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The Newsletter of the Sailing Club of Washington
March 2010

Commodore's Log

By Chris Von Guggenberg, Commodore

Dear Members of SCOW:

March madness is upon us. Many on the board are working hard to cue up for a wonderful, activity filled year ahead. A couple items of business first:

1. On Monday, March 8 we will be having our special meeting (followed by our regular meeting) which was postponed due to the snow in February. We will be voting on the increase in membership dues and skipper fees (more on that below). This month's speaker will be Captain Ken Kaye and his daughter, Captain Jennifer Kaye, giving a presentation entitled "Let's quit our jobs, buy a big sailboat and take people sailing!"
2. On March the 14th (Sunday) we will be holding the Re-up brunch, which hopefully many of you will attend to:
 - Enjoy wonderful omelets, pancakes, assorted beverages and whatever you, the members, bring to share and meet other members to enhance your experience;
 - Renew membership and skipper privileges for the coming year;
 - Sign up for training classes – first-come, first-served and they fill up fast.
 - Sign up to volunteer to help in whatever way you can. I remind you that this is a volunteer run organization. We offer a wonderful opportunity to enjoy sailing at a minimal cost and we can continue to do so only as long as a large amount of effort is put forth by the membership. Some contribute more, some less, and hopefully we all have integrity with our implicit or explicit agreement to this organization.

(Daylight Savings Reminder -- Don't forget to set your clocks ahead one hour on Saturday night!)

With regard to the dues and fee increase, many of you completed the survey last year at the Re-up Brunch with respect to the club's fleet. The outcome of that is that you, the members would like to have an upgraded fleet. We support your wishes and in that regard we arrived at a nominal increase to help us accomplish this objective. It is our hope that you will continue your membership and continue to volunteer to help the club to accomplish its mission, namely:

"...to provide its membership with opportunities to sail, to exchange information about sailing, to learn safe boating procedures, and to meet others in the Potomac River/Chesapeake Bay area with similar interests. The Club shall plan activities for both the novice and experienced sailor."

Chris von Guggenberg, 2010 Commodore

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Join us at the next Membership Meeting . . .



Come Sail Away
General Membership Meeting, March 8th
Happy Hour: 6:30pm – 7:30pm (Cheap beer & burgers!)
Special Meeting – vote on dues increase: 7:30-7:40pm
Business Meeting and Speaker: 7:40pm – 9:00pm

At the Old Town Alexandria American Legion, 400 Cameron Street, Alexandria, Va.

Speaker: **Captain Jennifer Kaye, Schooner Woodwind**

Topic: **“Let’s quit our jobs, buy a big sailboat and take people sailing”**

How many times have you said this, or known people to say this? Come meet a family who did and are successful at making this American Dream come true. Twin, 74-ft schooners “Woodwind” and “Woodwind II” that sail out of Annapolis are her family’s dream come true.

Please let Vice Commodore, Faith Rodell, know if there are other topics that you would like to hear about this year by submitting your request to: vice@scow.org.

Time to Renew -- SCOW Re-up Brunch, Sunday, March 14

By Vana Nespor

Forget the winter! Embrace the spring and summer to come!! At SCOW’s annual Re-up Brunch you can sign-up for amazing courses to sharpen your skills, chip off the rust, or take your first experience aboard.

You CAN become the sailor you’ve always wanted to be! Sign up for the first time, or renew your membership and skipper privileges. Become a part of this amazing all volunteer sailing and partying obsessed group, The Sailing Club of Washington!

Visit with friends and make new ones, eat great food, drink Mimosas and Bloody Mary’s and, most importantly, keep all those resolutions you made to live life to the fullest this season. Make it happen at the Re-up Brunch!!

Don’t be left in the cold! Put it in your calendar now! Those that come early get the best choice of courses and dates.

