

# Four *winds*

Spring 2024

WINDJAMMERS SAILING CLUB  
CEDAR CREEK SAILING CENTER  
BAYVILLE, NJ

## Commodore's Letter

*Jim McGovern*

Welcome to the 2024 sailing season! We had a highly successful planning meeting back in February. Members, Committee Chairs, and the Flag Officers discussed and planned out an exciting calendar of events, starting off with our wine and cheese event at Cedar Creek Marina on May 18th at 5:00. This is also a wonderful opportunity to bring potential new members to learn about the benefits of joining the club. Please bring your favorite bottle of wine and an appetizer to share. We are planning three longer cruises this season, along with some shorter overnight trips on the Barnegat.



We met with the Commodores of two other local sailing clubs, Tall Oaks, and Cedar Mar. There are several opportunities to collaborate this season with these sailing clubs that share similar interests. In addition to racing, we are invited to their seminars and events. Please make sure to complete your 2024 membership application on the website: ([windjammersailing.com](http://windjammersailing.com)). You will need to submit your dues by check or Venmo by May 11th to be included on the club roster. We are going to utilize our Facebook page more this season with event reminders, last minute meetups, and sharing photos. Please take a few minutes and check out our website and Facebook page. There have already been a lot of great pictures posted on our FB page.

I look forward to seeing each of you at the marina as we prepare our boats for the 2024 sailing season. If you have any questions, comments, or feedback about the club, please contact me. I am here to serve the members and share our mission, which is: to promote the joy of sailing, with likeminded people, to stimulate interest in sailing, the art of seamanship, and to promote the fraternal spirit among its members and with other yachtsman and sailing clubs. See you down at the docks!

Jim McGovern

WJSC Commodore 2024





## 2024 Windjammers Committee Members

### Flag Officers



Jim McGovern  
Commodore



Nancy Onffroy  
Vice/Past  
Commodore



Julie Creache  
Secretary



Jeannette Kozak  
Treasure

### Committee Chairs



Joe Digaetano  
Cruising



Gina McGovern  
Nancy Onffroy  
Dock Parties



Robin & Sheldon  
Fundraising



Al Morris  
Seminars



Rose Morris  
Supplies



Bernard Creache  
Membership



Mark Zavanelli  
Racing



Frank Schaffer  
Newsletter



Richard Barker  
Historian



Frank Schaffer  
Website



## Windjammers Sailing Club 2024 Calendar of Events

**\*\*Check our Facebook page for any updates or changes\*\***



Event Date	Planned and Suggested Events	Event Type	Event Coordinator/Host
Saturday, May 18	Wine and Cheese @ the Dock Cedar Creek Marina @ 5:00	Club Event	Jim & Gina
Sat, May 25 - Mon, May 27	Memorial Day Cruise Myers Hole	Cruising	Joe
Friday, May 31	Practice Race 6:30	Racing	Mark
Sunday, June 2	Breakfast @ the Dock Cedar Creek Marina @ 9:00	Club Event	Robin & Sheldon
Friday, June 7	Race #1 6:30	Racing	Mark
Friday, June 14	Race #2 6:30	Racing	Mark
Friday, June 21	Race #3 6:30	Racing	Mark
Friday, June 21	Full Moon Sail	Event of Interest	Jim & Gina
Saturday, June 22	Chicken and Ribs Dinner Berkeley Island Pavilion/Blue Collar Catering @ 6:00	Club Event	Nancy
Friday, June 28	Race Makeup 6:30	Racing	Mark
Thursday, July 4	Fireworks Overnight Governors cut	Cruising	Joe
Fri, July 5 - Sun, July 7	Cruise to Myers Hole	Cruising	Joe
Saturday, July 6	Shrimp Boil Myers Hole	Club Event	Rose and Al
Sat, July 13 - Sun, July 28	Cruise to Block Island	Cruising	Joe
Sat, July 13 - Sun, July 28	Alternate Cruise-Long Island Sound (Inside Route)	Cruising	Bob F
Sunday, Aug 4	Breakfast @ the Dock Cedar Creek Marina @ 9:00	Club Event	Richard
Sat, Aug 10 - Sat, Aug 17	Cruise to Cape May Utsch's Marina	Cruising	Joe
Saturday, Aug 24	Potluck Dinner @ the Dock Cedar Creek Marina @ 6:00	Club Event	John
Sat, Aug 31 - Mon, Sept 2	Labor Day Cruise Myers Hole	Cruising	Joe
Saturday, Sept 14	Fall Diner @ the Dock	Club Event	Richard, Jim, Gina
Saturday, Sept 21	Tall Oaks Challenge Post Race afterparty - Captains Inn	Racing	Mark
Saturday, Sept 28	Captain's Inn Cruise	Cruising	Joe
Saturday, Oct 5	Chili Cook Off Cedar Creek Marina	Club Event	Lucy & Paul
Thurs, Oct 10 - Sun, Oct 14	Annapolis Sailboat Show	Event of Interest	
Saturday, Oct 19	Full Moon Cruise Toms River	Cruising	Joe





