



Susquenango
SeaChest



Monthly Publication



June 2026

Volume 71 Issue 6

District 6

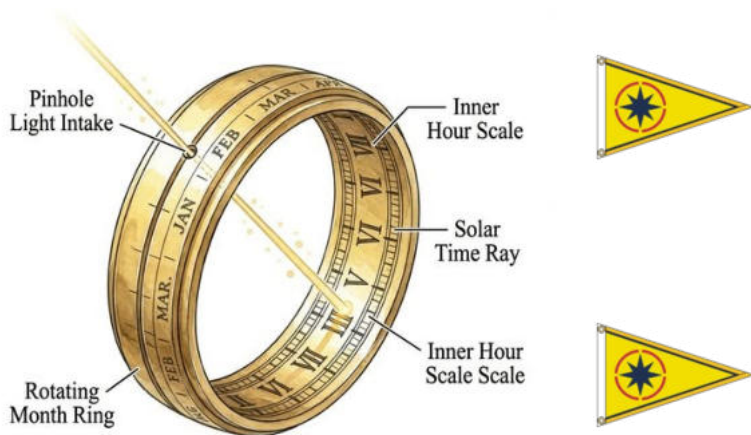
Susquenango Happenings

Contact Lt/C Linda Rought, P for details @ 607-760-6388.

**17 June—Susquenango Picnic—
Otsiningo Park South Pavilion**

**Dinner catered by Spiedy & Rib Pit \$16
Includes Spiedy, Tossed Salad, Mac Salad and Potato salad. Dessert.
Bring your own drink.
Silverware and paper products included. Pay the Squadron that night.
Deadline to call Linda: June 9**

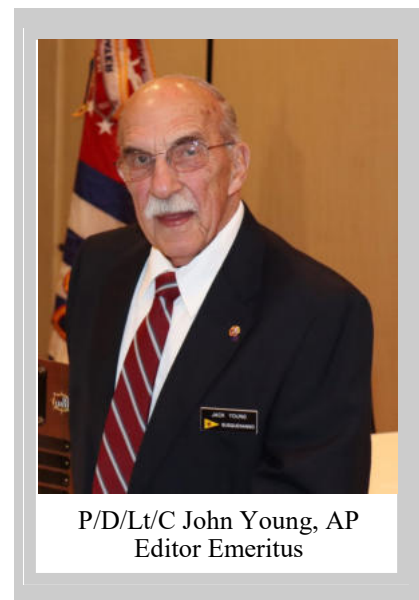
Did You Know?



True Moments

The "Apple Watch" of the 1500s

Before mechanical watches were reliable, high-society explorers wore their time. This diagram reveals the Sundial Ring. It used a "Pinhole" of light: the user would hold the ring up, and a single beam of sunlight would hit a specific number engraved on the inside of the band. It was a masterpiece of wearable geometry that never needed a battery!



P/D/Lt/C John Young, AP
Editor Emeritus



SeaChest

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SeaChest

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Commander's Comments

This issue is packed with information on our upcoming events, the first of which will be our annual picnic to be held at Otsiningo Park South Shelter on 17 June at 5:30 pm. This is the first shelter after entering the park. We will enjoy a delicious speidi dinner from the Speidi and Rib Pit. Make sure you get your reservations in to Lt. Linda Rought, P ASAP. We will have a brief meeting followed by fun and conversation.

Next on the horizon will be our participation in the Town Of Kirkwood 250th USA Anniversary Parade on 4 July. Thanks to P/C John Parnica P for the use of his pontoon boat and Lt. Ann Smith, P and our new member Marcella Macias for coordinating the event. If you would like to participate or donate candy (for throwing) please contact me or Ann.

We want to wish Lt. Frank AP and Lt. Cris Broderick S safe travels as they begin their Great Loop trip on 20 June. This will be quite the voyage taking them about one year to complete on their Nordic Tug "Halara". May they have smooth seas and calm winds. Can't wait to hear about their adventures.

We are looking for ideas for our Squadron rendezvous to be held in September. Please send your ideas to me.

Today in the mail I received information about Boscov's Friends Helping Friends event which will take place on 21 October. Time, please slow down!!

