



Fleet 5



Spring 2007

Spring Meeting at BIG B'S REEF & BEEF Sunday April 15th, 12 noon

Our Spring Meeting will be Sunday, April 15th at Big B's Reef & Beef Restaurant in Stamford, CT. And our hosts will be Jackie & Paul Bogacki.

In our business meeting we will discuss our final plans for our summer on the water. Bernie Wiess from Landfall Navigation will be our guest speaker to discuss VHF Digital Selective Calling, (DSC), Marine Mobile Service Identity (MMSI), Side Band Radios (SSB) and the USCG's Rescue 21 initiative.

We will also have 5 raffles: 2 sets of *Adidas* sport sun glasses; 2 bottles of wine and a large portable stand-up grill, perfect for travel, tail gate parties, the beach or your back yard. The tickets are being sold at \$5 each or 3 tickets for \$10.

Directions to the restaurant follow this notice. We suggest that our friends from central and eastern Long Island contact Doug Smith & Thom Reeves (631-208-1977; ccreagh@optonline.net) to arrange for car pooling since the ferry schedule doesn't really fit our noon



Menu
House Salad
Penne ala Vodka
Main course choices:
 Chicken Breast – Mushroom Marsala Sauce
 Grilled NY Strip Steak
 Panko Crusted Filet of Sole, Lemon Butter

Dessert
 Fresh fruit plate
Coffee, tea
 Meal includes soda, juice and bottled water
 Glass of red or white house wine
 Cash Bar

arrival in Stamford.

The cost of the dinner will be \$31/person including dinner, tax and gratuity. Please R.S.V.P. by Sunday April 8th, as we have to give a head count to the restaurant on Monday the 9th. Call Jackie & Paul at **203 218-2237** or email at bog69@hotmail.com Please send your checks to: Paul Bogacki, 161 Coral Dr,



Our hosts Paul & Jackie Bogacki (Mirage IV)

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Fairfield, CT 06825-3231. Make your checks payable to "Paul Bogacki."

Directions to Big B's Reef & Beef:

HEADING SOUTH FROM BRIDGEPORT AREA:

Take I-95 SOUTH. Take Exit 9 - US 1/ CT - 106 GLENBROOK. Turn RIGHT onto US - 1/E. MAIN STREET/BOSTON POST ROAD. Take IMMEDIATE RIGHT at traffic light onto COURTLAND AVENUE/CT-106. Follow to end where you can't go straight anymore. Turn LEFT at traffic light onto GLENBROOK ROAD. Go over train tracks and make MAKE LEFT at light to continue on GLENBROOK ROAD. BIG B's REEF & BEEF Restaurant is yellow building on LEFT.

HEADING NORTH FROM NEW YORK AREA:

Take I-95 North. Take Exit 9 - US 1/ CT - 106 GLENBROOK. Turn LEFT onto SEASIDE AVENUE staying in the farthest right lane. Turn LEFT onto US - 1/E. MAIN STREET/BOSTON POST ROAD going over 95 staying in farthest right lane. AT SECOND traffic light make RIGHT onto COURTLAND AVENUE/CT-106. Follow to end where you can't go straight anymore. Turn LEFT at traffic light onto GLENBROOK ROAD. Go over train tracks and make MAKE LEFT at light to continue on GLENBROOK ROAD. BIG B's REEF & BEEF Restaurant is yellow building on LEFT.

Fleet 5 at Strictly Sail Philadelphia

The Philadelphia Boat Show 1/20-1/21 was a welcome reprieve from the doldrums of winter. All told, 19 members of Fleet 5 attended the event. Captain Richard Toth & Keila Quintaes, Vice captain E.J. & Shayna Hodes, former captain Bob & Marilyn Clark, Bob & Eileen Hoernlein, Tom Senator & Donna DiTroia, Frank & Irene Strafaci, David & Naomi Isaacs, Griff & Carol Walling, Marie Genteale & Chris Nitzsche and John Santana.

Strictly Sail Philadelphia provided a complimentary meeting room for Fleet 5, LISCA and Fleet 3 from the Chesapeake Bay to rendezvous on Saturday morning before the show as well as free tickets to the show. The show was small but well attended. There was a noticeable presence of Catalina owners at the show and seminars. Members of LISCA and Fleet 5 attended the Catalina Owners booth distributing literature to prospective members. Catalina celebrated their new 309 as Cruising Worlds Boat of the Year with a cocktail party at the Catalina display from 6:30-7:30 pm on Saturday.

About 50 people from Fleet 5, LISCA and Fleet 3 attended dinner in the banquet room at Maggiano's Restaurant on Saturday evening including Gerry Douglas from

Catalina. Conspicuously missing were Sharon Day, her husband David and Warren Pandy from Catalina who arrived late after attending the wrong dinner with another Fleet in the same restaurant. After dinner some of the members of Fleet 5 and Catalina went to the lobby bar at the Marriott Hotel for drinks before retiring for the evening and another day at the show.

