



THE ESSEX CORINTHIAN YACHT CLUB



Frostbiting, anyone?

UPCOMING ENTERTAINMENT & EVENTS:

- **February 14th:** Valentine's Dinner at The Corinthian Cafe
- **February 18th:** BOG Meeting
- **March 2nd:** Spring Frostbiting Begins
- **March 16th:** St. Patrick's Day Brunch at Corinthian Cafe
- **March 21st:** Caribbean Night
- **March 30th:** Easter Brunch at Corinthian Cafe
- **May 14th:** Leukemia Cup Kick-Off with Gary Jobson

VIEW FROM THE BRIDGE

Dear Friends,

Welcome to the **30th edition of the Essex Corinthian Yacht Club** and the February 2014 issue of our Bell 8 Newsletter!



Images: Members Andy Roussel and George Van Drasek putting their shoulders to the wheel during the January shut-down

Please join me in a massive thank-you to **Terry Stewart** and, of course, **Laurel** for their many contributions to our club during Terry's watch on the Bridge. Let me take this opportunity to offer my heartfelt thanks also to our current BOG, our steady Club Manager, **Elaine Kyle**, our galley partners, the **Coastal Cooking Company** and the many



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

OFFSHORE UPDATE

Happy 2014 from your new Rear Commodore! If we haven't personally met yet, my name is Ruth Emblin, and I am looking forward to an enjoyable, productive, and interesting time on the ECYC Board. You may already know me as the "Fleet Communicator", a responsibility I will continue during my time as Rear Commodore. During 2014 I will be involved in our off-shore events, such as regattas and our post-race parties, and hope to also provide the club with a few ideas for boating-related on-shore events. Please do not hesitate to contact me if you have any questions or suggestions. My email is ruthemblin@gmail.com.

Spring Frostbite Series

Soon it will be time to start Frostbiting again! At this time we are awaiting the final dates, which will be announced shortly.

Fleet Captain **Jon Gibbs** will be at hand to organize the crews. If you are interested in Frostbiting, please contact Jon to let him now. Please remember that in order to use ECYC's Ideal 18s, you must be approved by the Fleet Captain or one of the authorized club members (Ed Birch, Cindy Gibbs). See Jon's report below for details.



We are looking forward to another successful ECYC Frostbite season!

Speaking of Frostbiting....

While the boats are not in the water yet, of course, it is never too early to think about strategy and skills.

EYC, FBYC and ECYC have joined in providing you with a **Frostbiting Lecture by Thurston Smith**, including a video he shot last year in Western LIS. The presentation will be held at **Essex Yacht Club, on Saturday, February 22nd**.

The movie and presentation are free of charge to our club members; cash bar. The evening starts at 6 pm with cocktails, followed by the presentation at 6.30 pm. Those of you who would like to stay on for dinner can enjoy a real "Frostbiter Menu" at EYC with pizza, pasta and salad for \$20 per person. Register by email to eycregatta@gmail.com with your name, club and number in your party.

ECSA Planning Meeting on February 1st at ECYC

member volunteers, all of whom will be called upon this year to once again, make small sacrifices of their personal time in order to attend to matters of your club. I'm honored to work (and play) with all of them in service to our club community.



Returning to the Bridge this year will be **Steve Rodstrom as Vice Commodore**, **Katherine Berry as Secretary** and **Deb Wallis as Treasurer**. Joining our Bridge in 2014 is **Ruth Emblin as Rear Commodore**. Ruth will head up the club's off-shore events, while Steve will oversee our activities on-shore. We welcome **Jon Gibbs as our new Fleet Captain**. Returning to the BOG this year will be **Tom Pinkowish, Valerie Votto, Chuck Grusse and past Commodore Terry Stewart**. Our new members of the board are **Hollis Barry, Cheryl Arndt and Adam McEwen**. Please seek these folks out whenever you are at the club, shake their hand, and thank them for all that they do for us.

During this year, our 30th, the BOG will focus on engaging our membership. The reasons for this are simple, and are embedded in our club DNA. Let me explain. We are a Corinthian club. By definition, this means we need you. We need you to give us honest feedback. We need you to volunteer. We need you to welcome new members. We need you to share in the responsibility for the future of our club. In the years that I've been at this, whether after a sailing lesson, standing a "grill watch" at the 4th of July picnic, baking on the hot deck of a committee boat after a windless regatta, sanding and painting the porch floor or power washing the vinyl siding, no one (repeat no one) has ever come to me and said "that was absolutely dreadful!" To the contrary, we find that volunteering turns out to be a lot fun. It's also the lifeblood of our club community. Stay tuned - more on that in subsequent installations.

