

# The Island Current

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One Dollar

## WARM UP! PLAY BALL!



Photos by RICK DeWITT

Despite the cold, dreary weather left over from the winter of 2011, the City Island Little League (CILL) season began successfully on Saturday, April 16. This year's roster includes over 100 boys and girls in T-ball, four minor league teams, three major league teams, and St. Mary, Star of the Sea girls junior varsity and varsity softball teams (see CILL column on p. 15). In memory of the former Little Leaguer John Gilder, who passed away tragically in 2009, his father, Mark Gilder, and his uncle, Billy McGee, threw out the first pitch (center photo). A new major league team, the Gilder Scholarship team, has been formed in John's memory and is coached by Robert Stivala, Alaura Imperioli and Scott Munafo (third photo, left). There was a great turnout for the opening ceremony, including players, parents and honored guests, including (photo above): Sons of the American Legion (SAL) color guard Robert Booth, CILL recording secretary Louis Lomonaco, CILL treasurer George Spencer, Assemblyman Michael Benedetto, Bronx Borough President Ruben Diaz Jr., State Senator Jeff Klein, CILL president John Tomsen, CILL player representative Edward Esposito, CILL vice president Kristin McConaghy, St. Mary's Softball director Frank Strazzera, Council Member Jimmy Vacca, Billy McGee, CILL safety officer Maria Piri, Mark Gilder, and SAL color guard James Livingston. Stop by Ambrosini field next to P.S. 175 and catch some innings!

## The Garden Club of City Island Celebrates 50 Years of Beautification

By BARBARA HARRISON



Photos by BARBARA HARRISON

Barbara Healy Hoffman, president of the Garden Club of City Island, looks over a 1962 newspaper article describing the club's charter with the Federated Garden Club of New York State. The article is illustrated with a photograph of the club's founders, Rose Healy (Mrs. Hoffman's mother) and Jacqueline Kyle Kall, who was the club's first president.

At 50 years of age, the Garden Club of City Island, now 40 members strong, has once again begun its annual spring fund-raising drive to help keep City Island Avenue and our public areas, parks and memorials clean and beautiful. True to its history and traditions, Garden Club members dedicate themselves to Island beautification, conservation of the environment and preservation of our scenic and historic locations.

In April 1960, Mrs. Rose Healy and three of her friends, including Jacqueline Kyle Kall, formalized their plans to form a City Island garden club. In 1961 they filed the charter and list of officers with the Federated Garden Clubs of New York State, and thus began the work of the Garden Club of City Island, which was the first of its kind in Manhattan or the Bronx to be



Residents, business owners and visitors consider the Garden Club's "Welcome to City Island" sign, with its 12-meter sloop silhouette at the top, a warm "hello" to our Island community.

affiliated with the state organization.

The club's first mission was to rehabilitate the Memorial Triangle at the north end of the Island, and since that time, the club has completed many projects—including the restoration and renovation of Hawkins Street Park in 1973 (and again in 2009); planting the Promenade Park near the bridge in 1981 (now the Catherine Scott Promenade) and planting the Brotherhood Tree in 1985. In the 1970s and 1980s, the club also became well known for conducting flower shows that were judged by the New York State organization. Other community service projects included working with the Island's youth on gardening projects and underwriting the cost of cleaning the sidewalks and gutters along City Island Avenue for many years.

Today the achievements and successes of the Garden Club of City Island are numerous, and the club has received many compliments for its use of donor contributions to the Beautification Fund. These

Continued on page 3

**BRIEFLY...**

**CITY ISLAND AVENUE CLEANUP**, sponsored by the Civic Association, the Chamber of Commerce and the Garden Club, will take place on Saturday, May 14. Volunteers who care about the appearance of City Island are urged to join in the effort to make the avenue attractive again after a long winter. Meet at Hawkins Park at 9 a.m. full of energy and dressed for work! Please bring your own rake and broom, and the Civic will provide gloves and garbage bags. Call 718-885-0507 for more information.

**ST. MARY'S THRIFT SHOP** is open every Thursday and Saturday from 10 a.m. to 3 p.m. Starting May 12, the thrift shop will offer \$5 bag sale specials. Come in and enjoy some coffee and good company!

**BIRTHDAY PARTY FOR CAPTAIN ED SADLER:** On Sunday, May 1, Captain Ed will celebrate his 95th birthday. Please drop by the City Island Nautical Museum at 190 Fordham Street between 1 and 4 p.m. to wish him a happy birthday (no gifts, though). Refreshments will be served and all are welcome

**GARDEN CLUB OF CITY ISLAND TURNS 50:** Come and help the Garden Club celebrate its 50th year on City Island at a splendid dinner to be held at the Morris Yacht & Beach Club on Saturday, June 18, at 6:30 p.m. The cost is \$75 per person, and all are welcome to join in the festivities. Call Ruth Collins at 718-885-1361 to make a reservation.

**LEND ME A TENOR** is the new production of the City Island Theater Group. This hilarious comedy by Ken Ludwig is directed by Nick Sala and stars several CITG regulars and a number of newcomers. There will be only six performances: May 13, 14, 19, 20 and 21 at 8 p.m. and Sunday, May 15, at 3 p.m. Get your tickets now by e-mailing [tickets@cityislandtheatergroup.com](mailto:tickets@cityislandtheatergroup.com) or by calling 718-885-3066.

**MEMORIAL BENCH** The memorial bench for Debra Bastes Ficke is complete and awaiting approval from the Post Office for placement of the bench. Look for a notice in the Post Office regarding a date for the dedication. For further information, please call Pat Fusco at 718-885-2030 or Patty Grondahl at 718-885-1891.

**MOTHER'S DAY DINNER DANCE:** Hosted by Lido Caterers, 101 City Island Avenue, at Pilot Street, on Sunday, May 8, from 1 to 7 p.m. Join in celebrating this very special day for all the mothers in the world! For more information and reservations call 718-885-2177.

**GRACE EPISCOPAL'S SPRING CAFÉ AND TAG SALE:** Grace Church will hold its annual Spring Café and Tag Sale on Saturday, May 7, from 10 a.m. to 5 p.m., offering high-quality new and used items and decadent baked creations from Grace Parish kitchens. Stop by the popular Spring Café for a delicious light lunch and a cup of coffee or tea. All proceeds from the Café and Tag Sale will go to support the ministries of Grace Church. If you have any items you have decided to part with after spring cleaning, we will gladly give them a new home. Donation drop off dates are May 5 between 7 and 8 p.m. and May 6 between 4 and 8 p.m. Grace is located at 116 City Island Avenue, at the corner of Pilot Street.

**BLOOD DRIVE** sponsored by the Bronx Masons, will be held on Tuesday, May 10, between the hours of 3:30 and 8 p.m., at Trinity United Methodist Church, 113 Bay Street. Almost anyone between the ages of 17 and 75, weighing a minimum of 110 pounds and in good general health, can be a blood donor. Photo or signature ID and Social Security number are required at the time of donation.

**45 BLOTTER**

Complaints reported from City Island to the 45th Precinct during March and April 2011. Unfounded complaints are not included in the list.

- 2 - BURGLARY
- 1 - DRIVING WHILE INTOXICATED (DWI)
- 1 - ILLEGAL POSSESSION OF MARIJUANA

Police provided details on the following incidents for the period from March 25 to April 15, 2011.

3/25-3/26 - During the overnight hours, two boats docked at 150 City Island Avenue were broken into and burglarized. Navigation systems were illegally removed from each vessel.

4/7 - An off-Island male was arrested at 10 p.m. on City Island Avenue for possession of marijuana in public view.

4/15 - At 4 a.m., an off-Island female was arrested and charged with DWI at Bridge Street and City Island Avenue.

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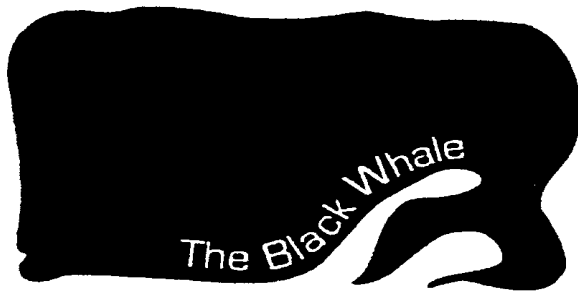
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**Have Fun on the Water! Learn to Sail This Summer on City Island.**



The Morris Yacht and Beach Club is proud to introduce its 2011 Junior Sailing Program.

Specifically created for students from 8-15 years of age, the Junior Sailing Program is uniquely designed to teach basic sailing skills and build self-confidence while learning about teamwork. All classes are held at the Morris' beautiful new facility on City Island.

- Three weeks of professional instruction teaches basic sailing skills and safety on the water
- Students learn to sail on FJ sailboats, the same boats used by the Fordham University Sailing Team
- Students receive personal attention with a low student to faculty ratio of 2 to 1
- All instructors are certified by US Sailing

For more information, rates and dates, Go to [www.morrisybc.com/juniorsailing](http://www.morrisybc.com/juniorsailing)  
Email [juniorsailing@morrisybc.com](mailto:juniorsailing@morrisybc.com)  
Call 718-885-1574



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# Garden Club

Continued from page 1



A harbinger of spring, the planters along City Island Avenue have been cleaned after the long, hard winter and are blooming with pansies and greens thanks to the Helping Hands Auxiliary of the Garden Club. Look for more planters this summer.

include:

- The planters along City Island Avenue, a joint effort with the City Island Civic Association. The club hopes to add to their number every summer.
- A complete renovation of the Island's Bridge Park Brotherhood Tree and "Welcome to City Island" sign areas, plus a new garden at the south end of the bridge.
- The refurbishment and renovation of Hawkins Park in collaboration with the Bronx office of the Parks Department.
- A facelift for City Island's Legion Memorial Park along the path and around the monuments.
- Extensive plantings and renewal of

the area in front of the City Island Nautical Museum, which welcomes visitors from all over the world.

- A street-tree planting program in collaboration with the Parks Department.
- Annual City Island Avenue clean-up programs, working with the Civic Association and the Chamber of Commerce, to be held this spring on Saturday, May 14 (meet at 9 a.m. in front of Hawkins Park).

The club continues to encourage civic planting, beautification and the preservation of scenic and historic locations, as well as to arouse public interest in environmental concerns and in conserving the natural beauty and resources of City Island. The club's mission also includes encouraging the art of gardening, horticulture and landscape design and serving as an educational source for members and for the community at large.

For those who wish to support the efforts of the club, donations to the Beautification Fund may be sent to Susan Strazzera at 108 Ditmars Street, City Island, NY 10464. Islanders who don't have the time to become members but who wish to volunteer for specific projects are encouraged to join the Helping Hands group; call Judy Judson at 718-885-0327 for information.

In the meantime, Island residents are invited to help the club celebrate its golden anniversary at a splendid dinner that will take place at the Morris Yacht & Beach Club on Saturday evening, June 18, at 6:30 p.m. The cost is \$75 per person, and all are welcome to join in the festivities. Call Ruth Collins at 718-885-1361 to make a reservation.



This oil painting by Marguerite Chadwick-Juner will be raffled at the Garden Club Anniversary Dinner on June 18.

# Junior Sailing Program at Morris

By JON ESSER

This summer the Morris Yacht & Beach Club is launching a Junior Sailing Program that will offer two three-week sessions to children ages 8 to 15. The classes will use the facilities in the new clubhouse for the on-land portion of the program, and the fleet of FJ sailboats used by the Fordham University Sailing Team, whose home port is at the club, will be used for sailing. The sailing instructors will all be U.S. sailing certified.

According to Fordham's head coach, Joe Sullivan: "Most of our 26 student-athletes learned to sail at a yacht club or through their community's Junior Sailing Program. The fact that the Morris Yacht & Beach Club on City Island is offering such a program will be a wonderful opportunity for youngsters to learn a skill, which cannot only be enjoyed throughout one's entire life but can also satisfy one's competitive juices in college and beyond. Our team has competed in the Rose Bowl Regatta in Southern California, the Sugar Bowl Regatta in New Orleans and competitions in Chicago and Florida, as well as throughout our Middle Atlantic conference, which extends from Canada to Virginia. For most of the students, it all started in a Junior Sailing Program."

Morris Commodore Steve Breines told *The Current*: "The program is a great asset to the club and a great asset for City Island, as there is no other sailing program running at this time. It is especially convenient for City Islanders, and it is set up as a safe and fun way for kids to spend part of their summer."

Morris member Toby Moors summed it up by saying: "The Morris Yacht & Beach Club has a unique location. As we are on Belden Point, we can move the boats to where the wind or currents are more favorable (lighter or heavier), and we have great lawns where lessons can be taught and where kids can hang out and generally have a good time. The water is warm, the bay is protected and we have perfect light air conditions. For all the years I have lived on City Island, I have been amazed not to see more sailing dinghies on the water. There are many young kids on City Island and from the rest of the Bronx and Pelham who need a local program to get them interested in a great sport."

