



THE ESSEX CORINTHIAN YACHT CLUB



VIEW FROM THE BRIDGE



IMPORTANT DATES:

- **February 6th:** First Friday Night Dinner
- **February 10th:** Deadline for Roster
- **February 14th:** Valentine's Day Dinner
- **March 1st:** Spring Frostbiting Begins
- **March 17th:** St. Patrick's Day Dinner
- **March 20th:** Caribbean Night
- **April 4th:** Spring Commissioning

Refer to our event calendar on our website at www.essexcorinthian.org for event details!

OFFSHORE UPDATE

Spring Frostbiting set for beginning of March, weather permitting - ECSA Regatta Schedule finalized

Believe it or not the spring season of **Frostbiting** starts is just a few weeks away and we have been busy getting ready. Our fleet of Ideals have had several important repairs completed this winter including a blister job on Dragonfly's bottom and repairing the bench seats that have cracked on Nautilus. We have also purchased new jibs for these two boats. Our new Ideal will have its name "Dauntless" added to the transom. We plan to have all three boats back in commission in time for the March 1st start.

Our **Regatta Schedule** is now complete and we have a great lineup again this year. Our big event, **The Cross Sound Challenge**, will be

Dear Friends!

We knew better than to think the beautiful winter weather we'd been experiencing through the third week of January would hold much longer...didn't we? Sure we did. But three feet of snow delivered in two major snow storms within the space of about a week? Whoa!

January was a super-productive month at the club. Owing to Chuck Grusse's great planning and organizational skills, together with a huge number of member-volunteers, the clubhouse went through a very deep cleaning and maintenance to be ready for reopening on Sunday, February 1st for the first brunch of 2015. Please join me in a massive thank-you to Chuck and all of the volunteers for their outstanding contributions of time, talent and elbow grease to prepare the club (and especially the galley), for the year ahead.



L to R: Chuck and Alex, Gary, Val and Mimi, Chris

Volunteers Needed!

Committee rosters are being filled in now. Our club depends on volunteers for all of its activities, on and off the

held **Saturday September 26th**, so mark your calendar.

We also have the

12-Meter-Challenge in Newport on June 6th, and the

Leukemia Cup Regatta August 29th, to name but a few. Our complete list of events will be posted soon.



And remember, our **Spring Commissioning** is only two months away (April 4th). We are off to a great start!

Steve Rodstrom

Vice Commodore

Email: vicecommodore@essexcorinthian.org



ECYC Fleet Captain's Update

Hello to all,

We have a lot going on this year, here are just a few events to watch out for:

- Safety at Sea Seminar at Mystic Seaport on Saturday, February 7th (call Mystic Seaport for open spots)
- Frostbiting is scheduled to start on March 1st (weather permitting) and a launch party is scheduled for the prior weekend, Saturday, February 21st at 10 am to rig and launch our three boats (also weather permitting, stay tuned for details)
- North U Seminar June 16th, 5 to 8 pm, more details to follow
- First Inter-Club Ideal 18 Team Race to be hosted by ECYC September 12th

Please email me at fleetcaptain@essexcorinthian.org if you would like to be on the ECYC Frostbiting distribution list.

Bob Robinson

Fleet Captain

Email: fleetcaptain@essexcorinthian.org



ON-SHORE & HOUSE

After completing the first Board of Governors Meeting of the year, we are off to a great start!

Our event calendar is being finalized and we will publish it shortly. The 2015 Membership Roster is currently under construction, and we are looking forward to the final product

water. If you have interest in helping on the House, Entertainment, Race or Waterfront Committees, or would like to help out at the Ship's Store, please contact Elaine and be put on the committee of your choice. Thank you.

Reciprocal with OLCC:

Last month, many ECYC Members enjoyed lunch or dinner at the Old Lyme Country Club. This month, we'll welcome OLCC Members to ECYC for lunch, brunch and dinner. Please introduce yourself to any visitor you may see at the club.

Club Calendar:

Already, many of our members have been busy planning for another great year of a great on-water and off-water activities. March will feature our annual Caribbean Night and our Frostbite Crews will be on the water for the "spring" season. Valerie Votto and Terry Stewart are working on a couple of dates this late winter and spring to line up distinguished speakers as part of our ongoing efforts to widen the appeal of our speaker program. The Leukemia Cup Kick-Off event featuring a presentation by Gary Jobson will occur at ECYC this spring and the Race Committee has established dates this summer for our friendly "Round the Buoys" series with EYC, as well as the Cross Sound Challenge and the Tri-Club River Series. And fear not, the month of June will once again feature the 12-Meter Challenge in Newport, RI. We are signing up crews now, so reserve your berth early!

BOG Meetings are Open to All Members:

All Board of Governors meetings are posted in advance (see the bulletin board outside of Elaine's office for 2015 dates). We'd like to hear from you and get your feedback. Please make it a point to attend one of the meetings and participate in the operation, administration and governance of our great little yacht club.