A special WELCOME ABOARD to new members who have joined us later in 2013! Please get acquainted with your fellow Corinthians through any means necessary. Most Fridays from February through December, Jean and I are at the club for dinner. We can always be found sitting at a table with lots of smiling members and extra seats. Please, come join us and say hello. We look forward to seeing you soon.

Times and dates for meetings of the Board of Governors are posted outside of Elaine's office. I invite you to attend a meeting whenever you like. As I said, we need you.

Cheers,

Tim Brewer

Commodore

Essex Corinthian Yacht Club



For those of you who can't wait to find out what's happening during the 2014 Regatta Season, there is good news! The ECSA met on February 1st at ECYC to discuss and finalize the 2014 racing schedule. We submitted the preliminary NOR for our own Cross Sound Challenge, to be held in late summer, and hope that it will become an established component of the annual ECSA points race series. Of course, we are planning to have the best party ever after the race! The regatta schedule will be posted on our website shortly.

Our new Race Committee Chair, **Adam McEwen**, will be instrumental in planning our off-shore events, supported by most of last year's committee members. Thank you for re-joining! And if you are not yet a member and interested in joining the Race Committee, please let Adam or myself know!

LLS Leukemia Cup Kick-Off on Wednesday, May 14th

We are pleased to announce that **Gary Jobson has agreed to speak at ECYC on May 14th**, on the occasion of the kick-off for the **2014 Leukemia Cup**. You may remember that several ECYC boats participated in last year's cup and did very well! Gary is a cancer survivor and knows first hand how important the right support network is in order to battle this disease successfully. He will be speaking about his experience, and, as a little bird told me, he will share some of his America's Cup experiences as well!

The event will mark the kick-off for the Leukemia Cup registration period, and we hope that any of your sailors out there will be inspired to join us in the **2014 Leukemia Cup Regatta** and its fundraising efforts. If you are unfamiliar with the regatta, please contact me, I will be happy to provide you with the necessary information.

Details on the May 14th presentation to follow shortly.



Annual Newport 12-Meter Challenge:

We are pleased to announce the date for this year's Newport 12-Meter Challenge, Sunday, June 8th! As in prior years, we will charter 5 or 6 historic America's Cup 12-Meter yachts and engage in a friendly race among yacht clubs.

The race will be from 1 pm to 5 pm, followed by an awards ceremony on site.

The estimated price per person is \$ 175 (exact amount to be announced shortly). ECYC has two boats on hold, each for 13 crew, but we need firm commitments as soon as possible. Contact Terry Stewart or myself to reserve your spot or if you have any questions.

Never fear, there will be a party to commemorate the occasion! We will hold it on the day before, Saturday, June 7th, at ECYC. Perfect time to mingle with your "competitors" and talk strategy with your crew mates! Details to follow!

BREAKING NEWS! BREAKING NEWS! BREAKING NEWS!

In the next few weeks, the Essex Corinthian Yacht Club will roll out its brand-new, redesigned website!

The new site is currently undergoing review and will be live as soon as we have finished some fine-tuning. It will be posted at a new domain, and we will announce the web address shortly. Our old site will continue to be available for a few more months until the transition is complete.

The new site will include improvements such as easier navigation, racing related documents for download, an updated event calendar, an extensive image gallery, and a version for mobile viewing.

STAY TUNED FOR MORE DETAILS TO FOLLOW SHORTLY!

Galley News:

Coastal Cooking Company Starts Off 2014 With Great Brunches And A Special Valentine's Day Dinner

Coastal Cooking Company (aka "The Corinthian Café") invites you to enjoy their proven menu as well as new specials at lunch, for brunch or dinner. The dining room is ready and open for your enjoyment!

On **Friday, February 14th**, the Corinthian Cafe will host a special **Valentine's Day Dinner**, an open event for members and their guests, organized by Monique and her team at Coastal Cooking Company.

For details on the menu and availability, please contact Monique at monique@coastalcookingcompany.com

As 2014 progresses we look forward to another great galley year with a shared continuous focus on improving value and service.

We also encourage members to consider the club and the Galley for private events this year.

Credit Card Processing Fee

To offset the fees charged by credit card companies, and to be able to continue accepting credit cards for dinner from visiting yachtsmen and -women, as well as from members' guests, a credit card processing fee has been approved at the 2013 Annual Meeting. For details, please see the "Did You Know" section below.

Winter Galley Hours:

Wednesday through Saturday Lunch - 11:30 am - 2:00 pm

Sunday Brunch - 11:00 am - 2:00 pm

Friday Night Dinner Service - 5:30 pm - 9:00 pm

Ruth Emblin
Rear Commodore



COMMITTEE UPDATES

Race Committee Update:

New Friends -

I am Adam McEwen and it is an honor to have been asked to head up the Race Committee for the ECYC. Big thanks to Tim, Terry and all of the board of governors for having faith in me. I will not let you down.

