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The FOGHORN
Newsletter of the
MID-HUDSON POWER SQUADRON
UNIT OF THE
UNITED STATES
POWER SQUADRONS®
May, 2008 No. 525



Message from Commander Smalley:

MAY 2008

Wow! What a warm April. Hopefully you have been able to get a head start on the yard work and the boat work. We are busy preparing for our annual rendezvous with the Shallow Water Sailors down in the state of Maryland on the Chester River, which flows into the Chesapeake Bay. We spend a weekend sailing, rafting, eating, camping and enjoying the fellowship of our group. With ten to twelve boats in our gathering, it's the first sail of the season for many of us.

Here on the Hudson, the boating season has begun. As I travel along the river on various roads and cross various bridges, I see pleasure boats out already.

Yesterday, visiting with Michele Tarsa, who has a home on the river in Athens, we saw a loon, a racing pigeon, a pleasure boat, fishing boats and a tugboat towing a barge of garbage. It is wonderful to watch. The point is: go to the river!

The Mid-Hudson Power Squadron had its annual fundraising auction, to support educational activities, not supported by other agencies. Taking place on Saturday, April 12, 2008, our host, the Poughkeepsie Yacht Club, gets many thanks for their support and attendance by many members. Our friends of the Storm King Power Squadron also deserve big thanks for their support, and will hold their auction on May 14th. Please see the flyer in this edition of the FOGHORN. Many nautical items as well as gift certificates to restaurants and other businesses were available. We even had paintings from one of our members. The evening was very enjoyable with good food, at the pre-auction potluck dinner, good company and good laughs.

This past Saturday, April 19, Cdr. Pat and P/C George Danko taught a "Safe Boating for Kids" class at the Beekman Library. We were very pleased with the enthusiasm of the students as well as one attendee father. We will try to schedule another class later in the summer. This class is a three hours, hands-on interactive set of lessons for elementary age children. It is free. If anyone would like to schedule a class, contact the commander or any other person on the Bridge.

The May Executive Committee will meet Wednesday, May 7, 1830 at Coppola's La Fantasia Ristorante, in Highland, on Route 9W, directly next to the Gateway Diner. **All** members of the squadron are welcomed.

Our next big event is our Annual Educational Awards and Recognition Dinner, scheduled for Wednesday, May 21, 2008. The meeting will take place at a **new** location. Look for details elsewhere in the FOGHORN. Please plan to attend to help recognize and honor those students and instructors that have supported the main mission of our organization.

Get outside and enjoy the nice weather and prepare for another boating season. Don't forget to take pictures of your boating and other adventures, so you can share them at our sharing meeting in 2008.

Till next tide,

Pat Smalley, Commander

The Mid-Hudson Power Squadron Monthly Membership Meeting:

The Mid-Hudson Power Squadron
Annual "EDUCATION MEETING" Meeting

When: Wednesday, May 21, 2008 @ 18:30

Where: Thai House Restaurant
728 Violet Avenue (Route 9G)
Hyde Park, NY 12538
www.thaihousehydepark.com

Uniform: A or B or G
WITH an EDUCATIONAL
LOOKING TIE or BOW TIE,
COLOR OF YOUR CHOICE,
or appropriate attire.

Menu: Buffet Style including

- 1) Appetizer
- 2) Entrees
- 3) Desserts
- 4) Beverages (soda, coffee or tea)

NOTE: This establishment does not have a **liquor license**, however, the Proprietor has indicated each person can "bring their own."

Cost: \$25 per person (including gratuity)

PLEASE RSVP with your **number of guests** by Monday, May 12, 2008, as a 50% deposit has been requested by the proprietor one (1) week prior to the dinner. (There is no need for members to remit a deposit.)

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



Photos of Recent Events:

Mid-Hudson Power Squadron Annual Marine Auction

12 April 2008 at the Poughkeepsie Yacht Club



The Crowd is ready to bid!



The group is ready to collect the cash.



We found Clare, hiding in the corner.



Ed Weber and John Kwak demonstrate.



Can't bid on an empty stomach-pot luck supper before the festivities.



A good-looking crowd is eager to bid.



Who is this? What a pitch!



Good stuff and priced right!

