



THE ESSEX CORINTHIAN YACHT CLUB



### VIEW FROM THE BRIDGE



### IMPORTANT DATES:

- **March 15th:** ECYC Lecture Night "The Rogue's Road To Retirement"
- **March 17th:** St. Patrick's Day Dinner
- **March 20th:** Caribbean Night themed "Caribbean Carnival"
- **April 4th:** Spring Commissioning
- **May 12th:** Leukemia Cup Kick-Off with Gary Jobson

Refer to our event calendar on our website at [www.essexcorinthian.org](http://www.essexcorinthian.org) for event details!

### OFFSHORE UPDATE

#### Spring Frostbiting postponed - ECSA Regatta Schedule finalized

The continuing winter weather, ice on the river and inaccessibility of the docks has made it necessary to postpone the start of Frostbiting. On Sunday, March 15th, the Frostbite Yacht Club will make a determination whether it will be possible to launch or whether further postponement is necessary. Stay tuned!

Our **Regatta Schedule** is now complete and we have a great lineup again this year. Our big event, **The Cross Sound Challenge**, will be held **Saturday September 26th**, so mark your calendar. We also have the

### Dear Friends!

The winds of change are blowing gently around our yacht club. This is certain to bring warmer and sunnier days in our direction (exactly the kind of change we've been waiting for!). 2015 will be marked by another significant change in our club community. It is with mixed emotions that I report that Elaine Kyle, our beloved Club Manager and dear friend, has announced her retirement. After 21 years of dedication to our members and our mission, Elaine will join her husband, Richard, in a lifestyle that will allow more time for family and leisurely pursuits. The Board of Governors has no intention of replacing Elaine - that would be impossible. We will, however, do our best to find a new Club Manager. A search committee has been formed and its work will begin very soon. Elaine has a

target date of May 1st to begin her retirement, but very graciously and not at all surprisingly has agreed to help us through the transition, should a little more time be necessary. Please join me and all of the BOG in sincere congratulations to Elaine and Richard!

Our core membership numbers remain strong as we begin 2015. During the early months of every club year, we learn that a small percentage of our membership will not renew. This year has been no exception and we have received the expected number of resignations. You should know that our dedicated Membership Chair, Val Votto, does her best to follow up with those who have resigned, in an effort to categorize the reasons for leaving the club. When there are lessons learned from this process, we incorporate those into processes going forward. What we most often hear during a follow up is that "we just aren't using the club as much as we used to".

Maintaining an engaged and growing membership is the most important thing that we can do to sustain our Corinthian club. This is a responsibility that we must share as a membership. Here are two things that we all can and should do this spring to help ensure our sustainability. One - thoughtfully consider whether you have friends that would appreciate the setting, simple amenities and camaraderie that is the hallmark of our yacht club. If you do, invite them to lunch, brunch or dinner and introduce them to your Corinthian friends. If they enjoy the experience, they may be great candidates for new membership! Two - think about sponsorship. Everyone becoming a member of our club was/is sponsored by an existing member. If you acted as a sponsoring member, be sure to stay in touch with the new member and introduce them to several of your Corinthian friends. Expanding our membership is lots of fun and ensures the future of our great little yacht club. Try it - you'll like it!

The start of spring frostbiting will be delayed

**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 on April 4th. We are off to a great start!

### Steve Rodstrom

Vice Commodore

Email: [vicecommodore@essexcorinthian.org](mailto:vicecommodore@essexcorinthian.org)



## ECYC Fleet Captain's Update

### 2015 Dingy Rack

Please register your dingy if you plan to store it in the ECYC racks. Unregistered craft will be removed. Please contact Bob Robinson to register if you have one of the boats in the rack now or wish to add your dinghy. Space is limited.

### 2015 Spring Frostbiting Schedule

As mentioned above, the FBYC is considering options for further postponement of the launch of Spring Frostbiting. We will contact you as soon as we hear details.