## Windjammer 2024 Winter Dinner

*Nancy Onffroy*

On January 27th the Windjammers held their Annual Winter Dinner meeting at the Captain's Inn. We had a private room where we were able to set up a slide projector to show photos of all our club's sailing adventures from 2023. A big thanks to Richard Barker for all his hard work coordinating the slide show. While we watched the slide show, we also enjoyed the wonderful display of appetizers that the Captain's Inn is famous for. Then came a full buffet dinner and dessert. A great time was had by all. After dinner we kicked off the meeting by recognizing the achievements and (and, ahem, "creative sailing") by the members of the club with a series of annual awards. The club is over 50 years old and many of these awards go back to the beginning years of the club.



**Walt Spratford Award:** This is awarded to the club member who best exemplifies the ideas of the club through devotion of time and energy. The winner gets a silver bowl that has been handed down to the winners for years. The person who won this award was absolutely fearless in offering to help the club. He asked me what was needed and I said we need someone to run our WJSC website. He offered to do it. I was surprised that he even knew how to run a website, and in discussions with him, he admitted that he had no idea how to run a website but was confident that with time and effort he could learn. He was willing to put in the work to learn. Next, we needed someone to be in charge of the WJSC Newsletter. This same person volunteered again. I asked him if he knew how to assemble a newsletter and he again admitted that he didn't know how, but was willing to learn. In a short period of time, we had both the web site up and the newsletter up and running. I was amazed about how fearless he was about committing to doing WJSC projects when he had no idea how to do them. He was willing to learn complicated software to help the Windjammers. And both the web site and Newsletter look great. **Winner of the Walt Spratford Award - Frank Schaffer**

**Charles and Ruth Rocknak Award:** This award is for the club member who has done the most to advance in sailing skills and seamanship. The winner of this award has only owned a sailboat for two years and already participated in two WJSC ocean trips, Long Island Sound and Cape May. We experienced a situation with the Cape May trip. Because of bad weather, we had a weather window which meant that the we had to leave Barnegat Inlet at 2:30am to get to Cape May Inlet and arrive on the correct tide. We had five boats going on the Cape May trip and this person chose to be the boat that would lead the other 4 boats out of the inlet at 2:30am (which we refer to as leaving at "O dark thirty") and down the shore line to Cape May. Half of the trip was done in the dark. **Winner of the Charles and Ruth Rocknak Award: Al Morris**

**The Dillion Dock Meter Award (is a wooden box containing a bell):** The legend is that it is awarded to the club member who hits the dock with enough force to cause the bell to ring. We asked if anyone had any candidates for this award and no one was able to come up with a single name. I guess that the Windjammers are just getting much better at docking, or lying.

**The Running Aground Award:** This is awarded to the club member who has the most spectacular grounding. Extra points are awarded if this grounding is very public. The winner of this award won the title during the Memorial Day Cruise to Meyers Hole. This person did not follow the directions that were sent out by our wonderful Cruising Director on how to correctly navigate to Myers Hole. This person spectacularly ran hard aground while the many WJSC boats who had followed the cruising directors' directions watched this boat run aground while they were safely at anchor.

**Winner of the Running Aground Award: Joe DiGaetano, Cruising Director**





## Windjammer 2024 Winter Dinner (Continued)



**WJSC Racing Award: This is awarded to the person who most helped the WJSC Racing Team this past year.**

The winner of this award has put much time and effort to restart the racing program for the Windjammers. Once a year WJSC and Tall Oaks Sailing club compete for the club winner of the year. This contest has gone on for over 50 years. And this year the Windjammers won the Tall Oaks Challenge race which is a big deal at our club.

