



Susquenango SeaChest



Monthly Publication



August 2026

Volume 71 Issue 8

District 6

Susquenango Happenings

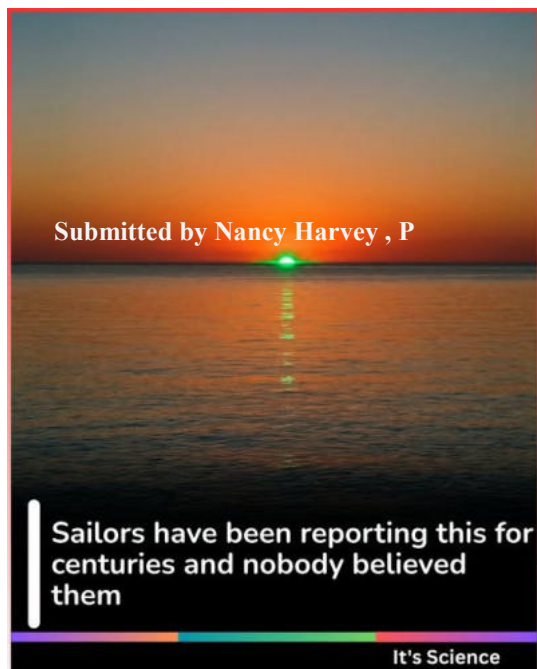
Summer Break—Next Squadron Meeting 16 Sept 2026—TBD

Susquenango's 2026 Rendezvous - Friday, September 18th at 1 PM, Otsego Lake

GLIMMERGLASS QUEEN BOAT TOUR

See Membership Involvement on Page 3 for details

Did You Know?



Sailors have been reporting this for centuries and nobody believed them. A green sun at the moment of sunset sounds like the kind of thing you see after too long at sea. The physics behind it is real, and it happens right at the edge of what the atmosphere can do.

The green flash is a product of refraction. When sunlight enters Earth's atmosphere at a low angle, the air bends different wavelengths of light by different amounts. Violet and blue light bend the most, red and orange bend the least. As the sun sets, the atmosphere acts like a weak prism, splitting sunlight into its component colors and refracting each one along a slightly different path to your eye.

Violet and blue get scattered away by the atmosphere long before they reach you. Red and orange are already dominant at sunset for the same reason. That leaves green sitting in a narrow window, briefly visible as the last sliver of the sun drops below the horizon, appearing as a distinct flash of emerald light for anywhere from one to two seconds.

Seeing it requires almost perfect conditions. The horizon needs to be sharp and unobstructed, which is why it is most often seen over the ocean. The air needs to be clear with no dust haze to scatter the remaining green light away before it reaches the observer. Atmospheric temperature gradients can intensify the effect or eliminate it entirely depending on how air layers stack above the horizon. Under certain rare atmospheric conditions involving strong temperature inversions, a more dramatic variant called the green ray can appear, where the flash extends into a visible beam of green light above the horizon.

This photograph is real. The color is real. Everything your eye reads as impossible here is the ordinary physics of light passing through a curved atmosphere at exactly the right angle, caught in the two seconds before it disappears.

The Sun has been setting for four and a half billion years. Most people have never seen it turn green



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





SeaChest

Published Monthly by
Susquenango Sail & Power Squadron Inc. a unit of the United States Power Squadrons



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Commander's Comments

Well, the summer is sure going fast. Between the Canadian wildfire smoke and the extreme heat I hope everyone is enjoying their time on the water or whatever way you like to spend your time.

Treman Marina Day on July 25 was hosted by the Ithaca Coast Guard Auxiliary and they did a fine job. It was a perfect weather day unlike some of the days when we hosted.

Our mini rendezvous will be held on September 18 in Cooperstown, NY with a boat ride and lunch to follow. See more information in this issue and sign up ASAP! Looks like a good time.

We are still making plans for our 15 September meeting. More details will be forthcoming in a separate email or in the September SeaChest, Stay tuned!

In October, we will look forward to participating in Boscov's Friends Helping Friends once again this year. Mark your calendars for 21 October. See info in this issue.

