

Commodore's Log

By John Rogers, SCOW Commodore

February! Yep, that's the month that lingers cold before serious sailing activity starts up in March. At least that is how it usually works. Given the warm weather at the end of January, I do not know what to expect for February. Nevertheless, the Board is has a few things planned, has completed the Evolving Calendar for 2007, and will be working on the budget for the year.

Things to keep an eye out for (there must be a nautical term for that!) are, Social No-Sails (get-togethers at a local pub on Thursday nights) and sailing or car trip to Mt. Vernon on President's day (entry is free that day).

The SCOW event calendar for 2007 is done. Well, at least the part that is not done will evolve so that by the end of the year we will have had a full year of events. Details follow.

But before the details, you might have noticed I like graphics. So, in this issue, on another page, in full color is the SCOW 2007 Evolving Calendar. The calendar has the almost unique feature that it begins with the weekend. Saturday and Sunday are in the first two columns so don't get confused. This turned out to be useful for planning weekend events and classes. Also, it is color coded with a legend!

The board meetings are the first Monday of the month, meeting in the Charleston Room at Indigo Landing Restaurant at the Marina (light pink on the calendar). There are a few month's where there is a conflict and we might meet another night or place. All members are welcome to attend. If so, contact me to make sure where it is.

The general membership meetings are on the second Monday of the month at the American Legion Hall in Alexandria with social hours and new member orientation 6:30 to 7:30 and meeting from 7:30 to 9:00 PM (hot pink)

Classes are in green on the calendar. Three basic sailing classes, two cruiser classes, two spinnaker classes and two capsized classes are scheduled. Take a look to see what you might be interested in. Sign-up starts at the Re-up Brunch, first-come, first-in, so hopefully we will see you there. On Saturday March 31st we will have the Train-The-Trainers day to review old and new training procedures. We plan a somewhat new format and will meet inside in the morning. Watch for details.

Continued on page 2

Table of Contents

Commodore's Log	1	St. Martin Cruise Underway	3
Maintenance Report	2	Calendar of Events	4
Training Classes	6	About.com's Beginner's Tips	8
Sailing Rebecca	9	Upcoming Mt. Vernon Cruise	10

Associated with the classes is a skipper check-out day (bluish-green on the calendar). This is your easiest and best opportunity to schedule a checkout test on the water. We have also scheduled another checkout day on August 18th. The idea is that scheduling a checkout will be easier if we have scheduled days. We can still schedule other checkout times.

Social events, including weekly social sails on Thursday evenings from April 12th through October 4th (in light blue), The Re-up Brunch, Hail and Farewell Dinner (in purple), and others (OK, this is part of the evolving nature of the calendar, we will definitely plan more, including a get-together at the Washington Sailing Marina in the summer). Some of the social events are on the bay, including a Smith Island trip in September, a day trip on the Cambridge Lady in August, and a Crab Feast in St. Michael's in August.

Other bay events (in bright blue) include raft-ups in the spring, Memorial Day, Labor Day, a traditional Fowl-weather raft-up and a Veteran's Day raft-up. Given that July 4th is in the middle of the week, there may be interest in a longer trip on the Chesapeake, tentatively scheduled for June 30th through July 4th.

River events will include a President's Day sail, a St. Patrick's Day sail and social, moon light sails (usually on Friday evenings), and possible sails to Fort Washington and Mt. Vernon (additional details to be determined).

There will be either Tuesday night or Wednesday night Flying Scot races, a Tune-Up Regatta in May (tentatively scheduled for the 19th), the Leukemia Cup Regatta in September, and additional racing opportunities on the River and hopefully the bay.

On the calendar, river, bay, and racing events are various shades of blue. Other dates not to forget include a maintenance day on Saturday April 7th (in Orange) and other maintenance events to come), the deadlines for Channels articles (Do you have Scow stories or wisdom to impart?), and the Annapolis Boat Show in October. It even shows which days have a full moon (white-on-black dates)

This calendar is evolving because, as the year goes on, we will adjust and improve on the plans (but always with appropriate notice so you should not miss anything exciting).

