



R

## The FOGHORN

Newsletter of the  
MID-HUDSON POWER SQUADRON

A UNIT OF THE  
UNITED STATES

POWER SQUADRONS®

November, 2008

No. 530



### COMMANDER'S MESSAGE

November, 2008

The year is quickly coming to a close and with it all the frantic hustle of the holiday season. We do look forward to our annual holiday party in December. Keep a watch for details of this event. Most of us have our boats stored for the winter, or if we are among the nomadic types, have headed for warmer waters.

The Mid-Hudson Power Squadron, your fun boating organization, has been busy this fall. We had our Executive Committee meeting on October 1 and our member meeting on October 15. The member meeting was well attended at the Poughkeepsie Yacht Club. We had a catered affair at a very reasonable price for all. Members of PYC were invited to participate and we did have PYC members in attendance. The program was the USPS Seminar, GPS, presented by our SEO, John Kwak. Everyone

in attendance received a certificate. We thank the Poughkeepsie Yacht Club for the use of their clubhouse.

Ten members of Mid-Hudson attended the D2 Fall Conference on October 25 at the Holiday Inn, Fishkill, NY. This was also the celebration of the 50<sup>th</sup> anniversary of Peekskill Sail and Power Squadron. We had our morning meetings, lunch, afternoon meetings with awards, then after social hour a very delightful dinner/dance in the evening. It was a rainy day and could not have been better spent than with our Power Squadron friends, having fun and conducting squadron business.

This message is being produced on election eve. It has been one of the most interesting and exciting campaigns in my lifetime. I do look forward to the end of all the TV ads, mail and phone messages. By the time you receive this message, we will know our next president. Amen!!!

Take care.

Commander Pat

## *The Mid-Hudson Power Squadron* *Monthly Member Meeting*

***When:*** Wednesday, November 19, 2008 @  
18:30

***Where:*** Wappinger Buffet

**1488 Route 9, Wappinger's Plaza**

**(Just north of Myers Corners Road)**

**Wappinger's Falls, NY 12590**

**Phone: (845) 297-1488**

***Uniform:*** Casual

**Menu:** Buffet to include: Soup, Salad, Pasta, Chicken, Beef, etc. Both Chinese and American Cuisine, Dessert and Coffee or Tea

**Cost:** \$15 per person, including gratuity

**Speaker:** P/R/C Dick Winchell SN, Mid-Hudson Power Squadron, will present the International Yachtmaster Program and its relationship and connection to the USPS Boater Certification process and On the Water Training Program. Recreational Boating required education is changing; take advantage of this opportunity to explore what's happening on the horizon.

**PLEASE RSVP** with your number of guests by Monday, November 17, 2008. Ed Sugg at (845) 462-3153 or [ejsugg@nhainsurance.com](mailto:ejsugg@nhainsurance.com)

