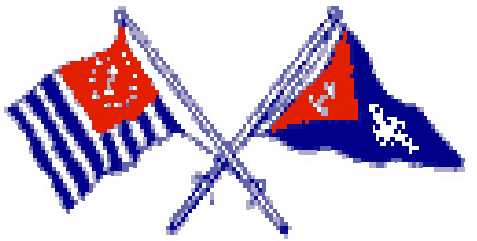




CIPS



<http://cityislandpowersquadron.org>

Newsletter of the City Island Power Squadron - A Unit of the United States Power Squadrons®

Volume 21 Number 3

Co-Editors: Lt/C Marie Milillo & Lt/C Peg Morton

September 2002



9 JUNE 2002

A TIME OF REFLECTION & CELEBRATION

CIPS Bridge & Non-Denominational Clergy blessed a record 129 vessels from the dock of Fenton's Marine with support and cooperation from The Leonard Hawkins American Legion Post #156. The annual Blessing of the Fleet is a centuries-old revered tradition calling upon Divine Providence to safeguard ships and crews from the dangers of the seas and was essential to commence the year's fishing expeditions to ensure that fishermen would return to port with a bountiful catch. CIPS wishes everyone safe travels to and from harbor and thanks all who participated in this memorable celebration.

Commander's Message



It only seems like yesterday that we were anxiously preparing our vessels for the upcoming boating season. I certainly hope all of you applied your knowledge gained from CIPS and had a very safe and enjoyable summer on the water.

What a summer it was for CIPS! Our boating activity calendar was very active. We broke records for boating participation at our Annual Blessing of the Fleet. Dennis Gormley did his usual excellent job in organizing this event. Many thanks to all of you who made this event the success it was.

The weather was a bit hot, yet participation at our Plandome Raft-up at Manhasset Bay and our overnight Raft-up at Oyster Bay were huge successes. Thanks to all who participated!

As Fall rapidly approaches and the boating season winds down, another phase of CIPS begins. While we are busying ourselves with hauling our boats and swapping sea stories, it is time to strengthen our boating skills for future adventures. Take advantage and sign up for courses. Our instructors are second to none and all courses are educational, challenging and fun.

Lastly, I urge all of you to attend our monthly meetings. What better way to support your organization, socialize with fellow members and keep abreast of future events and activities.

Sincerely,
- Cdr. Chris DeStefano, AP

THE PLEDGE: I do solemnly pledge to:
Abide by the Bylaws of the United States Power Squadrons®; Promote high standards of navigation and seamanship; Maintain my boat and operate it legally; Render assistance whenever possible; And conduct myself in a manner that will add prestige, honor, and respect to the United States Power Squadrons®.”

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Submit your nautical experiences to share with CIPS members. Funniest – Most Embarrassing – Best Learning – Most Adventuresome – etc. These will be featured in upcoming editions. Pictures welcomed. Remember that all photos in this newsletter can be viewed in vibrant color via our CIPS website. Audrey Palmer has added a Newsletter hot-button that allows you to navigate to this edition plus all earlier editions Check it out!

