

ChaNels

The Newsletter of the Sailing Club of Washington

June 2004

Commodore's Log

Let's face it. We sailors are pretty lucky to be able to engage in our sport (ok, "pastime," for those who don't race). Most of us have the health to engage in a fairly physical activity, we have the wealth to afford a boat (or are smart enough to use SCOW's boats), have the leisure time to be able to "indulge" in sailing, and have a lot of good water nearby on which to sail.

So what does this have to do with paybacks??? Well, it's time for us, as a club, to payback to our communities with a little extra time and effort to help those less fortunate. In this case, I'm asking you to become involved in the annual Leukemia Cup Regatta sponsored by the National Capital Area Chapter of the Leukemia & Lymphoma Society.

SCOW has made this an annual event for the past several years and we are doing that again this year. Please mark Saturday, September 11 on your calendars for the regatta. So what are we asking you to do on that day?

First of all, have fun. I am encouraging all

SCOW racing skippers and crew to start thinking about entering ALL 5 SCOW BOATS in the race. This promises to be a large race involving both one design boats (such as Flying Scots) and PHRF boats (such as Rebecca and Psycho). The whole sailing community of Washington is going to be engaged, and it promises to be one grand party!! We'll organize a system in which club members will be able to "claim" a club boat for the regatta on the basis of the amount of money they raise. There will be no "losers," because all of the commitments we gather will go to a good cause: leukemia research.

Second, help SCOW raise as much money as we can. Last year, this event raised more than \$188,000 for the Society. This was the third highest amount in the country in such a regatta, and SCOW played a large role in this success by raising nearly \$18,000. That was 36% of the amount raised by local sailing clubs. We want to participate again this year and do even better job than last year in both the number of SCOW members/boats participating in the event and the amount of money we raise. Let's get more Flying

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Next Membership Meeting: Monday, June 7 2004

The monthly SCOW membership meeting will be held on Monday, June 7 at the American Legion on 400 Cameron Street in Old Town Alexandria. Socializing begins at 6:30 p.m.; the program begins at 7:30 p.m. This month's featured speaker will be Tony Morris, Executive Director of the National Maritime Heritage Foundation (NMHF). This organization's goals are to bring fresh perspectives to maritime education in the Washington area and to stimulate economic, community, and cultural development along the Washington waterfront. Their programs include mini-tall ship visits to local schools, and teaching local children how to sail. They are also the point of contact for tall Ship visits to Washington, and recently sponsored the visit of AMISTAD. Their next – and very much anticipated – program is to host an exhibit at the National Folklife Festival in which SCOW members will be able to provide demonstrations to the thousands of visitors on how to sail and how important sailing ships were to the economies of the Middle Atlantic States. To review more information before Mr. Morris' talk, consult the NMHF website at <http://www.nmhf.org/newsite/> or see Commodore Zusa's article on NMHF in Channels and on the SCOW website. Lots of volunteers are needed for the National Folklife Festival, so be sure to attend the June meeting to learn how you can be involved in this rewarding event.

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Scots to race and create our own one-design fleet.

Third, help us run the event. We have a small group that is meeting with Leukemia Society officials in preliminary planning. Soon, we will be doing more planning within SCOW to develop a fair method of allocating club boats to the most successful fund raisers and will be looking for members to help with the final, nitty-gritty details.

The "bottom line" for you is that you would not only have a lot of fun, you would also be helping a very worthwhile organization move closer to a cure for a terrible group of diseases. So, please mark September 11 on your calendar.

Should you be interested in a more active roll in the event, please contact me at Commodore@scow.org with your name and contact information.

Sail fast! Live slow.

Len Zuza

SCOW Skipper News

Karyl Owings

New Skippers

The new sailing season is well underway, and SCOW has some new Skippers who will be joining us on the water. The following sailors have completed all of the steps necessary to become fully accredited Skippers with lock combination and boat reservation privileges. Let's all welcome:

Mike Lyons - Flying Scots

Victor Souphom - Flying Scots

Steve Deatherage - Cruisers

We have several more people in the pipeline who have passed their Flying Scot Checkout Exams, and are just a step away from receiving that locker combo:

Jean-Pierre Ple, Ria Ple, Kevin Roland, Ron Sheldon & Monica Ross

SCOW Tutors

The scow Tutor Program matches individuals interested in improving their sailing skills (Tutees) with Scow Qualified Skippers (Tutors) who give their time to help members become more experienced with the club's Daysailors and Cruising Boats.

To be an eligible Tutee, a Scow Member meets one of the following criteria:

1. Is a checked out Scow Skipper, or
2. Completed a Scow Sailing Course, or
3. Passed the Scow Written Exam and has sailing experience.

To participate in the program as a Tutee, send me a brief summary of your sailing experience. If you are a Qualified Scow Skipper and would like to participate as a Tutor, please let me know.

At press time, there are up to two **open seats** for the **Basic Sailing Class** (Session II) that starts on June 9. If you are interested in joining this training session, please email training@scow.org. SCOW's Basic Sailing Class truly focuses on "the basics". You do not need to know anything about sailing to take this course. There is also plenty of room available in the Basic Sailing Class (Session III) that starts on September 15. There are slots available for both of the Capsize Classes to be held July 24 and August 21. We hear this class is "lots of fun!"

