



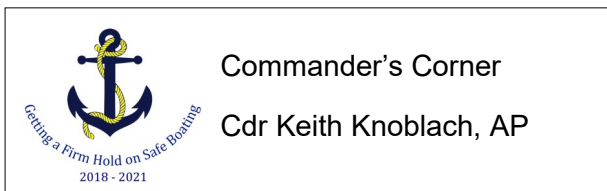
DELHIGHLIGHTS



OCTOBER-NOVEMBER 2020

VOLUME 61 ISSUE 4

District 5



Commander's Corner

Cdr Keith Knoblach, AP

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Hello everyone. This summer has been a time for being cautious in all we do.

I am proud of the way we all have been conducting our events and meetings. The Beltzville Cleanup and Vessel Safety Checks was a great success and the members who joined us that day did an awesome job. After talking to one of the park rangers I found out that they very much appreciated our efforts.

The Ice Cream Social, Taco Night, Fall Rendezvous and meetings were all good times. It was nice to see our members together and enjoying themselves.

As you will notice our calendar is changing a lot. I appreciate all who have offered to host upcoming events. I am looking forward to seeing everyone at future events.

The boating season is coming to a close, but there is still time to get out and enjoy getting on the water. I hope everyone takes the opportunity to do so before winterizing their boats.

Be safe, courteous and helpful in all you do. Stay healthy and most of all have fun.

Delhighlights is the official publication of the Delhigh Power Squadron, a unit of United States Power Squadrons®, District 5, and is published bi-monthly.

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Photographers: P/C Michael Lebeduik, III, JN Nilsa Lebeduik

Most squadron meetings are held monthly at :

Star of Bethlehem Lutheran Church
514 3rd Avenue
Bethlehem, PA 18018

Delhigh website: www.delhigh.org

D/5 website: www.uspsd5.org

USPS website: www.americasboatingclub.org



Visit our website here: www.delhigh.org



# Breast Cancer Awareness Month

By: Kim Karaman, S

Unless you are living under a rock you are aware that October is Breast Cancer Awareness Month. Yearly mammograms are stressed as well as monthly self exams. In our squadron alone we have had three members affected by breast cancer.

The caveat is that I myself was diligent in getting my mammogram each year. As a matter of fact my mammogram was in May of that fateful year of 2015. Every Saturday I would attend my water aerobics class. One Saturday night I had pain in the front of my chest. I attributed it to a muscle strain. I asked my physician about it and he agreed that it was the muscle. In January I went with my daughter to the doctor for an ear infection

that she had and I was still complaining of pain in the front of my chest. This time I laid down to get examined and there it was.... a lump. Easy to feel and large enough to be concerning. The lump was near my armpit nowhere near where I was experiencing the pain. I was then off to get a series of mammograms where they called me back to the machine several times. Next was a biopsy and it was positive for triple negative breast cancer. It was a very aggressive tumor. The port was placed the same morning as I had a spiral biopsy done on the other breast. I changed cancer treatment after that to the Cancer Center In East Stroudsburg. I started treatment with chemo, the "red devil". After the second treatment I had my first heart attack. They immediately changed my treatment again.

My point is that if I had been doing my monthly self exams maybe I would have had a different outcome. Please do a self exam monthly. Do not depend on the mammogram. My cancer has now metastasized to the bone and I am being treated with radiation and injections. I am anxious to know the results of the PET scan I have recently had for that. Breast cancer affects both men and women. A great teacher I know chose not to treat his breast cancer because of the stigma. If I can put this awareness in people's minds it can save lives, maybe yours. It is not all about wearing pink. It is about awareness and diligence with finding a lump early. Be safe and be well.



# Ice Cream Social



Lots of ice cream choices.



Cyrus and Doug smoking cigars where their smoke won't bother anyone.



Eileen, Kathy, Mary Lee and Fran catching up.



Kathleen, Doug, Cyrus, Mary Lee, Mark, Keith and Kathy enjoying the evening.



Fran, Mark, David, Sallie, Diane, Jane, Ed and Brent enjoying each others company.



Ed, Diane, Chris, Jane, Eileen, Brent and Fran after ice cream.



Kathy, Ed, Chris, Diane, Keith, Doug and Brent.



Keith pledging in new members Mark Dlugos, S and Mary Lee Sebring, S.



