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## The FOGHORN

Newsletter of the  
MID-HUDSON POWER SQUADRON

*A UNIT OF THE*

UNITED STATES

POWER SQUADRONS®

December, 2008

No. 530



### COMMANDER'S MESSAGE

December, 2008

This message will be brief. The Mid-Hudson Power Squadron has had a sad month this past November. We lost a dear and valuable member, Peter Cavalla. It was unexpected. He was recuperating from emergency surgery on his appendix. He came home Sunday, November 16 and died Monday, November 17 early in the morning. We are saddened by his family's loss and our loss. Please see article following this message.

Also, Erich Winklharer, the son of Wolfgang Winklharer, passed away this past month. He was 29 years old. "Stricken with Cerebral Palsy from birth, Erich succeeded against all odds." (Poughkeepsie Journal) Our condolences go to his mom and dad and other family members.

The holiday season is fast approaching and with it all the hustle, bustle of preparation. Let's try to keep in mind the themes of peace and love, giving, not receiving. And be safe! If you are traveling, may you have a good journey and good return home.

The Mid-Hudson Power Squadron is having its annual holiday party on Wednesday, December 17 at Coppola's Restaurant in Hyde Park. See more details in this Foghorn.

I look forward to seeing EVERYONE. Come for a great meal and fun time with our Pirate's Auction.

The next Executive Committee meeting will be held on Wednesday, January 6, 2009. At this time, the location is yet to be determined.

Have a great December and see you on the 17<sup>th</sup>.

Commander Pat

### FAREWELL TO PETER

It was with great sadness that fourteen members of the Mid-Hudson Power Squadron attended the Doyle Funeral Home in Poughkeepsie on Thursday evening, November 20, 2008 and conducted a farewell service for Peter Cavalla. Four members read prayers, stories, poems and a personal message. Peter passed away on Monday, December 17 at the age of 68. Peter has been a member of the Power Squadron since 1986 and has earned 21 merit marks. He also earned the rank of Senior Navigator (SN). Peter was the lead teacher for the past few years of the squadron boating course. He was a great sailor and loved to race. He taught the squadron sail course and took his students out in his boat for one of his weekly races.

Peter is survived by his wife, Veronica (Roni), two daughters, Patricia and Vanessa, Patricia's husband, Colin, and their son, Connor. Peter also has surviving sisters and a father-in-law.

We in the Mid-Hudson Power Squadron will miss our great friend and teacher. Peter always had that great smile. We send Roni and the family our sincere condolences and support. Good bye, Peter.

[\*The Mid-Hudson Power Squadron\*](#)  
[\*Monthly Member Meeting\*](#)

The Mid-Hudson Power Squadron  
Monthly Membership Meeting –  
“The Annual Holiday Party”

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

**Where:** Coppola’s Restaurant, 4167  
Albany Post Road (Route 9)  
Hyde Park, NY

Phone: (845) 229-9113

Website: <http://www.coppolas.net/hydepark.htm>

**Uniform:** “Holiday Festive”

**Dinner Menu:**

Entrée Choices: Veal Parmigiana  
Chicken Marsala  
Broiled Salmon

Including: Antipasto Penne  
Dessert (Sundae)  
Coffee or Tea

**Cost:** \$23.00 per person

**Entertainment:** **The Annual Pirate Auction** – please bring a wrapped gift marked for a man, woman or both if you wish to participate. The cost should be kept between \$5 & \$10.

PLEASE RSVP with your *choice of entrée(s)* and *number of guests* by  
Monday, Thursday, December 11, 2008

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



[\*Photos of Recent Events:\*](#)

**New England Fall Fling & Conference**

Friday November 14<sup>th</sup>-Sunday November 16<sup>th</sup> 2008

[\*Not Your Average Conference!\*](#)

*Sponsored by Districts 12, 14, 18 and 19 with participation from District 2.*

*Ashworth-by-the-Sea Hotel*

*295 Ocean Blvd*

*Hampton, New Hampshire 03842*



*Aide to Commander Kathleen Lambert and District 12 Treasurer Ai Lean Lim extend welcome at the registration table.*



*Getting Acquainted with the Lady of the Sea*



**“The Lady of the Sea” New Hampshire Marine Memorial designed by Alice Cosgrove of Concord, dedicated 31 May 1957**



**USPS Chief Commander  
Creighton Maynard, SN extends words of wisdom.**



***“Lady’s” View of the Ocean***



**Larry Melanson USCGA explaining the importance of modern Marine Communications.**



**Captain Bob Cronin demonstrates Marine Accident Reconstruction techniques.**



***Our friends at Commodore Uniform and Nautical Supplies offered a fine selection of equipment and accessories at the vendors/product lines display.***

