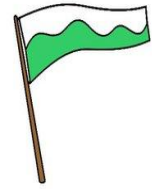




From The Masthead

South Bay Cruising Club



February 2014
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Flag Officers are all smiles with their new flags.

Past Commodore Sue Montana receives a beautiful Ship's clock.

In the month of February the SBCC recognizes members who have achieved a certain level of Club participation and success the previous season.

The Cruising awards will be hosted by former Fleet Captain (now Rear Commodore) Roger Daisley and will be held at 7:00 pm on February 3rd at Tres Palms in Babylon. These awards recognize those who host and frequently participate in the Cruising and rendezvous programs, including the annual two week coastal cruise and the one week Bay cruise. In some years, the Club gives Blue Water and Green Water awards when appropriate.

Our Regatta program recognizes those members and their crews who devoted their energies and skills competing in Club and inter-club racing and who triumphed on the race course. The Club has a long and storied history of racing on the Bay going back to 1951. The racing awards will be hosted by former Regatta Captain Kevin Regan and will be held at 7:00 pm on February 10th at Tres Palms.

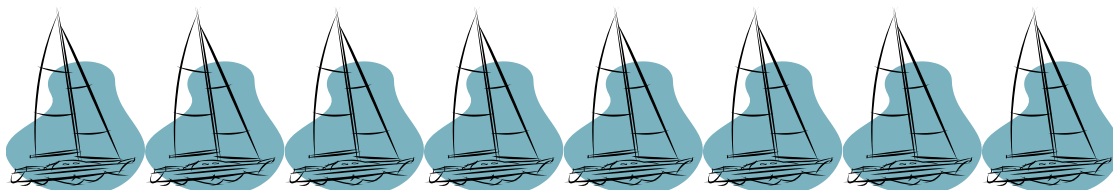
We don't have any awards for the members who handle the awards, or for the members who attend their various committee meetings late into the night, or who use their professional skills to help run the Club and to assist other members. When the Masthead arrives each month, we may not recall that, with the help of members who contribute articles and race results, our Corresponding Secretary June Tedesco has volunteered to devote the time to allow us to monitor the pulse of Club activities. Dave, Roger and I thank you all.

February is also the time when the Yearbook committee is finalizing and proofreading the copy that defines all Club activities for the coming season, and selecting the photos that remind us of last season's good times and glorious moments. We all like to tell tales of our exploits and victories, but photographs, well, they do tend to reveal the truth. If you have any memorable shots of people, boats, sunsets or otherwise, send them over to Peg Daisley or another member of her committee before the mid-February deadline.

As we anticipate the February thaw, and the resolutions we made last month begin to peter out, including our latest diet, we can sense the growing Club activity. Personally, I wonder why friends and family don't get as excited as I do by the thought of new cockpit lighting and a rebuilt head. But then again, they're not sailors. They just don't understand.

See you at the awards.

Ed Pshedsky
Commodore



South Bay Gourmet

-----*Flori Grottoli*

A piping hot bowl of soup is about the quickest way I know to take the chill out of a frigid winter's day. My absolute favorite is Sun Dried Tomato Soup. Its tangy flavor and creamy texture are both satisfying and filling. In my recipe, I use coconut milk in place of heavy cream to lessen the calorie count, but I confess I do like a dollop of sour cream floating on the top of my tomato soup!

Since winter is not the best season for tomatoes, when I don't find fresh, juicy plum tomatoes, I substitute them with canned, whole plum tomatoes. The soup is just as rich in tomato flavor and is actually a thicker consistency.

So enjoy this warm bowl of winter comfort food with a small side of grilled cheese, and curl up with a good book in your favorite pajamas. Warms the soul!

Sun Dried Tomato Soup

2 T olive oil

1 T oil from jar of sun dried tomatoes

5 shallots, chopped

2 cloves of garlic, smashed

1/2 cup white wine

4 cups veggie broth

1 cup coconut milk (I used full fat)

9 large ripe plum tomatoes chopped (or a large can of whole plum tomatoes, chopped well)

1 cup sun dried tomatoes (from a jar, packed in oil), minced

handful of coarsely chopped fresh basil, plus extra for garnish

salt and pepper to taste

In a medium pot, heat the oil with the shallots for about 8-10 minutes until translucent and soft. Add the garlic and couple a few more minutes until fragrant.

Add wine, stir, and cook for 5 minutes until reduced by about 1/2. Then add broth, coconut milk and sun dried tomatoes. Stir, reduce heat and let simmer for 30 minutes. Soup will gradually thicken so stir frequently.

Remove from heat, add a handful of basil and process with a handheld blender until fairly smooth (since I don't mind the small chunks of tomatoes in my soup, I usually skip this step). Taste and adjust salt at this point. Garnish with basil (and maybe that dollop of sour cream!).

Tip: if you like your tomato soup a little thicker, segregate a small amount of the hot soup into a cup and add a teaspoon of flour. Whip together the flour and soup until they are become smooth. Add to the soup that is still cooking and it will thicken it even more.

Enjoy and stay warm!

From our Fleet Chaplain---

Native American Prayer for Peace

O Great Spirit of our ancestors, I raise my pipe to you, to your messengers the four winds, and to Mother Earth who provides for your children. Give us the wisdom to teach our children to love, to respect, and to be kind to each other so that they may grow with peace in mind. Let us learn to share all good things that you provide for us on this Earth.

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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  
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Mike Duffy snapped this great picture of the BYC Flying Scot frostbite racing.