CIPS Squadron Calendar 2002 - 2003

All dates tentative & subject to change

September 11-15 Wed - Sun
Fall Governing Board
Marriott Des Moines, Iowa

September 12 Thursday
Executive Board Meeting
Commander's House

September 19 Thursday
General Membership Meeting
City Island Yacht Club

September 21 Saturday
Blue Fish Contest - TBA

September 28 Saturday
REGATTA
Captains Meeting - TBA

October 2 Wednesday
D/4 Council Meeting
San Carlo Catering, Lyndhurst, NJ

October 9
D/4 Educational Dept. Meeting
San Carlo Catering, Lyndhurst, NJ

October 10 Thursday
Executive Board Meeting - TBA

October 14 Monday
Public Boating - First Session
City Island Yacht Club

October 17 Thursday
General Membership Meeting
City Island Yacht Club

October 26 Saturday
Black Fish Contest - TBA

November 1-2 Fri - Sat
D/4 Fall Conference
Marriott Hotel, Parsippany, NJ

November 3 Sunday
VETERANS DAY PARADE
CIPS to March

November 7 Thursday
Executive Board Meeting - TBA

November 14 Thursday
General Membership Meeting
City Island Yacht Club

December 12 Thursday
Executive Board Meeting - TBA

December 14 Saturday
CIPS HOLIDAY PARTY
Charlie's Inn, Bronx, NY

WORD SEARCH FIND THE *FRESH FISH* TERMS

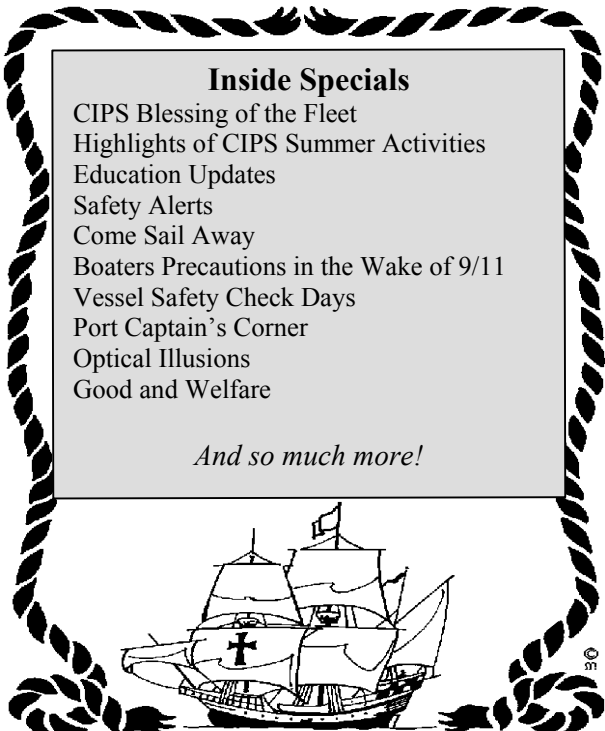
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G	Y	C	R	S	U	T	R	W	C	K	S	A	Z	G
H	Y	J	T	E	U	E	T	V	S	I	H	D	K	A
Y	V	E	G	R	K	A	W	U	F	P	A	D	K	R
I	R	I	G	C	I	C	M	T	B	U	K	O	O	Q
B	L	E	I	C	C	R	A	P	P	I	E	C	N	C
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N	E	N	R	P	N	O	M	L	A	S	H	A	R	K
B	C	B	I	K	A	G	G	N	I	R	R	E	H	P
A	Q	R	R	Y	O	N	Y	Y	R	D	L	J	F	R
S	T	H	C	A	O	R	S	D	I	A	L	I	O	P
S	J	G	T	A	B	W	O	N	N	I	M	S	N	Y
A	M	C	M	U	L	L	E	T	A	R	P	O	N	M

BARBEL	HERRING	ROACH
BASS	MACKEREL	SALMON
BLUEGILL	MARLIN	SARDINE
BONITO	MINNOW	SHARK
BULLHEAD	MULLET	SMELT
CATFISH	MUSKIE	SNAPPER
CRAPPIE	OYSTER	SNOOK
HADDOCK	PICKEREL	STRIPER
HAKE	PIKE	STURGEON
HALIBUT		TARPON

Inside Specials

CIPS Blessing of the Fleet
 Highlights of CIPS Summer Activities
 Education Updates
 Safety Alerts
 Come Sail Away
 Boaters Precautions in the Wake of 9/11
 Vessel Safety Check Days
 Port Captain's Corner
 Optical Illusions
 Good and Welfare

And so much more!



BLESSING OF THE FLEET 9 JUNE 2002



P/C Ed Shimansky - Chase Boat



This photo was taken by P/C Lil Vitaglione from aboard her #1 son's sail boat - Starlight



Spectacular Water. Weather, and Water Crafts and a Woof for good measure!



Glenn Vitaglione - Picket Boat



Danny and Mary Perugini - Picket Boat



**PFD's aren't just for people!
Pet Flotation Devices**



Our Wreath boasted Red-White and Blue



Community support and presence was visible



Light Air's maiden voyage. You go Sussana!



