

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.)

20 November, Saturday

District 1 Fall Conference
0900
Pattaconk Y.C. Chester
See Fall 2010 Edition
Sounds of 1

21 November, Sunday

SSPS Past Commanders'
Breakfast, 0800-1300
Hamburg Cove Yacht Club
Please see November Issue

11 December, Saturday

D1 Holiday Party
Manchester Country Club
Please see Page 3

13 December, Monday

SSPS Executive Committee
1900
10 Duchess Drive, Old Lyme

18 December, Saturday

SSPS Holiday Party
Dock & Dine,
Saybrook Point
Please see Enclosed Insert

2 February—5 February

USPS Annual Meeting
Disney Coronado
Spring Resort,
Buena Vista, Florida

An Editorial

It is Time to be Thankful!

Yes, despite the long depressing months of negative political haggling; despite the terrible natural weather disasters throughout our country and the world; despite the persistent daily killings on the street corners of our Connecticut cities and towns, and the fires that have consumed the living quarters and belongings of many of our local friends and neighbors; despite the loss of many of our acquaintances and USPS members to incurable disease; despite the struggles many of our friends and associates are enduring due to an inability to find work with a living wage; and despite the struggles of many of our squadrons in keeping our life-saving programs alive; despite all these grim realities, and more, we really do have a lot to be thankful for!

Once again this year, I quote from former Connecticut Governor Wilbur Cross, who included the following words in a proclamation to his constituents, (having been elected with an adequate supply of ballots):

“I appoint Thursday, the 26th of November, (1936), as a day of Public Thanksgiving for the blessings that have been our common lot and have placed our beloved state with the favored regions of earth---for all the creature comforts: the yield of the soil that has fed us, and the richer yield from labor of every kind that has sustained our lives---and for all those things, as dear as breath to the body, that quicken our faith in our humanity, that nourish and strengthen our words and acts; for honor held above price; for steadfast courage and zeal in the long, long search after truth; for liberty and for justice freely granted by each to each other and so as freely enjoyed; and for the crowning glory and mercy of peace upon our land --- that we may humbly take heart of these blessings as we gather once again with solemn and festive rites to our Harvest Home.”

I could never relate these feelings so eloquently, and I am sure Governor Cross would not object to my using his words to remind our readers that we really do have cause to be thankful!

*USPS and Saybrook Squadron
Wish You Fair Winds
for the Holidays
and Calm Seas for the New Year!*

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A View from the Bridge

Commander Elaine Williams, AP, 10 Duchess Drive, Old Lyme, CT 06371-1357
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My Christmas wish for the Saybrook Sail and Power Squadron and for USPS is to have more new and active members attending our functions.

Our Administrative Officer, Barbara Bair, has planned our Past Commanders' Breakfast to be held on 21 November at the Hamburg Cove Yacht Club. The breakfast starts at 0800 and will continue until 1130. The cost for all you can eat is only \$5.00 and we are going to have a 50-50 raffle. So come and see all your past commanders cook your eggs, pancakes, and sausages!

Our December meeting will be our Holiday Party to be held at the Dock and Dine. We have some great entertainment for you. Please come and enjoy. There is more information about this event on page 3 of this issue.

We are in the process of looking for members for our Saybrook Squadron Bridge for next year. Please, won't you do your part and take a "job" on the bridge or executive committee. We know we have members with many good ideas, and we need them! Give me a call, or drop me an e-mail. Let me know what you would like to do for our squadron.

In addition, we are looking for someone to take over the Outer Light. Please contact the editor if you are interested in this.

Les and I wish each one of you a very Merry Christmas and a Happy and Safe Holiday. We hope Santa Claus is good to each one of you.

Elaine Williams, AP, Commander

Food for Thought! *(From the D/10 Communicator.)*

Everybody — Somebody — Anybody — Nobody, (Four People)

In a particular squadron there was an important job to be done and *Everybody* was asked to do it. *Everybody* was sure that *Somebody* would do it. *Anybody* could have done it, but *Nobody* did it.

Somebody got angry about that because it was *Everybody's* job.

Everybody thought that *Anybody* could do it, but *Nobody* realized that.

Everybody wouldn't do it. It ended up that *Everybody* blamed *Somebody* when actually *Nobody* asked *Anybody*!

Rules of the Road *(Courtesy of Sarasota Power Squadron)*

1. Leaving the dock is optional; returning is mandatory.
2. If you turn your wheel towards shore, the houses become larger. If you turn the wheel away from shore, they get smaller, unless you keep turning the wheel, and then they get bigger again.
3. Sailing is not dangerous. Sinking is.
4. It is better to be on shore wishing you were out there, than to being out there wishing you were on shore.
5. The only time you have too much fuel is when you are on fire..
6. When in doubt, stay out to sea. No one ever went aground on a wave.