AUCTION THANKS

From Auction Chairman, Lt Donald Gladstone, P

The participation of our squadron members, our special friends from StormKing, and the Poughkeepsie Yacht club have made our 2008 Marine Auction a huge success, and I wish to thank everyone for their involvement and support. Special mention go to auctioneers Ed Weber, John Kwak, and George Danko for their humor, wit and charm. I wish to also thank Andy Williams, Pat Smalley, Joe Todaro, Minke Kwak, Dick Winchell, and Barbara Grey Black for their special set-up, billing, and collection skills, and to all who bid and bought merchandise. Once again, thank you, everyone, you are the best. Lets do it again, next year.

Donald Gladstone, Chairman





**District 2 Spring Conference Change of Watch
4-6 April 2008 at the Norwalk Inn and Conference
Center Norwalk, Connecticut...Hosted by
Rowayton Sail and Power Squadron**



National Executive Officer V/C Frank A. Dvorak discusses membership and the future.



The District Educational Team, DEO Joe Lynch and ADEO George Hallenbeck present new seminar material.



P/D/C Susan Darcy gives an excellent presentation on communication and doing the right thing.



The new District Boss taking the pledge. District Commander Jeffrey C. and Norma Gerwig.



The new District 2 Bridge for 2008-2009



District 2- Treas. Frank DeBaggis, DEO Joe Lynch, ADEO George Hallenbeck, D/C Gerwig, XO Bob Shivokevich and AO Lacey Williams. Not pictured- Sec. James Silver



The transfer of power from P/D/C Feldberg.



Squadron Newsletter Awards Presentation- who is the guy on the far right?



New Flag Lt. Virginia Gedney

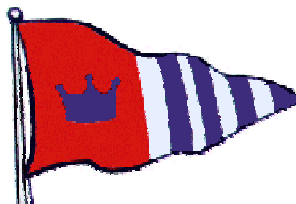


A favorite place-ships store. Patty Dalessio and Merry Nell McBarb from Rowayton Sail and Power Squadron.

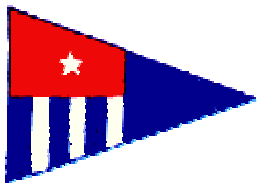


Fantastic job done by the Color Guard from the Norwalk, CT. Sea Scout Ship 6. Krisopher Wagner, Akim Hawthorn, Leader Kai Horan, Coulter Davis, and Kostyantyn Partola. Learn more about the Sea Scouts at <http://www.norwalkship6.org/>

StormKing Power Squadron



Don't forget our friends at StormKing Power Squadron—marine auction Wednesday 14 May. See the flyer.



Mid-Hudson Power Squadron

Events on the Horizon:

**Executive Committee Meeting 7 May 2008
starting at 1830. Coppola's La Fantasia
Ristorante, in Highland, on Route 9W.**

**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.**

**MHPS Annual Educational Meeting Wednesday
21 May 2008 Thai House Restaurant Hyde Park
1830**

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 or contact Betty Gladstone at 485-5204, or E-mail: 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!**

**Please join the MHPS Bridge in
welcoming new officers Tom
Ostrofsky and Joe Todaro.**



The Month of May is:

Birthdays		Anniversaries	
Anthony Chiulli	5/15	Clare Anderson	5/26
Salvatore Cigna	5/16	Craig Broadbent	5/20
Sharon Jones	5/19	Laurence Bruck	5/9
Cliff Schoonmaker	5/31	Paul and Sammi Canter	5/26
Michele Tarsa	5/13	Irene Denaro	5/20
		Thomas Gallagher	5/24
Space Reserved for Birthdays of Future Members.		Bill Krug	5/10
		Bruce LoPresti	5/31
		Linda R. Mangelsdorf	5/26
		Robert and Margo McGilvrey	5/5
		Thomas Ostrofsky	5/26
		Harold Rehfeldt	5/3
		David Souers	5/2
		Al Weinert	5/24
		Richard Winchell	5/15
		Charles Worrell	5/1

