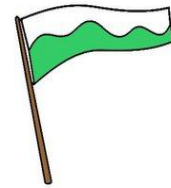




From The Masthead

South Bay Cruising Club



February 2013
Volume 63 - No. 1

2013 Rules and Tactics Seminar with Dave Dellenbaugh
Sunday, March 24, Sayville YC—8AM-2:30PM
Go to Page 6 for more information

Hello All,

As I type this it's about 17 degrees out with a "sporty" 22-26 knots out of the NNW--weather that is fit for penguins and polar bears only.

Only 147 days to summer, hang in there!

I am pleased to announce the 2012 Race Awards as follows:

Tuesday, March 12, 2013 at Farrell's

263 Higbie Lane, West Islip, NY

(formerly Mustang Sally's) 6:30PM

\$15 Per Person Buffet. Cash Bar.

Please don't make me chase you for the \$15!

We will of course have awards and some video presentations of the 2012 year.

I know 2012 didn't end the way of us hoped due to Sandy but let's get together and celebrate 2012 as we look forward to a great 2013 season.

These awards are of course open to everyone, please be sure to invite your many crews, random crew and usual suspects, etc.

Please let me know if you have any questions. Thank you!

Kevin
SBCC Regatta



As I write this, there are 46 days until the Town of Islip will let us into our slip for the season. We try to launch as close to that date as possible, and in fact, there is a friendly competition on our river amongst a few Club boats to see who the first one will be. There are so many advantages to getting in early, the biggest one being it shortcuts the procrastination of spring commissioning, because it's never warm enough to really get out there and get it all done.

Be sure to keep an SBCC membership application with you when you go to the boatyard to do your own spring commissioning, and invite your boatyard neighbors to join the Club!

I would like to thank June Tedesco for taking over the Masthead, and next time you see her you can thank her too! Our monthly newsletter is a great way to share information and communicate with the membership. It's an important job and I know many of you look forward to each issue to see what is happening with the South Bay Cruising Club and the Great South Bay.

It's time to start thinking about summer cruising, planning for vacation time from work, digging out the charts, cruising guides, race rules and lining up racing crew.

Our Program Committee has got a terrific schedule of educational and fun events scheduled, including a Rules and Tactics Seminar with Dave Dellenbaugh on Sunday, March 24; Diesel Engine Theory & Hands-On with Jeff Mattera; Sailing 101 for Women Classroom and Hands-On with Della Bucher; Smart Phone Apps with Rich Troy - and this is only the spring Programs!

Our Trophy Committee has been working with both Fleet and Regatta Captains to recognize both winners and participators in our Cruise and Racing programs.

Unfortunately, there are still quite a few of our members who don't have spring commissioning on their minds. Some people are still recovering from the after effects of superstorm Sandy. I have been heartened to hear stories of members helping members during this trying time, between helping with boats, housing, clean up and repairs, SBCC members have shown time and again how important we are to each other.

Some of our sister sailing and yacht clubs have also suffered as a result of that October superstorm and the parade of nor'easters that followed through the rest of 2012. As the winter winds down and we begin to see fair weather days, particularly on the weekends, they will be scheduling workdays for their respective memberships to help put their respective buildings and grounds back in order.

We've extended the offer of our membership's hands and moral support. If you'd like to help with this, please keep your eye out for email and Facebook notices of workdays at some of these clubs who have been so generous to the SBCC over the years.

I'm looking forward to seeing you all out on the bay, some of you sooner rather than later, and I'm mostly looking forward to continuing to further the mission of our club, which is to promote cruising and racing on the Great South Bay!

THE HOLIDAYS ARE OVER
THE NEW YEAR IS NOW HERE
AND SO WE'D LIKE TO WISH YOU ALL
NOTHING BUT GOOD CHEER

BUT NOW IT'S TIME TO PAY YOUR DUES
AND MAIL TO US YOUR CHECK
DO IT NOW, AND DO IT QUICK
THIS WAY YOU DON'T FORGET

OUR CLUB RUNS ALL YEAR LONG YOU KNOW
NOT JUST SPRING, SUMMER AND FALL
WE'VE ALREADY HAD A NEW YEAR'S RACE
AND FUTURE SEMINARS FOR ALL

FILL OUT YOUR FORM AND SEND A CHECK
THIS YEAR WE'LL HAVE A BALL
WE WISH YOU ALL SMOOTH SAILING
AND WE'D LIKE TO THANK YOU ALL!!!

