

Monthly Newsletter of the Saybrook Sail and Power Squadron April 2010

[www.usps.org/localusps/saybrook/](http://www.usps.org/localusps/saybrook/)

## Save the Dates

### 2010 ACTIVITIES

(For additional information on any of these events, contact any squadron officer. Contact information - Pg 2.)

#### 27 March, Saturday

District Spring Conference  
Groton Motor Inn  
Everyone Welcome!

See last week's *Sound of 1* for details.

#### 6 April, Tuesday

SSPS ExecCom — 1900  
24 Hudson Lane  
Essex, CT

#### 11 April, Sunday

SSPS Annual Meeting  
Dock & Dine, Saybrook Point  
See NomCom Report, Page 3

#### 22 May, Sat—28 May, Fri

National Safe Boating Week

#### 26 June, Saturday

D1 Spring Rendezvous  
Essex Island Marina

#### 16 July—18 July, Fri—Sun

D1 MiniCruise  
Coecles Harbor Marina  
Shelter Island, New York  
860.342.4614 for details

#### 11 September, Saturday

D1 Poker Run/Rendezvous  
Hamburg Cove, Lyme  
Details in upcoming  
Sounds of 1



## A View from the Bridge

Commander Elaine Williams, AP, 10 Duchess Drive, Old Lyme, CT 06371-1357  
860.434.0753 [lwilliams@snet.net](mailto:lwilliams@snet.net)

A week away from spring, I certainly can't wait. It's time to take a trip down to check out your boat and see how it did during the winter.

Last month Chris VanDerStad gave us a lesson on surfing the web. There are a lot of web sites for boaters. The pizza was great, dessert even better. Come to the next membership meeting --- you will have a good time! Two new members, Rita Lehto and Chris VanDerStad, were sworn in.

Our Change of Watch is Sunday 11 April 2010. (See the following notice) Please fill in your dinner selection below and mail it with your check to our treasurer, Lt/C Joan R. Jones, 10 Hudson Lane, Essex, CT 06426-1315

District Commander H.E. Greenbacker, SN, will install our new officers.

Please come and meet your new bridge.

Stay tuned for news about courses that we will be offering!

## Saybrook Squadron 2010 Change of Watch

*When:* Sunday 11 April, 2010

*Where:* Dock and Dine Restaurant, Saybrook Point

*Time:* 1300 (1:00 p.m.)

*Dinner Menu:*

Vegetable Crudites\* with dip. Cash Bar. \* (pronounced "crew di ta" = raw veggies)

Choice of:

- Traditional Stuffed Breast of Chicken
- Baked Stuffed Shrimp with Sherry/Lemon butter
- Grilled Top Sirloin with Gorgonzola butter

Garden Salad, Rolls and butter, Potato, Vegetable

Warm Apple Crisp

Coffee, Tea

*Cost:* \$22.50 per person. Please bring a food donation for the Food Bank.

Please clip this article, fill in your dinner selection, and mail it with your check to our treasurer, Lt/C Joan R. Jones, 10 Hudson Lane, Essex, CT 06426-1315.

Remember— a reservation made is a reservation paid.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

## Saybrook Sail & Power Squadron 2009—2010 Officers

### Commander

Cdr Elaine Williams, AP  
10 Duchess Drive  
Old Lyme, CT 06371-1357  
(860) 434-0753 [lwwilliams@snet.net](mailto:lwwilliams@snet.net)

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### Educational Officer

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### Administrative Officer

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### Secretary

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### Treasurer

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(860) 767-1217

### Asst. Educational Officer

1/Lt John D. McCarthy, JN  
194 Cold Spring Road  
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[jmccarthy03@snet.net](mailto:jmccarthy03@snet.net)

### Asst. Secretary — Position Open

### Asst. Treasurer

1/Lt James F. Reilly  
204 Cedar Hollow Drive  
Rocky Hill, CT 06067  
[jfrsmooth@aol.com](mailto:jfrsmooth@aol.com)

### Executive Committee General Members

P/C Constance Bevis, JN	399-7588
P/D/C James E. Coley, JN	669-6896
Paul J. Forrest, AP	767-2420
Elaine A. Kyle, S	434-9301
P/D/Lt/C Priscilla Woods, AP	399-9212
P/C/C Robert L. Woods, SN	399-9212

## Amendments to SSPS ByLaws Approved

Commander Williams reports that the proposed amendments to the squadron's bylaws were approved, with no dissenting votes, by a quorum of members at the regular 24 January 2010 members' business meeting, as per the call to that meeting. Our bylaws are now up to date.