Looking forward to seeing many of you at our events soon.



So until then.....



Always remember... *"Home is Where the Anchor Drops"* .

Commander Mary

TENTATIVE SCHEDULE OF EVENTS!

KIRKWOOD NY AMERICA 250 *Celebration*

— 7/4/2026 —

★ VETERAN'S PARK, KIRKWOOD NY!

- 12:00** Shuttle Service Begins
Parade Line-up (Kirkwood Gardens)
- 1:00** PARADE along Main Street & into park
- 1:45** OPENING CEREMONY – Alyssa Crosby, Roger Luther, Honor Guard etc. (Center Stage Lawn)
- 2:00** LET FREEDOM RING – ALL EVENTS OPEN: Food Vendors, Face Painting, DJ, Bounce Houses, Barrel Train Ride; Tractor Show, Ag Exhibit, Living History Exhibits, Art Show, Crafts for kids, etc.
- 2:15** Kid's Game – Potato Sack Race (Lawn area)
- 2:30-4:30** Carriage Rides from Kirkwood Historical Society & KHS Open House
- 2:30** DAR hosting Story Time (Pavilion 3)
- 2:45** Kid's Games – Water Balloon Toss & Bucket Brigade (Lawn)
- 3:00-4:00** Alyssa Crosby Concert (Gazebo)
Portrayal of Mary Young Pickersgill -Flagmaker (Pavilion 3)
- 3:15** Pie Eating Contest for Adults & Kids (Tent stage)
- 3:45** Kid's Game – Colonial Hoop Relay (Lawn)
- 4:00** Alden's 6th Regiment Demonstration (Upper Soccer Field)
- 4:30** DAR hosting Story Time (Pavilion 3)
- 5:00-7:00** O'Shanigan's Concert & Dancing (Tent Stage)
- 5:15** Kid's Game – Diaper Derby (Lawn)
- 6:00** DAR hosting Story Time (Pavilion 3)
- 7:00** Tug-of-War – Team Competition (Lawn)
- 7:30-9:30** Blue Velvet Big Band Concert (Center Stage Lawn)
Hot Air Balloon Demonstration & Night Glow (Upper Soccer Field)
- 10:00** Fireworks Spectacular

★ Shuttle service will run continuously from 2:00 - 11:00 p.m. ★

Membership Involvement

BIG BOY 4014

In celebration of America's 250th Anniversary, a legendary steam engine has embarked on a coast-to-coast tour and will stop in Owego. On June 12th the Union Pacific's Big Boy locomotive will be at the Erie Railway Depot. Big Boy 4014 will make a whistle stop at 10:45 until about 11:15 AM for your viewing pleasure.

During World War II 25 Big Boy locomotives were built to haul materials for the war effort over the Wasatch Mountain Range in Utah and Big Boy 4014 is the only one still in operation. Come to Owego on June 12th to see this historic train.

Nancy Bieber, Membership Involvement Chair



Susquenango Dinner Meeting 5-20-26
Chefs Stanley's



Did You Know?



A military regulation kept soldiers trapped inside their cars outside a McDonald's in 1975. They couldn't enter the restaurant in uniform and the restaurant couldn't afford to lose them. What management did next created something so obvious it's hard to believe it didn't exist before. That decision didn't just save one location. It rewired how America eats, shops, and lives.

[History Club's post](#)

1975. Sierra Vista, Arizona.
Soldiers couldn't leave their cars in uniform.
McDonald's couldn't serve them inside.
So they brought the restaurant to the car.
The first drive-through changed everything.

In 1878, a fireman in Chicago was racing down a spiral staircase built for one absurd reason: to keep horses from wandering into the kitchen. He was losing precious seconds as the fire burned. So he grabbed a wooden hay-lifting pole and did something his crew thought was insane. That single moment rewired firehouse design forever — and the thing he invented is still saving lives today.

[History Club's post](#)



Horses kept climbing stairs toward the smell of cooking food. So firehouses built spiral staircases the horses couldn't climb. But those stairs were deadly slow for firefighters racing to a fire. Then one man grabbed a hay pole and slid. The fire pole was born.