The program has two sessions: June 27 to July 15 and July 18 to Aug. 5. For more information, visit the club's website, [www.morrisybc.com/juniorsailing](http://www.morrisybc.com/juniorsailing), or e-mail [juniorsailing@morrisybc.com](mailto:juniorsailing@morrisybc.com), or call 718-885-1574.

# Pelham Picture House Reopens

By MARSHA TREIBER

In the winter of 2009-2010, City Islanders had the great delight of going to a screening of the film *City Island* at a grand old theater, the Pelham Picture House, located at 175 Wolf's Lane in the neighboring town of Pelham. On March 25, 2011, there was a ribbon-cutting ceremony to officially reopen the theater after a year-long renovation.

Since it first opened in 1921, the Picture House has been a magnet for moviegoers, showing silent films and then talkies, including news from the front lines during World War II. A few years ago, the theater was nearly demolished, but it was saved and reorganized as a nonprofit independent film and education center, which brings the best in independent, international, documentary and classic cinema to a large and diverse region. Today the Picture House is ready to welcome audiences back to a beautiful and restored interior, one that preserves a sense of history, community and the art of film.

The opening ceremony attracted a large group of dignitaries, including U.S. Representative Nita M. Lowey; State Senator Jeff Klein; Lyndon D. Williams, Vice Chair, Westchester County Board of Legislators; Edward Hotchkiss, the Mayor of the Village of Pelham; JoAnn LoFrisco, Vice President, Hudson Valley National Bank; Karl Gustafson, Program Director in the Office of Community Renewal New York Main Street Program; Janet Langsam, Executive Director, ArtsWestchester; Maria White, President, Pelham Preserva-

tion and Garden Society; Raymond Beeler, President, Raymond Beeler Architects and Chair of the Building Committee of Friends and Supporters of the Picture House; John Calvelli, Chair and Board Member of the Picture House; and Jennifer Christman, Executive Director of the Picture House.

Over the past couple of years, I have had the great pleasure of attending Picture House events that included screenings and Q&A sessions with such outstanding actors as Gabriel Byrne and Frank Langella. After the special showing of *City Island* in the winter of 2010, there was a fascinating Q&A with the director, Raymond deFellita.

It is wonderful to have a theater nearby that will continue to show quality programs and sponsor exciting events. A gala celebrating the theater's 90th birthday was held at the Hilton Rye Town on the evening of April 9.

Happy viewing everyone!



Photo by MARY MCINTYRE

Three of the stars in the City Island Theater Group's new production, Ken Ludwig's hilarious comedy "Lend Me a Tenor," pause for the camera during rehearsal. Standing at left is the tenor, Frank Siciliano; at right is Kevin Gordon, and seated is Steven Bendler. Performances will be on May 13, 14, 19, 20 and 21 at 8 p.m. and May 15 at 3 p.m. For reservations, call 718-885-3066 or e-mail [tickets@cityislandtheatergroup.com](mailto:tickets@cityislandtheatergroup.com).

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CHARLIE SHEEN RECENTLY VISITED CITY ISLAND AND THE LOBSTER HOUSE RESTAURANT.	POLITICOS ON HAND FOR OPENING OF LITTLE LEAGUE SEASON.	CHANCELLOR WALCOTT GIVES CAPTAIN SADLER WAFFLE RECIPE.	JANE ROTHMAN WRITES ABOUT LOCAL ROCKS. <i>RUSS SCHALLER APRIL 2011</i>
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We welcome letters and opinions. Letters longer than 250 words will be edited, with every effort made to preserve their substance. We reserve the right not to print letters that are copies, libelous, inaccurate or in bad taste, or those that cannot be verified. Include your phone number. Anonymous letters will not be printed, but names will be withheld upon request.

**Thanks to Jimmy Vacca**

A copy of the following letter was received by The Current.

To the Honorable Council Member James Vacca:

As parents and residents of City Island, we'd like to express our deep appreciation for your continued commitment and support of the public school arts program at P. S. 175. Thanks to the Arts Grant you obtained, the students of the fifth-grade class, in collaboration with the Bronx Arts Ensemble, just completed a successful production of "The Music Man." The entire fifth-grade class worked hard to learn the script, score and dancing needed to make this performance a success.

Severe budgetary cutbacks have slashed all but the essentials at public schools throughout the city, and we are grateful to you for obtaining the funding for this valuable enrichment program. It is an experience that the students will remember fondly all of their lives.

In closing, thank you again for your support for P. S. 175.

Lisa and Eugene Fine

**Thanks to City Island**

To the Editor:

The Rothschild family thanks all of our friends and neighbors on City Island for your generous outpouring of love and support for Ed and our family. We will always consider ourselves lucky to be living in such a warm and caring community.

Kathy, Sarah, Anna and Emily Rothschild

**Turtle Cove Update**

To the Editor:

We are working with Con Ed to have them complete their December work near Glover's Rock by restoring the lawn. We have asked for basic lawn grass seed between the gas markers and the road and an "eastern habitat" mix of native grass between the markers and the edge of the slope. The fence will be temporary to protect the newly seeded site from motorists' tire tracks.

Con Ed will also be restoring a couple of spots where they damaged the bike paths across the street, and they will be reseeding up along the bike path toward City Island. (During their last phase of work, they had reseeded, but much of it didn't take, so we asked them to do it again.)

Con Ed is about to start a fourth phase of work, bringing a liner into the secondary pipeline (the original one) that goes through the woods between Orchard Beach Road and City Island Road. Besides some hand excavation work on the edges of the woodland, the lining process will mean less impact, as they will not be digging anything up through the forest there.

Marianne Anderson, Administrator, Pelham Bay Park

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## Sailing Life on City Island

BY JOYCE MULCAHY



Photo by JOYCE MULCAHY

The Eastchester Bay Yacht Racing Association, founded by four City Island yacht clubs, sponsors races on Wednesday nights throughout the summer.

Where do you live? City Island. The place with the gondola? No. The place with the ferry? Not quite. Hmm, Long Island City? Not even close. I give up. I hoped you would.

Familiar conversation? How do you describe City Island? Our community in the Bronx has a rich history in sailing and all things nautical, but not everyone has heard of it. Visit the local diner, and you may overhear old salts churning out stories about their decades of sailing or about their experiences in times gone by. After all, the Island's shipyards built five winning America's Cup yachts: *Columbia*, *Constellation*, *Intrepid*, *Courageous* and *Freedom*. The people are friendly, the restaurants aplenty, the sunsets brilliant. The Manhattan skyline and Eastchester Bay serve as guide and host for local racing and cruising. The four yacht clubs often hold events open to the public.

I discovered City Island when I attended one of those events at the City Island Yacht Club five years ago. It was a rainy night in April, and the Cross Bronx Expressway was backed up. I nearly turned around a few times to find refuge in my warm and dry Long Island apartment, but the prospect of getting on a sailboat compelled me to a place I had never visited before to hear about a sport I had only dabbled in.

Edd Schillay, commodore of the Eastchester Bay Yacht Racing Association (EBYRA), was scheduled to speak. The EBYRA was founded in the early 1980s by the City Island Yacht Club, Harlem Yacht Club, Morris Yacht & Beach Club and Stuyvesant Yacht Club with the mission of providing a formal yacht-racing program on Eastchester Bay and Long Island Sound. According to Mr. Schillay, "Our racing events have been highly regarded as one of the premiere events in the country offering a level of competition not often found in a weeknight race series."

The group hosting the event that rainy evening was the Greater NY Sailing Group. As part of an online-based organization called Meetup.com, this sailing group desires

to connect crew with captains, to host sailing seminars and to promote racing and cruising. Everyone in the room that evening seemed happy to be there, and the anticipation for the upcoming sailing season was palpable. I learned a lot about sailing that evening, most importantly that if I could get to the dock by 6 p.m., I could get on a boat to race in the EBYRA Wednesday-night sailing series from May to September. I realized that I couldn't do that and live on Long Island, so two weeks later, I moved to City Island. I was nervous about living in a place I had just recently learned about and where I didn't know anyone, but some risks are worth taking.

Since then I have raced every year in the EBYRA Wednesday night-series. I have also crewed occasionally in the Fleet 61 J-24 series also held on Wednesday night. Leigh Mulroy, the fleet's captain, says, "Any J-24 owner can sign up to be a member of the fleet by registering at [www.j24fleet61.com](http://www.j24fleet61.com)." There you can find out more about sailing for the J-24 Monday night program, which welcomes newbies, as well as experienced sailors.

For people who want to sail and don't have a boat, that's no problem! Sailboats need crew and captains are looking. Whether you are a greenhorn or an old salt, you will find an opportunity to learn and engage in a sport that many come to our island to enjoy. Once aboard, you will find that the honking horns and harried pace of the city seem a world away. You can see traffic on the Throggs Neck Bridge as you sail by unhindered by the crowds, and the sunsets are exquisite. After a brief sun shower last year, I saw my first double rainbow during a race.

I have met people as excited as I am to spend time on the water, and I've learned a great deal from experienced sailors. I have raced on scores of weeknights and weekends and cruised on lazy Sunday afternoons, enjoying good company and a delicious sandwich from Papa John's, Connie's or the IGA. I have enjoyed after-race parties at the yacht clubs, including my first pig roast at the Harlem Yacht Club last year. On Wednesday nights, the City Island Yacht Club invites all EBYRA and Fleet 61 racers to share good food, cold drinks and sailing tales and tactics. Sometimes we visit Brian Dempsey's or the Snug for a hearty after-sail meal.

Do you have an off-Island friend who may have an interest in sailing but has never heard of City Island? Tell them to rent the movie "City Island." And then tell them to visit [www.ebyra.org](http://www.ebyra.org) and [www.meetup.com/Greater-New-York-Sailing-Group/](http://www.meetup.com/Greater-New-York-Sailing-Group/) to learn how they can become involved in the 2011 sailing season!

Joyce Mulcahy is a resident of City Island; she writes a sailing blog on [www.cityislandsailing.com](http://www.cityislandsailing.com).

## CITY ISLAND MYSTERIES AND LEGENDS

By BARBARA DOLENSEK

During the course of my research for a recent talk at the City Island Library on City Island history, I came across a number of stories that seemed to have little or no basis in fact. But because they were as interesting as the documented events, I spent some time trying to find evidence for them, though not always with much success.

### Island Witchcraft

The first bit of history that I took with a grain of salt was the trial for witchcraft of a couple named Ralph and Mary Hall in 1665, before City Island (or Great Minnefords, as it was called then) was really a settlement. Thanks to the fact that Google has scanned a great many documents, I was able to access a primary report of the Halls' acquittal in 1668 for lack of evidence. They lived in Setauket, Long Island, not City Island, when they were accused of murdering a man named George Wood and an infant by using "wicked and detestable arts." But by the time the court found the Halls not guilty in 1668, they had moved to Great Minnefords Island, perhaps to escape notoriety on the mainland and perhaps because they were friends of Thomas Pell, who then owned the island. One legend solved. More or less true.

### Indian Burial Mound

The next bit that I doubted (and still believe is not true) is the oft-repeated legend that P.S. 17 (which now houses the City Island Historical Society and Nautical Museum) was built on an Indian burial mound. It is true that the site was a cemetery before the school was built in 1898, but it was for City Island residents, whose bodies (though it may have been only the gravestones) were moved in 1882 to what is now Pelham Cemetery on King Avenue.

Adelaide Rodstrom, founder of the Historical Society, remembers her mother, who lived on Fordham Street, telling her there had also been Indians buried on the site, but the cemetery was moved before she was born, so she herself was passing on a story she had heard, probably from her parents.

According to experts studying the Siwanoy people who inhabited this area until the Europeans took over, the island was used for fishing, not as a permanent settlement, and because they buried their dead near their settlements, a burial mound here was unlikely (whereas mounds were found in Pelham Bay Park). Indian artifacts have been found on City Island, but they are largely arrowheads, spear heads, and other implements used for hunting, fishing and gathering shellfish, as well as oyster middens (or trash heaps). It also seems unlikely that English settlers would have buried their dead on an Indian burial site.

### City Island, aka Minnewits

It is largely accepted that the name "City Island" (or New City Island) was the invention of Benjamin Palmer, who organized a syndicate in the 1760s to create a major commercial development that would rival New York City. The American Revolution put an end to his plans, but the name stuck. Before that, the island had been known as Minnefords or Great Minnefords Island, Minnewits or Minnifers, Mulberry or Great Mulberry Island. Some speculate that the Indians who lived in the area were called Minneford, and others believe that the name came from Peter Minuit, the Dutchman who bought Manhattan Island from the Indians for \$24 in 1626. It has also been reported that the Siwanoy word for mulberry was "minnewits," which is the version I prefer. Take your pick.