P/C's Gary & Barbara Mandarano - Chase Boat



Kids of all ages enjoyed the event.



1st Lt. Dennis Gormley spearheaded set-up of snacks, sandwiches and beverages to celebrate the finale. Thank-you Dennis!



CIPS HIGHLIGHTS

Many exciting activities took place during the months of June, July and August that allowed CIPS members to come together in the spirit of Fraternity, Civic Service and Education. Here are some highlights:

2002 – 2003 Squadron ROSTER is distributed to CIPS Membership



IS THAT YOUR FINAL ANSWER?

Lt/C Peg Morton plays “Regis Philbin” at our 20 June General Membership Meeting and puts 1st Lt. Dennis Gormley in the hot seat for **WHO WANTS TO BE A ROSTER CHAIR?**



Congratulations Dennis for being such a good sport and for winning 1 MILLION applauds!

Peg gifted the audience with “Dum-Dum” lollipops in response to their incorrect answer when Dennis used his “Ask the Audience” lifeline.



L/C Jeffrey Taylor, AP (acting Cdr. In the absence of Cdr. Chris DeStefano) swears in new members at the start of our 20 June General Membership Meeting.



CDR. CHRIS BEGINS HIS WATCH WITH A NEW WARDROBE



OUR LARGEST PUBLIC BOATING CLASS EVER... ON 29 APRIL, 65 STUDENTS COMPLETED THIS COURSE AND WE WELCOMED 18 NEW MEMBERS TO OUR SQUADRON



**Congratulations Emily Attard –
our June General Membership Meeting
50-50 WINNER**



Overnight Raft-up at Oyster Bay



Plandome Day Raft-Up at Manhasset Bay



Participation at our summer on-the-water events was a great success. Young and older found these raft-ups to be a perfect way to keep cool during the exceptionally hot summer days. See top right photo – even our Cdr. agrees!



EDUCATION UPDATES:
"Safety Through Education"

Special September Meeting Event
EDUCATIONAL EXPO

Make every effort to attend this meeting! CIPS educational instructors will be providing information about the content of advanced grade and elective courses. A great opportunity to meet with our friendly and knowledgeable instructors. Materials, teaching aids and schedules will be available.

SAFE BOATING COURSE:

Chairperson: P/C James Duffy, AP- 718.863.3588

Spread the Word...FIRST SESSION – 14 October
Jim is always looking for new faces to assist him over the 8 weeks of this program.

SEAMANSHIP:

Instructor: P/C Gary Mandarano, JN – 718.792.0897

Recommended 1st course for new members. Learn how to operate a boat under normal and abnormal conditions and major responsibilities of a skipper.

PILOTING:

Instructor: 1st Lt Gary Bieniewicz, AP – 718.828.1972

Introduction to the study of Marine charts, aids to navigation and planning and plotting courses.

ADVANCED PILOTING:

Instructor: Lt Charles Palumbo, AP – 718.822.6073

Build on knowledge gained from Piloting. Advanced techniques for finding position using bearings and angles plus use of a sextant and GPS.

JR. NAVIGATION:

Instructor: P/C Ed Shimansky, SN – 718.931.8373

Begin your study of offshore Navigation. Learn to plan passage with special open-ocean charts.

NAVIGATION:

Instructor: Lt Jack Palmer, SN

Anyone interested, contact Dan Perugini @ 718.822.1284.

The perfect course to learn how to navigate with minimal survival gear in the event of a disabling boat accident.

ELECTIVE COURSES

SAIL:

Instructor: Lt. Glenn Vitaglione, JN – 718.822.6058

Eleven students completed Module 1 and continue expanding their basic knowledge of what every prudent skipper needs to know before leaving port as they begin Module 2 in the Fall.

ENGINE MAINTENANCE (EM):

Instructor: P/C Danny Perugini, SN– 718.822.1284
Learn how to troubleshoot common engine problems.

CRUISE PLANNING:

Instructor: P/C Hank & Marion DiMatteo, SN– 914.776.5682 Prepare for that voyage afloat

WEATHER:

Instructors: P/C Lil Vitaglione, AP and Lt/C Peg Morton, P 718.863.5468 or 718.792.2804 Learn how to troubleshoot common engine problems.

