

Rockaway Point News

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VOL. C, NO. 26

FRIDAY, JUNE 27, 2025

FREE

Farewell Father Falce



Pastor Gelfant and Father Falce flanked by Father Falce's parents Joe and Maryann at the after Mass celebration.



Father Falce after his last Mass in St. Thomas More beginning the Corpus Christi Procession.

Last Sunday morning a bittersweet celebration took place as our Blessed Trinity Parochial Vicar Father Michael Falce celebrated his final mass at 11:45am in St. Thomas More. On hand to bid a fond farewell for now to the kind Priest, who will be moving on to become Pastor of Our Lady of the Miraculous Medal in Ridgewood, Queens were many parishioners as well as Father Falce's parents Joe and Maryann.

At the conclusion of the Mass con-celebrated with Pastor Michael Gelfant, Father Falce thanked his mentor, his friend and as he put it "his consigliere" for helping in his development to being a Pastor himself. In his final address from the altar, Father said "I have to say working here in Breezy

Point, even for the short time I've been here, has been great. God places people in your life that you can be able to work and grow in your faith with together, for that I am very grateful. Know that Breezy Point will forever be a part of my story, it is part of my heart, and I am very grateful, thank you for your love and kindness, and your acceptance of me in the time that I served with you".

Then of course, never one to let anyone else get the final word, Father Gelfant addressed the parishioners at the Mass saying to Father Falce, "Thank you for enlightening us with your liturgical presence, the Parish was very blessed to have you". Pastor Gelfant then gave Father Falce a parting gift, a coat of arms similar to the one he and Father Falce designed over the past year for Pastor Gelfant.

Following the Mass, Father Falce led the Corpus Christi Procession in the area around the church, before returning to Monsignor Connelly Hall for celebratory coffee and cake with the parishioners.

Though Father Falce was only with us here in the Point for just over a year, he quickly endeared himself to the faithful here. We pray that he will be successful in his new Parish of Our Lady of the Miraculous Medal. When asked if and when he would grace us once again with his presence, he said "oh, I'll be back for Mardi Gras!".

Breezy Does Indeed Have Talent

Last Thursday and Friday evenings the 37th Annual Breezy's Got Talent Show hit the Colony Theater stage in front of packed eager crowds. The show, directed by Mary Ellen Barnes and with a theme of "Broadway to Hollywood, And Then Some" was a nod to many great Broadway Shows and movies from yesteryear.

Kudos to everyone that helped out and performed for the 37th Annual Show especially the talented adult cast of: Cathy Brennan, Pauleen Ward-Brown, Margaret Capotorto, Mary Castellano, Joanne Colella, Bea Hansen, Patrick Fitzgerald, Chrissy Harkins, Denise Higgins-Regan, Matt Joseph, Peggy Kendall, Rich-



Some of the adult cast members of the 37th Annual Breezy's Got Talent Show.



The Children of the 37th Annual Breezy's Got Talent Show singing Edelweiss from the Sound Of Music.

Outstanding performances highlighted the evening during the two acts and across 26 different numbers and ensembles.

ard Louis-Pierre, Cathy Murfitt, Toni Norton, Tomasina Ogden, Jimmy, O'Dea, Jimmy O'Meara, Ursula

(Continued on Page 2)

Breezy Does Indeed Have Talent

(Continued from Page 2)



Odierna, Richie Parasimo, Kathleen Ribolla, Joe Soto, Anne Tobin and Chris Warren. The gifted children's cast of: Catherine Baker, Matthew Brennan, Gavin Brennan, Rosie Campione, Ella Collins, Brooklyn Connell, Sienna Farrel, Mallen Jackson, Finn Lynch, Kai McCormack,



Nate Rodman and Sophia Santiago. And new to the cast this year the brilliant young ladies of the Blessed Trinity Cheerleaders: Mara Banks, Mariana Barrios, Avery Bean, Maggie D'Antonio-Martin, Samantha Duemig, Theresa Fagan, Alyssa Finley, Keira Johnson, Abigail McElhinney, Hannah McElhinney, Bree O'Neill, Kaitlyn Pye, Ava Sturges and Juliet Villetto.



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EDITORIAL

By Michael Schramm

A Couple Of Things

Originally, I just had one topic planned for this week, but after the Primary Election this past Tuesday I had to add on the top topic.

STUNNED!

Good God all I can say is I'm stunned by this past Tuesday's NYC Democratic Mayoral Primary result. Don't get me wrong, I'm elated disgraced former governor Andrew Cuomo was resoundingly defeated. His arrogance and downright contempt for the voters and his past scandals should have immediately disqualified him from running for Mayor, but to choose Zohran Mamdani instead of him makes me scratch my head as to what Democratic voters are thinking and what they want.

I get it, the guy promised a ton of freebies, but are we really willing to make a thirty something democratic socialist the Mayor of New York? This guy will be Bill de Blasio on steroids, he wants to do away with MTA fares for buses and subways, defund the police, give free childcare to everyone, open City run grocery stores and freeze rents across the city AND improve public housing. Just one problem how will this all be paid for? There are no freebies in life folks, someone has to pay for it eventually. His idea to tax the rich and the corporations to pay for his freebies will make the continuous exodus out of the city an absolute bum rush.

Well, on the Brightside, I know I will have plenty to write about in the coming months as we head towards a possible 4-5-way race for the next Mayor of New York City in November. With rank choice voting still a deciding possibility we are in for one hell of a bumpy ride. This should be fun... NOT!

Backward Energy Thinking... FINALLY!

Okay let me start off by giving credit where credit is due... Kudos to Governor Kathy Hochul for announcing this week that New York State is planning to construct a new nuclear power plant. After years of literally charging at windmills like Don Quixote, it seems that New York State has finally realized that wind farms and solar power fields ain't gonna cut it when it comes to our once great state's electrical power needs. Please remember, just four short years ago then Governor Cuomo, Mrs. Hochul's boss at the time shut down a perfectly fine, working and safe nuclear power plant at Indian Point in Westchester. Since that ill-advised decision to cut off 25% of New York's electrical supply chain, energy costs have skyrocketed, and as we have heard this week and some of us felt, we received not so great electrical service when it was desperately needed.

That being said, we wish Mrs. Hochul all the luck in getting her new planned nuclear power plant built and operating. Not only will this be the first nuclear power plant built in the United States in over 15 years, but it is being planned at a time when the majority of her party is hell bent on getting to the pie in the sky goal of zero carbon emissions. Mrs. Hochul will have one hell of a fight on her hands to get this project started, built and then finally working for the benefit of all New Yorkers. The problems she will face are many, but the foremost of them all is NIMBY (Not In My Back Yard). The way I see it this power plant will have to be in lightly populated area, most likely far away from New York City. She will also have to find the money for the project which will be an enormous cost, and of course she says it won't cost us the taxpayer anything to construct (I'll believe that when I see it).

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LAOH Div. 25 Essay Winners



LAOH Treasure Catherine OConnor and member Ellen Mendonca with the essay winners and their families.

On June 23, 2025, the Ladies Ancient Order of Hibernians Division 25 presented awards to four Irish essay contest winners at St. Francis De Sales Church. The children, all students at St. Francis De Sales Academy were: 1st Place: Mairead Henning, 2nd Place: William Fitzgerald, 3rd Place: Reagan Liggett and 4th Place: Kate Dennis.

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WHISPERING BREEZES

"Heard around town that..."

Oh boy... the Summer time slip is starting folks. Seriously, I have to ask where did June go? Memorial Day felt like last week, and here we are staring down the 4th of July already. Oh well, let's make the best of it...

Just want to wish all the children and teachers a great Summer as they finished up their school year this past week. Enjoy the Summer and make the most of it.

Good Luck and Hit 'Em Straight wishes go out to all the Duffers participating in the Rockaway Point Volunteer Fire Department Golf Outing today. If you can't make the golf outing and still want to support the Vollie Fundraiser you can attend the after-golf party back at the firehouse beginning around 1pm with dinner being served at 3pm. Tickets to the after-golf party are \$50 per person and includes beer, wine, soda and live music. In addition, there will be raffles as well for great prizes. Folks, please help support our busiest vollies on the beach and aid in their great lifesaving work! See You There!