In addition to four minor "housekeeping changes" requested by the National Rules Committee, the change in name from "Saybrook Power Squadron" to "Saybrook Sail and Power Squadron" was approved.

With the approval of P/C Artemis Pickard, AP of the National Rules Committee, they are now effective as the guiding rules of SSPS.

We thank P/R/C Robert Bair, AP, our Executive Officer, for guiding these amendments through the final stages of the amendment process.

## Pipe Them Aboard!

P/D/Lt/C Polly Woods, AP, Squadron Membership Chairman, announces the Executive Committee's welcome to the following new members of Saybrook Sail and Power Squadron:

*Richard F. Persico*, 127 West Main Street, Chester, CT 06412  
860.961.1233, [derdra@comcast.net](mailto:derdra@comcast.net)

We welcome Richard as the first Cyber Squadron member to chose Saybrook Squadron for his squadron membership. He joined USPS as an unattached member via the USPS web site — a new way for boaters to become affiliated with our organization.

We are pleased that he selected our squadron, and welcome him aboard!

SSPS also welcomes back *David L. Long*, 4 Stone Hill Drive, Killingworth, CT 06419.

David was a member of our squadron back in the 1980s and recently requested re-instatement saying he is "interested in helping to boost the spirit of the squadron"! He has already attended two member meetings and is interested in becoming involved.

David's daughter is a graduate of the U.S. Coast Guard Academy, now serving in Alaska.

## Your USPS Membership Can Make Your Federal Returns Less Taxing

Members who participate in the functions of USPS in an official capacity may deduct certain expenses as charitable contributions on their Federal Individual Income tax return. USPS is an exempt organization under section 501(c)(3) of the Internal Revenue Code.

Deductible expenses include transportation, parking fees, tolls, reasonable expenses for meals and lodging while away from home, uniforms, (including cleaning and insignia maintenance), postage, telephone bills, supplies, dues, and miscellaneous cash expenditures *that are directly and demonstrably related to squadron activity*. Direct contributions of cash or property are also deductible. For additional assistance, contact the national treasurer. (From Paragraph 11.71 of the 1 December 04 USPS Operations Manual)



## View from the Bridge

Lt/C Barbara B. Bair, AP, Administrative Officer  
 234 Whipoorwill Road, Old Lyme, CT 06371  
 860.434.7560 whpt@msn.com

### Exciting Events in Progress; Don't Miss the Boat!

On 14 March, we enjoyed a presentation on Portland's Brownstone Quarries by Gary Woods. As a PADI Master Scuba Diver Instructor, he learned a great deal about the subject years ago by diving in the quarries. This area has now become an exploratory and discovery park.

The quarries were the main source of the distinctive reddish brown sandstone called "brownstone". These quarries were extensively mined. Brownstone was used for carvings for head stones and buildings because of the ease of etching them. During the 19<sup>th</sup> century, the Connecticut River was a thriving vehicle for working boats to haul these stones all over the United States. But the weather took a toll on these remarkable edifices and the 1936 Great Flood, followed by the 1938 hurricane, destroyed much of this historic type of work.

Dinosaur tracks were found all over the quarry, but because they impaired the beauty of brownstone, they were foolishly discarded. For directions to the quarries, check Google.

On Sunday 11 April we will have our Change of Watch (COW) at the Dock & Dine restaurant at Saybrook Point from 1-4. Luncheon will be served with choices of stuffed shrimp, stuffed chicken, or top sirloin in the Connecticut Room on the first floor. Please see Page 1 story. It is important to make reservations as soon as possible because the count has to be in by Thursday 1 April. Joan Jones will be taking the reservations. I thank her for volunteering to do this important task.

Cdr Elaine Williams will be sworn in for the second year of her second 2-year tour of duty as commander.

### *The Year's At The Spring!* Robert Browning

The year's at the spring  
 And the day's at the morn;  
 Morning's at seven:  
 The hillside's dew-pearled;  
 The lark's on the wing;  
 The snail's on the thorn;  
 God's in his heaven---  
 All's right with the world!

## Saybrook Sail & Power Squadron Report of the Nominating Committee

In accordance with the provisions of section 6.8 and sections 11.1, 11.2 and 11.4 of the bylaws, the Nominating Committee submits the following slate of candidates for elective office for the year 2009- 2010. Each has signified a willingness to serve if elected. Officers will be elected and installed at the squadron annual meeting scheduled for Sunday 11 April at the Dock & Dine, Saybrook Point.