OPERATIONS TRAINING (OT):

Instructor: P/C Lil Vitaglione, AP– 718.822.1284
Everything you need to know about what makes an organization tick.

SQUADRON UPDATES

MEMBERSHIP:

Chairperson: Lt. Joe Siragusa, P- 718.885.1050

MEETINGS:

Chairperson: Lt. Joseph Siragusa, P – 914.835.3486

BOATING ACTIVITIES:

Chairperson: Lt/C Jerry Simotas, AP – 718.885.3757

MEMBER INVOLVEMENT:

Chairperson: P/C Alice Vitaglione, P – 718.931.9029

Need to order a CIPS name tag – contact Alice.

ENTERTAINMENT:

Chairperson: Lt Mary Perugini, AP – 718.822.1284

Details about our day trip to Mystic Seaport in mid-October will be forthcoming.

ATTENTION CIPS MEMBERS

YOU are eligible for a Boat U.S. Membership DISCOUNT

Pay only \$9.50 for membership (1/2 price of regular dues)

Includes \$50 in towing!

Mention: Group No. GA 82400P for discount

Additional 10% discount on price of plan.

Use your USPS certificate number

CIPS ANNUAL REGATTA

DATE – 28 September

Start Time - 1400

Race Around Hart Island

No Boat? Come to the Captain's Meeting at the Morris Yacht Club, City Island at 1200 and we will assign you to a boat. Contact Lt/C Jeffrey Taylor (718) 885-3757

COME SAIL AWAY!!



Three years ago, my friend and I took the Public Boating class offered by CIPS while I was recuperating from my bout with cancer. We both chose to join and have since become very active in the organization, assuming leadership positions and taking courses offered by CIPS. It has been a running joke that the only boat I own is a gravy boat but that hasn't stopped me from learning about boating in all its forms.

This past spring I took the first modular course offered, Sail. The only thing I knew about sailing was that sailboats had masts and sails! The first class, taught by Glenn Vitaglione, reminded me of my first class in learning classical Greek...jibs and jibes, tacks and tracks, booms and battens, leach and luff, shrouds and sheets. And what on earth is a boom-vang?? I didn't have a 'clew' what he was talking about; it was literally all Greek to me. "What does it mean to sail aweather?" he asked. "You can never sail without weather?" "I don't think so." "Oh well." I knew I was in trouble!! (Fortunately, Gary Kaye had a few videos about basic sailing and I spent the next few days watching them to learn the new vocabulary and concepts to which I was exposed.) By exam time in May, I was confident I knew my aspect ration from my earing!!

As a professional educator in the classroom for the past 25 years, I know that there is nothing like experience to really learn the lessons at hand. So, on the last sunny Sunday in June, Glenn and Alice invited me to put my newfound knowledge to work by sailing on their boat, *Starlight*. (Lesson #1: MAKE SURE THE BOAT IS CLOSE TO THE DOCK UNLESS YOU WANT TO RUPTURE YOUR GROIN AREA!)

Before we headed out from The Morris Yacht Club, I got to see what and where all those vocabulary words were located on the vessel. I asked if we could sail over to Preston High School where I am employed. (Lesson #2: WATCH THAT DEPTH METER!)

Then we headed out into the Eastchester Bay (Lesson #3: NO BOAT HAS BRAKES!) Glenn turned the wheel over to me and let me steer around the Bay. (Lesson #4: MAKE SURE YOUR INSURANCE IS PAID!)

As we sailed along I made a few observations: The boat sails at an angle and you are not at the beginning stages of a stroke; "You're getting fat" is a reference to the sails and not a personal attack on one's weight, and most importantly of all, WATCH THE BOOM AT ALL TIMES or "boom" will be the last sound you hear before you are knocked unconscious into the water! I also learned that the grid pattern used to rescue someone who has fallen overboard is also helpful to recover one's hat when it blows off your head!!