Hope to see a great crowd for the Annual American Legion Memorial Mass and Community Awards Breakfast this Sunday, June 29th following the 8am Mass at St. Thomas More at the Catholic Club. Congratulations to my fellow honorees this year Greg Markle, Supervisor of the Cooperative Lifeguards, Tim "Tusky" Butler of the Catholic Club and the Sugar Bowl, and Colonel Eileen Watson who will be the guest speaker at the breakfast.

With the Fourth of July coming up next Friday, just going to take a minute here and remind everyone of next weekend's great slate of events.

First up on the 4th will be the 14th Annual American Legion sponsored reading of the Declaration of Independence which will take place at the Breezy Point ball field beginning at 10am. The reading serves as a mini history lesson that reminds us all, young and old alike, of the courageous and unprecedented stance our forefathers took in declaring ourselves free from English rule. The Legionaries will have American Flags to hand out as well as pocket sized copies of the Declaration of Independence, so the crowd can follow along with the selected reader.

Following the Reading of the Declaration of Independence, the Breezy Point Knights of Columbus, Our Lady of Knock Council 17580 5th Annual Children's Patriotic Parade will kick off at 11:30am from Olive Walk Parking Lot and the Promenade and proceed along the Ocean Promenade to the Reid Avenue Parking Lot. All the children of the community are encouraged

to join in the line of march wearing their finest patriotic clothing while waving American flags. Joining the children and Knights in the parade will be contingents of veterans from VFW Post 8540, American Legion Post 1847, our local Boy and Sea Scouts, our Volunteer Fire Departments and the Roxbury Gladiolas and Breezy Point Catholic Club Pipe and Drum Band. Residents are encouraged to come out and cheer on the parade as it passes.

Then next Saturday, July 5th the Annual Breezy Point Cooperative

Fireworks Display will light up the Bayside sky just after 9:30pm (with a rain date of Sunday, July 6th). Just a reminder to everyone personal fireworks are illegal in New York City. Our Public Safety Department and the NYPD will be cracking down on those lighting off fireworks. Fines and possible arrest can be some of the consequences, a word to the wise should be sufficient.

Finishing out the weekend next Sunday, July 6th the 2nd Annual "Huggin' Duggan Sugar Bowl Volleyball Classic" will be held at the Sugar Bowl in loving memory of Caileigh Duggan. Caileigh, a lovely young girl, was taken from us at the far too young age of 18 years old two years ago, was a dear friend to everyone she met. Her parents

Joe and MaryEllen have started a non-profit foundation in her memory which will provide scholarships and grants to celebrate individuals and organizations that make a meaningful difference in the lives of others, just like Caileigh did. Come on out and watch the great games, buy some Caileigh Gear and support this great fundraiser.

We send our sincere condolences to the families of two longtime pointers who passed away recently Mrs. Barbara Duffy and Mrs. Margaret Doran. Both of these ladies were longtime Pointers who will be sorely missed by their loving families and everyone that had the pleasure to know them. We pray they will rest in peace.

Thirty



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Letters To The Editor

The following letters are the opinions of its author and not necessarily those of the Rockaway Point News.



More On Parking Woes

Dear Editor and fellow Shareholders, I have been buoyed by the positive response to my recent letter regarding a Resident Only parking petition. Mike Schramm's editorial last week was a welcome acknowledgment of the parking problem and that it is only growing. It also reinforces Resident Parking Areas as a viable solution. I would like to clear up a couple of questions and build upon what he said.

As with any parking plan for a community or business with limited parking space a priority tier is established.

Parking for everyone who wants to park is not the goal. The first tier is the actual Shareholder. We would start with one pass per shareholder and work from there depending on the location. There are actually enough parking spaces available to do that. A Resident Only Lot would be for Shareholders.

I don't like to put the cart before the horse and go down the rabbit hole of too many details, in a plan. I have found that it just leads to a debate that stops the process. The goal of this Petition is to give our Board and Community leaders the mandate to follow through and study and implement a Resident Only system, prioritizing the Shareholders.

Mike's other suggestions about more sand parking, and developing other areas and putting up as many signs as needed to create a safe situation are all common sense ideas that are long overdue.

Please go to breezyparking.com and add your name and leave a comment.

Regards and thanks,
Bill Kiesel

We Need A Pool

Dear Editor:

Aren't public lands for the public? It seems the government likes to own land but doesn't like to maintain it or let the public use it. That's about to change.

The Jamaica Bay-Rockaway Park Conservancy is asking for proposals for the two (2) derelict hangers at Floyd Bennett Field that have yet to be refurbished. The communi-

ties surrounding that area need an Olympic size pool to;

- teach our children and adults how to swim and dive.
- train lifeguards.
- host competitive swimming events.

— provide a swimming resource open to the public, and

— in the event NYC hosts the Olympics, here is the spot for swimming and diving events.

Floyd Bennett Field is the perfect spot. It's accessible by public transportation, is close to the Belt Parkway, close to airports, and has tons of land to accommodate parking for buses and large numbers of cars.

From an environmental view, the water should be filtered and pumped from Jamaica Bay and studies done on our beautiful bay. Enjoyment of the bay could be enhanced by kayak, small boats and jet ski launches. In short it could become a magnificent water resource for our city by funding from the federal, state and city.

JBRPC and CUNY SRIJB are working with the National Park Service to activate Floyd Bennett Field as a hub for recreation, education, workforce development, and community and climate resilience. YOUR ideas and priorities are vital to its long-term success!

Scan this QR code or visit jbrpc.org/future to share your thoughts.



Jamaica Bay - Rockaway Parks Conservancy

Let your voice be heard! Use the QR code here or contact Terri Carta at terri@jbrpc.org. A note or phone call to our elected officials would also be helpful. If you don't ask, you don't get!

Maureen Walsh



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One hundred & eleven years ago today on June 28,1914 a wrong turn changed the course of history. Archduke Franz Ferdinand of Austria and his wife Sophie were shot to death by a Bosnian Serb nationalist during an official visit to the Bosnian capital of Sarajevo and World War I started.

Part of Serbia had been annexed by Bosnia a few years earlier much to the chagrin of the majority of Serbs.



So, when the Archduke and his wife conducted an official visit to Sarajevo the local towns people showed up in force. There was bunting, bands, beer and also six annoyed Serbs who planned on assassinating them. As the party pulled onto Appel Quay, a wide road along the river, heading for the celebration in the main square one of the assassins hurled a short-fuse bomb into the open touring car. The Archduke picked up the bomb and flung it over his shoulder. It exploded in the street and injured several bystanders. Four of assassins took this as a bad omen, ditched their guns and took off.

After checking on the victims the Archduke proceeded to the ceremony. During the speeches, the mayor assured a now very anxious Archduke, “It is over! Surely we have only one murderer in Sarajevo.” Nevertheless, the police changed the departure route as a safety precaution and decided to send them back the way they came in. However, the security guys forgot to tell the guy in the lead car. He turned onto the main drag and the Archduke’s car followed him. Irate police halted the parade and ordered the Archduke’s car to back up into the intersection. More amazed than the police, was a nineteen year-old guy named Gavrilo Princip who as one of the six assassins.

As the cops tried to unravel the gridlock, they let Princip through. He promptly shot and killed the Archduke and his wife Sophie. The killings sparked a chain of events that led to the outbreak of World War I in less than a month. Austria-Hungary blamed the Serbian government while Russia supported the

Serbs, then Austria sought support from Germany against Russia and its allies who included France & Great Britain. On July 28, Austria-Hungary declared war on Serbia, and the fragile peace between Europe’s great powers collapsed, beginning the devastating conflict now known as the First World War. After more than four years of bloodshed, the Great War ended on November 11, 1918, after Germany, the last of the Central Powers, surrendered to the Allies.