Thanks to the following skippers for volunteering to be Tutors: Mary Bashore, Phil Bender, Robert Christopher, Donna Cohen, Bill Davenport, John Dickinson, Larry Gemoets, Ginny Ivin, David Johnson, Bob Lucas, James Metcalf, Karyl Owings, William Patton, David Richter, John Rogers, John Roland and Thomas Unger.

ChaNNels

can also be read at:

www.scow.org.

Submit articles to

channels@scow.org

by one week after the monthly meeting. Use any means, but email is preferred. If you would like a copy of the 2004 ChaNNels editorial calendar, please request via email to channels@scow.org or in-person at the January meeting.

Lisbeth Lyons, Editor

Chris Chubb, Layout Editor

Monika O'Connor, Mailing Lists

Sun & Fun (and Safety, too!)

As the Washington, D.C. weather heats up, so does the need for protection from harmful overexposure to the sun. The American Academy of Dermatology recommends this: "Avoid deliberate excessive exposure such as sunbathing or days at the beach." For many sailors, this is not a practical option. However, there are preventative methods sailors can take while on the water. According to the Academy, here are a few:

Wear a wide-brimmed hat when you are out in the sun.

Wear UV-blocking sunglasses and protective clothing.

Use a sunscreen (lotion, gel, cream, wax stick) with a Sun Protective Factor (SPF) of 15 or higher, and preferably a "broad spectrum" sunscreen that blocks both UVA and UVB radiation.

Apply sunscreen correctly-that is, re-apply every two hours, using one ounce per application to cover the entire body for adequate protection.

In addition, be sure to listen to daily weather reports on the UV Index.



(Photo courtesy of Janet Earle)

"Knot" much happening at Checkout Day for Victor Souphom, Jay Weitzel, & J.P. Ple

What is the UV Index?

The Ultraviolet (UV) Index is issued daily by the National Weather Service and the Environmental Protection Agency. It provides the next day's estimated amount of exposure to UV radiation, on a scale of 0 to 10+.

Index Number	Exposure Level
0-2	Minimal
3-4	Low
5-6	Moderate
7-9	High
10+	Very High

Special care should be taken when the UV Index predicts exposure levels of Moderate or higher.
(Source: American Academy of Dermatology)

Talk Like A Sailor

No, not those words! We mean the G-rated version: a vocabulary of sea terms! Each month, compliments of Vice Commodore Jay Weitzel, we'll share the origin and meaning of a nautical term taken from "Origins of Sea Terms," written by John G. Rogers and published by the Mystic Seaport Museum.

Talk Like a Sailor in...June

A lot of expressions have come from the sea. You didn't know it, but you may have been talking like a sailor for years! This month, a few everyday expressions take on a new, nautical meaning.

"Line"

OK, when you needed to tie down your lawn furniture last year during Isabel, you got some rope out of the garage. But, when you step onboard a boat, there isn't any rope. Well, there's a lot of stuff that LOOKS like rope, but any piece of rope on a boat that has any designated use is called a "line." One nautical writer defined "rope" as "the stuff that lines are made from." Why the different name? Well, the term "line" has been used since at least the fifteenth century. The Latin word "linea" meant a cord or thread made of hemp or flax. The word became "ligne" in Old French, and finally "line" in Old English. For some reason, though, when you finally learned what all those lines on a boat were for, you were said to have "learned the ropes." Go figure!

Off to the Races with SCOW

Genie Williford

Tuesday Night SCOW Flying Scot Racing is On!

Join SCOW on Tuesday nights for Spring/Summer racing on the Potomac. Meet between 5:30 p.m. - 5:45 p.m. by the small cranes to put boats in the water. The skippers meeting is conducted at 6:00 p.m. The goal of the first few races of this weekly series is to have a skipper on board each boat who has experience with racing to demonstrate for and coach those who are learning. If you are a Flying Scot skipper who has racing experience and can join us please let me know. We'd like to have one "old hand" for each boat. For Flying Scot Skippers who would like to try your hand at racing... this is the time to come out! Of course, if you own a Flying Scot and wish to join us, please do. For racing rules in brief, please see: see <http://ussailing.com/rules/RulesInBrief.htm>

Other SCOW racing events in recent weeks include:

Tucker Thompson Seminar – A record 64 racing enthusiasts turned out for this excellent seminar that was both educational and great fun. Thank you to those who attended.

April Regatta – What a success! Several SCOW members took honors at the end-of-April Regatta. Congrats to Don Deese (2nd Place, Spinnakers), Nelson Pacheco (3rd Place, Spinnakers) and the Donna Cohen team on Rebecca (1st Place, Non-Spinnakers).



Notes From the Boat Yard

John Roland

Fleet Status

Psycho remains out of service with the toe rail replacement and steaming light replacement still in process. Work is proceeding on both projects and may well be completed by the time you read this. Rebecca's defective engine has been temporarily replaced by Psycho's engine, and the defective engine has been sent out for repairs. Rebecca and the Scots are all in service.