Event: SCOW 2010 Re-Up Brunch

Date: Sunday, March 14, 2010, 10AM – 2PM (Don’t forget to adjust your clock for daylight savings)

Location: The Colonies at McLean, 7681 Provincial Drive, McLean, VA 22102 -- (703) 827-8388

2010 Class Offerings

By: Seth Allen, Training Director

SCOW will offer the following sailing classes for 2010. Class registration begins on Sunday, March 14 at the Re-Up Brunch:

<u>COURSE:</u>	<u>DAY AND TIME:</u>	<u>DATES:</u>
<u>Basic Sailing -- Spring</u>		
Classroom Sessions:	Monday, 7pm to 10pm	April 12, 19, 26, May 3
Water Sessions:	Sat., Sun., 8am to 4pm	April 17, 18, 24, 25, May 1, 2
<u>Spinnaker</u>	Saturday, 12pm to 4pm	May 15
<u>Cruising -- Spring</u>		
Classroom sessions:	Monday, 7pm to 10pm	May 10, 17
Water sessions:	Sat., Sun., 8am to 4pm	May 15, 16
	Saturday, 5pm to 11pm	May 22
	Sunday, 8am to 4pm	May 23
<u>Basic Sailing -- Summer</u>		
Classroom Sessions:	Wednesday, 7pm to 10pm	June 2, 9, 16, 23
Water Sessions:	Sat., Sun., 8am to 4pm	June 5, 6, 12, 13, 19, 20
<u>Capsize -- 1st Session</u>	Saturday, 9am to 5pm	July 10
<u>Cruising -- Summer</u>		
Classroom sessions:	Wednesday, 7pm to 10pm	July 14, 21
Water sessions:	Sat., Sun., 8am to 4pm	July 17, 18
	Saturday, 5pm to 11pm	July 24
	Sunday, 8am to 4pm	July 25
<u>Capsize -- 2nd Session</u>	Saturday, 9am to 5pm	August 21
<u>Basic Sailing - Fall</u>		
Classroom sessions:	Monday 7pm to 10pm	September 13, 20, 27, October 4
Water sessions:	Sat., Sun., 8am to 4pm	September 18, 19, 25, 26, October 2, 3

Requirements: You must be a SCOW member in order to sign up for SCOW sailing courses. The first opportunity to sign up for sailing courses is at the Re-Up Brunch on Sunday, March 14. It is best to get there early, because the courses fill up quickly.

SCOW does not give refunds for course fees. If you sign up for a course and later decide that you cannot take it, you may transfer your spot to another SCOW member, but you may not receive a refund.

You will notice that some of our classes (basic sailing, cruising and capsize) are taught at different times of the year and listed separately. Each of these is a different session of the same course. Each session comprises the complete course, and the course material is identical. It is only necessary to sign up for one session (spring, summer, fall, 1st, 2nd). Do not sign up for more than one session of the same course. We teach various sessions of the same course so that more people may participate.

Maintenance Day is Saturday, March 27th

By Mark Hogan, Maintenance Director

Mark your calendar and plan on joining SCOW Skippers, Flying Scot and Cruiser Teams at 10 AM on Saturday, March 27th in preparing the SCOW fleet for spring sailing. All SCOW members are encouraged to make every effort to attend and lend a hand.

We are currently identifying repair tasks and upgrades to the fleet based on member suggestions. Shortly we will be ordering parts and supplies in preparation for Maintenance Day so help us now by submitting suggested upgrades to the SCOW Fleet. Your suggested upgrades to the Flying Scots or to the Cruisers are welcome and should be forwarded as soon as convenient to the Maintenance Director at maintdir@scow.org.

The Club relies exclusively on volunteers to keep the fleet in good shape throughout the year. Those not familiar with maintaining the fleet will learn from those with experience. Whatever level of experience, your participation will be most appreciated.

A sign-in table will be set up by the cranes at the Washington Sailing Marina. Coffee and bagels will be available to get us started at 10 AM. With your help it should only take a few hours to complete the repairs and upgrades to our fleet.

I look forward to your suggested fleet upgrades as soon as possible and to seeing you on March 27th for Maintenance Day.