At the peace conference in Paris in 1919, Allied leaders would state their desire to build a post-war world that was safe from future wars of such enormous scale. The Versailles Treaty, signed on June 28, 1919, five years to the day after the Archduke’s assassination, tragically failed to achieve this objective. U.S. President Woodrow Wilson’s grand dreams of an international peace-keeping organization faltered when put into practice as the League of Nations. Even worse, the harsh terms imposed on Germany, the war’s biggest loser, led to widespread resentment of the treaty and its authors in that country — a resentment that would culminate in the outbreak of the Second World War two decades later.

We all want to wish a very Happy Birthday to our senior man, Tony Romano whose celebrates 99th birthday tomorrow. Tony is a US Navy World War II Veteran who served along with his twin brother and his two other brothers during the war. The Post was able to celebrate his birthday at our last meeting. Best wishes to a good man, a true American patriot and a great friend.

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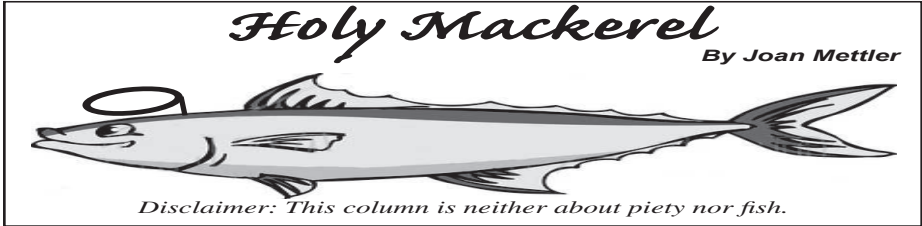
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Dining: Origin Reality Check

My favorite dining perch is at my Formica kitchen counter top, the very same location where I slice vegetables for salad, cut different vegetables to serve hot and prepare soup veggies and baking ingredients for delicious cookies and cakes. As for fruits, I cut cantaloupes and pineapples into bite-size pieces, clean strawberries and blueberries, cut up Kiwis and mangos and prep and milk coconuts. The sign on my refrig says “Joan’s Laboratory;” and that’s not far from wrong.

Since POTUS Trump began talking about tariffs, he got me wondering where my favorite foods had their origin. Yes, this may surprise you; but, an awful lot of the foods we consume comes from thousands of miles away and are subject to tariffs raising their prices.

My daily diet tariff exposure begins with breakfasts which are the same every day and have been for years. One small orange quartered (Florida), egg salad consisting of hard boiled eggs (New Jersey) carrots (Maryland), red onions (NYS) and scallions (California and Florida) into which I mash a whole sardine (Morocco). My coffee comes from Columbia and Jamaica. A Choice of a bit of fresh pineapple (Costa Rica) and perhaps a few grapes (California), strawberries (New Jersey) and Blueberries (Jersey), kiwis (New Zealand) is fun topped off by a small cracker (NYS) topped with peanut butter (Georgia) which ends my first meal of the day.

Never a lunch eater, my next meal, dinner begins with a monster salad consisting of red cabbage (found around the Mediterranean Coast from either Germany, France, Poland, Austria, or the Netherlands), carrots (Maryland), walnuts (California), Craisins (USA, Canada, Chile), Vidalia onion (Georgia), peppers (Canada), mushrooms (Eurasia and North America), radishes (Western Asia, Mediterranean regions), avocados (Columbia), tomatoes (Florida), beets (California, Colorado, Idaho, Michigan, Minnesota, Montana, Nebraska, North Dakota, Oregon, Washington, and Wyoming).

Cooked vegetables are normally a combination of carrots (Mexico, Canada), broccoli (Mexico), cauliflower (Eastern NYS), fresh corn (New Jersey), string beans (China, NYS), Brussel’s sprouts (NYS and California), Asparagus (California, France), Zucchini (Mexico).

For protein as entrees, on any given day there might be Salmon (Norway, Chile, USA), Chicken (Nebraska), Beef (California) and Pork (Illinois) with most meals highlighting chicken and salmon.

Our two closest trading partners, Canada and Mexico have much to do with our consumption of fresh vegetables and fruit. Among Mexico’s exports to the US are tomatoes, avocados, raspberries, bell peppers, strawberries, cucumbers, squash, and snap beans. Isn’t it rather odd that in the 1960’s when Americans traveled to Mexico, we

were warned not to eat many of the items listed that they now export to us. The rationale behind this was they used human waste to fertilize their fruits and vegetables. One would expect they are applying more sanitary fertilizer in their growing of their consumable exports today.

Canada sends us potatoes, cranberries, blueberries, strawberries, blackberries, black raspberries, saskatoons, labrusca grapes, rhubarb, canola, wheat, and soy beans. The US imports beef, fish and seafood from Canada. In fact, 80% of all fish consumed in America comes from Canada. Over half of Canada’s agri-food imports originate in the U.S., while 60% of Canada’s agri-food exports head south. Additionally, the US imports seafood from China, Chile, India, Indonesia, and Vietnam. We import beef from Australia, New Zealand, Canada, and Mexico. Lamb imports are largely from Australia and New Zealand. Pork imports are sourced from Canada, Mexico, Denmark, Brazil, and Spain. The question arises why we need to import so much meat when we have so many (over 94 million) cows in this country.

It is not surprising that the hamburger obsession our countrymen and women have is the response to filling our import needs.

Aside from Mexico and Canada, other countries that supply us with consumables include the European Union (particularly countries like France and Italy, Brazil, China, and in South America Colombia and Peru; and in Asia Thailand, Singapore and China. China exports mostly non-edibles but does export shrimp, fruits, nuts, peel of citrus fruits, melons and beverages. Italy exports spirits, vinegar, cocoa, cereal, honey, dairy products, eggs, olive oil, pasta, cheese, processed meats, baked goods, coffee, mineral water, and gelato. From France, we import wines, cheeses (like

Roquefort), champagne, and various packaged goods.

Believe it or not, over a hundred countries export food to the USA. Wow! Even Turkey, not exactly a country with a leader we admire, exports fresh produce including cherries, apricots, grapes, tomatoes, cucumbers, and peppers; as well as dried apricots, raisins and figs.

Iran, (this is a guess) ‘used to’ export these foods to America: fresh and dried fruits, nuts, animal hides, processed foods, caviar and spices. The country we just neutered nuclear-wise is the world’s largest exporter of pistachio nuts, raisins, dates and saffron. Those Americans who cannot live without pistachios might have to cross our southern or northern border to lay in their supply.

It is with great sadness that we, the USA, felt compelled to bomb Iran’s nuclear sites in a desire for instant gratification to resolve a tenuous problem. In 2018 when we were in negotiations to rein in Iran’s nuclear capacity, then President Trump walked out on the Joint Comprehensive Plan of Action (JCPOA), also known as the Iran nuclear deal or the Iran Deal, after the JCPOA was agreed to by Iran and the five permanent members of the United Nations Security Council — China, France, Russia, the United Kingdom and the United States — as well as Germany and the European Union. Iran was not very compliant with site inspections; but, those who signed on felt talking was better than fighting. Israel, fearful of Iran’s nuclear membership, has been progressively destroying parts of Iran’s nuclear program until last week when America carried out Netanyahu’s wish to cancel Iran’s membership to the nuclear club for good. Will Israel, in much closer proximity to Iran than America, pay heavily for this aggressive action? Will we? Tariffs are one thing, bombings are another.

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Jamaica Aces Reunion



The Jamaica Aces Baseball Team’s annual luncheon was held on June 18th at the Stone House on Staten Island. On hand for the reunion were the group of friends above for over 70 years (L-R) Frank Keim, Bill Tully, Skip Masullo, Frank Cheswick & Tom Basher.

