



June 2024

The Beagle Barks

*A publication of the Suanhacky Campership Association
"Helping Make Every Scout a Camper since 1986"*



And Now, A Word From Our Chair...



Dear Members and Friends,

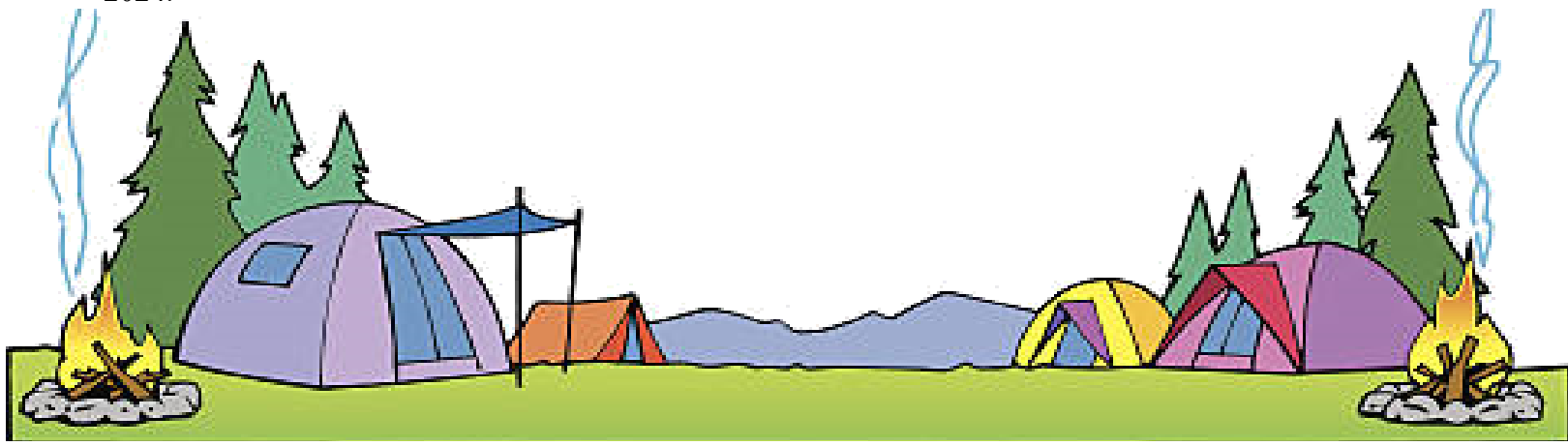
I would like to take this opportunity to extend an invitation to each member of the Suanhacky Campership Association member to attend our Luncheon on October 27, 2024 at the Bantrey Bay Publick House at 33-01 Greenpoint Avenue, Long Island City, NY 11101 our luncheon flyer is attached to this newsletter.

The Association has selected and filled our campership pledge for the camping summer at Ten Mile River Scout Camps by providing \$9,000.00 in campership assistance to Queens Council Scouts.

We have been busy over the last few months replacing the windows in the Suanhacky Cabin and believe it or not you can actually now see out the windows.

The Board of Directors are very busy promoting the Luncheon and looking for ideas how we can help to improve not only the camping program at our camps but the facilities as well. Any suggestions you might have would be greatly appreciated just send them to the Association at our email address: suanhackycampership@aol.com we would love to hear your suggestions.

Wishing everyone a happy and safe summer and hope to see one and all at our luncheon on October 27, 2024.



Tickets are going fast! Don't miss out!