**Winner of the Racing Award: Mark Zavanelli**



**Turkey Award: Awarded to the most humorous sailing faux pas of the year. Extra points if it is very public and very dumb. (And this one was very public and very dumb.)**

This award happened during the WJSC Cape May trip. The day of this trip, the winds were variable. The sails would go up and we would sail for a while and then the winds would stop and we would have to take down the sails and motor for a while. The sails were going up and down the entire 12-hour trip. There was a deadline on when we could enter the Cape May Inlet under the correct tide level so there was concern about arriving at the proper time. The five boats made it into the inlet and headed for Utsch's Marina. The winds picked up when the boats got to Utsch's which made the docking a bit harder for everybody. It was a tight spot to turn into a slip but there were many Windjammers and marina employees available to help. One boat had a much harder experience trying to dock and managed to bounce off several pilings in an effort to dock. There was much yelling from the docks giving instructions to the crew of this boat. But unfortunately, because of the increasing winds, the crew of this boat could not understand what everyone was yelling to them. After this boat finally made it into the slip, they were informed that they had forgotten to take their sails down. That is why they experienced so much trouble trying to dock in high winds.



**Winner of the Turkey Award: Phil and Nancy Onffroy**





## Dock Parties 2024

*Gina McGovern & Nancy Onffroy*

Parties! And more...

2024 is shaping up to be an eventful year with many fun social events throughout the summer for Windjammers!

We are looking forward to our annual Wine and Cheese season kick-off on May 18th. We also have a couple of breakfasts at the dock planned. These will be on Sunday June 2nd and Sunday August 4th. Our annual chicken and ribs at Berkeley Pavilion will be catered by Blue Collar Catering on June 22nd. On July 6th, we will have a beach party at Myers Hole. Expect to participate in beach Olympics and enjoy a shrimp and corn boil. Bring your own shrimp! If you cannot cruise to the event, feel free to drive to Sunset Boulevard and meet us on the beach.

In August, there is a potluck dock party planned on the 24th. Please provide your favorite summer dish and/or bring an appetizer or dessert. Rounding out our season, we will have our annual Fall Dinner on September 14th. The theme for this party is to be determined. We will keep you all posted for this special event! Finally, our annual Chili Cook-off is scheduled for October 5th.

The full event calendar is posted on the website.

See you all on the docks 😊

## Cruising 2024

*Joe DiGaetano*

The 2024 sailing season is officially underway with the launch of several boats. There will be many activities to enjoy, including many cruises.

The first official club cruise will be over Memorial Day weekend at Myer's hole. This is a short trip for new sailors and an enjoyable destination for all. I always enjoy the beach at the anchorage, evening fire, and trips into Barnegat Light. We will return to Barnegat Light for the Fourth of July for our summer Olympics. Activities which should be a blast, though anyone seeking a marathon will be disappointed.

July will also feature a cruise north. There will likely be a group that does a coastal route up to New York City, navigate the East River, and proceed to Long Island Sound. Another group will likely sail directly to Block Island. We had seven boats head north a couple years ago and we are looking for a strong showing this year as well.

August will feature a cruising favorite to Cape May. Some go by boat and others just drop by in their car for the day. Either way, it's a fun time.

September will feature a return to Myer's Hole as it is a club favorite. We will also have a short overnight trip to Captain's Inn. I would also like to include a raft up at Berkley Island this year. Unfortunately, there will not be a lot of notice for this get together as it will require light winds.

Cruises are always a great way to meet up with fellow Windjammers and create a lot of great memories. I am sure this year will be no different.



## WHY EVERYONE SHOULD RACE (OR CREW ON A BOAT IN A RACE AT LEAST ONCE)

*G. John Germann*

My sailing story begins when I was about 10 or 11 years old. I was introduced to sailing at summer camp where I learned to sail on sailfish and sunfish. It became my favorite camp activity and I spent much time on the lake sailing during those summers. In my early 20s I had a friend who had a Hobie 16 on the beach in Manasquan NJ and we would sail after work. I got away from sailing at about that time as responsibilities of work, relationships, marriage, children etcetera came to the forefront.

Fast forward about 20 years to my mid 40s when I was gifted an old, beat up, 1960s vintage sunfish. I restored it, began sailing it, and rekindled my love of sailing. Within a few years I decided to buy a bigger boat and purchased a hunter 23.