I hope we all have a wonderful year in general and a wonderful sailing year. We here at SCOW will do what we can to help. SCOW is a volunteer organization, so I am confident that we will work together to make this year a success. That's how a volunteer organization works. If there is something you think the board should be doing, some way that you want to contribute, or have comments on the calendar, please speak up✳

Maintenance Report

by Bill Davenport, Maintenance Director

Maintenance issues continue with Rebecca. The whisker pole was overhauled with new twist locks and a new piston lock end installed. Cam cleats were received but their matching wedges were incorrect. I'm getting educated on mail ordering parts and receiving the correct ones. Sometimes I'm told they're in stock but I receive an incomplete order.

John and Lisa Eller showed up on their wedding anniversary to help out. If you see John and Lisa thank them for their help. They are new to sailing and eager to learn all aspects of sailing and boat ownership.

Danschweida's upgrades are stalled at the moment as we are waiting for back ordered parts.

A few Skippers are still missing Danschweida's "out of service" notice, only to sail her and then email me to inform me of missing parts and how to rig her better.

We have certainly been blessed with a mild winter and I can only hope it will continue. My calls for help on Maintenance projects have had numerous responses. Just recently, when my computer skills came up short, Randy Rosenfeld came to the rescue and printed up labels. These labels will help in identifying sail controls and their intended use, outhaul, Cunningham etc. Thanks Randy

I can only hope the level of involvement in maintenance projects and calls for crew will continue✳



On January 26th (Friday), 27 of our fellow Sailing Club of Washington sailors departed for the island of St Martin! Sunsail Inc is providing 4 vessels. Watch in the next ChaNNels for the complete story of their adventures. When, and if, this group chooses to return that is...

To learn more about St Martin or Sunsail see

http://en.wikipedia.org/wiki/St_Martin

<http://www.sunsail.com/>

To pass the time on these cold winter days, here are some excerpts from Wikipedia:

In 1493, Christopher Columbus embarked on his second voyage to the New World. According to legend, Columbus sighted and perhaps anchored at the island of Saint Martin on November 11, 1493, the feast day of Saint Martin of Tours. In his honor, Columbus named the island San Martin. It is now more commonly known as Sint Maarten (Dutch), Saint-Martin (French), and Saint Martin (English), and collectively Saint Maarten.

Saint Martin (Dutch: **Sint Maarten**; French: **Saint-Martin**) is a tropical island in the north-east Caribbean, approximately 240 km (150 miles) east of Puerto Rico. The 98 km² (38 square-mile) island is divided roughly in half between France and the Netherlands; it is one of the smallest inhabited landmasses in the world that is divided between two nations. The southern Dutch half is called **Sint Maarten** and is part of the Netherlands Antilles; the northern French half is called **Saint-Martin** and is part of the French overseas *région* and *département* of Guadeloupe.

Sint Maarten, the Dutch side, is known for its festive nightlife, fun beaches, and plentiful casinos, while **Saint-Martin**, the French side, is known more for its world-famous nude beaches, jewelry and clothes shopping, exotic drinks made with native rum-based guavaberry liquors, and rich French Caribbean cuisine✳

Got Pictures?

SCOW Members would love to see them. Send digital or hard copy photos (the latter will be returned) to the editor. Please include captions.