After five hours on the water, we headed back to shore for a mini-celebration of the fact that we made it back to shore. All in all, the experience had been MULTITUDINOUSLY COOL!! Will I now buy a sail boat instead of a power boat? probably not but I may well buy a sail boat as well as a power boat!! Until then, I still have my gravy boat!!

- Submitted by Lt/C Peg Morton, P



BOATER PRECAUTIONS IN THE WAKE OF 9-11

The safety of recreational boaters hasn't been compromised in the aftermath of September 11, 2001 terrorist attacks in NYC and Washington, DC. Americans have been asked to carry on, enjoy their leisure time, and not let terrorists or terrorism alter the way in which we live our lives.

But these are times when we must be more cautious and aware of our surroundings. By just being on our waterways, you become an integral part of Homeland Security. When you are out on our nation's waterways, you can see, you can hear, and you can report things that may seem suspicious to you. This kind of citizen vigilance makes it extremely difficult for terrorists to succeed.

SOME THINGS THE COAST GUARD SAYS YOU CAN DO TO HELP...

- Keep your boat secure and locked when not in use. This includes when you visit a marina, waterside restaurant, or friend's dock or pier. Never leave your boat accessible to others.
- Take your keys with you.
- When storing your boat, make sure the boat is secure and the engine disabled. If it's on a trailer, then make the trailer as immobile as possible.
- Do not stop your vessel or anchor beneath bridges or in channels. If you do, expect to be approached and possibly boarded by law enforcement officials.
- Observe and avoid all secure areas. If you don't know where these areas have been designated, check with local law enforcement or the Coast Guard.

- Do not venture into commercial or port operational areas, especially those that involve military, cruise line, fuel, petroleum, hazardous materials or other inventories that may be a target of terrorist activity.
- Report all suspicious activity to local law enforcement authorities, the Coast Guard, the port or marina security, or to all of those.
- Do not approach or challenge any person or vessel acting in a suspicious manner.

The Coast Guard wants boaters to know that safe boating means more than a life jacket and distress horn. It means staying away from warships and potential terror targets.

New rules were drawn up and went into place establishing protection zones around Navy ships and power plants as a precaution against terrorism. The new restrictions say recreational boaters must slow to a minimum speed at 500 yards away from a ship, and stay at least 100 yards away unless they are granted special permission. "Before you get too close, we'll try to raise you on the radio," said Jim Karr, a senior U.S. Coast Guard officer. If need be, the Coast Guard and Navy are authorized to use lethal force against a boat that gets too close. Before September 11, that was unimaginable. Today it's imperative to observe Safe Boating Habits!



SAFETY TIPS

FUEL & FUELING

When filling gasoline cans at a service station, always remove the gas can from the vehicle and make certain that the can is grounded before filling. Several fires have occurred at service stations as a result of customers filling metal portable gasoline containers (gas cans) placed on plastic surfaces, such as the bed of a pickup truck with a plastic bed liner. The insulating effect of the plastic surface prevents the static charge generated by the gasoline flowing into the gas can from grounding. As static charge builds it can create a static spark between the gas can and the fuel nozzle. When the spark occurs in the flammable range in the gasoline vapor space near the open mouth of the gas can, fire occurs.

When planning a trip or day on the water, use the "1/3" rule for fuel consumption. Plan your trip so that you calculate fuel usage of 1/3 out, and 1/3 back. This will leave you 1/3 of a tank in reserve for those times when wind, waves, or drift make your running time longer than expected.

WEATHER

There are rules to follow so that you don't get struck by lightning on the water, but nobody knows what they are. As a matter of fact, lightning is so unpredictable, that there is no guaranteed, sure-fire protection against being struck. You can take some precautions, like having your boat's bonding system grounded to the water, and constructing a "grounded" mast to a large underwater copper plate to provide a "cone of protection". But the best way to be safe from a lightning strike is to avoid being out in a lightning storm. If you can't, then have everybody put on a life jacket, have them put on rubber soled shoes if available. There are never any guarantees with lightning, but you may decrease your chances of being struck. One nice thing to know, however, is that lightning strikes on land far outnumber strikes on the water. So that should give you SOME sense of well-being.