Lady's universe — The Philly Cheesesteak Recipe



Philly Cheesesteak – What Is It?

The Philly Cheesesteak is a kind of sandwich that is made with ribeye steak (very thinly sliced), onion (adequately caramelized), and provolone cheese. That simple mix is the foundation of a long-standing East Coast staple. Steak, onion, and cheese are all that should be on a “Philly” cheesesteak; the West Coast has made it its version by adding mushrooms and bell peppers to the mix.

WHAT TYPE OF BEEF CUT SHOULD I PREPARE?

The traditional cut of meat for use in Philly cheesesteaks is the ribeye. When cooked, its rich marbling and soft texture almost define the very essence of a Philly Cheesesteak. Perhaps, the second go-to is flank steak, which is leaner but surprisingly tender when sliced against the grain. You’ll want to use a little more oil on the pan if you’re cooking flank steak.

What Type Of Cheese Should I Use?

When it comes to a Philly Cheesesteak, mild provolone is the most sought-after cheese. Of course, you can experiment with different kinds of provolone. However, it seems “aged” provolone doesn’t go well with the rest of the traditional ingredients of Philly Cheesesteak. In most cases, the overpowering flavor and aroma of aged provolone overpower almost everything else.

How To Make Perfectly Thin Slices Of Beef

Beef that has been cut very thinly is the secret to a delicious cheesesteak. Hence, it’s one of the first things you need to get right if you want a great Philly Cheesesteak.

Perhaps the best way to do it is to cover your steak and freeze it. When the meat is frozen, it becomes easier to cut it into thin slices. Remove any skin and excess fat with a sharp knife, then cut against the grain to create thin slices.

If the option is available, have the butcher make paper-thin slices of meat for you. However, sometimes it will cost you a bit more. As long as the extra is not ridiculous, it’s generally worth it because cutting the beef into thin slices can be time-consuming and requires a lot of manual effort.

How To Make The Classic Philly Cheesesteak

In terms of both time and effort, this sandwich recipe is among the fastest to prepare and cook. This dish may be prepared in 30 minutes. You may use a griddle, flat top, or stove to prepare this dish.

* Prepare hoagie buns with butter, onion, and thinly sliced meat.

Saute the onions until caramelized, then set them aside.

Sauté the steak until it is completely cooked through, then put the onions back in.

* Cover the ingredients with 2 layers of thinly-sliced mild provolone cheese.

* Grab a bun, scoop the ingredients and place it into the bun. It's that simple.

Infuse Some Creativity To The Classic Philly Cheesesteak

If you want to spice things up a bit regarding the traditional Philly Cheesesteak, below are a few recipes you can try.

* PORTOBELLO PHILLY CHEESESTEAK – leave the bread. Try a mushroom instead.

– Start by preheating the oven to 350 degrees. Spread mushroom caps on a large baking sheet. The stem should be facing up. Drizzle olive oil. Season with salt and pepper.

– Heat 1 tablespoon of olive oil in a large pan over moderate heat. Mix in the chopped onion and peppers, then season using salt and pepper. Keep an eye on the veggies and toss them often for approximately 5 minutes or until they reach the desired tenderness. Take the ingredients off the pan.

– Turn the heat up to medium-high and add the olive oil to the pan. Sear the steak for approximately 3 minutes on each side or until it reaches your desired doneness. Then season it with salt and pepper. Shut down the heat and add back the mixed vegetables into the pan.

– Place a spoonful of the steak mixture in each mushroom cap, then sprinkle with cheese. Place it in the oven for 20 minutes. The peppers should be soft, and the cheese should have melted.

– Serve warm, garnished with parsley.

* POTATO SKIN PHILLY CHEESESTEAK – the only thing better than potato skins is potato skins packed with a Philly Cheesesteak mix.

– Start by preheating the oven to 400 degrees. Use a fork to make holes in the potatoes, then coat them with oil, salt, and pepper. Spread potatoes out on a baking sheet, and bake for approximately an hour or until the peel is crispy and the potatoes are soft. Allow to cool down until it is comfortable to handle.