THANKS TO ALL OF YOU WHO HAVE PAID ALREADY!!!
DJ & JOE GRECO
MEMBERSHIP COMMITTEE



WELCOME

New Members

Brad and Victoria Baldwin

323 Hyman Avenue, West Islip, NY 11795

631-252 7999 vbbaldwin@verizon.net

Brad & Victoria sail MAGIC, sail #3123, a Catalina 25 out of Bay Shore.

New Associate

Charles (Chuck) Schnepf

15 Orowoc Drive, Islip, NY 11751

631-581-7075 cschnepf@cfolegal.com.

SBCC 2013 New Year's Day Brooks Memorial Race

Class	Pos	Ord	Sail#	Boat	Skipper	HCP	Start	Finish	Elapsed	Cor.	Delta
non-spin	1	1	51841	Full Circle	H. Manko	132	12:07:43	12:59:59	00:52:16	00:41:16	00:00:00
non-spin	2	2	1227	Kickin' Back	M. O'Connell	152	12:07:43	13:02:17	00:54:34	00:41:54	00:00:38



2013 Rules and Tactics Seminar with Dave Dellenbaugh
Sunday, March 24, Sayville YC- 8AM-2:30PM.

We are pleased to announce that the SBCC will be hosting a Rules and Tactics Seminar at Sayville YC on Sunday, March 24. This seminar will be part of North Sails "North U." series which are done around the country. Our seminar will feature Dave Dellenbaugh, publisher "Speed and Smarts" and former Chairman of the US Sailing Rules Committee. Dave is well known for his many roles (tactician, helmsman) in the America's Cup from 1986-2007. Dave has many world and national championship titles (too many to list here) and has been an Olympic Coach for 2010-2012, coaching Anna Tunnicliffe, Molly Vandemoer, and local sailor Debbie Capozzi (Sayville YC) in the 2012 Olympics.



The North U. Seminar series (www.northu.com) is aimed at helping sailors improve their sailing and learn more about the rules. 2013 brings us a new US Sailing rule book (2013-2016 edition) and this seminar will get you up to speed for the upcoming season. Don't get caught in a rules situation or the protest room with the old rules in your head!

We hope that you will join us. Doors open at 8AM and the seminar will run from 8:30-2:30. The seminar pricing follows, please note the pricing includes the North U. Rules and Tactics Workbook for the class, which is about \$25 by itself. Please also note that this seminar is usually \$95 for a full day with Dave Dellenbaugh. So this is a great price for a great speaker and great course materials. It isn't often that we get someone like Dave to come around our way.

\$50 for US Sailing Members

\$70 for Non US Sailing Members

(You will get US Sailing Membership for one year with this price)

\$30 for Junior Sailors (under 18)

There is an option for lunch for \$10 additional.

We have arranged for North U. to handle registration and payment to help you along. Please use the below link to register and please do not hesitate to contact me with any questions. We have a limited class size so I would encourage early registration.

<http://www.northu.northsails.com/Seminars/NorthUSchedule/tabid/1461/language/en-US/Default.aspx?modid=75490&func=view&eid=47>

Thanks very much, hope to see you there.

Kevin Regan
SBCC Regatta
631-521-1290

Bob Forman
SBCC Programs
rsformanjr@aol.com

Drop me a quick note if you are attending that would be great, thanks- Kevin Regan

Dreams

Hold fast to your dreams, for if dreams die, life is like a broken-winged bird that cannot fly.

Hold fast to dreams, for when dreams go, life is a barren field, frozen with snow. We thank you, God for the reminder that our dreams are important to you. As we rush about, working, shopping, baking, etc. let us remain thankful for what we can do, not lament what we cannot.

Fleet Chaplain

~~~~~  
A request from the SBCC Technology Committee

There are two major wish list items that I'd like to accomplish for the SBCC website this year, but I'm going to need some help to be able accomplish these:

1. Convert the website to being based on WordPress, so we can enable 'blog' (commenting) functions with controls and limitations. This will also give us the ability to have multiple display templates, like one display optimized for small smart phone displays, another template optimized for iPad/tablets, etc.
2. Add a function to the main page that shows the next few calendar entries based on the current date. So if a person went to the web page on March 1st, a script (php?) would look through the list of SBCC events for the next few events and display them on the page.

If anyone is interested in helping with these technical challenges, please contact Rich Troy at his home phone 516-935-5367.

## ISLIP PUMPOUT BOAT WILL NOT OPERATE THIS YEAR

~~~~~  
Bad news! After years of working to get the town to purchase and operate the boat and seeing an increasing awareness of all boaters of the importance of keeping the bay clean, Islip has cut all funding for the boat's operation (along with other cutbacks). Fortunately, Brookhaven has not followed suit and both of their boats will be operating. While various proposals have been made by club members on how to deal with this, no decisions have been made, yet.

