

Re-Up Brunch Marks Beginning of SCOW Sailing Class Registration Rub-Off-the-Rust, Train-the-Trainers Sessions Set for Late March

By Mike Rothenberg
2008 SCOW Training Director

The Club's Re-Up Brunch on Sunday, March 16 marks opening day for registration for SCOW sailing classes. Be sure to attend and get there early, if you want to prepare to become a Flying Scot or Cruiser Skipper by attending the first classes, which begin in April, so you can maximize your enjoyment as a skipper for Spring, Summer and Fall of 2008. The slots for all classes go fast. But, they go even faster for the April Basic Sailing and Cruiser classes. Other popular classes are the Spinnaker and Capsize courses, and don't forget our Intermediate sailing class, which is returning to an older more inclusive format this year. In the recent past, many of the registrants for the Intermediate Class were Scot skippers, but the class is also for Cruiser skippers as well as crew for both the club's daysailers and keelboats. Last year the class was limited to 12, but this year capacity will be 18-24 students, depending on the mix of Scot and Cruiser sailors.

To see the latest schedule of classes in advance of the Re-Up Brunch, see the SCOW calendar of events online at <http://www.scow.org/calendar.html>

Save Some Money as a Class Coordinator

If you're planning to sign up for a Basic Sailing Class or Cruiser Class and would like to save some money, the Club offers a \$50 discount for one lucky person in each class, if they sign up to be the Class Coordinator. Details on class coordinator activities will be available at the registration table at the Re-Up or you can contact me at training@scow.org. But, like signing up for Club classes, opening day to register to be a Class Coordinator begins at the Re-Up Brunch, 10 a.m., Sunday, March 16 at The Colonies in McLean.

Train-the-Trainers

For SCOW sailing instructors, the free Train-the-Trainers session is scheduled for Saturday, March 29. This year, we'll be starting at noon to avoid the morning chill. Current Club trainers will be contacted shortly, and those interested in becoming a trainer should contact me at training@scow.org and attend this.

A New Twist on Rub-Off-the-Rust Skipper Event

We are also expanding the free Rub-Off-the-Rust event in the hope of providing a better opportunity for SCOW skippers to brush up on their skills. To that end, we will be having a morning session from 9 a.m. until noon and a second 3-hour session from 1-4 p.m. In the past, the Rub-Off-the-Rust event was in the afternoon on the same day as the Train-the-Trainers event. Cruiser and Scot Skippers will be getting details and a short sign-up form via e-mail in which they will be asked to check off any skill in particular that they may want to brush up on. This input will enable us to match skippers and instructors to boats based on the rusty skills they want to address.

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SCOW RE-UP BRUNCH

Sunday, March 16th 10:00 am to 2:00 pm

at The Colonies - 7681 Provincial Drive, McLean, Virginia

It may be hard to top the Afterglow, but St Patty's day the next day, can our warm sailing season be too far off? This thought will sure put us in the mood to party again while also getting our sailing season off to an organized start. Bring your check books to renew your membership or join for the first time and to sign up for various training classes. Remember, the classes fill up fast, so be the first in line. You will also hear from our Racing, River, and Bay Directors about upcoming sailing events. Remember, we are a volunteer club, so there will be opportunities to sign up to help with many activities from Thursday night social sail cooks & dock masters, maintenance, racing, training, river & bay events and to anything else you can think of that will make this the best sailing club ever!

Renew your membership or join for the first time

Sign up for various training classes See what's on schedule for River, Bay, Racing, Social Activities this year!

Kick off the sailing season

Delicious brunch omelets and pancakes along with great Bloody Marys & Mimosas. Bring a dish to fill out the buffet table – casseroles, fruits, salads, desserts, etc. or pay \$10.00 without a dish. Volunteers need for cooking omelets and pancakes, set up, tending bar, greeters, cleanup

contact Faith Rodell, Social Director, 301-674-9324 or
email fsrodell@comcast.net



Directions to The Colonies, 7681 Provincial Drive, McLean, Va. From Rt. 495 Beltway go east on Rt. 123/Chain Bridge Road towards McLean, right at first light on Old Meadow Road, go ¼ mile and turn left into The Colonies.