### Macedonia Hotel, or Not

Another old mystery revolves around the Macedonia Hotel, which burned down in 1922 as the City Island Casino at the east end of Ditmars Street. It was built in 1887 by Jake Smith, who had bought old timbers and the captain's cabin from Charles McClennan, an Island boatyard owner who had salvaged them from a broken-up frigate called the *USS Macedonian* at Cow Bay on Long Island. Many people believed that this vessel had been the famous frigate built by the British Navy and captured by the Americans during the War of 1812, but it was not exactly the

same ship. The original *Macedonian* rotted and was decommissioned in 1828, but a new *Macedonian* was built right alongside her to exactly the same specifications and was used as a flagship for the Navy until 1875.

An aside: it really was the original *USS North Carolina* that was used to build City Island's first bridge in 1873. The 74-gun battleship had been launched in 1820 and was considered the most powerful naval vessel then afloat. The ship was sold in 1867 to City Island's first commercial shipyard, owned by David Carll, who built the new toll bridge with some of her timbers.

### Whatever Happened to William Belden?

It has long been a mystery to me why William Belden, whose infamous exploits were fully covered in the *New York Times*, managed to disappear without a trace or an obituary. Belden had been a partner of Jay Gould in the Black Friday financial panic of 1869, which was tantamount to a Bernie Mad-off scandal at the time, and he was a pretty unpleasant character all around. He accused his mistress of trying to shoot him when (unarmed) she asked him to help support their child; he was arrested for assaulting a ship's carpenter who tried to get him to pay a bill; his yacht ran down and sank a steamboat on the Hudson River for which he refused to pay damages, and then he cheated his mentally ill brother out of many thousands of dollars.

At some point during the late 1890s William Belden sold Belden Point, which he had developed as a tourist destination, to the railroad magnate Collis P. Huntington, who died in 1900. Belden was unable to recover the property from the Huntington estate, and in 1911 he was forced to pay \$44,000 to his brother's heirs. The final journalistic word on Belden appeared on Feb. 12, 1915, when the Hartford (CT) Republican reported that Belden had been sent to the poorhouse after a judge found him guilty of "soliciting alms in the streets." A fitting end to an ignoble career.

### Celebrity Sightings

As many residents know, City Island is constantly in demand as a location for filming movies and television shows, and celebrities are not an uncommon sight if you know where and when to look. But some of our celebrity visitations may be more legend than fact.

Take, for instance, the story that William Randolph Hearst used to hide his mistress, Marion Davies, at the Chateau Laurier, which is the name William Belden had given to the Stephen Decatur Horton mansion on Belden Point (later the Morris Yacht Club, which burned in 2006). Hearst was married, but he and Davies lived together for many years in California, while Mrs. Hearst stayed in New York. In 1926 he built what is now the Warwick Hotel on West 54th Street for Davies, and that is where they stayed and hosted parties for their celebrity friends. However, between 1918, when the two met, and 1926, it is possible that they stayed on City Island. Although the mansion was owned by Mrs. Collis P. Huntington after 1900 and was for a while called the Monte Carlo Hotel, by 1914 it was again the Chateau Laurier, and in 1921 it was advertised in the *New York Evening Telegram* as a fashionable restaurant. I have found no evidence that Hearst ever stayed there, however, although it is well known that Hearst and Davies had a fondness for cha-teaux.

I have also heard tell that Douglas Fairbanks and Mary Pickford lived for a summer on City Island, but again this hasn't yet been substantiated by evidence. It is true, however, that starting in 1919, the couple, along with Charlie Chaplin, joined forces with film director D. W. Griffith to form United Artists, and Griffith moved his production company to Mamaroneck. So it is possible that they spent time in the neighborhood. It is known, however, that Angelina Jolie made her first feature film here ("Love is All There Is") and spent at least a night or two in a private house on Ditmars Street.

Presidents of the United States may or may not have visited City Island over the years. According to Alice Payne in her invaluable

Continued on page 11

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**What's Going On In There?**  
If you have a new business, or if your old business is offering a new service, write to The Current, P.O. Box 6, City Island, NY 10464 by the 10th of the month.

The **Focal Point Gallery**, 321 City Island Avenue, will open its May exhibition, "Artist's Choice," on May 6, with a reception from 7 to 10 p.m. The exhibition will run through May 31.

## Bartow-Pell Exhibit Wins Award

The Bartow-Pell Mansion Museum has received a Museumwise Award of Merit for its fall 2010 exhibition "The Boltons of Pelham Priory: A Cultural Legacy from England to America."

Museumwise, formerly the Upstate History Alliance, is a statewide membership organization dedicated to providing resources, training and expertise to help New York museums and heritage organizations strengthen their capacity to better serve their communities and meet their institutional missions. Awards of Merit are given to institutions or individuals whose work represents outstanding contributions in their category and excellence compared to similar activities throughout New York State. Winners were selected from a large and diverse pool of nominations this year. The presentation ceremony took place in Buffalo during the Museums in Conversation Conference at the Burchfield Penney Art Center.

The Bolton exhibition was on view from Sept. 3 to Nov. 21, 2010, and celebrated the achievements of the Reverend Robert (1788-1857) and Anne Jay (1793-1859) Bolton and their children, a fascinating Anglo-American family whose life on two continents emphasized intellectual, artistic and religious pursuits in a warm and lively family setting. One of the daughters, Adele Bolton, founded Grace Episcopal Church on City Island.

The exhibition was curated by an avid team of Bolton family scholars led by Margaret Highland, Bartow-Pell Mansion Museum curator. The committee included Mary Huber of Bronxville, a curator at BPMM for over 30 years; Dr. Gina D'Angelo, an expert in 19th-century American paintings; Dr. Kim de Beaumont, Professor of Art History at Hunter College; Art Scinta, a local architectural historian; and Valerie Albanese-Fraher, Education Director at BPMM and exhibition designer.

## May Programs at Bartow-Pell

May flowers with activity at Bartow-Pell Mansion Museum. Come stroll our grounds, delight in spring and enjoy one of our fabulous programs.

The Tussie Mussie Workshop takes place on Sunday, May 1, from 2 to 4 p.m. Make memories creating a traditional Victorian "tussie mussie," a small flower bouquet, at this fun afternoon workshop. Tea and light refreshments will be offered. Appropriate for age 6 and up. Space is limited, so registration required. Cost \$20; members \$15.

First Friday! + Bronx Seaside Trolley on Friday, May 6, from 5:30 to 8:30 p.m. with a concert at 7 p.m. Enjoy the magic of the mansion at night with classical music by the Bronx's own Bardekova Ensemble. Tour the mansion, stroll the garden, savor light refreshments and hop on the free Bronx Seaside Trolley for a ride to City Island. The trolley makes a continuous loop from the #6 Pelham Bay Park subway station to BPMM to City Island. Registration requested. Admission cost \$8 adults, \$5 seniors and students; members free.

Heritage Weekend will take place on Saturday, May 14, and Sunday, May 15. Enjoy free guided tours Saturday and Sunday afternoon from 12 to 4 p.m. Tours start at quarter past the hour.

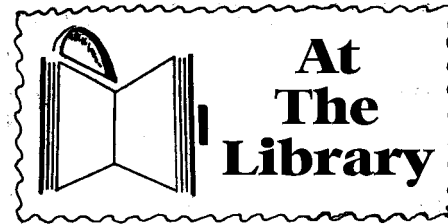
Bronx Week runs from Saturday, May 14, to Sunday, May 22. Celebrate the Bronx at BPMM with free guided tours on Wednesday, Saturday and Sunday afternoons. Tours start at quarter past the hour.

Join the BPMM Bronx Bike Tour on Saturday May 21, from 10:30 a.m. to 12:30 p.m.

In honor of Bronx Week's Environmental Day, Bartow-Pell Mansion Museum's annual Bike Tour will focus on gardens, with visits to private gardens on City Island and public gardens in Pelham Bay Park. Park horticulturist Scott Farrington rides along as our expert. Free.

Owl Meet and Greet will happen on Saturday, May 21, at 3 p.m. Bobby Horvath of WINORR (Wildlife in Need of Rescue and Rehabilitation) brings a wonderful assortment of rescued owls for participants to meet first-hand. A unique opportunity to see these remarkable birds of prey close-up. Registration required. Cost \$10; members \$8.

To register for any of these programs, call 718-885-1461 or e-mail [info@bpmm.org](mailto:info@bpmm.org).



## Come Celebrate the Library's 100th Anniversary on City Island (1911-2011)!

**Hours: Mondays and Thursdays 11 a.m. to 7 p.m.; Tuesdays and Wednesdays, 11 a.m. to 6 p.m.; Fridays and Saturdays, 10 a.m. to 5 p.m.**

### May Children's Programs

**Lapsit Program:** Wednesdays, May 11 and 25, 11 a.m. Birth to 18 months. All welcome for story time and music.

**Toddler Time:** Tuesdays, May 3, 10, 17, 24 and 31, 11 a.m. 18 to 36 months.

**Story Time:** Read-aloud picture books: Thursdays, May 5, 12, 19 and 26, 3:30 p.m. Ages 4 to 10.

**Mother's Day Arts and Crafts:** Tuesday, May 3, 3:30 p.m.

**Special Program:** Up, up and away! Science tricks and games for ages 4 and up. Presented by Mad science of Westchester and Manhattan. Wednesday, May 11, at 3:30 p.m.

### May Young Adult Programs

**NEW! Board Games:** Every Tuesday from 3:30 to 5 p.m.

**Game On:** Every Thursday from 3:30 to 5 p.m.

**Friday Tweens and Teen Lounge,** 3:30 to 4:30 p.m.

**Special Events for Teens:** Emerald Island Treats. It's time to snack! Join cooking wizard Jailin Acevedo as she guides you in making Irish soda bread and melt-in-your-mouth toffee. For ages 12 to 18. Wednesday, May 25, at 4 p.m.

### May Adult Programs

**Introduction to the Internet:** Tuesday mornings from 10 a.m. to noon. Please register in advance.

**Resumé Writing Workshop:** Wednesdays from 10 a.m. to noon. Please register in advance.

**Special Program-** Bronx County Historical Society author and historian Professor Lloyd Ultan will give a special lecture on the life of Anne Hutchinson, part of the celebration of Anne Hutchinson Year. Come and join us on a trip back in time to the 17th century and experience rural life in the Bronx. Saturday, May 7, at 2 p.m.

**Special Program-** Soliloquy for a Seamstress: A three character drama set in 1911 New York and telling the story of a family of Italian immigrants caught up in the tragedy of the Triangle Shirtwaist Factory Fire. Saturday, May 21, at 2 p.m.

**Annual Event:** In May the Garden Club of City Island will replant our backyard reading garden for 2011, the third year of this community activity. Date to be announced. If you wish to volunteer or donate a plant, please call Jamie Blanks at 646-404-1048.

Please check our flyers for any additional programs, cancellations, or last-minute changes for May 2011. We are located at 320 City Island Avenue at Bay Street. For information about any of the programs above, call the City Island branch at 718-885-1703.



As a service to our readers, *The Island Current* will periodically list recent sales of residential and commercial property as found in the public record. This feature is designed to give a general idea of the fair market values of property on City Island. An update will be published every few months at our discretion. The listings below represent some of the recent sales. *The Current* is not responsible for errors or omissions in the data.

Address	Closing Date	Sale Price	Type
84 Pell Place	1/27/11	\$400,000	1 Family
367 King Ave.	3/3/11	\$650,000	1 Family
57 Centre Street	3/28/11	\$330,000	1 Family
293 William Ave.	4/5/11	\$460,000	1 Family

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# A Rock Tour of Pelham Bay Park

By JANE ROTHMAN



Prayer Rock

Everyone knows that the Pilgrims had their Plymouth Rock and the British the Rock of Gibraltar. But many are not aware that the residents of City Island can lay claim to landmark boulders and outcroppings throughout Pelham Bay Park as their very own "Rocks of Ages."

## The Prayer Rock

The huge cluster of black rocks rising more than 25 feet in Pelham Bay Park west of the landfill is a striking sight. As the *New York Times* reported in 1904, it is "an imposing-looking rock, whose peculiar formation would attract attention anywhere, and stands about 250 yards from the shore."

This outcropping, known as the Prayer Rock, was named in remembrance of the earliest Siwanoy and Lenape people who frequented this site for religious exercises centuries before Pelham Bay Park was created. According to several historic sources, the use of large rocks for ceremonies and sacred events was popular among the native woodland people.