### DATES TO REMEMBER

**FEB. 3<sup>RD</sup> CRUISE AWARDS  
FEB. 10<sup>TH</sup> RACE AWARDS  
APRIL 5<sup>TH</sup> SPRING PARTY**

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.

June Tedesco  
Masthead Editor  
capt1@optonline.net

## Great South Bay Yacht Racing Association

### Ensuring our Future



Great South Bay Yacht Racing Association serves the South Bay Cruising Club in a number of ways. One is by offering a wide variety of one design events for our members who enjoy this type of racing. In return we open many of our PHRF races to members of the sailing clubs that make up G.S.B.Y.R.A.

Great South Bay Yacht Racing Association is also our partner in promoting sailing on the Great South Bay and by bringing new sailors out onto the Bay so they ensure the future of our Club.

They also fill an important need for the SBCC by providing youth sailing programs for our members' families - as you know this is something that would be very difficult for the Cruising Club to provide without them.

Much like the South Bay Cruising Club - G.S.B.Y.R.A is a 100% volunteer organization without a fixed base and this allows them to offer memberships for a very low \$7.50 per year.

I hope some of you who did not elect to pay the extra \$7.50 will reconsider and mail in this small supplement to your SBCC dues that is so important to our future.

Thank you

Mike Duffy

Great South Bay Yacht Racing Association delegate for the Cruising Club

## **This and That**

- SBCC Group # GA83761S for 50% discount on BoatU.S. Membership dues
- WhatKnot.com check out this app to download
- Our club website is **<http://www.sbccsail.org/>**  
Visit the website to see pictures, schedule of events, race results, etc.

### *In Memory of Dorothy Max*

### *Longstanding Member of the SBCC*

*Dottie Max was a member of the SBCC since 1953. She was devoted to our Club and was very proud of the Club's Broadside Race which was founded by her husband Boyd. She always had a great story to share. She will be missed.*



*Watercolor by Vince Piazza*

# Boating Safety Checklist

## MUST HAVE ITEMS

As Required By Regulation

### Personal Flotation Devices (Life Jackets)

- Type I, II, III, or V for **each person onboard** (Wearable)
- One Type IV (Throwable)  
Not Required on Non-Powered boats under 16'

### Fire Extinguishers

| Choose One                               | Boats w/out Fixed System |        | Boats w/ Fixed System     |
|------------------------------------------|--------------------------|--------|---------------------------|
| <input type="checkbox"/> Boats <26'      | 1 Size BI                | - OR - | Fixed System              |
| <input type="checkbox"/> Boats 26 - <40' | 2 Size BI*               | - OR - | Fixed System + 1 Size BI  |
| <input type="checkbox"/> Boats 40 - 65'  | 3 Size BI*               | - OR - | Fixed system + 2 Size BI* |

\* One Size BII may be substituted for Two Size BI Extinguishers

### Visual Distress Signals (VDS)

- Choose One
- Combination Day/Night VDS (Flares or Flare Gun)
  - Daytime VDS (Flags, Smoke Signal)  
AND  
Nighttime VDS (Automated SOS Light)

### Sound Signals

- Horn or Whistle
- Bell (Not required for vessels under 12m)

### Ventilation (Boats with Gasoline Systems)

- Natural Ventilation
- Powered Ventilation

### Backfire Flame Control

- Backfire Flame Arrestor (Gasoline Engines except outboards)

- The above represents minimum USCG Safety Requirements on-board vessels.
- Other Requirements may be necessary to comply with state laws.
- This is not intended to be an all-inclusive list but rather a baseline of items to make your boating adventure safe and fun.
- For Vessels over 65' refer to 33CFR 25.30-20 or ABYC A-4.



# Boating Safety Checklist

## Recommended Items

Items in Red May be Required in Some States

### Boats on Inland Waters

Everything on Required List PLUS:

- First Aid Kit
- Anchor with Sufficient Line
- Bailing Device
- Sun Protection
- Alternate Propulsion (Paddles, Oars)
- Boating Safety Education/Certificate
- Watersports Flag (Skier Down/Diver Down Flag)

### Boats on Nearshore Waters

Everything Above PLUS:

- Extra Food & Water
- Float Plan
- Compass
- VHF Radio
- GPS/Chartplotter
- Depth Finder
- Charts
- Spare Tool Kit

### Boats on Offshore Waters

Everything Above PLUS:

- EPIRB
- Life Raft
- Searchlight
- List of CPR Instruction
- Radar
- Radar Reflector
- Shore Landing Craft (Tender)
- Man-Overboard Recovery Gear
- AIS
- Sea Drogue
- Safety Knife
- Weather Information System
- Radio Direction Finder
- Long Range Communications Gear

### Boats on River Waters

Everything on Required List Plus:

- Throw Bag
- Helmet

### Miscellaneous Items

Other Items That May be Recommended:

- Heaving Line
- Spare Keys
- Boat Hook/Pole
- Spare Propeller
- Extra Engine Oil
- Handheld Lead-line
- Strobe Light
- Carbon Monoxide Detector
- Extra Clothing
- Marine Hardware
- Masks & Fins (For Clearing Props)
- Storm Sails

Scan here to download the ABYC Boating Safety Checklist App  
[abycinc.org/mobileapps](http://abycinc.org/mobileapps)



# SBCC LINKS

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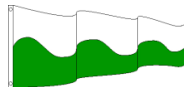
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