I urge all club members to join a yahoo group which some of us formed years ago.

<http://groups.yahoo.com/group/Pumpoutfacilitystatus/> While this is not an official SBCC group, it can be used by all interested people so we can keep each other notified of land based stations which are not functional and of depth or navigational problems in reaching them. I will monitor East Islip and can provide waypoints from east and west.

--Joel Becker



South Bay Gourmet --Flori Grottoli

Re-discovering my roots...vegetable roots that is!

The most humble of our food sources, root vegetables have historically been considered the main staples of the poor because they are inexpensive and available all year round. But for more reasons than these, root vegetables should be become an integral part of our daily menus.

Root vegetables grow underneath the ground where they are able to absorb high amounts of minerals and other nutrients from the soil, and they are also able to absorb important nutrients from the sun through their leaves. Generally, root vegetables are low in fat and calories, high in protein, vitamin C, beta-carotene, and contain essential minerals such as potassium, phosphorous, magnesium and small amounts of iron. What does all this mean? It means that they will not only improve your physical well-being by removing harmful free radicals from the body, thus cleaning the blood, preventing high blood pressure, heart disease and stroke, but the high content of antioxidants helps to improve your mental health as well. You may never look at a beet or turnip in the same way again!

Typical examples of root vegetables are carrots, onions, potatoes, yams, parsnips, turnips, beets, celery root, rutabaga and radishes. Although the most typical way of preparing these roots is with butter, I prefer simpler, less dressed recipes. Each root vegetable bursts with its own, unique flavor that is enhanced best when tossed with another root vegetable! Here are some of my favorites....enjoy!

Start by scrubbing or peeling the root vegetables and cutting them into large bite-size pieces (approximately 1" pieces cut at a slant). Then you can....

- 1) Roast the root vegetables - by tossing the cut pieces with olive oil, salt/pepper and herbs (dill, thyme, parsley or rosemary). Spread them evenly onto a non-stick roasting pan and roast in a 375 degree oven until tender and browned (approximately 30/45 minutes). TIP: trying adding some fresh figs or fresh apricot halves to the mix....how sweet it is!
- 2) Grill the root vegetables – by using small root vegetables whole and bigger root vegetables thickly sliced. Brush them liberally with vegetable or olive oil, sprinkle with salt, and cook on a medium-hot grill until grill-marked and tender, about 10 minutes per side. They will develop a sweet, crunchy exterior.
- 3) Braise the root vegetables – by heating a heavy-bottomed pot over medium-high heat. Add oil and root vegetables, sprinkle with salt, and pour in 1/2 to 1 cup broth. Cover, reduce heat to maintain a simmer, and cook until vegetables are tender and starting to brown, about 20 minutes. Add fresh herbs at the end for a bit of fresh flavor.
- 4) Mash the root vegetables - by cutting potatoes, yams, parsnips, turnips and celery roots into large, even chunks. Put them in a pot and cover with cold water. Bring to a boil. Add salt. Cook until vegetables are very tender, about 20 minutes. Drain thoroughly; return vegetables to pot over heat; shake pot to cook off any excess liquid, about 5 minutes. Put vegetables through a ricer or mash with a large fork or masher. Add cream, butter, milk, and/or buttermilk and salt and pepper to taste. Serve hot. Exceptional on cold winter nights!

In Memory of Jack H. Nielsen

November 20, 1927 – January 5, 2013

SBCC Club Member since 1986



Watercolor by Vince Piazza

www.southbaysail.com

Southbaysail.com is the new community sailing site for the Great South Bay. SBS promotes sailing on the bay by keeping everyone informed about sailing events on the bay and what the clubs have to offer.

In addition to news about sailing from around the bay there are many features including- photos-videos-articles-sail apps- weather –tides and much more. We all love the SBCC but sometimes it is good to get out and see what is going on in the community. Check out www.southbaysail.com “because we are not alone out there.”