Unlike Mayas and Incas, for example, the woodland tribes were unable to build huge stone temples and turned to outstanding rock formations as a place to gather for spiritual unity. They believed that these boulders were given to them by "The Maker" for this purpose.

In 1904 a gala was held to celebrate the opening of an enormous athletic area and military parade site that had been constructed in the southern zone of Pelham Bay Park under the leadership of NYC Parks Commissioner William P. Schmitt. Complete with pole-vaulting equipment, swinging rings, horizontal bars, running track and baseball diamonds, this area of the park was the modern-day equivalent of an Olympic training center. Archery targets were placed in front of the Prayer Rock, which provided a backboard for stray arrows.

A grandstand, built more than 20 years before the first Rice Stadium, held 500 people and was erected adjacent to Prayer Rock, so close, in fact, that a spectator could sit at one end of the grandstand and reach out to touch the rock. According to the 1904 *Times* article, the commissioner specifically chose this site to be near Prayer Rock in order to establish a historical connection to the new athletic grandeur. Today all that remains of that athletic complex is an empty, open mound that is used for baseball practice, behind which stands the everlasting, solid Prayer Rock.

I set out to find this historic landmark along with my husband, Jack, and Dr. Robert DeCandido, an ecologist who has done research throughout Pelham Bay Park. From the Rice Stadium parking lot, we walked to the dog run, turned left and found it back of the baseball field. When we reached Prayer Rock, we were in awe of its size and formations. We encountered a large group of teenagers using the rock for a Friday afternoon hang-out. In past years, the rock has often been decorated with graffiti, a chronic problem throughout the park. The Parks Department has been vigilant in painting over it with several now peeling layers of black and green paint.

We returned to Prayer Rock the next day when we were able to explore the area. According to Dr. DeCandido, the rock is between four and seven hundred million years old. It is an uplifted bedrock formed of gneiss and schist with igneous intrusions of feldspar and quartz.



Photos by JACK ROTHMAN

Glover's Rock

In early photographs, one can see that a plaque was once bolted to the rock's northern side, and we found the holes where that plaque had been. Mounted in 1913 by the Bronx Society of Arts and Sciences, the plaque announced the establishment of several public parks, including Pelham Bay, as recreation areas for the enjoyment of its inhabitants. I have found several newspaper articles reporting that there was opposition to the construction of anything permanent in the city parks, so I suspect that this plaque was a public statement by the Parks Department that development would be ongoing.

At the highest point of Prayer Rock, we noticed an area that had been cemented to assure that the tip would remain secure. We also scanned the rock for petroglyphs (engravings on rock) but found none. Our imagination took hold as we envisioned the screams and cheers of spectators sitting in the grandstand on this exact site. I wish there were a way to know all that the Prayer Rock has witnessed in the past millions of years. What stories it could tell!

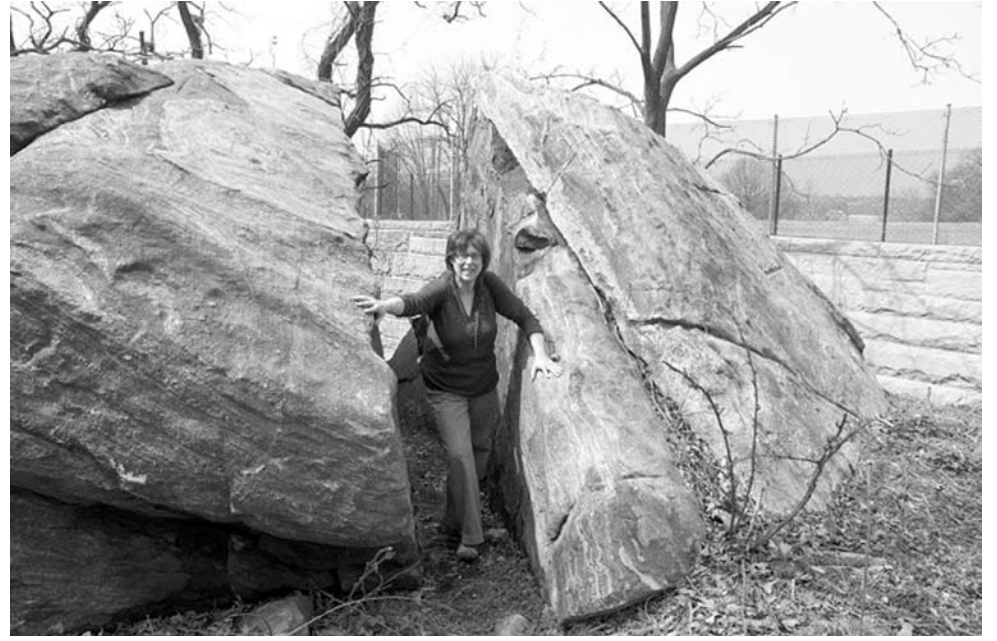
The rock remains surrounded by trees and vines, as strong and as silent as it has always been. Our attention then turned to the harrier, red-tailed and kestrel hawks circling over the old landfill and the girls' baseball team practicing on the open field next to Pelham Bay Park's historic Prayer Rock.

## Glover's Rock

If you drive or walk toward Orchard Beach, your attention cannot help but be drawn to the enormous boulder sitting at the side of the Orchard Beach Road next to the Turtle Cove marsh. It is a quiet, contemplative spot, especially when it is the off-season for Orchard Beach goers. It is said that, for centuries, when the marsh covered more area than it does now, Indian scouts climbed the rock and used it as a look-out to spot traders coming along the shore in their canoes.

Glover's Rock, according to Dr. DeCandido, is made up of the surrounding bedrock, so if it had been pushed by a glacier, it didn't travel very far. We saw evidence of quartz, feldspar and mica in this metamorphic rock of gneiss composition.

The rock gets its name from a hero of the American Revolutionary War. In 1776, the British General William Howe advanced his troops toward the Hutchinson River in pursuit of General George Washington's troops near White Plains. The American Colonel John Glover spotted the British troops approaching Pell's Point (now called Rodman's Neck), and he knew that the only way out of the area was through a narrow road that passed through fields lined with private stone walls. He designed an ambush that started at Glover's Rock and continued north near Split Rock. Colonel Glover and his troops used strategies that included hiding militiamen behind the private stone walls, surprising the British and firing point blank at them as they arrived in



The author at Split Rock.

formation.

Although the exact figures are not known, it is believed that as many as 1,000 British (probably Hessian) soldiers lost their lives during the battle on Oct. 18, 1776, whereas less than a dozen Americans died. Historical sources note that this shrewd battle plan succeeded in helping General Washington proceed with the rest of his campaign. It should be noted that Colonel Glover was originally appointed head of the British militia in Marblehead, Massachusetts, by King George III, but he soon defected with his troops to Washington's Continental Army and came to the New York area.

In 1901 a plaque was bolted to Glover's Rock commemorating the 125th anniversary of this historic battle. It was eventually destroyed by vandals, so a new plaque was installed in 1960 and it remains in place today, reading: Near this site on October 18, 1776, Col. John Glover and 600 patriots held off British and Hessian forces under Gen. Howe long enough to save Washington's troops from destruction, enabling them to withdraw to Westchester and ultimate victory. (Oct 18th, 1960)."

Glover's Rock is a reminder of the ingenuity and fortitude demonstrated by the American patriots who helped plant the roots of loyalty for the individual rights of liberty and independence. As part of our collective historic sensibility, this geologic marker commemorates the fight for freedom for all people.

## The Story of Split Rock

Some 10,000 years ago, glacial movements toppled a huge boulder from a higher place and it split down the middle. A footpath passing by the rock was created by native people long before Europeans moved into the area, and it must have served as a useful landmark: "Take a right at that big split rock," they probably said.

In the years that followed, Split Rock Road grew from a footpath to become the path to John Pell's manor (near the present-day Bartow-Pell Mansion Museum) and connected the Post Road to the mansion on Hunter Island, and indeed City Island itself. It was in this area that the Battle of Pell's Point was fought. Today we recognize the land near the rock as the Split Rock Golf Course.

In 1958, Dr. Theodore Kazimiroff, archaeologist, preservationist and a friend of the allegedly last surviving Algonquin in lower New York, gathered a group of protesters to attend a meeting of the engineers involved in constructing the New England Thruway, I-95. Why the protest? Dr. Kazimiroff wanted to save Split Rock from being dynamited into shards in order to make way for the interstate project. Dr. Kazimiroff knew that saving this rock would not only represent the conservation of our geologic environment but it would also protect and preserve the many stories that surrounded Split Rock.

The Split Rock story that has lasted longer than any of the others concerns Anne Hutchinson, who had come to Massachusetts from England with her family in 1634 in pursuit of religious freedom. The religious authorities in Massachusetts forbade women to teach religion, and in 1637, at the age of 46 and pregnant with her 15th child, she was charged with heresy and banished from the colony. The religious leaders who had come to this continent to find religious freedom were themselves the promoters of intolerance!

Anne eventually made her way south to New Netherland with her second husband and six of her children, and the Dutch gave her a large parcel of land along what came to be known as the Hutchinson Stream near the Split Rock. Although Anne befriended the Indians and was an advocate for their rights, several battles had been taking place between the Dutch and the Siwanoy over the land, and in 1643 the Siwanoy killed the Hutchinson family and set all of their belongings on fire, presumably in retaliation for the horrific killings and usurping of Siwanoy land by the Dutch. Anne's youngest daughter was spared and lived for several years with the Siwanoy before returning to New England. Although it is not known exactly where the Hutchinson massacre took place, it has been rumored for many years that Anne and her family hid in the rock to escape death. This story has never been authenticated, but the rock has nevertheless remained part of the Anne Hutchinson legend.

Split Rock isn't nearly as easy to find as Glover's Rock. The three of us parked at the golf course parking lot on Shore Road and walked toward the train trestle along a bridle path. When we came to a fork, we took the path on the right although all paths eventually lead to the same place. After almost a mile through the woods on one side and the marsh on the other, we came to a road barrier with a sign that read "Road Crossing." We had to cross onto the exit ramp from the Hutchinson Parkway where it joins the New England Thruway avoiding the oncoming traffic.

It was worth the trek. There stood Split Rock on its own plot of land! The sight of the huge gneiss boulder completely split in two astounded us, and we were excited to see the infamous spot associated with Anne Hutchinson. Could she have hidden here? There is certainly enough space to fit at least one if not two people side by side. We explored the inside and outer surfaces of the rock. A space where a plaque had been bolted exactly 100 years ago as a tribute to Anne Hutchinson was now empty.

Split Rock remains elusive and ignored by the drivers along the highway, the golfers on the course and the horseback riders on the trail. If you want to look for this rock so rich in history, you have to walk a long stretch to find it, but you will be richly rewarded.

## The Grey Mare and Mishow Rocks

If you frequent the Hunter Island area at Orchard Beach, you have probably seen or even set foot on these rocks, which are significant aspects of Siwanoy history. Grey Mare, a glacial erratic, hovers on the eastern coast of Hunter Island and faces Long Island Sound. Like Prayer Rock, it is a site where the native people are said to have gathered to hold councils or perform ceremonies. This impressive chunk balances atop the rock formations on the coast and stands alone, like a Henry Moore sculpture in a sculpture garden.

Closer to the promenade at Orchard Beach is another famous Siwanoy tribal rock called Mishow. Historians believe that it may have been the most sacred spot for the Indians in this area. It has also been referred by some as the Wedding Rocks. According to Bronx historian John McNamara: "Landfill operations, begun in 1936 to form Orchard Beach, encroached on Hunter Island, joined it to the mainland, and separated Mishow from the Sound by a wide promenade. The boulder

Continued on page 14

## Organization News

News on this page concerning organizations, and events listed in, are submitted by representatives of those organizations. A limit of 150 words is requested for all news items submitted. In most cases news will be edited and every effort will be made to preserve the substance of longer items. News and calendar events must be received by no later than the 20th of each month except December and July. If the 20th falls on a holiday or Sunday, the deadline is the 19th. Mail submissions to P.O. Box 6, City Island, NY 10464. YOUR NAME AND PHONE NUMBER MUST BE INCLUDED.

### Current Calendar

#### MAY

Thurs., May 5, **Interfaith National Day of Prayer Service**, Grace Church, 116 City Island Avenue, 6 to 7 p.m.

Sat., May 7, **Spring Café and Tag Sale**, Grace Church, City Island Avenue at Pilot Street, 10 a.m. to 5 p.m.

Sat., May 7, **Girl Scout Plant Sale**, Trinity Methodist Church, City Island Avenue at Bay Street, 10 a.m. to 2 p.m.

Sat. May 7, **77th Anniversary Dinner for Temple Beth-El**, Lido Restaurant, 101 City Island Avenue, 7 p.m.