**<http://www.commodoreuniform.com/>**





*The First Family of Freleng Safety Products, LLC Demonstrate the "Water Buoy" Personal Visibility Marker. Contact Bob or Dianne (bob.russel@freleng.com) or 603-898-0170 for more information.*



*Medical Emergencies Afloat was presented by Dr. James Feldman*



*The "Water Buoy" underway.*



*Paddlesafe demonstration with Chris Thomas of NE Small Craft.*

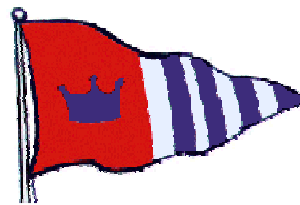
<http://www.nesmallcraft.com/>



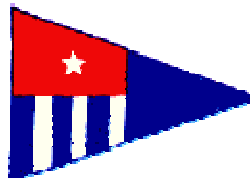
*The crowd enjoys repast at lunchtime.*



## *Partners for Boating Fun*



*Stormking Power Squadron*



*Mid-Hudson Power Squadron*

# Mid-Hudson Boating Club



Founded by the Mid-Hudson Power Squadron

***We Have Fun!***

***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***

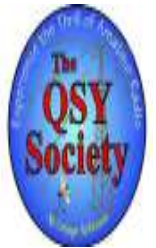


Community Service  
through Amateur Radio



**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**

The Health Corner  
By Gladys Suessle

### A Simple Approach to Building a Healthy Body

For a moment, let's pretend that we are builders on a construction site. Building anything, whether it's a wall, deck or roof or whatever, requires 3 main things:

1. the basic building material (brick, wood, shingles, etc)
2. Something that holds the material together (mortar, nails, etc)
3. Someone with the correct tools & knowledge to do the work of putting it all together (bricklayer, carpenter, roofer, etc)

Possible Problems:

1. If **any one** of these 3 things are missing, the job cannot be done.
2. If the building material **OR** the material that holds it together is of substandard quality or insufficient quantity, the job either cannot be done or they do the best they can with what they have available. In this case, the finished product will be of substandard quality.
3. If the worker lacks the knowledge, tools, or experience required to do the job, the finished product will be of substandard quality.

We have all experienced the aggravation of having a product, service, construction or repair job that was either delayed or of poor quality; ultimately not performed as intended. These situations are extremely frustrating and often costly. We wonder "why couldn't it be done right in the first place?"

**Now let's pretend that we are inside our body trying to build or repair a bone, muscle, joint, some new skin to heal a wound or whatever.** The story is the same. **Three things are required:**

1. **The basic building material:** In the body, no matter what is being built or repaired, the basic building blocks or "raw material" is always amino acids (from protein). The amino acids are "put together" in infinite combinations to make **everything** in the body.
2. **Something that holds the amino acids together (a "mortar") &/or makes them function properly (a "fuel").** This mortar &/or fuel, so to speak, consists of various vitamins, minerals, glucose, fatty acids, water, etc. Each type of tissue requires a slightly different formula for the mortar or fuel.

3. **Someone with the correct tools & knowledge to do the work of putting it all together** (our innate wisdom, internal healing mechanisms and enzymes).

Possible Problems:

1. If **any one** of these three things is missing, the job simply cannot be done.
2. If the building material (amino acids) OR the mortar/fuel (vitamins, minerals, etc) is of substandard (synthetic or contaminated) quality or insufficient quantity (deficient) the job either cannot be done or body mechanisms may be forced to go ahead and do the best they can with what they have available. In this case, the finished product will be of substandard quality (scar tissue or malfunctioning, resulting in symptoms and beginning the dis-ease process).
3. Lacking or malfunctioning enzymes or innate mechanisms will create the same poor results.

**So, what have we learned?**

**To address ANY type of symptom or health challenge, the body requires the following to build, repair, heal, feed, etc. whatever tissue is involved:**

1. **AMINO ACIDS (protein) are the basic materials required to build EVERYTHING!**
2. **VITAMINS, MINERALS, EFA's, GLUCOSE & other substances create the "mortar" or "fuel" for EVERYTHING!**
3. **Healthy INNATE MECHANISMS and plentiful ENZYMES are required to perform every job!**
4. **A well functioning digestive system, including the liver and colon, to process these "raw materials".**

"Nature is the plan; if you fit in, you win. Buck it and you lose" --- Dr Forrest C. Shaklee

Health & Blessings to all!!