—You can start making the filling while the potato is in the oven. In a large skillet, heat some olive oil over medium heat. Cook the onions and peppers for 5 minutes or until they are tender. Put in the steak and season it with salt, pepper, and oregano. The recommended cooking time for a medium steak is 5 minutes.

– Cut potatoes in half lengthwise when they are comfortable enough to handle. Take a spoon and remove the flesh, leaving a 1/4-inch border. Place potatoes back on a baking sheet, this time with the sliced side facing up. Put the meat mixture and provolone cheese over the potatoes.

– 10 minutes in the oven should be enough time for the cheese to melt.

• Sprinkle some chopped parsley on top before serving.

- *** INSTANT POT PHILLY CHEESESTEAK – if you want something really fast.**

– Add oil to the Instant Pot and set it to the “Sauté” option. As soon as the oil is heated, throw in the chopped peppers, onion, and oregano. Add salt and pepper, and simmer for 5 minutes or until the peppers and onions are tender.

– Add the beef and add seasoning again. Put the cover on and cook for 8 minutes at high pressure using the “Pressure Cooker” option. After 8 minutes, let the Instant Pot decompress for 10 minutes. Lift the lid and cover the beef mixture with thin slices of cheese. Close the pot and let the cheese melt. 1 to 2 minutes should be enough.

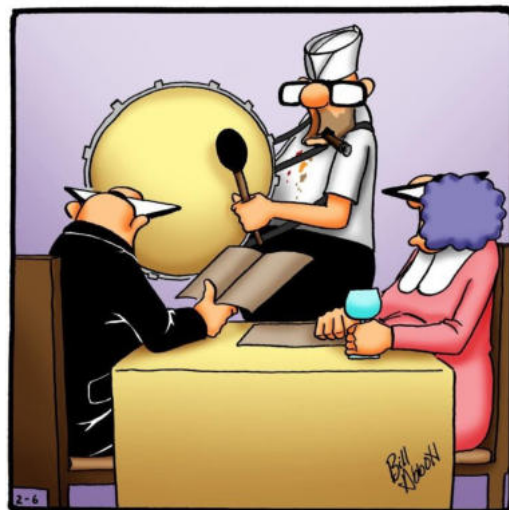
– Put the filling on hoagie bread and serve right away.

In Closing

So that’s it for now. Philly Cheesesteak is one of those simple dishes that are so good that it has spread to all continents of the planet. After reading this article, you should know by now the classic version of the dish and some creative ways of serving it.



“Not sure if it’s French oak, but I’m positive our wine is barrel aged.”



“Something romantic, perhaps?”

Libation of the Month—Summer Sunset Cocktail

by MyBartender



Enjoy a refreshing Summer Sunset cocktail—perfect for summer evenings.

Equipment

[Highball Glass](#)

[Cocktail Shaker](#)

[Strainer](#)

[Measuring Jigger](#)

Ingredients

1 oz. Raspberry Vodka
1 oz. Peach Schnapps
2 oz. Orange Juice
2 oz. Cranberry Juice
Splash of Lemon-Lime Soda
Orange slice and cherry for garnish

Instructions

Prepare the Glass:

Fill a highball glass with ice cubes to chill.

Mix the Cocktail:

In a cocktail shaker, combine the raspberry vodka, peach schnapps, orange juice, and cranberry juice. Shake well to mix all the ingredients thoroughly.

Assemble the Drink:

Strain the mixture into the prepared highball glass over the ice.

Top the drink with a splash of lemon-lime soda for a refreshing fizz.

Garnish and Serve:

Garnish with a slice of orange and a cherry on top.

Serve immediately to enjoy the cooling effects on a hot summer day.

From:

by land or by sea
Cuisine of the United States
Power Squadrons



Denver Sandwich

4 eggs

¼ cup diced ham

¼ cup diced onion

¼ cup diced bell pepper

Salt and pepper to taste

1 tablespoon butter

4 slices white sandwich bread

Beat eggs in a bowl. Add ham, onion, bell pepper, salt and pepper. Melt butter in a skillet. Pour mixture into hot skillet. Scramble mixture until cooked. Divide cooked egg mixture to make two sandwiches.

Yield: 2 servings

Jan Johnson • Lansing Power Squadron • Michigan

District 6 Events and Schedule

Here are some solid hotel and motel options around the Thousand Islands region in Clayton, Alexandria Bay, and Gananoque.

