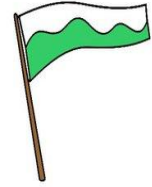




From The Masthead

South Bay Cruising Club



January 2014
Volume 64 - No. 1



.....And A Happy New Year!

The South Bay Cruising Club continues its long tradition of being the place to be on the Great South Bay. Under Commodore Sue Montana and her very capable committee heads, all Club activities have seen increased participation, our celebrations have been professionally run, our programs have made us all better and safer sailors, and our communications have been transformed. She will be a very tough act to follow. But with the wisdom of our Governors and the efforts of our new committees, Roger, Dave and I are ready to carry on.

As I write my first message, our new committees are assuming their duties, taking the reins from those who have given us their best and provided two years of memorable Club activity. Our racing, rendezvous, cruising and educational programs are being drafted, our party venues are being chosen, and the groundwork is being laid for another year of fond memories and slightly exaggerated tales.

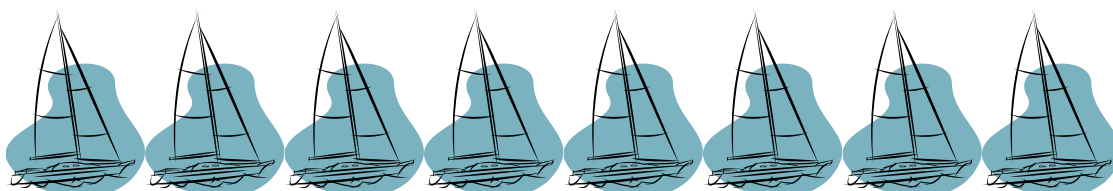
Participation has rewards, and not just of the type that sits on a shelf at home. Volunteering for Hospitality, the various Cruising and Regatta committees, crewing, Yearbook, Program and even the smaller committees gives us all a chance to not only use our talents to give something back to the Club, but it also forges new lifelong friendships.

The last two years have seen a revival in participation in the two week ocean cruise. This year, Fire Island Inlet is expected to be deep, safe and well marked. For those of you who have never cruised, take my word, it is educational, fun and it always ends on a high of personal accomplishment. Perhaps next summer we can celebrate the third annual party at Dead Eye Dick's on Block Island. Who can predict what the sailing gods have planned for us in parts unknown, but I know that our plans will be published when the yearbook is distributed at the Spring Party in April. Be prepared to be a part of more fond memories yet to come.

Thanks to June Tedesco for putting out a great product and agreeing to publish this Masthead for another two years. Improvements have been made over the years, and we intend to insert more content each month to benefit our members and even to revive some old memories and revisit some legends.

Soon the promise of spring will revive the old feeling that Silent P grows bigger every year when it's time to detail. That's ok.

Ed Pshedsky
Commodore



Ester's Stuffed Zucchini

Christmas Eve dinner at my mother-in-law's house is a festivity that starts at six o'clock and ends at midnight with the opening of the gifts. You can only imagine the amount of preparation, cooking and (oh yes!) feasting that can be done during those hours!

But alas, the holidays have past and after having indulged in my favorite holiday foods; it's time to return to eating lighter, less elaborate meals.

One such recipe that I use frequently is my mother-in-law's stuffed zucchini dish. Ester's recipe is not only light but extremely flavorful. It can be prepared up to two days ahead of time and can be used as a side dish or as a complete meal.

Ingredients:

- 8 large zucchini
- Grated Parmigiano cheese
- 2 tablespoons chopped Parsley
- 3 tablespoons Finely chopped onion
- Olive oil
- Salt and pepper to taste

Preparation:

Wash zucchini and cut off the ends. Cut each zucchini in half lengthwise. Using a teaspoon, remove the pulp at the center of the zucchini being careful not to carve too deeply into the zucchini and breaking it. In a frying pan, sauté the onions in olive oil until translucent. Add the zucchini pulp, salt and pepper to taste. Sauté until zucchini pulp is thoroughly cooked. Allow to cool then add the parsley.