Adam Pressman

PO Box 414

Gerrardstown, WV 25420

channels07@scow.org



February and March 2007 Calendar of Events

	Saturday	Sunday	Monday	Tuesday	Wed	Thursday	Friday
F E B R U A R Y	Sat Feb 3	Sun Feb 4	Mon Feb 5 Board Meeting	Tue Feb 6	Wed Feb 7	Thu Feb 8	Fri Feb 9
	Sat Feb 10	Sun Feb 11	Mon Feb 12 General Meeting	Tue Feb 13	Wed Feb 14 Valentine's Day	Thu Feb 15 Channels Deadline	Fri Feb 16
	Sat Feb 17	Sun Feb 18	Mon Feb 19 President's Day Mt Vernon Trip (tentative date)	Tue Feb 20	Wed Feb 21	Thu Feb 22	Fri Feb 23
	Sat Feb 24	Sun Feb 25	Mon Feb 26	Tue Feb 27	Wed Feb 28	Thu Mar 1	Fri Mar 2
	Sat Mar 3	Sun Mar 4	Mon Mar 5 Board Meeting	Tue Mar 6	Wed Mar 7	Thu Mar 8	Fri Mar 9
M A R C H	Sat Mar 10	Sun Mar 11 Re-Up Brunch	Mon Mar 12 General Meeting	Tue Mar 13	Wed Mar 14	Thu Mar 15 Channels Deadline	Fri Mar 16
	Sat Mar 17	Sun Mar 18	Mon Mar 19	Tue Mar 20	Wed Mar 21	Thu Mar 22	Fri Mar 23
	Sat Mar 24	Sun Mar 25	Mon Mar 26	Tue Mar 27	Wed Mar 28	Thu Mar 29	Fri Mar 30
	Sat Mar 31	Sun Apr 1	Mon Apr 2 Board Meeting	Tue Apr 3 Passover	Wed Apr 4	Thu Apr 5	Fri Apr 6 Good Friday
	Sat Mar 17 St. Patrick's Day - River Sail & Social						

A P R I L	Sat Apr 7	Sun Apr 8	Mon Apr 9	Tue Apr 10	Wed Apr 11	Thu Apr 12	Fri Apr 13
	Spring Maintenance	Easter	General Meeting			Social Sail	
	Sat Apr 14	Sun Apr 15	Mon Apr 16	Tue Apr 17	Wed Apr 18	Thu Apr 19	Fri Apr 20
		Channels Deadline			Basic I (Land)	Social Sail	
	Sat Apr 21	Sun Apr 22	Mon Apr 23	Tue Apr 24	Wed Apr 25	Thu Apr 26	Fri Apr 27
Basic I (Water)	Basic I (Water)			Basic I (Land)	Social Sail		
Bay Raft-up (Tentative)	Bay Raft-up (Tentative)	Cruiser (Land)					
Sat Apr 28	Sun Apr 29	Mon Apr 30	Tue May 1	Wed May 2	Thu May 3	Fri May 4	
Basic I (Water)	Basic I (Water)			Basic I (Land)	Social Sail		
Cruiser I (Water)	Cruiser I (Water)	Cruiser (Land)					
M A Y	Sat May 5	Sun May 6	Mon May 7	Tue May 8	Wed May 9	Thu May 10	Fri May 11
	Basic I (Water)	Basic I (Water)	Board Meeting		Basic I (Land)	Social Sail	
	Cruiser I (Water)	Cruiser I (Water, evening)					
	Sat May 12	Sun May 13	Mon May 14	Tue May 15	Wed May 16	Thu May 17	Fri May 18
	Basic I (Water, Make-up)	Basic I Check-out	General Meeting	Channels Deadline	Intermediate (Land)	Social Sail	
Cruiser I (Water, Make-up)	Cruiser I Checkout						
Sat May 19	Sun May 20	Mon May 21	Tue May 22	Wed May 23	Thu May 24	Fri May 25	
	Intermediate Water			Intermediate (Land)	Social Sail		
Tune-up Regatta ?							
Sat May 26	Sun May 27	Mon May 28	Tue May 29	Wed May 30	Thu May 31	Fri Jun 1	
	Intermediate (Water)	Memorial Day			Social Sail	River Full Moon Sail	
Bay Raft-up (Tentative)	Bay Raft-up (Tentative)	Bay Raft-up (Tentative)					

Training News

By: Karen Szymczak, Training Director

Come to the Re-Up brunch on Sunday, March 11th and sign up for a SCOW course. Get there early, and get your class of choice.