Hope to see you at the rendezvous and/or at our September meeting. Enjoy the rest of the summer and remember....

"Home is Where the Anchor Drops" .



Commander Mary



Susquenango Sail and Power Squadron

Participating in the
Kirkwood America 250

4th of July Parade



Membership Involvement

GLIMMERGLASS QUEEN BOAT TOUR

Susquenango's 2026 Rendezvous will take place on Friday, September 18th at 1 PM. Enjoy Otsego Lake aboard the elegant Glimmerglass Queen. It is a narrated tour offering a relaxing glimpse of the history and beauty of James Fenimore Cooper's fabled Leatherstocking tales. The tour is an hour long and the cost is \$22 for adults and \$16 for children.

Following the boat tour, we will lunch at the Doubleday Café. They offer a chalkboard of specials at lunchtime including a fish fry, fish sandwich, burgers plus at least 3 other items. They offer a fine selection of beers and wines and endeavor to serve the freshest food along with the best service at reasonable prices. Most lunch specials are around \$10.

We will meet at the tour boat site at 10 Fair St in Cooperstown at 12:30 PM and have lunch immediately afterward. Please make reservations with Nancy Bieber at nancybieber300@gmail.com or phone 518-813-7888 by September 14th. Boat tour payment is due to me by our membership meeting on September 16th. Lunch will be ordered on your own at the restaurant.

Hoping to see everyone in Cooperstown.

Nancy Bieber
Membership Involvement Chair



Boscov's Friends Helping Friends

Once again this year we will be participating in Boscov's Friends Helping Friends which will be held on 21 October.

Twenty five percent off shopping passes are available please contact Cmd. Mary to get your passes or pick them up at our Sept. meeting.

Remember for each pass sold, the squadron receives \$5.00. It's an easy way to boost our coffers – everyone loves to shop and you can even shop online this year!

Did You Know?



Vikings built a **SECRET FORTRESS** in the heart of Paris during the 885 siege. Hidden oak palisades and Scandinavian wood revealed their cunning plan to strike from within the city, unseen by defenders for over 1,000 years.

Beneath the heart of Paris lies a secret that rewrites Viking history. For over a thousand years, historians believed the Norse warriors who laid siege to Paris in 885 AD camped in crude open fields along the riverbanks. They were wrong. Archaeological drilling on the Île aux Cygnes has uncovered something extraordinary: a hidden Viking fortress, complete with oak palisades and turf ramparts, built right under the noses of Parisians. Even more shocking? Pollen analysis from the moat revealed Scandinavian spruce, proving these cunning raiders shipped their own timber across the sea to construct a secret stronghold in enemy territory. The Vikings weren't just brutal warriors; they were master strategists who turned the Seine itself into their fortress.

The 885 AD siege of Paris is one of the most dramatic confrontations between the Vikings and medieval Europe, but new archaeological evidence is completely changing our understanding of how the Norse operated during this legendary battle.

When researchers drilled sediment cores on Paris's Île aux Cygnes, they expected to find traces of temporary Viking camps along the riverbanks. Instead, they discovered a sophisticated ring of oak palisades and turf ramparts buried beneath centuries of silt. This wasn't a makeshift campsite; it was a carefully engineered mini-fortress positioned strategically within the Seine's waters. The Vikings had built a pop-up military base in the very heart of the city they were besieging, allowing them to launch surprise attacks and maintain a constant threatening presence that the Parisian defenders couldn't easily counter.

The most fascinating piece of evidence came from pollen analysis of the moat sediments. Scientists identified pollen from Scandinavian spruce trees, a species not native to France. This means the Vikings deliberately transported timber from their homeland as ship ballast, then used it to construct their fortifications. This level of planning reveals the Norse weren't simply raiding parties acting on impulse; they were executing sophisticated military campaigns with logistical preparation that rivaled any medieval army. For further reading on Viking siege tactics and the Paris siege, consult 'The Vikings: A History' by Robert Ferguson (Penguin, 2009) and archaeological reports from the Institut National de Recherches Archéologiques Préventives (INRAP). The Journal of Archaeological Science has also published sediment analysis studies revealing Norse construction techniques in occupied territories.

