



United States Power Squadrons

Come for the Boating Education...Stay for the FriendsSM

* * *

City Island Sail and Power Squadron Newsletter



Celebrating our 36th Watch
Join Us!

The Commander's Corner

Our Squadron's flotilla has a new flag ship - for a few more months anyway. I have parted with my beloved sloop Willful. She is being replaced with a Pearson 30, currently christened **Rusty Nail**. The yacht has a storied reputation in the Eastern end of the Sound. Under the command of her previous captain, Jackie Fisher, the sloop was a feared adversary in regattas both in shore and blue water.

In fact, Jackie captained **Rusty Nail** to victory with the first, and to date only, all women crew to win the Off Soundings Race around Block Island.

I'll be using the sloop as a cruiser and hope to explore the waters of New England with her starting this Spring. Ever the history teacher, I will be renaming the yacht **Decatur** after Commodore Stephen Decatur, who captained the frigate **United States** to victory over the British ship **Macedonian** and who sailed his prize in triumph to New London.



It is with mixed feelings that I pen my last report to you in CISPS. My fourth and final watch as Commander is nearing its end. I wistfully look back and remember that I started my service to our squadron as editor of this very newsletter 12 years ago. Since then, I've been Treasurer, XO, Commander, XO again, Commander again, and now, gloriously, the breaking yard.

During my watches, we've crossed seas both calm and mountainous. I know our squadron sailing triumphantly through both had little to do with me. It is, rather, a testament to you and the officers with whom I've been privileged to serve.

But history teaches us that my swan dive into Davy Jones's locker is insignificant. Consider the **USS Constitution**. When we think of her, we think of the intrepid ship herself and little of the men who commanded her. **Old Ironsides** thumped Guerriere under Hull's command and she trounced Java when the irascible Bainbridge had her. Regardless, it is the ship we remember!

Likewise, I wasn't our squadron's first commander, nor will I be its last. My Flag Lieutenant, P/C Barbara Mandarano, is dedication and excellence personified. It's my understanding that at the Annual Meeting, if she is nominated and elected to be our Commander, she will proudly accept the position. With her at the helm again, our Squadron will be in good hands --- far better, in fact, than it ever was in mine. That meeting is fast approaching and, with it, my chance to say goodbye and to thank you in person. For whom do 8 bells toll? They toll for me. It's been an honor.

Contents

Pg. 2	2019 COW Invitation
Pg. 2	2018 Merit Marks
Pg. 3	Connect with Us
Pg. 3	Upcoming Seminars
Pg. 4	Holiday Party
Pg. 5-6	Heart of the Matter
Pg. 7	Behind the Wheel
Pg. 8	Founders' Day Brunch
Pg. 9	Good and Welfare
Pg. 9	Education Update
Pg. 10	Mark Your Calendars

Barbara Halecki, Editor



You and your guests are cordially invited to attend

CITY ISLAND SAIL & POWER SQUADRON'S
37th Annual **CHANGE OF WATCH GALA**
Friday, April 5th 2019, from 1930 to 2330
Modern Restaurant - 310 Huguenot St., New Rochelle, NY 10801

Includes: Drinks, Appetizers, Salad, Family Style Dinner: Chicken Marsala, Shrimp Scampi, Sausage & Peppers and Penne Vodka (vegetarian/vegan options available); dessert; coffee/tea

OPEN BAR

Installation of the New Bridge and Presentation of Awards

SPECIAL ARRANGEMENT: *Two weeks prior to our event, we will know if we will have use of the restaurant's larger party room. If so, we will have music and dancing too!*

DISPENSATION *from the Lenten obligation to abstain from meat has been granted by the Archdiocese of New York to all Catholics attending this event.*

Cost: \$65 per person / \$25 for children 10 and under (Dress - men: suits / women: festive party)

Send checks (made out to "CISPS") by 21 March to:
Barbara Mandarano, 3311 Radio Drive, Bronx, NY 10465
For additional info, call or text Barbara at (917) 612-6516