New Inlet at Old Inlet

Many of us are very interested in the changes of this new breach in the Fire Island barrier beach. Some of our members have even walked the beach to get a look for themselves. Posing and taking pictures, “here I am standing in the future or the past?”

Is this a good inlet or a bad inlet? We are sailors; we plan our summers and vacations wondering what course we will take, knowing the ebb and flow of tides and currents. We judge the inlets by what the records tell us and often depend on local knowledge. The chance of a ‘new inlet’ switches on a light bulb in our heads. We can’t help thinking, “Is this a new choice? How many hours could I cut off the trip if we don’t have to backtrack to Fire Island Inlet?”

Finally there is new life breathing into our bay and we don’t know if this will continue. Will the inlet stay open or be closed? I guess we have to stay tuned to all channels.

Please check out the following three websites and some pictures from our members.

SUNY Stony Brook Marine Science program GSB Project Head Charlie Flagg is an avid sailor/racer out of Bellport

<http://po.msrb.sunysb.edu/GSB/>

Save the Great South Bay Facebook page

<http://www.facebook.com/groups/370086346390758/>

This a NOAA site which shows satellite images a few days after the storm. It does slow the computer down so please be patient.

<http://ngs.woc.noaa.gov/storms/sandy/>



Program Committee - Bob Forman

2013 Program Events

Date	Topic	Location	Time	Event Chair
Jan 13	Two week cruise	West Islip Library	1-4 PM	Roger Daisley
Jan 26	Eric Forsyth – Atlantic Island Adventure	West Islip Library.	2-4 PM	Bob Forman
February 23	Diesel Engines - Theory	West Islip Library	1-4 PM	Jeff Mattera
TBD	Diesel Engines – Hands on	TBD		Jeff Mattera
March 24	Racing Rules and Tactics	Sayville YC	8 AM – 2:30 PM	Kevin Regan
March 26 & April 2	Sailing 101 for women – Classroom	Bay Shore Yacht Club	7-9:30 PM	Della Bucher
Late May early June	Sailing 101 for women – hands on	Members Boats		Della Bucher
April 21	Smart Phones, Tablets and Apps for Sailors	West Islip Library	1 - 4 PM	Troy/Forman
May 27	Commissioning Day	Babylon Yacht Club		Rich Tesoro
Nov TBD	Caribbean Sailing and Salty Dog Rally	West Islip Library	1 – 4 PM	Bill Danilczyk
Nov TBD	Basic Boating Safety			

Program Events Content

1. Diesel Engines – Event Chair Jeff Mattera
 - a. Theory of Diesel Engines – Two hour course of the theory of diesel engines and how to trouble shoot common problems. To be taught by Jeff Mattera
 - b. Hands on trouble shooting and maintenance of diesel engines. In this session you will roll up your sleeves get your hands dirty and work on actual diesel engines.

2. Racing Rule and Tactics – Event Chair: Kevin Regan
 - a. Every four years there is a change and updating of the racing rules. 2013 is the introduction of the new updated racing rules so this is a must for all Racers. This all day seminar will be taught by Dave Dellenbaugh, world class sailor (America's Cup tactician and helmsman 1986 – 2007), author, Olympic coach (2010-2012) and chairman of the US Sailing Rules Committee. We have negotiated very attractive rates for the course. Sign up by using the following link below to the North U Web site: <http://www.northu.northsails.com/Seminars/NorthUSchedule/tabid/1461/language/en-US/Default.aspx?modid=75490&func=view&eid=47>

(Continued from previous page)

3. Sailing 101 for Women – Event Chair: Della Bucher—**SEE BELOW**
 - a. Theory - Two evening sessions will be taught by four of our expert lady sailors on the dynamics of sailing, docking, picking up a mooring, terminology, knots, safety equipment, etc.
 - b. Hands on – Under the guidance of the instructors you will perform the basic maneuvers on the water.
4. Smart Phones, Tablets and Apps for Sailors – Event Co-Chairs: Rich Troy, Bob Forman
 - a. Overview of the use of Smart Phones, Tablets and Apps Navigating, Weather, Tides and Currents, Racing Rules, Medical, AIS

Sailing 101 for Women—ONLY FOUR MORE OPENINGS AVAILABLE AT THIS TIME

March 26 and April 22nd, 6:30 - 9:00pm at the Bay Shore Yacht Club

This is a two-evening course which will be conducted BY some of the experienced women sailors in the club FOR women members who are not as experienced. Enrollment is limited, so if you are interested, sign up right away by getting in touch with Della Bucher at dbucher1010@yahoo.com or by phone at: 631-529-3707.



