besides anti-aging, VIVIX also promotes heart health, brain health, cardiovascular function, joint health and enhances immunity. This product is a good 20 years ahead of its time! Why wait any longer to slow down the devastating effects of aging. We are not getting any younger. Turn back the hands of time with this true gift from nature and scientific know-how. Start now so that you can enjoy those things in life important to you!

For further info please call Gladys & Ed Suessele (845.635.2162) or go to [www.shaklee.net/suessele](http://www.shaklee.net/suessele).

FOGHORN staff writer. Mrs. Suessele may be contacted at (845.635.2162) or gsuessele1@aol.com

**Health & Blessings to all!!**

**Gladys**



**Stay Healthy**

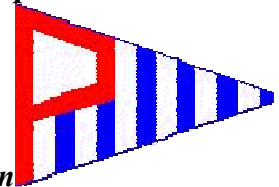
## District 2 Fall Conference 24-26 October 2008



*Holiday Inn Hotel & Conference Center 542  
Route 9, Fishkill, NY 12524*



Hosted by  
*Peekskill Sail & Power Squadron Celebrating*



*50 Years of Boating Education*

**Information and registration  
form is available at:**

[http://www.darcy-systems.com/district/2008\\_10\\_24-26\\_Fall\\_Conference\\_Fill-In.pdf](http://www.darcy-systems.com/district/2008_10_24-26_Fall_Conference_Fill-In.pdf)

or link to

<http://www.usps.org/localusps/d2/>



Lahaina Yacht Harbor, Maui, Hawaii, USA



## 8<sup>TH</sup> Annual Save Esopus Lighthouse Regatta

This year hosted by Poughkeepsie Yacht Club and Norrie Point Sailing Club.

All entry fee proceeds will be donated to the Save the Esopus Lighthouse Commission.

Help preserve the last wooden lighthouse on the Hudson River by sailing in the Regatta.

\$30 entry fee will benefit the restoration and preservation of the lighthouse.

For further information:

Visit our websites at [www.poughkeepsieyachtclub.org](http://www.poughkeepsieyachtclub.org) and [www.npsc.homestead.com](http://www.npsc.homestead.com) OR email Chris D'Aleo...[daleoc@optonline.net](mailto:daleoc@optonline.net) or [aleoc@optonline.net](mailto:aleoc@optonline.net)



October 11<sup>th</sup> 2008  
It begins at 1230

**Skipper's meeting will start at 1100 at the Poughkeepsie Yacht Club.**

Following the Regatta is the awards ceremony with **food, refreshments, and cash bar at the Poughkeepsie Yacht Club.** Docking/mooring will be available at PYC, and plenty of anchorage is available on the river between PYC and Norrie Point. Feel welcome to phone ahead to make overnight docking/mooring arrangements at PYC. 845-889-4742

Register early by mail, or the day of the Regatta from 1000-1100 at the PYC Club House.





**THE FOGHORN**  
Newsletter of the  
MID-HUDSON  
SQUADRON

POWER

September, 2008

No 528

**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**

**Like this issue—don't like this issue?**

**COMMENTS ARE ENCOURAGED.**

MID-HUDSON POWER SQUADRON  
FOGHORN EDITOR  
P/C George J Danko  
20 Hynes Road  
Poughquag, NY 12570