Sign Up for the District Holiday Party

“JUST BLACK AND WHITE”

This year we are again having a District 1 Holiday Party. The “Luau”, “Western”, and “Sock Hop” parties of the last three years were such a success, we thought we would do it again. The theme this year is **“Just Black and White”** and we should have a lot of fun in a relaxed atmosphere. It is easy to get to the party location. We hope you will all join us to start the Holiday season.

- Date: Saturday, 11 December 2010
- Place: Manchester Country Club
305 S. Main Street, Manchester, CT
(Exit 3 off 384). 860.646.0103
- Price: \$35.00 per person. The deadline for signing up is Monday, 6 December 2010. Please call Cdr Elaine Williams at 860.434.0753 for tickets.
- Time: 1800 to 1900 Social Hour-Cash Bar
Dinner-Buffer
- Dancing: To DJ’S Don and Nina Sawyer

“Just Black and White”

PLEASE NO JEANS

Please bring an unwrapped toy for “Toys for Tots”.



“Jubilation” The Bells Are Ringing !

(Courtesy of Lynn R. Billings-Thomas, a member of Saybrook Squadron who is very active with the “Jubilation” bell choir.)

Come to Our SSPS, 18 December Holiday Party!

“We’ll have a mixed bag of carols and non-religious Holiday songs. We can have a sing-a-long on one or two of the carols. Hopefully people will join in.

We can also invite people to come up and try to play an easy song, and Terri, our director, will give people the opportunity to ask questions.

We will be using different bell techniques including the chimes.

We do not just ring the bells.

Sometimes we whack them on the table and hit them with mallets among other things. You’ll see.”



View from the Bridge

Lt/C Barbara B. Bair, AP, Administrative Officer
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Merriment, Music, and Meals

On 20 November, we will have the Past Commanders’ Pancake Breakfast at the Hamburg Cove Yacht Club in Lyme, CT. The food will be wonderful, the camaraderie unmatched, and we will meet in a beautiful setting.

Sunday, 18 December from 1300 to 1500, (1-3), we will have our Holiday Party at Dock & Dine Restaurant at Saybrook Point, in the large banquet room in the back, facing the Connecticut River. Access is available with handicap ramp, and parking is closest in the back of the restaurant.

The menu choices are traditional Stuffed Breast of Chicken, Baked New England Cod, or Grilled Top Sirloin. Please fill out the slip-sheet included with this newsletter. Indicate your dinner choice, and send your reservations to Paul Forrest, AP, our treasurer, at 124 River Road, Essex, CT. 06426. Include your check made out to the Dock and Dine for \$20.00 per person.

Deadline for reservations is Friday 10 December. On occasion, there is room for a few late reservations, but they cannot be guaranteed.

There will be a table for unwrapped gifts for Toys for Tots to be presented to Connecticut State Police, Troop F, in Westbrook, for distribution to needy children in our area. This donation is voluntary, for those who wish to share.

We have wonderful entertainment planned. Lynn Billings-Thomas will be accompanying her bell choir called “Jubilation”. Hearing this group perform is in itself a good reason to attend the party. See adjoining ◀ article for additional information .

Next, on 16 January, from 1400 to 1600, (2-4 p. m.), at the Lyme/Old Lyme Senior center, we will have veteran pilots from World War II as our guests, who will talk about their missions, and show us artifacts and pictures that they brought back home after serving in Europe and the South Pacific. More information on this event will appear in the January Outer Light.

Here’s wishing you a wonderful and safe holiday season and a happy and healthy New Year. We hope you will be able to share some of your celebrating with your fellow Saybrook Squadron members.

Barbara Bair, Administrative Officer



A New Much Simpler CPR Technique Learn Sarver Heart Center's Continuous Chest Compression CPR!

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. It's easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help, and it was developed at the University of Arizona College of Medicine.



"This video is worth sharing," said Gordon A. Ewy, MD, director of the University of Arizona Sarver Heart Center and one of the research pioneers who developed this method. This is a very important video regarding the latest CPR procedure. Please watch and forward to your friends and family if you have not already done so. You never know, a life may be saved utilizing this new procedure.

<http://tinyurl.com/2fx8r59>

The Term "Wind-Chill Factor"

The *wind-chill* measurement was devised to make people aware of how cold they will feel when they go outside. We know that we feel colder on a cold, windy day than on a day with no wind.

It is a fact that wind pulls heat away from our exposed flesh and makes us feel colder. Wind even cools us off in summer, as anyone who has fanned himself can attest. Heat is lost by the wind speeding up evaporation, causing the body to lose heat. The temperature of the air does not change, but we feel a difference.

The wind-chill factor only applies to exposed flesh. You will not feel as cold if you protect yourself from the wind. Your mother knew what she was talking about when she told you to wear a hat and gloves!

Our Flag

**The Flag Stands for All that We Hold
Dear—Freedom, Democracy,
Government of the People,
By the People, and For the People**

Coast Guard's Gift Ideas for 12 Nautical Days of Christmas

(USCG e-newsletter, Tim Flanagan, Managing Editor)

WASHINGTON — The U.S. Coast Guard, as a public service to holiday gift shoppers, announced Friday its recommended gift ideas for 12 nautical days of Christmas.