Squadron Commander	Cdr Elaine Williams, AP
Executive Officer	Lt/C Bradford Ficken, AP
Educational Officer	Stf/C Leslie W. Williams, JN
Administrative Officer	Lt/C Barbara B. Bair, AP
Secretary	Lt/C Adrienne S. Forrest, P
Treasurer	Paul J. Forrest, AP
Asst. Educ. Officer	1/Lt John D. McCarthy, JN
Assistant Secretary	Unfilled
Assistant Treasurer	1/Lt James F. Reilly

### Nominating Committee

1 Yr Term (exp 2010)	Unfilled
2 Yr Term (exp 2011)	Unfilled
3 Yr Term (exp 2012)	Unfilled

### Audit Committee

1 yr Term (exp 2010)	Thomas W. Welch, AP
2 Yr Term (exp 2011)	P/Lt/C Joan R. Jones, S
3 Yr Term (exp 2012)	P/C Constance H. Bevis, JN

### Rules Committee

1 Yr Term (exp 2010)	Unfilled
2 Yr Term (exp 2011)	P/V/C Richard E. Kyle
3 Yr Term (exp 2012)	P/R/C Robert D. Bair

### Executive Committee

P/R/C Robert D. Bair  
 P/D/C James E. Coley, JN  
 Elaine A. Kyle, S  
 P/V/C Richard E. Kyle  
 P/C John R. Robinson, AP  
 Lt Chris L. VanDerstad

P/C Constance H. Bevis, JN  
 Chairman

### Nautical Vocabulary

*Anchor:* a device to bring up mud samples from the bottom.

*Anchor Light:* small light used to discharge the battery overnight.



### Know Where You Are Fishing!

With the new salt water fishing regulations, fishing in and around Long Island Sound these days demands a knowledge of fishing regulations for three states --- Connecticut, Rhode Island, and New York. They all border on the Sound. You should probably start by establishing the boundaries of Long Island Sound in your mind.

Long Island Sound begins at the East River and Whitestone Bridge in New York City and ends at The Race to the east where Connecticut meets Rhode Island and New York at Fisher's Island. Look at a chart and find the *Colregs Demarcation Line*, an important boundary line when fishing near New York waters. The line marks the boundary of inland waters and ocean waters. It starts at Orient Point, NY and runs through Plum Gut, across Great and Little Gull Islands to Race Point on Fisher's Island, and then from the eastern point of Fisher's Island to Watch Hill, Rhode Island.

Connecticut, Rhode Island, and Massachusetts have reciprocal agreements recognizing each other's fishing licenses, but New York reciprocates with Connecticut for those fishing in Long Island Sound, only --- if you fish anywhere else in New York, you will need a NY fishing license

### Participate!

*(Excerpted from Swamp Fox Power Squadron's "Foxtales")*

Remember:

"Membership" begins with "Me",  
but I can't spell "Success" without "u"!

Let's start a spring garden to nourish our squadron!

First, let's put in 5 rows of "p"s:

*Preparedness, Promptness, Perseverance,*

*Politeness, Prayer.*

Then, 4 rows of "let us":

*Let us be faithful, Let us be useful,*

*Let us be loyal, Let us love one another.*

### An Epitaph

This is the grave of Mike O'Day,  
Who died maintaining his right-of-way.  
His right was clear, his will was strong,  
But he's just as dead as if he'd been wrong!



### Heart Attacks Revisited

*(From Dr. Virend Somers, a cardiologist from the Mayo Clinic in July 29, 2008 issue of the Journal of the American College of Cardiology.)*

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened.

If you take an aspirin or a baby aspirin once a day, take it at night. The reason: aspirin has a 24-hour "half-life". Therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.

There are other symptoms of an heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating. However, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: call 911.

Then phone a neighbor or a family member who lives very close by and tell them you are having a "heart attack!" Tell them that you have taken 2 aspirins.

Take a seat on a chair or sofa near the front door, and wait for their arrival and... do NOT lie down.

Nice to know:

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

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### Coast Guard Issues 'Fair Weather Alert'

*USCG e-Newsletter 6 March 2010)*

The weather has turned out to be quite lovely, but the warmer temperatures have the Coast Guard concerned. The Coast Guard has issued a "fair weather warning" for the inland, and coastal waters of Southern New England.