Gladys ☺

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

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### 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.

With the able tutelage of Richard Winchell SN Clare Anderson AP has finished her study of **ADVANCED PILOTING** with a very high score. Congratulations Clare!!!! She is now starting her study of celestial navigation in our **JUNIOR NAVIGATION** course

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 are planning to hold Seminars at future meetings please let me know which one should be next.

Besides the **Squadron Boating Course**

We have 12 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**

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## Website

The Mid Hudson Power Squadron 2008 **award-winning** web site is at

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

Birthdays		USPS Anniversaries	
Sammi Canter	12/29	Ed Popko	12/15
Donald Gladstone	12/9	Karen Gotimer	12/3
Paul Rivenburgh	12/15	Betty Gladstone	12/6
David Souers	12/7	Kathleen Ferreira	12/3
		John Boyle	12/2

Best Wishes and Many Happy Returns to All--editor

December 2008 Calendar						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<a href="#">1</a>	<a href="#">2</a>	<a href="#">3</a>	<a href="#">4</a>	<a href="#">5</a>	<a href="#">6</a>
<a href="#">7</a>	<a href="#">8</a>	<a href="#">9</a>	<a href="#">10</a>	<a href="#">11</a>	<a href="#">12</a>	<a href="#">13</a>
<a href="#">14</a>	<a href="#">15</a>	<a href="#">16</a>	<a href="#">17</a>	<a href="#">18</a>	<a href="#">19</a>	<a href="#">20</a>
<a href="#">21</a>	<a href="#">22</a>	<a href="#">23</a>	<a href="#">24</a>	<a href="#">25</a>	<a href="#">26</a>	<a href="#">27</a>
<a href="#">28</a>	<a href="#">29</a>	<a href="#">30</a>	<a href="#">31</a>			

## December Holidays

**Sagittarius:** November 22 - December 21

**Capricorn:** December 22 - January 19

**December Birthstones:** Blue Topaz or Turquoise (modern)  
Zircon, Turquoise, or Lapis Lazuli (traditional)

**Flower: Narcissus**

**Delaware was the first state to join the Union on December 7, 1787**

Grand Ole Opry - first radio broadcast from Nashville TN, 10 Dec 1927

Apollo 17 lands on the moon, 11 Dec 1972

The Pilgrims landed at Plymouth Rock, 11 Dec 1620

Boys Town was founded, 11 Dec 1917, by Father Edward J. Flannigan

US Steel was formed, 12 Dec 1900

NASCAR founded, 14 Dec 1947

Netscape Navigator is released, 15 Dec 1994

Battle of the Bulge began, 15 Dec 1944

First flight by the Wright Brothers, 17 Dec 1903 (59 seconds, Outer Banks NC)

Maritime Day 22 Dec

FM Radio is patented, 26 Dec 1933

Flamingo Hotel opens in Las Vegas, 26 Dec 1946



**Father of Las Vegas, Benny Siegel**

Radio City Music Hall opens in 27 1932

The USSR (Union of Soviet Socialist Republics) is formed, 30 Dec 1922

Official end of WWII, 31 Dec 1946





Remember Pearl Harbor  
7 December



Never Forget

**Muharram**  
(Islamic New Year)



29 December 2008



Full Moon



New Moon

12 December 2008 27 December 2008

## Winter Solstice

*Sun., Dec. 21, 2008, 7:04 AM EST (12:04 AM UT), marks the solstice—the beginning of winter in the Northern Hemisphere and summer in the Southern Hemisphere*



## Hanukkah

*The Festival of Lights* Dec. 21-Dec. 29, 2008

## Kwanzaa

*Honoring the values of ancient African cultures*



26 December 2008-1 January 2009



**Christmas Day** 25 December 2008



Merry Christmas-Editor George

# 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 1 December 2008**

**See the photos, read the story, and enjoy the ride.**

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



**Mother Ocean from our stateroom window,  
Charleston, SC**



**About to dock the 'Snow-Boat' Thunderbolt, GA**



**Swan's Point NC. Can you see the snowflakes**



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

## **A boat gone with the wind**



It must've required quite a brainstorming to invent this one. Not to invent, but even to conceive. But once you look at it you come to

think that equipping a catamaran with a "windmill" instead of a sail is but a natural and logical thing to do. We still use the wind but in a different, innovative way.