I considered myself a competent sailor and by all accounts I was, but all my sailing had been purely recreational. The owner of the Marina where I was keeping the hunter 23 learned that I had a sunfish. She belongs to a local Yacht Club where she races sunfish and convinced me to join and start racing. When I started racing, I quickly learned how much I didn't know. Don't get me wrong, I'm not saying that I didn't know how to sail or that those not racing are not good sailors, but racing hones and improves those skills. It forces you to consider things and make adjustments that you wouldn't be thinking about when out for a leisurely sail.



I quickly learned the importance of reading the wind on the water, seeing gusts or lulls coming and learning to anticipate and take advantage of the gusts and maintain boat speed through the lulls. I learned different techniques to trim the sail in light wind versus heavy wind. I began to actually use the tell-tails, not just the ones on the leach of the sail which I always used, but the little ones on the sail itself as well.

These skills transferred readily and unconsciously from racing the sunfish to my everyday sailing on my bigger boat and my sailing improved.

Beyond improving your skills, racing will make you a stronger captain. Let me explain: most sailors have heard the expression "the captain will usually break before the boat does". There is a lot of truth in that statement. When you're racing you will be out in whatever conditions exist at the time of the race. That may mean that you are sailing in conditions outside your comfort zone and which might otherwise have resulted in the boat staying in the slip for the day. You will learn the boat can handle it and so can you. You will become confident in conditions that may otherwise have kept you on the dock. That alone will make one a better sailor and ultimately makes sailing more enjoyable when the anxiety of heavier wind and unexpected puffs is no more.

Most of the foregoing comes from my experience racing sunfish over the past several years, but this past season I had an opportunity to crew on a larger boat for a race. Once again, I was shocked at how much I learned crewing on a bigger boat: how to more effectively and efficiently trim the sails, sailing to the tell-tails once on a tack rather than constantly micro trimming the sail to the course, finding the sweet spot between powering the sails and weather helm.

I left that experience again feeling that I had learned things that will make me a better sailor whether I am out for a sunset cruise, sailing in heavy weather, or racing.

Not everyone wants to race their boat competitively. In fact, most people probably don't want to race their boat competitively. However, if you have an opportunity to crew on a boat which is racing you should take advantage of that opportunity. You will learn from it and take things away which will make you a better sailor.

I no longer have the Hunter 23 (which is a spry little boat and would have been a blast to race) and my current boat is a 32' full keeled cutter which would not be competitive, but I for one will be looking to crew in races when needed and I would recommend you do the same.



## Racing

*Mark Zavenelli*

I'm looking forward to another great season of Windjammers racing this year! First off, we have a new contact email set up: [racing@windjammersailing.com](mailto:racing@windjammersailing.com). Please feel free to use this or my personal email with any questions or suggestions.

Our program is set up to provide racing opportunities for new or casual racers, as well as those looking for more competition. Our Friday night series features a pursuit start, where each boat is assigned an individual start time. This is an easy way to get involved with racing, and it's fine to participate in just one race to try it out. We are always looking for extra crew as well, so just let me know and we'll find you a spot. I'll be sending out a notice of race email the week of each race. We typically look to start the races at 6:30 pm, but often have members driving to the marina for the weekend, so we try to accommodate everyone's travel times.

The planned schedule for 2024 is:	May 31	Practice race
	June 7	Race 1
	June 14	Race 2
	June 21	Race 3
	June 28	Race Makeup

(This info is also on the website)



Next, we are partnering with Tall Oaks Yacht Club for their Saturday race series again this year. These are traditional start, round the mark races with a committee boat. (Last year, Brent and Colleen on Daylight finished tied for first in their series!)

Tall Oaks has a Captain's meeting (typically at 9 am) at the Tall Oaks Picnic area (I can provide directions if needed) on each race day. This can be skipped if it's arranged with me or Steve Stallsmith in advance. There is a \$15 per boat race fee which goes to the race committee. Races typically start around noon on the bay so it's usually necessary to leave CCSC right after the Captain's Meeting.

The Tall Oaks schedule this year is (note one race is a Sunday):

- June 1 – Practice
- June 8 – Race 1
- June 23 – Race 2 (Sunday)
- July 13 – Race 3
- July 27 – Race 4
- August 10 – Race 5
- August 24 – Ladies Helm/Pursuit
- September 14 – Race Makeup

Each year we race against Tall Oaks in a team race format, the Tall Oaks Challenge, which will be held on Saturday, September 21<sup>st</sup>. We have the Cup so we're defending it this year! This format is the most fun if we get a lot of boats out, so no prior participation is required! The Windjammers are providing the race committee while Tall Oaks is hosting the party at Captain's Inn afterwards, which is open to non-racers too.