Course name	Basic Sailing Course for the Flying Scots
Prerequisites	None except SCOW membership
Length	4 weeknights (7-10pm) and the intervening weekends (4 hours Sat. & 4 hours Sun) for a total of 12
Class Size	12
Description	This course covers all accepts of sailing small boats, including boat parts and vocabulary, rigging, wind, sailing maneuvers, channels and tides, "rules of the road," safety, knowledge of local sailing area, and more. After this course, most students are fully qualified to check out as a SCOW skipper for the Flying Scots.
Sessions	Three session, April/May, June and September

Course name	Intermediate Sailing Course for the Flying Scots
Prerequisites	Experienced Flying Scot sailors, SCOW membership
Length	2 weeknights (7-9:30 pm) and two 4-hour weekend sessions for a total of 5 hours land and 8 hours water instruction
Class Size	12
Description	This course is designed to provide Flying Scot sailors with the knowledge to sail faster and more efficiently. Contents include sail trim, boat dynamics, and more.
Sessions	One session, May

Course name	Spinnaker Course for the Flying Scots
Prerequisites	Experienced Flying Scot sailors , SCOW membership
Length	1 day (2 hours morning classroom, 4 hours afternoon water class)
Class Size	8
Description	This course is designed to provide experienced sailors with the knowledge to fly a spinnaker on a Flying Scot.
Sessions	Two sessions, July and August

Course name	Capsize Class
Prerequisites	SCOW membership, swimming skills are recommended but are not required
Length	1 day (9:30 am – 4:00 pm)
Class Size	10
Description	This course is for anyone who wants to learn what to do if you are in a capsize situation. Flying Scots will be used to teach this course.
Sessions	Two sessions, July and August

Course name	Beginner Cruiser Course
Prerequisites	Best for sailors with at least 100+ hours of skippering experience in small boats and at least 30-50 hours of crewing on cruisers (keelboats)
Length	2 weeknights (7-10 pm) and four 6-hour water sessions (3 weekend day and 1 evening) for a total of 6 hours land and 24 hours water instruction
Class Size	5
Description	This course covers all aspects of sailing a keelboat, including systems (motor, electrical, rigging, radio, etc.), stowage, docking, maneuvers, “rules of the road,” towing, anchoring, safety, and more. After this course, most students are fully qualified to check out as a SCOW skipper for the club cruisers.
Sessions	Two sessions, April/May and July

Some rules have been established to create an equitable sign up process.

You must be at the Re-up brunch in person or have someone there representing you.

You must be a SCOW member to sign up for SCOW training.

You must pay for the course at the time of registration – payable by check or cash.

If the classes are full, you can be put on a waiting list, but no payment will be taken.

No refunds. If you cannot take the class for any reason, we will assist you in finding a replacement. The monetary exchange is between you and the replacement*

Contact Karen at training@scow.org

http://sailing.about.com/od/sailing101/a/beginner_tips.htm



Practice

Goal: Maximize available practice time to master the fundamentals of sailing.

- Avoid the mob scene. Try not to practice right around a boat launch, marina, municipal beach, etc., during peak hours.
- Practice in low winds.
- The ideal time to practice raising, lowering and reefing sails is when you don't have to.
- Capsize on purpose.
- Flip your own boat over in a protected, not-too-deep area and practice
 - (1) not panicking and
 - (2) righting her.
- Expect mistakes.
- When learning to sail, you are going to screw something up.
- Probably more than one thing, and probably more than once. It's unavoidable. It's also perfectly normal.



Sail Safely

Goal: Minimize the risks of being on and, occasionally, in the water.

- Say where you'll be.
- When you're learning to sail - actually, every time you sail, beginner or old salt - tell someone before you go out.
- Wear a PFD. It doesn't make any logical sense to be out on the water without one especially if you'll be soloing in a dinghy.
- Carry two things. There are two essential, inexpensive items that can get you rescued, should you find yourself in the water sans boat. They are a pealess whistle and a signal mirror.
- Beware of the boom. Respect and learn to control the boom. It's essential for smooth sailing and your own health and safety.
- Know how to swim. Aside from potentially keeping you alive, knowing that you can swim - if you have to - is a plus for your learning comfort level.
- Dress in bright colors. If you happen to find yourself in the water, it helps if other boaters see you.



Be Comfortable

Goal: Utilize clothing, accessories and some simple grooming tips to keep sailing from being a painful pursuit.