Mark Hogan, Maintenance Director



US Coast Guard Auxiliary Boating Safety Classes At WSM

The U. S. Coast Guard Auxiliary will hold two boating safety classes in the Afterdeck Café at the Washington Sailing Marina in 2010. The Spring class starts on Wednesday, April 21, and the Fall class starts on Wednesday, September 29. Both classes will meet for five Wednesdays from 7:30 P.M. to 9:30 P.M. The cost is \$40.

Graduates receive a boating safety certificate which satisfies SCOW's requirement for skippers to have to operate SCOW boats. For more information and to enroll, contact Ginny Ivin at flotilla22@hotmail.com or by phone at (202) 547-9558.

Jan's Bag Check

By Jan Earle, SCOW Member

Everyone has items that they feel they must keep with them regardless of what they are doing -- wallet, car keys, cell phone. When sailing, there are other necessary items that you should take with you. So here's a little peek into my sailing bag and a review of SCOW's recommendations for items that you should keep in your sailing kit.

For years I used a simple canvas bag, with my important items wrapped in aluminum foil to protect them from moisture. This was before the days of plastic bags and zip-lock seals. More recently, I have used a commercial waterproof bag with a roll-up opening (see picture "Jan's Bag" with cell phone for scale). It is a medium size – only 18 by 10 inches – and cost less than \$20. It's plenty big enough to carry my "critical items" plus numerous convenient "luxuries." You can start out with an ordinary zip-lock storage bag in a canvas tote or small backpack, and graduate to a commercial design later, if you wish.



Jan's Bag

Jan's Bag Check #1 shows the items considered by SCOW to be the absolute minimum sailing kit:

- ✓ water,
- ✓ sunscreen,
- ✓ a hat, and
- ✓ sunglasses.

I recommend also carrying a power bar or hard candies, a large rolled up plastic garbage bag to use as an emergency rain pullover or protection from wind chill, a Flying Scot winch handle (even if you aren't a Scot skipper), high-SPF Chapstick to protect your lips, and a plastic zip-lock bag for your wallet, your water safety certificate or card, your cell phone, and your car keys. Car keys might be better kept in a zippered or velcroed pants pocket unless you depend on a battery-powered remote control.



Jan's Bag Check #1

I prefer to carry more than just the minimum critical items. I find that including some of the items shown in Jan's Bag Check #2 can make a day on the water much safer and more comfortable. In addition to the above-mentioned plastic zip-lock bag for my personal treasures (like my cell phone), I carry

- sailing gloves,
- a hat-keeper,
- a small Leatherman-style multi-purpose tool,
- about 6 yards of small line,
- a chart of the river,
- a tidal calendar,
- some form of insect repellent,
- After Bite (my favorite treatment for itchy insect bites),
- a flashlight, and
- a basic two-way radio.

I also frequently carry a water-repellent windbreaker for protection from sun or rain, an extra bottle of water for that forgetful crewman, a personal PFD with a personal whistle attached, and a cotton bandana.

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Jan's Bag Check #2

(continued from page 5)

The bandana takes up very little space in my bag or my pocket but it is valuable in multiple situations. I can tie it around my neck to protect me from sunburn.

For extra hot weather, I can wet it and tie it around my neck to keep me cool, or to cool down a sunstroke victim. I can use it as a bandage for unexpected cuts or abrasions, or as a sling for a sprained or injured arm. And I can use it to dry off a wet deck or seats, or even to help with broken rigging.

These items are all appropriate for small boat sailing. However, when sailing on a cruiser, you may wish to take more items like food, personal toiletries, or full body foul weather gear. You'll need a larger canvas bag or nylon gym bag for these extra items and you can just drop your small sailing kit in with the other items. However, remember that weight and baggage should be limited on all boats, so learn to travel as "lightly" as possible.