Club Boat Profiles

Boat Name: Psycho

Class/Design: Yankee Dolphin 24
Year Built: 1971
Builder: Yankee Yachts
Designer: Sparkman and Stephens



History of Boat:

Psycho has been owned for years by The Sailing Club of Washington (www.scow.org). The boat was designed to meet the Midget Ocean Racing Cruiser criteria and as such sails very well on the river with a storm jib and reefed main and full keel. When other boats are more comfortable staying at the dock – Psycho is more comfortable in a strong breeze. There are 7 Dolphins around Washington and the Chesapeake area - Bonnie Lassie, Cove Dweller, Mo-Dean, Pippin, Psycho, Rae Lee and Timesweep. They are listed alphabetically



SCOW Cruiser - Psycho

Boat Name: Topaz

Class/Design: Catalina 25
Year Built: 1983
Builder: Catalina
Designer: Frank Butler



History of Boat:

Topaz (Lucky yellow Gemstone) was purchase in 2007 by The Sailing Club of Washington (www.scow.org). The Boat Asset committee had criteria which specifically recommended a boat with a large cockpit and cabin (which is good for classes), reasonable sail area, a swing keel (which is good for river sailing in thin water), and a well know manufacturer. The boat had one previous owner and was kept in the summer months in a fresh water lake in upstate New York. The freshwater and occasional water time ensured a sound bottom for a boat of this age. The boat was initially delivered to Annapolis for a complete survey and bottom work and then successfully delivered by Ron Sheldon, Steve Linke and Brigetta during a 3 day trip down the bay and up the Potomac River.



SCOW Cruiser - Topaz



Pic #1 – Good Swimming and Anchorage (which is the key criteria for selecting cruising destinations) at the Baie de Rondinara



Sardinia Sailing

By Wolfgang Schaefer

SCOW sailors had the opportunity to share in slide and video presented by Wolfgang at the February SCOW meeting. The presentation was based on his recent trip thru Sardinia, but included lessons learned on his score of charter trips around the world! With plans pending for trips to the South Pacific!

SCOW members in attendance learned about how to select a destination with good swimming and anchoring (hopefully among boats with holding tanks), how to shop for a charter company with good boats and good rates, and how to consider the advantages of taking crew on big catamarans versus keelboats. Wolfgang enjoyed the questions from the audience. All enjoyed the pics and video of bluewater sailing as opposed to the cold February weather outside.

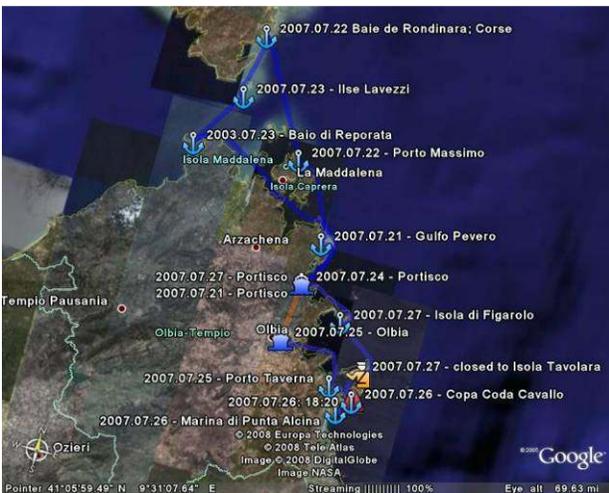
Funny stories included the stress Wolfgang's crew had while negotiating into a marina and tie up stern-to which is the norm in the Mediterranean. Pic #3 does show the route which the trip thru Sardinia included. Note that repairs to the diesel engine were required (ironically) in the Baie de Reporata!