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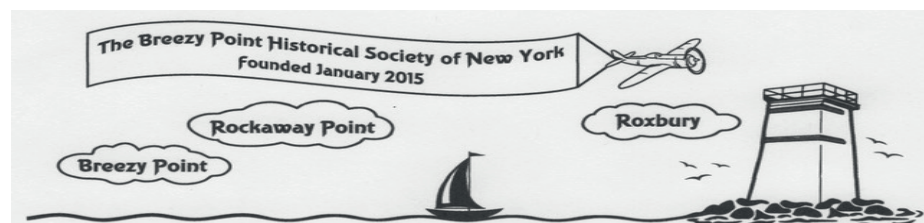
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By Mary Elizabeth Smith

Our Rockaway Point News is celebrating its 100th Anniversary of publication this year and how better to begin than with one of the first covers of its first issues. The RPN cover of 1915 "The Mardi Gras Souvenir" is being included with this article however it wasn't until 1925 that the RPN was published regularly each week during the summer. I'm including the background within those years between the early years and the cover of The August 30, 1929 issue of the Rockaway Point News which is when Mike Liana assumed the printing responsibility.

Here's a story of what it was like to experience these years as we look to coverage of events behind the publications during those times. According to Long Island Life (April 1921) "Of similar interest to Rockaway Point and in some respects more unique and picaresque are many of the many islands in Jamaica Bay. The question 'when is an island is not an island' might apply to some of these islands, for at times they are lost to sight beneath the water. Nevertheless, on some of these islands people dwell in summer. A second fact of life in

1921 was that the City of New York tried to claim title to Rockaway Point from the then owner, The Southern Pacific Railway by claiming that our land was originally a part of the submerged portion of Barren Island." The Journal American, January 14, 1921 states "The City through Corporation Counsel John O'Brien, has brought an ejectment suit against the railroad interests to recover The Rockaway Point Land, which includes 3,000 bungalow sites from which the railroad subsidiary has been deriving a heavy income. The Southern Pacific, a Harriman line, bases its claim to the Point on the contention that it was added on to property acquired by them some 20 years ago by accretions from the sea. The maps, some of them extending back two hundred years and more offered by the City disprove that indicating that the Point and several miles of The Rockaway Coast were originally part of the present Barren Island. The City's title to Barren Island was acquired through consolidation with the old town of Flatlands." Geological data today verifies the Southern Pacific's claim, and we will discuss our community's growth by accretion because



miscellaneous packages of valuable loot. They based their search on the reality of a ship put ashore on Barren Island with \$57,000 in Mexican silver dollars which the crew buried. In 1830 Barren Island was hit by a storm. The Journal American continues (1/14/21) the ac-

count "Just prior to this storm the crew of the ship Vanguard mutinied, murdered the captain and mate and walking its shores, were astonished to find themselves kicking up silver dollars. The tale of the Vanguard is not a mere matter of tradition and mistaken hope, but it is a fact of non-fiction and did in fact actually occur.

Next week will be our Fourth of July issue with our history in mind. Have a great week and be sure to attend our Presentation on July 16th of our local bars and taverns given with first person knowledge by my brother, A. J. Smith. It's finally Summer!

of our rock jetty construction (1931-1933) when we tour our Pointer's covers from the decade of the 1930's. I return to that article from "Long Island Life April 1921 which combines a theory of buried treasure on these islands." Nearly every island in Jamaica Bay that is big enough to inhabit has at one time or another been supposed to be the identical spot selected by the resourceful and eminently notorious Captain Kidd. Hopeful and ambitious persons have at times turned up the sands in the belief that by patiently digging they would unearth an oaken chest of

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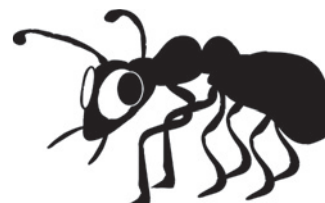
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Remembering Theresa King



Friends and family gathered on June 18th to celebrate and honor the life of our friend Theresa King. All of us being together would be honor enough for Theresa.

Theresa and her husband Mike (Fish) are part of Breezy's history. She was known for her fantastic New Years Day parties and for always helping when there was a need.

Theresa and Fish always stepped up to help during people's darkest times. This was true in the community and the FDNY. They somehow managed to get it all done, without being noticed. Homemade meals, fundraising, flowers, cards and much more.

Well, this did not go unnoticed by the many they helped and by those of us who love them. It is an honor to be counted as one of Theresa's friends.

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Leading the League
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That's right sports fans, your "beloved class clowns" of the Walk League have once again won their opening day game. Let's all take a moment and enjoy this because we're not sure when or if that's happening again this year. Just like their cross-town inspirations, the Mets, the Cakes are surprisingly tenacious in their openers. There are many parallels between the two franchises upon further investigation. Both teams were cobbled together with castoffs, has beens and a lot of never was players. The Cakes relish being the second banana in town to the gold standard team. You know who you are, not those other two pretender teams. Both teams have been deeply involved in financial Ponzi schemes. One bad the other not as bad. The classic tomato- toe mato debate. Both teams are owned and operated by shrewd financial geniuses. Much less of the tomato debate in our opinion, but you decide for yourselves.

So how good are the Cakes on Opening Day? 15 – 5 based on our hilariously unscientific, beer soaked memories. The rest of the year? Take the favorite and lay the spread!

Our new torpedo bats came in handy in the rain when Captain O'Meara and his first mate Walter insisted we play. So did the new outfielders who can catch, run, dive and throw. Sean T's full extension flying grab was one for the highlight reels. Durante pitched a gem (no earned runs as he reminded as several times without being asked) but complained about everything including following Pugs in the line-up who he had to run for all three times as the last batted out.

When Coach Corral was asked about the highlights, his eyes lit up remembering the Venmo "cha-ching!" that kept going off on the JC music box with his phone connected to as Johnnies were paying their dues. When the interviewer persisted on game highlights, Corral started to describe our 5 run inning and the "cha-ching!" went off again and he started doing the Trump two step and promptly forgot the question.

Speaking of Trump, supposedly he once phoned in a better golf score into his New Jersey club's golf tournament and claimed the trophy even though he was in Florida. The King (or Thurman or whatever he is referring to himself in the third person as these days) called in a 3 for 4 from a different game even though it was rumored it was a Little League tournament.

Packy and Pete M. become Bravolebrities over the weekend as security guards at Fanatics. While Packy was all over the cameras breaking up WWE stars, Pete was telling Peyton Manning that he can carry his own swag. "Not my job, Nationwide boy", Pete was heard saying as he strolled off to take another break.

Next week is a battle for first place with the Huggy Bears. Apparently the other 6 teams are all 0 – 1 (makes no mathematical sense, but made us happy typing that!). It's also Gipper's birthday, so expect the roar from Smitty Field to rise shortly after 9:30am next Sunday.

Remember, Sunday if Funday!

Paulie Walnuts

P.S. Do you really deserve a wedding gift if you can't remember where you got married?



How beloved is local legend "the Gipper"? Public Safety was so concerned about his well being he travelled with uniformed and undercover agents!!! Btw time to get back to the gym King...



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The time has come where the men turn back time and become kids again to start another season of the Walk league. Where we reach back in time to show that we are still able to have the ability to play the game of our youth and still be able to walk home afterwards (or in our case drive back down to God's little acre of paradise called Roxbury). 2 of our guys rode their bikes down which didn't work out too well with the weather forecast.

The Relics opened the season against the Pits from Olive Walk. Now if you remember the weather Sunday morning wasn't the best again! The Relic Owner sent out a text early that morning reminding the Boys to get on the road early so we could start the game right at the scheduled 9:30 start time. He probably should have also sent a text to the Pits reminding them of the same. The Relics were on the field and shaking off the cobwebs of the long winter, breaking up all the arthritis that had formed in their joints as well as some testing out the new joints they received over the past year. So, at 9:20 there was a hoard of Relic players, used to be players, Hecklers and Hecklerettes on hand looking at 2 Pits! Slowly but surely the Pits were showing up most driving their tricked-out Choppers (I don't remember seeing so many guys on 3-wheel tricycles). So eventually the 9:30 start turned into a 9:45 start as we were now facing some inclement weather moving in just like the past 5 weekends of rain!