Thurs., May 12, **Cancer Bingo**, American Legion, 550 City Island Avenue, 6:30 p.m. Sponsored by the Ladies Auxiliary.

Sat., May 14, **City Island Clean-up Day**, meet at Hawkins Park, 9 a.m. (see Briefly this issue).

Thurs., May 19, **Community Board 10 meets**, 7:30 p.m., Schuyler House, 3077 Cross Bronx Expressway.

Sat., May 21, **POTS Program**, St. Mary's School Yard, Minneford Avenue and Kilroe Street, drop-off between 4:30 and 5 p.m. Menu: Pasta with meatballs or meat sauce.

Mon., May 30, **Memorial Day Parade**, 2:30 p.m., sponsored by the American Legion.

Tues., May 31, **City Island Civic Association meets**, 7:30 p.m., Community Center, 190 Fordham Street.

#### JUNE

Sat., June 18, **Garden Club Golden Anniversary Dinner**, Morris Yacht and Beach Club, 1 Belden Point, 6:30 p.m.

### Sons of the American Legion Squadron # 156

Our next meeting will be held in early May; stop by the Post for more details, as a date had not been set as of press time. We will discuss Memorial Day ceremonies and ideas for upcoming events.

Also, we just want to remind everyone that Bill Clancy Sr. is the leading candidate for state commander in 2013. More details will follow.

Post Commander Ed Shipp wants to remind everyone that all old flags can be deposited in the red, white and blue mail box next to the flagpole. They will be retired with dignity.

Fred Ramftl Jr.

### Grace Episcopal Church

Weekly worship schedule: Grace Church celebrates Holy Communion every Sunday at 10 a.m. with child care available on the first Sunday of the month. We also offer Evening Prayer in the church every Monday at 7 p.m., and Morning Prayer on Wednesdays at 10 a.m. For more information, please contact Mother Patty Alexander at 718-885-1080 or [RevPPA@aol.com](mailto:RevPPA@aol.com).

Here's what's happening at Grace Church during May:

Sunday, May 1, 10 a.m.: Holy Eucharist, with "Lambs" child care.

Tuesday, May 3, 7 p.m.: Bible Study on the Gospel of John and "Hearts and Hands" knitting ministry (both in Parish Hall).

Thursday, May 5, 6 p.m.: City Island National Day of Prayer Observance: A Mighty Fortress is Our God. Join with the other houses of worship in the larger City Island community as we witness the power of prayer in our world.

Saturday, May 7, 10 a.m. to 5 p.m.: Grace Church Spring Café and Tag Sale.

Tuesday, May 10, 7 p.m.: Bible Study and "Hearts and Hands" ministry.

Tuesday, May 17, 7 p.m.: Bible Study and "Hearts and Hands" ministry.

Sunday, May 22, 10 a.m.: Blessing and Dedication of "Hearts and Hands" offerings for Calvary Hospital.

Tuesday, May 24, 7 p.m.: Bible Study and "Hearts and Hands" ministry.

Rev. Patricia Alexander

### St. Mary, Star of the Sea

On Thursday, May 5, we will join the other houses of worship on the island at Grace Episcopal Church for a prayer service to commemorate the National Day of Prayer. We invite all our parishioners to attend this service, which will begin at 6 p.m.

Our Holy Hour this month with exposition of the Blessed Sacrament will be held on Friday, May 6, from 4 to 5 p.m. All are welcome to attend.

On Mothers' Day, Sunday, May 8, we will honor all our mothers with a special blessing at all our Masses.

His Excellency Bishop Dominick Lagonegro will be here at St. Mary's on Tuesday afternoon, May 10, to administer the sacrament of Confirmation to 30 eighth-graders in our Religious Education program and in St. Mary's School. The ceremony will begin at 4 p.m. We congratulate our young people on this special event in their lives.

All are welcome to join us in the rectory for our monthly Coffee Hour after the 10 a.m. Mass on Sunday, May 15.

The May meeting of the Parish Council will take place on Monday, May 16, at 7 p.m. in the rectory.

Saturday, May 21, will be an important day in the life of our second-graders and their families. On that day, our children will receive their First Holy Communion at an 11 a.m. Mass. A special practice for this celebration will take place on Thursday, May 19, from 12:45 to 3 p.m.

The following day, May 22, these children will participate in a special procession at our Sunday 10 a.m. Mass, when our parish will honor Our Blessed Mother during the month of May. We will crown the statue of Our Lady and honor her as the patroness of our parish. Following the Mass, our First Communicants and their families will partake of a Communion breakfast in our school gym.

Our Religious Education Program for this year will come to an end on Wednesday, May 25. Report cards and awards will be distributed that day. We wish all our young people a happy and healthy summer.

Happy Memorial Day to all!

Sr. Bernadette, osu

### AARP Chapter 3303

The chapter held a luncheon at the Sea Shore Restaurant overlooking Eastchester Bay on March 24. It was an afternoon decorated with colorful balloons, filled with a variety of appetizers, delectable entrees, clinking wine glasses and scrumptious cannoli cake for dessert. The service was excellent as well. More than 60 chapter members were there to celebrate the occasion.

Interesting and informative chapter meetings are held at 1 p.m. on the first and third Thursday of each month (except January, July and August) in the Trinity United Methodist Church Hall, 113 Bay Street, City Island. Meeting dates for the remaining half of 2011 are May 5, May 19 and June 2. Refreshments are served after each meeting.

NEWS FLASH: In lieu of a regular meeting on May 19, the chapter will have a Bingo



Photo by KAREN NANI

**A late Easter date enabled the annual Boy Scout Flower sale to begin under sunny skies instead of the cold, rainy weather lingering from the long winter of 2011. Shown above at the sale in front of Trinity Methodist Church on Thursday, April 21, are the enthusiastic members of Troop 211 (front row, l. to r.): Jack Green, Dan Green, Michael Bellocchio, Graham Herrera, Nick Moore and Nick Bellocchio. Second row: Akio Rosario, Justin Martinez and Ryan Herrera. Third row: Scoutmaster Waldo Persteins, Michael O'Connor, Brendan Patterson and Conner Saulnier.**

and Pizza Party that day. The charge will be \$5 per person and includes one bingo game pack. Prizes will depend on attendance. Reservations and payment are required by May 5 and can be made at the May 5 meeting.

Non-members are welcome to attend a meeting to see if they would like to join as regular members. Come and meet your fellow seniors, sign up for the Bingo and Pizza Party and spruce up your social life! You must be a member of the AARP National Organization before you can join the chapter. Chapter dues are \$15 a year per person.

Other social events on the calendar are a buffet luncheon cruise aboard the Spirit of New York on June 7, a dinner dance at the Davenport Beach Club on June 16, a Neil Diamond Tribute Show at the Atlantic City Tropicana on July 11 and more.

For further information, call Chapter President Karin Gorziska at 718-885-1740.

Paula Huffell

### City Island Republicans

Bronx County is currently holding screenings for Bronx County District Attorney. If you or anyone you know is interested in running, call party headquarters at 718-792-5800. The only qualifications are that one must be a lawyer and a Bronx resident.

Our next meeting will be held in early June. We hope to see you there.

Fred Ramftl Jr.

### REGULAR MEETINGS

Weekly Twelve-Step Meetings  
on City Island

#### Narcotics Anonymous:

Sundays at 2 p.m., St. Mary, Star of the Sea Church, City Island Avenue near the Bridge.

Thursdays at 8 p.m., Trinity United Methodist Church hall, 113 Bay Street.

#### Alcoholics Anonymous:

Mondays at 8 p.m., Trinity United Methodist Church hall.

Tuesdays at 8 p.m., St. Mary, Star of the Sea Church.

Wednesdays at 7:30 p.m., Grace Episcopal Church.

St. Mary, Star of the Sea Church: 718-885-1440

Trinity United Methodist Church: 718-885-1218

Grace Episcopal Church: 718-885-1080

### Pelham Cemetery

John Ulmer has submitted to the trustees of Pelham Cemetery his resignation from the post of superintendent. They have accepted it, thanked him for his many years of dedicated service and wish him well in the future. The cemetery is currently seeking a replacement for the position of superintendent and will accept phone calls at the business number, which remains the same: 718-885-3036.

Charles Vincent, President

### AARP Chapter 318

AARP Chapter 318 meets on the first and third Wednesdays of every month.

On June 15, we will have our end-of-season luncheon at the Lobster House at 12 noon. The price is \$35, and reservations must be made by June 1.

On Aug. 17 we will be going to Mount Airy Lodge in the Poconos. The trip costs \$35, and reservations must also be made by June 1. The bus leaves in front of Trinity Methodist Church at 8:45 a.m. sharp. We will return to City Island around 6:30 p.m.

Have a happy and healthy summer.

Carmelia Ramftl

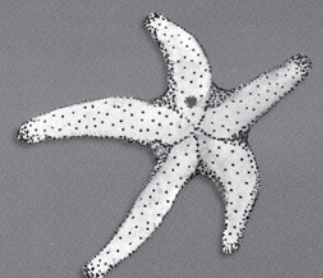
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For additional information about the Community Center, or if you are interested in conducting classes here please call 718-885-1145.

**Open Monthly Meetings of the Board** are held on the first Tuesday of each month at 7:30 p.m. in the Community Center Main Room at 190 Fordham Street. All members are encouraged to attend. For up to date information, visit [www.cityislandcommunitycenter.org](http://www.cityislandcommunitycenter.org), call 718-885-1145 or "Like" us on Facebook.

**Weekly Schedule**

**YOUTH PROGRAM**

**Irish Dance:** The Deirdre O'Mara School of Irish Dance teaches step dancing in a fun, competitive environment for all ages. A confidence-building and cultural experience for all who participate. Wednesdays after school. Call Deirdre at 201-679-1450 or visit [www.deirdreomara.com](http://www.deirdreomara.com).

**Mommy and Me Fitness:** A high-energy aerobic class that allows you to bring your children with you. All levels welcome. Tuesday and Thursday, 9 to 10 a.m. \$8 per class. For more information, call Sarah Persteins at 718-885-9122.

**Jill's Playgroup:** For pre-school children on Wednesdays from 9:30 to 12:30 p.m. No charge, but donations are appreciated. Call 917-330-0922 for more information.

**Tai Kwando Classes:** For men, women and children. Lil Dragons/Hapkido for teens and adults/Body Blast cardio kick-boxing for men and women. For schedule, fees and information, please call Jahbumnim Eddie at 917-742-2007 or visit [www.dragonspathacademy.com](http://www.dragonspathacademy.com).

**Drama Classes with Laury Hopkins:** Friday afternoons starting in January. Ages 6 to 12. Call and leave a message if your child is interested. Classes and age groups will be determined based on amount of interest. Classes will culminate in a show.

**Art Classes by Laury Hopkins. New classes beginning in April:** Putting Art Together, building boxes and mobiles, Grades K-4, Mondays. Texture and Patina, creating art with unusual surfaces, Grades K-4, Tuesdays. Storytime Art Preschool with Adult, painting and drawing basics, Grades 3-6, Thursdays. Call Laury at 718-885-3202. Please leave a message.

**ADULT PROGRAM**

**Get Ready, Get Set . . . (An Intro to Exercise):** The relaxed pace allows you to learn the basics of many different types of low-impact aerobic, strength training and stretching exercises, which will help to improve cardiovascular endurance, muscular strength and range of motion. This class also utilizes chair (seated) exercises. Thursday night at 7:30 p.m. Fee: \$10/session (45 min.). First session is free of charge. Contact Judy Farnum, group fitness instructor, at 914-548-4184 or [judyfarnum@aol.com](mailto:judyfarnum@aol.com).

**Gentle Yoga-Qi Gong class with Norma:** Wednesdays at 7 p.m. Get into shape, relax the body and mind and have some fun doing it! This class is a combination of low-impact Hatha Yoga and

Qi-Gong (free form Tai Chi) and mild stretches. Although this class is geared to those who have not exercised in a while, all levels are welcome. Price per class is \$7. Please bring a yoga mat, yoga strap and yoga blocks. Most of these items are available at Barnes & Noble, Modell's, Target or K-Mart. Straps and blocks will be available for purchase on the day of the class. For more information, please call 718-730-3442. Namaste.

**Fit for Life with Sarah:** Hi-Lo impact aerobic and strength-training class. All levels welcome. Tuesdays and Thursdays from 4 to 5 p.m. and Wednesdays from 7 to 8 p.m. For more information, call Sarah Persteins at 718-885-9122.

**Zumba Gold:** A fun-filled dance/exercise session with a salsa beat. Geared for ages 50 and up. Fee for the class is \$4.

**Rhythmic Movement Exercise Class:** A fun way to combine exercise with various styles of dance. Mondays from 6 to 7:15 p.m. \$15 per person. If you have questions, please call Judy Farnum at 914-548-4184 or e-mail [judyfarnum@aol.com](mailto:judyfarnum@aol.com).