A bronze statue was literally put on trial for murder in ancient Greece. Yes, you read that right. Not the sculptor. Not the person who commissioned it. The statue itself stood accused of killing a man. What happened next is one of the strangest legal cases in history, and the verdict will leave you speechless. The ancient Greeks took justice to a whole new level.

This bizarre trial took place in ancient Greece and involved a bronze statue of Theagenes, a legendary Olympic champion from Thasos. After his death, one of his rivals who had hated him in life would visit the statue nightly to whip it out of spite. One night, the statue fell on the man and killed him. The sons of the deceased took the statue to court for murder. Under ancient Greek law, even inanimate objects could be tried for causing death. The court found the statue guilty and sentenced it to be cast into the sea. However, the story doesn't end there. Years later, Thasos suffered a terrible famine. When the people consulted the oracle at Delphi, they were told to recall their exiles. They did, but the famine continued. The oracle revealed they had forgotten Theagenes. Fishermen eventually recovered the statue from the sea, and it was restored to its place of honor. The famine ended.

This incredible tale shows how seriously the ancient Greeks took the concept of justice and pollution. Any death, even one caused by an object, required purification and legal resolution. The statue of Theagenes went on to be worshipped as having healing powers, with people making offerings to it for centuries.

Sources: Pausanias, Description of Greece (6.11.2-9), written in the 2nd century AD. Also referenced in various classical studies of ancient Greek law and religion, including scholarly works on Greek athletic culture and hero worship.



In ancient Greece, a bronze statue of an athlete was put on trial for murder after it fell and killed a man. The court found the statue guilty and ordered it to be thrown into the sea as punishment.

August Recipe—Crispy Sardine Spaghetti Aglio e Olio

Breana Lai Kileen, myrecipes

Tinned sardines are transformed into crisp, savory bites that top this classic garlic-forward pasta.



Credit: Food & Wine / Photo by Victor Protasio / Food Styling by Margaret Dickey / Prop Styling by Josh Hoggie

Ingredients

1/2X ✓ 1X 2X

Original recipe (1X) yields 2 servings

- 1 (4.93-ounce) tin skin-on sardines in olive oil (such as Ortiz)
- Kosher salt, for pasta water
- 8 ounces dried spaghetti (such as Rustichella d'Abruzzo)
- Extra-virgin olive oil
- 8 large garlic cloves, thinly sliced (about 1/3 cup)
- 3/4 teaspoon crushed red pepper, plus more for garnish
- 2 tablespoons roughly chopped fresh flat-leaf parsley, plus more for garnish
- 1 ounce Parmigiano-Reggiano cheese, grated (1/4 cup), plus more for garnish
- Grated lemon zest, for garnish

Make ahead

The sardines can be crisped a few hours ahead and held at room temperature, but the pasta is best tossed and served immediately for the glossiest sauce.

1. Preheat oven to 450°F. Remove sardines from tin, reserving sardine oil; place sardines in an even layer on a parchment paper-lined small rimmed baking sheet. Using a fork, mash sardines until finely mashed and spread out into an even layer, leaving some spaces in between. Bake until crispy, 12 to 14 minutes. Let stand for 1 minute, as sardines may pop; transfer to a paper towel-lined plate and set aside until ready to use.
2. Meanwhile, bring a large pot of lightly salted water to boil over high. Add spaghetti, reduce heat to medium-high; cook according to package directions for al dente, 9 to 11 minutes. Drain, reserving 1 cup pasta water.
3. While pasta is cooking, add enough olive oil to reserved sardine oil to measure 1/3 cup; heat in a large skillet over medium-low. Add garlic; cook, stirring often, until light golden brown, about 7 minutes. Add crushed red pepper; cook, stirring constantly, until fragrant, about 30 seconds. Add drained spaghetti to skillet over medium-low. Add 3/4 cup pasta water; toss until spaghetti is thoroughly coated, adding remaining 1/4 cup pasta water, 1 tablespoon at a time, as needed.
4. Remove from heat, add parsley and Parmigiano; toss well until evenly distributed. Garnish with crispy sardines, lemon zest, additional red pepper, parsley, and Parmigiano.