WEATHER

Always monitor the weather forecast before going out on the water, whether its just for a day of water-skiing, or the first leg of an around-the-world cruise. TV and radio forecasts are good sources for local weather information. Then, after you're on the water, watch for signs of changes in the weather. Rising or changing winds, darkening or thickening clouds, and sudden drops in temperature may all be signs of instability. When in doubt, get off the water.

LINES, DOCKING & MOORING

Your lines should be dry, neatly coiled, and kept out of the sun when not in use. You'll find the life and integrity of the lines will be extended greatly if you take care of them.

A good boater approaches a dock or slip at clutch speed and in full control, regardless of wind or current conditions. Running up to a pier at half throttle, and slamming the engine in reverse to stop is a sign of poor boat handling skills. All maneuvers in and around other boats, piers, and docks should be done slowly and skillfully.

Never tie up to buoys or other navigation aids. It's dangerous, and it's illegal.

Secure all fenders inboard when leaving pier or dock facility. Nothing will make you look more like an inexperienced boater (I put it delicately) than to run your boat across the water with your fenders flopping outboard.

Before you approach a pier, make certain that everybody on board knows what they're supposed to do. If it's just sit still and stay out of the way, tell them that.

Coast Guard Search, Rescue Down

Since 9/11: The Coast Guard spent 2,263 fewer duty hours on search and rescue this Spring and 4,322 fewer hours than last year on drug interdiction to handle port security duties in place of their traditional missions. That's 9% fewer operational hours devoted to boat and aircraft rescue missions compared to the same period (April through June) of last year.

Vessel Safety Check Days



CIPS Certified Vessel Safety Examiners have been out in full swing inspecting boats this summer. If you yet need to have your boat examined – call anyone of our Certified Vessel Examiners to schedule an appointment. Your CIPS Roster contains the names and phone numbers of all examiners. Don't let the season end without getting your 2002 Safety Decal. Check our June Newsletter for a listing of Decal Requirements.



Guy Lombardo is all smiles upon receiving his VSC Decal for his well-maintained Grady White - docked at Snuggle Cove. Lt/C Marie Milillo, his Vessel Examiner, was also his 5th Grade teacher and Guy makes sure that he still gets top grades.

REDUCE CHANCES OF A SHARK ATTACK:

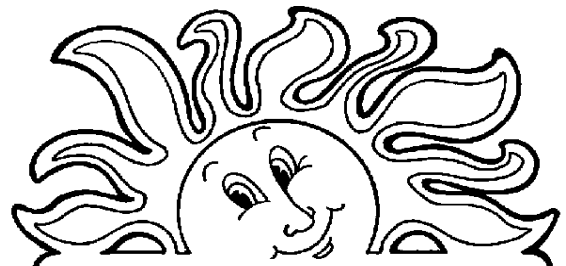
Do NOT swim alone
Remove jewelry before swimming
Don't swim at dawn or dusk
Avoid areas between shore and sandbars
Never enter the water w/ an open wound



John Tomsen and Little John were all smiles as they were awarded their 2002 Safety Decal



Wind Harp meets all requirements and Stanley McKay was proud to show Lt/C Peg Morton his orange distress flag. Thanks Harry for setting him wise to this requirement!



Welcome Aboard – New Members!

New members are issued a United States Power Squadrons® membership certificate to keep track of their educational accomplishments. As each of the outlined milestones is reached, a sticker is awarded so that achievements can be proudly displayed. Special thanks to 1st Lt. Bob Luciano, P who mailed these certificates to all new CIPS members. If any new member has not yet received their certificate, please contact Bob at 718-931-6667.



President Grover Cleveland proclaimed the first national observance of Labor Day, henceforth the first Monday in September. In 1882, Peter J. McGuire, founder of the United Brotherhood of Carpenters, first suggested a day to honor workers. That year, on September 5th, the Knights of Labor held the first "Labor Day" parade in New York City. The organization repeated the parade the next two years. In 1884 it adopted a resolution declaring the first Monday in September to be Labor Day.

The Knights of Labor campaigned for national recognition of the holiday, which succeeded ten years later. On June 28th, Congress passed the bill to make Labor Day a holiday in the District of Columbia and for all federal workers in the states.