**Belly Dancing:** Shimmy by the Sea. Theresa Mahon (a.k.a. Salacia) teaches the oldest documented dance in the history of mankind—Egyptian belly dancing. It is a low-impact way to get in shape and tone your body while having lots of fun. Terry has been a professional belly dancer for 23 years and a teacher of the art for 15 years. Classes are held every Monday evening at 7:30 p.m. The fee for each one-hour class is \$15. Call 845-358-0260.

**Aerobics with Mary:** Sunday, Monday, Wednesday and Friday from 9 to 10 a.m. Call Mary Immediato at 718-885-0793.

**Yoga with Vincenza:** All levels welcome. Wednesdays, 10 a.m. Classes \$10. Please bring your own mat.

**Tai-chi:** Please join us at 9 a.m. on Saturdays for gentle Tai-chi and yoga sessions. Using bamboo props, balls, straps and partnering to increase flexibility and strength. For more information, please call Marc Kaplan at 718-885-2445.

**Parenting in the 21st Century:** Talks with Teacher John: Join an ongoing and free-wheeling discussion of the joys and pains of parenting led by Teacher John (parent, grandparent, school psychologist, parent educator). Learn to stop yelling, get what you want from your family life and create opportunities for your children to become responsible, loving and independent. Eight sessions (one per month) from 7:30 to 9 p.m. \$20 per session. Contact John Scardina at 718-885-9305 or through his website [www.thinklaughlearn.com](http://www.thinklaughlearn.com).

**SheWorkHer:** Learn basic home repair. SheWorkHer is dedicated to helping women learn just how much they can do with a few tools and the right knowledge, and saving hundreds of dollars doing it yourself. Classes are every other Monday. Call Nancy today at 646-235-1175 and reserve your spot.

**Tap Dance:** Intermediate level adult Jazz-Tap class with Corinne Grondahl. Let your feet become a musical instrument! Tuesdays from 7 to 8 p.m. Call 718-309-8041.

**Chess Club:** Meets each Thursday at 7 p.m. Chess taught, played and discussed. All levels welcome. Come on in! Avoid T.V. Have fun.

**City Island Civic Association:** Meets at 7:30 p.m. on the last Tuesday of every month (except December).

Amy Gottlieb

**PSS Healthy Senior Exercise Program**

Thanks to everyone for your advocacy. The state budget was restored, and senior programs have been saved.

**PSS Healthy Aging:** Zumba with Stephanie on Mondays at 10:30 at the Community Center; Cardio Fitness with Mary on Tuesdays at 9:30 at Grace Church Hall; Sittercise with Patty on Tuesdays at 10:20 at Grace Church Hall; Orchard Beach Walk on Wednesdays, leaving Pilot Street at 9:30 a.m.; Yoga Stretch with Michael on Thursdays at 9:30 at Grace Church Hall; Arthritis Exercise with Patty on Thursdays at 10:30 at Grace Church Hall; Fit for Life with Sarah on Fridays at 9:30 at Grace Church Hall. Remember that you can attend all classes for \$20 per month or all classes for \$6 per week. Or you may contribute for individual classes at \$2 for exercise, and \$4 for dance.

**Telephone Reassurance:** We would like to begin a telephone reassurance program. If you live alone or know someone who lives alone, a telephone call every day might be of benefit. Please call Patty at 718-885-1891.

**Caregivers Support:** If you are caring for someone or you know someone who is caring for another, we have some supportive services that might be helpful, including respite, escort assistance and shopping assistance. Please call Patty at 718-885-1891.

**Legacy Writing Group:** The writing group was a great success. We hope to be able to resume sessions soon. For further information, or to sign up for future sessions, please call Writing Group leader Joan Nilon at 718-885-1604.

**Transportation Services:** Anyone over 60 is encouraged to take advantage of our door-to-door transportation services. Call Anthony Mazzella at 347-834-6466 a day ahead for Island and off-Island trips. Regular afternoon shopping trips are Monday: Bay Plaza; Thursday: A&P; every other Wednesday: Shop Rite in New Rochelle. Trips are also made to Fairway, Target, Trader Joe's, the Christmas Tree Shop, Key Food, Stop & Shop, Empire City and more. The suggested contribution for round trips is \$1 on City Island, and \$2.50 off-Island.

Programs are funded by Presbyterian Senior Services, the NYC Department for the Aging and the NYC Arthritis Foundation.

Pat Grondahl

**American Legion Ladies Auxiliary**

We would like to welcome Irene Penny, our newest member.

Our annual Cancer Bingo will be held at the Post on Thursday, May 12. Doors open at 6 p.m. All proceeds of this bingo go to cancer research. Come for a fun night with lots of prizes and sweepstakes to be won. Refreshments will be provided. The Auxiliary will meet on Wednesday, May 11, for set-up at 7 p.m. If any Island residents or businesses wish to make a donation, please drop it off at the Post.

Happy Mother's Day to all our ladies and all of you moms!

Regina Murphy

**Trinity United Methodist Church**

Our weekly worship service and Sunday school are at 10 a.m. Holy Communion is celebrated on the first Sunday of each month. Prayer service is held every week-day at 9:15 a.m. We encourage you to bring your children to Sunday school to further their knowledge of the teachings of Jesus Christ. Trinity often has a coffee hour after the service. Come and join us for worship and fellowship.

As the warmer weather of spring and summer arrive, so do the fantastic bargains at the Budget Corner. It will soon close for the summer, so now is the time to shop! Please consider donating your gently used goods, or possible volunteer to help out a little. Stop by for more information.

Rick DeWitt

**City Island Theater Group**

After weeks of strenuous rehearsals, the City Island Theater Group is thrilled to announce its newest production, Ken Ludwig's hilarious comedy, "Lend Me a Tenor."

This night in September 1934 is the biggest in the history of the Cleveland Grand Opera Company—the world-famous tenor Tito Morelli is to perform in "Otello," his greatest role at the gala season-opener. Saunders, the General Manager, hopes this will put Cleveland on the operatic map, but when Morelli finally sweeps in, it is too late to rehearse with the company and, as usual, everything goes wrong through a hilarious series of mishaps. In true theatrical tradition, the show must go on!

With direction by CITG president, Nick Sala, "Lend Me a Tenor" features a cast of eight talented performers, including CITG favorites Steven Bendler as Max the assistant to Saunders; Camille Kaiser as Julia the opera chairperson; Elizabeth Paldino as Diana the soprano; Susan Rauh as Maggie, Max's girlfriend; and Frank Siciliano as Tito Morelli. Joining them are CITG newcomers Jonathan Abbruzzese as the bellhop; Toni Fazio as Maria, Tito's wife; and Kevin Gordon as Saunders, the General Manager.

Don't miss this uproarious comedy! Six performances only! Performance dates are May 13, 14, 19, 20 and 21 at 8 p.m. and May 15 at 3 p.m. Get your tickets now by e-mailing [tickets@cityislandtheatergroup.com](mailto:tickets@cityislandtheatergroup.com) or by calling 718-885-3066.

Susan Rauh

**American Legion Post # 156**

There isn't too much by way of news this month.

The Ladies Auxiliary will hold its annual Cancer Bingo at the Post on Thursday, May 12. Doors will open at 6 p.m. Come for an evening of fun. Proceeds will go to cancer research.

The regular meeting this month will be on Monday, May 2, and the executive board meeting will be on Monday, May 16. All meetings are scheduled to begin at 7:30 p.m.

Don't forget Mother on May 8. Armed Forces Day is Saturday, May 21. Our annual Memorial Day parade will be held on Monday, May 30. The troops will muster at Belden Point at 2 p.m.

Mike Treat informed me that a number of members have yet to pay their dues. The hall is available to members in good standing for a small fee.

We are the host post for the blessing of the colors on Sunday, May 1. This event will take place at 10 a.m. Mass.

The annual memorial service will be held on Sunday, May 22, at St. Mary, Star of the Sea, at 10 a.m. Mass.

Please try to attend the regular meeting. Until next month, at ease.

Russ Schaller, Sgt. Emeritus

Lean dance coach

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**The Other Side**

**Flatliners** (1990) is a spooky thriller about a group of medical students who want to delve into what happens beyond death. They take turns putting each other into cardiac arrest, letting the person experience the other side for a few minutes, and then bringing the person back to life. The film stars Kiefer Sutherland, Julia Roberts, Kevin Bacon, William Baldwin and Oliver Platt as the students who discover that after experiencing the afterlife, they find their lives forever changed.

**Ghost** (1990) is the story of Sam Wheat (Patrick Swayze) and Molly Jensen (Demi Moore), a yuppie couple who have just moved into a fabulous loft when tragedy befalls Sam. Because he was murdered, his spirit stays on earth to protect Molly, and he finds that he can communicate from the other side with a fake psychic, Oda Mae Brown (Whoopi Goldberg). To her dismay, Oda Mae discovers that she really does have the gift. This film combines romantic drama, comedy and thriller.

**Truly, Madly, Deeply** (1991) is a British version of Ghost, the moving story of Nina (Juliet Stevenson), who cannot seem to recover from her grief over the death of her live-in lover, Jamie (Alan Rickman). However, one day Jamie's ghost returns to her from the other side and hangs around her house all day, eventually inviting ghost pals to join them in what turns into some rather comedic scenes. At first Nina is deliriously happy to have Jamie back, but when she meets funny, quirky Mark (Michael Maloney), she finds she must choose between this world and the next.

Also produced in 1991 was the rather wry comedy **Defending Your Life**, which stars Albert Brooks as Daniel, who accidentally dies and wakes up at the way station between earth and heaven. In this film there is no hell: one either goes to heaven or gets sent back to earth again. At the way station, Daniel must go on trial and review his life in order to graduate to heaven. He is defended by Rip Torn and Buck Henry and "prosecuted" by Lee Grant. While there, he falls in love with Julia (Meryl Streep), who seems to have led an exemplary life.

If you like to cry at movies, get out the tissue box for **What Dreams May Come** (1998). The film stars Robin Williams and Annabella Sciorra as Chris and Anne Nielson, soul mates who marry, have children and then have to deal with unbearable tragedy. Yet this is visually the most original and lushly gorgeous cinematic feat I've ever witnessed. To see an artist paint a magnificent landscape and watch a person who has crossed to the other side sloshing through the not-yet-dried paint on the canvas is stunning for both the eyes and the imagination. In this excruciatingly sad film, we see love's power propelling a husband through an original visualization of heaven and hell.

In **The Sixth Sense** (1999), Cole Sear (Haley Joel Osment) is an odd child who thinks he sees the corporeal beings or spirits of people from the other side. Bruce Willis gives an excellent performance as Dr. Malcolm Crowe, a child psychiatrist who tries to help him as his marriage to Anna (Olivia Williams) seems to be on the rocks. Toni Collette is wonderful as Lynn, Cole's very concerned mother. This is a spooky, thought-provoking film, whose

ending makes you want to see the movie again from the beginning.

**Dragonfly** (2002) stars Kevin Costner as the grief-stricken Dr. Joe Darrow whose wife, Emily (Susanna Thompson), a pregnant cancer specialist, dies on an emergency relief mission in a Venezuelan jungle. When Joe goes to visit Emily's patients on the pediatric oncology ward, he becomes convinced she is trying to contact him from the other side through children who have undergone near-death experiences.

Hollywood's most recent entry into this topic is **Hereafter** (2010). Directed by Clint Eastwood, the film is about characters who have suffered a loss or survived an ordeal. They feel disconnected from those who can't relate, which is nearly everyone else. George Lonagan (Matt Damon) is a Bay Area factory worker who turns away from his psychic powers and attempts to lead a normal life, despite the efforts of his brother, Billy (Jay Mohr), to turn him into a celebrity. French journalist Marie Lelay (Cécile de France) has a near-death experience in a mind-boggling tsunami that shakes her reality to the core. And when London schoolboy Marcus (Frankie and George McLaren) loses the person closest to him, he desperately needs answers. Each is seeking truth and understanding. When their lives intersect, they are forever changed by what they believe might exist in the hereafter.

And until next time, happy viewing. . .



**Public School 175**

Spring has arrived and our students are in full bloom! Fifth-grade students just finished their musical production of "Music Man, Jr." The two evening performances were a huge success, and we are sure that some of our students are Broadway-bound! Our fabulous fifth-grade teachers, Danielle Minor and Danielle Ramos, worked with Jessica McCuiston and Katelyn Taylor from the Bronx Arts Ensemble to put on a fabulous show!