Libation of the Month—Pink Lemonade

by MyBartender



How to Make It

This cocktail comes together quickly, making it perfect for casual nights or entertaining guests without extra work.

1. Start by chilling your cocktail glass in the freezer for a few minutes. This will help keep your drink cool
2. In a shaker, combine the vodka, lime juice, cranberry juice, and Malibu with ice. Shake well until the mixture is well chilled
3. Take your chilled glass and fill it with ice
4. Strain the mixture from the shaker into the glass over the ice
5. Slowly top the mix with lemonade, allowing it to mix gently with the rest of the ingredients
6. Garnish with a slice of lemon or lime and a cherry if desired
7. Serve immediately and enjoy this refreshing, sweet, and tangy cocktail inspired by Taylor Swift's favorite flavors

The final drink should taste bright, fruity, and refreshing with just enough sweetness to keep it smooth and easy to sip.

This cocktail combines bright lemonade, tart cranberry juice, smooth vodka, and a little coconut rum for a tropical twist that makes the flavor stand out. It's sweet, citrusy, and easy to sip, especially over ice on a warm afternoon. The color alone makes it feel playful and inviting before you even take the first sip. It reminds me of summer lemonade stands, backyard parties, and easy weekends with friends.

Ingredients

The ingredient list for this cocktail is simple, but the combination creates a really refreshing balance of citrus, fruit, and tropical flavor.

- 1 oz Vodka
- 1/2 oz [Lime Juice](#)
- 1/2 oz [Cranberry Juice](#)
- 1/3 oz Coconut Rum you can use Malibu
- 6 oz [Lemonade](#)

Vodka creates a clean base that allows the lemonade and Cranberry to shine. Fresh lime juice adds extra brightness and keeps the drink from feeling overly sweet. The cranberry juice gives the cocktail its soft pink color while adding just enough tartness to balance the lemonade. Coconut rum brings in a light tropical flavor that makes the drink feel more layered without overpowering the citrus notes. Fresh lemonade works best if you have it, but store bought lemonade can absolutely work for quick and easy cocktails at home. .

Equipment and Glassware

This cocktail is easy to make and doesn't require a full home lhome bar setup.

[Cocktail glass](#)
[Shaker](#)
[Strainer](#)

A tall glass works best because it gives enough space for ice and lemonade while keeping the drink refreshing and cold.

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



Sweet and Sour Chicken Wings

¼	cup vinegar	1	tablespoon soy sauce
½	teaspoon garlic powder	1	teaspoon
½	cup packed brown sugar		Worcestershire sauce
1	tablespoon lemon juice	1	tablespoon chopped onion
1	tablespoon wine (optional)	½	teaspoon ground ginger
2	tablespoons ketchup	1	teaspoon poultry seasoning
1	tablespoon mustard	15-20	chicken wings

Combine vinegar, garlic, brown sugar, juice, wine, ketchup, mustard, soy sauce, Worcestershire sauce, onion, ginger and poultry seasoning in a 13 x 9 x 2-inch baking dish. Mix well. Add wings and stir to coat. Refrigerate overnight. Bake, stirring often, at 400 degrees about 1 hour or until sauce caramelizes and sticks to wings.

Yield: 6 servings

Nancy Harvey • Cambridge Sail & Power Squadron • Maryland

District 6 Events and Schedule



The Smoke is Clearing at Binnacle Island, July 15, 2026.

Clear Skies ahead.

Photograph Courtesy of D/A/O Cathie Johnstone, P



AMERICA'S BOATING CLUB
UNITED STATES POWER SQUADRONS

CENTRAL AND WESTERN NEW YORK REGION

SAVE THE DATE

District 6 Fall Conference
Saturday, October 17, 2026
Cavalry Club
Manlius, NY

Hope to see you there!