Because the 1894 law only applied to the District of Columbia and federal workers in the states, each state had to enact its own Labor Day legislation. Eventually, all the states and territories put the law into operation, and Labor Day became a national holiday.

In Australia, Labor Day is called Eight Hour Day, and commemorates the successful struggle for a shorter working day. In Brazil, as well as in Europe, Labor Day is on May 1.

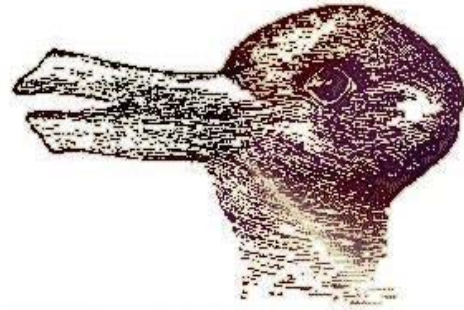
LOBSTERS OR CRABS ANYONE?

Did you know that a Lobster can move through the water at a rate of up to 25 feet a second and that a Lobster's kidneys are in its forehead and its teeth are in its stomach.

Did you know that you can tell male blue crabs from female blue crabs by looking at the design on their apron (belly). The male's design is in the shape of the Washington Monument and the female blue crab's apron resembles the US Capital.

OPTICAL ILLUSIONS

Anyone see the Palm Tree?



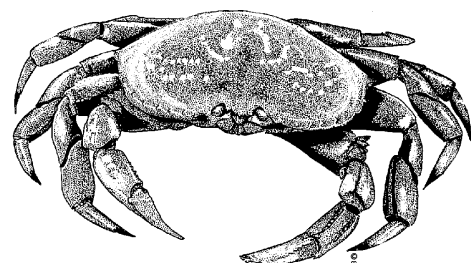
A Rabbit.... Or A Duck?

hint: the duck is looking left, the rabbit is looking right



A Face Of A Native

American... Or An Eskimo?



LILIES OF THE FIELD

Commencement speech made by Pulitzer Prize-winning author Anna Quindlen at Villanova University

I'm a novelist. My work is human nature. Real life is all I know. Don't ever confuse the two, your life and your work. You will walk out of here this afternoon with only one thing that no one else has. There will be hundreds of people out there with your same degree; there will be thousands of people doing what you want to do for a living. But you will be the only person alive who has sole custody of your life.

Your particular life. Your entire life. Not just your life at a desk, or your life on a bus, or in a car, or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account but your soul.

People don't talk about the soul very much anymore. It's so much easier to write a resume than to craft a spirit. But a resume is a cold comfort on a winter night, or when you're sad, or broke, or lonely, or when you've gotten back the test results and they're not so good.

Here is my resume: I am a good mother to three children. I have tried never to let my profession stand in the way of being a good parent. I no longer consider myself the center of the universe. I show up. I listen. I try to laugh. I am a good friend to my husband. I have tried to make marriage vows mean what they say. I am a good friend to my friends, and they to me. Without them, there would be nothing to say to you today, because I would be a cardboard cutout. But I call them on the phone, and I meet them for lunch. I would be rotten or at best mediocre at my job, if those other things were not true. You cannot be really first rate at your work if your work is all you are.

So here's what I wanted to tell you today: Get a life. A real life, not a manic pursuit of the next promotion, the bigger paycheck, the larger house.

Do you think you'd care so very much about those things if you blew an aneurysm one afternoon, or found a lump in your breast?

Get a life in which you notice the smell of salt water pushing itself on a breeze over Seaside Heights, a life in which you stop and watch how a red tailed hawk circles over the water or the way a baby scowls with concentration when she tries to pick up a Cheerio with her thumb and first finger.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work. Pick up the phone. Send an e-mail. Write a letter.

Get a life in which you are generous. And realize that life is the best thing ever, and that you have no business taking it for granted. Care so deeply about its goodness that you want to spread it around. Take money you would have spent on beers and give it to charity. Work in a soup kitchen. Be a big brother or sister.