### Bob Robinson

Fleet Captain

Email: [fleetcaptain@essexcorinthian.org](mailto:fleetcaptain@essexcorinthian.org)



## ON-SHORE & HOUSE

*The house looks great, the galley is humming, and our event calendar is busy, busy, busy!*

Our winter maintenance efforts paid off, the clubhouse looks great, and people have commented on how clean and sparkly everything is. Thanks again to our many volunteers! A special shout out to Steve Rodstrom who spent hours polishing the brass plaques... you can thank him when you are blinded by their reflections!

Events, events, events... if you have been to the dining room lately, to enjoy some of CCC's new menus, you may have seen the notice board with a plethora of upcoming events. Join a bunch of fun-loving ECYCs at the Privateers' Bash held this weekend (Sat, March 14th) by our friends at the Connecticut River Museum, and don't miss our first speaker, ECYC member George Rider, on Sunday, March 15th, at the club. Enjoy a special St. Patrick's Day Dinner on



The start of spring frostbiting will be delayed for at least a few more weeks, as this remarkable winter's havoc will have to be remedied all along the waterfront in Essex Harbor before boats can be launched. If you happen to be in the business of snow plowing or pile driving, this was/is your year. Our heartiest may be delayed in their return to the water, but that has not stopped our Fleet Captain and Race Committee from beginning preparations for the many events we'll enjoy this year. We are working with Brewers to improve our docking arrangements for the Ideal 18s while also improving the dingy dock space. Stay tuned for more information regarding a new team format race between ECYC and EYC in the Ideal 18s, to be held in September. Our Race Committee is getting organized under the leadership of Priscilla Robinson and our club had three more of our members attend the One Day Race Management Seminar to improve their knowledge and capabilities in club-level sailboat race organization and management.

In the galley, Monique, Chef Ed and the CCC team are off to a great start to 2015. Friday dinners have been moderately well attended and brunches have had a similar turnout. The recent "Pizza Friday" was a great example of the continued collaboration/innovation in the galley fare being offered. There will be a special Saint Patrick's Dinner as well as the perennial favorite Caribbean Night in the month of March. Please support these terrific social events on our late winter/ early spring club calendar!

George Rider, member and author of "The Rouge's Road to Retirement" will present a book talk on Sunday, March 15th at 1600. Check out the club website for further information and keep an eye out for eblast reminders of this upcoming event.

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



## Galley News

The Corinthians spirit was well represented at the two February special events: Valentine's Dinner and Pizza Night. A sizeable crowd was rewarded for braving the weather to enjoy a delicious Prix Fixe dinner on February 14th. Accolades continue to pour in for the lovely evening. Last Friday's "All you can eat" Pizza Night was well-received with a wide variety of vegetarian and meat pizzas (some featuring a gluten free crust), Caesar and Corinthian Salads and finger food desserts (for those who had room!)

More popular events are on the docket for March: a pre-St.Patrick's brunch on Sunday, March 15th, a St Patrick's dinner on Tuesday, March 17th, and the ever festive "Caribbean Night on Friday, March 20th. Reservations are recommended for both nights-so please make your plans now to enjoy the great food and the spirited club "vibe."



**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](http://www.essexcorinthian.org/dining.html)**

Looking forward to seeing you at the club!

Tuesday, March 17th, and celebrate Spring (no matter what the weather outside) at Caribbean Night on Friday, March 20th.

When ECYC comes out of hibernation - we do it with a bang!

See you all soon,

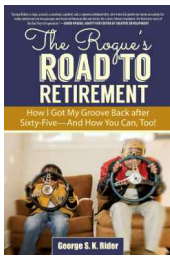
**Ruth Emblin**

Rear Commodore

Email: [rearcommodore@essexcorinthian.org](mailto:rearcommodore@essexcorinthian.org)



**SIGN UP NOW!**



On Sunday, March 15th, at 4 pm, ECYC member George Rider will discuss his book "The Rogue's Road to Retirement". This lecture is the first in the 2015 ECYC Speaker Series.