Finally, we're planning to do one "full keel only" race this year. I think we'll do this as a pursuit race on a Friday in August. Please let me know if you are interested in participating. See you on the water soon!





## The Historian's Corner

### Richard Barker

*This article was originally published in May, 2015. Submitted by then Commodore, and current Historian: Richard Barker*

As I was contemplating what to write in The Commodores' Address it occurred to me that it would be interesting to invite a guest writer to submit something instead. There are any number of writers who could speak to our passion for sailing and looking forward to the new season ahead but only one I know of that also shares our love of Barnegat Bay. I was doubtful that someone who has written 19 books, lectures around the world, and is on the boards of many sailing and charitable organizations would have the time to write to us but he generously agreed. We are very fortunate to have the following submission from the most accomplished American sailor there is, and a native of Toms River at that:

May 11, 2015

#### *Barnegat Bay: A Center of Sailing Excellence* By Gary Jobson

*Look in any direction at the long expanse of Barnegat Bay and you will see sailboats. How lucky that the last ice age produced this sheltered body of water for sailors to enjoy. The early Dutch settlers named the bay for its breaking waves along the coast, and dangerous inlet. Today the thickly settled Northeast region seems to be dominated by highways, endless towns and commercial development. In contrast, Barnegat Bay is surrounded by wetlands, vacation homes, beaches and the ocean. Indigenous peoples, and later European settlers, used the bay for transporting goods between villages. The growth of prosperity after the Civil War, and the inevitable arrival of the train, changed that dynamic. Barnegat Bay became a destination for summer recreation, and eventually competitive boating. The level of competition has been impressive ever since.*



Gary Jobson

*In 1871, just one year after the first defense of the America's Cup off New York Harbor, the Toms River Yacht Club was formed with a bold statement by creating a Challenge Cup. The race has been held ever since. Over the next several decades yachting clubs were formed and many great sailors were produced. This was no accident. The people of New Jersey and the surrounding region know how to work hard, and play hard. They take their sports, and recreation seriously.*

*Teaching young sailors sailing skills became a high priority at all the bay's yacht clubs. Sailing became a lifelong sport for many. The bay itself is a wonderful place to learn to sail. An afternoon sea breeze often replaces the prevailing Westerly wind that blows across the bay at night. Sometimes the waves are choppy, and in some parts of the bay there are currents to deal with. The bay is also notoriously shallow, so one must pay strict attention to navigation. Just beyond the barrier island sits the Atlantic Ocean that offers a very different sailing experience with large swells, and steady winds. The variety of weather conditions helps develop versatile sailors who will be competitive no matter where they might travel in the world. The culture of focusing on young sailors continues from one generation to the next. Barnegat Bay has produced many international champions who have excelled at the sport's biggest events ranging from college sailing, to the Olympic Games, the America's Cup, world championships, and long distance races. With this collective wealth of experience many bay sailors have become leaders in the sport as innovators, authors and administrators.*

*Just this week, I attended an important meeting of World Sailing in distant Singapore. World Sailing is the international governing body of the sport of sailing. During the final day of the five day conference the nine members of the Board of Directors, the senior staff, and the Chairs and Vice Chairs of the 10 permanent committees sat around a large table to discuss the important issues facing sailing today. There were 30 people from 17 countries in attendance. Two of us were from Barnegat Bay, Betsy Alison, Chair of Paralympic Sailing, and me as an elected member of the Board. To kick the day off the group spent an hour introducing themselves. It was an extraordinary experience learning about the depth of sailing, and business experience sitting around the table. At one point, I sat back and quietly smiled to myself that I was even in the room. I thought about being a shy, skinny kid sailing prams out of the Beachwood Yacht Club. My biggest goal at the time was to someday race on the bay. Now, here I was sitting with the leaders of the sport. I felt mighty humble, and then I thought to myself, 'thank goodness I learned this sport on Barnegat Bay, and thankfully, many older sailors gave me considerable early guidance that helped launch by sailing career'. I said a quiet 'thank you', that my experience growing up on Barnegat Bay and all that help and encouragement I received had prepared me to be at the table.*



The Bridges of ~~Madison~~ Ocean County  
(Print this pocket size version to keep for reference)

Bridges of Barnegat Bay, North to South  
Call on Channel 13 Using These Names:

Brielle Railroad Bridge (do not call)

Rt. 35 Bridge (732-899-2992)

Rt. 88 Bridge (732-899-9341)

Rt. 13/Loveland Bridge (732-899-1520)

Mantoloking Bridge (732-477-1430)

Rt.37/Mathis Bridge (732-929-1606)

## Crisis Averted

As you know, there have been questions concerning the legality of our Past Commodore also being the Vice Commodore in the same year.

