

# ChaNNels

The Newsletter of the Sailing Club of Washington

**July, 2002**

## Commodore's Log

Well, let's see...when last I wrote, I was packing for my leg of Len and Mike's Excellent Adventure to Cape Cod. Now, it's a month later and I've been back for a bit. While I don't want to spoil anything (you'll hear about the whole trip, top to bottom at the August SCOW meeting), I can give you a few adjectives that describe my 60 hour experience on Leg 1 of the voyage - from Solomons, Maryland to Cape May, New Jersey:

Joyous, frightening, exhilarating, nauseating, hilarious, frustrating, challenging, boring, relaxing, harrowing, stimulating, exhausting...and I'd probably be just crazy enough to do it all over again.

Especially if I had the skipper and crew that accompanied me on this trip - I'll always remember Rob and Sergey's good humor, Liz's persistence and love of sailing and Len's expertise and coolness under pressure. It was only two and a half days, but I feel like we really got to know each other. And at one time or another, we all depended on one another to make it.

Lessons learned: If I ever go again, I'll be more mentally prepared - it's hard to imagine what 60 hours of sailing nonstop is like. I've sailed hard all day on the Bay (even doing some long-distance racing) but at the end of the day we were at anchor and able to relax and celebrate with a beer. Not so with a long-distance passage. There is no stopping and anchoring - ocean sailing in rough water can mean relentless pounding and the only time you're not somehow involved with sailing the boat is when you're unconscious.

And you're not done 'til you get there. Sounds simplistic, but as you're tracking your progress over days, rather than hours, you realize how much of an effort it can be to go that far.

And for those of you who are wondering, I didn't use all that stuff I took. But I was definitely glad I brought plenty of warm clothes (even though I never changed out of them). But our eyes were definitely bigger than our stomachs - that happens when you're feeling a touch of mal de mer.

But you can find out more about that at next month's meeting.

I'd also like to offer major kudos to Jeff Teitel, whose tireless enthusiasm and promotion has led to one of the most successful raftups in recent SCOW history. There's more on it later in the issue, but the June 1st Rhode River Raftup brought more bay boats together than we've had in a loooooong time. There will be other opportunities later this year, so stay tuned!

And thanks to the SCOW racing skippers who, after a shaky start, have been showing up in droves for the Tuesday night Scot races. Plus, the many volunteers who have helped put on Social Sails.

Remember, we're a volunteer club and that means we can't make it without you.

See you 'round the docks!

## **Monthly Membership Meeting**

**Monday, July 8**

**Clayton Embly from TowBoat U.S.**

Clayton Embly from TowBoat U.S. will be our speaker for July. The topic is "what to do so you don't get towed". Clayton will talk about his experiences as a tow boat operator for Boat US and give us some helpful hints to keep us safely smoothly sailing and not on his call list. If you've got Clayton on your speed dial, you're already in trouble!

When Clayton isn't kicking back, living on his boat, or hauling boaters Out of the shallows, he works for D.C. Ducks (land/water conveyance) and is a captain for Potomac Belle. What a multi-talented guy! He'll touch briefly on those other occupations and leave plenty of time for Q&A. Come one and all to our July meeting so you can "ask the expert."

## **River Activities**

**Jon Allen**

The last river cruise was a big success! We had a spectacular view of the fireworks after our anchor dragged over 50 yards! We were probably the closest boat to the fireworks barge.

Rebecca was the anchor boat with Psycho on port and Christy D on starboard. On VHF 68 we listened to the powerboat skippers teach novice boaters about these important terms. It was funny and frightening all at the same time.

All in all, good food and great fireworks. I would like to thank the participating skippers - Dale Eager, Bill Bernhards, Graham Leadbetter and Henry Jung.

The next event is the Smoots Cove raftup on Saturday, July 6 around 10:30 a.m. I understand more fireworks will be launched that night from Alexandria. Bring your water guns and your boat registration.

We also have another river cruise coming up on Friday, July 26.

There's still room on both these events, so sign up now by email to [river@scow.org](mailto:river@scow.org).

## **Training Update**

**Donna Cohen**

What does training need? Well, first I would like to thank all the club trainers who have come forth. The club has inducted a few more trainers who have started this year. I congratulate them and all the trainers who make themselves available! I am glad the club can give them a little extra something back.