To reserve your spot please contact the office by emailing

[ecyc@essexcorinthian.org](mailto:ecyc@essexcorinthian.org).

The presentation is free of charge and open to the public. The Corinthian Cafe will serve dinner following the lecture and book signing.

Caribbean Night 2015, Friday, March 20th will be dedicated to "Caribbean Carnival".



Please RSVP as soon as possible to Cheryl Arndt at [events@essexcorinthian.org](mailto:events@essexcorinthian.org) with the number of your party as well as your entree selection. For menu details please go to [www.essexcorinthian.org/caribbean-night-2015.html](http://www.essexcorinthian.org/caribbean-night-2015.html)!

Tuesday, May 12th, is the date for the official Kick-Off for the 2015 Leukemia Cup Regatta season, hosted once again at



ECYC. Gary Jobson will visit the club to share his experiences as an Americas Cup Sailor, as a cancer survivor and National Chairman for the Leukemia Cup Regatta.

This is a fundraising event open to the public - please invite your friends and neighbors to attend. ECYC is not only proud to be the current holder of the

Leukemia Cup (displayed in our trophy case), but also an **official sponsor** of the regatta, joining Duck Island and North Cove Yacht Clubs in their efforts to gain attention

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](mailto:galleyliaison@essexcorinthian.org)

**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!

**Meet Our New Strategic Planner!**

Dear Fellow Members,

My name is Richard Pierce. I just joined the ECYC Board of Governors. My remit is strategic planning...

By way of background my wife (Jean) and I moved to Essex in 2011, although we were non-resident members commencing in 2009. I retired from Rio Tinto at the end of 2011. Rio Tinto is the second largest mining company in the world. It is an English/Australian company. I spent 25 years in various legal/senior managerial positions. At various points along the way I have been involved in strategic planning exercises.

With respect to what lies in front of us, much work has been done by prior Boards. Much of my task will be to synthesize and expand on what has been done before. I am currently reviewing materials detailing what has been done by other yacht clubs and flattening my learning curve as to strategic planning for non-profits generally.

I invite you to provide me with input. Together we can grow our club and tap its highest potential.

**Richard Pierce**

Strategic Planning Chair

Email: [strategy@essexcorinthian.org](mailto:strategy@essexcorinthian.org)

**Yacht Club of the Month**

Bob and Audrey Chase visited the Nawiliwili Yacht Club (say that three times fast!) during their recent trip to Kauai. The Nawiliwili is the primary yacht club on the island. Bob was unable to do a burgee exchange this time around, but promised to do so next year.

Here is a photo of Bob in front of the yacht club.

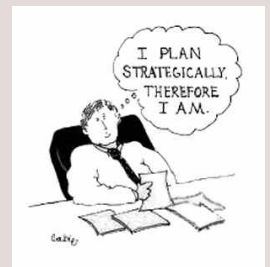
**Terry Stewart**

Immediate Past Commodore

Email: [pastcommodore@essexcorinthian.org](mailto:pastcommodore@essexcorinthian.org)

**FEEDBACK**

*We want to know what you think about our galley!*





for the life-saving work of the **Leukemia & Lymphoma Society**. Ticket information will be posted on the web shortly, and we will provide an e-blast with registration information. If you would like to register in advance, please contact Ruth Emblin at [rearcommodore@essexcorinthian.org](mailto:rearcommodore@essexcorinthian.org).

Sign up now for the **2015 Eastern Connecticut 12-Meter Challenge in Newport, RI, to be held on June 6th!** Limited space is available. While this year's "Challenge" will be spearheaded by 2014 winner North Cove Yacht Club, who will also host the post-regatta party on Sunday, June 7th, your contact at ECYC is Dave Evangelisti. Please email him at [12meter@essexcorinthian.org](mailto:12meter@essexcorinthian.org).