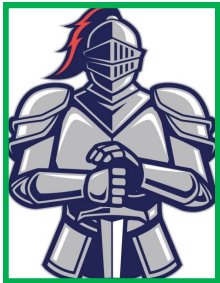


Association Fellowship & Awards Luncheon Sunday, October 27th

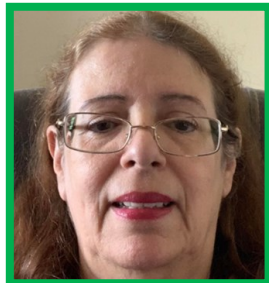
Bantry Bay Publick House
33-01 Greenpoint Ave, LIC, NY

The following dedicated volunteers will be honored as this year's recipients of the Association's:

Outstanding Scouter Award of Excellence



Bill
Knight



Donna
Manetta



Andrea
Smith-Dacres



Bridgett
Smith



Patrick
Tomlinson



Lifetime Achievement Award
John Harling



Key Note Speaker
Michael Orlando
Eagle, Vigil, Lodge Chief
National Security Expert



**Scan Here For
Registration Info**

Day of Cheerful Service Big Success!



Our work day at the Suanhacky Cabin was a great success. We had 11 volunteers show up, ready willing and able to work on taking out the old windows and installing the new ones (all paid for by our Association). After learning how to do it with instructions from the Camp Ranger, the crew was able to get the work completed in a couple of short hours. The inside of the cabin looked a lot less gloomy! These will be appreciated by Scouts for many years to come.

Our volunteers all deserve a big Class A cheer, they are:

Project Foreman: Mike Lectora

Jim McKay

Kirk Henin

Andrea Smith-Dacres

Kevin Dolce (holding the camera)

Paul Romain

Reidan Cruz

Tom Clune

Mitch Morgenstern

Anthony Lectora

Bob Marble

Hopeful future work projects that are in the planning stages include: revamping the kitchenette, redoing the floors, painting the exterior, and re-shingling the roof. We hope you will join us then for the fun, the good memories and the service to our future..



★ ENTER TO
★ WIN!
★

Don't forget to
bring cash to the
luncheon for the
raffle!

Win
food, swag,
event tix, etc !

There's No Place Like Home

Hey Members,

Just wanted to relate some of the new activities scouts will be experiencing at Ten Mile River this summer.

At Aquehonga:

- The waterfront on Half-Moon Lake is expanding. There is now a pavilion and a campfire/picnic area, along with new docks and a boat house.

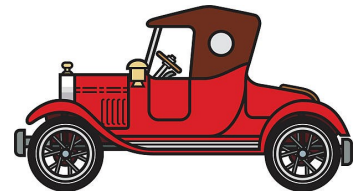
At Keowa:

- Badges under the world of Media Productions will be available at the old Indian Lore shack near the Handicraft Lodge
- An enhanced Fishing Area, with a pavilion and shed has been erected between the waterfront and Thunderbird Theater
- What's old is new as the Aviation and other badges will be available this summer as well.

The Scouts should have a lot of fun this year!.



Ten Mile River Scout Camps will be hosting the annual TMR Alumni Weekend on Friday, August 9th through Sunday, August 11th. This event will feature alumni gatherings, open museum hours, trail hikes, classic car show and more.



I Was This Week Old When I Learned....

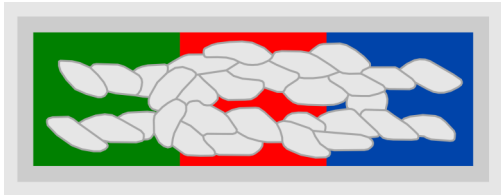


The term "Tribe" reverts to "Lodge" - March 1936

In a swift reversal in early March 1936, fourteen months after adopting the term "tribe," the Boy Scouts of America decided to relinquish it within the Order of the Arrow due to a conflict with the Lone Scout program's use of the same term. National Lodge Chief Thomas Cairns expressed the collective sentiment, stating, "Many of us seem happy to have again the use of the word 'lodge,'" marking a return to familiar terminology within the Order of the Arrow. Following extensive discussions, the decision was made to reinstate the traditional term "lodge" in place of "tribe." Notable transformations unfolded as the Unami Tribe reverted to Unami Lodge on the local level and similar changes cascaded throughout the organization at the national level, with the National Tribe being restored to its original designation as the National Lodge. Copied from <https://oa-bsa.org/>

Good & Welfare

Congrats to member Greg Hofer on being awarded the Venturing Leadership Award at the Council level.