The game started with The Relics not scoring in the first inning and the Pits taking a quick 1-0 lead. The Relic defense looked much different than years past as the 60 odd year olds gave way to the almost 50 new blood on the team. As Serpico Mike wasn't available and Tommy Goulash was out in Montauk chasing the little white ball around (I hope he got soaked!) The Relics looked to Walt (the other one) with his new knees and hips, and God knows what else, on the mound for the first time in a couple of years and it showed as he was having trouble finding the strike zone but persevered. Heckler extraordinaire Jocko at one point asked who we had in the bullpen to which

the answer came back "YOU" to which his reply was, "Umm Disregard". His battery mate was Meat (his son and yes, we are now old enough to have our kids on the team!). Now when they gave out the shirts to the new players it seems that the Owner thought it was the other son that was joining the team because Meat hasn't worn a large sized shirt since sophomore year of high school or earlier. Another new player is none other than AcoustaRick (went 2 for 2) who showed up styling with new cleats with the Relic name emblazoned on them. AcoustaRick had to run for Steve who wasn't allowed to run because his nieces are wearing the medical boots he has been wearing for the past few years and they aren't ready to give them back yet. Filling out the Relic youth movement is BobFred in right field who after running for a few balls in the outfield and around the bases was second guessing his career choice of sitting behind a desk and catching "furniture disease" (which is when your chest falls into your drawers).

Notable plays of the game were few except when the Relics had an easy double play until Ralph on 2nd made an errant relay to first and hit Junior at first right in the glove! Big Matty C. hit a blast off the green monster in left which was well played by the Pit leftfielder who made a fine throw to third and nailed our Twinkle-toed Pres who seemed to lose a step or six over the winter. Another notable was our new Beverage Coordinator was first in the cooler to test that the liquid courage was cold by the 3rd inning.

So, the rain kept falling and the game was shortened to 5 innings and the teams mutually agreed to end it before somebody slipped and got their Sunday best all muddy. We want to acknowledge Captain of the Hecklerettes Saint Dottie who recently celebrated a birthday milestone (a little north of 70) and we would like to wish her a Happy Birthday and thank her and her "Ladies in Waiting" who came out to root for the boys on this miserable day. Next week the Relics face off against the Floppers from Fulton on the A field at 11am. Come out and enjoy a few laughs!



The Bear Facts

The Bears season opened with a wet win against the Jamaicans who played a good game but lost to the Champs for 14 to 6. A late rally and some good base running by Eddie Denis and Eddie Greene got the Bears the lead to keep. Key hits by Mike Lynch and B.Y. broke the game open. Terry Greene, Jack Bradley (who quietly is doing a great job), Paul Jamin, Billy Ryan and Dean Nelligan while bear-rilliant all game in the pouring rain. The Bears were missing

two key players, but you could not see any difference, sign of a good team. The Champs experience showed through as they took advantage of Jamaica miscues scoring big runs late in the game. Jerry O'D once again was bear-rilliant. Big hits, smart base running, strong defense and O'Donnell on the mound is a great winning formula. Even without key players the Bears just know how to win. If the Grizzlies keep playing solid softball, they are going to be tough to beat! Next week, the dangerous Johnny Cakes who upset the F.D. 6-2 play for first place. See You, Hugs To All

Walk League Standings

	W	L
Huggies	1	0
Relics	1	0
Cakes	1	0
PBFD	0	1
Olive Pits	0	1
Jamaica	0	1
Bayhill	0	0
Fulton	0	0

Results 6/22
Bears Smoke Jamaicans 14-6
Relics Soak Olive 8-1
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Two Amazing Saints

Deacon Tom Murphy

This Sunday, we celebrate Saints Peter and Paul. These two were not childhood buddies and both were completely changed upon believing in Jesus. Both had name changes after their encounter with Him.

Simon (later called Peter) was a fisherman with his brother Andrew. The scriptures tell us that fishing was not always fulfilling. As a matter of fact, it was Andrew that introduced Simon to Jesus. It didn't go well. Simon just "pulled in" from a disappointing catch and was in no mood to meet his brother's new friend. Jesus senses his mood and tells him to go out again. Simon is probably thinking, "Who is this guy? He's no fisherman, why should I listen to Him." And guess what!

They catch so many fish, their nets were breaking! Imagine the twinkle in Jesus' eye, knowing what Simon would eventually become. He would witness the healing of his mother-in law, the raising of Jairus' daughter and many others. He was also the only Apostle to walk on water.

This Sunday's Gospel describes Jesus asking His apostles who the people think He is. They mention John the Baptist, Elijah, Jeremiah or one of the prophets. But wait! He looks them right in the eye and says, "But who do you say that I am?" Silence and the sound of crickets. Then Simon blurts out, "You are the Christ, the Son of the living God." Jesus is amazed. "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but My Heavenly Father." And so

I say to you, you are Peter and upon this rock I will build my Church. I will give you the keys to the kingdom of heaven."

Saul (later called Paul) was another central figure that Jesus would commission. However, the timing was all wrong. After Jesus rose from the dead, it was Peter and the apostles who would spread the "Good News" (that our Savior died for us). But No, this did not sit well with the Jewish leaders. Saul, a Pharisee was a fighter. His goal was to protect the Jewish law and tradition. He was present when they stoned our first martyr Stephen (a deacon by the way) to death for his belief in Jesus. He would persecute these "Jesus followers" and weed them out.

Due to his fighting spirit, he set off to Damascus looking for more of these Christians. He believed in being the "strong arm" of the God of Abraham. He

was in for the shock of his life. While on his way, he was thrown from his horse and beheld a vision of Jesus saying, "Saul, Saul, why are you persecuting me?" He was blinded for days. He was eventually cured by a disciple of Jesus and baptized.

Now the strong willed Saul insisted he be called Paul. He then spent his entire life converting the non-Jewish people (Gentiles). He is responsible for spreading the Church throughout Europe and Asia Minor. He would be almost beaten to death and imprisoned more than once for those who failed to convert. He never quit and would just travel to the next town and preach again and again.

Paul wrote many letters (epistles) to these new found church communities to continually encourage them. Most Sundays, the second reading is from one of his letters to the: Corinthians, Philippians, Colossians, Romans, Ephesians etc. In a sense, Paul is responsible for us today being Christian.

Peter and Paul eventually met. They were now on the "same page". In fact, they were both martyred in Rome around 62-64 AD. Paul was probably beheaded and did not fear death. He is quoted for saying, "I have fought the great fight, I have finished the race, I have kept the faith."

Peter who three times denied Jesus, was sentenced to be crucified by the Roman Emperor Nero. No longer afraid, he asked to be crucified upside down on the cross. He felt unworthy to be upright as was Jesus.

Saint Peter and Paul, pray for us. Pray for our stamina. Pray for our day to day example to others. Pray that we too can say, "We have fought the great fight, finished the race, and have kept the faith."



Graybeards Veterans Committee



The Graybeards have recently formed a Veterans Committee.

We would like to connect with Veterans in the Rockaway, Broad Channel and or Breezy Point areas to see if there is an interest in participating in organized activities that the Graybeards are looking to plan soon. The Veterans Committee hopes to identify as many Veterans as we can in our area.

Also, if you are a Veteran or know a Veteran in the area who wants to be involved with organized events or could possibly use the Graybeards help, please contact Travis or Dan for more information.

Thank You for your service and we look forward to hearing from you.

Travis Baretto 646-315-2828 Dan Leary 646-320-6900



Graybeards is registered as a 501(c)(3) non-profit organization
129-04 Newport Ave Rockaway, New York 11694



I don't know about you, but this month of June has been going by too quickly. Fourth of July is just around the corner! Amazing!!