Ann Smith, Conference Committee
Chairperson

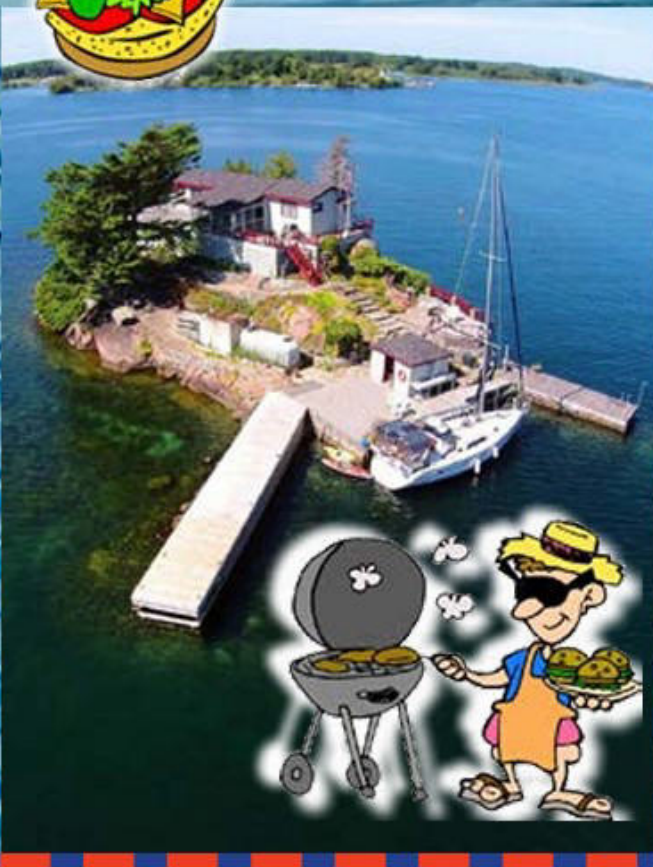
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Syracuse Sail & Power Squadron Announces Our

Binnacle Island BBQ

Saturday, August 8, Noon - 5pm

(Rain date August 9)



The squadron will supply food, soda and water. Bring a dish to pass if you'd like, and your own adult beverages.

You can arrive on the island by boat (after clearing Canadian customs), or drive by car to Clark's Marina (35 Clark Dr, Gananoque, ON K7G 2V5,) where we are offering a 12- noon pick-up to ferry you out to the island. There is a \$10 parking fee at Clark's. Clark's is about a two hour drive from Syracuse and is located just outside of Gananoque.

To **RSVP** and **for more information** contact **Jim Scherzi**, 315-447-8051, jim@scherzi.com or **Tom Erickson**, 315-243-4447, ericktl3029@gmail.com



AMERICA'S BOATING CLUB
For Boaters, By Boaters™

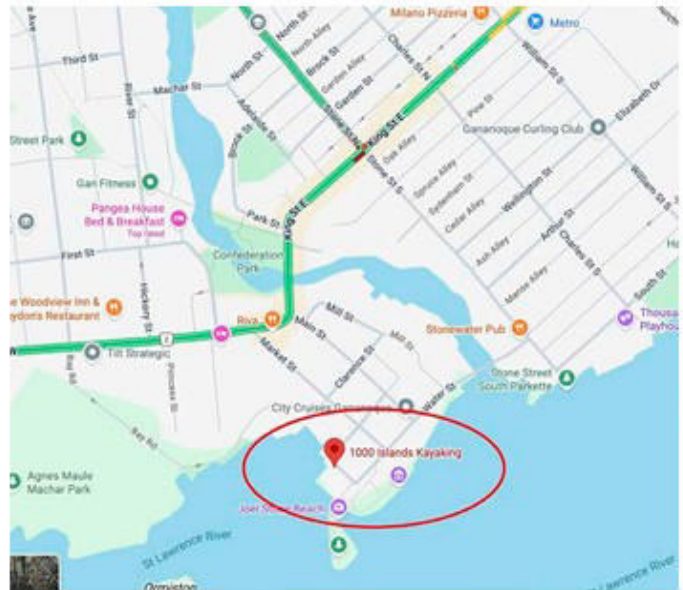


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Attending the Binnacle Island BBQ by Boat Taxi