SCOW maintains a First Aid kit in the Scot locker and on each cruiser, and all well-maintained cruisers carry one, too. However, if you are cursed with clumsiness, like me, you might wish to carry a few band-aids in your bag, too.

Finally, it is always a good idea to keep a few dry clothes, a towel, and a plastic bag in your car during sailing season. If you are caught in an unexpected rain storm or unfortunately find yourself in the river instead of in the boat or on the dock, you'll have something dry to drive home in and something to put your wet items in. You'll be very glad you planned ahead.

Maintaining a basic sailing kit will mark you as a well-prepared sailor and will make your sailing forays memorable by keeping you and your crewmates safe and comfortable. □

Why Is A Ship Called A She?

A ship is called a "she" because there is always a great deal of bustle around her; there is usually a gang of men about; she has a waist and stays; it takes a lot of paint to keep her good looking; it is not the initial expense that breaks you, it is the upkeep; she can be all decked out; it takes an experienced man to handle her correctly; and without a man at the helm, she is absolutely uncontrollable. She shows her topsides, hides her bottom and, when coming into port always heads for the buoys.

SCOW Audit Committee Report

As required by the club's Bylaws, an audit of the 2009 financial records of the Sailing Club of Washington was completed on February 20, 2010. The audit included the review of income and expense statements, balance sheet, bank statements, 2009 tax return, schedule of major club assets (boats, trailers, etc.), insurance coverage, and other items. All receipts and expenditures were properly recorded and categorized.

Past Treasurer Chris Von Guggenberg is commended and should be recognized for his careful and diligent stewardship of the club's finances and financial records during 2009.

SCOW Audit Committee
Jack Weaver, Chairman
Mary Bashore, Associate Auditor

Got an article idea, photos or other content for a future newsletter? Send an email to the editor, Tom Paquin, at: channels09@scow.org.

Next Membership Meeting: Monday, March 8, 2010

Guest Speaker: Captain Jennifer Kaye, Schooner Woodwind.

Topic: "Let's quit our jobs, buy a big sailboat and take people sailing"

Location: American Legion Post, 400 Cameron Street, in Old Town Alexandria

Time: Socializing downstairs begins at 6:30 pm; special meeting to vote on dues increase begins upstairs at 7:00 pm; General Membership meeting begins at 7:30pm

Social Sail	Every Thursday, Washington Sailing Marina, April - October, 6:00 pm
Social No-Sail	Events and locations vary, December - April, 6:00 pm
Board Meetings	1st Monday of every month, 7:00 pm (open to members)
Channels Deadline	20 th of every month. Submit articles to: channels09@scow.org
2009 Calendar	http://www.scow.org/calendar.html
SCOW Pictures	http://picasaweb.google.com/Sailing.Club.of.Washington
SCOW Web Site	http://www.scow.org



2010 Board of Directors

Position	Name	Phone	E-mail
Commodore	Chris von Guggenberg	703.683.6649	commodore@scow.org
Vice-Commodore	Faith Rodell	301.674.9324	vice@scow.org
Secretary	Valerie Pelton		secretary@scow.org
Treasurer	Richard Chan		treasurer@scow.org
Training Director	Seth Allen		training@scow.org
Maintenance Director	Mark Hogan	703.728.3408	maintdir@scow.org
Social Director	Vana Nesper		social@scow.org
Skipper Director	Amy Hasslacher		skipper@scow.org
River/Bay Activities Director	Lisa Carr		river@scow.org
Racing Director	Charles Gilbert		race@scow.org
Director at Large	Chris McGraw		

Other Key Contacts

Channels Editor	Tom Paquin		channels09@scow.org
Advertising	Vacant		advertising@scow.org
Email Administrator	Jeff Teitel	202.271.2348	postmaster@scow.org
Membership Coordinator	Henry Cheng		members@scow.org
Web Editor	Cathy Zeigler	703.660-6603	webmaster@scow.org
Photos on Web	Wayne Williams		pictures@scow.org

For information about club activities

Visit <http://www.scow.org> or email info@scow.org