The following list of hotels and motels is only a partial list of all the available places to stay in the Thousand Islands area. You will need to check on availability of rooms for any specific dates that you are looking to reserve.

ALSO, be aware, that if you are traveling to Canada, for events such as the Binnacle Island Barbecue, YOU MUST HAVE proper travel documents, such as - Enhanced Drivers License, Passport, Passport Card, or NEXUS Card. For everyone with a smart phone, you should look into downloading two apps: Arrive CAN, and CBP Roam. These apps can make crossing the Canadian and US borders easier, especially if you will be traveling to Canada by boat.

Clayton, NY

- 1000 Islands Harbor Hotel — Waterfront hotel right on the St. Lawrence River with an indoor pool, restaurant, and marina-area views. Popular for couples and weekend trips.
 - Wooden Boat Inn — Smaller boutique-style inn in downtown Clayton near the Antique Boat Museum and restaurants.
 - Lanz's Motel Cottages & Trailer Park — Budget-friendly motel/cottage option outside the village area.
 - McKinley House — Victorian-style bed & breakfast within walking distance of the waterfront.
- West Winds Motel & Cottages — Riverfront motel/cottages between Clayton and Alexandria Bay with dockage and pool access. West Winds Motel & Cottages

Alexandria Bay, NY

- Capt.'s Inn & Suites — Affordable motel-style stay near downtown Alexandria Bay and boat tours.
 - Rock Ledge Motel — Well-rated classic roadside motel with easy access to Boldt Castle tours and the river.
 - Riveredge Resort Hotel — Large waterfront resort in the center of Alexandria Bay with indoor pool and marina access. Riveredge Resort Hotel
 - Bonnie Castle Resort — Resort-style hotel overlooking the St. Lawrence River near Boldt Castle cruises. Bonnie Castle Resort
- Applewood Inn & Suites — Budget-friendly motel/hotel option on Route 12. Applewood Inn & Suites

Gananoque, Ontario

- Best Western Plus Gananoque Inn & Suites — Reliable mid-range hotel near the 1000 Islands Parkway.
 - Ramada by Wyndham Gananoque Provincial Inn — Motel-style property with outdoor pool and convenient highway access.
 - Travelodge by Wyndham Gananoque — Budget-friendly downtown stay.
 - Quality Inn & Suites 1000 Islands — Pet-friendly motel with outdoor pool and breakfast included.
- Super 8 by Wyndham Gananoque Country Squire Resort — Classic affordable Thousand Islands-area hotel.

Submitted by:

James Ryder wrvryders@gmail.com , Syracuse Admin Officer

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Save the Dates:

Saturday, July 18, 12 - 5 PM Binnacle Island BBQ. Picnic at Binnacle Island. Water Taxi service available. Jim Scherzi or Tom Erickson.

Thu July 30 - Sun Aug 2, 2026. District 6 Summer Rendezvous at the COVE, Sylvan Beach.
Registration Info : Bridgett at barieno@yahoo.com .

Saturday, August 1, starting at 9AM at the COVE, Sylvan Beach, NY. Pontoon Boat Navigation Contest, help one of our three Syracuse Boats bring home the Trophy. Meeting 9 AM, Contest at 11:30, Krash at Krause's 2-5 at the COVE, the Awards dinner will be shortly after 5 PM in Sylvan Beach. Modest registration. Pay your own dinner

All Central New York Power Squadron Members

America's Boating Club - Syracuse is planning an event for Saturday June 27th:

Join America's Boating Club - Syracuse members in a Boating Flotilla

Leaving Onondaga Lake from the Onondaga Yacht Club and traveling on the Seneca River to Lock 24 in Baldwinsville.

The flotilla will "lock-trough" at Lock 24 and plan to tie up on the west side lock wall, for members to enjoy B'Vill eateries.

You can join the flotilla either on your own boat or on one of our member boats. If you are on the Seneca River you can join the flotilla en-route.