Mark and Mary Lee taking the USPS pledge.



# Trailer Boat Rendezvous



We avoided the morning thunderstorms and only met for an afternoon BBQ.



Michael, Eileen, Diane, Fran, Sergio, Michele, Kim and Ed enjoying a drink before dinner.



Cyrus bringing in the burgers, dogs and sausages from the grill.



Chris and Oliver making plates of food.



Kim, Cyrus, Kathleen, Chris and Michael after dinner.



Why isn't anyone talking to the commander?



Kathleen, Cindy and Chris.



Cindy, Kathleen and Nikki.



# September Meeting and Chili Cook-off



Bob, Diane, Ed (behind the flags), Eileen, Jeanette and Randy preparing for the meeting.



Mary Lee and Mark getting their Delhigh burgee and USPS flag to fly on their boat from Cdr Keith.



Randy, Oliver, Brent, Doug, Jeanette, Ed, Kathleen and Keith tasting the 6 different chilis.



Jeanette, Brent, Randy, Eileen, Doug, Ed, Keith, Mary Lee and Kim chili tasting and cleansing palates with cornbread.



Kathy, Fran (behind the flags), Diane, Ed and Jane with their chili and relaxing.



Keith, Brent, Randy and Jeanette chili tasting.



Fran and Diane enjoying their chili.



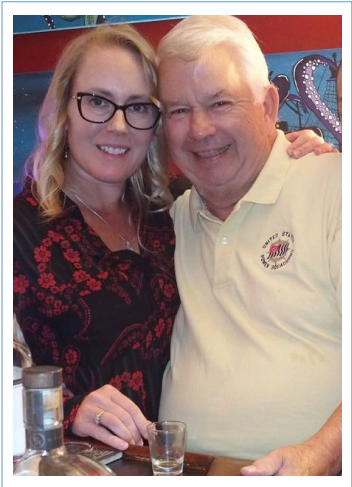
# Taco Night



Kathy and Eileen waiting for tacos.



Nikki and Eileen.



Kathleen and Chris.



The guys (Chris, Cyrus, Michael, Sergio, Doug and Keith) took over the bar before tacos.



Michele, Doug and Ed. I'm not sure I want to know what was going on here...



Nikki, Cookie and Kathleen having a glass after cleaning the kitchen.



Cyrus and Cookie shooting pool.



Nikki, Michael, Cyrus, Doug and Cookie say 'Cheers'.



Michael, Sergio, Cyrus and Doug on the front porch.





America's Boating Club  
Lehigh Valley

Invites you to our annual

## Sporting Clay Outing

Lehigh Valley Sporting Clays  
2750 Limestone Street  
Coplay, PA 18037

**Saturday, October 10th  
10am**

Come one come all to the 8th annual Sporting Clays event! New shooters and old hats are all welcome!

Approximate cost per person is  
\$40.00

Please RSVP to Cyrus at

[c\\_nowroozani@yahoo.com](mailto:c_nowroozani@yahoo.com)

or (956) 240-5554

with the names of everyone in your group and whether or not you are new to shooting.

Delhigh Power Squadron  
invites you to our annual



**Saturday, October 17th  
5pm**

Come join Delhigh for some  
Fall Fun  
At the Meisner Residence.

Beef Goulash and Spaetzel  
will be provided.

Please bring an appetizer, side dish or  
dessert to share and feel free to make it  
a German dish!

Please RSVP to Jeanette by  
October 10th

Email

[jeanette@meisnerservices.com](mailto:jeanette@meisnerservices.com)

Call or Text (484) 221-0039



## November Meeting and Dinner



**Saturday, November 7th  
5pm**

At Sergio and Michele's House  
114 Wood Hill Lane, East Stroudsburg

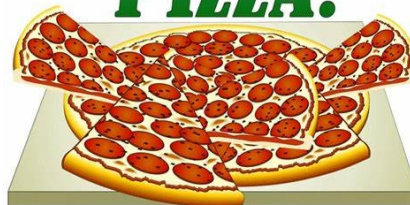
Our Annual November Meeting and  
dinner with a potluck twist.

Turkey, stuffing and string bean  
casserole will be served.

Please bring an appetizer or des-  
sert to share. Should anyone want  
to bring a traditional side dish  
please check with Kathleen for  
availability.