In an oven dish, sprinkle some olive oil on the bottom and place the halved zucchini in a row with the carved side up. Fill each with the cooked pulp and sprinkle the parmiggiano cheese evenly over every zucchini. Place in the oven at 325 degrees until cheese turns golden brown and zucchini are cooked, approximately 20 minutes.

Tips for versatility:

- Add finely chopped, cooked potatoes to the onion and pulp sauté
 - Add chopped prosciutto, or previously cooked, chopped meats to the stuffing
- Buon Appetito!



12 Days of Sailing (from the sing-a-long at the Holiday Party)

On the first day of Sailing SBCC gave to me

An Old Salt Singing Off Key

On the second day of Sailing SBCC gave to me

Two Weeks of Cruising (boozing)

On the third day of Sailing SBCC gave to me

Three Boats Aground

On the fourth day of Sailing SBCC gave to me

Four Deflated Dinghies

On the fifth day of Sailing SBCC gave to me

Five Rendezvous

On the sixth day of Sailing SBCC gave to me

Six Boats a Dragging

On the seventh day of Sailing SBCC gave to me

Seven After Parties

On the eighth day of Sailing SBCC gave to me

Eight Calls to Sea Tow

On the ninth day of Sailing SBCC gave to me

Nine Bloody Pirates (aaarrrrgggg)

On the tenth day of Sailing SBCC gave me to me

Ten Protesting Racers

On the eleventh day of Sailing SBCC gave to me

Eleven Crazy Hats (table changed it to Eleven Bottles of Champagne)

On the twelfth day of Sailing SBCC gave to me

Twelve Jell-O Shots

From our Fleet Chaplain---

As we start this New Year, let us reflect with Mother Teresa on life: "Life is an opportunity, try to take it. Life is beauty, admire it. Life is bliss, savor it. Life is a dream, make it real. Life is a challenge, try to confront it. Life is a duty, complete it. Life is a game, play it. Life is precious, protect it. Life is richness, make a treasure of it. Life is love, enjoy it. Life is a mystery, try to reveal it. Life is a promise, carry it out. Life is sadness, try to get through it. Life is a hymn, sing it. Life is a fight, accept it. Life is an adventure, run the risk. Life is felicity, try to deserve it. Life is life, defend it."