- 1) To Enter Canada, you will need a valid Passport or enhanced Driver's License.
- 2) If you do not have a cellular plan that allows you to use your phone in Canada, please put it in Airplane mode before you cross the border, otherwise you may have to pay a fee from your provider. We have WiFi on Binnacle that you can use during your visit for the BBQ.
- 3) The Boat Taxi departure location is at:
1,000 Islands Kayaking
 110 Kate St., Gananoque, Ontario
 (613) 463-9564

It's about a 2 hr. drive from Syracuse,
 depending on the traffic at the border.
- 4) Please plan on arriving no later than 11:15am as parking will be an issue. Look at the attached map to see Boat Taxi departure location and streets for nearby parking. It's about a 10-minute walk to the departure dock.
- 5) The Boat Taxi departs at **NOON**, and is about a 20–30-minute boat ride to Binnacle Island.
- 6) The Boat Taxi will come by around 4:30-5pm for your return trip back to Gananoque.
- 7) Binnacle Island will supply food, sides, water and sodas. Please feel free to bring your own adult beverages. There is an attached sign-up sheet, where you can let us know if you are bringing a Dish-to-Pass, but a Dish-to-Pass is not necessary.
- 8) If you have any questions, my phone # is 315-447-8051.
- 9) email: jmscherzi@gmail.com



Safety

July 14, 2026

Marine first-aid kit

Putting together your own marine first-aid kit is easy enough to do. Start by stocking up on many of the same items you'd keep in your medicine cabinet at home. Then take into account the added hazards of sun, wind, water and on-the-water activities.

Consider special needs, such as prescription medications you or your passengers may require, and bring extra to avoid getting caught short if your return is delayed. Check your assembled kit at the start of each boating season and replace expired medications.

First-aid kit basics

- Stomach remedies to prevent or treat motion sickness, indigestion, diarrhea, or heartburn
- Antihistamine for allergic reactions
- SPF 15 or greater sunblock
- Insect repellent
- Anti-itch lotion or cream for treating insect bites, sunburn and other minor skin irritations
- Pain/fever reducers such as aspirin, acetaminophen, ibuprofen, ketoprofen or naproxen
- Adhesive bandages in assorted sizes
- Butterfly bandages and narrow adhesive strips for closing gaping cuts
- Individually wrapped sterile gauze pads to control bleeding
- Hypoallergenic adhesive tape to hold a dressing or splint in place
- Roll of absorbent cotton as padding for a splint
- Sterile roller bandages, at least three rolls, to support sprained muscles
- Cotton-tipped swabs
- Eye drops
- Thermometer
- Syrup of ipecac (if instructed by medical personnel to induce vomiting)
- Antiseptic ointment, spray or towelettes for cleaning wounds
- Antibiotic ointment to prevent infection of minor wounds
- Bottled water to rinse wounds
- Clean towels to control bleeding or to wrap ice

- Chemical ice packs
- Emergency phone numbers: doctor, pharmacy, poison control, etc.

First-aid handbook

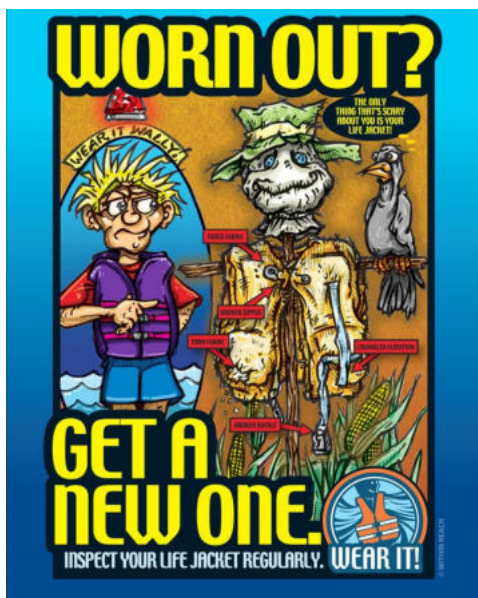
Prepackaged first-aid kits

Also a good choice, prepackaged first-aid kits sold in drug stores, marine supply stores or through online retailers often come with convenient features, such as color-coding to match the nature of the injury. Choose one appropriate for the distance you plan to travel from populated areas and how quickly medical help is likely to arrive.

