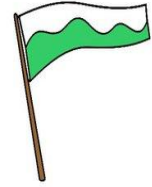




# *From The Masthead*

## *South Bay Cruising Club*



*March 2014*  
*Volume 64 - No. 3*



## *Awards Nights*



It's March, Groundhog Day is a distant memory, and Silent P beckons. I still look forward to the aches and pains from getting the boat ready. But it seems like I was just recently doing that. It's hard to believe that a whole season has intervened. But I say that every year. I actually love working on the boat. Helen can attest to that. Yeah. I might as well be polishing a dog house.

We should all be thinking about sponsoring new members and associates. This is a good time, since we tend to spend lots of time in marinas this time of year. It can't hurt to have a handy application or two on the boat for whenever the opportunity arises. An early application will allow new members to enjoy the benefits of Club membership for most of the year.

For those new members we sponsored last year, we have a responsibility to stick with them, get them to attend, introduce them and get them involved. Joining a committee is a good idea, even if it's only a part time involvement.

For those of you who missed the awards nights, you really did miss a good time. Both events were populated by those who make the most of what the Club has to offer.

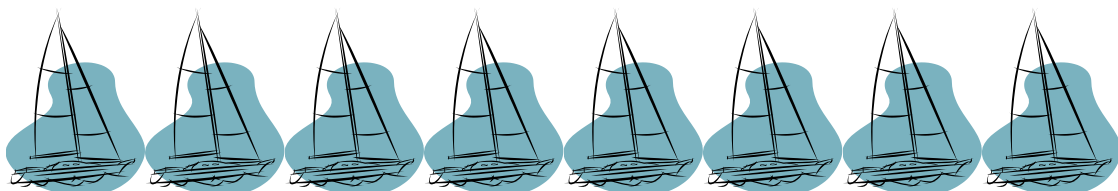
The cruising awards were hosted by Rear Commodore Roger Daisley, who is next in line for the Tonight Show, and former Commodore Sue Montana, with help from Dave and June Tedesco and Jeff and Sharon Bieselin. Dozens of members were called up to receive their prizes. Rumor has it that Della Bucher left her spare tire at the restaurant to make room in her trunk.

The Race awards, hosted by Sue and former Regatta chair Kevin Regan, brought out racers and their crews who were honored for their performance on the race course with beautiful plaques, keeper cups and some hilarious gags from former Commodore John Davis. Current Regatta chair Aileen Eppig outlined the 2014 schedule highlights and solicited race committee assignments.

The 2014 SBCC yearbook is being sent to the printer as you read this. Nice, on-time job from yearbook chair Peg Daisley and her hard working crew.

Spring (party) is just around the corner....

*Ed Pshedesky*  
*Commodore*



**My favorite Pick Me Up...Tiramisu`**

Tiramisu` literally means Pick Me Up. And that's exactly what I needed to get me out of this winter slump I am in...too much snow, too cold and no sunlight. When does it end!?!

Not to worry, I came up with a satisfying idea. The egg yolks reminded me of the sun, the lady fingers reminded me of a beach boardwalk and the coffee reminded me of a brown spring tide...close enough! So I decided to make a Tiramisu`.

The origin of this dessert is not quite known, but there are three stories that circulate Italy about its introduction. The first speaks of a visit from the Grand Duke of Toscana to a humble little town called Siena. The visit was celebrated with a dessert of fresh eggs and local cheese...and called the Tiramisu`. The second story is much like the first, except it involved the DeMedici family in Florence. But the most colorful of these stories is the third, where it was said that a potent dessert was made fresh every night by a local chef and served to the clients of a brothel as an aphrodisiac! Whatever the true story may have been, the ending was always the same...YUMMY!

**Ingredients:**

6 Medium eggs – divided into yolks and egg whites

½ cup sugar + sugar to taste for the espresso coffee

½ teaspoon Cream of Tartar

Container of Mascarpone (500 g tub)

Good quality espresso coffee (I like Illy or Lavazza) 12 espresso-sized cups of coffee

2 Tablespoons Rum

1 bag of Savoiardi cookies (they are like lady fingers but longer and can be found just about anywhere)

Powdered cocoa or shaved dark chocolate

Separate the egg yolks in one mixing bowl and the egg whites into another.