The flotilla will plan on leaving Onondaga Yacht Club at 1:00pm

PLEASE RSVP to Tess Freedman at tbfreedm@gmail.com for further information

Attention all D6 Bridge Officers and Squadron Commanders: District Conference Call , 9 June 2026, 7:00-8:00 PM

Agenda: Sponsorship of ABC-FLX 100 Years of Sailing Event featuring the wooden schooner *True Love*. More information on the event is included below.

Hi Mike,

I'm writing to see if District 6 and National will join our Squadron in sponsoring an exciting event on Seneca Lake this summer. The Schooner *True Love* is celebrating 100 years of sailing with a special event Friday September 25th and Saturday, the 26th. *True Love* is an iconic wooden schooner synonymous with summer on Seneca Lake and the Watkins Glen waterfront.

Her owner, Terry Stewart is a longtime ABC member and avid supporter of our local boating community. Most recently, he sponsored 3 young sailors in getting their 100 Ton Master commercial captains license in Florida. Last year he offered students in one of our ABC classes the opportunity to join him on the water aboard *True Love* to review Rules of the Road and ATONs free of charge. Through his efforts over many years, Terry is instrumental in supporting the current boating community and ensuring its vibrant future on Seneca Lake.

The free and family-friendly weekend celebration in September will include live music, a classic and historic sailboat show and regatta, free public tours of *True Love*, guided harbor tours focused on the history of Seneca lake, local vendors and a sunset outdoor showing of *High Society*, the 1956 movie starring Bing Crosby, Grace Kelly, Louis Armstrong, Frank Sinatra and *True Love*.

Continued Pg 13

Our Squadron will be hosting a table to demonstrate knots and safe use of pfd's and promote membership in ABC. We will contribute \$250 to help sponsor the event and we're hoping that District 6 and National will both match our contribution. In addition to having a physical presence at the celebration, ABC will have our logo included on the event website, event posters, and in social media posts.

Please let me know if you'd like to discuss this request further and if you have a contact at National I can reach out to about including them. We're really excited to be part of this event and hope you will join us!

Fair winds!
Kris West, Commander
ABC-FLX



Things look different on the water at night. It's easy for boaters to become lost or disoriented, and the chance of an accident while boating after dark greatly increases after the sun goes down.

Take precautions before heading out. Check the weather forecast, either from local media or your marine VHF radio weather channel. Get statewide weather forecasts and warnings from the National Oceanic and Atmospheric Administration at noaa.gov, which also lists local National Weather Service contacts.

Consider the moon's phase and the amount of cloud cover, which affects how well you can see and how well other boaters see you in the dark.

Know where you want to go, and plot a course before leaving the dock. Study the route for water depth, landmarks, navigation aids and hazards, and chart your progress along the way. Practicing basic navigation rules will lessen your risk of running aground or becoming disoriented and lost.