Richard E. Toth - Mai Toi

Fleet 5 Captain



Marilyn Clark, Eileen Hoernlein, Donna DiTroia and Keila Quintaes enjoying the Catalina Party on Friday night.

Photo: Marilyn Clark

Spring Re-Commissioning

Soon spring will have sprung and most of us will be fully engaged with our boats getting ready for splash time & a summer of activities. Most people have their rituals set but it's always a good idea to remind people of a few items to ensure their boating season gets off to a good start. Also, now is a good time to do a few of those "find, fix and replace" projects that you have been putting off all last season while the boat was in the water. Most of us have our boats out of the water and now is the easiest time for a few neglected projects that many of us never get around to. I'll focus on a few items that many of us never get around to. In no particular order here are a few things to double check before launch.

Stainless Steel Hose Clamps – When was the last time you looked at your hose clamps? I mean - really- looked at them. Most quality hose clamps will last a long time, but not indefinitely. It's important to look closely at your clamps for any sign of rust or deterioration. If you see any signs of rust its best to just replace the clamps. Even quality stainless steel can rust especially in enclosed stagnant locations when devoid of oxygen. A location that is especially susceptible are the hose clamps around the stern tube where the shaft leaves the boat, the other side of the hose is attached to your stuffing box. Many times the underside of those clamps on that hose are never inspected and vulnerable to deterioration. It's advisable to replace those clamps with "T-Bolt" Band clamps. These are far superior to regular worm clamps and ideally suited for large hoses of this type. Also remember that all hoses below the water line should have two hose clamps

Thru Hulls/Seacock Valves– Have you greased your thru hulls this year? Forespar, manufacturers of our Marelon Thru Hull/Seacock Valves suggests we lubricate the Valves twice a year

1. Close valve.
2. Remove hose from tailpipe.
3. Remove remaining water from valve/tailpipe.
4. Swab waterproof grease (water pump grease,

winch grease) or LanoCote™, generously, on ball.

5. Reattach hose, checking for fatigue and rusted hose clamps.
6. Activate valve a few times. When boat is hauled, you can perform steps 4-6 from outside the hull to lubricate opposite side of ball and seals.



Tom Senator at Strictly Sail Philadelphia

Photo: Marilyn Clark

Stuffing box – Did your stuffing box drip a bit too much for your liking last year? Many people have converted to dripless mechanical stuffing boxes like the PSS. For those that haven't now is the time to replace your stuffing box packing. I have been a big fan of the GORE marine flax packing. It has excellent qualities that made stuffing boxes virtually drip free.

Windlass – Not everyone has a windlass, but for

those who do, when was the last time you had it greased? It's very easy to forget about it, but it's right up front on your boat week in and week out, dragging through grit and grime & doused with salt water. If left to itself it will fail on you at the most inopportune moment (been there-done that). Maxwell advises greasing the windlass at least once a year. It's very easy to do. Here is a link to the procedure in pictures <http://www.catalina36.org/articles/miscellaneous/maxwellWindlass/maxwellWindlass.htm>.

Engine Fresh Water Antifreeze – Many of us always check the impeller and the raw water system of our boats but neglect the Fresh Water Antifreeze (Typically the green stuff). It's recommended by Westerbeke to flush out and change this ever few

years. When was the last time you did this? I know I have neglected it myself, now might be a good time to change it out or you might be looking at larger bills down the road when internal rust takes over that the fresh water part of your cooling.

For a full check list of Spring Commissioning items go to http://www.catalina36.org/site2004/Spring_Commissioning_checklist.htm.

Tom Senator - Breathless

C36IA MKII Tech Editor

Goodspeed Opera House Update

I've firmed up the Labor Day weekend trip. Two action items for those going are:

1. Purchase tickets at The Goodspeed Opera House for the show (*High Button Shoes*) Sunday afternoon September 2nd (860 873-8668 or boxoffice@goodspeed.org).
2. Make reservations for mooring or dock at Brewer's Deep River for Saturday/Sunday (Sept 1/2) (860 526-5560 - ask for Ann or email atroy@byy.com).

Again, for those arriving Thursday or Friday we are planning a raft-up at Hamburg Cove. Saturday night will be pot luck dinner at Brewer's after cocktails on the lawn. We will motor up to Goodspeed Landing for lunch and the show on Sunday late morning. Sunday lunch will be at Goodspeed Landing, and Sunday dinner after the show at The Ivory restaurant in Deep River.