As kids our days always started early — tea with heavily buttered burnt toast breakfast, swimming lessons on the Bay (sometimes at low tide — yuk!), CYO baseball games at the field, peanut butter and jelly "lunch on the run" then off to the Ocean for some bodysurfing and running bases — back to the Bungalow for dinner topping the day off with a visit to Hennys for ice cream and my favorite, and the dentists too, red licorice candy. If there was any money left in our pockets a movie at the Colony Theater, and remember if the movie was over at nine you better be home by twenty after — or else! The best part of that story is you could do it all over again day after day weather permitting and if not — Monopoly!

To keep the money rolling in weeding, painting, or sand moving jobs had to be landed often and if you did one person's yard one of their friends or relatives was sure soon to call — "Hot dog!" What a way to spend your Summer — sleeping, eating, playing, swimming, chasing your friends around with just enough work to keep the wheels greased! Just thinking about those Memories of fun filled "days of old at the Point" can cure all that ails me! How about you?

Uncle Bill
Roxbury

BREEZY FIRE LINES

By BIG JACK

FIRE SAFETY TIP NUMBER ONE

Summer residents, we missed you and hope that we all can have a happy and safe summer of 2025. Have National Grid restore your gas service. Change the batteries in your smoke and CO detectors and have frequent E.D.I.T.H. drills to re-familiarize yourselves with your summer homes.

If you encounter an emergency while in Breezy Point, immediately call the Cop's emergency number at 718-634-2727. Speak clearly advising the officer of the nature and exact location of the emergency, so that the officer can dispatch us and notify the City's emergency services. Please remember that one blast of the sirens is for an ambulance call. two blasts advise us that a serious auto accident has occurred, and three blasts advises us that there is a fire, gas, electrical, water, boat or structural emergency in our community. Please give responding volunteers the right of way and keep children away from the affected area, so that they don't get in the way and inadvertently impede our life saving work.

FIRE SAFETY TIP NUMBER TWO

Please remind your young people and guests to comply with the request of our Public Safety officers, so that we can all have a happy and safe Fourth of July holiday weekend. Breezy's unofficial Mayor Tom Nestor Jr. reminds us that we should refrain from using fireworks, as they are dangerous and illegal in NYC. The finest will have extra patrols and DWI checkpoints throughout our area, so a word to the wise is sufficient.

Lt. Mike Bellamy of the Tallahassee Fire Dept. reports that people, especially children are injured while using sparkles. Therefore, please be very careful while using sparklers and do not allow children to use them unless closely supervised by adults. Lt. Bellamy also advises us that pets are stressed out by fireworks casing them to run away and get lost. Therefore, you should keep them indoors on the Fourth.

WE MISS YOU WOLFMAN

Wednesday, July 2nd will be our brother Eddie Wolfe's tenth anniversary of suddenly entering eternal paradise. Eddie was a mentor to our younger members, a true brother to us all and an all around great guy who left us with a lot of happy memories. Upstairs, after teaching the angels the "Wolfe". Up in that backroom in the sky, Eddie is enjoying heaven with Kevin, Frankie, Marty, Mike, Phil, Sparkey, Barney, Henry, Uncle Marty along with all of our departed brothers.

PROGRESS

Work is progressing on the construction of our Firehouse's second floor and extension. We hope, that with the help of God that, before, too long, this major project will be completed. In the meantime, we thank the Point Breeze Association for allowing us to use the Point Breeze Clubhouse for departmental functions. And of course, we thank our good friends and neighbors for your patience and understanding, as the work progresses.

ANNUAL FIREMAN'S DANCE

Our Annual PBF D Summer Dance will be held on Saturday, July 26th in the Clubhouse Parking Lot. You can enjoy food, beer, wine, soda, water, set-ups while dancing the night away with that very special someone to the fantastic music of the Pour Boys for only a \$85 per person donation or a \$165, per couple donation. Call Sondra Whalen at 917-817-8671, Kelly Morgan at 646-764-6078 or Jim O'Meara at 516-383-4244 to make reservations for what will be the highlight of the summer of 2025, our Annual Fireman's Dance.

CONGRATULATIONS GRADUATES

We all congratulate Bill Benoit, Dan Hickey, Dan Johnson, Sean Kelly, Shamus Morgan and all of Breezy's graduates and wish them the best of luck in all of their future endeavors.

OFF TO A BAD START

The Johnny Cakes got their season off to a great start by defeating the Best in Breezy 6 to 2. At his postgame press conference held on the Sugar Bowl deck, Best in Breezy Manager Jim O'Meara stated that he was frustrated by the team's inability to drive in runs when they had twice loaded the bases. Jim has ordered extra team work outs this week in preparation of Sunday's 11AM match against the powerful Jamaica Walk team.



Vitamin D and Skin Cancer

We welcomed summer officially last week. This week we are experiencing record high/dangerous weather. I thought it be wise to share some information about the sun and skin cancer.

The misperception people have about vitamin D is that the best way to take it is in the form of a supplement. Vitamin D is a fat-soluble vitamin that

(Continued on Page 20)

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Christ Community Church

BIBLE VERSE OF THE WEEK

Psalm 119:97 — “Oh how I love Your Law! It is my meditation all the day.”

ADULT BIBLE STUDY

Tuesday, July 11 at 7:00 PM. Season 2 of the exciting, award-winning television series, “The Chosen”. Episode 7, “Reckoning”. Bible Readings: Matthew 4:12–17 and Mathew 6:5–15. All are welcome as we study the life of our Lord together.

Pastor Jack Kerner was our guest preacher. His sermon title was, “When We Endure Trials God is Able to Restore Our Joy in Him, When We have Faith in Him!” and his Scripture text was Psalm 23:1–3a — “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.”

Let God’s peace rule in your heart! Pastor Jack said that he loves the Psalms but especially loves this line from the much loved 23rd Psalm that states “He restoreth my soul.” Oh, what a wonderful balm for the anxious and weary Christian, to have their soul restored! Our souls continuously need restoration and that can only come from trusting in the One, True, and altogether Holy God. Only our Lord and Savior can restore our joy. How can you build your relationship with God so that you can enjoy His peace and comfort throughout your life, regardless of your circumstances? It first starts with the Word of God. We need our hearts and our wills realigned with God’s love and will. The

Bible teaches that the world, the flesh, and the devil does distract and distance us from God and when this happens we flounder in life, forfeiting God’s joy and peace. Next, we have the unspeakable privilege of conversing with the Almighty through the power of prayer. Prayer is difficult and challenging for almost all Christians. However, disciplining yourself to regular prayer is so worth the effort. This does not mean reciting rote prayers but, spending time with God in conversation. The Lord’s Prayer is a wonderful model guiding us to first glorify God and then to go to Him with our concerns. The acronym “ACTS” is also a wonderful tool, (Adoration, Confession, Thanksgiving, and Supplication). When in prayer, it is always wise to keep in mind Who we are speaking to, and who is doing the speaking! A third way to get or remain closer to God is to meet regularly with other Christians, sitting under the Word of God, at Sunday worship. These three: Bible, Prayer and Worship, along with the Sacraments, are known within the Church as the “means of grace” and are the divinely ordained practices by which God bestows forgiveness of sin, new birth in Christ, and salvation to His children.

Let’s look further into the Psalms. Psalm 1:2 states, “Blessed is the man whose delight is in the law of the Lord, and on his law he meditates day and night.” Is this your understanding of God’s Word and Law? Do you “delight”

in it and do you “meditate” on it in everything you do? Psalm 24:3–5 — “Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. He will receive blessing from the Lord and righteousness from the God of his salvation.” God expects us to grow and mature in Him. When will we learn that His ways are always the best way for us to go? Psalm 26:8 — “O Lord, I love the habitation of your house and the place where your glory dwells.” We are to love fellowship with God’s people in God’s house. What a privilege it is to freely worship that far too many people ignore or take for granted! Psalm 27:13–14 — “I believe that I shall look upon the goodness of the Lord in the land of the living!

Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!” Wait for the Lord. It is important that our faith be strong. And, in order for it to be strong, it must be exercised.