Add the ½ cup sugar to the egg yolks and beat until a smooth, rich cream is achieved. (steps 1,2,3)

Add the mascarpone to the egg yolk cream and beat until the cream is homogeneous in both color and consistency. (step 4)

Beat the egg whites with the Cream of Tartar until you achieve stiff peaks. (step 5)

Fold the egg whites gently into the mascarpone and egg cream. (step 6) – Keep chilled



Make 12 cups of espresso coffee (espresso size cups). Pour coffee into a wide bowl, add the rum and sugar to taste (don't make it too sweet...remember the sugar is already in the cream).

In a glass rectangular baking, begin layering the coffee soaked Savoiardi cookies as your base. Dip both sides of the cookie once, but do not over soak or they will be too soft.



Cover the layer of cookies with a thick layer of the tiramisu` cream. Repeat the cookie layer followed by the cream, until the last layer is cream.



Dust the top with powdered cocoa or grate dark chocolate over the top for more texture.

Variations:

Substitute the rum with Bailey's or Kahlua

### ***From our Fleet Surgeon-----***

The fleet surgeon would like to update the membership on shingles. How do you recognize the symptoms and what to do if you get shingles and how to prevent it?

At least one million people a year in the United States get shingles. Shingles is a painful rash with blisters that can occur anywhere on the body including the face. It usually appears on just one side of the body or face. The National Institute on Aging advises that the shingles rash follows a pattern. First you will feel a tingling or burning sensation on your skin and this is followed a few days later by a red rash. In a few days the rash develops fluid filled blisters. The blisters eventually dry up and crust over within several days. Most cases of shingles last from three to five weeks. Some people are left with long lasting pain called post-herpetic neuralgia. This pain is felt in the same area of the body where the rash had been. Other symptoms of shingles may include fever, headache, chills, or an upset stomach.

Shingles is caused by the Varicella Zoster virus. This is the same virus that causes chickenpox. After a person recovers from chickenpox the virus continues to live in a dormant state in some nerve cells. Shingles is most often seen in people over fifty years of age. According to the National Institute on Aging the risk of getting shingles increases as you age; because people have a harder time fighting off infections as they get older. The chance of getting shingles becomes much higher by age seventy. Anyone that has a compromised immune system is also more at risk but things such as too much sun, stress, or a cold can weaken the immune system and put you at risk.

If you think you have shingles it is important to see your doctor no later than three days after the rash started. Early treatment with oral anti-viral medication can lessen the duration of shingles and help lower the risk of post-herpetic neuralgia.

There is a vaccine available to help prevent you from getting shingles. According to the CDC (U S Department of Health and Human Services Centers for Disease Control and Prevention) the vaccine reduced the risk of getting shingles by fifty percent. A single dose of shingles vaccine is recommended for adults sixty years of age and older. For more information you can contact the CDC @ 1 800 CDC INFO or [1 800 232 4636](tel:18002324636).

### ***From our Fleet Chaplain-----***

As we greet another day, in our multi-tasking technical world, we often miss small treasures in our daily travels. Let us pause and pursue moments of contemplation. We seek to cherish the sacred within this day – a smile, a touch, a kind word. We long to live this day in a deeper way so that we can see the beauty around and within us with new eyes. May we remember to stop to smell the roses today and to sharpen our perception of the gift of everyday treasures.

Slow down and live in the present moment.

# **Pursuing Atlantique!**

*by Harry Manko and Mark Romaine*

Many members have joined the South Bay Cruising Club over the years. The Club's longevity can be attributed to a long line of people who have shared the common interests of a love to sail and the company of fellow sailors. Some members of our club may feel that they wouldn't be caught dead at a Rendezvous, while others feel that they've never had, and never will have an interest in plying their skills on the race course.

What sailor, upon seeing another boat, hasn't trimmed a sheet a little more aggressively while intently steering a course with the goal of catching and passing that other boat? You can be sure that that "clear ahead" boat is equally focused on maintaining her position by applying the same attention to seamanship. Perhaps they'll get a chance to talk about it over a beer at some point.

Many of you will recall the joint regattas and rendezvous held by SBCC and BSYC over the last two Columbus Day weekends. Participation at these events rivaled what many of our long-standing members were used to seeing in the past. What's more, most of the yachts that participated were traditionally non-racers!

Based on the success of the pursuit-race-to-the-rendezvous format, the Club has added an additional invitational pursuit race for May 17, 2014. Each boat competing will be given a start time based on that boat's PHRF rating. Since the handicaps will be factored into the start time, every boat passed or held off is a vanquished foe. The difference between the spring race and previous fall races is that the skippers will have the option of going east or west to Atlantique. The position of the start line will result in a 6.1 NM trip whichever direction a skipper chooses.