For personal watercraft, a small kit for treating minor cuts and scrapes is probably adequate. But when boating farther from shore, you may need a more elaborate kit to hold you until medical help arrives. You'll probably want to throw in an EPIRB as well, so emergency personnel can locate your boat as quickly as possible.

Quick action may be required for life-threatening emergencies such as heart attack, stroke or seizures, as well as for more serious sprains, burns, puncture wounds, cuts and internal injuries. So, you may also want to enroll in a first-aid training course sponsored by the American Red Cross, the American Heart Association, or another organization in your area.

Regardless of the supplies you have or your level of training, if you find yourself in a true medical emergency, seek help immediately. Prepare an emergency contact list and learn how to summon emergency medical assistance by marine band radio, not just a cell phone, before leaving home. – *U.S. Coast Guard*



Safety

July 14, 2026

COMPASS

Visual distress signals

The U.S. Coast Guard requires recreational vessels to carry three day and three night visual distress signals. (Powered vessels under 16 feet, open sailing vessels less than 26 feet without motors and manually propelled boats are only required to carry visual distress signals when operating at night on coastal waters.)

The visual distress signals must be Coast Guard-approved. Approved pyrotechnic devices carry a USCG approval number and an expiration date, which is 42 months from the manufacture date.

Expired devices don't fulfill carriage requirements and should be replaced. If you are planning to get a vessel safety examination, check the expiration date on your flares and replace as needed.

Day signals usually generate some type of smoke signal, but some may include a visual component as well. These combination day signals typically leave a smoke trail after being fired. Pyrotechnic night signals are always red. A non-pyrotechnic electronic visual distress signal device flashes white.

Some typical visual distress signal flares include hand-held flares, pistol parachute flares and aerial flares.

Many boaters carry hand-held flares. When using these flares, hold them over the side of the boat, so no burning material can drip in or on the boat.

Pistol parachute flares come with a pistol, and the shells look like shotgun shells. When firing, point the gun up in the air, avoiding helicopters and planes.

Aerial flares look like cigar tubes with a small metal tab at the bottom; you pull the tab to release the firing mechanism. Pointing the tube up and away from you, pull down on the firing mechanism to fire the flare.

If you plan on making any blue-water passages, you may want to purchase a Safety of Life at Sea (SOLAS) flare. Although more expensive, they operate higher and for longer periods.

If you see a visual distress signal, take immediate action by notifying the nearest Coast Guard station or state authority by radio or cell phone.

Dispose of expired pyrotechnic devices in accordance with local, county and state hazardous waste regulations. If you keep expired flares aboard as extras, store them separately from unexpired flares. —Norm Meshaw