An extra something you ask? Yes. To train is to learn about your own abilities. When training you are called upon not only to understand why you do what you do, but to teach others at the same time. It is a double instruction in itself. Trainers instruct students on a new skill while discovering what they themselves need to strengthen or learn more about.

Many of you have asked about becoming a trainer. I want you, but I cannot use all of you. To be a trainer you must be able to convey knowledge to others, you must be able to mentor an apprentice. Now, take me for example, I've had a few years of sailing but am still quite new to the sport. I would like to help others with this craft, but I'm not quite ready to be a full trainer.

What can I do? I can mentor. I can ask other beginning students to sail with me. By becoming a mentor I can also benefit from the double instruction method. For as I convey my craft, I will undoubtedly be learning more about what I'm doing and why. I will also be practicing to become a SCOW trainer, if I want to pursue that greater title.

We need mentors and I would like to hear from you. If you are a certified SCOW skipper I need you. Let's give a little back from what we were able to gain. Mentoring is a great process for continued learning and I'm taking names. Send your name for the mentoring list (please no students, just SCOW skippers) to [training@scow.org](mailto:training@scow.org). See you on the water!

## **Social Activities**

**Shonika Proctor**

When in Maryland, do what the Marylanders do.... 'Fear the Crab'!

Dust off your mallet and bust out your newspaper, your Old Bay, your corn skewers and your best 'sail tales' because Crab Feast 2002 is coming...are you? This year's Annual Crab Feast will be held Saturday, August 10, 2002!

If you 'Fear the Crab', it is a feast to be enjoyed by all. Queen Shonikahontas shall make sure to fancy your eyes and fill your bellies with eats and treats of the earth and on the earth.

Vegetarian entrees, beverages (alcoholic and non-alcoholic and diet), meat and desserts will be served.

Get involved

Whether you choose to volunteer and/or attend this event, I expect to see you there!

Email me at [social@scow.org](mailto:social@scow.org) if you are interested in volunteering or attending this event. I will send you the details regarding cost, etc. Look for an invite by mail in early July!

## **Upcoming Bay Events**

### **Jeff Teitel**

Get your calendars out and start planning the rest of your summer! After a fantastic turnout for the Rhode River Raft-up, I thought you might be interested in doing it again (or in case you missed the first one).

So here's what we've got scheduled:

Aug. 24-25 Baltimore Orioles Raft-up, inner harbor Raft-Master Len Zuza (Sail or drive, then see the game at Camden Yards.)

Sep. 21-22 Dun Cove Raft-up, Harris Creek (Choptank) Raft-Master Norm Lerner

Oct. 19-20 Fowl Weather Raft-up, location TBD Raft-Master Allan Lewis (Allan is thinking about the Wye River, but open to suggestions.)

I'm planning on going, are you?

## **Racing News**

### **Bill Bernhards**

On September 7, 2002 the Leukemia Cup Regatta will be held at the Washington Sailing Marina. This year SCOW will again offer our cruising boats and Flying Scots for participation in the regatta to the skippers and crews who contribute the most financially to this worthy event.

As a Racing Skipper or Scot Skipper you are eligible to participate, so now is the time to get your crew together and start your fundraising! As the premiere racing event of the Washington area, you won't want to miss the kickoff event for the regatta on Tuesday, July 16 from 5:30 to 7:00 pm at the Afterdeck Café at the Washington Marina. Entry forms will be handed out, hot-dogs served, raffle prizes given out, with guest speakers. Our regular Tuesday night races will take place following this event.

The next part of the regatta will be on Friday, September 6. From 6:00 to 8pm, Outback Steakhouse will be providing food for everyone and world-class sailor Gary Jobson will be the featured guest speaker.

The deadline to hand in your Leukemia Cup donations is 7:30pm on Sept 5, 2002 at the Thursday night social sail. At that time we will collect all donations and see who has raised the most money and then award the boats. The skipper and crew who have raised the most money choose which boat they want to use for the Regatta. The skipper who raises the second largest amount will have second choice from the remaining boats, and so on until all of SCOW's boats are assigned.

All donations must be in cash, check (made out to the "Leukemia Society"), or some form of actual currency. Pledges or promises for money will not count. Skippers are responsible for entry fees.