"It is perhaps a more fortunate destiny to have a taste for collecting shells than to be born a millionaire."

-- Robert Louis Stevenson

SBCC Ship's Store

Richard.mourino@gmail.com

Burgee \$17 Can Huggers \$1.25

Yearbooks \$5 Baseball Caps \$10 Bucket Hats \$10 Pins \$5 Visors \$10

Stainless Mugs \$10 SBCC Decals \$2 ea. or 3 for \$5

CD Cruising Guide includes Coast Pilot 1, 2, 3; Maps & Chart \$10

***Large totes perfect for carrying everything
you need down to the boat on sale \$20!***



The SBCC Masthead has a new Skipper

Starting with this issue the Masthead has a new Skipper and the SBCC has new Corresponding Secretary.

June Tedesco of SV *Phoebe Rose* has begun her Watch with this issue.

I want to thank her for volunteering and I am confident that you will give June the same generous support that I enjoyed.

The Masthead is not the work of one person but a combined effort by the Editor and those who contribute. There are many ways to contribute even if you do not have time to write. Email your contributions to June at capt1@optonline.net

Sharing enriches us all.

Thank you-Mike Duffy

Advertising

Chris Schaeffer is seeking advice and possibly professional assistance with repairs to his home. Please contact Chris if you can be of assistance
(631) 792-5898

"Cherry Pi" 1974 C&C 25, Mark 1

Fully equipped for racing or cruising.
Winning record. New galvanized steel Triad trailer, GPS and VHF
Multiple suits of sails, OB motor, etc.,
Contact Nick DeMarco at 631-598-0168 or sailvela@optonline.net

"Cu Mara" 1984 Endeavour 33 sloop

Very good condition, 30HP diesel engine,
Roller Furling Jib & Main sails, hot water etc.
Price \$25,000. Negotiable; Contact Carol Napolitano
at 631-793-9526 or email cnapolitano@jeletto.com

"Charisma" 1976 Bristol 32'

Centerboard sloop, good condition.
Doyle sails, Furler roller-furling 120% Genoa, Dodger,
4cyl 25 HP Westerbeke diesel - new injectors & injector pump,
New fuel tank, auto pilot, VHF. \$21,500.00
Alan Parker (516) 883-0917

SBCC LINKS

Regatta Captain
Kevin Regan
kregan@reganagency.com

Program Bob Forman
rsformanjr@aol.com

Historian Tom Gotard
avopns@verizon.net

Handicap Jim Reichel
info@sailchoice.com

Scoring Harry Manko
hmanko@aol.com

Protest Joe Mulle'
jy781@optonline.net

Ships Store Rich Mourino
richard.mourino@gmail.com

G.S.B.Y.R.A David Hyer
dhyer1523@aol.com
<http://www.gsbyra.org/>

Masthead June Tedesco
captn1@optonline.net

Commodore Sue Montana
thesuemt@gmail.com

Vice Commodore Ed Pshedesky
cyberpoosh@aol.com

Rear Commodore
Dave Tedesco
captn1@optonline.net

Treasurer Mark Romaine
mark.romaine@yahoo.com

Recording Secretary
Lindsay Brink
lindsaycbrink@gmail.com

Hospitality Fred & Betty Golder
SBCChospitality@verizon.net

Yearbook
Andrew Hemingway
ahemingway75@aol.com
Yearbook Peg Daisley
mdaisley@msn.com

Chanteyman Bill Danilczyk
wjdanilczyk@gmail.com

Fleet Captain
Roger Daisley
hrdaisley@gmail.com

Membership
Joe & DJ Greco
joendj@yahoo.com

Technology & Website
Rich Troy
t4oyman@gmail.com

Fleet Surgeon
Jen DeMarco
demarcojen@aol.com

Fleet Chaplain
Frank Peter
captain365@yahoo.com

Trophy Jeff Bieselin
bieswax@msn.com

Welcoming Belle Baxter
sailibrarian@gmail.com

Mailing
George & Mary Dugoniths
awardshop@aol.com