CITY ISLAND SAIL & POWER SQUADRON
IS MOST GRATEFUL TO OUR MEMBERS FOR THEIR SERVICE
TO OUR SQUADRON DURING 2018.
MERIT MARK RECOMMENDATIONS WERE APPROVED
BY OUR CHIEF COMMANDER FOR THE FOLLOWING:

- Chun-Burke, Cheryll
- Croce, Michael
- Gormley, Dennis
- Halecki, Barbara
- Hawley, Amy E.
- Keane, Kevin
- Kornspun, Steve
- Luciano, Robert
- Mandarano, Barbara
- Mandarano, Gary
- Mauro, Joyce
- Schibli, Alex
- Shimansky, Edward
- Sill, Troy
- Simotas, Eugenia
- Simotas, Jerry
- Stevis, Nick
- Swett, C. Catherine
- Taylor, Jeffrey
- Taylor, Susanna
- Vigoya, Noelva
- Welch, Richard

Connect with Us

- www.cityislandpowersquadron.org
 - Find us on Facebook: City Island Sail & Power Squadron
 - For information on upcoming events, contact Barbara Mandarano at: barb.mandarano@gmail.com
 - For information on the America's Boating Course, contact Richard Welch at: cityislandabc@gmail.com
- For information on other class offerings, contact Richard Welch at: cityislandabc@gmail.com

Have a story or an announcement you would like to submit? Please send it to Barbara Halecki at: halecki@juno.com

USPS Seminars - (two 2-hour seminars) on

April 20th, 2019 at City Island Yacht Club from 10:00 - 15:00

Hosted by City Island Yacht Club (CIYC), Westchester Sail and Power Squadron (WSPS), and City Island Sail and Power Squadron (CISPS)

“How to Use a Chart” - whether you're planning a cruise, going fishing, or traveling to a local marina, knowing how to read and use nautical charts is essential to safe boating.

“Intro to Navigation” - an intro to creating safe routes, entering waypoints in your chartplotter / GPS, and basic electronic navigation using the free, downloadable OpenCPN software. This seminar is a great foundation for advanced courses that teach piloting and celestial navigation skills.

Cost for both seminars: \$30 -- Must register by April 10th

Contact person: Frank Palmieri @ frankp56@optonline.net

or at (914) 424-2255

Holiday Party

held at Modern on the Rails in Mamaroneck on Dec. 9, 2018

**** Special thanks to P/C Barbara Mandarano, SN who submitted these pictures. ****



Heart of the Matter

Submitted by P/C Susanna Taylor, JN

As a woman and a registered nurse with 26 years of clinical experience at New York City's Bellevue Hospital, you might think I would immediately do the right thing if I ever experienced any symptom of a heart attack. And yet last Fall, while vacationing in Dublin, Ireland, I felt a dreadful chest pain. Not only did I fail to call Ireland's 112 Emergency Service --- I didn't even tell my husband!

Why on earth would I do that, you may ask. Well, it seems nurses are human too, and sometimes the professional background that should lead you to a sensible decision instead gives you excessive faith in your own medical judgement.

Since our Irish vacation, I've learned that many people, especially women, often ignore the symptoms of heart attack that require a visit to the E.R. My goal is to encourage all of my CISPS friends and families to acquaint themselves with valuable and potentially life-saving cardiac awareness tips. There is an abundance of information in books, pamphlets and websites geared towards the layman. I urge you to dig deep. And I draw your attention to my incident to give some advice we can all heed. If I've missed anything important, I encourage you to share it with everyone by responding to this article in the next newsletter. Let's share teachable moments.