- Asian Pacific American Heritage Month
 - Asian Pacific American Heritage Council: www.apaha.org
 - On May 7, 1990, President George Bush signed a proclamation declaring May to be Asian Pacific American Heritage Month, recognizing the first Japanese immigrants arriving in the United States on May 7, 1843.
- Better Hearing and Speech Month
- Better Sleep Month
- National Bike Month
- Egg Month (National)
 - Source: American Egg Board www.aeb.org
- Historic Preservation Month (National, US)
 - Source: www.nationaltrust.org
- Huntington's Disease Awareness Month
- Mental Health Awareness Month
- Military Appreciation Month (National)
 - Source: www.nmam.org
- Neurofibromatosis Awareness Month (World)
 - www.ctf.org
- Older Americans Month
 - Source: AOA - Administration on Aging Web site: www.aoa.gov/press/oam/oam.asp
- Pet Cancer Awareness Month
 - Blue Buffalo Foundation For Cancer Research has designated May as Pet Cancer Awareness Month. www.petcancerawareness.org
- Physical Fitness & Sports Month (National, US)
 - www.fitness.gov/may_month_observances.html
- Teacher Appreciation Month
 - National Teacher Day is always the Tuesday of the first full week of May. Source: National Education Association Web site: www.nea.org/teacherday
- Tennis Month (US National)
 - United States Tennis Association: www.usta.com
- Trauma Awareness Month (National)

Phases of the moon: May 5:● 11:◐ 19:○ 27:●

Taurus: April 20 - May 20

Gemini: May 21 - June 20

May's Birthstone: Emerald

Flower: Lily-of-the-Valley and Hawthorne

May Holidays and Events:

Kentucky Derby, 3 May 2008

Cinco de Mayo 5 May 2008

Israel Independence Day May 8, 2008



Charles Lindbergh flew across the Atlantic



21 May 1927 Spirit of St. Louis

Golden Gate Bridge opened 28 May 1937



Thoughts...

Inspiration
&
Motivation

Once in a while, turn down the lights, the volume, the throttle, and the invitations. Less really can be more.

(Source: butlerwebs.com)

Mothers Day 11 May 2008

Armed Forces Day. 17 May 2008

Memorial Day 26 May 2008

Senior Health and Fitness Day 30 May 2008

This Month in History

Construction began on the Panama Canal by the US



on 4 May 1904

Hindenburg exploded, 6 May 1937



Lusitania was sunk by a German sub in WWI



7 May 1915

May is Lyme Disease Awareness Month.

Each year, May is officially recognized as Lyme Disease Awareness Month.

During this month, national Lyme Disease Support Groups and advocacy

organizations launch awareness campaigns to educate the public about Lyme

disease. To find out what you can do to promote Lyme Disease Awareness this

May, contact the LDF:

The Lyme Disease Foundation



<http://www.lyme.org/>

Female Deer Tick



USPS Member Benefits

Tell Your Friends about USPS!

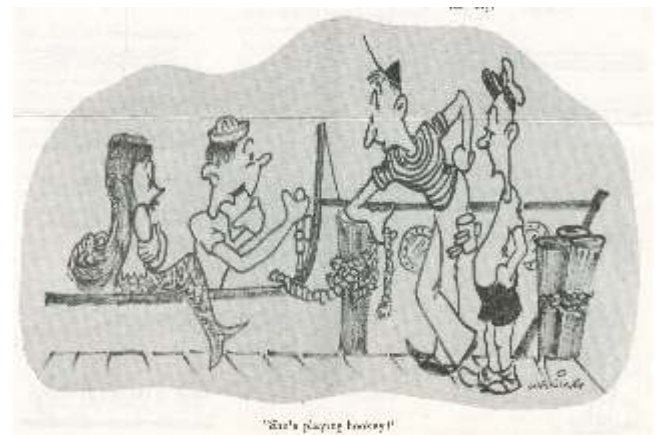
In case you cannot find it on the website!



National Safe Boating Week
May 17-23, 2008 Get On Board



Come on Board for Safe Boating, Editor George.



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

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

WELCOME TO THE BEEKMAN LIBRARY



Beekman, New York

East Fishkill Community Library

Kid's Boating Course 17 May 2008
Hopewell Junction, New York

Have a suggestion?



Email the FOGHORN Editor.