Stay tuned for more event announcements or refer to the bulletin board at the club! We also publish event information at our website at [www.essexcorinthian.org](http://www.essexcorinthian.org).

### House Committee Update:

The 2015 House Committee roster is complete. Many thanks to the folks for volunteering (in a few cases for relenting).

This year's committee includes:

Chuck Grusse, Chair	Bill Robbins
Alex Bell (Vice-Chair)	Cate Beckstein
Andy Roussel	Gary Sharpe
George VanDrasek	Jeff Going
Jenifer Grant	Ed Birch
Ron Noe	Steve Rodstrom
Tim Brewer	Harry Bird
Chris Voegeli	Terry Stewart
Karen Kari	Dick Arndt
Susan Malan	

As mentioned in past newsletters, I will be reaching out to the committee for folks to head-up a few focus areas necessary in the running of the facility. These areas will be HVAC; Plumbing; Exterior; Interior;

Electrical. A partial list of activities coming up soon contains: refinishing the outside deck(s), outside grill maintenance, plantings & boxes, watering system, A/C installs, deck lighting & fans, outdoor tables & chairs, awning install, bulb replacements, front entrance replacement.

These are but a few of the many activities and tasks facing us in 2015. Look for calls for volunteers as we get ready to kick-off the 2015 31st year of the ECYC.

### Chuck Grusse

House Chair

Email: [house@essexcorinthian.org](mailto:house@essexcorinthian.org)

### Entertainment Committee Update:

Dick and I came home to the snow you have all been suffering through this winter and my heart goes out to you. We are slowly digging away at the accumulated snow so we can get in and out of the driveway! We did solve the problem for next year though, we are staying in Florida till April!

Hope you are all figuring out what you are



## Green Tip(s) of the Month: When Life Hands You Lemons...

Personally, I love lemons. Citrus fruit is a great remedy for the winter blues, and my shopping bag usually contains oranges, clementines, lemons, limes and whatever other assorted citrus I can get my hands on. I even grow some in my greenhouse, but my harvest is still limited because the plants are young. But back to the topic at hand. Lemons are good for juicing, and lemonade is a great remedy (cold or hot) against a winter cold. Yet lemons can do much more than just provide us with juice and garnish for our favorite cocktail.



Did you know that the natural cleaning and freshening power of lemons can actually replace toxic chemical cleaners and pesticides? We all know that lemon juice eliminates odors from your hands after cutting onions or garlic, but there is much more to these yellow powerful fruits. Here are a ten handy tips to use lemons around the house (and the boat, of course).

#### Produce Wash

Washing produce just under water is often not enough to get pesticides off. You could buy a pre-made wash, but why? Fill a spray bottle with a cup of water, 1/2 cup of white vinegar and a tablespoon of lemon juice for an all-natural produce wash that is a lot less expensive than the pre-made sprays.

#### Keep Refrigerated Veggies Crisp

Soak lettuce, celery and other green veggies in a bowl of cold water mixed with the juice of half a lemon. Dry them thoroughly before placing them in the fridge. You can even use this method to revive wilted greens.

#### Fridge and Cutting Board Deodorizer

Fridge smelling strange? Soak a few cotton balls in lemon juice and store them a few hours inside. Cutting boards absorb the juices from whatever we cut, be it herbs, garlic, fish, meat, etc. To avoid contamination, you should disinfect and deodorize them once in a while. Take some coarse salt and sprinkle it across on the board, then use a half a lemon, cut side down, to work the salt into the board. Let sit for about ten minutes, then rinse.

#### Surface Degreaser

Lemon juice mixed with either baking soda or a bit of dish detergent turns into a thick past that can be used to degrease just about anything, from your stovetop to inside your oven, and anywhere else you need a little more cleaning power.

#### Chrome and Stainless Steel Polish

Chrome and stainless steel can be cleaned by rubbing the cut side of a lemon over the surface until it shines. This will also keep it free of water spots. A little added salt will eliminate rust spots.

