



# The Pound 'n Pint

June 2025

Newsletter of the Colonial Navy of Massachusetts



## Commodore's Log

Welcome to the 2025 Parade and Event Season! We have hit the ground running and are looking forward to a busy and rewarding year. I want to thank everyone who participated in the planning and execution of the Change of Command ceremony aboard the USS Constitution on April 26. The success of the event is directly attributed to the help and support of the Staff and members of the Fleet, as well as some generous donations to cover some of the expenses to make it a unique and fun experience. I was truly humbled by the enthusiastic involvement of my special guests, Vicki Miorelli, Theo Aschman, Phil Rowell, and other members of the Pawtuxet Rangers.

The musicians from the Pawtuxet Rangers were especially excited to take part and join the musicians of the Colonial Navy in advancing across the pier to the ship and then jamming with the group at the reception. I have to say, everyone looked fantastic and the images of the groups on the ship representing four different historical military units, in full uniform, is something I will never forget.

As we move forward as a group, I look forward to participating in as many events as we can this year and taking every opportunity to be visible and generate interest in what we do. We are fortunate to have the expertise of many of our long-time members who bring with them the history of the Colonial Navy, demonstration of continuing support to the group, and are recognized as the leaders who have brought us successfully through the past 58 years. I am hopeful that we will continue for many more years representing the rich legacy of patriotism, community involvement, and engagement that is the Colonial Navy.

Pam Burlingame  
Commodore

## United States Navy Customs and Courtesies (Saluting)

"Prior to the Revolutionary War, it was a long-established courtesy for a subordinate to remove his headgear when in the presence of superiors. With the advent of more cumbersome headgear in the 18th and more so 19th century (especially below decks) the act of removing one's hat in salute was replaced with a simpler gesture of raising one's arm and grasping or touching the visor. A 1745 British order book stated, "The men are ordered not to pull off their hats when they pass an officer, ... but only to clap up their hands to their hats and bow as they pass." Over time, the raising of one's hand in salute, without bowing at one's waist, resembled the modern hand salutes."

The change was gradual and depended on the wishes of various Commanding Officers. For example, in June of 1781, Major General Parsons issued orders to his regiments of the Connecticut Line at West Point, titled 'Directions for Saluting.' The general salute details the presentation of arms and the removal of one's hat. Nowhere does it indicate an arm is raised with hand touching the forehead, brow, or rim of a hat as is common in modern salutes.

To further complicate matters, during the Napoleonic War and the War of 1812, and the introduction of the for-and-aft hat to replace the tri-corner hat among Naval Officers, the custom of removing one's hat as a form of saluting returned.

*From Revolutionary War Journal.com/military salute in the American Revolutionary War #more-5338*

### 1. Hand Salutes

For consistency, all Colonial Navy (CNM) seamen should not remove their hats when saluting but follow the hand salute common in the United States armed forces today.

### 2. Salutes in Formation

Individuals in formation do not salute or return salutes except at the command (FLEET) Present Arms.



The individual in charge salutes and acknowledges salutes for the entire formation. Commanders of organizations or detachments that are not a part of a larger formation salute officers of higher grade by bringing the organization or detachment to attention before saluting.

These instructions do not apply to Colors or Marines and Seamen under arms (musket, pike, or cutlass). They receive separate orders from the Color Guard Captain or other officer in charge. (Color Guard Present Arms, etc.)

### **3. Protocol when not in formation.**

On the approach of an officer, ... A unit resting (for example) alongside a road does not come to attention upon the approach of an officer; however, if the officer addresses an individual (or group), the individual (or group) comes to attention ..., at which time the individual (or group) salutes the officer.



### **4. Protocol when outdoors and not in formation.**

Whenever and wherever the United States National Anthem, "To the Color," "Reveille," or "Hail to the Chief" is played, at the first note, all personnel in uniform and not in formation face the flag (or the music, if the flag is not in view), stand at Attention, and render the prescribed hand Salute.

The position of Salute is held until the last note of the music is sounded. As of the Change to Basic Military Requirement of all branches (BMR) DOD, 2018, Military personnel and Veterans not in uniform have the option of rendering a hand salute (with or without a hat) or will stand at Attention (remove headdress, if any, with the right hand), and place the right hand over the heart. Vehicles in motion are brought to a halt, and the individual in charge of each vehicle dismounts and renders the Hand Salute.

### **5. Protocol when indoors.**

When the National Anthem is played indoors, officers and enlisted personnel stand at Attention and face the music, or the flag if one is present.

### **6. Uncovering.**

**Outdoors:** When outdoors, military headdress is never removed or raised as a form of salute. Officers and enlisted men under arms outdoors uncover only when:

- Seated as a member of (or in attendance on) a court or board.
- Entering places of divine worship.
- In attendance at an official reception.