Cheers,

Tim Brewer
Commodore



IMPORTANT DEADLINE! FEBRUARY 10TH, 2015 - MEMBERSHIP ROSTER UPDATES

We are in the process of updating the information for our 2015 Membership Roster.

If any of your personal information (mailing address, email, telephone, boat name, etc.) has changed since last year, we need to hear from you before February 10th, 2015 to have the new information included in the 2015 issue of our Membership Roster.

If you have not already done so, please send updated information to Elaine, our Office Manager, by email to ecyc@essexcorinthian.org or by snail mail to Essex Corinthian Yacht Club, PO Box 759, Essex, CT 06426.

Thank you in advance for your help in bringing our membership information up to date!

Galley News

After a post-holiday respite, Monique and Ed are ready to bring happiness to our taste buds and warmth to our bellies during this cold and snowy winter. Plans are underway for the ever-popular themed nights. Remember, the Galley is open for lunch Wednesday through Saturday, brunch on Sunday and dinner on Friday. As there are many who haven't left for warmer climes, why don't you plan to gather at the club and bask in the glow of laughter and good cheer?

Please also welcome the members of the Old Lyme Country Club to the Corinthian Cafe during the month of February. As you may know, we had reciprocal privileges at OLCC during our January shutdown, and are now

to be available to all members this spring.

Thank you to everyone who signed up for a committee. It is not too late - if you haven't done so and wish to volunteer for our sailing programs and regattas, house maintenance, entertainment and other club activities, please contact the chair of the 'club department' you would like to assist. We are looking forward to an exciting 2015, both on and off shore!

Ruth Emblin

Rear Commodore

Email: rearcommodore@essexcorinthian.org



House Committee Update:

The weekends of Jan 10th and 17th had a scheduled work day resulting in an amazing turnout of volunteers to tackle the very nasty tasks to get the ECYC galley into its best condition in years. The first weekend was the gritty cleaning, priming, and river room attention. Herculean efforts were performed to get so very much done. Karen Kari spend more time in the oven than the pizza chief at Sal's; the dish & pot washing corner became "Val's Corner" as Val Votto spent the entire day, Cinderella like working for the evil stepmother, scrubbing & scouring oven & grill grates; Terry Stewart took the opposing corner removing shelves, scrubbing walls & prep for painting; the iceman cameth in the form of Chris Voegeli as he thoroughly cleaned our ancient ice machine then turned his energy to discovering the bar room floor grout is actually almond colored not black; Ruth Emblin and Rose Grusse assisted Chris, all on hands & knees in his quest to uncover every square inch; Alex Bell did a great eskimo imitation spending hours outside at the grill cooking years of carbon off the cast iron burners & grates of the range; George VanDrasek again took on the unenviable task of scraping a full year's worth of built up overflow crud on the trash & recycle bin area, then removed galley doors for repair & finishing; Gary Sharpe & Andy Roussel cut sheetrock, compounded walls, and primed all walls & ceiling; Tim Brewer climbed the highest window to remove a full year's worth of dirt & wild life; Jean Brewer, Cindy Gibbs, & Ruth cleaned every window; and newbie to ECYC, Mimi Merton showed she has the Corinthian spirit jumping right in cleaning countertops and vinyl walls as well as helping in Val's corner.

There was more controlled chaos and great work to be done on the second weekend. The Jr & Sr Matt Winklers tag teamed on painting walls and ceiling; Peter Emblin completed a large portion of ceiling, wearing the white paint very well; Hollis Berry stuck it out until the bitter end contributing a marathon effort of cleaning the river room refrigerator, galley light fixture covers, and stainless steel counters; Jim Pfeffer was the blue man group (of 1) painting all the blue trim sections; Andy Roussel sanded and prep'd the double door in the frigid outside to the point of losing feeling in his fingers; Tim Brewer was back to the higher elevations cleaning a year's dust off the main room fans; Harry Byrd pulled some Houdini moves painting corners & wall at

floor joints; Terry Stewart really got some elbow grease into finishing off appliance surfaces; Charlotte got all the nasty's off galley windows and brought the color back from under the haze

February. As you may know, we had reciprocal privileges at OLCC during our January shutdown, and are now returning the favor to OLCC members during their February closing. Please treat these guests to a typical Corinthian welcome!



The Corinthian Cafe will also feature a special Valentine's Dinner on Valentine's Day, February 14th. This is a member and non-member event. Chef Ed and his team will pamper you and your loved one's taste buds with a special menu. Details will be posted soon.

There will also be a special St. Patrick's Day Dinner on March 17th. Both dinners are open to members and non-member guests.

Remember, we publish updated menus via e-blasts and on our website. Check back often to see what is new: www.essexcorinthian.org/Dining.html

Looking forward to seeing you at the club!