All of you want to do well. But if you do not do good too, then doing well will never be enough. It is so easy to waste our lives, our days, our hours, our minutes. It is so easy to take for granted the color of our kids' eyes, the way the melody in a symphony rises and falls and disappears and rises again.

It is so easy to exist instead of to live. I learned to live many years ago. I learned to love the journey, not the destination. I learned that it is not a dress rehearsal, and that today is the only guarantee you get. I learned look at all the good in the world and try to give some of it back because I believed in it, completely and utterly. And I tried to do that, in part, by telling others what I had learned. By telling them this:

Consider the lilies of the field. Look at the fuzz on a baby's ear. Read in the backyard with the sun on your face. Learn to be happy. And think of life as a terminal illness, because if you do, you will live it with joy and passion as it ought to be lived.

--Anna Quindlen





Port Captain's Corner

Looking for Help or something new to do? Check out the Port Captains. Who are they? What do they do? They are volunteers who have local knowledge and are willing to share it and help out fellow members of USPS, especially those cruising in new areas. They have current information about local harbors, anchorages and launch sites and are willing to answer a multitude of questions. I'm told that the most frequently asked one is "Where can I get a cold one?"

Port Captains are available most anywhere including Bahamas, Canada, England, Puerto Rico, and the Virgin Islands. There are more than 30 just in the D/4 area. If you or your squadron are planning a cruise look up the local Port captain for suggestions. The Port Captains Roster, kept right up to date via web input, is available to members at

www.usps.org

- D/Lt Carrie Markham
Ch. D/4 Port Captains Committee

GOOD & WELFARE:

Let us remember in our prayers

~ Jack Palmer

~ Charlie Palumbo who is progressing nicely as he recovers from by-pass surgery

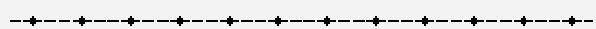
~ P/C Barbara Mandarano who is making good progress from knee surgery

~ Jane Meadow passed away

~ P/D/C Jim Paris passed away

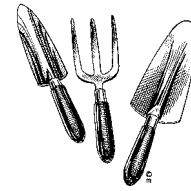
~ Angelo Bellochio who had extensive surgery on his left knee

... And all those for whom we have been asked to pray



CONGRATULATIONS:

The DiMatteos welcome their 13th grandchild – Christian Anthony – born 23 May and weighing in at 6'13oz



GARDENING TIPS

For the garden of your daily living, plant

three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant two rows of lettuce:

1. Lettuce be patient
2. Lettuce be kind

WATER FREELY WITH PATIENCE.

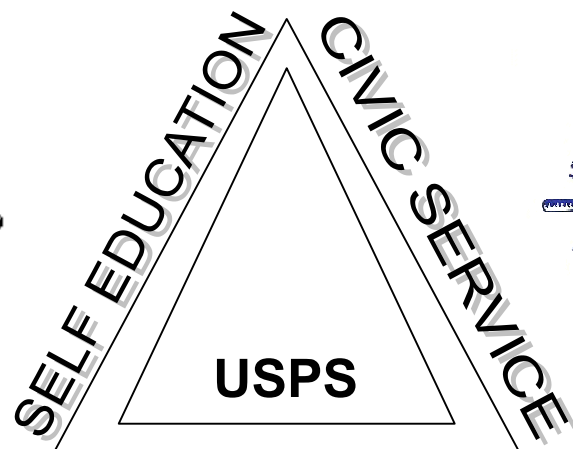
- submitted by P/C Barbara Mandarano, SN

Ever wonder where the word "SHIT" comes from? Well here it is...

A long time ago, certain types of manure used to be transported (as everything was back then) by ship. In dry form, manure weighs a lot less, but once sea water hit it, the manure became heavier and the fermentation process began again - producing the by-product methane gas. As the manure was stored below decks in bundles, methane began to build up, and the first time someone came below deck at night with a lantern... BOOOOM!

Several ships were destroyed in this manner, before it was discovered what was happening. After the discovery, bundles of manure were always stamped with the term "S.H.I.T." on them, which translated as: "Ship High In Transit". In other words, high enough off the lower decks, so that any water which came into the hold would not touch the volatile cargo and start the production of methane.

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