Even if you don't race, you can contribute a few dollars and attend the wonderful party that is held after the race. So please help with this special once a year event. Last year SCOW raised over \$8,000 and we hope to top that this year. Raise more than a sail to fight the top disease killer of children.

## **SCOW Telephone Hotline Help Needed**

**Robert J. Bruening**

The SCOW has a telephone "Hotline" that has recorded summaries of upcoming activities for the club. It allows people to leave messages to contact the club or its officers for more information. Assistance is needed to update the outgoing messages, and to respond to messages left in the voice mailboxes. Here's a chance to help the club from the comfort of your home. You can check the hotline at any time of day or night, about once a week.

To volunteer, call the hotline at (202) 628-7245 (628-SAIL) and press 4 before the end of the message to go to the audition line. There is no prompt for 4 in the message that answers the call, but it will work. Since the quality of telephones varies a lot, please call from the telephone that you would use to update the messages.

## **Dress for Success - Sailing Success (Part II)**

**Susan Batchelder**

(The information presented below and at the May membership meeting was compiled by Susan Batchelder, Melissa Ennis, Alice Starcke and Thom Unger.)

In last month's issue we covered what kind of clothing you need for sailing success under any conditions. And now you're probably wondering where to get yourself outfitted.

West Marine and Boat US are excellent places to start and they're local. West Marine is at the corner of Gibben and South Patrick Streets in Old Town Alexandria. Boat US is on South Pickett St. near the Landmark area of Alexandria, off Van Dorn Street (Between the Beltway and Duke St., off Van Dorn). If you're at West Marine, ask for Don Rossi or Jody Findlay for help with men's or women's clothing.

Online is another great resource. Some of my favorite websites for gear are: Gill North America - [www.gillna.com](http://www.gillna.com), She Gear - [www.shegear.com](http://www.shegear.com), Annapolis Performance Sailing Ltd. - [www.apsltd.com](http://www.apsltd.com), and Island Sailing Center - [www.islandsailingcenter.com](http://www.islandsailingcenter.com).

Good luck and good sailing!

## **Many Thanks to Waterfront Festival Volunteers**

**Thom Unger**

I just wanted to say many thanks to the SCOW volunteers who gave so generously of their time to help out at the 21st annual Alexandria Red Cross Waterfront Festival. It was a great success, both for SCOW and for the Alexandria Chapter of the Red Cross.

Special thanks go to George Umberger and Phil Bender, who donated time and their vehicles for getting Ms. Elli and the SCOW Chow Dhow to the Festival on time Friday afternoon, and then picking them up Sunday evening. Many thanks go to the following volunteers for staffing the SCOW booth: Nancy LaVerda, Nancy Briggs, Susan Troccoli, Betsy Troeder, Rob Langford, Mittie Snyder, Joan O'Kane, Angela Palmer, Kathleen Reilly, Melissa Ennis, Silvia Borges, Jay Weitzel, Kim Rogan, Janice, Shonika Proctor, Patrick Oberman, Mona Hahn, Marie Rutledge, Mary Bashore, Alan Bashore, Alice Starcke, and Pam Vargo. Without the help of volunteers like those above, SCOW could not, and would not, exist. My thanks to all.

## **Rhode River Raft-up a Rousing Success**

**Jeff Teitel**

Our first Bay raft-up of 2002 was a great success. Special thanks to the eleven skippers who brought their boats, especially Larry Gemoets and Sandy Clover. "Annabele Lee" made a great anchor-boat and party central. Everyone had a lot of fun.

Saturday was a beautiful day with moderate winds, perfect conditions for a relaxing sail to the Rhode River. I arrived with "Sea Frog" mid-afternoon and put down anchor in the middle of the anchorage. This is a popular anchorage. By evening, there were at least 20 other boats in the area, including a line of eight catamarans!

Soon thereafter, Denise Malueg came by in "Tilly" but continued to sail around the area (she was clearly having too much fun). Next was Spud Flowers in "Liquidity." While he was preparing to raft-up, Sandy and Larry arrived and anchored "Annabele Lee" nearby.

We had just finished rafting our boats to her when Jack Schwartz came up in "Odyssey." Pat Derry in "Seanchai," Matt Redmond in "Wyanoke," Carlos Rodriguez in "Lady Lizzie," Don Deese in "Carpe Diem," and Declan Conroy in "Voyager" all arrived in the next hour.