In cases of cardiac disease, concerning symptoms present themselves when the heart muscle is deprived of oxygen and blood. Chest pain or discomfort will often be the first sign of serious trouble. Other symptoms include unusual fatigue, lightheadedness, dizziness, nausea /vomiting and shortness of breath and pain in the left arm. We may or may not experience the commonly described sensation of "an elephant sitting on our chest". Women are known to present a different set of symptoms than men. Women may experience abdominal discomfort, pain in the upper back, jaw, neck, shoulder or right arm. Women's presentation of a heart attack has, therefore, been called "atypical". That's because most previous research was done predominantly on men. That, my friends, is changing.

Any of the cluster of symptoms mentioned above should give everyone cause for concern and elicit a full medical examination. The American Heart Association's main goal for women in relation to heart disease is to increase awareness. The consequences of ignoring diagnosable heart disease are dire: increased hospitalization, increased rate of readmission and longer hospitalizations, assuming you survive at all. Sometimes the symptoms are vague and easy to ignore. Sometimes the pain is severe and can be catastrophic if ignored. The best action is to present yourself immediately for medical examination.

Heart of the Matter (cont'd)

Submitted by P/C Susanna Taylor, JN

There are two very popular reasons for not calling an ambulance when you think you may be having a heart attack. One is you're afraid it really is a heart attack and you're just too scared to think about it. The other is that you're afraid you're not really having a heart attack and you don't want to cause a lot of trouble over a simple case of indigestion or gas. Neither of these reasons is very sensible. The consequences of denial are obvious. On the other hand, if it turns out to be nothing serious, you can rest assured no one will be angry with you for not having a bona fide heart attack. As an emergency room nurse for many years, I can assure you the medical personnel will be delighted to find that your heart is not in danger. They will celebrate with you and breathe a sigh of relief. And if it is a real heart problem, with rapid intervention you're very likely to survive to face another day.

Statistically, heart disease is the leading cause of death in the United States, although in recent decades it's been leveling off with decreases in cigarette smoking. Medical science is continually conducting research to treat and prevent heart disease. Recommendations include the following: Adhere to a heart healthy diet by avoiding saturated fats, trans-fats, triglycerides and excess sugar laden foods; monitor and reduce dietary sodium; incorporate the Mediterranean or DASH diet daily; reduce or (better yet) quit smoking cigarettes; establish a daily exercise routine; evaluate your sleep hygiene to achieve daily rejuvenating sleep; analyze causes of stress and try to manage stress levels; ensure that you routinely pursue wellness visits with your doctor and actively engage him/her in your self-care discussion; adhere to prescribed medications; ask your doctor which supplements he/she recommends; and stay socially active and mentally engaged to keep up your cognitive health.

The researchers tell us to take care of ourselves to increase our longevity as well as our quality of life. When we retire, as I have, we want satisfying and fulfilling years as we grow older. Of course, we all know many of these things are easier said than done, due to the sometimes-overwhelming complexity and innate stress of modern American life.

So I would leave you with this important message, especially the women out there, who have been historically undertreated and underdiagnosed by the medical profession: know your risk factors, know your family history, don't ignore symptoms, establish a Well Woman Visit long before any symptoms occur to discuss with your physician what we like to call your risk stratification, and work with them to prioritize your health and make a treatment and home management plan that works for you.

Oh, and by the way, don't worry about me. Soon after returning from our Irish vacation, I visited my doctor and got a thorough checkup. He found no major medical problems and gave my heart a clean bill of health!

Sources: www.cdc.org,
www.mayoclinic.org,
CBS Morning News

Behind the Wheel

Submitted by P/C Barbara Mandarano, SN

I attended this year's New York Boat Show with my husband, Gary, and dear friends and fellow squadron members, Lori and Nick Stevis. We attended the first day and, with our USPS membership cards, got free admission. I must say that the highlight of the show was our visit to the Americas Boating Club (USPS) booth which was sponsored by our very own District 4. We thoroughly enjoyed our time with Kim O'Connell and Marvin Lipper (D4) and George Hallenbeck (D2) who work tirelessly for our cause. I was encouraged to take a test drive on the **Boating Skills Virtual Trainer (BSVT)**.