Elwin Schwartz - Illusion



Bon Appétit

Three recipes have come to our attention for this newsletter, submitted by Cheryl Schwartz, Doug Smith and Richard Toth & Keila Quintaes. Working backwards because life is too short, let's do dessert first!

Cheryl's Noodle Pudding

NOODLE PUDDING

1 lb package noodles wide or extra wide	juice of 1 lemon
6 eggs	12 Tbsp unsalted butter
1 lb cottage cheese I use regular (not Non-fat - this ain't no diet dish to begin with!!!)	raisins
1pt. sour cream (same as above)	cornflakes
3/4 to 1 cup sugar	almonds

This amount fits into a 3-quart Pyrex baking dish.

While noodles are boiling, put first five ingredients in a large bowl, beat with mixer.

Put aside half the butter, melt the other half in pan so that it greases it, then pour into batter. Add raisins. (I never measured-a cup or two?)

Topping: Crush cornflakes & almonds. Mix together. It looks like crumbly topping. Dot remaining butter over top. Bake at 325° for about 45 minutes. Don't let it get too dry. And keep sneaking little tastes----you can always disguise little holes!

(Please tell your boating friends not to throw leftovers overboard - the fish may like it, sink to the bottom, and there goes our ever shrinking marine population!)

Now let's move on to the main course:

Richard and Keila's Pork Tenderloin with Balsamic-Cranberry Sauce

PORK TENDERLOIN WITH BALSAMIC-CRANBERRY SAUCE

Preheat oven to 450°F. Melt 1/2 tablespoon butter in heavy large ovenproof skillet over medium-high heat.

1-1/2 Tbsp. butter	1/2 cup canned low-salt chicken broth
1 8-10-ounce pork tenderloin	1/3 cup canned whole berry cranberry sauce
1/2 cup chopped onion	1 Tbsp. balsamic vinegar
1 Tbsp. chopped fresh rosemary	

Sprinkle pork with salt and pepper. Sear pork on all sides, about 2 minutes. Place skillet with pork in oven. Roast pork until thermometer inserted into center registers 155°F, about 10 minutes.

Meanwhile, melt remaining 1 tablespoon butter in heavy medium skillet over medium-high heat. Add onion and rosemary; sauté until onion softens, about 3 minutes. Add broth, cranberry sauce and vinegar and whisk until cranberry sauce melts, about 2 minutes.

Transfer pork to work surface. Scrape any juices from large skillet into cranberry mixture. Boil until sauce has reduced enough to coat spoon thickly, about 6 minutes. Season with salt and pepper. Slice pork and serve with sauce. Serves 2, can be doubled.

(Continued on page 6)

And lastly, for starters to the day, a breakfast suggestion from Doug which he has baked on board *Carter-Creagh* for those brunch-bashes the fleet likes to do on a rendezvous. It had to be quick, easy, serve 8 to 10 people and prepared the night before. Just bake it the morning of the event! No fuss, no muss!

Broccoli, Mushrooms and Cheese Bake

BROCCOLI, MUSHROOMS & CHEESE BAKE

1 4 oz. can sliced mushrooms
1 10 oz. pkg. broccoli, thawed
7 eggs
2 cups milk
7 oz. red bell peppers*

3 handfuls cheddar cheese, shredded
1 handful Monterey jack, shredded
4 slices bread, cubed
dash of pepper to taste
4 Tbs. margarine

Grease 3 qt. pan. Tear bread into cubes to cover pan. Add mushrooms, broccoli, red peppers and cheeses. Wisk milk, eggs and pepper together. Pour over bread, broccoli, mushrooms, and cheese mix. Cut margarine & dot over mixture. Cover and refrigerate over night. Bake uncovered @ 400° 45-60 minutes until golden brown.

* optional

That's it from the galley. The editors are looking for more interesting and boat-friendly recipes we all can *use while we cruise*. We know some of you have taken courses in hors d'oeuvres preparations and we have tasted some pretty fantastic foods while pot lucking it with the fleet. Feel free to send you ideas in to ccreagh@optonline.net. Thank you and happy sailing.

Doug Smith - *Carter-Creagh*

Fleet 5 Membership Chair



Just hors d'oeuvres...

p.s. from the Captain...

Do you remember those bright blue numbered cruising burgees you had for last summer's cruise? I haven't received all of them back yet and we will need them for this summer's cruise. Please remember to bring them to the April 15th meeting or send them to me as soon as you can (45 Woodlands Dr, Tuxedo Park, NY 10987-4800; 845-753-8145).

FOR SALE! At the April 15th meeting we will have Nantucket red, Navy blue and pigment dyed blue one size fits all Fleet 5 baseball caps for sale for \$20.00. Also, we will be selling Fleet 5 burgees for \$30.00 each. We want Fleet 5's colors to shine this summer!