Congrats to Board Member Anthony Zalack on being made Director for camp Aquehonga. Well deserved!

To beloved member Andrea Smith-Dacres



We don't give refunds on the luncheon

Congrats to members Shawn & Barbara Spencer on being inducted into the Cub World Hall of Fame, and Good Luck to them on their move to PA.



Give the Gift of Membership

Do you know someone graduating from High School or College?
Do you know of a new Eagle Scout, Quartermaster or Summit Award Recipient?
Do you know someone keeping their Vigil or receiving the Founders Award?
Do you know someone getting married or celebrating a milestone?

What better gift to get them than a membership in the Suanhacky Campership Association!

Let them know that their achievement is forever linked to helping future Scouts to attend and enjoy the grandness of camping at Ten Mile River.

For only \$25, a scout get's assistance, your recipient learns about our mission (while appreciating your gesture), and you get a tax right-off. It's a Win-Win-Win-Win situation all around!

Please use the membership form at the end of this newsletter for instructions.



Four Things You Should Never Cook in Cast Iron

This article was copied from [Taste of Home](#)

Most people who cook with cast-iron pans love them with the heat of a thousand suns. After all, they're a must for so many [one-skillet meals](#), not to mention they're handy for everything from breakfast to dessert (really—these [cast iron desserts](#) are so good). However, as good as your skillet can be for making all these favorites, it's not a tool suited for all foods.

Smelly Foods

Garlic, peppers, some fish, stinky cheeses and more tend to leave aromatic memories with your [cast-iron pan](#) that will turn up in the next couple of things you cook in it. Ten minutes in a 400°F oven will generally remove the smell, but it's best to avoid cooking foods that would be ruined by those lingering aromas for the next few cooks. (We're looking at you, [chocolate pecan skillet cookie](#).)

Eggs and other sticky things (for a while)

Once your pan is well-seasoned, no problem at all. But when your pan is new, even though it's seasoned, sticky things like eggs still may present a problem. Unless you like brown eggs and a gunky pan, relegate them to a regular non-stick pan for a while.

Delicate fish

The same heat retention that means your steak will get a beautiful brown crust in a cast iron pan will probably be the end of your lovely piece of trout or tilapia. Save the delicate fish for the non-stick pan, too. But salmon and other meaty fish that can stand the heat are fine. Try our [cast iron salmon](#) recipe for a perfectly crispy skin and flaky fish.

Acidic things—maybe

There seem to be mixed feelings on this one. Some people say that tomatoes or lemons can react with the metal and cause it to leach into the food and break down the pan's seasoning. Others believe that's a myth. And if acidic foods discolor your pan a bit, a baking soda scrub will take care of it. (Check out other [cast iron cooking mistakes](#).)

One thing to note: This list is for traditional cast-iron pans. If you've got an enamel-coated cast iron pan, you don't need to adhere to this list—you can just get cooking!

And if you make a mistake with your cast iron pan and it gets really dirty—we've got the [cleaning tips](#) you need, plus a step-by-step lesson on [how to re-season your pan](#). Cast iron is tough and can withstand a slip-up or two.



Heard Around the Campfire

Can you find these 16 camps that have been sold, merged, closed, renamed, etc?
Words can go in any direction. Words can share letters as they cross over each other.

Ranachqua
Nianque
Kotohke
Chappegat
Kunatah
Warmaug
Davis Lake
Hayden
Rondack
Man
Lakeside
Kernochan
Central
Brooklyn
Manhattan
Sanita Hills