The final boat was Tom Beachem in "Costal Reserve." As he approached the raft, he was honored with a canon salute from "Seanchai." This was quite a surprise to him, his crew, and to the other boats anchored near the raft. Dee returned and joined the raft. She also provided a valuable ferry service to several skippers who needed crew changes.

Almost 40 people, including several children, wandered from boat to boat sharing food, drink, and camaraderie. We all had a chance to see how the other boats were rigged and laid out. It was an education in boat design! The party didn't even begin to wind down till well past sundown.

On both Saturday evening and Sunday morning, several people took advantage of the warm weather to jump in and play in the water. Declan Conroy could be seen rowing several of the kids around on Sunday morning in Pat Derry's dinghy (with Thom Unger and his snorkeling fins acting as a propeller).

A few boats left the raft before dark, but eight boats remained hanging off "Annable Lee's" hook overnight. The winds were very light and we had a peaceful night.

The next morning however, the wind filled in a little from the west and we started to drag. "Annable Lee" and "Seanchai" were able to gently power us forward to reset the anchor.

We broke things up around 10 am. In the protected anchorage we hadn't realized it, but the wind had picked up to 20 knots! It was an exciting finale to a fantastic weekend.

We had several people present who'd never been part of a raft-up before. I think this was a wonderful introduction for them (though I hope we haven't set their expectations too high!).

Thanks again to everyone who came!

\*\*\*\*

## 2002 Board of Directors

### **Commodore**

Matt Gaston  
H - 703.838.0645  
W - 703.683.7855  
commodore@scow.org

### **Skipper Coordinator**

Barry Dunsmoor  
H - 703.731.6654  
skipper@scow.org

### **Vice Commodore**

Susan Batchelder  
H - 703.519.9844  
703.548.3700 x112  
vice@scow.org

### **Training Coordinator**

Donna Cohen  
H - 202.965.1622  
training@scow.org

### **Secretary**

Betsy Troeder  
H - 703.933.1638  
secretary@scow.org

### **Maintenance Director**

Gordon Cameron  
H - 703.379.8910  
maintenance@scow.org

### **Treasurer**

Pat Seaton  
H - 703.391.1226  
W - 703.747.6224  
treasurer@scow.org

### **Bay Activities**

Jon Allen  
H - 703.921.3171  
w - 703.824.3083  
bay@scow.org

**River Activities**

Jon Allen  
H - 703.921.3171  
W - 703.824.3083  
river@scow.org

**Racing Director**

Bill Bernhards  
H - 301.590.0522  
W - 301.937.4843 x113  
race@scow.org

**Social Activities**

Shonika Proctor  
H - 202.429.0104  
W - 202.530.0477  
social@scow.org

\*\*\*\*

**Other Key People**

**New Members**

Dale Eager  
H - 703.536.3083  
info@scow.org

**Database**

Betsy Troeder  
H - 703.933.1638  
dba@scow.org

**Email List**

Jeff Teitel  
postmaster@scow.org

\*\*\*\*

**Membership Meetings**

On the second Monday of each month (except December) at the American Legion Hall, 400  
Cameron  
Street (around the corner from Gadsby's Tavern), Old Town Alexandria, Virginia. Socializing  
starts at 6:30  
p.m. downstairs, and our meeting begins at 7:30 p.m. upstairs.

\*\*\*\*\*

**Submissions to Channels:**

Just type or paste your article into the body of an email message.

**Don't send your articles as (or with) attachments.**

Put a **title** on the first line,  
**your name only** (not "by") on the second line,  
and launch right into the article.  
I know this is hard for you to resist doing, but-



**IF you include words in all caps, multiple tabs,  
indents, attachments, or extraneous notes,  
your article will look kinda silly, or even totally unreadable.**

We will format (but not remove formatting, see above)  
your article, adding emphasis, aligning tabs, and doing all manner of things to present your  
article in its assigned place.

Submit articles to  
[channels@scow.org](mailto:channels@scow.org)  
within one week after the monthly membership meeting.

\*\*\*\*\*

**Joan O'Kane, Editor  
Kelly E. Griffin, Layout Editor  
Declan Conroy, Web Publisher  
Betsy Troeder, Mailing Labels**

**That's all folks...**