The Coast Guard says, while the air is warm, the water is still very cold. Boaters should not go out unless they have dry wetsuits, and life jackets to survive, if they capsize in cold water.

---

### 2010 Fluke Regulations

Current Connecticut regulations call for a bag limit of three fish, 19 1/2 inches minimum size with an open season from 29 May through 26 August.



## 6 Ton Sea Buoy Recovered

(USCG e-newsletter 10 March 2010)

And just like that, every visitor's favorite photo prop is gone from Carolina Beach. A little more than an hour is all it took for two Coast Guard crews and a cutter to haul the washed-up Carolina Beach sea inlet buoy back to sea Wednesday afternoon.

"I came out to enjoy the sun and stayed to enjoy the show," Carolina Beach resident David Ridenour said from his rainbow-striped lawn chair next to the beach entrance. About a dozen bystanders gathered to watch as the 225-foot Coast Guard cutter Elm maneuvered close to shore about 2 p.m. to start buoy-rescue procedures.

While the crew of the USCGC Bayberry dug out the buoy and sheared off its thick metal mooring chain, the Elm sent two boats out to fire a cable from ship to shore via M-16 rifle. The on-shore crew attached the 3-inch-thick hawser line of double-braided nylon, and all bystanders were banished from the immediate area as the Elm drew the line taut and started to pull.

Standing 26 feet tall, the metal buoy weighs 12,100 pounds dry and as much as 33,000 pounds when flooded, BMC Chris Groom said. About an hour after the Bayberry crew first arrived on the scene, the Elm tipped the buoy up, spun it around, and lugged it out to sea. The buoy floated as soon as it hit the waves, a sign of little to no flooding. It will be examined for damage, repaired if possible, then re-stationed elsewhere as needed. A replacement buoy has already been deployed.

## Northeast Boating Fatalities Decrease in 2009

(USCG e-newsletter 12 Jan 2010)

BOSTON - Recreational boating and paddling fatalities on waters of the Northeast's First Coast Guard District have decreased for the second year in a row. The First Coast Guard District recorded a preliminary 50 deaths during 2009. There were 55 fatalities in 2008 and 58 fatalities in 2007. *Capsizing or falling overboard while not wearing a life jacket was the main factor.*

Similar to past years, fatalities were evenly divided between motorized and non-motorized vessels with 25 deaths in each category. This year twelve canoe and five kayak fatalities accounted for 34 percent of total fatalities. Due to the tremendous growth in kayaking over the past decade and the long-standing interest in canoeing, Northeast paddle sport fatalities are typically double the national average. "Looking back to ►

## Reuse Your Shrink-wrap Cover!

(Gleaned from BoatU.S. Magazine March 2010, Practical Boater, Charles Scott)

Do you remove your plastic winter cover, wad it up, and toss it into the nearest trash bin? Heed the advice of Charles Scott who felt guilty for throwing away all that plastic, especially since it had survived the harsh Michigan winter in perfect condition.

Scott's winter cover frame for his Westsail 32 is constructed of 1-inch black plastic water tubing and is ideal, since it has no sharp protections that can stress and tear a cover over a winter. He installs his plastic cover in two sections welded together with a heat gun, one half forward of the mast, the other half, aft.

In the spring, the trick to removing the cover is to keep it as intact as possible. He makes a cut from the mast to the deck on the starboard side and then cuts away the belly straps that hold the cover from below. When he cuts through the cover where it is molded around stays and railings, he notes with magic marker on the plastic where tabbing would need to be added. He then removes the cover in one big piece.

Laid out on the ground, it looks like a large animal skin. Noting where the tabs need to be added to reuse the cover, he cuts strips two feet wide from the same sheeting roll used to make the cover previously, and melts the tabs to one side of the cuts made in the removal process. This makes it easy to bridge the cuts back together in the fall.

Putting the cover back on in the fall goes easy as long as you build the frame in exactly the same form as before. The lines that run inside the cover have to be retied and attached to new belly straps. Although the fit will not be drum tight, there will be enough life in the plastic to shrink it back in place with a heat gun. Although not perfectly smooth and seamless, this is an exercise in saving both money and the environment!

last year and as we do every year, our primary message is simply *wear your life jacket*," said Al Johnson, the recreational boating specialist for First Coast Guard District. "Whether you listen to the Coast Guard, our state partners, the Coast Guard Auxiliary, U.S. Power Squadrons, or other boating and paddling safety organizations, the message is the same – *wear your life jacket*."



