

ChaNNELs

The Newsletter of the Sailing Club of Washington

June 2002

Commodore's Log

How am I going to pack all this stuff into one bag!?!?

That's what it comes down to. After months of anticipation, I'm actually packing for leg one of Len and Mike's passage to Cape Cod. I don't know about the rest of you, but I've never done anything like this. But like a good Boy Scout (okay, so I never made it past Webelos - cut me some slack here!), I want to be prepared for anything.

Now, I have all of this stuff - foul weather gear, deck shoes, dinghy boots, sailing gloves, a wide-brimmed hat, sunscreen (see - I DID pay attention to Melissa's lecture at the May meeting), a pair of waterproof socks, a windshirt, and enough extra clothes so that if I fall in the Bay I won't have to sit around naked on Dulcinea for the rest of the trip (My shipmates will undoubtedly thank me). I also need some stuff to stave off the boredom - books, playing cards and the like. And of course, a sleeping bag and pillow.

And don't forget food. I made up a batch of my favorite French beef stew and froze it (no freeze-dried food for me -- this ain't no Volvo Ocean Race, pal). Plus beverages. And what if we're out there longer than the three days or so that we're scheduled to be out there??

Well - this is what I'm going through at the time of this writing. By the time you read this, you'll probably be able to ask me whether I actually used any of this stuff. But so be it.

The trip to Cape Cod is just the beginning of an exciting SCOW June! We've got the Rhode River Raft-Up on June 1 (hopefully, by the time you read this, the hangovers will have subsided...).

June 7th through 9th there's the Alexandria Red Cross Waterfront Festival at Oronoco Bay Park in Old Town Alexandria. This will be the second big event (after the Volvo Ocean Race) to which SCOW will hitch its proverbial wagon (or sailboat, as the case may be). We have two ways in which you can take part in the festival which you can read about elsewhere in this issue.

Our monthly meeting on Monday, June 10, will feature Washington Sailing Marina's own Phil Geishert, who will be showing us the proposed renovations to Washington Sailing Marina's docks and boat ramp. It's the first change to the docks there in nearly 30 years!

Plus, the first basic sailing class will be coming to an end with a Flying Scot Checkout Day on Saturday, June 15.

And don't forget Social Sail every Thursday (especially June 20, when my wife Patti and I will be the cooks!). It's a great way to spend a relaxing evening after work with your sailing friends. And if Thursday's not your night, we have our Flying Scots racing in the lagoon every Tuesday.

Basically, it's the height of the sailing season! And there's still more to come! So you've got no excuse to stay away! This is why you joined SCOW after all, isn't it?

See you 'round the docks!

June Membership Meeting

Monday, June 10

Washington Sailing Marina Renovations

There's a lot on the plate for later this year at our waterside home, the Washington Sailing Marina. At SCOW's June Membership Meeting on Monday June 10, WSM's Phil Geishert will be there to talk about the planned renovation to the facility, which should get underway this fall.

The meeting will be at the usual time and the usual place - the American Legion Hall in Old Town Alexandria, 400 Cameron Street (check out www.scow.org for directions). Socializing starts at 6:30, with the meeting at 7:30 and the presentation at 8:00.

Last Call

Alexandria Red Cross Waterfront Festival

June 7-9

The festival will be held June 7-9 at Oronoco Bay Park in Old Town Alexandria. As usual, we'll have a booth there, with one of our Flying Scots parked next to it. We'll be passing out information about SCOW, recruiting new members, and enjoying all of the festivities. If you haven't volunteered to work at the booth yet, be sure to email Thom Unger at ThomUnger@yahoo.com, or SCOW's scintillating social director Shonika Proctor at social@scow.org. Remember, you'll get free admission to the festival on the day you volunteer.

In addition, River Director Jon Allen has one of his patented River Cruises planned for the Saturday night of the festival. Not only will you get some fun sailing in, but you'll get to listen to the Festival's "Classic Rock Marathon" and see the big fireworks show at 10:40 p.m. Anyone in the club is welcome to join us on the river that night - the club boats as well as many boat-owners are already coming! You won't want to miss it!

Come Train With Us!

Donna Cohen

Training needs you!

SCOW is currently relying on nine active trainers to teach all of our training classes. That's less than half of those who are certified to train. Because I haven't been able to attract enough volunteers to fill the schedule, I don't know how many more classes can continue. If we can't recruit more trainers, the club may be forced to cut our training schedule.

As with all SCOW activities, training is run entirely by volunteers. Many hands make light work. The more active trainers we have available, the fewer times any one trainer will be called upon.

What can you do?

If you have been a SCOW trainer in the past, please come back! We miss you! If you are a SCOW skipper but have never been a SCOW trainer, sign up as an apprentice trainer. We would love to hear from you! If you are an experienced sailor but have never become a SCOW skipper, consider doing so as the first step towards becoming a trainer. Even if you don't want regular boating privileges on SCOW's boats, you can be named a "club skipper" so that you will be able to participate as a volunteer trainer. We'll do what we can to accommodate you!