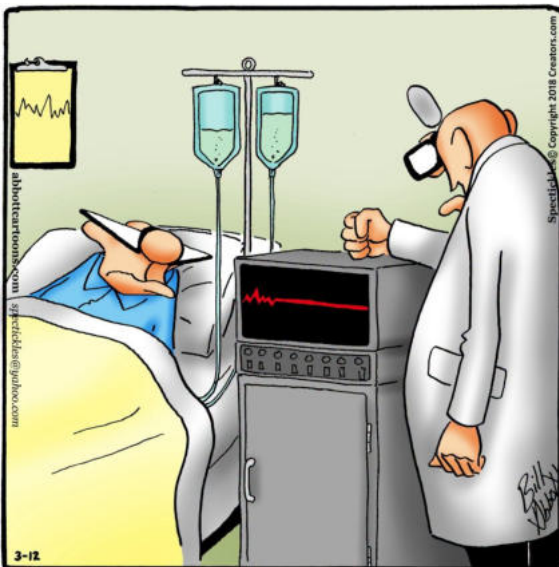
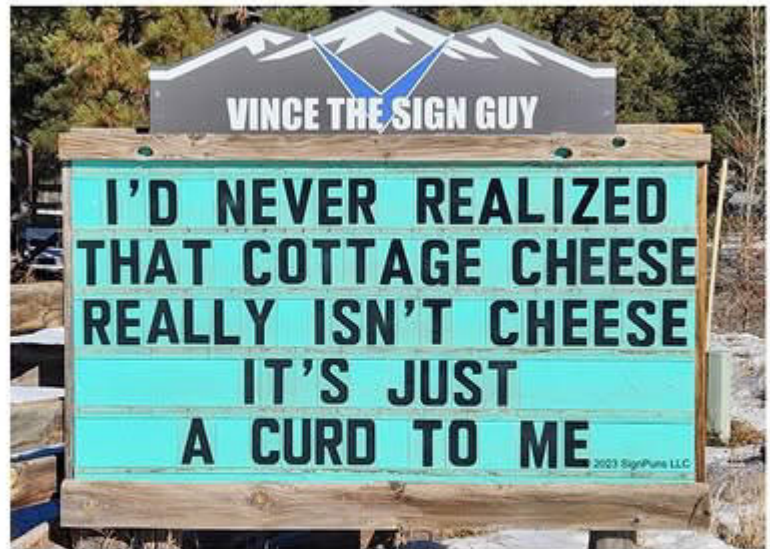
In every relationship
there is one person who
stacks the dishwasher
like a Scandinavian
architect, and one who
stacks it like a raccoon
on crystal meth.



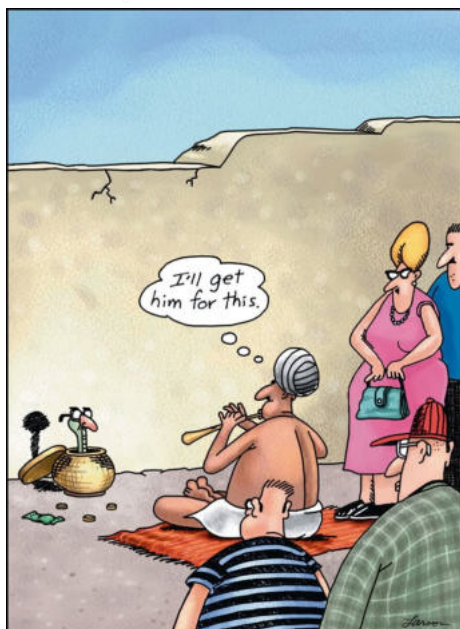
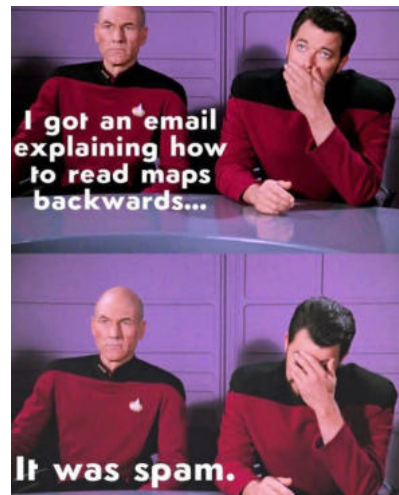
THE BIGGEST JOKE
ON MANKIND IS
THAT COMPUTERS
HAVE STARTED
ASKING HUMANS
TO PROVE THAT
THEY AREN'T A ROBOT.

Although their music was cutting hedge
and highly sod after, it was unfortunately
only a topiary gig.





"Not sure if it's you or the machine, but one of you is on the fritz."



"...and this is the armor of my ancestor, 'Cederick the Unintimidating'."

SUSQUENANGO SAIL & POWER SQUADRON
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