We are grateful for an arts grant from Council Member James Vacca, which helps to subsidize the fifth grade play as well as our sixth- to eighth-grade After School Arts Program, which this year consisted of a fabulous musical revue production. We are extremely grateful to Council Member Vacca for the support he gives our school each year. This support helps us provide students with arts experiences they would otherwise be missing! We are also grateful to Bill Scribner, Executive/Artistic Director of the Bronx Arts Ensemble, for championing the arts program at P.S. 175.

Our eighth-graders are putting the finishing touches on their Social Studies and Science Exit Projects. In addition to a visual presentation, the students are required to do an oral presentation for their teachers. s. Heil and Mr. Scopp have been working alongside their students to make this a most meaningful project.

The Sports & Arts in Schools after-school program continues to thrive. Along with daily activities, the students also have an opportunity to participate in a variety of activities during school vacations. This month our students went to Community Works in Manhattan, Fun Zone in Lynbrook, Met Family Night at Citifield and the New York Aquarium at Coney Island.

Our Community Service Program continues to grow. Eighth-graders have been working toward their graduation requirement, and students in all other grades are doing small group and class projects with their teachers. We will have lots to report next month as these activities continue to

develop.

The P.S. 175 tradition of going to Camp Greenkill continued this year. Our sixth-graders spent three days learning about the environment and themselves. Ms. Fretwell, Mr. Sabatello, Mr. Lafreniere and Ms. Stanford accompanied the students on an experience that was enriching for both the students and themselves. We were most fortunate that Mr. Rauh accompanied our students for the 26th consecutive year!

Please keep in mind these important dates: ongoing Kindergarten registration for City Island residents continues. Please call the school to be sure you bring the required documentation. Eighth-grade graduation will take place on Friday, June 24, at 9:30 a.m. The Eighth-Grade Dance will take place the same evening from 7 to 10 p.m. at the Sea Shore Restaurant. The eighth-grade trip to Washington D.C. will take place on May 25 and 26. The Kindergarten moving-up ceremony will take place on Thursday, June 23, at 9:30 a.m., followed by a family celebration in the gymnasium complete with a DJ and Sunny the Clown.

April Citizens-of-the-Month were Jake Zawel and Oscar Etzel (Kindergarten); Evelyn Quinones and Michael Gierum

(first grade); Wesley Hranyczny and Krista Durante (second grade); Jack Morrissey and Kiana Cancel (third grade); Carolina Clara and Madelyn Ploch (fourth grade); Michael Valenti and Anita Beqiraj (fifth grade); Joneiri Cruz and Deirdre Spencer (sixth grade); Francesca Strazzera and Ameer Baksh (seventh grade); Roxana Herrera and Afrianna Aceto (eighth grade).

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# REDUCING THE RISK OF HEART DISEASE

By RICHARD CHERNAIK, M.D.

The practice of medicine has undergone tectonic shifts in the last 20 to 30 years. Atherosclerosis (hardening of the arteries), which causes heart attacks and strokes that result in death for more than 50 percent of Americans, has become a treatable disease. Half the world suffers from this scourge, but the other, underdeveloped half has until recently been relatively immune to it.

A recent article in the American Journal of Medicine cites the example of Finland, which had the highest rate of coronary heart disease in the world, presumably because of its high-calorie diet of dairy products and meat. A public health campaign in some regions of the country was designed to change diet quality and treat risk factors vigorously, and those regions eventually achieved an 85 percent decrease in coronary heart disease.

During the 1940s in China, on the other hand, the disease was so rare that when an undernourished worker died of a heart attack, his heart was preserved in a museum. Unfortunately, China, like India and other developing countries, have seen an abrupt upturn in obesity and diabetes, which was once most common in high-income nations but is now at an epidemic level in low- to middle-income countries as well.

Many studies indicate that there is a significant decrease in atherosclerosis when hypertension, diabetes, high cholesterol and smoking are treated. Isolated blood pressure and cholesterol treatment can reduce the disease by 30 percent. It is logistically difficult to conduct studies that treat all of the risk factors together, but one of these trials, the Steno Diabetes

Study, saw a 53 percent reduction in the incidence of cardiovascular disease in the patients who received intensive treatment for elevated blood sugar, hypertension and behavior modification.

Although this information has been widely published, it is not being implemented, in spite of the fact that the benefits of adequate treatment are substantial. The widespread availability of cheap sugary, salty, high-fat foods and beverages and the inadequate treatment of risk factors have created a medical crisis of epidemic proportions in this country and, increasingly, throughout the rest of the world.

I recommend that all readers of this column appeal to their primary care physicians for ways in which they could greatly decrease their risk by setting goals for the treatment of diabetes, elevated blood pressure, elevated cholesterol and smoking (the ubiquitous risk factors). These goals have been clearly set forth by the federal government and are listed below:

Blood pressure should be less than 130/80.

Fasting blood sugar should be less than 100 (for diabetics).

A1C (equivalent to average blood sugar) should be less than 6.5, with total cholesterol less than 200. "Good" cholesterol (HDL) should be greater than 40, and "bad" cholesterol (LDL) should be less than 70; non-HDL cholesterol should be less than 100; triglycerides should be less than 120.

These are attainable goals with a healthy diet, regular exercise, and medications where appropriate. There's no time like the present to implement the science and treat atherosclerosis to prevent unnecessary disability and death.



Photo by JANE PROTZMAN

The Army Corps of Engineers completed the work on schedule the first week of February when the deep snows were still on the ground. This photograph from last fall shows some of the 265,000 cubic yards of sand that were barged in to replenish the beach, creating a new look that harkens back to its original 1936 appearance. A celebration of the new sands and Orchard Beach's 75th Anniversary is scheduled for Wednesday, May 25, at 11 a.m. Lifeguards will be on duty when the beach season officially begins on Saturday, May 28.

## Island Mysteries

Continued from page 5

able book "City Island: Tales of the Clam Diggers," Teddy Roosevelt was invited to attend Regatta Week on City Island in 1917 but refused to come, and the announcement of his visit was dismissed as a promotional gimmick by a real-estate agent. Longtime Islander, the late Elsa Kroepke (daughter of the owner of Gilbert's Pharmacy) recalled seeing President Woodrow Wilson come to City Island in 1918 to greet sailors aboard a vessel docked here after he visited the naval training station at Rodman's Neck. *The New York Times* account of his trip to Rodman's Neck that day does not include a detour to City Island, but perhaps that news wasn't fit to print.


As to news that is fit to print, there are wonderful resources in old newspapers on file


at the City Island Nautical Museum. Catherine Scott wrote some fascinating historical articles in *The Island Current*, as well as a terrific picture book called "City Island and Orchard Beach" (1999), on sale at the museum. Bernie Witlieb wrote a column for many years in *The Island Current* called "City Island: An Informal History," which he researched in many newspapers from Westchester and New York City dating back to the 19th century. And before him, *The City Island Drift* published by Orrin Fordham in the 1890s and Alfred Fordham's column called "City Island: Its History and Growth," published in the *City Island News* in the 1950s, also provide some great reading for those interested in tracking down historical tidbits.


Needless to say, if anyone has access to documents that might serve as evidence for any of the above legends and stories, we would be happy to hear about them.


# The Garden Club of City Island


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 At a Gala Dinner on Saturday, June 18th 2011 from 6:30 to 10:30 p.m.

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# Obituaries

The Current will print obituaries free of charge upon notification by a member of the deceased's immediate family. Call 718-885-0760 or write to P.O. Box 6, City Island, NY 10464, including your telephone number.



Mildred Jewett

## Mildred Jewett

Mildred Jewett, a resident of City Island for over 63 years, passed away in California on April 1, 2011, at the age of 96. Shortly after her 95th birthday, she moved to Park Terrace in Rancho Santa Margarita, California, to be near her daughter, Gail, and her family.

Mildred was born in the Bronx, as was her husband, Gaudens Jewett, and early in their marriage, in an entrepreneurial spirit, they moved to Maine to run a potato farm. During the 1960s, they moved to City Island, where they operated a bait, tackle and boat rental business. Years later, with her longtime friend Doris Lane, Mildred operated a payroll business and later opened a fabric store on City Island Avenue. For many years Mildred was employed by Johnny's Reef, where she worked until her 95th birthday.

Throughout her life, Mildred was active in St. Mary, Star of the Sea Church, the AARP, the American Legion, the Garden Club and numerous other groups. She was always ready to have fun and enjoy life. She was a real New Yorker and could be counted on to sing along whenever she heard the song "New York, New York." She loved City Island and missed her longtime friends there.

She was predeceased by her husband and her son, Gary. She is survived by her daughter, Gail, and Gail's husband, Walt, along with her grandchildren Wes; his wife, Tiffany; Gaileen and her husband, Jeff, and her great grandchildren Nicolas, Austin, Jackson and Tyler; and by Gary's wife, Donna, and their children, Dena and her husband, Nick; Nicole, Kristen and Gary.

A funeral Mass was held in the chapel at Park Terrace on April 18. She will be remembered and missed by all of her family and friends.

## Joseph Goulden

Longtime resident of City Island Joseph Goulden passed away a year ago on May 9, 2010, at the age of 84.

Joseph was born on Feb. 11, 1926, to Joseph M. Goulden and Florence Wilson Goulden. He grew up with his late sister, Regina A. Goulden, in the University Avenue area of the Bronx, and his family later moved to the Locust Point section. He attended All Hallows grammar school and high school.

After high school, Joseph served in the United States Navy on an aircraft carrier in the Pacific Arena during World War II. When he returned from the war, he attended Iona College.

He was employed as a Senior Inspector in the Department of Highways for New York City from 1956 until his retirement in 1986. Joseph was a member of the American Legion, City Island branch, for many years and served as commander in 1965.

Joseph is survived by his loving wife, Ellen (née Kelly), whom he married on Feb. 19, 1949. He is also survived by his devoted children, Estelle Menon, Alice Jamba, Laura Goulden and Joseph T. Goulden; his cherished grandchildren, Chandra and Joseph Menon, Erik Jamba, Emily Jamba Pollock, Ellen Jamba and Ava Goulden; and his dearest great grandchildren, Andrew, Julia and Joseph (born March 22, 2011).

He was laid to rest in Pelham Cemetery after a funeral Mass on May 12, 2010, at St. Mary, Star of the Sea Church.



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Heights in feet above soundings printed on charts of water adjacent to City Island. Times shown are nautical times. For times on the table beginning with 1300, subtract 1200 to get ordinary PM time (e.g., 1625 - 1200 = 4:25 P.M.). Times less than 1200 are A.M. times (e.g., 1154 = 11:54 A.M.).  
HH = hours; MM = minutes Tide chart by Tom Smith

MAY 2011									
DAY	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	TIME	HEIGHT	DAY
	HH MM	FEET	HH MM	FEET	HH MM	FEET	HH MM	FEET	
01 Sun	0537	0.23	1140	7.24	1738	0.79	2344	7.77	Sun 01
02 Mon	0611	0.17	1214	7.17	1756	0.80	2359	7.77	Mon 02
03 Tue	0638	0.15	1234	7.11	1811	0.75			Tue 03
04 Wed	0012	7.86	0656	0.14	1248	7.13	1841	0.70	Wed 04
05 Thu	0041	7.99	0721	0.13	1316	7.21	1918	0.68	Thu 05
06 Fri	0118	8.09	0755	0.14	1353	7.29	2000	0.72	Fri 06
07 Sat	0200	8.10	0837	0.21	1436	7.35	2047	0.78	Sat 07
08 Sun	0247	8.02	0923	0.31	1525	7.39	2138	0.86	Sun 08
09 Mon	0339	7.84	1013	0.42	1618	7.43	2235	0.91	Mon 09
10 Tue	0436	7.61	1110	0.51	1717	7.49	2340	0.87	Tue 10
11 Wed	0539	7.40	1212	0.53	1821	7.63			Wed 11
12 Thu	0057	0.69	0648	7.27	1322	0.44	1929	7.85	Thu 12
13 Fri	0225	0.30	0803	7.27	1436	0.24	2036	8.14	Fri 13
14 Sat	0337	-0.20	0917	7.39	1543	-0.01	2138	8.43	Sat 14
15 Sun	0437	-0.67	1021	7.54	1642	-0.23	2235	8.65	Sun 15
16 Mon	0532	-1.00	1118	7.66	1736	-0.35	2328	8.74	Mon 16
17 Tue	0625	-1.15	1211	7.70	1828	-0.34			Tue 17
18 Wed	0020	8.70	0717	-1.10	1304	7.67	1920	-0.20	Wed 18
19 Thu	0112	8.52	0808	-0.88	1357	7.58	2012	0.05	Thu 19
20 Fri	0204	8.23	0859	-0.52	1450	7.45	2105	0.37	Fri 20
21 Sat	0300	7.87	0951	-0.09	1547	7.31	2202	0.71	Sat 21
22 Sun	0401	7.50	1043	0.34	1645	7.21	2302	1.00	Sun 22
23 Mon	0505	7.18	1138	0.72	1744	7.16			Mon 23
24 Tue	0002	1.18	0608	6.95	1232	1.01	1841	7.18	Tue 24
25 Wed	0102	1.25	0708	6.82	1324	1.18	1935	7.25	Wed 25
26 Thu	0158	1.19	0803	6.79	1415	1.26	2026	7.36	Thu 26
27 Fri	0251	1.05	0855	6.81	1502	1.27	2114	7.47	Fri 27
28 Sat	0339	0.86	0943	6.85	1544	1.23	2157	7.56	Sat 28
29 Sun	0423	0.66	1027	6.90	1622	1.18	2235	7.64	Sun 29
30 Mon	0504	0.49	1108	6.95	1651	1.10	2304	7.70	Mon 30
31 Tue	0541	0.34	1142	6.98	1714	0.99	2319	7.82	Tue 31
JUNE 2011									
01 Wed	0612	0.21	1206	7.05	1743	0.86	2343	7.98	Wed 01
02 Thu	0638	0.11	1225	7.18	1820	0.72			Thu 02
03 Fri	0018	8.14	0707	0.01	1257	7.36	1901	0.62	Fri 03
04 Sat	0059	8.24	0742	-0.05	1336	7.53	1946	0.55	Sat 04
05 Sun	0143	8.24	0823	-0.06	1420	7.66	2034	0.53	Sun 05
06 Mon	0231	8.13	0908	-0.01	1508	7.75	2127	0.54	Mon 06