What do our training programs do for SCOW?

First, the fees collected from training go toward upkeep of the fleet, dock rental, and club activities. Membership and skipper fees would increase if we weren't also receiving monies from training. Second, training through SCOW offers knowledge and growth, not just for the student but for the trainer as well. Ask any active trainer if they aren't learning and advancing their skill level while sharing knowledge. Trainers achieve personal development as they teach others and thus become better skippers.

Please email me at training@scow.org if you are interested in becoming a new trainer or returning as an active trainer. This is a tremendous opportunity to improve your own sailing skills while helping other people develop theirs. Do it for yourself! Do it for SCOW!

Cape Cod Passage is Underway!

"Len and Mike's Excellent Adventure" set sail for Cape Cod on Sunday, May 19 with a first leg crew of eight. Those of us left on shore have been avidly (and jealously) following Mike's email dispatches from sea. When they return in early June, they have promised us tales of adventure, mystery, nautical daring, and more. Stay tuned to future issues of Channels and a to-be-determined monthly membership meeting to find out why Sergey went up the mast.

Social Sail

Amy Plett

What could be finer than to socialize, have dinner prepared for you, AND go for a sail? It's the best deal in town for a good time. Just bring a few bucks (\$4 or \$5 is what's recommended on the money jar) to the small boat docks at the marina on Thursday evenings from 6:30 to dusk. Come meet up with old friends or meet new friends (i.e. network for sailing opportunities).

Many thanks to our volunteers so far who have made the event a success, even if Mother Nature was not willing to cooperate: Kate Tietel, Dianne Fishbein, Melissa Ennis, Dave Rabinowitz, Joan O'Kane, Mary Bashore, Shonika Proctor, Kristine Bieg, Steve Linke, Chris Scheid, Ben Lesser and Chuck Hollister.

We need many more volunteers this summer to keep this going. Each week we need a Chef I (the one who knows something about Social Sail), a Chef II (the one who may know nothing, but is willing to help), and a Dock Master (someone to get folks on the boats).

Please email me at Amy_Plett@yahoo.com and let me know when you can volunteer for what. SCOW is only what you make it so volunteer to make it another great season!

River Activities

Jon Allen

Thursday, June 13th is River Fleet Night at Social Sail. Show off your boat! Here is a chance to talk about all your new equipment and the sweat you put into the varnish.

On Saturday, July 6th, we'll have the first of two all-day raft-ups at Smoots Cove. (The second one will be later this summer.) Don't miss out! Last year we had eight boats show up - not including the police, who were also there. We'll depart from Washington Sailing Marina around 10:30 a.m. and stay til we can't take it anymore. Bring your sun screen, your boat registration, and your water-gun of choice.

If you have any questions about either of these events, please email me at river@scow.org.

Annual Canoe Trip

(And More!)

Phil Bender

On Saturday, July 20th, 2002, SCOW will hold its annual canoe trip with added options and a twist!

To begin with, participants will be able to select their preferred paddling mode of transportation. In addition to our traditional two-person canoes, you can now choose either a single or tandem (two-person) kayak. With different kinds of vessels and willing participants, you may be able to try your paddling skills on a different type of craft than you started out with. You may even be able to swap paddling partners for someone you know, someone you want to know, or simply someone you've never met before. I'm talking options here, folks. It doesn't take much effort to make a new friend in a boat out on the water!

We'll also be visiting a new location this year. We'll still be using River & Trail Outfitters (www.rivertrail.com) of Knoxville, Maryland. But instead of taking us to the Potomac River, this summer we'll enjoy a 14-mile section of the Shenandoah River that flows between the Blue Ridge Mountains above Harper's Ferry, West Virginia. The scenery is absolutely gorgeous, and

wildlife such as blue heron, deer, and the occasional bald eagle enhance the trip. This new route starts with a 9 AM check-in time (departure is at 9:30 AM) and offers a paddle on mellow water with a moving current. You can expect some riffles and ledges along the way though you won't find anything more than a Class I or II rapid. This route takes only about 5 hours to paddle on average, yet affords us plenty of time for lunch and frequent soakings from the water cannon and bucket volleys.

Want more options? Instead of heading home when our time on the river is over, extend your trip and the fun by staying later! R & T Outfitters is just minutes away from historic Harper's Ferry (<http://www.nps.gov/hafe/>). Also about 10 minutes away is Charles Town, which is home to Charles Town Horse Races and Casino. If you're in no rush to be back home Saturday night, than stay overnight with your fellow SCOW members at a nearby campground to explore more of this area on Sunday. If camping is not your thing, there are other lodging accommodations nearby.