RSVP to Kathleen by Nov 1st at  
[k.now@mac.com](mailto:k.now@mac.com) or  
(956) 240-5553

## Palooza of PIZZA!



## & Beer Tasting

**Saturday, November 14th  
6pm**

At Mark and Mary Lee's House  
851 S. Oaks Road, Bath

For beer tasting please bring a 6 pack  
(or two) of something you would like to  
try or that you love and think others  
would like to try.

Pizza and salad will be served for dinner.  
Cost will be around \$5 per person.

Please bring an appetizer or side dish to  
share.

MUST RSVP for pizza by November 7th.  
RSVP to Kathleen at [k.now@mac.com](mailto:k.now@mac.com)  
Or (956) 240-5553







## Appetizers & Wine Pairing

**Saturday, November 28th**

**3pm**

**At the Montuori Residence**

Please bring a new or favorite bottle and cheese or appetizer pairing to share.

Crackers, glasses and good times will be provided.

RSVP to Kathleen at

[k.now@mac.com](mailto:k.now@mac.com) or (956) 240-5553



## 2020 ROAD RALLY CANCELED

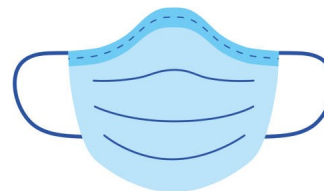
Due to the Covid-19 pandemic and the uncertainty of the dining rules for the end of the Road Rally, it is with regret your Road Rally Committee has decided to cancel the event for this year. We hope 2021 will be more forgiving so that we may continue the Delhigh Land Navigation Contest tradition. We look forward to scheduling and completing this event in 2021.

Those of you who have sent in a check and reservation form they will be returned to you. As always thank you for your support.

*Your Road Rally Committee*

## Mask Making

Masks are still being made! Over 500 have been made and donated by Delhigh to date. Anyone who is wanting a new or additional mask please contact me at [k.now@mac.com](mailto:k.now@mac.com) and I will send you a picture of materials to choose from.





VSC Safety Corner  
By: P/C Michael Lebeduik, III, JN

This year has been an unusually frustrating and uncertain one for everyone. With the marinas opening late we hope you launched your vessel and enjoyed as much time on the water as possible, while staying safe and in compliance with the distancing and mask regulations in your area. Once again, another year is winding down. We have a few weekends left to enjoy our favorite pastime, boating. Most of our boats will be in dry dock for their winter nap soon, while a few will be moved and enjoyed through the winter months. Your to-do list will soon include shrink wrapping, winterizing, stowing equipment and all the final preparations to make opening in spring easier. When all your labor of love chores are completed, it would be a good time to think and act on taking a refresher course. Online boating courses on several different topics are available [here](#). Your Vessel Safety Examiners are coming to a close having completed 42 VSC's so far this year. We are still available for VSC's, if you need one contact me at [tja.ml3@verizon.net](mailto:tja.ml3@verizon.net) for yours! Until next time, Stay Safe.



### October

P/C Cyrus Nowroozani, JN  
FI/Lt Oliver Nowroozani, S  
P/C George Kelchner, SN  
Mark Dlugos, S  
P/Lt/C John Kudera, AP

### November

Fran Montuori, SN  
Patrick Flannery, AP  
Randy, Meisner, AP



Executive Officer's Report  
P/C Robert Rendish, P



Educational Officer's Report  
Lt/C Doug McKenzie, JN

Hello members and friends of the Squadron. This years 2020 Delhigh Power Squadron's Beltzville Lake Clean Up and Vessel Safety Checks was successful despite the COVID-19 pandemic.

11 of our members and friends joined us for trash clean up along the shores of beautiful Beltzville Lake. The weather was not only cooperative, but beautiful that Saturday in June. We had 3 vessels out on the water collecting trash, debris and other discarded items found in and around the lake. We had about 25 to 30 pounds of material collected and then properly discarded. See page 4 of the August/September issue for photos of the event.

A total of 22 Vessel Safety checks were performed, with 12 passing and 10 failing. All the owners and captains very much appreciated the work our examiners performed including helpful advice and hints to be a more prepared and safe boater.