A Blast from the Past:

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



The Health Corner

By Gladys Suessle

Flying off a scooter and breaking my leg was not the way I wanted to start the weekend. Flying through the air in a plane would have been great, but going through the air and landing on blacktop and breaking my left leg in 8 places and my right wrist bones was not fun! I ended up in the operating room at Vassar Hospital and when I woke up, I had a screw inserted on the side of my knee and a halo with 6 pins and wires going through my knee area. To prevent my leg from twisting, they drilled holes in the lower part of my tibia and attached a handle to there and to my knee area and put a similar device on my hand and arm. I truly looked like the Frankenstein Monster! I was transferred to St Francis Hospital for rehab (to strengthen muscles and walk again). The doctors insisted that I was NOT to take any of my Vitamin, Mineral and Protein supplements, as they would “interact with the medication”. I explained that they were made from real foods and would help the healing. They refused to listen. After 2 weeks at St Francis (now 5 weeks since surgery), I developed a systemic staph infection and an abnormally high platelet count. They wanted to put an IV with an antibiotic in my neck and give me Heparin injections in my belly. At that point I rebelled and refused it! I told them that I was going to try my Vitamin Supplements for 1 week and if that didn't do it, I would try their way. Five days later they took blood and miraculously, the staph infection had gone away and my platelet count was back to normal!! The total healing took 6 months instead of the 9 months the doctor had told me it would be, based on his prior experiences and that I would have to use a walker or a cane the rest of my life. I was so excited because now this was the third major health condition that had been resolved with the use of these Supplements and no cane or walker for me!!!

My passion therefore has become to educate people on how they can achieve optimal health. People tell me all the time that I'm healthy. When I ask what ailments these same people have they say arthritis, asthma, high cholesterol, heart problems, diabetes, osteoporosis, cancer, headaches, etc and they give me the litany of medications they are on. BUT, they are healthy as long as they take their meds. Folks, that is NOT good health. That is

sickness with the symptoms masked over. The root cause of the problem is still there. Once the causes of the problems are eliminated, then you are at optimal health. The ONLY way for this to happen is for your own body to heal itself. You may ask, how does the body heal itself? Simply put: through proper nutrition and a working communication system of nerves (chiropractics).

Remember, EVERYTHING you put INTO your body (healthy food, prescription & over the counter drugs, alcohol, juice, water, candy, soda, junk food, etc) and ON your body, which absorbs into the blood has a good or bad effect. By this I mean that your body is constantly making new cells as old ones die. You are making millions of cells every day. Are you making healthy cells or junk food cells? Let's say your body is making heart cells today. Will those cells be healthy or will they be deficient so that down the road you will end up with a heart problem. If you get enough unhealthy cells in an organ, that organ will be prone to disease. Are those meds or cigarettes or junk food or toxic cleaning products creating problems? They most likely are. EVERY disease can be reversed, as long as you supply your body with the proper Nutrients for a long enough time so that your immune system becomes very healthy. When your immune system is working to its optimum, your body will be able to fight off many viruses and bacteria that assault your body constantly. As we get older, our immune system is less efficient, so older people are more prone to getting sick, but please do not buy into that we should expect inferior health because we are older. Your body can be as healthy as you CHOOSE to make it. Your organs will start to work properly and where they have not made, for instance, insulin, they may start producing once again. Remember, injected insulin is not a cure. It just gives you another day of life. Many of us are deficient in vital Vitamins, Minerals, quality Protein as well as antioxidants. Our stomachs and intestines are a bit sluggish. We take a drug to counteract the effects of another drug and it becomes a vicious cycle.

If you truly are willing to make some changes and add some things to your diet to create optimal health, I want to help.

Health & Blessings to all!

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

It's Here!!!! It's Time!!!

AUCTION Time!!!

It's what you have been waiting for! ! !
The Storm King Power Squadron
“Annual Auction 2008”



Don't miss this wonderful fundraising event. There's food, fun, excitement, and great items to bid on! Once again our vendors have donated a fantastic variety of items, including: dinners at restaurants, boating supplies, gift certificates, etc.



The place to be is **CYC on Wednesday, May 14th at 6:30pm.** Have food first and then the bidding and fun begins. Bring yourself, your friends, your family (and your checkbook) to a great fun-filled evening.

Please be sure to ask your favorite vendor for a donation or gift certificate for our auction.

For information, please call:

Rose 928-7566 or

Helene 564-1107



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SQUADRON

May, 2008

POWER

No 525



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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