Having been water logged since early childhood I love the excitement, comradery and fun of being out on the water - especially when racing sail boats. My personal race experience is mostly in one designs from Sunfish, Dyer Dows and Blue Jays up to Watch Hill 15's and J-24's I've done everything from having the helm to flying the kites. I also have a lot of experience in officiating both one design and PHRF racing. I have run crash boats since 1998 (still my favorite) in support of the Watch Hill Yacht Club one design races. After a few years I was asked to be the Race Committee Chair which I lead for two years. It took a few tries, but, eventually, I got pretty good at setting fun courses with square starts. I also became quite good at Offshore, PHRF officiating ensuring challenging, tactical fields and fun/competitive races. It is my hope that my experience will allow me to guide the ECYC in holding races that are well attended, exciting and offer excellence in execution.

Please feel free to contact me at any time should you have interest in sailing in any of ECYC's races or have an interest in joining the Race Committee. We always are looking for more boats in our races and being a part of the RC team is a great way to be involved with your club, make new friends and get out on the water for some fun. Join me and your Race Committee Team - you'll like it.

Cheers,

Adam McEwen
Race Committee Chair

Email: amcewen@gdeb.com

A Note From Jon Gibbs, ECYC Fleet Captain:

Spring Frostbiting starts on Sunday, March 2nd, 2014 and runs for nice consecutive Sundays.

Did You Know?

- **OLCC Reciprocal Agreement:** Please welcome the members of the Old Lyme Country Club as they are invited to dine at the Corinthian Cafe this month during their club's shutdown!
- The **Galley Minimum** is common charge practiced by most private clubs that operate a galley. The Galley minimum goes to the club to fund overhead operations and not to the galley operator.
- **Credit Card Convenience Fee:**
The Essex Corinthian Yacht Club offers the following payment methods for paying member bills: Check, Credit Card, Cash (in person payment only, do not mail cash). New this year (as approved by the membership at the 2013 Annual Meeting) members and guests using credit cards as a payment method will incur a \$5.00 convenience fee per transaction, effective March 3, 2014, to partially offset the cost of processing credit card transactions. Payments made via check or cash will not incur a convenience fee. The ECYC Board of Governors appreciates your support.

CREWS WANTED!

Announcing the 2014 Annual Newport 12-Meter Challenge!

We are pleased to announce that the date has been set for our Annual Newport 12-Meter Challenge!

Sunday, June 8th, starting at 1 pm to 5 pm

ECYC will have two boats, and each boat accommodates a crew of 13. If you are interested in participating, please contact Terry Stewart or Ruth Emblin to reserve your spot.

The price per person will be \$175. Further details to follow shortly!

Terry Stewart tgstewart14@comcast.net
Ruth Emblin ruthemblin@gmail.com



Burgee of the Month:

As has become tradition, we hope to add many new burgees to our amazing display in the clubhouse dining room in the coming months.

Skippers with racing experience and crews of all accomplishments are encouraged to contact Jon Gibbs at jongibbsarch@aol.com or sign up on the bulleting board in the River Room. We will sign up two-person teams or individuals. As many as three of the more experienced teams will be rotating into the boat # 192 campaign, while keeping # 191 available to those newer to Frostbiting. We will be encouraging teams to enter other River Race events this summer, such as the ECYC Monday Ladies Sailing, Essex Yacht Club Tuesday and Thursday Evening Racing, the EYC Rum Challenge, and the ECYC Clarke Memorial, EYC Willets Memorial and PYC Birch Memorial Races. This will help establish team assignments for future Frostbiting.

If you have any questions, please contact Jon at jongibbsarch@aol.com

House Committee Update:

Sign up now to be a member of the 2014 House Committee. ECYC need members ready to help keep the club building looking its best for all to enjoy for 2014. Keeping the "old girl" fully functioning and having her best face for the entire season is much like having another home, requiring lots of effort and TLC. The house committee has historically done a fantastic job meeting the needs and expectations of the entire membership, this year will be no different. To make sure this is the case, I appeal to all members to consider signing onto the committee to be a part of the many and varied upcoming tasks from plantings, to power washing; from managing cleaning service, to improvements planned for this year. Please email me at cgrusse@snet.net if interested to become a member of this important ECYC committee. I will truly welcome your help.

Over 3 consecutive weekends this January: the refinishing of the floor; cleaning of the bar, kitchen, fans, burgees, ice machine, and floors; repair of ceiling tile; clearing of drains; painting of walls; replacement of pads on all chairs& tables; and many other tasks were accomplished only due to the efforts of those willing to volunteer and help out. Many thanks to Andy Roussel, George VanDrasek, Ed Birch, Karen Kari, Liz & Earl Fowler, Harry Bird, Joe Wailer, Jim Pfeffer, Terry Stewart, Steve Rodstrom, and Tim Brewer.