## Saybrook Sail & Power Squadron

### Elected General Committees

#### Auditing Committee:

CH G. Bradford Ficken, AP	2007-2009	526-4719
Paul J. Forrest, AP	2008-2010	
Thomas H. Welch, AP	2009-2011	669-7086

#### Nominating Committee

unfilled	2007-2009	
CH P/C Constance H. Bevis, JN	2008-2010	399-7588
G. Bradford Ficken, AP	2009-2011	526-4719

#### Rules Committee

CH P/C Walter Harris, SN	2007-2009	395-0158
G. Bradford Ficken, AP	2008-2010	434-3660
Unfilled	2009-2011	

### Appointed Standing Committees

#### Reporting to the Executive Committee:

Ch Law:	unfilled
Ch Planning:	Executive Committee

#### Committees Reporting to the Commander

Honorary Chaplain	Reverend Keith Jones
Flag Lieutenant:	P/C Leslie W. Williams, JN
Fleet Captain:	Lanny Ruberg, S
Ch Merit Marks:	Mary Lou Ruberg, S
Ch Protocol:	P/D/C James Coley, JN

#### Executive Department Committees

Ch Cooperative Charting:	P/D/C Walter Wiegert, SN
Ch Public Relations	Lt Bradford Ficken, AP
Ch Radio/Technical:	P/C Barclay Thomas, AP
Ch Vessel Safety Check:	P/C Barclay Thomas, AP
Ch Safety	unfilled

#### Educational Department Committees

Ch Boating Course	Lt John McCarthy, JN
Ch Local Board/Adv Grades:	Lt Patricia H. Coley, SN
Ch Seamanship Course	unfilled
Ch Piloting Course	Paul J. Forrest, AP
Ch Advanced Piloting Course	unfilled
Ch Junior Navigation Course	Lt Patricia H. Coley, SN
Ch Navigation Course	Lt Patricia H. Coley, SN
Ch Cruise Planning Course	Position Unfilled
Ch Engine Maintenance Crs	Lt Richard W. Stone, AP
Ch Marine Electronics Crs	unfilled
Ch Sail Course	unfilled
Ch USPS Seminars	unfilled
Ch Teaching Aids:	P/D/C James Coley, JN
Ch Weather Course	P/C Walter D. Harris, SN
Ch Instructor Development	D/Lt/C Leslie Williams, Jr, JN

#### Administrative Department Committees

CoCh Boating Activities:	Patrick J. Early, P
CoCh Boating Activities	Paul J. Forest, AP
Ch Meetings and Programs	Michele L. Early, P
Ch Membership	P/D/Lt/C Polly Woods, AP
Ch Member Involvement	P/D/Lt/C Polly Woods, AP
Ch Operations Training:	District 1 Activity

#### Secretary's Department Committees

Ch Computer Systems	P/C/C Robert L. Woods, SN
Ch Historian:	P/C Barclay Thomas, AP
Ch Newsletter:	P/R/C Hayden Loveland, SN
Ch Roster:	P/C/C Robert L. Woods, SN
Webmaster	P/C Chris L. VanDerStad

## More About Clams

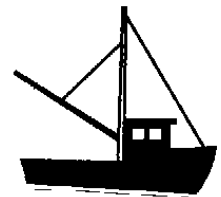
In the article recognizing National Clam Chowder Day in the March Outer Light, space would not allow a description of the various types of clams --- most of which are quite acceptable in making chowder, when prepared properly. We find two types of clams here on the east coast --- hard-shell and soft-shell.

**Hard-Shell Clams** are “roundish” and “heart-shaped” with a thick rock-hard shell that remains tightly closed even after taken from the salt water. It takes skill to open them by hand, so most novice chowder-makers buy them already opened, with their juices, from their fish market, or they frequently open the clams by steaming them, roasting them on a baking sheet, pouring boiling water over them, or placing them in a freezer just long enough for the shells to open wide enough to get a knife inside to release the muscle that holds the shells together. As mentioned last month, raw clams not exposed to heat are preferable --- they will always be more tender in your clam recipe.

Hard-shell clams bury themselves in sand or mud along the shoreline, often in waters as deep as 60 feet. They are plankton algae filter-feeders, and include the following four or more types, depending on size: *Sea Clams* -- 4 inches or more in diameter. Too large to eat whole. Often used for chowders. The strip around the inside belly is referred to as a clam strip and is what you get when you order tasteless fried clam strips.