Fleet Chaplain

~~~~~

Reminder to All Members - Annual dues are due January 31st.

Please mail your check to Stephanie and Jay Pizer at 318 Clocks Boulevard, Massapequa, NY 11758. If you did not receive the dues notice, please let them know at (917) 690-0422.

**How do I change my yearbook information?**

You recently got your dues notice for 2014. Check all the information on it -- address, phone numbers, email address, and boat information. This is where the information comes from for the 2014 yearbook. So if you want to update and correct the information that appeared in the 2013 Yearbook, now is the time to do it -- on your membership dues notice. Members and associates who joined the SBCC after the 2013 Yearbook was published should definitely check the information on their membership form closely to make sure it is accurate.

Member and associate information that is received by February 15th will be included in the 2014 Yearbook. After that, the yearbook files have to go to the printer so that they will be ready for distribution at the SBCC Spring Event in April.

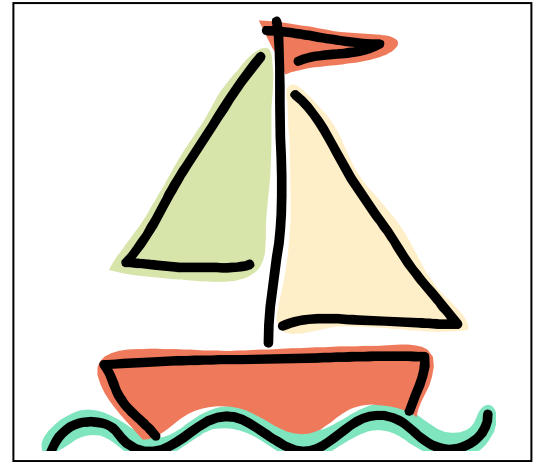
If you have any other questions or suggestions about the 2014 SBCC Yearbook, don't hesitate to contact me.

Peg Daisley  
Yearbook Committee Chair  
917-847-7445  
mdaisley@msn.com

## Join us to support our new Officers

**What:** Installation of Officers for 2014-2015  
**When:** Saturday, January 11, 2014  
**Time:** 1200 - 1600  
**Where:** Unqua Corinthian Yacht Club, Amityville  
**Cost:** \$25.00 per person Buffet  
Cash Bar available

**RSVP:** Mark Romaine [mark.romaine@yahoo.com](mailto:mark.romaine@yahoo.com)



---

Some of you have been travelling during the Holidays and the New Year. Please send me pictures and prepare a few lines or a paragraph to share about your travels.

This Masthead newsletter is a little lighter than usual. Hopefully we will have more to write about for next month.

June Tedesco  
Masthead Editor  
[capt1@optonline.net](mailto:capt1@optonline.net)

## SBCC LINKS

Regatta Captain Aileen Eppig  
[brokher759@aol.com](mailto:brokher759@aol.com)

Program Rich Troy  
[t4oyman@gmail.com](mailto:t4oyman@gmail.com)

Historian Tom Gotard  
[avopns@verizon.net](mailto:avopns@verizon.net)

Handicap Jim Reichel  
[info@sailchoice.com](mailto:info@sailchoice.com)

Protest Rich LaBella  
[labellar@optonline.net](mailto:labellar@optonline.net)

Ships Store Helen Pshedesky  
[cyberpoosh@aol.com](mailto:cyberpoosh@aol.com)

G.S.B.Y.R.A  
<http://www.gsbyra.org/>

Masthead June Tedesco  
[capt1@optonline.net](mailto:capt1@optonline.net)

Mailing  
Sandy and Chris Carlberg  
[sandccands@aol.com](mailto:sandccands@aol.com)

Commodore Ed Pshedesky  
[cyberpoosh@aol.com](mailto:cyberpoosh@aol.com)

Vice Commodore Dave Tedesco  
[capt1@optonline.net](mailto:capt1@optonline.net)

Rear Commodore Roger Daisley  
[hrdaisley@gmail.com](mailto:hrdaisley@gmail.com)

Treasurer Corinne Conger  
[corinne315@live.com](mailto:corinne315@live.com)

Recording Secretary  
Charlie Margeson  
[cmargeson@endurancereusa.com](mailto:cmargeson@endurancereusa.com)

Hospitality Mark Romaine  
[mark.romaine@yahoo.com](mailto:mark.romaine@yahoo.com)

Hospitality Della Bucher  
[dbucher1010@yahoo.com](mailto:dbucher1010@yahoo.com)

Yearbook Peg Daisley  
[mdaisley@msn.com](mailto:mdaisley@msn.com)

Chantyman Harry Manko  
[hmanko@aol.com](mailto:hmanko@aol.com)

Fleet Captain  
DJ Greco  
[joendj@yahoo.com](mailto:joendj@yahoo.com)

Membership Stephanie Pizer  
[spizer@prismapartners.com](mailto:spizer@prismapartners.com)

Technology & Website  
Rich Mourino  
[richard.mourino@gmail.com](mailto:richard.mourino@gmail.com)

Fleet Surgeon  
Peggy Van Tassel  
[peggy.pvt@gmail.com](mailto:peggy.pvt@gmail.com)

Fleet Chaplain  
Frank Peter  
[captain365@yahoo.com](mailto:captain365@yahoo.com)

Trophy Donna Schlossberg  
[donnare@optonline.net](mailto:donnare@optonline.net)

Welcoming  
Michele and Jurgen Fenske  
[jfenske1@optonline.net](mailto:jfenske1@optonline.net)