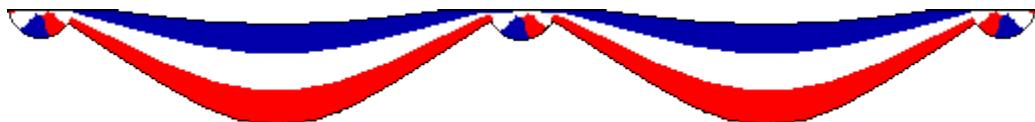
The exception to the above would be for CNM "hats off" for 3 Huzzahs, or if ordered by the Commanding Officer.

**Indoors:** Personnel are to remove their headdress indoors.

Historically, hats were status symbols and removing them demonstrated respect and deference to superiors or those in authority. This tradition carried over into the military, where removing a hat indoors was a sign of respect for superiors, the ship, or the situation. In naval environments, hats could be cumbersome, especially indoors (or below decks). Removing them allowed for better hand movements and a more professional appearance, especially during the performance of their duties. The primary reason for not saluting below decks (or indoors) is the practice of not saluting when uncovered (without a hat), which is a longstanding Navy custom.

Respectfully Submitted,

Dave Kiley



## Pound and Pint-ers

Ever wonder about the meaning of Pound 'n Pint? According to *Traditions of the Navy* by Cedric Windas (edited by LTCD Arnold Lott in 1978) *Pound and pint-ers* was a slang term for British ships when poor feeding aboard them caused Parliament to pass a law making compulsory that every seaman be given one pound of food and one pint of tea or coffee at every meal. The tea or coffee ration mentioned sounded a little suspicious to me, so I decided to do a little digging.



According to an article titled *Naval Rations Part I* on the website [Naval Gazing](#), the foundation of the naval diet during the days of the “old” navy was the ship’s biscuit, also known as hardtack, created from flour, water, and a little bit of salt. It was cheap to procure, as unlike the soft breads of the day it didn’t require experienced bakers, and could be baked in large batches. It would keep for years, particularly if kept dry, and was hard enough that sailors would either soak pieces in some liquid or suck on them over the long term to make them soft enough to eat. Eventually, the biscuit would acquire weevils, and sailors

habitually tapped pieces before eating them to drive the weevils out. The standard issue was a pound of biscuit a day.

To go with the biscuit, sailors in the royal Navy were issued other food on a standard weekly rotation. On Sunday and Thursday, this was a pound of salt pork and a half-pint of dried peas. Monday was a pint of oatmeal, two ounces of butter, and four of cheese. This was also served on Wednesday and Friday, along with a half-pint of peas. Finally, Tuesday and Saturday usually meant 2 pounds of salt beef.

Conventionally, this was washed down with a daily gallon of beer. The total came to approximately 5,000 calories a day, an incredible amount to modern eyes but quite appropriate for sailors at the time. Of course, it wasn't always possible to source this exact menu, and an elaborate table of substitutions was prepared. Some of the beef was usually replaced with suet and flour for pudding, while biscuit could be replaced by rice. Rice could also replace cheese, as could sugar, oil, cocoa, or tea.

Of course, all of this ignores what the sailors themselves considered the most important part of their diet, the alcohol ration. This was famously rum, also known as grog, but that isn't quite true. The official ration was actually for a gallon of beer per man per day, and this was indeed issued in home waters. The problem was that the beer of the day didn't last all that well, particularly when stuck in a barrel in the hold of a ship at sea. So ships on overseas stations would procure alcohol locally. In the Mediterranean, where the Royal Navy spent most of its time, the obvious choice was wine, of whatever color happened to be available. For longer deployments or in cases where supplies had to be sourced from far away, spirits were used instead. This could be brandy (in the Med), arrack (in the East Indies) or rum (in the West Indies). Later on, the West Indian merchants lobbied the Navy, and rum became the standard spirit everywhere.

Grog was diluted rum. Until 1740, spirits were served neat, but Edward Vernon, known as "Old Grog" from his habit of wearing a grosgrain cloak, ordered that the half-pint ration be mixed with a quart of water, which he believed would improve the men's health. If nothing else, it made it much harder for the men to hoard their ration and drink several days at once. Sailors who were too young or didn't drink would receive extra pay instead. The practice of issuing rum to the Royal Navy's sailors continued all the way to 1970, while New Zealand's navy didn't abolish it until 1990.



## Essex Burning of the Ships Commemoration

The Burning of the Ships in Essex, Connecticut, was a devastating event that occurred during the War of 1812, where British forces burned American ships and supplies in the village of Essex on April 8, 1814. This event, which resulted in the largest single maritime loss of the war, is commemorated annually in Essex.