# SIGHTS & SOUNDS

By JOHN SHERIDAN and MARIA SUTHERLAND



Pete Gustas

Photo by MEG WALKER

### CITY ISLAND'S GO-TO GUY FOR RAPTORS

It's funny how things work out sometimes. Or don't work out. City Island's resident raptor go-to guy, Pete Gustas, might just as easily have remained a carpenter, a dad and now a granddad but for a chance encounter with Birding Bob DeCandido in 1988. That encounter and a fortuitous northwest wind that blew about 15,000 migrating hawks over the rowing lagoon by Orchard Beach changed Pete forever.

"I was hooked," Pete told us, and he even remembers the day—Sept. 17. Since then Pete has spent months at a time in the



Photo by PETE GUSTAS

### Osprey and bunker

company of some of the most respected names in the field of raptor studies, including Frank Nicoletti, Jerry Liguori and Pete Dunne, and he has done so in many of the world's top migration spots, known in the field as funneling points. Pete has watched, counted and banded hawks in Braddock Bay, New York; Duluth, Minnesota; the Goshute Mountains in Nevada; Eilat, Israel; and Vera Cruz, Mexico. But his favorite location is a short ride down the Turnpike to Cape May, New Jersey.

Pete has worked for the Cape May Bird Observatory (CMBO) in a variety of capacities. In 1997 he was employed as an educator. He has also been a counter, and it is Pete's data that is recorded in the annals of CMBO. This is no small undertaking; an average fall at Cape May brings roughly 70,000 migrating hawks. Every year somebody counts and categorizes each one (sort of).

Pete was also employed as a counter in Vera Cruz, where the data-gathering responsibilities are shared by five counters. And for good reason. A typical season can bring anywhere from 2 to 4 million migrating hawks. In the spring of 1997, Pete was asked to count hawks in Israel. The second best funneling point in the world is a two-mile stretch of Eilat, in Israel, where an average migrating season can bring between 1 and 1.5 million hawks.

Pete and his colleagues like to think of the mid-1990s as the golden age of hawk watching. It isn't so much that they have grown less passionate about their raptors—quite the contrary, actually. It is, instead, the sense that since the 90s no new, younger blood has emerged to carry the mantle into the future. "People are more interested in all-around birding," Pete explains. "There are no new specialists." What has emerged, particularly in the last three years for Pete, is a very definite emphasis on photography. Photography has made it possible for pros like Pete to see a hawk overhead and be able to tell its age and gender. "To age it and sex it," he says.

These days Pete takes thousands of pictures a season and uses them all year round to further his studies. And though he still prefers Cape May for hawk watching, Pete recommends more local terrain to the newly interested or just curious. He recounted for us the apparent rise and fall of the barn owl at Orchard Beach and of the day he found five different species of owl in the woods there: bard, barn, saw-whet, long-eared and great horned. Hook Mountain in Rockland County and Quaker Ridge in Greenwich are also excellent areas for learning about birds of prey. He says the people there are always willing to help someone learn.

From our own experience, we can tell you that people who love birds don't always like, let alone love, other people who don't know as much as they know. Pete is definitely not one of those. Ask him the next time you see him and see for yourself.

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# Rock Tour

Continued from page 7



Grey Mare

Photo by TOM CASEY

was almost covered by sand, dirt and, finally, topsoil . . . but Dr. Kazimiroff, official Bronx historian, persuaded the contractors to leave a portion of the rock exposed. As a result, the crown of Mishow is still visible. No longer a dominant feature on the shoreline, Mishow is now just an inconspicuous rock, set in the lawn near the Eastern end of Orchard Beach, and scarcely a soul knows of its past importance."

All we can see of it now are the two points popping up at the beginning of the walking trail to Hunter Island. This burial of most of the rock makes it difficult to identify, and I walked all around trying to locate the visible part. In the process, I found other rocky points, one of them behind a concrete building maintained by the Parks Department. I finally found Mishow on the Parks Department map, and I am convinced that Grey Mare and Mishow are the two rocks that poke out at the beginning of the trail.

There are 2,766 acres of preserved land that make up Pelham Bay Park, which has a rich geologic history. The rocky shore at Hunter and Twin Islands has amazing formations, which include garnet-coated igneous rocks. These are part of the Hartland forma-



Mishow Rock

Photos by JACK ROTHMAN

tion, which was produced by molten rocks over 450 million years ago. The largest of these in New York State are found only at Hart and Twin Islands.

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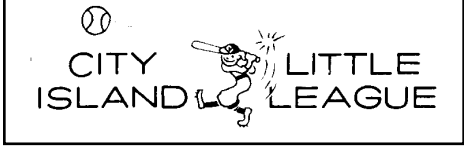
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Opening day for the City Island Little League on Saturday, April 16, 2011, was a great success. Despite the weather, there was a great turnout of players, parents and honored guests, including Bronx Borough President Ruben Diaz Jr., Council Member James Vacca, Assemblyman Michael Benedetto, State Senator Jeff Klein, Congressman Joseph Crowley, Mrs. Anthony Ambrosini, Billy McGee and Mark Gilder. The league officers are grateful to the Corrections Officers Benevolent Association and its president, Norman Seabrook, for a generous donation to the league.

The three major league teams include the American Legion, coached by John Tomson and John Manna; Sammy's Fish Box, coached by Maria Piri and Louis Lomonaco; and the Gilder Scholarship, coached by Robert (Bowie) Stivala, Alaura Imperioli and Scott Munafò. The Gilder Scholarship team is sponsored by the friends and family of the late John Gilder, and the league was honored to have his father, Mark Gilder, and his uncle Billy McGee on hand for opening day and throwing out the first pitch. A schol-

arship in John's memory has been set up by his family, and Mr. Gilder has offered to add \$100 to the scholarship for each home run the Gilder team makes during the 2011 season.

There are four minor league teams this year, JP's Restaurant, coached by Jay Karabel and Mike Hehir; Local 79 Laborers, coached by Phil Mazzella, Paul Mazzella and Mike Prohaska; Jack's Bait and Tackle, coached by Anthony Piri and Maria Piri; and Seafood City, coached by Billy Whelan and Mike Whelan.

There are more than 50 participants in the T-Ball division, which is organized by James Goonan, Brian Kenny and Greg Clancy. The sponsors include Island Medical Group, Pro-pace Construction, Dugout Sporting Goods, Crab Shanty, City Island Deli and Seashore Restaurant.

The girls' softball teams from St. Mary, Star of the Sea were also present during the opening-day ceremonies. These teams include the JV team, coached by Mike Cambria and Mike Prohaska, and the varsity team, coached by Frank Strazzera, Tommy Vivola, Marcos Negron and Joe Goldman.

Special thanks go out to all the volunteers who made the day a success.

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Information for the Talebearer must be received in writing no later than the 15th of the month except July and December. Mail to The Island Current, P.O. Box 6, City Island, NY 10464; include your name and telephone number.

Congratulations to Alexandra Sowa, who graduates this month from Iona College. We are proud of you and amazed by your hard work, perseverance and, last but not least, that GPA! Also, a belated congrats on being inducted into the Delta Epsilon Sigma Society. It has both inspired and motivated all those who know you. We love you and wish you many blessings. Your proud family.

Happy birthday on May 8 to Pilot Cove's Terry Carmody, with love from your kids and grandkids.

Best wishes for continued happiness to the Sailmaker's John and Judy Iovieno, who will celebrate their 21st wedding anniversary on May 12.

Happy birthday wishes to Frank Ring, who will celebrate his big day on May 16. We miss you!

Birthday greetings on May 28 to Marine Street's Patrice Ortega, with love from your friends and family.

Congratulations to Atlantic Emeritus Realty's Bob Carmody on his appointment as District 3 Babe Ruth Girl's Softball Commissioner after years of coaching City Island Little League and the Pelham Bay Belles softball teams. The Belles were the 2003-2006 Girls Metro State Champs and cover parts of the North East Bronx and lower Westchester.

Happy birthday to Stephen Kretzmer, with love from Grace, Paxton and Marissa.

Happy 19th Birthday to Briana Lotrionte, with love from Mom, Dad, Nicolette, Jillian and Stella.

Congratulations to Jillian Lotrionte on her May 14 graduation from SUNY Albany. We wish her continued success in her future. With love from Mom, Dad, Nicolette, Briana and Stella.

Keep up the good work to City Island

residents Lucille Rivin and John Scardina, who have just returned from a visit to Peru and Bolivia. They were part of a visiting team that was inspecting projects in Bolivia that were funded by the Quaker Bolivia Link, an international organization dedicated to the improvement of the lives of indigenous people living on the altiplano around La Paz. These projects included safe water systems, solar greenhouses, llama herd management and trout farming. If you want to know more, just ask them about the trip; they would be happy to show you their pictures!

Best wishes for continued success to Matthew Murphy of Winters Street. Matt is participating with team yahoo! in the New York City triathlon this August to raise money for the Leukemia and Lymphoma Society. Call 914-500-9241 for more details.

Former Carroll Street resident Caren Stark and her husband, Rick Bonocora, are proud to announce the March 28 birth of their son Miles Richard. Thrilled big brother is Harlow.

Happy birthday on May 2 to Mikey Piraglia. We are so proud of you, with love from your family.

Best wishes to Fordham Street's Norma Kerner, who is celebrating her birthday on May 27.

Happy birthday to Peter Alexander, who turns eight years old on May 16, from Mommy (Mother Patty Alexander), Daddy, William, Andrew and Meghan!

Happy Mother's Day to Minneford Avenue's Margie Cioffi. You are the best mom in the whole world. Love, Matthew.

A very happy seventh birthday to Samantha Jean Kucerak, who celebrated her birthday early in Atlantis, the Bahamas, swimming with the dolphins. Love ya, Mom, Dad, Hunny and Pop Pop.

Belated birthday wishes to Hawkins Street's Natalie Lacina on April 28.

A great big musical THANK YOU to Anastasia Lacina for volunteering to be an intern for the Queens Symphonic Band! Anastasia catalogued the band's musical library and concert programs and also helped out in the percussion section! She's in charge of the concession stand on May 7, when the band performs at Queensborough Community College at 8 p.m.

Good luck to Charles, Natalie and Anas-



Photo by RICK DeWITT

On April 9, 2011, the Girl Scouts of City Island had a blast at their annual dance held in St. Mary's gym with music by DJ Ray.

tasia Lacina when they walk to create a world free of multiple sclerosis on May 1 at SUNY Purchase. This is the Lacina family's 15th Walk MS event, and in that time, they have raised donations totaling \$60,000. Visit their Walk MS pages at www.walkms.org.

Happy birthday Joe - we love you! Annemarie and Clipper.

Congratulations to Minneford Avenue resident Andrea Amoroso, who was voted Most Valuable Player by her team, the Zodiacs Track team, for the 2010 outdoor/indoor season. Andrea received a trophy at the Zodiacs' banquet on Saturday, March 19. She medaled at every track meet she attended this season and earned scholarship money for the first time. She is ranked

nationally in three events—shot put, javelin and pentathlon (see article in the March issue of The Current). Go, Andrea!

And a very happy Mother's Day to all our hardworking mothers and grandmothers.

Maria Swieciki

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