

# Soundings

March 2011 Issue

## Commodore's Message

To: Grand Bend Yacht Club Members,

I am very pleased to be selected as your Commodore for the 2011 season. I look forward to:

- well attended races with many new deck mates
- loads of fun at our social events
- and representing the Grand Bend Yacht Club to mariners near and far.

Your executive is committed to executing your wishes, maintaining our finances, our clubhouse/premises and growing the fellowship. We have committed additional to the executive made up of individuals that volunteer their time and expertise for the betterment of the club. You are encouraged to ask questions, give comments or you may even want to dedicate some time yourself.

If is you that make the social events worth planning and it is you that make the races competitive, so come out and support your club.

Again, thank you for the honour and show of support.

Cheers,

Ray Rogolino  
GBYC Commodore  
Click to email



Ray, Wearing pirate outfit  
at 2010 Calypso BBQ

*"The pessimist complains about the wind,  
the optimist expects it to change,  
the realist adjusts the sails."  
William Arthur Ward*

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## Next Issue: Contributions Deadline March 25, 2011



Click for  
Cdn Sail  
and Power  
Courses

Watch for revised fall schedules and registration in late June. Members who need to obtain a PCOC card should call the training officer at the London Sail & Power Squadron.

Arrangements can be made for a GBYC Power Squadron member to proctor your test.



## 2011 Board Members



**Commodore  
Ray Rogolino**



**Vice Commodore/Social  
Dave Maguire**



**Rear Commodore/Race  
Mark Rinker**



**Treasurer  
Bill Morrison**



**Wharfinger  
Bernadette Cramer**



**Sylvia Gozzard  
Information Officer**



**Member at Large  
Ole Hammerberg**



**Member at Large  
Billy Ive**



**Past Commodore  
Bill Newton**



## Bulletin Board



**Hear Ye, Hear Ye**

A variety of Wearables as well as a Club Burgee are for sale. Burgees \$25.00. The catalogue of clothing is inside the clubhouse. Please make cheques for these items payable to Simply Sew and leave your payment and order on the mantel for Cat McMahon to pick up.



## Fun Pics



Tired from paddling your canoe? Solution: Buy a sail for it!

## Upcoming Events

Does the pathway to your door look like ours? Fear not ... Spring arrives in twenty-one days!



Click for GBYC's **2011 Calendar of Events** which is available by email.

**Launch ,  
Sat, April  
30th is  
a mere  
thirty days  
away!**



## Cruising Courses

Interesting March 2011, Webinars (Great Lakes Cruising Club membership not needed to take)

I signed up to take two of the courses: Cruising Georgian Bay's 30,000 Islands (pictured below, one of the Southern Georgian Bay islands.)



and pictured above, North America's Great Loop, (map of the route) I'll let you know if the Webinars were worth taking.

Haydn and my 2011 sailing plans, are cruising two of Canada's inland waterways, the Trent Severn and the Rideau. Think it would be marvellous docking within walking distance of the Parliament buildings. Randy Brown, Chairman of GBYC's Long Term Planning and Finance Committee reported at the AGM, that the membership wanted a cruising event scheduled. We commit to taking lots of pictures.

Several members of the Club, exchange photographs, sailing and vacationing plans on GBYC's Facebook page. Joining is supereasy!

## The Larder

### Cranberry-Sauced Meatballs (49 calories each)

#### Ingredients

- \* 1 beaten egg
- \* 3/4 cup soft bread crumbs
- \* 1/4 cup finely chopped toasted almonds
- \* 2 tablespoons snipped dried cranberries or snipped golden raisins
- \* 2 tablespoons finely chopped onions
- \* 1/8 teaspoon ground cloves or allspice
- \* 1/2 pound ground raw chicken or turkey
- \* 1/2 pound ground pork
- \* Nonstick cooking spray
- \* 3/4 cup catsup
- \* 1 8-ounce can jellied cranberry sauce
- \* 1 tablespoon vinegar
- \* 1/4 teaspoon dry mustard



#### Directions

1. For meatballs, in a large bowl combine egg, bread crumbs, almonds, cranberries or raisins, onion, and cloves or allspice. Add ground chicken or turkey and pork; mix well. Shape into 30 meatballs.
2. Lightly coat a 15x10x1-inch baking pan with cooking spray. Place meatballs in pan. Bake in a 350 degree F oven for 15 to 18 minutes or until done (165 degrees F).
3. Meanwhile, in a 10-inch skillet stir together catsup, cranberry sauce, vinegar, and dry mustard. Add baked meatballs; stir gently to coat. Heat through. Transfer to a 1-quart crockery cooker. Cover and keep warm on low-heat setting up to 2 hours. Makes 30 meatballs (30 servings).

**Make-Ahead Tip:** Up to 1 day ahead, make and shape meatballs. Place on the baking sheet and refrigerate. Two hours before serving, bake meatballs and continue as directed.

#### Nutrition Facts

\* Calories 49, Total Fat (g) 2, Cholesterol (mg) 14, Sodium (mg) 98, Carbohydrate (g) 6, Protein (g) 3, Vitamin A (DV%) 1, Vitamin C (DV%) 2, Iron (DV%) 1

To serve as a maincourse, add orange and sweet, red, salad, onion slices and serve over your choice of noodles.



**Greetings**



*Wishing you  
a happy and bright  
Spring*



**2011 Launch Day  
Saturday, April 30**