The **BSVT** allows students to maneuver a Boston Whaler on a small lake in a virtual mode where there are no other boats, no real water and no risks. Exercises include maneuvers from basic to advanced, including docking. As I took the helm, my eyes were glued to the three screens. A crowd began to form behind me. The pressure was on!

Getting my bearings, with confidence building, I started to slowly maneuver my boat. This was fun! I felt like I was in a movie. But my speed (barely above neutral) was not fast enough for my buddies. Several times I could see arms (Gary and Nick) reach over and push the throttle to increase my speed. I was then going fast and yelling "Watch it!" to virtual boaters and jet skiers who couldn't hear me. Meanwhile, my buddies were shouting directions to me. So many distractions! It was like being on a family trip when everyone in the car wants to travel to the location via a different route.

I quickly saw the tremendous value of this impressive learning tool. As seasoned boaters, we understand that boats have no brakes; there is no double yellow line; momentum and conditions must be considered and maneuvering a boat is very much different from driving a car. Only those born on or after May 1, 1996, are required to successfully complete a state-approved course and obtain a boating safety certificate to operate a motorboat. The only requirement for those born before May 1, 1996 is cash. Often those purchases are made by persons with little or no boating experience.



As I safely docked my "boat", I realized that the **BSVT** is a gigantic wake up call to anyone even thinking of buying a boat: "Education is needed!" I left our booth proudly wearing my "I drove the Boating Skills Virtual Trainer!" sticker. This was a great reminder that everyone - even seasoned boaters - can benefit from USPS educational programs which support our mission: 'Making boating safer and more enjoyable'.

Founders' Day Brunch

held at the Larchmont Yacht Club, Jan.27, 2019

**** Special thanks to P/C Barbara Mandarano, SN who submitted these pictures. ****



Past Commanders in attendance (from left to right): Jim Duffy, Gary Mandarano, Barbara Mandarano, Chris DeStefano, Jeff Taylor, Jerry Simotas and Susanna Taylor.



Good and Welfare



Our condolences go out to:

Amy Hawley and her family on the passing of her father, **John David Hawley**, on January 15, 2019

and to

Ross Baldari and his family on the sudden passing of his wife and our member, **Anita Marie Baldari**, on January 19, 2019. Our fond memory of Anita: she was first mate on their 50 ft yacht for 15 years, but would tell people she's "not a boater".



Our congratulations go out to:

Amy Hawley and Franz Alvarez

on their recent engagement.



Education Update

- The ABC Public Boating Course will be held at City Island Yacht Club for three sessions on May 7, 14 & 21. Each session will run from 1900 to 2145.
- Advanced Piloting will be offered this Spring, time and place TBA.
- An Instructor Recertification class will be held before the Annual Meeting on March 21. Class starts promptly at 1900.

For information, contact Richard Welch at cityislandabc@gmail.com

Mark Your Calendars

- March 22nd to 24th - D/4 Spring Conference at Park Ridge Marriott, Park Ridge, NJ. Information on D/4's website: <http://uspsdistrict4.org>
- March 21st - CISPS ANNUAL MEETING & ELECTIONS at City Island Yacht Club at 2000
- March 31st - D/4 Memorial Service at St. Albans Church, 76 St. Alban's Place (Eltingville), Staten Island, NY Service starts at 1400, followed by a reception. Information on D/4's website: <http://uspsdistrict4.org>
- April 5th - CISPS CHANGE OF WATCH GALA at Modern Restaurant, New Rochelle from 1930 to 2330
- April 18th - GENERAL MEMBERSHIP MEETING at City Island Yacht Club at 2000
- April 20th - USPS SEMINARS: "How to Use a Chart" and "Intro to Navigation" at City Island Yacht Club from 1000 to 1500
- June 23rd - BLESSING OF THE FLEET at Fenton Marine, City Island

The next newsletter deadline is May 15.

City Island Sail and Power Squadron
P.O. Box 233
City Island, NY 10464

[Place Address Label Here]