Started approximately in 2006 and created by myself and P/C Jim Ziegenfuss, JN this was a conservation event to provide voluntary clean up of a local body of water that was heavily used by boaters and park user's alike. We also solicited local business for donations of trash bags, gloves and various food and drink items. We used the food and drink items to provide a thank you lunch that we had in the park after the clean up and vessel safety checks were completed for our members and volunteers.

I am very proud that the squadron still plans this event every year since it's creation and I am pleased that I participate in this event every year as well.

A sincere THANK YOU to all the past commanders and members who have kept this important conservation event going year after year.

Ahoy Mates! As some of you may know, I've been looking for my next boat for a while now. I've narrowed the search and am hoping to have good news of a new boat at my next report! In the meantime, we are gearing up for the next set of classes being taught.

We finished teaching Boat Handling (Seamanship) in May, and that same group of students is ready for Marine Navigation (Piloting). The class will begin in October, materials are ordered and we are ready to go!

We also have Instructor Recertification class scheduled for September 26th to be held at the Nowroozani home at 1pm. We hope to have full participation on site but will make Zoom available to those who aren't quite comfortable getting together.





Administrative Officer's Report  
P/C Kathleen Nowroozani, SN

NEW IN THIS ISSUE the purple links in my article below will take you to the page with the event invitation named. Once at the invitation you can click on the picture or the underlined title of the event and that will take you to the webpage for that event. RSVP has been made easy as you can click on the purple email address on any invitation or from the website and your computer will open your email and draft an email so that you can contact the event coordinator with questions and/or to RSVP. I hope that you will utilize these to keep in contact with our hosts and coordinators so that we can provide you the best events possible.

As Keith mentioned on page 1 and as you can see from the pictures on pages 3-6 we are back to getting together and having fun. It is nice to see everyone and be able to get together again.

It has been decided that most upcoming events, for the time being, are going to be planned at members houses and not out in public. I think this is a wise and prudent plan. That being said, [Sporting Clays](#) is still on as planned as it is outdoors in groups of four. [Oktoberfest](#) is also on as planned at Jeanette and Randy's house. The [November Meeting](#) has been moved from Wednesday to Saturday (Nov 7th) and is now at Sergio and Michele's house. [Palooza of Pizza & Beer Tasting](#) has been scheduled back at Mark and Mary Lee's house and we are ordering in pizza for dinner. The [Appetizers & Wine Pairing](#) will be back at Fran and Diane's patio with cheese and crackers and light appetizers. We are also planning our holiday party at the Nowroozani house with a catered or pot-luck meal and dress code to be determined. You can find information on all of these events (except the holiday party) in this Delhighlights and on our website at [www.boatinglehighvalley.com](http://www.boatinglehighvalley.com).

Events for next year are still on the calendar but most are likely to change due to restrictions and member comfort level. Please [contact me](#) if you have ideas for an event or if you are interested in hosting a calendared event at your house. Stay safe and I hope to see you soon.

AMERICA'S BOATING CLUB  
LEHIGH VALLEY  
BRIDGE  
2020-2021

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[dougmkenzie@rcn.com](mailto:dougmkenzie@rcn.com)

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**TREASURER**  
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Easton, PA 18045  
(610) 730-2798  
[TJA.ML3@verizon.net](mailto:TJA.ML3@verizon.net)



[www.americasboatingclub.org](http://www.americasboatingclub.org)





# USPS NATIONAL NEWS

# DISTRICT 5 NEWS



Our Chief Commander is big on communication. Here is her message and a link to her page with links to her monthly letters.

*My communication commitment is to keep all members, squadrons, districts, committees, and headquarters staff informed and connected. On this page, you will find links to my letters to Commanders since March 11, 2020, as well as my cover messages asking them to share the letters with you. I appreciate that this is happening across our organization.*

*Going forward, this distribution channel will continue, and my letters will be posted here within three days after I have issued them.*

*Membership is Job One. Please stay safe, smart and healthy!*

Mary Paige

[Chief Commanders Page](#)

## 2020 Fall Educational Conference

This year's Fall Conference has been moved online due to COVID-19 concerns. Our DEO Joe Gibson, SN and his team are working on a schedule of online courses to take place November 4-7 and when it is available you will be able to find it at <https://abc-midatlantic.org/>. Please feel free to check out the informative and informational courses being offered and be sure to sign up if necessary!