On May 10, 2025, the CNM participated in the annual commemoration of the Burning of the Ships in Essex. The weather for the parade was beautiful, and the host of the event, the Sailing Masters of 1812, provided plenty of food for attendees after the event. CNM had a good turnout for the parade, and many members participated in a nearby jam session after the meal was finished.

CNM even received front-page media coverage in the *Valley Courier* newspaper with our own photogenic Vice Commodore, Bob Miorelli, prominently shown in the photograph.



**VALLEY COURIER**

By Christian Maldonado  
Staff Writer

The Region 4 Board of Education's \$24.5 million budget for the 2025-26 school year was narrowly approved in a May 6 referendum, despite voter turnout of less than 5% and "no" votes outnumbering "yes" votes in two of the district's three towns. With only 620 voters casting ballots, the

\$24,476,619 budget passed by a slim margin. Chester residents voted the proposal down by a single vote, with 113 in favor and 114 opposed. Deep River also rejected the budget, with 146 no votes to 113 yes votes. In Essex, however, the budget passed overwhelmingly, with 109 voting in favor and just 25 opposed. Because Region 4 budgets are decided by aggregate vote totals across the three towns,

the budget was approved with 335 yes votes to 285 no votes.

According to voter registration data from the 2024 presidential election, 12,849 residents are registered to vote across Chester, Deep River, and Essex. This puts turnout at just 4.83%.

**See Region 4 page 8**

May 15, 2025  
Chester, Deep River, &  
Essex  
Vol. XXV Iss. 20

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Your Neighbors. Your News.

### Region 4 BOE Budget Passes Despite Low Turnout, Split Vote



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Photo by Laura Matesky/  
Valley Courier

### History on Parade

Members of fife and drum corps and maritime groups parade down Main Street in Essex on May 10 for the annual Burning of the Ships Day. The event commemorates the April 8, 1814, British raid on Essex—then known as Pettipaug—during the War of 1812, when 27 American ships were set ablaze by Royal Marines.



*Conor, Sue, Jeff, and Laura waiting for CNM's turn to perform in Essex*



*The Crew*



*Captain Kiley keeping a weather eye on the crew*



*Pam-Sue-Lee may sound like a food order from your favorite restaurant, but it's actually fifer Lee, snare drummer Sue, and fifer/Commodore Pam*



*Snare drummer Jeff Dione making his first appearance with CNM at Essex. Welcome Jeff!*



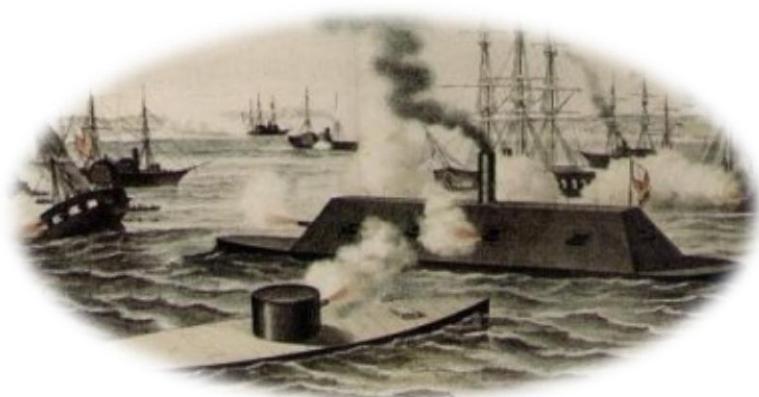
*The after-parade jam in Essex*

## Fall River Tribute to Soldiers and Sailors of the Civil War

On May 16, 2025 Commodore Pam Burlingame (dressed in a Civil War uniform), and Conor and Kieran Murray performed at a memorial service for the Fall River soldiers and sailors who were killed in the Civil War. The trio did a great job representing the CNM at this commemoration.



*Commodore Pam Burlingame on the fife, Kieran Murray on snare drum and Conor Murray on bass drum*





## Somerset Memorial Day Parade

CNM had a beautiful day for marching in this year's Somerset Memorial Day Parade. The Fleet led the parade as the first musical group and looked sharp with the flags of our Color Guard flying, and the muskets of our Marines firing exactly on cue to start our fife & drum tunes. After the parade, the Fleet met at the home of Captain Dave Kiley for refreshments and jollification. Thanks, Dave and Emily, for the feast and the hospitality.



*Captain Dave Kiley and the Color Guard*



*Tom Murray of the CNM John Paul Jones Marines*



*Vice Commodore Bob Miorelli in the Somerset parade*



*Captain Bob Gregory leading the drum line in the Somerset parade*

## The Battle of Fall River

The Battle of Fall River parade, performance, and reenactment was held on May 31, 2025.