The singular most important gift for mariners this year is a marine GPS navigation system. With the intended termination of Loran-C signals set for as early as Jan. 4, 2010, marine GPS units will be a necessity to any boater who currently relies on the Loran-C system for navigation.

"Nothing says 'I love you' to a mariner like the gift of a marine GPS navigation, a Coast Guard approved life jacket, boating safety course or 406 MHz electronic position indicating radio beacon," said Lt. Cmdr. Chris O'Neil, the Coast Guard's chief of media relations.

"Regardless of the occasion or holiday, the gifts we recommend this year can save a loved one's life, making them perfect gifts this season, or throughout the year. Diamonds are pretty and big-screen, high-definition televisions are great for watching the big game, but they won't help you prevent a boating accident, or survive after you've been in one." Among the USCG recommended nautical gifts are:

1. A Marine GPS navigation system
2. A 406 MHz EPIRB (make sure you register it after purchase, or rescuers may be delayed in reaching you!)
3. A Coast Guard-approved life jacket (because they float, you don't...)
4. A handheld VHF-FM radio
5. Vessel Safety Check (VSC) from the United States Power Squadrons, (it's free!)
6. A Coast Guard approved fire extinguisher
7. A first aid kit in a watertight container
8. A seamanship book
9. Nautical charts for the areas your favorite mariner frequents
10. A signaling kit
11. A life raft with a survival kit
12. A textbook on a nautical subject from USPS University.

Some of the most valuable gifts don't cost anything but time, such as scheduling a free vessel safety check with your local SSPSquadron VSC chairman, P/C John Robinson at 860.739.7435.



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 USPS D1 Web Page—<http://www.usps.org/localusps/d1>
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The Outer Light

Copy deadline is the Saturday after the first Wednesday of each month. Articles from members are welcome, subject to editing for clarity and availability of space.

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* Generous Donation
 Please send your \$10.00 tax-deductible donation to Saybrook Sail & Power Squadron, c/o Paul J. Forrest, Treasurer, 124 River Road, Essex, CT 06426

Happy Birthday!

12/7	Jeff Hubbard
12/9	Elaine Williams
12/11	Donald Read
12/12	Richard Persico
12/20	Lester Reynolds, Jr.
12/28	James Coley



Did You Know That:

- more than half of the coastline of the entire U.S. is in Alaska?
- Brazil got its name from the nut; not the other way around?
- Next to Warsaw, Chicago has the largest population in the world?
- There are more Irish in New York City than in Dublin, Ireland; more Italians than in Rome, Italy; more Jews than in Tel Aviv.?

Nantucket Cranberry Pie

(Tested and approved by the SSPS ExecCom 11/10/10, Adrienne S. Forrest, Chef; Gourmet Magazine, November 1993, Source)

1. Preheat the oven to 350. Chop enough cranberries to make 2 cups, and enough walnuts to make 1/2 cup.
2. Put the chopped cranberries, walnuts, and 1/2 cup sugar in a buttered 10-inch pie plate or spring form pan.
3. Mix 2 large eggs, 3/4 cup (1 1/2 sticks) melted and cooled butter, 1 cup sugar, 1 cup flour, 1/4 teaspoon salt, and 1/4 teaspoon almond extract. Stir the batter until it is smooth and pour it over the cranberry walnut mixture. (The batter will be thick.) Bake the cake in the middle of the oven for 40 minutes, or until a tester comes out clean.



Horseshoe Crabs are Blue-blooded!

(Courtesy of Barbara Bair; from children's book written by Mary Ellen Caruso of Lyme, CT.)

The copper content in the horseshoe crab's blood gives it a sapphire blue tint, as the iron in human blood makes for a red tint.

The horseshoe crab has a substance in its blood that is unique in its ability to detect dangerous toxins in new medical drugs and blood plasma.

If you have ever had a prescription medication, an immunization, or required the use of a hospital IV, the horseshoe crab was involved in the testing for the purity of the drugs.



Immature horseshoe crab after giving blood.

The crabs are caught and bled in a lab for a short period and then returned to their home waters. The lab technicians go to great lengths ensuring that the crabs are handled with care and respect."



Directions to Hamburg Cove Yacht Club

Driving North on I-95: Bear left at the end of the Exit 70 ramp onto Rte 156 North. Approximately 5 miles north, note Tiffany Farm on the right (with the big silos) and the Lyme Firehouse just a short distance farther. Just after crossing the small concrete bridge, turn left on a short cross street. When you come to the stop sign at the end, you will see the HCYC, a white building just to the right on the west side of Cove Road. Parking lot is opposite the clubhouse on the east side of the road.

Driving South on I-95: At the end of the Exit 70 ramp, drive straight ahead the length of Halls Road, past the A&P (Big Y), to the traffic light. Turn right on 156 North and follow instructions above.

Coming Events Highlights

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