Hollis Barry

Galley Liaison

Did You Know?

We want your feedback about our galley activities.

Please let us know what you think!

Email Hollis at galleyliaison@essexcorinthian.org

FEEDBACK

We want to know what you think about our galley!

Winter Galley Hours:

Lunch:

Wednesday, Thursday, Friday and Saturday (self-service)
11:30 am to 2:00 pm

Dinner:

Friday (table service)
6:00 pm to 8:30 pm

Brunch:

Sunday (self-service)
11:00 am to 2:00 pm - special brunch hours on selected holidays!



Green Tip(s) of the Month

Winter is hard on everyone. And trying to cope with snow and ice can be dangerous, not just to us, but the environment as well. There are many toxic substances out there that we take for granted - but they have a negative impact on plants and wildlife. It is hard to think of reducing one's carbon footprint during winter, but there are solutions. Every little bit helps. Here are a few tips.

Choose Safer Antifreeze

Just 2 ounces of the standard ethylene glycol antifreeze can kill a dog. Propylene glycol offers a much less toxic alternative (although with fossil fuel origins, it's hardly eco-friendly). Since both kinds pick up hazardous heavy metals like lead, cadmium, and chromium during use, recycle spent antifreeze to minimize impact. Ask your repair shop about on-site



of dust for the valances & cushions in main room; Priscilla cleaned food prep areas; Ed Birch emptied a the full bin of chorine tainted ice to complete the ice machine readiness for another year of service (fingers crossed); and equally impressive was the ever tenacious Ruth Emblin down on her knees using a sealant stain stick to ensure consistent color within the bar room flooring grout.

During the week of Jan 19th Gary Sharpe secured a new replacement for the "death trap" attic stairs, and with the assistance of John MacArthur put them in place. Gary has most likely saved me, Steve, Monique, and/or Ed from weeks of recovery and PT resulting from the inevitable tumble resulting in pins being surgically implanted somewhere on our respective persons. THANK YOU GARY!!!!!! While Gary was completing his savior act, Andy Roussel was back for more and completed getting the galley door back in place and refinished to serve for another season. Under the heading everything always takes longer than anticipated, a third Saturday was required to finish that last 5%. Harry, Andy, Jim, Chris, and Terry were the gluttons for punishment wrapping all up on the 23rd to turn over to Monique and Ed to refit, maintain, and enjoy the galley as it hasn't been since 1985.

I'm sure I've missed a few folks who were on-hand and also contributed to the success realized in getting so very much done during this closing period as we get prepared for a wonderful 2015 season. I count at least 27 people to have been present and contributed to all which was achieved. This level of participation is amazing and so very much appreciated by myself, the BOG, and the entire membership of ECYC. This is the "Corinthian Spirit", the basis for our club and sets the foundation for an outstanding 2015 season. Thank you all so very, very much.

Chuck Grusse

House Chair

Email: house@essexcorinthian.org

Entertainment Committee Update:

This month has been a recovery month for me after putting together several events one after the other, my husband and I are enjoying the slightly warmer temperatures in Florida until

returning to CT in March. I hope everyone stayed warm and safe during the recent snow storm, which I was happy to watch from here rather than shoveling.



As there is no real rest for the weary however, I am starting to work on our next event "Corinthian Carnival", our annual Caribbean Night. This will be on

Friday, March 20. So mark it your calendars! E-blasts will remind you as the date draws closer. Get your Caribbean togs out and keep your sandals near the front of your closet.

I am pleased to be working with Charlotte Robbins, who has joined our entertainment team, and we hope to put together an



recycling or find a local collection facility at earth911.org.

Fight Frost Naturally

To prevent ice from covering home and car windows, rub the inside of the glass with a saltwater-soaked sponge; dry with a clean cloth. You won't see it, but a residue from the salt will remain to ward off frost. For extra oomph, spray a solution of three parts white vinegar and one part water on the outside of the glass, then wipe dry.



Use Better De-icers

Steer clear of rock salt (sodium chloride) and urea-based de-icers. Not only can they pollute habitats with plant-killing runoff, but they can also corrode concrete, destroy your lawn (even a snow-covered one), and contaminate water supplies. Better bets? Sand, which provides traction without damaging salt-sensitive landscapes, and calcium chloride, which may still hurt vegetation, but is free of the cyanide present in rock salt.

Burn Smarter

Start fires with dry kindling to minimize emissions and maximize efficiency. Feed blazes with small loads of hard woods that have aired out ("seasoned") for at least six months. (Well-seasoned hardwood offers a cleaner burn.) Never burn chemical- or pressure-treated wood. Keep flames hot and bright; low, smoldering fires pollute more. When the fireplace is not in use, close the flue to keep warm indoor air from escaping out the chimney.