UPCOMING

PREACHING SCHEDULE

Sunday, June 29

Pastor Vince Laino

Communion Sunday, July 6

Rev. Ed Adkins

Sunday, July 13

Rev. Peter DeArruda

The Bible is read and preached at Christ Community Church each Sunday. Please consider visiting and worshipping with our Church family this coming Sunday at 10:00 AM.

God bless you!

The Roxbury Community Church, Inc.

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Thy word is a lamp unto my feet & a light unto my path!

Psalm 119: 105 – Come & find your path!

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Currently serving our country are:

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Craig Capobianco
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5PM - ST. THOMAS MORE

SUNDAY MASS:

8:00AM - ST. THOMAS MORE

9:15AM - ST. GENEVIEVE

10:30AM - ST. THOMAS MORE

11:45AM - ST. THOMAS MORE

7:00PM - ST. THOMAS MORE

For Information Call 718-634-6357
www.btparish.org



Obituaries



Barbara J. Duffy

Barbara J. Duffy, of Pompano Beach, Florida, passed away peacefully at home on Monday, June 10, 2025, at the age of 85.

Born in 1939 in Park Slope, Brooklyn, Barbara spent her early years in the city she always held close to her heart. It was in Brooklyn where she met the love of her life, her devoted husband James Duffy (predeceased), and together they built a warm and loving home for their growing family. In 1973, the family made a full-time move to Breezy Point, where Barbara created a beautiful life and lasting friendships before eventually relocating to Florida.



Throughout her years in New York, Barbara was deeply involved with the Neponsit Adult Day Health Care Center, both as a volunteer and employee. She was admired for her compassion, dedication, and the many friendships she cultivated through her work. Even after moving south, Barbara never missed a summer visit to Breezy Point, where she reunited with family, neighbors, and dear lifelong friends.

She especially treasured quiet afternoons on the deck at Jamaica Walk, where the familiar breeze and beloved community brought her joy and peace. A true lover of celebrations, Barbara was known for her unforgettable Halloween parties — complete with festive decorations, laughter, and costumes that delighted guests of all ages. She was also a faithful member of the Blessed Trinity Parish, where her church community played an important and meaningful role in her life.

Barbara is survived by her beloved children: James Duffy (Elizabeth) of Ridgefield, CT; Thomas Duffy (Nicole) of Brooklyn, NY; and Kevin Duffy (Mary) of Breezy Point, NY. She was predeceased by her dear son, Richard Duffy, and her brother, Anthony LaValle. She leaves behind her treasured grandchildren: Corinne and Louise; Elizabeth Ann and Richard; Max and Luke — each of whom brought light and laughter to her life. Barbara was also overjoyed to welcome her very first great-grandchild earlier this month, a blessing that filled her final days with happiness. She will be fondly remembered by many loving nieces, nephews, and friends.

A Memorial Mass celebrating Barbara’s life will be held on September 12th at 11:00 AM at Blessed Trinity Parish.

Margaret Eleanor Doran

April 8, 1928 — June 18, 2025

Margaret Eleanor Doran, 97, passed away peacefully on June 18, 2025, surrounded by the love of her family. Born and raised in Brooklyn, New York, Margaret was the cherished daughter of the late Matthew and Margaret Midlaw. She was preceded in death by her siblings John and Mary, and is survived by her brother James (Grace).

Margaret spent most of her life in Breezy Point, New York, before moving to Christian Health Care assisted living facility in her later years. She was predeceased by her husband, Frank. Margaret is survived by her loving daughters Judianne Ingrassia (Phil), Margaret Savage (Michael), and Patricia O’Meara (partner Thomas Berardo). She was a proud grandmother to Matthew Ingrassia (Beata), Marianne Schmidt (Dave), Michael Savage (Cate Shores), Daniel Savage (Jess), James O’Meara (Dasia Hale), and Thomas O’Meara; and great-grandmother to Luca and Matteo Ingrassia, Emersyn Schmidt, Josephine Savage, and Daniel Savage. Margaret was also a loving aunt to her nieces and nephews Kathleen Midlaw (Ed), Karen Sage (Ed), and Kenneth Midlaw (Bea), all of whom held a special place in her heart.



Margaret enjoyed a long and fulfilling career as an executive assistant at J.P. Morgan. Outside of work, her greatest joy was spending time with her family. She loved to dance, travel, and cook, and she created many treasured memories that will live on through her loved ones. A private service will be held at Vander Plaat Funeral Home in Wyckoff, NJ. Her gentle spirit and deep love for her family will be remembered always.



LOCAL TIDES

Day		High /Low	Tide Time	Height Feet	Sunrise Sunset	Moon Time	% Moon Visible
F	27	Low	4:10 AM	-0.4	5:27 AM	Rise 7:34 AM	2
	27	High	10:10 AM	5.1	8:31 PM	Set 10:44 PM	
	27	Low	4:07 PM	0.1			
	27	High	10:22 PM	6.1			
Sa	28	Low	4:56 AM	-0.3	5:27 AM	Rise 8:47 AM	6
	28	High	11:04 AM	5.0	8:31 PM	Set 11:13 PM	
	28	Low	4:55 PM	0.3			
	28	High	11:14 PM	5.8			
Su	29	Low	5:40 AM	-0.1	5:28 AM	Rise 9:57 AM	13
	29	High	11:57 AM	5.0	8:30 PM	Set 11:37 PM	
	29	Low	5:43 PM	0.6			
	29	High	12:04 AM	5.5	5:28 AM	Rise 11:02 AM	
M	30	Low	6:25 AM	0.2	8:30 PM	Set 11:57 PM	21
	30	High	12:48 PM	4.9			
	30	Low	6:33 PM	0.8			
	30	High	12:53 AM	5.0	5:29 AM	Rise 12:05 PM	
Tu	1	Low	7:10 AM	0.4	8:30 PM		30
	1	High	1:36 PM	4.9			
	1	Low	7:28 PM	1.2			
	1	High	12:53 AM	5.0	5:29 AM	Set 12:17 AM	
W	2	Low	1:39 AM	4.7	8:30 PM	Rise 1:06 PM	39
	2	High	7:57 AM	0.7			
	2	Low	2:22 PM	4.9			
	2	High	8:29 PM	1.3			
Th	3	Low	2:25 AM	4.5	5:30 AM	Set 12:36 AM	49
	3	High	8:46 AM	0.8	8:30 PM	Rise 2:06 PM	
	3	Low	3:08 PM	4.9			
	3	High	9:30 PM	1.3			

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Vitamin D and Skin Cancer

(Continued from Page 17)

is stored for long periods of time mainly in the liver and the fatty tissues. When someone is deprived of sunlight, more than 2 months must pass before half of the vitamin D is depleted from the fat stores. The sufficiency of vitamin D throughout the year depends on how much sunshine a person is exposed to on his or her summer vacation. The summertime synthesized D is released from body fat throughout the winter.

Vitamin D is known as the ‘sunshine vitamin’, because it is made by the action of sunlight on the skin. The plant-derived sterols found in our skin are converted by ultraviolet sunlight into vitamin D. It’s not even a vitamin. Vitamins are defined as an organic substance which must be obtained in small amounts from the diet for growth and health. It is a hormone that is made by our body. It has the rare property of being formed by ultraviolet light rather than an enzyme and should not be thought of as a nutrient. Approximately 90% of the vitamin D that we use is formed within the skin through the action of sunlight. Only 10% comes from diet and/or supplements.

Most of the benefits of sunlight, like vitamin D production, occur within the first 20 minutes of exposure. Even though applying sunscreen will increase the time requirement for exposure, it is almost never the cause of vitamin D deficiency. Living here in the northeast, exposing our face, arms, and hands of a light-skinned person to 5 minutes of sun at noon two or three times a week will cause the body to produce sufficient vitamin D to meet all its needs. This time limit is skin-pigment-dependent. People with darker skin may need more sunlight exposure. During the wintertime, we can rely on our fat stores for our vitamin D. People who

already have sun damaged areas of skin should keep those surfaces protected. It is recommended to expose only undamaged areas to collect the benefits of sunshine.