Sailing was typically in winds of teens to twenties. The Mistral winds did make sailing winds stronger at the north end of the island. "Because of a venturi-effect between Sardinia and Corsica, western wind accelerates between the islands and creates the wind that makes Porto Pollo popular amongst windsurfing enthusiasts." See the link below for more info on Sardinia.

<http://en.wikipedia.org/wiki/Sardinia>



Pic #2 – Copa Coda Cavallo - Alex



Pic #3 – Wolfgang's cruise around Sardinia



<http://www.washingtonpost.com/ac2/wp-dyn?node=cityguide/profile&id=799764>

Alexandria's Indigo Landing-- the waterfront restaurant with a sweeping vista of the Potomac, low-flying planes and Washington monuments -- is "closing for the season" Sept. 30, according to Dan Mesches, president of the Star Restaurant Group. "We're not closing because it hasn't been successful," says Mesches, whose company is a partner in the concept with Guest Services Inc., but because experience has taught him that "wintertime is not as attractive a time to be there."

The 200-seat restaurant and outdoor patio will be available for private functions and will reopen sometime in March or April - with or without the participation of the Star Restaurant Group, which also owns Spy City Cafe and Zola in Penn Quarter. In other news, Star Restaurant Group is expanding its horizons. Mesches signed a lease Friday for an Italian restaurant and bakery at 15th and H streets NW, a location the venue is poised to share with 250 luxury apartments. The place is expected to start serving diners in about a year, says the restaurateur, who has yet to choose a name. "That comes after some travel to Italy," this fall and winter, Mesches says. --Tom Sietsema (Sept. 24, 2007)

Hungry (and thirsty) SCOW sailors anticipate the re-opening of the waterfront restaurant March 17th.

Next Membership Meeting: Monday, March 10, 2008

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

Time: Socializing downstairs begins at 6:30 pm and the meeting begins upstairs at 7:30 pm.

Thursday Night Social No-Sail	Social Sail, Washington Sailing Marina (WSM), April - October, 6:00PM
Wednesday Night Races	Events and locations will vary, December - April, 6:00PM
Board Meetings	WSM with Flying Scotts, May - October 6:00PM
Channels Deadline	4th Monday of every month, 7:00PM (Open to Membership)
2008 Calendar	15th of every month. Submit articles to: channels06@scow.org
SCOW Pictures	http://www.scow.org/calendar.html
SCOW Homepage	http://picasaweb.google.com/Sailing.Club.of.Washington
	http://www.scow.org/index.html

February Sailing and River Reports

February Sailing – Skipper Wayne Williams and Donna Davis took Psycho out for a Saturday afternoon sail. Winds were S12 dropping to SW4 - while the air temp was 58F. The water is much clearer in the winter months! As a SCOW member watch for the occasional email "Call for Crew". Many SCOW skippers will be inviting members for a sail either on the River or on the Bay.

Presidents Day Sail – Unfortunately Skipper Chris McGraw's plans for a sail and/or chili lunch (no pun intended) were not to be as a Small Craft Advisory effectively predicted winds gusting into the 40's. This did not allow for sailing on Presidents Day. Maybe next year!

The Spoils - A record size bass was caught in the Spoils, a backwater area located just upriver from the Woodrow Wilson Bridge. Because of its relatively clear water and abundant wood, rocks and other debris, the Spoils is probably one of the two most popular places on the Potomac for bass fishing. For the full story see this link http://sports.espn.go.com/outdoors/bassmaster/news/story?page=b_bigbass_maryland_record

Why is SCOW reporting on bass fishing? Two reasons

1. Many times a helpful bass fisherman has helped a sailor get "unstuck" so to speak
2. To share local knowledge of the river with other skippers. Note that the Spoils is a shallow spot that SCOW skippers should avoid - especially at low tide. Last year the Spoils ensnared several sailors who ended up spending the night (or large portions of it) waiting for the tide to rise so to speak...