H	O	L	V	E	K	C	A	D	N	O	R	N	L	D
H	E	X	W	L	U	P	L	U	K	A	N	A	V	A
H	K	F	H	I	X	Q	V	O	N	H	M	T	S	V
Y	H	C	C	E	U	J	N	E	Z	A	H	T	A	I
E	O	P	E	G	K	U	N	A	T	A	H	A	N	S
D	T	G	Y	N	Y	J	B	Y	I	Y	B	H	I	L
I	O	P	J	M	T	W	Y	K	Z	N	F	N	T	A
S	K	E	P	X	K	R	A	X	A	V	W	A	A	K
E	U	W	C	S	U	C	A	R	U	B	G	M	H	E
K	K	K	J	Y	A	I	W	L	M	E	L	A	I	F
A	U	Q	H	C	A	N	A	R	P	A	Y	Q	L	T
L	N	S	V	W	B	V	P	P	L	D	U	Z	L	L
K	E	R	N	O	C	H	A	N	E	H	A	G	S	J
E	Y	X	D	A	M	H	P	N	K	I	C	A	C	C
C	Y	X	Q	K	C	N	Y	L	K	O	O	R	B	R

PUZZLEMAKER
CREATE YOUR OWN PUZZLES



I believe deeply that children are more powerful than oil, more beautiful than rivers, more precious than any other natural resource a country can have.

Danny Kaye

It's Ya Boy, Mike!



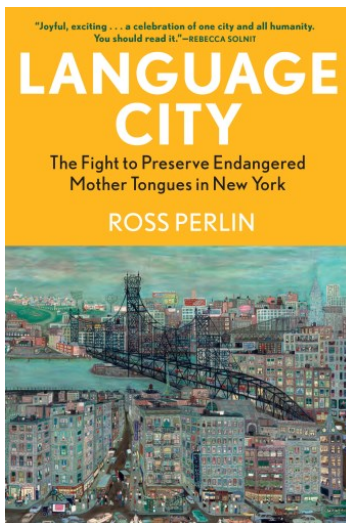
Hello Fellow Members. You need to checkout these fabulous places in Queens to eat an excellent meal this summer or anytime! I personally guarantee it.

- 1) [La Boulangerie de Francois](#) (109-01 72 Rd, Forest Hills) for delicious French pastries and breads, and possibly one of the best croissants on this side of the pond...
- 2) [Arepalicious](#) (137-20 Crossbay Blvd, Ozone Park) a delicious Colombian bakery with all the typical classics & a full Colombian restaurant with insane arepa (cornmeal cake, sometimes stuffed with savory fillings.).....
- 3) [Datz Deli](#) (190-01 Hollis Ave, Hollis) this may seem just like a normal Guyanese deli with food (why by the way is) but the real star of the show is their Datz Mac Patty, which is a beef patty with mac & cheese, oxtail on cocoa bread.

For more food/experience/family/travel suggestions follow me on your favorite social network [@itsyaboymikeofficial](#)

Submitted by Board Member Mike Schulte

Keeping Lenape Alive!



On the 100th anniversary of a notorious anti-immigration law that closed America's doors for decades and the 400th anniversary of New York's colonial founding, Ross Perlin raises the alarm about growing political threats and the onslaught of "killer languages" like English and Spanish. At the same time, *Language City* celebrates the profound linguistic diversity of a single city and the joy of tuning into this unprecedented Babel.

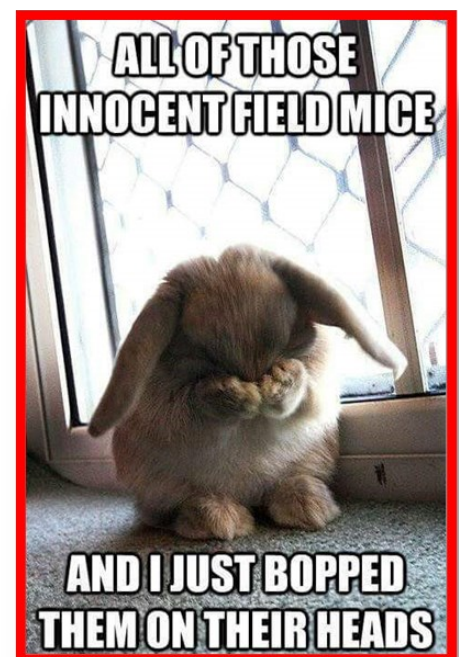
Half of all 7,000-plus human languages may disappear over the next century and—because many have never been recorded—when they're gone, it will be forever. The author is racing against time to map little-known languages across the most linguistically diverse city in history: contemporary New York. In *Language City*, Perlin follows six remarkable yet ordinary speakers of endangered languages deep into their communities, from the streets of Brooklyn and Queens to villages on the other side of the world, to learn how they are maintaining and reviving their languages against overwhelming odds. This includes our beloved language, Lenape. After centuries of colonization and displacement, Lenape, the city's original Indigenous language and the source of the name Manhattan ("the place where we get bows") and Suanhacky, has just one native speaker (a Canadian octogenarian), along with a small band of revivalists.