#### Brighten Whites

Bleach is not at all eco-friendly and hard on fabrics to boot. You can brighten whites by adding 1/4 to 1/2 cup of lemon juice to the wash along with your detergent.

#### Eliminate Mildew Smell

We all have experienced this: we take linens or blankets out of storage and realize they smell musty. The odor is caused by mildew that took up residence while in storage. Even the smallest amount of moisture in blankets, linens or other fabric items will cause mildew. Remove visible traces by making a paste from lemon juice and salt, rub it in, and let dry in the sun. Repeat until the mildew is gone. If necessary, also soak in hot water with 1/2 cup of lemon juice for an hour before putting into the washer. Just be aware that lemon juice can have a bleaching effect, so don't use too much, especially on darker fabrics.

#### Repel Pests

A homemade lemon juice spray repels ants, fleas, cockroaches, mice and other pests. Cut six lemons in half and boil them in a quart of water for five minutes. Let the mixtures steep overnight in a covered pot, then transfer into a clean squirt bottle. Spray the mixture anywhere in your home (and boat) where pest might get in and hide.

#### Weed Killer

You don't need to use toxic chemicals to kill weeds. Just spray undiluted lemon juice and soak the weed. The acidity combined with sunlight will shrivel and kill the weeds.

#### Clean the Microwave

Microscopic organisms are everywhere, but you can get rid of them. Cut lemons in half and hold into all sides, and from there in the microwave.

wearing for Caribbean night on the 20th! I have been working with the Entertainment Committee and we are in the final planning for Caribbean Night. We listened to your music requests and this year have hired a DJ instead of a band. This will hopefully work better for all, keeping the noise level down and freeing up some space. CCC is treating us to an exciting menu, with soup, salad, entree and dessert ,so call me with your choices and let's have some fun. Remember: flip flops/sandals required. Even if you have to change out of your winter boots at the club!



As the season progresses we will be needing all sorts of help for our events. I am looking forward to seeing all my helpers and welcome anybody new who wants to get in on the fun.

Check your emails for blasts and your monthly calendar for more events. Don't miss out on the upcoming lectures leading up to the boating season!

If you have any questions or suggestions, please call me at 860 227-1363 or email me at [events@essexcorinthian.org](mailto:events@essexcorinthian.org).

### Cheryl Arndt

Entertainment Chair  
Email: [events@essexcorinthian.org](mailto:events@essexcorinthian.org)

### Membership Update:

The Board of Governors and the Membership Committee are pleased to announce the launch of our 2015 Speaker Series Program. Please refer to our e-blasts and our website at [www.essexcorinthian.org](http://www.essexcorinthian.org) for details on scheduled speakers.

This is the perfect opportunity to invite friends and neighbors to ECYC to experience the Corinthian Spirit.

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.

### Val Votto

Membership Chair  
Email: [membership@essexcorinthian.org](mailto:membership@essexcorinthian.org)

Microwaves sure are convenient, but can get messy at times. Splatter is often baked into all sides, and forgotten in the rush to get to the food. To soften crusted-on messes, fill a bowl with two cups of water, place half a cut lemon in it, then microwave on high until the water boils. Let it sit for ten minutes, then remove the bowl and wipe off the mess. You will be left with a sparkling clean oven!

And, don't forget to make some lemonade for yourself, of course!

### Ruth Emblin

Rear Commodore & Fleet Communicator

## Ship's Store Special For March 2015:

**Club ties are \$5 off this month!**

Complete the Corinthian look with a special club tie!

If you would like to purchase something from the Ship's Store, please see Jean Brewer or any bridge member for more information!



*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](http://www.essexcorinthian.org), email us at [ecyc@essexcyc.org](mailto: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](http://www.essexcorinthian.org/club-officers.html)

Find us on Facebook at: [www.facebook.com/EssexCorinthianYachtClub](http://www.facebook.com/EssexCorinthianYachtClub)

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