### Mark 5

The current Mark 5 district newsletter is also available online here: [Fall 2020 Mark 5](#).



Click to go to [America's Boating Channel™](#) to see videos about safe boating and boating education!





Rough weather can ruin a day on the water. You can avoid problems by checking the weather forecast, preferably on the [VHF NOAA weather channel](#) and by first-hand observation, before heading out.

Pay attention to potential squall line thunderstorms. Monitor forecasts for strong winds and other rough weather. If high waves or high winds are predicted, wait for a better day. Don't venture out in conditions that could exceed your boating skills or your boat's capabilities.

Listen to weather forecasts while on the water. Keep an eye to the west; weather usually changes from that direction. High, dark clouds or a change in wind direction or velocity often predict threatening or rough weather. Check the radio. Electrical activity in the air associated with thunderstorms can cause excessive static on an AM radio.

Heed warnings of approaching rough weather and find a safe harbor as soon as possible. An approaching storm should cause immediate concern for the safety of your craft and crew.

## Handling your boat in rough weather

Even cautious skippers occasionally get caught in bad weather. If you're forced to ride out a storm, follow the following procedures:

Have all crew members put on life jackets. Dress appropriately to avoid exposure and hypothermia.

If on a sailboat, fasten safety harnesses to a jackline or a sturdy through-bolted fitting (a strap running from bow to stern at the middle of the deck).

Batten down (secure) your boat. Close hatches and ports to avoid flooding. Stow loose gear. If you're in a sailboat, reduce the sail area: Reef sails, change to smaller sails or drop sails completely. The wind in thunderstorms can be extreme and unpredictable.

Make sure your best helmsman is steering the boat. Meet the waves at the most advantageous speed and angle for your boat under existing conditions. In most circumstances, it's best to steer the boat to meet the waves at about a 45-degree angle off the bow. Experiment to determine the correct crossing angle for your hull; the angle will vary with sea conditions. Take special care when taking waves on the stern or broadside.

Find the best speed for controlling your boat. Be aware that reducing speed decreases steering control. Selecting the correct speed requires practice and varies with existing conditions.

In a small boat, seat your passengers in the bottom of the boat, as close to the centerline as possible.

Check for water in the bilge; pump it as often as required to keep it dry. Water is heavy and affects boat stability.

Always know where you are and the location of the closest safe harbor. Choose the safest course—it may not be the shortest route. Always steer away from hazardous ground.

You may need to ride out a storm at anchor. Use a scope of at least 7 to 1 on the anchor rode, and protect the rode with chafing gear. Anchoring will normally keep your bow into the wind.

## Handling waves in heavy seas

If at sea, seek a region of lesser chop and avoid breaking waves. This may not mean seeking deeper water away from shore. Beware of locations where current and winds oppose each other. This causes high, pointed waves.

Check local and distant weather forecasts frequently. Distant storms and hurricanes produce fast-moving swells.

Wind produces waves. Waves affect both the boat's forward movement and its steering. Seas striking the forward section of the boat tend to decrease its speed through the water, while waves coming up astern can increase speed in short bursts. A boat drifting without power will broach, turning broadside into the waves and increasing the risk of capsizing. In order to stay on course, the helmsman must continuously adjust steering.

Originally Published : America's Boating Compass July 2020



# A BIT OF FUN



## NAUTICAL QUIZ

1. Your disabled sailboat has been taken under tow. When a fog bank rolls in, what sound signals should you make?
2. What is the origin of the phrase "son of a gun"?
3. What is the origin of the term "mayday" for an emergency call?
4. What percentage of ocean water is composed of dissolved salts?
5. Where on a sailboat are you most likely to find an angel?
6. You have been sailing south through day after day of heavy overcast and fog, and are thus unable to use your sextant to determine your latitude (and you have no GPS). How can you tell when you have crossed the equator?
7. Few people with **ancraophobia** become sailors. Why? What are they afraid of?
8. Every mariner knows the different between port and starboard. Hundreds of years ago, however, a different word was used to refer to the left side of the boat. What is it? Do you know the origin of these terms?
9. Is everything on your boat hunky dory? This phrase for feeling carefree does have a nautical origin, but it's not related to a small wood boat that is rowed. Where does the phrase originate?
10. Rum punch is a favorite among sailors when the sun is over the yardarm. There's a delightful little verse to help you remember the proportions of different ingredients in rum punch:

One of sour  
Two of sweet  
Three of strong  
And four of weak.