March 2nd - Sailing

Wayne Williams, Skipper Director

With light variable winds from the East or North and an occasional gust from the North into the low teens it was an excellent day for sailing! The air was cool (51F) and the water was clear. Georgetown 420s and the PHRF Laser fleet were running races while the three (3) SCOW cruiser had the river largely to themselves.

Tom Paquin and 2 crew on Rebecca, and Chris McGraw and 4 crew on Topaz and Psycho with 3 and Liberty Belle with 2 all had a tremendous time prepping for the Spring Sailing which is just around the corner. Thanks to the pro-active efforts of this years maintenance director all the motors started and ran well!

Hope you enjoy the pictures on this page from this March 2nd day of sailing.



Liberty Belle – Racing the Lasers!



SCOW Commodore – Enjoying the Spring Weather



SCOW – Chris McGraw and crew sailing *TOPAZ*

SCOW's 2008 Race Program

Adam Pressman, Race Director

SCOW's Race Director has a challenge to make this year's season better than last. Find out where, when and how SCOW members will be racing at the membership meeting on the 10th of March. At the March Re-Up Brunch, pictures from last season and information about this season will be shared by Adam.

At the member meeting a representative of the Flying Scot Sailing Association will join us to answer questions about class ready benefits, commitment and equipment for our Flying Scots.

At the April Lottery the winner of this season's cruiser race skipper's lottery will be revealed. Ensure Skipper Director, Wayne Williams has your information in order so you can vie for a chance to race one of SCOW's boats, fees included, in the Dangerfield Island Sailing Club (www.di-sc.org) Tuesday night and weekend series. There are NEW requirements this year so get with your SCOW officers to ensure you can compete.

As always, you can contact the Race Director to find out about opportunities to race on the river and the Chesapeake Bay, with or without your own boat.

A sailor's geography is not always that of the cartographer, for whom a cape is a cape, with a latitude and longitude. For the sailor, a great cape is both a very simple and an extremely complicated whole of rocks, currents, breaking seas and huge waves, fair winds and gales, joys and fears, fatigue, dreams, painful hands, empty stomachs, wonderful moments, and suffering at times.

Bernard Moitessier

Author

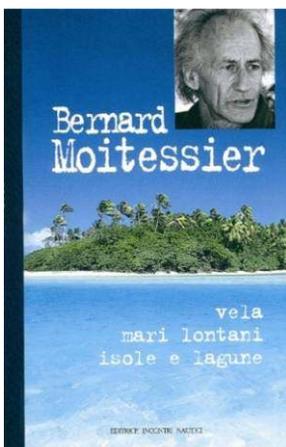
The Long Way

Bernard Moitessier ([10 April 1925 Hanoi, Vietnam](#) – [16 June 1994](#) near [Paris, France](#)) was a renowned French yachtsman and author of books about his voyages and sailing. In 1968, Moitessier participated in the [Sunday Times Golden Globe Race](#), a race to become the first sailor to circumnavigate the earth alone and non-stop. Although Moitessier stood a very good chance of winning, he abandoned his effort seven months into the race, and continued on to [Polynesia](#) rather than returning to England. The decision to abandon while in the lead is instructive of Moitessier's character - although driven and competitive, he passed up a chance at instant fame and a record, and sailed on for three more months. Sir [Robin Knox-Johnston](#) went on to both win the race and become the first man to circumnavigate the globe alone without stopping. After his 37,000-mile (60,000 kilometre) voyage, Moitessier wrote *The Long Way*, a classic sailing narrative.

For the 1968 race, Moitessier sailed a 12 metre steel-hulled [ketch](#), the *Joshua*. He had the vessel built in 1961, and named it after [Joshua Slocum](#), the first sailor to circumnavigate the globe alone (over a three year period with numerous stops).

It is impossible to say whether Moitessier would have won if he had completed the race, as he would have been sailing in different weather conditions than Knox-Johnston; based on his time from the start to Cape Horn being about 77% of that of Knox-Johnston, it would have been an extremely close race. His book, *The Long Way*, tells the story of his voyage as a spiritual journey as much as a sailing adventure and is still regarded as a classic of sailing literature.