*The Murray's at the Battle of Fall River performance. Tom, with sons Kieran and Conor, are joined by grandsons, Lochlann (l) and Ruari (r) carrying Betsy Ross flags following the CNM in the parade around HSP*



*CNM taking the field led by Captain Dave Kiley*



*Marine Tom Murray firing a round and getting a nice flash for the crowd*



*CNM getting ready to perform at the Battle of Fall River*

## Captain Pitcher Honored by CNM

“Jonatan Pitcher has the distinction of being one of the first 17 commissioned officers in the U.S. Navy alongside John Paul Jones, making him one of the founding fathers of the Navy. He captained the sloop ship *Providence*, which he would use to wage skirmish battles against full-sized British battleships – and with much success, considering he lived until he was 92.” (Johston Surise, 5/1/2019)

Buried in an inconspicuous historical cemetery in Cranston, RI, along with other prominent Revolutionary War veterans, the site was restored several years ago, with repairs made to many of the deteriorating stones.

With this recent visit, there is hope that these patriots are not forgotten. As we celebrated our 250<sup>th</sup> year of the freedoms that they were instrumental in providing, let us remember the courage and sacrifice of our forefathers and their enduring legacy of independence.



*Sue Glidden, Commodore Burlingame, and Captain Greogory pay their respects to Captain Pitcher on behalf of CNM*



*Captain Pitcher's gravestone*

## Gaspee Day Parade

The rain held off for the most part for the annual Gaspee Day parade held on June 14, 2025. The parade (and weekend-long activities) commemorates the events of June of 1772 when brave colonists from Rhode Island burned the British revenue schooner, HMS Gaspee, during what has become recognized as the first bloodshed of the American Revolution.

The Fleet had a good turnout for the parade and sounded great!



*CNM getting ready at the start of the Gaspee Day parade*



*Flags flying, fifes & drums playing (and sounding great), led by Captain Kiley*



*Relaxing before the start of the parade*



*Commodore Pam Burlingame) represented the CNM at the Pawtuxet Rangers change of command ceremony. The Commodore is a “qualified cannoneer” and is also a member of the Pawtuxet Rangers Artillery crew*





## The Pound 'n Pint Publication Dates and Article Submissions

Editor: Ron Glidden [capefifer@gmail.com](mailto:capefifer@gmail.com)

**The Pound 'n Pint** will be published at least quarterly, or more frequently when additional communication to the Fleet is needed or when directed by the Commodore. Anticipated publication months are December, March, June, and September. The Editor will email a “Call for articles” to Fleet Officers approximately 14 days prior to publication. However, any member who would like to submit an article may do so at any time by contacting the Editor at [capefifer@gmail.com](mailto:capefifer@gmail.com).

## CNM Remaining Event Schedule for 2025

- 06/28/25 Colonial Parade - Newburyport, MA
- 07/04/25 Independence Day - Martha's Vineyard, MA
- 07/08/25 Monthly Fleet Meeting (Tuesday) - The Narrows, Fall River, MA
- 07/19/25 Deep River Muster - Deep River, CT
- 08/03/25 Feast of the Blessed Sacrament - New Bedford, MA
- 08/12/25 Monthly Fleet Meeting - The Narrows, Fall River, MA
- 08/23/25 Westbrook Muster - Westbrook, CT
- 09/09/25 Monthly Fleet Meeting - The Narrows, Fall River, MA
- 09/27/25 Sudbury Muster - Sudbury, MA
- 10/12/25 Columbus Day - Providence, RI
- 10/14/25 Monthly Fleet Meeting - The Narrows, Fall River, MA
- 10/18/25 Sarah Bradlee Fulton Day - Medford, MA
- 11/11/25 Veterans Day Parade - Fall River, MA
- 11/11/25 Bicentennial Park Ceremony - Fall River, MA
- 11/18/25 Monthly Fleet Meeting - The Narrows, Fall River, MA
- 12/06/25 Holiday Parade - Fall River, MA
- 12/06/25 Holiday Dinner
- 12/09/25 Annual Meeting - The Narrows, Fall River
- 12/13/25 Wreaths Across America - Somerset, MA



## Elected Staff 2025-2026

Commodore: Pamela Burlingame

Vice Commodore: Bob Miorelli

Chief of Staff: Bill Cary

Prizemaster: Tom Murray

Clerk: Bob Gregory

## Staff Appointments 2025-2026

Fife Master: Captain Bill Hart

Drum Master: Captain Bob Gregory

Marine Captain: Captain Mike Godek

Color Guard Captain: Captain Bob DelaFuente

Signal: Captain Dave Kiley

Binnacle: Commodore Pamela Burlingame

Stores: Conor Murray

Grog: Laura Hadley

Pound 'n Pint: Ron Glidden

## Fleet Contact Information

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