The idea is brilliant and simple. This 36' Catamaran, Revelation II - which is undoubtedly the best possible name for a boat like that - is powered by a 3 blade (20 feet long each) carbon fiber propeller on a 30' rotating mast. The windmill transmits power to an underwater propeller. A construction like that ensures that the boat can sail even directly against the wind.

Certainly, it's rather disputable whether such "windmill catamarans" are of great use, and if they are - then why aren't there any happy owners sailing back and forth on Revelation-like catamarans? It's also interesting whether such a boat can for instance go into the wind if wind and water drag are offset by the forward propulsion generated. And is the photo on the left a real one or a compilation?

Anyway it's not the point. It's quite possible that tomorrow is with such boats, although a windmill sailboat definitely lacks a traditional sailboat charm. After all going under sail is always an adventure whereas going under a windmill is - at the moment - some sort of hi-tech delirious fantasy. And some will never give up a good old sail and replace it with a windmill. It's just not the same. The sail will never lose its everlasting romantic twist.

<http://www.yachtcouncil.com//boating-stories/A+boat+gone+with+the+wind>

## Advantages and Limitations of Email

### Advantages

You can communicate quickly with anyone on the Internet. Email usually reaches its destination in a matter of minutes or seconds. You can send letters, notes, files, data, or reports all using the same techniques. Once you learn how to use your email program, everything is sent the same way.

- **You don't have to worry about interrupting someone when you send email.** The email is sent and delivered by one computer system communicating with the Internet. Although it is put into someone's mailbox, the recipient isn't interrupted by the arrival of email.
- **You can deal with your email at a convenient time.** You don't have to be interrupted when email arrives, and you can read it or work with it when you have the time. Also, you can send it at a convenient time. It doesn't have to be written or sent at a time when you know the recipient will be available. This is what we mean by the term *asynchronous communication*.
- **You don't have to be shy about using email to communicate with anyone.** Email isn't anonymous-each message carries the return address of the sender-but you can write to anyone with an Internet address. All the messages appear the same to the person who gets the email. The messages are generally judged on what's in them, not where they're from.
- **The cost to you for email has nothing to do with distance, and in many cases, the cost doesn't depend on the size of the message.** Most Internet access charges are based on the number of hours per month you access the Internet, or you pay a flat monthly fee.

### Limitations

- **Email isn't necessarily private.** Since messages are passed from one system to another, and sometimes through several systems or networks, there are many opportunities for someone to intercept or read email. Many types of computer systems have protections built in to stop users from reading others' email, but it's still possible for a system administrator to read the email on a system or for someone to bypass the security of a computer system.
- **Some email systems can send or receive text files only.** Even though you can send and receive

images, programs, files produced by word processing programs, or multimedia messages, some folks may not be able to properly view your message.

- **It's possible to forge email.** This is not common, but it is possible to forge the address of the sender. You may want to take steps to confirm the source of some email you receive.
- **It's difficult to express emotion using email.** The recipient doesn't have the benefit of seeing your facial expressions or hearing your voice. You have to be careful with humor or sarcasm, since it's easy for someone to take your message the wrong way.
- **You can receive too much or unwanted email.** You can receive "junk" email in the same way you receive other types of junk mail. On the Internet, junk mail is called *spam*. You may have to take active steps to delete the email you receive and try to stop it from being sent to you in the first place
- **You may not know about the person with whom you are communicating.** The communication is often all in text and it's possible for us to get an incorrect impression of the person sending us email. Also, some people misrepresent themselves.
- **Can my computer get a virus from reading an email message?**
- A computer virus, like a biological virus, needs to be attached to or part of an executing or running program. This is similar to a biological virus that needs to be part of a living host. So if all email were only plain text then there would be no danger from getting a virus from reading an email message. Every once in a while a new hoax pops up about a virus being spread by opening or reading an email message. Take a look at the Web site "[Vmyths.com - Truth About Computer Viruses & Hoaxes](http://www.vmyths.com/)," <http://www.vmyths.com/>, by Rob Rosenberger for more information about these hoaxes. You'll also want to check that page before repeating a message you've received about a virus.

It's not possible to get a computer virus from ordinary text email messages. It is possible for a virus to be part of an attachment. To protect your computer system don't open any attachment without scanning it first for a virus, and don't use a word processing or spread sheet program to read your email, unless you can check it for macro-type viruses. **Source:** <http://people.umw.edu/~ernie/cpsc104/emailadl.html>



**THE FOGHORN**  
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MID-HUDSON  
SQUADRON

POWER

December, 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.**



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