- Stay warm out there. Sailing - being a water sport - often lures beginners into thinking it should be done in a swimsuit. Don't fall for this!
- Block the sun. Sunscreen, sunglasses and a hat will protect you from the powerful damage

Continued on page 9

sunlight can inflict on a sailor over time.

- Restrain your hair. If you have long hair, there are two excellent reasons to tie it back - securely - before going sailing. First, there are all sorts of moving parts, or parts being made to move by wind, on a sailboat that are perfect for snatching hair. Secondly, being whipped in the eye by hair (your own or someone else's) hurts and causes temporary impaired vision.
- Trim your fingernails. This sounds a little trivial, unless you've ever experienced the pain that accompanies having a nail rip down to the quick.
- Write your name. An extremely basic tip, but one that has the potential to save much annoyance and expense. Get yourself a waterproof marker, like a Sharpie or something comparable, and use it to write your name on everything you take sailing.

If you have any beginner-friendly tips to offer, please submit your suggestions ✨

Sailing Rebecca

By Bill Davenport, Maintenance Director

An all scow crew call was answered by Will Davenport, John & Lisa Eller, Marc Capalletti, Lilly Williamson and photographer Nicholas Gull. It was a mild day with winds that were cooperating from the west while making a nice reach down to Fort Washington and back. A good time was had by all and new friendships were made, while Nick took pictures with his neat digital camera. Will tried his father's patience by hiking out and trying to sit on the lifelines. Fortunately no one was lost overboard. Everyone brought food and drink to share. The conversation was punctuated with Capt. Bill pointing out local sights. Bill talked about sail trim as well ✨



Balmy weather and calm waters welcomed SCOW sailors in an unseasonably warm January



Left to right Will Davenport., Marc Capalletti, Lilly Williamson., Bill Davenport., Lisa Eller. Nicholas Gull is taking the picture.



A great day's sail draws to a close.

Presidents Day Sail to Mount Vernon

By Wayne Williams, River Director

On February 19th, 2007 mark your calendars for a day when entrance to Mt Vernon is Free! Come down to the dock and watch the intrepid SCOW sailors as they navigate (or try) to tie up at the Mount Vernon Docks.

If you are a skipper wanting to participate or if you are interested in visiting via car (or carpooling), please email river@scow.org SCOW may switch crew and skippers at the dock to allow people to participate on the trip down the river and/or up the river.

The pictures below—and many more—of beautiful Mount Vernon, the home of our first President can be found at the website: <http://www.batesville.k12.in.us/bms/Staff/garrett/DCTRIP3/Mount%20Vernon.htm>

For more info on Mount Vernon see the website: <http://www.mountvernon.org/> ✱



2007 Board of Directors

Position	Name	Home	Work	E-mail
Commodore	John Rogers	202.244.5537	301.294.2804	commodore@scow.org
Vice Commodore	Thomas Paquin	202.281.8999	202.659.6500	vice@scow.org
Secretary	Lisa Mehlin	(703) 577-9990	(301) 350-5500	secretary@scow.org
Treasurer	Jennifer Kamm	703-830-8012	703-297-7393	treasurer@scow.org
Training Director	Karen Szymczak	703-971-1388		training@scow.org
Maintenance	Bill Davenport	301-598-7524	301-367-3301	maintenance@scow.org
Social Director	Dot Almassy	703.560.0367	703-681-5385	social@scow.org
Skipper Director	Susan Berman	202-244-5537		skipper@scow.org
River Director	Wayne Williams	703.981.9320		river@scow.org
Racing Director	Adam Pressman		703-850-2072	race@scow.org

Other Key People

Crew Liaison	Melissa Ennis	703.845.5764	301.279.4201 x2180	crew@scow.org
Bay Director	TBD			bay@scow.org
Channels Editor	Adam Pressman	703 850-2072		channels06@scow.org
Email Administrator	Jeff Teitel	202.271.1238		postmaster@scow.org
Membership Coordinator	Monika O'Connor	703.921.9262	703.593.4380 (cell)	members@scow.org
Web Editor	Peg O'Laughlin			webmaster@scow.org
Photos on Web	Mike Rothenberg	703.998.0692	703.820.1270	pictures@scow.org

For Information about Club Activities

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

