



## We All Get Heavier As We Age - Even Our Boats!

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We keep getting reminded that we are getting heavier as we get older. No matter where we turn, someone is telling us that we are getting fat and need to be thinner!

Guess what? So are our boats! Yes, as boats get older, they get heavier and that has a lot to do about being less "sea-kindly" and more "tender" as they get older (and our reflexes get slower - not a particularly good combination.) With fuel getting more expensive as the Mideast roils again, here are some examples of how the boat is getting heavier - and more expensive to drive.

### New Stuff...

We add things to our boat that weren't there when we bought it. An ice chest may be added so we don't have to lug one from the car. We add an additional ice chest so we can bring more ice so we can stay out longer and catch more fish (hopefully!). We pile up the cuddy cabin, a.k.a., the boat's attic, with safety and fishing equipment so we don't have to lug them from the car.

And don't forget that new 4-stroke engine you added - so much quieter, so much more fuel efficient and so much heavier per "horse of power", at least 20% heavier would be my guesstimate. That makes a 400lb. 200hp 2-stroke weigh in at nearly 500lbs. as a 4-stroke state-of-the-art power plant and the same hull sits in front of it.



### Boats Get "Wrinkles" too...

More insidiously, through tiny cracks in the gel coat, water seeps inside the hull and the boat gets 8 lbs. heavier per gallon and it seeps, generally, aft where the boat is naturally heavier per square foot of hull due to the engine making it harder to see over the bow when you gun the engine and start to "dig the hole" that getting up on plane gets you out of and it is now harder to get on plane, i.e., you have to go faster, to get up on plane since the boat is heavier in the stern than when it was manufactured, an endless spiral.

### Remedies

What to do about it? There are only 2 or 3 things that you can do. First, get rid of anything that isn't essential. There are 10 weekends in a summer. You aren't going to boat on every one of those 20 days - unless you are between spouses and looking for one that wants to live on the boat with you! How much of a big deal is it to cart just the things you need - not everything you own all the time - from the car or the dock locker that you installed at the foot of your slip? Second, you may want to look into trim tabs - small "flaps" that are installed under your transom that will

help you get up onto plane faster. What they save in fuel when "digging out of the hole" will quickly cover their costs. And don't underestimate the safety factor that you'll be able to see over the bow sooner. Third, you may need to change your prop! The engine may be plenty powerful enough to move your mini-warehouse, but it can't turn the propeller any faster due to its pitch (angle that it cuts through the water.) Counter-intuitively, you need a smaller prop/tighter pitch, not a larger one, to enable the engine to rotate the shaft more rapidly. Think about the little tires on your trailer keeping pace with the big tires on your truck - they HAVE to move faster to keep pace. Talk to your dock master about who he or she uses when they re-engineer props for customers. Go see them and talk about your options. This is some art, some science and some superstition. Talk it through with people who make a living engineering propellers. It will make a difference.

If you don't think about these things, "you gonna need a bigger boat". (Yes, Virginia, it has been over 30 years.)

BTW, if you are interested in being part of USCG Forces, email me at JoinUSCGAux@aol.com or go direct to the D1SR Human Resources department, who are in charge of new members matters, at DSO-HR and we will help you "get in this thing..."



## Legislative Update

By Suffolk County Legislator  
**ED ROMAINE** (1st District)

### MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). It is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. The 2011 theme is "Eat Right with Color."

During National Nutrition Month, the ADA encourages everyone to add color and nutrients to your meals. According to the ADA, "Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan."

**GREEN** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

**ORANGE & DEEP YELLOW** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

**PURPLE & BLUE** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

**RED** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

**WHITE, TAN & BROWN** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

For more information on how to "Eat Right with Color," visit ADA's National Nutrition Month website <http://www.eatright.org>.

### SPRING BREAK CAMP FOR TEENS -

### TEAMWORK, FUN AND ECOLOGY-BASED LEARNING!

The Spring Break Project, a weeklong environmental science overnight camp, sponsored by Cornell Cooperative Extension, will begin its first year of operation this spring. The program is being offered to students aged 12 - 15 years old, and will run from April 17 - 22 (Earth Day) at the Dorothy P. Flint 4-H Camp in Riverhead.

The Spring Break Project offers students the opportunity to work with environmentalists and conservationists from Cornell Cooperative Extension to learn and explore the outdoors.

For more information on the program call (631) 727-7850, ext. 245, or go to <http://ccesuffolk.org/peconic-dunes-camp-programs/#field>.



## County Clerk Update

by SUFFOLK COUNTY CLERK  
**JUDY PASCALE**

### Obtaining a Veteran's Peddler License



Suffolk County Clerk Judith A. Pascale would like to remind all honorably discharged members of the United States Armed Forces, and their spouses, that they are eligible to apply for a Veteran's Peddler License. This license provides veterans with the right to sell goods, wares and merchandise.

"Service to our Country is amongst the highest of callings in a person's life," commented Suffolk County Clerk Judith A. Pascale. "I am proud to offer this service to our veterans and sincerely thank them for their service."

To apply, you must present a valid driver's license or photo identification, proof of residency for at least 6-months (a local utility bill can be used), and a copy of your DD-214 Military Discharge papers. Licenses are issued free of charge and are valid as long as you maintain residency within the county. To get a license, you must appear in person and bring two (2) passport photos with you.

In addition to obtaining a Veteran's Peddler's License from the County Clerk, you will also be required to comply with village or town ordinances related to street peddling. Information can be obtained directly from the individual towns and villages in which the business will be conducted.

"Be sure to contact the respective municipality to learn about their rules and regulations regarding the peddling of wares within their town or village," commented Pascale. "Non-veterans who are interested in obtaining a peddler's permit may contact their respective town or village government for more information."

For a better understanding of all the services available to veterans within Suffolk County, individuals should contact the Suffolk County Veterans Services Agency at (631) 853-VETS (8387).