On-going and Upcoming Projects

Psycho's repairs remain our first priority task. The toe rails have been temporarily fitted and drilled, and the thru-deck holes have been over-drilled, glassed and re-drilled. Varnishing the rails and installation remain to be done. Thanks to Thom Unger, Stu and Barby Ullman, Monica Maynard, Dorothy Stocks, Joe Fields and Kathy Murphy who have spearheaded this effort and to the many others who have helped out from time to time. I've rebuilt the steaming light, and Joe Fields went up the mast to install it. It's working, but lack of the correct screws delayed final installation. It needs to be mounted to finish that job.

Topic of the Month - Summer Maintenance Day

Mark your calendars, Saturday July 17 from 9:00 a.m. to mid-afternoon will be the Summer Maintenance Day. We'll take care of a number of minor maintenance problems I've been ignoring in favor of concentrating available efforts on Psycho, as well as take care of the usual cleaning and gear check activities. Everyone is welcome, and we generally have a great time fixing those minor problems, socializing and, of course, having a mid-day pizza break.

For more information, contact maintenance@scow.org





(Photo courtesy of Janet Earle)

**Ria Ple, Larry Gemoets, & Monica Ross
at Checkout Day**

Annual Canoe & Kayak Trip with Options Reserve Your Space Today!

The Annual Canoe & Kayak Trip with Options will be held July 23 – 25, 2004, with a 1-day only option possible for Sunday, July 25, the day we will be on the river paddling. Full details about this trip are on-line in the May issue of Channels at <http://www.scow.org/chan/chanmay04.pdf>. To secure your space now while registration is still open, send an email to our trip organizer, Phil Bender, at paddle@scow.org ASAP to request a reservation form and instructions on where to send your check. You may cancel and receive a full 100% refund as long as you do so by July 10, a full two weeks before the trip. Your level of risk of signing up now is very low, while the level of fun and satisfaction to be had is very high. So check your calendar today to determine if you can come and have fun with us, and sign up if the date(s) are open.



(Photo courtesy of Skipper Mike Geissinger)

**George Umberger and Declan Conroy aboard
s/v Euphoria during the Memorial Day Raft-up**



Special Olympics

Special Olympics Sailing is Here!

This year, SCOW is once again supporting the Special Olympics program. If you've never had the opportunity to participate in this wonderfully heart-warming experience, this is the year to do it. For those of you not familiar with Special Olympics, here is the game plan:

Each Monday in June (7th, 14th, 21st, 28th), skippers, crew, and athletes (Special Olympic participants) convene at the Marina around 5:30 p.m. - 5:45 p.m. for an evening of sailing, friendship, and fun. This year we will be sailing the 3 SCOW Flying Scots, 2 WSM Flying Scots, and two personally-owned Flying Scots. Each boat will contain one skipper, one crew, and one/two athletes. In addition, some volunteers arrive at the marina early to help rig the Scots so that we get into the water and under sail by 6:00 p.m. to enjoy the evening sails.

This is a great opportunity to get out on the water, meet fellow SCOW skippers and crew, make new friends, get that warm fuzzy, laugh a lot and have a wonderful, all-inclusive sail.

If you can help out with the wonderful event, please email Monika O'Connor at mmonoconnor@mindspring.com with the Mondays you can assist.

PS - If you've already volunteered, you should have received a separate email with a schedule to date. If you volunteered but did not receive a separate email, contact Monika O'Connor at the email address above and she will get you on the list!

2004 Board of Directors

Position	Name	Home	Work	E-mail
Commodore	Leonard Zuza	202.543.5443	202.543.2330	commodore@scow.org
Vice Commodore	Jay Weitzel	703.866.9190	703.205.3320	vice@scow.org
Secretary	Marie Rutledge	703.845.9838	703.761.0584	secretary@scow.org
Treasurer	Dorothy Stocks	703.521.0903	703.524.3147	treasurer@scow.org
Training Director	Jan Earle	202.249.0855	202.513.7667	training@scow.org
Maintenance Director	John Roland	703.368.9792	703.321.4614	maintenance@scow.org
Social Director	Gerri Hanna	703.216.3381		social@scow.org
Skipper Director	Karyl Owings	703.626.0823	703.234.0743	skipper@scow.org
River & Bay Director	Evie Banda	202.488.9649	202.862.5649	bay@scow.org
Racing Director	Genie Williford	703.765.4740	703.426.2172	race@scow.org
Other Key People				
New Members	Melissa Ennis	703.845.5764		info@scow.org
	Jeremy Spilker	703.494.7237		info@scow.org
Historian	Jane Farthing	301.972.2636		historian@scow.org
River Coordinator	Donna Cohen	202.965.1622	301.897.2684	river@scow.org
Database Administrator	Monika O'Connor	703.921.9262		dba@scow.org
Email Administrator	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

For Information About Club Activities

Call 202.628.7245 (202.628.SAIL) or email info@scow.org or visit <http://www.scow.org>