Minimize Idling

Don't let your car idle for more than 30 seconds. Beyond wasting fuel, excessive idling strains cylinders, spark plugs, exhaust systems, and engines, which work best in motion -- not in neutral. The best way to warm up the car? Drive it. If your area regularly drops below 20 degrees, consider installing a block heater, which warms essential components without wasting fuel. It can cost a few hundred dollars, but you'll save gas and reduce emissions by up to 60 percent.

Upgrade Your Hearth

EPA-certified wood-burning stoves produce an average of 70 percent less particulate emissions than their old, uncertified counterparts. If your stove is more than 20 years old, it's probably time for an update. Find a certified professional who can install your new stove properly (so you get maximum efficiency and minimal pollution) through the National Fireplace Institute (nficertified.org).

Let the Sunshine In

Even in winter, the sun's rays provide a fair amount of warmth. Take advantage of this free heating by opening blinds and curtains on the windows that receive the most light (usually on the east side). At night, draw heavy insulating drapes to help preserve warmth, or invest in "low-e" Energy Star-certified windows (especially on the north side of the house). Learn more at energystar.gov.

Insulate Your Pipes

To minimize wait time for hot water to come out of the tap in the morning, insulate all accessible hot water pipes. You'll raise the temperature by up to 4 degrees, allowing you to lower the water heater setting (and save energy) without suffering through cold showers. If you don't want to do the whole house, you can still make a big impact by focusing on the 3 feet of piping closest to the water heater.

Lower Your ThermostatL

The Department of Energy recommends turning your thermostat down to 68 degrees while you're at home, and setting it even lower at night or when you're gone for the day. If you turn the heat down by 10 degrees for a daily eight-hour stretch, you could reduce your heating bill by as much as 15 percent. According to Energy Star, a programmable thermostat can save up to \$150 annually. What if you leave town for a stretch? Set the thermostat no lower than 55 degrees. Drain your water system before lowering it to this temperature to avoid freezing pipes.



Seal Up the Attic

Save on heating by plugging up air leaks that lead from the attic down into the main house. If you have a hatch door, make sure to weather-strip and insulate it. Also assess your attic's overall insulation, which slows the escape of heat from your living areas. For the attic floor, if insulation is at or below the top of the floor joists, you probably need more. Log on to energysavers.gov for more guidance on insulating.

All that's left is dreaming of warmer weather and boating season... ;-)

Ruth Emblin

Rear Commodore & Fleet Communicator

In the News:



exciting event, with food from ECC, music and dancing. As usual we count on your support to make it a successful event.

If you haven't already done so, and wish to help us with events, please email me. I will happily add your info to my list of volunteers for the Entertainment committee. I need movers and decorators as well as event planners - just let me know where your interest lies and I will put you to work!

If you have any questions or suggestions, please call me at 860 227-1363 or email me at events@essexcorinthian.org.

Cheryl Arndt

Entertainment Chair

Email: events@essexcorinthian.org

Membership Update:

One cannot help but spend these days dreaming of summer. Despite what it looks like outside good times, sunny days and warm nights at ECYC are right around the corner. Surely all of you have some friends who would enjoy being part of our environment of good fellowship; now the time to encourage their ECYC membership.

Even though there is snow on the ground, ECYC has activities planned which will enable new members to feel right at home even before boats are in the water. This weekend there is the Safety at Sea - Near Coastal Program at Mystic Seaport; February 22, there is a Frostbite Racing Video and Presentation. In March while the Spring Frostbite Series continues, we have a special St. Patrick's Day brunch; and then on the 20th we transform the Club into your Caribbean island of choice with Caribbean Night. March will also mark the commencement of ECYC's new lecture series. All this before Commissioning on April 4th! After that we only have more to look forward to.

ECYC is the place for great events, great times, great friends and great food, as well as a spectacular view of the River! Share it with your friends and acquaintances, have them become ECYC members.

Contact me at

Val Votto

Membership Chair

valerie@vottolaw.com

Our Vice Commodore Steve Rodstrom was featured with his Bertram 28 in the February Issue of Soundings!

Link to the article here:

www.tinyurl.com/stevesosprey



Ship's Store

A new year is the perfect excuse to stock up on ECYC apparel and accessories! Come see what's new and update your "Corinthian Gear"!



The Essex Corinthian Yacht Club's Bell 8 Newsletter is a monthly publication issued by the Essex Corinthian Yacht Club of Essex, CT.

For general questions on ECYC please refer to our website at www.essexcorinthian.org, email us at ecyc@essexcyc.org, or snail-mail to

Essex Corinthian Yacht Club
PO Box 759 - Essex, CT 06426
Telephone: (860) 767-3239

Contact Information for individual BoG Members is posted at www.essexcorinthian.org/club-officers.html

Find us on Facebook at: www.facebook.com/EssexCorinthianYachtClub

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