*Quahog or Quahaug Clams*--- (co-hogs) --- about 3 inches across. Good for stuffed clams and all kinds of chowders.

Commercial clamming for the larger sea and quahog clams is primarily done offshore, via mechanical dredging. To harvest cultivated clam beds, aquaculturalists often use a much smaller version (hand pulled) of the offshore dredge. Another form of commercial clamming is done from a flat-decked boat using a clam rake with a telescopic handle. The head of these rakes have long tines attached to a "basket-like" cage in which the clams are collected.



Amateur clamming enthusiasts often use a shorter version of *clam rake* where the digger can stand in shallow water and rake the clams out of the sand or mud. Another popular method for bay clamming is the use of specialized “tongs” from a boat. Operators use the long tongs to probe the sand for clams in deeper waters. Clam tongs appear very much like two clam rakes with teeth hinged like scissors.

Smaller varieties of quahogs include:

*Cherrystones*--- about 2-1/2 inches across --- frequently eaten raw on the half-shell with a sauce, or used for cooking.

*Topnecks, Countnecks, and Littlenecks* --- a group of the smaller varieties of the quahog family --- less than 2 inches across, frequently eaten raw on the half-shell.

The interior of hard-clam shells is usually white with dark purple patches. The shells were the source of “wampum” for the Algonquin Indians.

Please see More About Clams, Page 7



**Saybrook Sail & Power Squadron**  
**A Unit of United States Power Squadrons®**  
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Please send your \$10.00 tax-deductible donation to Saybrook Sail & Power Squadron, c/o Joan R. Jones, Treasurer, 24 Hudson Lane, Essex, CT 06426-1315.  
 \* Generous Donation

**Happy Birthday!**

4/1 Richard E. Kyle  
 4/1 Leslie W. Williams, Jr.  
 4/3 Charles J. Conway  
 4/5 Carol L. Roberts  
 4/6 Lynn Billings Thomas  
 4/8 Preston C. Pope  
 4/11 Daniel G. Ferrier  
 4/12 Vincent J. Misenti  
 4/13 James F. Reilly  
 4/29 James P. Sullivan

**Alert:**  
 Never respond to a request that you dial an 809 number, unless you know the person you are dialing!  
 A scam operation in the Bahamas has ways of convincing you to place long and very costly calls when made to certain numbers in this telephone area. Never return a call to the 809 area code unless you know the person who is calling!



**More About Clams** (Continued from Page 6)  
**Soft-shell Clams**, popularly called "steamers", "soft shells", "longnecks", "piss clams", "long clams" or "Ipswich" clams, cannot close their shell and have a siphon neck that protrudes from the shell. They reside 6-10 inches under the surface of tidal mud flats. They have a pair of siphons that extend up to the surface to draw in seawater that they filter for food. The holes in the mud through which the water is drawn in and out can often be seen at low tide. Water may be visibly ejected from the siphon tips when pressure is applied to the surrounding mud. This makes the clams easier to locate when humans are hunting for them.  
 They have a calcium carbonate shell, which is very thin and easily broken; hence, the name "soft-shells" Soft-shell clams are not eaten raw, but are usually used for steaming and frying. They can also be used for chowder. They are one "east coast clam" that is found on the west coast of the USA north of San Francisco.

**Spoken by a congressional candidate from Texas:**  
 "That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it!"  
**Lee Iacocca:**  
 We've got to pause and ask ourselves: How much clean air do we need?"

Soft shell clams also include razor clams, named for their sharp shells that resemble a straight-edge razor. Digging for soft-shelled clams is usually done with a clam fork, or clam hoe, often made from a spading fork with its short handle bent perpendicularly away from the fork's head. A digger typically uses the fork by grasping the spine of the prongs in one hand and the handle of the fork in the other to push the tines down into the mud, clay, or sand and then pull it up and towards the clammer. This digging action opens up the soil to expose the clams.  
**When is a Male Clam Not a Male Clam?**  
 All clams start out as male clams, but become females at some point in their lives!





## ***Coming Events Highlights***

**27 March, Saturday**

District Spring Conference

Groton Motor Inn

Everyone Welcome!

See last week's *Sound of 1* for details.

**11 April, Sunday**

SSPS Annual Meeting

Dock & Dine, Saybrook Point

See NomCom Report , Page 3

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