Like proper food, sunshine is essential for life. People have been warned to stay out of the sun and wear protective clothing and use sunscreens to reduce premature aging of the skin and prevent skin cancers. There is no question that overexposure should be avoided, however, I think we may have gone to the extreme when it comes to the sun avoidance. It seems that those people living closer to the equator who are exposed to more sunlight also eat more plant foods, and those of us living at higher latitudes eat more meat and dairy products. The benefits of sunlight overlap with those of diet and exercise. Unless you go to a gym, it has been shown that more sunshine and exercise with a plant-based diet is extremely beneficial.

I know skin cancer is a concern for many of us, including myself. Most of us baby boomers didn’t have or use any form of sunscreen. Skin cancer is the number 1 cause of cancer to date here in the United States. The need for sun precautions these days is because populations have migrated from their natural environments. The epidemic of obesity in people of all skin tones has added to the problem because vitamin D is fat-soluble, and excess body fat will pull vitamin D out of circulation which may contribute to the deficiency. Studies that have been done show that eating too much animal fats in our diet may have contributed to the likelihood of being diagnosed with skin cancer. In a randomized control trial, lowering the skin cancer rate was attributed to eating a low-fat diet.

Yours in health,
Sheila



Best In Breezy Softball



Summer often sneaks up on you. One day you’re shoveling snow and the next thing you know it’s Memorial Day weekend. Still, no one seemed prepared for the first week of the Walk League season, particularly on a morning that saw a torrential downpour just as the early games kicked off. Yet, the calls of the three C’s — camaraderie, competition, and Coors Light — drew the 2024 Walk League runners up Point Breeze Fire Department to the big boy field for a tilt with the always dangerous Johnny Cakes.

There were rumors that the Head Cake, Eddie Corral, was not too keen on playing in the mud. The PBFD should’ve heeded his advice, as they were downed 6-2, starting the year 0-1 for the second consecutive season.

The bitter disappointment of losing, coupled with mud streaming out of all my pores, led me to not make note of the scorecard. (Sorry, Walter.) But let’s be honest, there wasn’t much to report on, anyway.

Instead, we’ll focus on the positives that came out of a rain soaked Sunday at the park: No one got hurt. That’s it. That’s all I got.

It’s times like these I’m reminded of the words of the late, great Judge Elihu Smails, who said:

It’s easy to grin,
when your ship comes in,
and you’ve got the stock market beat.
But the man worthwhile,
is the man who can smile,
when his shorts are too tight in the seat.

We are certainly worthwhile men because our shorts were way too tight in the seat on Sunday, but we still found a way to smile... sometime on Monday. Better days are ahead, though, hopefully beginning this Sunday, when the PBFD takes on the Jamaica in the late game.

Special thanks to editor and raconteur Mike Schramm for finding time to pack the cooler, cover major Breezy news, and still find the time to hurl a few insults at the team for their lackluster play.

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COMMUNITY
CALENDAR

JUNE

27

BPC Presents "Let's Sing Taylor", Taylor Swift Cover Band 7:30PM

27

RPFD Golf Outing at Marine Park Golf Course

29

American Legion Post 1847 Awards Breakfast at Catholic Club

29

BPC & Sunrise Theater Company Present "Bandstand" at the Colony Theater

30

Breezy Hoops Coaches Meeting 7PM

JULY

2

Breezy Hoops Season Begins

3

BPC Presents "American Girl" Tribute Band of Tom Petty at the Colony Theater 8PM

4

Independence Day

4

American Legion Reading of the Declaration of Independence 10AM Breezy Ball-field

4

Knights of Columbus 5th Annual Patriot Parade 11:30AM Olive Walk & Promenade

5

BPC Firework Display on the Bayside

6

2nd Annual Huggin' Duggan Volleyball Classic at the Sugar Bowl

7

American Legion Post 1847 Meeting at Catholic Club 6:00PM

9

Rockaway Point Association Ocean Races — 4:00 PM on Ocean Avenue ocean-front

10-13

Annual Hope For Warriors Weekend

11

BPC & Rockaway Warrior Weekend Family Day at the ballfield with Gary Sinse and the Lt. Dan Band

14

Rockaway Point Association Meeting 7:30 PM RP/BP Catholic Club

14

Point Breeze Association Meeting, 7:30PM, Point Breeze Clubhouse

16

Breezy Point Civil War Club Meeting at Activity Center 7PM topic "The Guns of the Army of the Grand Potomac" Tim Sullivan

16

Breezy Point Historical Society Presentation by A.J. Smith Breezy Point "Bars" and Their History Point Breeze Clubhouse 7PM

17

Ridgewood Bank Summer Concert featuring Head Over Heels at the Breezy Ball Field 7:30PM

17

5th Annual Frances Pope Foundation Beach Ball at the Rockaway Hotel 6PM

19

George Timmins Memorial Sugar Bowl Run 10AM

19

BPC Radio Bingo at the Colony Theater 8PM

19

The Century Club Dinner-Dance at The RP/BP Catholic Club 6 – 10 PM

25

Blessed Trinity CYO Golf Outing

26

PBFD Summer Dance

28

Rockaway Point Association Meeting 7:30 PM RP/BP Catholic Club

28

Point Breeze Association Meeting, 7:30PM, Point Breeze Clubhouse

31

Rockaway Point Association Bay Races — 4:00 PM on the bayside at Liberty Lane

31

Ridgewood Bank Summer Concert featuring Frank Marra and His Band at the Roxbury Ball Field 7:30PM

AUGUST

5

Breezy Point Cooperative Annual Meeting at Breezy Point Ball Field 7PM

7

Ridgewood Bank Summer Concert featuring The Canny Brothers at the Breezy Ball Field 7:30PM

11-15

Breezy Point Cooperative Teen Show at the Colony Theater

11

Rockaway Point Association Meeting 7:30 PM RP/BP Catholic Club

11

Point Breeze Association Meeting, 7:30PM, Point Breeze Clubhouse

15

Surf Camp Reunion And Get The Cure at Beach 219th Street 10AM

21

Ridgewood Bank Summer Concert featuring Blackstone at the Roxbury Ball Field 7:30PM

22

BPC Presents JD Leonard Decades of Country 8PM

25

Rockaway Point Association Meeting 7:30 PM RP/BP Catholic Club

25

Point Breeze Association Meeting, 7:30PM Point Breeze Clubhouse

Don't see your event or happening listed here, please just email us at editor@rpnewsonline.com for consideration to have it added to the calendar.

The Peoples' Association of Roxbury

42 State Road Roxbury • Rockaway Point, NY 11697

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The Spider-Man Rockaway Connection



By Tom Tormey Jr.

It's not unusual for the fictional word of Marvel Comics to use real world locations for the setting of their stories. You can visit Dr. Strange's Sanctum Sanctorum (177A Bleeker Street) or the Avengers Mansion (890 Fifth Avenue) with your Metrocard. Mapping out the real-life locations of Marvels fictional heroes makes for a heck of a walking tour.

Rockaway, being the famous beach destination that it is, pops up time and time again in the books. Captain America and Bucky spent all their money



as teens there and had to hitchhike home. These locations are now famous amongst comic book fans. However, not all locations are so well received.

Take the Spider-Man villain Mindworm for example. The Mindworm aka William Turner lived in Rockaway. Artist Ross Andru included a house he saw in Rockaway as the Mindworm's base of operations in 1974's Amazing Spider-Man #138 address and all. Needless to say, the owners were seeing red (and not from Spider-Man's costume) when people started showing up at their home looking for the Spidey villain. In an attempt to avoid a lawsuit, an apology was printed in Amazing Spider-Man #139 and all further prints of the prior issue had the address removed. If you plan on strolling through Rockaway looking for the Mindworm's hideout, don't bother. Reportedly the house is long gone. You can however visit 20 Ingram Street in Forest Hills, Queens. That's where the Parker family lives in the comics. It went for sale two years ago. The owner's last name — Parker!



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Stolen Silver 6:30PM, LTDB 7:30PM Start

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