Name the four ingredients that are sour, sweet, strong, and weak.

Quiz is from liveabout.com and can be found at <https://www.liveabout.com/nautical-trivia-quiz-for-sailors-2915453>



**Sporting Clays**  
 Saturday, October 10  
 Lehigh Valley Sporting Clays  
 10am

**Oktoberfest**  
 Saturday, October 17  
 Meisner Residence  
 5pm

**November Meeting**  
 Saturday, November 7  
 Lamboy Residence  
 5pm

**Beer Tasting**  
 Saturday, November 14  
 Dlugos/Sebring Residence  
 6pm

**Wine Tasting**  
 Saturday, November 28  
 Montuori Residence  
 3pm

**Holiday Party**  
 Saturday, December 12  
 Nowroozani Residence  
 5pm

**January Meeting with Soup and Salad Potluck**  
 Wednesday, January 6, 2021  
 Star of Bethlehem Church  
 6:30pm

**Phantoms Game**  
 TBD

**Founder's Day**  
 Wednesday, February 3, 2021  
 TBD  
 6pm

**Bowling**  
 Saturday, February 6, 2021  
 Hampton Lanes  
 11am

**Game Night**  
 Saturday, February 20, 2021  
 Meisner Residence  
 5pm

**Change-of-Watch**  
 Saturday, March 6, 2021  
 TBD  
 6pm

All Calendar events are subject to change as the bridge sees fit. Please contact Kathleen at [k.now@mac.com](mailto:k.now@mac.com) or (610) 351-5192 for more information on any scheduled event.

## America's Boating Club Lehigh Valley Member Minutes



Cdr Keith in Ed's garden picking carrots and other home grown delicious vegetables.



P/D/C L. Chris Brown, SN enjoys navigating the Nowroozani's boat, Last Call, on a gorgeous summer day!

We love getting a sneak peak into what our members are doing with their free time! Please send us a picture of what you have been doing for the next issue! Send pictures to [k.now@mac.com](mailto:k.now@mac.com).







1. A vessel under tow in fog should give one long sound blast followed by three short blasts. Repeat at two-minute intervals.
2. In historic sailing ships, women were occasionally smuggled aboard - and many naturally became pregnant in due course. Childbirth at sea traditionally happened between cannons on the gun deck, and the child was recorded in the ship's log as a son of a gun.
3. "Mayday" is said to have originated from the French phrase "M'aidez" - meaning "Help me."
4. Although salinity varies in different oceans and locations, on average sea water is about 3.5% dissolved salts.
5. An "angel" is another term for an anchor kelleet or sentinel. This is a weight that is suspended from the anchor rode some distance down from the bow to lower the angle between the lower part of the rode and the sea bottom, thus increasing its holding power while also providing slack to absorb the strain caused by gusts and waves, especially when there is not room to let out sufficient scope.
6. Water going down a drain swirls counterclockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere. So just put some water in the galley sink and watch after you pull the plug. This is called the Coriolis effect, which also influences ocean and wind currents.
7. Ancraophobia is fear of the wind.
8. The term originally used for the left side of the boat was larboard. Given its similarity in sound to "starboard," you can see how the term "port" became preferable over time. "Starboard" derived from Old English terms for steering board (on the right side of historic ships). Larboard possibly came from the words for loading and board - and ships were traditionally docked on their left side for loading. "Port" is thought to have the same meaning: the side put to the wharf when in port.
9. Sailors in port in Yokohama liked to visit Hunki-Dori street when they felt carefree - in the center of the city's red light district where sailors were wont to go after a long time at sea.
10. Rum punch can be made in various ways, but this ditty helps you recall the basics. One part of lime juice (sour); two parts of sugar syrup or a sweet juice like orange or pineapple (sweet); three parts rum (strong); and four parts water or any lighter juice (weak).

How'd you score? Good enough to celebrate by flying three sheets to the wind?

Three Sheets to the Wind Note: a sheet is a rope on a sailboat. Should a sheet have 3 loose sheets, the sails flap and the boat lurches about like a drunken sailor.

Much of this nautical trivia comes from the *Sailing Pocket Companion* from Pavilion Books.