Thank you.

Chuck Grusse
House Chair

Entertainment Committee Update:

My name is Cheryl Arndt, and I would like to introduce myself to you if we haven't met yet. As many of you know I am the new Entertainment Chair. I have been a member of the club for about 3 years. My husband, Dick and I have a 43' North Pacific named Raggamuffin, which we keep at Cedar Island Marina in Clinton.

I am looking forward to a fun year with Tim at the Helm, but I will need your help to pull off the many events we have planned for 2014!

If you like to organize functions and parties .. YOU are the person I need.. If you like to help set up and decorate ..we need YOU, too!

the clubhouse dining room in the coming months.

If you are cruising or traveling and happen to stop by a yacht club, why not arrange a burgee exchange? We encourage members to add a short story about their trip and the club(s) they visited - to be printed right here in this spot and the burgee proudly displayed at the club!



Note: ECYC burgees are available at the Ship's Store!

Check Out The New Gear Available At ECYC!

A new year is the perfect time to purchase a gift or two for your family or friends, or treat yourself to some trendy ECYC merchandise! Come see the new plush vests for men and women!

The Ship's Store not only sells burgees, there are vests, scarves, ties, polos, tees, sweaters, windshirts, etc., etc., etc., all waiting for you to show your Corinthian Spirit!

And if you want to add some Corinthian Spirit to your evenings at the club, check out the etched wine and drinks glasses. Toast your friends in style!

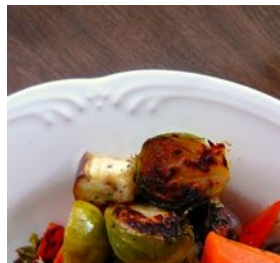


See Jean Brewer at the Ship's Store for all the new items she has added to the store's selection and check back frequently for any ***special offers!***

Green Tip of the Month:

Eat Healthy To Get Ready For The Sailing Season!

Cold weather, snow and ice might make you want to hibernate, but they are no excuse to slack off when it comes to exercise and eating healthy. You do want to be ready for sailing season, right? It is not just your physical body that benefits from exercise and nutritious food, your brain needs some nourishment as well, so you can plan those strategies to beat your competitor in Frostbiting! Organic food has a lot of benefits, and it is well worth looking closely at what we put into our bodies.



Of course, it is not always easy to find fresh, organic produce in winter, because local farmers markets are closer during the cold season. After the fall harvest, options tend to dwindle rapidly. Fortunately, there are options to create wonderfully nutritious dishes with root vegetables, winter squashes, kale and other winter greens, along with (organic) preserved foods and some sustainably raised meat. Many winter vegetables are rich in Vitamin C, Vitamin K and beta carotene that provide a boost for the immune system. during

Several members of last year's committee have already reached out to me - THANK YOU - but I know that there are many people out there that are new or would like to pitch in.

Please don't be shy, we have a lot of undiscovered talent in our club, so if you are interested, please email me, with your name, email address and phone number so I can add you to the list of entertainment committee members for the upcoming year.

My email is: bdtbs@sbcglobal.net.

Looking forward to meeting new friends and having fun.

Cheryl Arndt
Entertainment Chair

Membership Update:

As you might have heard, Val Votto has agreed to take over the chairperson position for our Membership Committee. We are very pleased that she decided to remain on board after her excellent work as Entertainment Chair for the club!

Val will be working closely with Cheryl Arndt, our new Entertainment Chair, to make new and existing members welcome!

If you have any friends interested in joining ECYC, please encourage them to visit the club. Membership opportunities are available, and Val will be glad to answer any questions you or they may have!

For questions, please contact

Val Votto
Membership Chair
valerie@vottolaw.com



a time when colds and the flu are the most aggressive. If you are lucky, your local health food store will carry locally grown winter produce, making it easy to get your "fresh fix".

Even our "regular" supermarkets now carry a wide variety of fresh vegetables from a variety of regions. However, our society's decade-long demand for the largest variety of foods no matter what the season, has yielded a great influx of products that might not be exactly the freshest due to their long transport. Though never fear, there are plenty of options to get fresh winter vegetables in our area. Just make sure you choose the freshest ingredients you can get, to ensure the highest nutritional benefits.

Here is a link to some great recipes for those winter vegetables!
Comfort food for your body and brain! <http://tinyurl.com/keoajky>

Bon Appetit!

Ruth Emblin
Rear Commodore & Fleet Communicator



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.essexcyc.org, email us at ecyc@essexcyc.org, or snail-mail to
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**SHOP
AT
ECYC!**

Come stop by and see what's new at the Ship's Store!

New plush men's and women's vests have arrived!
Drinkware, scarves, belts, burgees, sportswear, ornaments and more...



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