The cost of the trip is \$27.50 per person (members and non-members) for a two-person canoe or tandem kayak (2 people per boat), or \$41.80 for a single kayak. All prices include taxes, fees, boat rental, life vests, paddles, and the shuttle fee. Refunds are NOT available, but if you need to cancel, R&T Outfitters will issue a credit voucher that is good for 1 year from the date of our trip. All other items such as food, drinks, and optional evening activities (including camping which will be about \$8 per person) are additional.

If you can't make the river trip but want to join us for any of the other activities, you are welcome to do so. We'll make arrangements to meet up as it gets closer to the date.

The more folks there are on this trip, the more fun it will be for all of us, so tell your friends, family members, neighbors, co-workers, fellow SCOW members, and whomever else you wish to invite to sign up. However space is limited, so sign up early while there's still room left.

Ready to reserve your space on the trip now? Please make your check payable to SCOW and be sure to include your name, address, phone number(s), email address, and specify whether you want a canoe, single kayak or tandem kayak. Mail everything to me: Phil Bender, P.O. Box 2246, Rockville, MD 20847-2246.

If you have any questions, email me at skidown92@hotmail.com or call me at 301-219-1890. We are going to have FUN!

Racing News

Bill Bernhards

So far we have had two Tuesday night Flying Scot races. For the first race we had very little wind. The second race was cancelled because of too much wind; small craft warnings were in effect. So I figure that the next several races will have good wind and lots of SCOW members ready to sail.

I'm looking for other interested skippers who want to sail on these evenings. The skippers who participate can act as their own race committee and set their own course. The rules are simple: 1)

make up whatever course you wish (this is usually determined by the amount and direction of the wind, 2) try to get an even number of people in each boat, 3) follow as many racing rules as you can remember, 4) have fun!

Remember if there is traffic in the channel area before or during the race, remind everyone to let others by. The larger boats, even under power, are restricted by the channel, and so you must give way.

So far, most of the crew at the Flying Scot races have been new members. There have also been some people who were interested in joining the club. These people may join our race night by signing the permission form found in each boat's file binder.

If you are skipper remember that most of the people going out are new and really want to learn how to sail as well as learn to race. Please give them as much of your time as possible in helping them learn. Don't be afraid to ask them to do some of the work. I let my crew put the boat in, put on and raise the sails and do everything to put the boat away. They were all eager to learn SCOW's rules and ways of handling our boats. Come to think about it, I got to go sailing and others did all the work! I think I'll do this more often.

Spring Tune-Up Regatta Results

Bill Bernhards

SCOW's second annual "Spring Tune-Up" regatta attracted over 60 sailors on Saturday, April 20. Thirteen large boats competed on the river as all of our Flying Scots raced in the lagoon. The day was cloudy and the weatherman's forecast was for rain and thunderstorms. But the foul weather held off until well after all the racing and the picnic were over. On the river there were two races held with light to moderate winds. In the lagoon several short races were conducted.

Special thanks go out to those who helped on the committee boats. Dave Rabinowitz, Cathy Ziegler, Randy Cartwright and Seth Spergel were there to help make this race a success. Other thanks go to Patti Gaston for helping with the t-shirts and to Shonika Proctor who put together a great after-race picnic for all.

Winners of the races were:

Spinnaker

1st place - Bob Fleck on *Tenacious*
2nd place - Pat Williams on *Aydod*
3rd place - Doug Savage on *Anthem*

Non-Spinnaker

1st place - Bill Davenport on *We Few*
2nd place - Henry Yung on *Psycho*
3rd place - Elizabeth Sproul on *Rapunzel*

Flying Scots

1st place - Donna Cohen on *Susie Q*

2nd and 3rd place tied - Seth Allen on *Miss Ellie* and Pete Hirshman on *Danschweida*

Two special prizes donated by Sailnet.com, who sponsored this event, were awarded in a drawing. The first prize of a \$100.00 gift certificate for Sailnet.com went to Pete Hirshman who sailed *Danschweida*. The second prize of a \$50.00 gift certificate went to Liz Sproul who sailed her boat "Rapunzel". Sailnet.com t-shirts, mouse pads and other goodies were enjoyed by all.

Maintenance Update

Gordon Cameron

Sorry I missed filing a report last time round.

Spring Maintenance Day was a huge success with over 20 brave (and cold!) volunteers surveying, fixing, cleaning, scrubbing, and drinking lots of coffee to ward off the bitter wind.

Old news, but Rebecca underwent major work over the winter. Her bottom was scraped and blisters repaired, multiple coats of epoxy were applied, plus new antifouling. The pulpit was also straightened and some work done on the interior. Many thanks to Stuart Ullman, Barbara Ullman, Thom Unger, Jay Weitzel and Monica Maynard, to name just a few.