The author's style of presenting the in depth linguistic information makes this a go to read for the summer.





"What do you mean camp hasn't started yet?
Camp never ends!"



Keeping Our Members Healthy

How to Take Your Blood Pressure

Blood pressure is the force of blood moving through your blood vessels. The higher it is, the more pressure it puts on the inside of your blood vessels. This extra pressure can also damage your organs. Taking your blood pressure in between doctor's visits, either at home or your local pharmacy, can help you and your provider better understand your blood pressure and can guide treatment.

Blood pressure is measured with two numbers, with one number written over the other. **If your systolic (top number) is 180 or higher OR if your diastolic (bottom number) is 110 or higher, your blood pressure is dangerously high. Call your provider or visit a medical facility now – even if you feel fine**



Steps:

Before taking your blood pressure

- ◆ Do not smoke, drink alcohol or caffeine, or take a decongestant.
- ◆ Do not exercise for at least 30 minutes.
- ◆ Use the bathroom. A full bladder can increase your blood pressure reading.
- ◆ Sit in a chair with your back supported, your feet flat on the ground and your legs uncrossed.
- ◆ Sit quietly for five minutes, without any distractions. Don't have a conversation.
- ◆ Wear short sleeves or a tank top so the cuff can be placed on bare skin. Rolling up long sleeves or putting the cuff on over clothing can give you a higher blood pressure reading.

How to put on the cuff

- ◆ Put your left arm through the cuff loop. Use a large sized cuff If you are considered obese.
- ◆ Slide the cuff up your arm so the bottom edge is about 1 inch above your elbow.
- ◆ The tube should run along the inside of your arm and be in line with your little (pinky) finger.
- ◆ Tighten the cuff and secure the strap.
- ◆ Rest your arm with your elbow slightly bent on a table, with the cuff at heart level and your palm up.

Take your pressure

- ◆ Make sure the machine has power.
- ◆ Press "START."
- ◆ The cuff will automatically inflate and tighten around your arm. After a few seconds, it will begin to deflate and you'll see your blood pressure numbers on the monitor.
- ◆ Write the numbers in your Blood Pressure Tracking Card with the date and time.
- ◆ Wait one minute, then take your blood pressure again on the same arm. Write the numbers in your Blood Pressure Tracking Card with the date and time.
- ◆ Try to take your pressure around the same time everyday.

It is important to remain quiet and to not use electronic devices or watch television while measuring your blood pressure.



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The Suanhacky Campership Association is a 501(c)3 not-for-profit charitable organization { federal Tax ID#: 46-3352118 }. We were established in 1986, as a benevolent organization that among other activities provide financial assistance for Queens, N.Y.

Scouts to attend a week of summer camp at the Greater New York Councils facility at Ten Mile River or Alpine Cub World. We are a BSA Whitney M. Young Jr. Service Award Recognized Organization..





SUANHACKY CAMPSHIP ASSOCIATION

"Helping Make Every Scout A Camper"

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MEMBERSHIP APPLICATION and Membership Dues Form

☐ **Annual Dues \$25** **\$25**_____

OR

☐ **Lifetime Dues \$150** **\$150**_____

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: (_____) _____

Email: _____

Scouting information, if applicable-

Council: _____ **District:** _____

Unit: _____ **Position:** _____

Payment by check: Suanhacky Campership Association

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