**Photos of Recent Events:**



District 2 Fall Conference

24-25 October 2008



**District 2 Bridge gets down to business.**



**Chief Commander's Representative:**

**V/C Joe Mesenburg SN with words of wisdom**



**Color Guard Presents**



**Awards for everyone**



**What a handsome couple: V/C Joe and Karen Mesenburg taking a moment after Saturday lunch.**



**The Peskin's enjoying the 50's theme.**



**Some guys have all the luck!**



**Guess who won the prize for the best costume.**

**Mid-Hudson Member's Meeting  
Poughkeepsie Yacht Club 15 October 2008**



**Looks like something out of the fifties. Where's Dick Clark?**

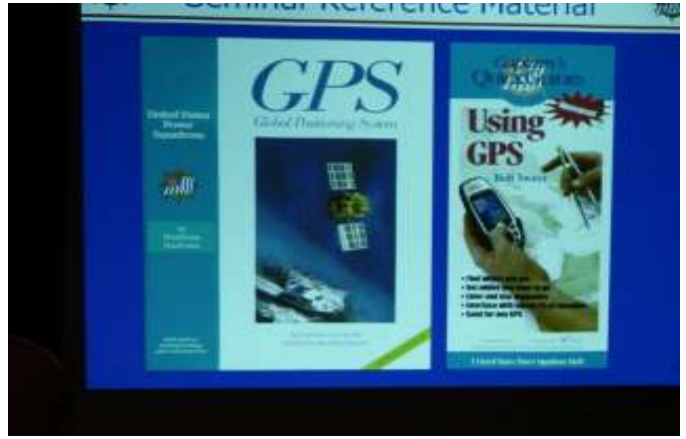


**Favorite and familiar faces**





Repast aplenty at the buffet table

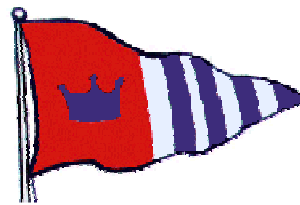


Want to learn about GPS? Contact SEO Kwak

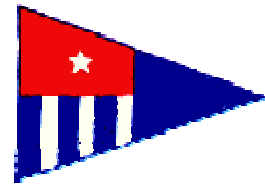
## Partners for Boating Fun



SEO John Kwak presents the GPS Seminar

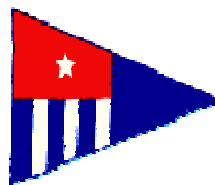


*Stormking Power Squadron*



*Mid-Hudson Power Squadron*

## Mid-Hudson Boating Club



Founded by the Mid-Hudson Power Squadron



The crowd learns everything about GPS

# **We Have Fun!**



**Is it time to build the future, now? Think about it.**

# Partners for Education

WELCOME TO THE BEEKMAN LIBRARY



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

East Fishkill Community Library

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



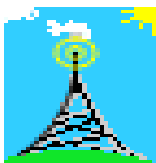
<http://chapters.redcross.org/ny/dutchess/>

# MARIST

[www.marist.edu](http://www.marist.edu)



*Education is Power*

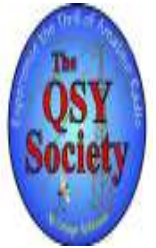


Community Service  
through Amateur Radio



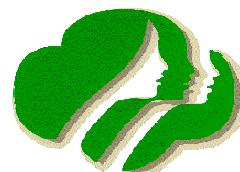
**QSY Society**

Experience the Thrill of Amateur Radio



*Amateur Radio, Recreational Boating, and  
Community Service....are Good Together.*

**Reach Out to the Youth of Today  
and Tomorrow**



GIRL SCOUTS®

**BOY SCOUTS OF AMERICA**



**Happy Thanksgiving, Editor George**

## **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 JN

Fall and winter, with the boat put away, is the time to learn more about our sport, please ask me about courses, seminars or my extensive boating book library available to all.

The **SQUADRON BOATING COURSE at Certified Marine in Connely NY** is completed with 3 students passing. Kathleen Coppersmith is joining the Squadron and she is looking forward to the next course. The other 2 students are seriously considering joining. One student who lives in Hudson could not finish, but she is working with Michele Tarsa AP who lives in Athens to complete the course. Thank you, Michele.

A **SEAMANSHIP** class is being formed for a late winter start, at a location to be announced. Cdr Pat Smalley AP and P/C Ernie Klopping AP are the instructors

We are planning the Courses for next year; let me know what you want to take.

The 5 Advanced grade Courses are:

SEAMANSHIP (S)  
PILOTING (P)  
ADVANCED PILOTING (AP)  
JUNIOR NAVIGATION (JN)  
NAVIGATION (N)

The 6 Elective Courses are:

CRUISE PLANNING (CP)  
ENGINE MAINTENANCE (EM)  
INSTRUCTOR DEVELOPMENT (ID)  
MARINE ELECTRONICS (ME) 101, 102, & 103  
SAIL (Sa) 101 & 102

WEATHER (Wx) 101 & 102

We gave the **USING GPS** Seminar at the last Squadron meeting and all who attended will receive a Certificate. We will hold other Seminars at future meetings let me know which one should be next.

Besides the **Squadron Boating Course**

We have 11 seminars to teach to the public;

**“BOAT HANDLING UNDER POWER”**

**“USING VHF & VHF/DSC RADIO”,**

**“USING GPS”,**

**“HOW TO USE A CHART”,**

**“SAIL TRIM”.**

**“ON BOARD WEATHER**

**FORECASTING**

**“PADDLE SMART”**

**“ANCHORING,**

**“HURRICANES AND BOATS,**

**“KNOTS, BENDS and HITCHES,**

**“MARINE RADAR**

**.”TRAILERING”**

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))

## **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, JN

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:tostrofsky@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 2008 **award-winning** web site is at<http://www.midhudsonpowersquadron.org> **come****visit us!**

Birthdays		USPS Anniversaries	
Betty Gladstone	11/15	Jerry Toepfer Janice Silver	11/1 11/1
Bruce LoPresti	11/6	James Smith Chris Hatfield	11/10 11/10
Joe Todaro	11/20	John Kwak	11/18
		William Enichen Margaret Enichen	11/28 11/30
		Joe Chernowski Judy Chernowski	11/10 11/10

Best Wishes and Many Happy Returns to All--editor

## November 2008

November 2008 Calendar						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						<u>1</u>
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
<u>30</u>						

**Scorpio** - October 23 - November 21**Sagittarius** -- November 22 - December 21November's Birthstone is the **Topaz** or **Citrine**.**November's Flower is the Chrysanthemum.**

The Chrysanthemum stands for optimism and cheerfulness.

Alzheimer's Disease Month

Diabetes Month

Hospice Month

Native-American Heritage Month

Dow Jones Average hits 1000 for the first time on November 14, 1972

Former President Richard Nixon claims "I am not a crook" (Watergate Scandal) in a press conference on November 17, 1973.