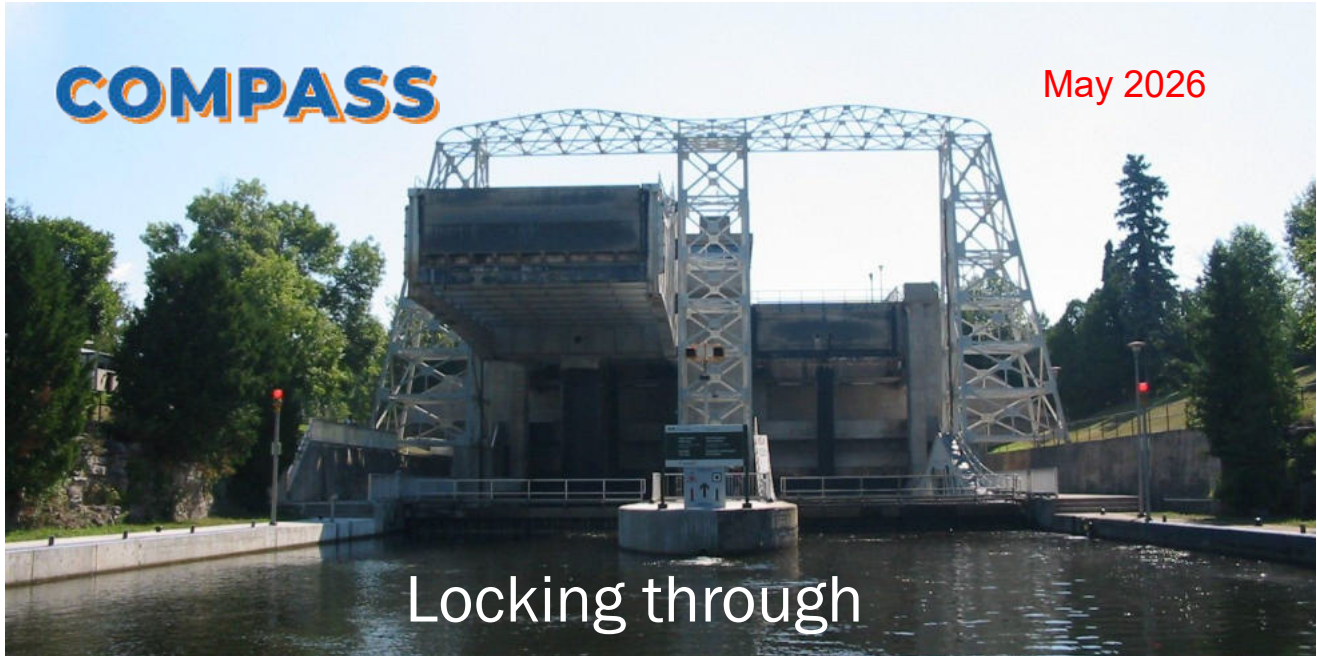
File a float plan with a relative or friend, who can notify the authorities if you fail to return as scheduled.

If your boat has radar and GPS, use them in addition to your up-to-date charts, but don't rely on GPS alone to avoid a collision. A GPS can't tell you what obstructions lurk just under the surface or between you and your destination.

Except for navigation lights, eliminate all white lights, which make it difficult for you to see other vessels and obstructions. Consider replacing them with red lights, which won't affect your night vision. Set your instrument panel dimmer switch to its lowest readable setting. Keep extra bulbs and fuses aboard.

Do a marine VHF radio check with a marina, another boat or a towing company, and make sure you have a full fuel tank before heading out.

Finally, minimize distractions to stay alert for hazards and approaching vessels. Turn down music and TVs and ask passengers to keep conversation low while underway. —U.S. Coast Guard



Locking through

To safely navigate locking through a dam, here are a few pointers to follow.

Entering a lock

- Stay between the red and green buoys, which mark the river's navigable channel.
- Sit-down personal watercraft operators must wear Coast Guard-approved life jackets and remain seated. Stand-up personal watercraft must tie to an approved vessel, and operators must remain on board the approved vessel.
- Wait for the green light and the whistle signal from the lock operator before entering the lock.
- Boats going downstream should stay clear of traffic, 400 feet upstream from the end of the guide wall, while awaiting lockage.
- When approaching a lock, boats should issue one long whistle blast followed by one short blast no more than one mile from the lock. Pull cords, which sound an alarm to let the lock operator know you desire lockage, are provided at the upstream and downstream ends of the lock wall.
- Traffic signals guide you at many river locks: A steady red light means the lock master hasn't seen you; a flashing red light means do not enter; a flashing amber light means approach the lock under full control; a flashing green light means enter the lock.
- The lock operator may signal you with an air horn: One long blast, enter landward lock; two long blasts, enter riverward lock; one short blast, leave landward lock; and two short blasts, leave riverward lock.
- Carry aboard at least 75 feet of mooring line to safely tie your boat to the lock wall.
- When directed, approach the lock slowly with no wake.
- Turn off your engine during the lockage so exhaust fumes can't accumulate, and lower the volume on your radios and stereos.

Use fenders to prevent damage to your boat and lock walls.