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



<http://www.magnamare.com/ecom/img/velemari.jpg>



http://espn.go.com/i/eticket/20060118/moitessier_b.jpg

Commodore's Log March 2008

Dear SCOW Members,

First, I would like to thank two members of the board for assuming some very important responsibilities within the club. Their names are Wayne Williams and John Roland. Last November, the club elected 11 board members. One member was unable to continue and the decision was made to transition Wayne, who was elected but not for a specific role, into the duties of Skipper Director. Wayne has enthusiastically assumed these responsibilities and I am very glad to have him in this role.

You may not remember voting for John Roland. That's because you didn't. The club's bylaws direct that the remaining members of the board should appoint a new officer or director to fill the vacancy. At a board meeting held on February 25th, after he so kindly stepped forward, we unanimously appointed John. I have assigned what I perceive to be a critically important role to John, something that has not been done in the past – that of Records Director.

Now for a little lesson about SCOW. We are a 501(c)(7) corporation. We have assets that include boats and cash in various accounts. We have an extensive insurance policy. We have legal documents that must be kept in a safe place, such as titles to our boats and trailers. We establish a budget each year, collect and spend money, sign contracts, establish and modify policies, hold official meetings and keep minutes, establish and follow a budget every year, file our taxes (even though we are exempt), maintain membership and skipper agreements, publish a monthly newsletter, maintain a website, keep maintenance manuals and inventories, the list continues. But here is the amazing fact: **we do all of this without a physical office, and these records are passed down to a new board of directors each and every year!**

Impossible you say? Nearly. But somehow SCOW does it. My expectation is that with the introduction of our Records Director, the task of maintaining continuity and smooth transitions between the leadership of the club from year to year will be made a whole lot simpler.

Now back to the reason we're here – sailing! The SCOW membership year runs from April 1 to March 31. Membership packets for the 2008 season were mailed out in early February, if you didn't receive one please send an email to members@scow.org to request an application. Most importantly, consider joining us at the 2008 Re-Up Brunch on Sunday, March 16th, where you can renew your membership, sign up for classes, enjoy some food and drink, and witness our talented SCOW musicians. More details follow in this newsletter. Hang in there, springtime sailing is just around the corner!

Vice Commodore's Notes:

I'd like to say thank you to Wolfgang Schaefer for the terrific presentation at the February meeting. Don't miss out on the March presentation where our own Racing Director, Adam Pressman will be presenting information about the upcoming racing season! I'm sure it will be great, and I hope to see all of you there!

2008 Board of Directors

Position	Name	Home	Work	E-mail
Commodore	Tom Paquin	202.281.8999	202.659.6500	commodore@scow.org
Vice Commodore	Lisa Eller	423.360.6899	202.353.2755	vice@scow.org
Secretary	Maggie Nelson	202.415.1983		secretary@scow.org
Treasurer	Chris Von Guggenberg	703.683.6649	703.622.9125	treasurer@scow.org
Training Director	Mike Rothenberg	703.820.1270		training@scow.org
Maintenance	Fran Jezisek	301.839.3351	202.721.4564	maintenance@scow.org
Social Director	Faith Rodell	301.474.2444	301.674.9324	social@scow.org
Skipper Director	Wayne Williams		703.981.9320 cell	skipper@scow.org
River Director	Melissa Ennis	703.845.5764		river@scow.org
Racing Director	Adam Pressman		703.850.2072 cell	race@scow.org
Records Director	John Roland	703.368.9792	703.321.4614	

Other Key People

Crew Liaison	Melissa Ennis	703.845.5764		crew@scow.org
Bay Director	Vacant – could be you!			bay@scow.org
Channels Editor	Lisa Eller	423.360.6899	202.353.2755	channels06@scow.org
Channels Layout	Wayne Williams		703.981.9320 cell	channels06@scow.org
Advertising	Vacant – could be you!			advertising@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	703.207.0675	202.205.1819	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