Make no mistake...this is a real race. Every yacht will have her own handicap adjusted start time. The first yacht that finishes wins the race. But what makes this race different is the party afterwards, replete with awards, food & drink, and music. The Notice-of-Race will be available on the Club's website, and will be shared with every GSBYRA member club. The starting area will be near the #3 buoy off Bayberry point, an area more easily reached in a timely manner to benefit our sailing compatriots to the east.

Please contact Harry Manko at [hmanko@aol.com](mailto:hmanko@aol.com) if interested. If your yacht does not yet have a handicap please reach out to Jim Reichel, our Club's handicapper at [sailorchce@aol.com](mailto:sailorchce@aol.com)

## **This and That**

### **First Aid Apps to download**

- First Aid by American Red Cross free at Google Play and iTunes
- iTriage free at Google Play and iTunes

# Great South Bay Yacht Racing Association

## Educational Grants



In addition to ensuring the SBCC's future by promoting Junior Sailing on the bay-the Great South Bay Yacht Racing Association offers financial assistance to young sailors who wish to continue their education beyond high school.

Applicants for these grants qualify by participating in organized sailing. Those who wish to apply should keep a log of their sailing activities but also keep in mind that it is not just how often you participate but how you participate that counts. Promoting good sportsmanship-volunteering and helping to promote sailing are taken into consideration as well.

This program which was established Glenn Schmidt of the Bay Shore Yacht Club is funded by donations and GSBYRA Yearbook advertising-has helped GSBYRA families with over \$36,000 in grants to date.

It is never too soon to start your log- so young sailors and families who would like to apply should download and application at the link below and plan to get out sailing.

Race Week is at Babylon Yacht Club this year. Sayville Yacht Club is adding a whole day of Junior Sailing to the Leukemia Cup and there is an exciting new idea for Junior Race Week sailing in the works.

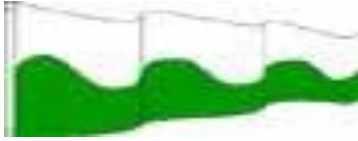
There will be many opportunities for Junior Sailors to sail together while building your logs. I will keep you posted.

Mike Duffy

SBCC GSBYRA Delegate

[mtduffy51@msn.com](mailto:mtduffy51@msn.com) 631- 258 1254

<http://www.gsbyra.org/grants.htm>



**SBCC**  
**Spring Cocktail Party**

Embarking on our 2014 sailing season with the pleasure of meeting and greeting fellow sailors and enjoying sumptuous hors d'oeuvres, wine, beer, and sweet treats to end the evening.

**SATURDAY, APRIL 5, 2014**

**1600 Hours – 2000 Hours**

**General Meeting 1800 Hours**

**BAY SHORE YACHT CLUB**

20 Shore Road, Bay Shore

RSVP

[hospitality@sbccsail.com](mailto:hospitality@sbccsail.com)

or Della at 631-539-2707

\$15.00 per person if reserved by 1200 Hours April 4.

\$17.00 per person with no reservation, pay at door.

# BABYLON YACHT CLUB

## JUNIOR SAILING PROGRAM FUNDRAISER

The BYC in conjunction with West Marine will be holding a charity event Thursday, March 20<sup>th</sup> from 6-9pm at their West Islip location on Sunrise Highway.

TICKETS TO THIS EVENT ARE \$10 per person – 100% OF THE TICKET SALES GOES DIRECTLY TO BENEFIT THE BYC JUNIOR SAILING PROGRAM! ADVANCED PURCHASE or RESERVED TICKET IS REQUIRED.

Please come and join us for a fun filled evening of food, music and prizes.....and most importantly, support the BYC Junior Sailing Program!

Please contact Doug Williamson at the Babylon Bike Shop, 218 E. Main St. (587-2424) or at [douglaswilliamson@gmail.com](mailto:douglaswilliamson@gmail.com) to purchase or reserve your tickets to this wonderful charity event!

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### Just a reminder---

If you have not mailed in your Annual Membership Dues please take a moment to do so at this time. Stephanie & Jay Pizer (Membership) look forward to hearing from you soon. Thank you.

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Watch for a schedule of seminars that Rich Troy (Program) is lining up for the 2014 calendar year.

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### *Ship's Store----A Great Buy \$10*

Now that Spring is around the corner who doesn't need a SBCC hat to keep the wind and sun and paint and dust out of our hair while preparing our boats for the new season. Call me if you need a new Hat now or you can get one at the Spring Party. Helen Pshedesky  
[631-664-5540](tel:631-664-5540)



# SBCC LINKS

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