Leaving a lock

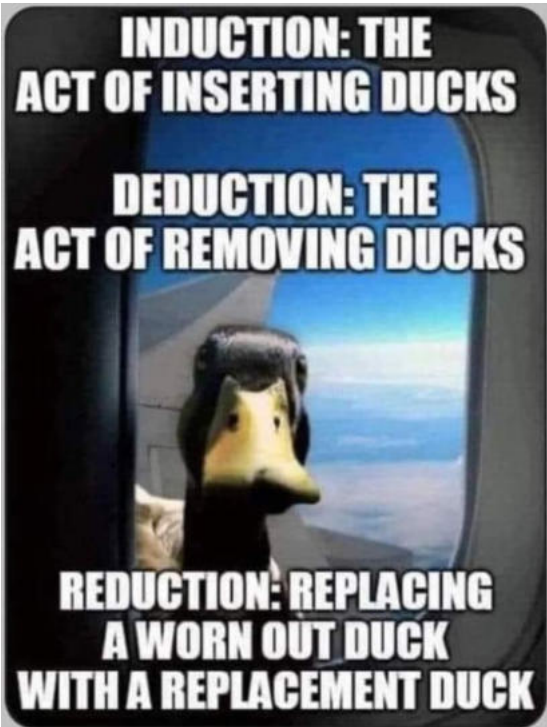
- When leaving, wait for the lockmaster to sound the all-clear signal before starting your boat.
- Never start your engine until you are sure your bilge is free of fumes.
- Hold onto your lock lines until the boat in front of you has begun to move.
- Leave at idle speed, following the lockmaster's instructions.
- Watch for boats waiting to enter the lock.



THE DEBUT OF THE FIRST
SCRATCH & SNIFF
ANESTHESIOLOGY TEXTBOOK



"Where'd I learn to make coffee? Navy. Why?"





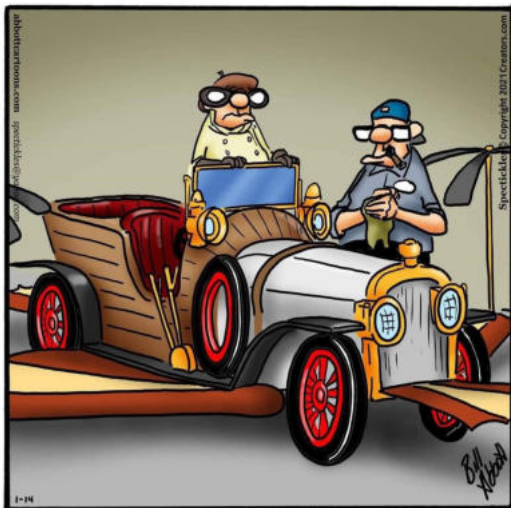
Two nuns walk into a bar.



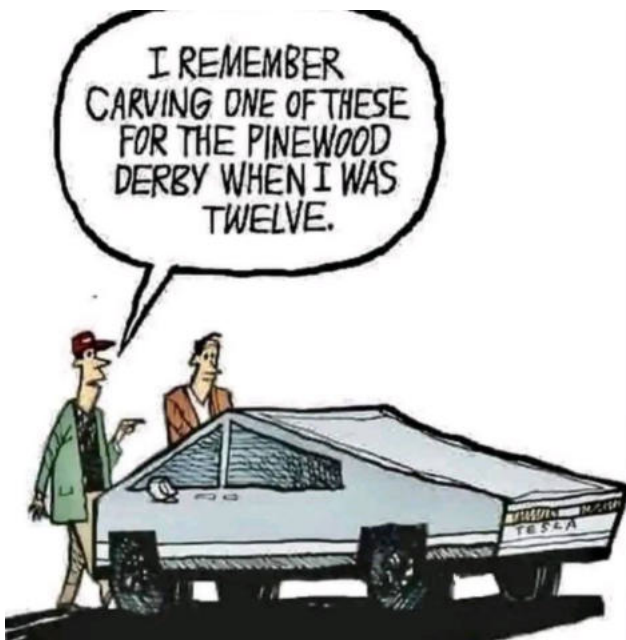
"There! You wanted a Jacuzzi, you got a Jacuzzi, OK?!"



"You squeaked by with the chitty, chitty, but the bang, bang fails the emissions test."



CLOSE TO HOME JOHN McPHERSON



"The main difference is that that system will be obsolete in eight months, whereas, for only \$400 more, you can have a system that's guaranteed not to be obsolete for a full year."

SUSQUENANGO SAIL & POWER SQUADRON
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Endwell, NY 13760-2510