Psycho received various upgrades...bilge pump, electrics, Cetol on the brightwork, thanks to Jeff Elder, Max Williamson and Jeff Teitel. New toerails are being fabricated, stay tuned.

The Flying Scots received many repairs and upgrades, including 2 new rudder heads, a main halyard, etc., courtesy of Steve Linke and others.

Still to go...install the new outboard on Psycho and the flotation strap kit on one of the dinghies, and a few other items.

It has been suggested that we have one or two workshops on basic boat maintenance. I think this would be a great idea, especially if it encouraged more members to be more confident and safer on the water and off. It would also help ease the burden on the same core of maintenance volunteers who do the brunt of the work. I'm not an expert, but I'd be glad to share what I know. Please email me at maintenance@scow.org with feedback.

See you around the yard!

VOR Events a Success!

Thanks to all those who came out and supported SCOW in our volunteer efforts with the Volvo Ocean Race 2002!

Even though the weather wasn't the best, SCOW's stalwart group of volunteers hung in there until the end. We even got a plug on radio station WNAV for producing the largest volunteer group at the Baltimore/Annapolis stopover.

Great job everyone!

Dress for Success - Sailing Success (Part I)

Susan Batchelder

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

Sailing is an incredible and magical experience. It can be extremely relaxing or seriously competitive. To enjoy sailing casually you don't really need much, just sun glasses, sunscreen and white-soled deck shoes or sneakers. However, if you want to be taken seriously, it's impressive to have the appropriate gear, not too much but not too little.

When on the water, remember four things: "wind", "wet", "sun", "disasters", and dress appropriately.

Wind is crucial to sailing, but can make you very cold or hypothermic if you aren't ready for it. A wind shirt, windbreaker or wind jacket is handy for warm weather days. Dress in layers to add/subtract clothes as the wind freshens or dies. In a pinch, light weight foulies will protect against the wind. Wind burn can be a problem, not just to skin, but eyes also. Keep eye drops and moisturizer handy. Sunglasses should be worn, along with a hat (wool or polartec for cool weather).

Getting wet is no fun except on the hottest days. Even if the weather is clear, you can get soaked from water sloshing over the bow. A change of clothes in your car or stowed below decks is a smart idea. To stay dry, bring foul weather gear, a dinghy suit or wear a bathing suit with nylon and supplex overgarments (pants, shorts, shirts). The supplex will dry in a jiffy.

Under the foul weather gear, think polartec or polypropylene or capilene. These are synthetics that wick water away from your skin and keep you warm even when wet. If you don't have the new synthetics, wool is a good choice. Cotton is not a good choice because it stays cold when wet and takes longer to dry. A little advance planning can make any day a great day on the water.

One thing you need on every sail is sunscreen - SPF 30 or higher. Coppertone Sport is a good choice because it's non-greasy and will not sweat off and run into your eyes. It's also PABA-free, which means you won't itch and break out when you put it on. String bikinis may be optimal for sun exposure, but they really aren't comfortable on a boat. Year-round, sunscreen should be in your sail bag. Even on cloudy days you can get a lot of sun. The water reflects more than the land. A hat will help keep you cool and keep some of the sun out of your eyes. A hat guard, which attaches from the hat to your shirt/jacket, will make sure the hat finishes the sail with you.

Disasters can happen anywhere and prevention is the best key. Extra clothes, towels, wool clothes, first aid kit, knife, flashlight, whistle, red banner (to signal for help), and a cell phone are some of the tools you should have even on the river. On the Bay, harnesses, suspenders, EPIRBs, strobe lights and heavy duty foul weather gear should be on every boat.

For every sail you should be thinking about water, sailing gloves, dressing in layers, equipment specific to the boat you're on - winch handle, hiking pants - and keeping your stuff dry.

For anything beyond the most casual float around the WSM lagoon, boat shoes, sailing gloves, a jacket, sunglasses and hat are necessary. It's always cooler on the water than on land. Bring enough food and water. You can work up quite an appetite on a boat. It's not uncommon for a sail or race to take longer than anticipated. You're relying on the wind, which can never be counted upon. That extra snack and water will come in handy when that 'three hour cruise' turns into an all-day event.

For rough weather, rain, and overnight trips you'll need foul weather gear and safety gear. Having your own is better than relying on the captain to supply it. Having the right gear shows that you're ready for business; the captain doesn't need to worry about you and you'll be safe and comfortable (though comfort on a boat is always relative.) Foul weather gear can last a long time; it's worth the investment to get the best gear you can afford. Experienced sailors can give you advice about their favorite brands. Having the proper gear can be a lifesaver in severe weather conditions. Make sure it fits right.

Next month: Where to Find Sailing Gear

Good luck and good sailing!

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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
within one week after the monthly membership meeting.

ChaNNels

can also be read at: <http://www.scow.org>

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That's all folks...