Arnold Schwarzenegger was inaugurated Governor of California on November 17, 2003

Abraham Lincoln delivered the Gettysburg Address, November 19, 1863  
The Pilgrims first landed at what was to become Provincetown, on Cape Cod, on November 21, 1620

**John Fitzgerald Kennedy**, 35th US President - "On November 22, 1963, when he was hardly past his first thousand days in office, John Fitzgerald Kennedy was killed by an assassin's bullets as his motorcade wound through Dallas, Texas. Kennedy was the youngest man elected President; he was the youngest to die."



27 November

**Thanksgiving Day 2008**

## Travels of YOUNG AMERICA

This is the story of our two year adventure on the Mirage Great Harbor Trawler, YOUNG AMERICA

**Blog by Linda and Fred Mangelsdorf**  
**Updated 11 November 2008**

<http://youngamerica3.blogspot.com/>



**Grown ups being kids on Halloween**



**YA and the Mt. Vernon Tour Boat**



**Party time at Aquia Harbor**



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

The Health Corner

By Gladys Suessle

Turn Back the Hands of Time!!!!

### *Anti-Aging Comes of Age*

A revolutionary new cellular anti-aging product (a delicious liquid) based on the work of the TOP expert in the field of anti-aging Dr. David Sinclair of Harvard University has been released on the market. Health results have been amazing in less than 3 months. Now, Shaklee has conquered the final frontier...aging. Is resveratrol the Fountain of Youth that man has been searching for? You decide.

Dr Sinclair, on the Barbara Walters show, discussed how Resveratrol had increased the lifespan of every cell he tested including fruit flies, worms and



mice. Interest in resveratrol intensified in 1997 when it was discovered that resveratrol can help prevent cancer. Then, in 2003, Dr Sinclair and his colleagues discovered that resveratrol is a key longevity molecule, due to its ability to turn on the master regulatory gene. In lab tests, **resveratrol** enhanced the vitality and extended the life span of every species tested. If human tissues respond the same as all other cells (there is no reason to think that it wouldn't) that could extend the **human life span to 135 years in good health!** VIVIX has been clinically proven to be 10x more powerful than resveratrol alone. How did they do that?

*Enter the Super Grape.*

Shaklee found the highest concentration of polyphenols residing in a "Super Grape" found in a very specific part of the US. This super grape naturally contains an extra chromosome and scientists believe that this extra chromosome greatly enhances the grape's polyphenol profile thus making Vivix extraordinary. This grape also contains ellagic acid, a polyphenol not found in ordinary grapes. Ellagic acid is thought to be responsible for many of the unique cellular anti-aging actions of the VIVIX formulation.

No one, until Shaklee now, has been able to develop an extraction method to capture these delicate natural compounds to create a full-spectrum extract that preserves the full potency of the powerful phytochemicals. Shaklee experimented with 12 different varieties of the "Super Grape" to capture the optimum ratio of these amazing polyphenols (ellagic acid, anthocyanins, proanthocyanidins, ellagitannins, resveratrol).

VIVIX contains the purest (98 percent) natural form of resveratrol available AND contains no Emodin (a chemical laxative found in other adulterated resveratrol products).

*The Four Mechanisms of Disease.*

Raymond Francis in his book Never be Sick Again reviews the biological basis of disease. The thesis is that there is only ONE cause of disease: THE MALFUNCTIONING OF OUR CELLS! And there are only TWO reasons why cells malfunction: Lack of Nutrients and Exposure to Toxins. These toxins come from the outside (pesticides, polluted air, antibiotics, food coloring, artificial chemicals in foods, artificial sweeteners(ex: pink package), etc as well as toxins from within our body due to metabolic processes.

How can VIVIX correct the four causes of cellular aging and disease? Please refer to the Health Corner in the September issue of the Foghorn for the 4 mechanisms.

In less than 3 months, the testimonies have been very encouraging and really amazing! Do you know anyone who suffers from arthritis, allergies, heart related problems, hypothyroidism, diabetic neuropathy, cataracts, lack of energy, etc, etc or any condition that you want to correct WITHOUT medication and its side effects? Try VIVIX!! I think you'll be amazed. What have you got to lose? Perhaps aches and pains, chronic fatigue, or a whole host of other medical problems?

Health & Blessings to all!!

Gladys ☺

[www.shaklee.net/suessle](http://www.shaklee.net/suessle)

Foghorn staff writer, Mrs Suessle may be contacted at (845) 635.2162 or [gsuessle1@aol.com](mailto:gsuessle1@aol.com)



**A Little Bit of Humor...**

My wife's a water sign. I'm an earth sign.

Together we make mud.

- Rodney Dangerfield

If someone is hooked on eating Thanksgiving dinner leftovers...  
Can that person quit "cold turkey?"

***News from P/D/Lt/C Ed Weber SN***

Article about Esopus Meadows Lighthouse.

<http://abouttown.us/ulster/articles/lighthouse.shtml>





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

POWER

November, 2008

No 530

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