It's never been done in the Windjammers before and, indeed, apparently, not in the entire history of sailing clubs on the east coast. In the past several weeks our legal team has found no precedent prohibiting it, so we are clear to move forward. That is good news for us. In conclusion, our team did suggest that, we appeal to club members to more fully support all the efforts it takes to maintain the Windjammers Sailing Club and the activities we enjoy all season. So please help, where, and whenever, you can. Your club needs you!

Nancy Onffroy, in 2025, will be only the third person to serve as Commodore twice in the 55 year history of the Windjammers.

## Sailing Safely

*Chad Geepeety*

Sailing safely encompasses a combination of preparedness, skill, and situational awareness crucial for navigating the unpredictable waters. Firstly, thorough pre-departure checks are essential, including inspecting the vessel's integrity, ensuring all safety equipment is onboard and functional, and verifying weather forecasts. Adequate knowledge of maritime rules and regulations, as well as navigational aids, helps in making informed decisions while on the water.

Proper planning involves charting a course, accounting for potential hazards such as shallow waters, rocks, or heavy traffic areas. Maintaining a safe speed appropriate for the conditions is paramount, preventing collisions and minimizing the risk of accidents. Additionally, clear communication among crew members enhances coordination and responsiveness in challenging situations.

Remaining vigilant to changing weather patterns and sea conditions is fundamental. Constant monitoring of weather updates and understanding how to interpret cloud formations, wind shifts, and wave patterns can prevent sailing into dangerous situations. Flexibility in adjusting plans according to evolving circumstances ensures adaptability and safety.

Equipping oneself with knowledge of basic first aid and rescue procedures is indispensable. Being prepared to handle emergencies like man overboard situations or equipment failures can mitigate potential disasters. Regular safety drills and practicing proper seamanship techniques contribute to a crew's readiness to handle adverse situations confidently.

Ultimately, prioritizing safety over expedience and adhering to best practices while respecting the power of nature ensures a fulfilling and secure sailing experience for all aboard



## Newsletter Submissions

Frank Schaffer  
Newsletter Chair

Please share your cruising stories, maintenance tips, general sailing news, great boat recipes, boat related classifieds, Barnegat Bay news, etc. I'm also looking for people who are interested in writing regular features – I'd love to hear your ideas! Please send your suggestions and original submissions to:

[newsletter@windjammersailing.com](mailto:newsletter@windjammersailing.com)

## Windjammer's Swag

We're going back to keeping a supply of Windjammers gear on hand, and will order (almost) whatever you would like, upon request. Please see Richard Barker, or Robin and Sheldon at the Marina, or email: [fundraising@Windjammersailing.com](mailto:fundraising@Windjammersailing.com).

Show your support by flying our colors!



## Shrimp and Pineapple Fried Rice

**\*\*Note: Per Elizabeth, one of the best dishes I've made during my retirement! \*\***

### Ingredients

- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon curry powder
- 1/2 teaspoon sugar
- 2 tablespoons peanut or canola oil, divided
- 1 pound uncooked shrimp
- 2 teaspoons minced fresh gingerroot
- 1 garlic clove, minced
- 1 medium sweet red pepper, chopped
- 1 medium carrot, finely chopped
- 1/2 cup chopped onion
- 1 can (20 ounces) unsweetened pineapple tidbits, drained
- 2 cups cooked rice, room temperature
- 6 green onions, chopped
- 1/2 cup finely chopped salted peanuts
- Lime wedges



### Directions

1. Mix soy sauce, curry powder and sugar.
2. In a large skillet, heat 1 tablespoon oil over medium-high heat; stir-fry shrimp until they turn pink, 2-3 minutes. Remove from pan.
3. In same pan, heat remaining 1 tablespoon oil over medium-high heat. Add ginger and garlic; cook just until fragrant, about 10 seconds. Add pepper, carrot and onion; stir-fry 2 minutes. Stir in pineapple and shrimp. Add rice and soy sauce mixture; heat through over medium heat, tossing to combine and break up any clumps of rice. Stir in green onions. Sprinkle with peanuts; serve with lime wedges



Photo courtesy of Elizabeth Schaffer