

Chan~~N~~Nels

The Newsletter of the Sailing Club of Washington
September 2003

Commodore's Log

As I write this month's Log, our crew is busy fundraising for the 10th Annual Leukemia Cup Regatta on September 6. We hope your crew is also having success in that pursuit. And as you read this, many of us will be preparing to take to the water for the races. May SCOW have yet another successful year at the races and in support of the programs of the Leukemia and Lymphoma Society.

And what do we need to participate in such activities as racing, cruising and day-sailing? Well-maintained and seaworthy boats. We are fortunate to have had an able maintenance team with many supporting expert and novice helpers this year. Our ongoing refit of Psycho is coming to closure, and I'll take another chance and predict her cruising the river north of the Wilson Bridge as you read this. Rain Gods - please don't prove me incorrect yet another month. New spinnaker gear installation on the Flying Scots, our Fall Maintenance Day upcoming in October, and the many day-to-day minor repairs that have been needed this year are a result of your fine efforts. So thanks, guys and gals, for a job well done.

Hard shelled crabs, corn-on-the-cob, a sunny

afternoon in the WSM picnic grove. Coming up soon in late September thanks to Chef Rob and his crew. See his report and details elsewhere in this issue.

River cruising in the big boats, Bay cruising to the Orioles game, and pulling out your long johns and polartec wear for the Fowl Weather Raft-up in late October are but a few of the other events on our docket. Thanks to raft-masters Bill Bernhards, Evie Banda and Allan Lewis for putting together fine cruises for us.

And last but not least, a big thank you goes out to our able Channels Editor Joan O'Kane for her good work. After a multi-year editing effort and her recent marriage to member Jon Allen, Joan has expressed her desire to turn over her editing duties to a new volunteer at the end of this year. Don't be shy if you've ever had a desire to assemble a monthly newsletter. Here's your opportunity to learn from an expert over the next few months and pick up the red pencil yourself in January. Contact Joan at channels@scow.org to learn more and volunteer your support for this important task.

Fair winds and following seas,

Commodore George

August Membership Meeting
Monday, September 8

"A SCOW Two-Fer"

We have a double feature for September! Len Zusa will regale us with a multi-media presentation of his trip(s) to Maine with the SCOW crew and we will have a member of the Alexandria Seaport Foundation speaking about the latest doings at the Foundation. Be sure to join us for another fun and informative meeting!

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

Only Three ChaNNels Left??

Joan O'Kane

In case you missed last month's issue, December will be my last issue as Editor/Publisher of ChaNNels. So far, no one has volunteered to take over. If a replacement doesn't come forward soon, one of the first challenges facing next year's board may be deciding whether (and how) to keep ChaNNels going.

Are you going to let that happen?

If you're interested in editing, have good attention to detail, and can spend a few hours each month making sure ChaNNels is produced and distributed, you may be just the person SCOW needs. Don't let a lack of experience stop you. Just like sailing, doing it is the best way to learn.

For more about ChaNNels, email me at channels@scow.org or check out the articles in the August 2002 and August 2003 issues at <http://www.scow.org/news.htm>.

Social Activities

Rob Langford

The Summer of 2003 is just about at an end. However, we still have a full month of Social Sails to go, in addition to several other events.

The first event into the month happens at Social Sail - the Carnivore Challenge. A hearty band of SCOW chef's will display their Skill with a Grill on Thursday, September 4. The menu consists of meat, meat, and something-or-other on the side. It is a very nice way to spend a late summer evening, when the heat of the day gives way to a cool fresh evening. And the sailing should be great. So come and free your inner Hunter-gatherer. With good food and company, it will be a great evening.

Later in the month, we will be holding the annual Crab Feast. This will take place on Saturday, September 27 starting at noon. Matt Gaston will be coordinating the event, and we will be looking for volunteers to help bring it together. Ticket prices will be announced soon. There will be beer, good company, a warm Autumn afternoon - and crabs. What could be better?

Also this month, we need to get cranking on the Hail and Farewell party - which will be held at the Fort Myer Officers' Club on Saturday evening, November 15. One of the popular parts of the Hail and Farewell is the Silent Auction. Please look through you storage lockers, basements, car trucks, attics and anywhere else for items you would like to

donate - or sell at a generous price - to the Silent Auction. All items - especially sailing and boating related items - are welcome.

We will be forming the Hail & Farewell committee, consisting of volunteers who will help in the production of this year's event. If you are interested, please contact me at Social@scow.org.

Finally, let me say HELP! I desperately need volunteers for Social Sails throughout the month of September and into October. I will not be here in September. I will be in town, but completely unavailable. So I need volunteers to take the positions of Chef 1 & 2, Dockmaster and Greeter. Please let me know if you can help. If you can get a team together (Chefs 1 & 2, Dockmaster, Greeter) in advance, that would be even more helpful. And if you come to a Social Sail throughout September, come willing to help. If you haven't volunteered all Summer, do it now. And the sailing will be great.

Well that's all I can think of. Enjoy September - it's my favorite month.

Socially Yours,
Rob

The Zen of Sailboat Maintenance

Tom Hannan

Top five signs you're taking Tuesday Night Racing too seriously:

1. You carry a "Y" protest flag in your car to wave when someone cuts you off;
2. You install a second steering wheel in your car so that you can steer from either side;
3. Another car honks at you, and you think they are signaling a course change;
4. You cut off a driver in the other lane because his bumper didn't overlap your bumper within two car lengths of the intersection;
5. When changing lanes, you duck and yell at your family "TACKING".

Maybe it's time to concentrate on some other aspects of sailing. Like maintenance, for example.

Your club provides you with a myriad of maintenance opportunities, but none so exciting and invigorating as Fall Maintenance Day. This year the event will be held on Saturday, October 18th, between the hours of 9:00 AM and 3:00 PM at the Washington Sailing Marina. You should be all psyched-up about getting your boats in shape after attending the 34th Annual Sailboat Show in Annapolis the previous weekend, and seeing all manner of nautical splendor.

If you have your own tools, please bring them; we'll have some of the club's available, but probably not enough for everyone. Food and drink will be provided over the course of the day by none-other than our own, world-renowned, Chef Rob. We'll provide plenty of cleaners, waxes, lubricant, fittings, impossible-to-get-to assemblies, and the like; if you'll bring lots of rags and buffing cloths, we'll be most appreciative.



(Photo courtesy of George Umberger)

**Even space aliens want to work on
Psycho!**



(Photo courtesy of George Umberger)

**Barbara Ullman, Thom Unger and Stuart
Ullman working on Psycho.**

This'll be a fine occasion to get some fresh fall air, renew old friendships and skills, and help the club get ready for next year's sailing season. We'll have a repeat of our famed "Raffle of the Century", and entertainment will be provided for by those roving troubadours, "Boy George and The Directors". Maybe you'll work up enough of an appetite to tool on down the road to Leonardtown, Maryland and the St. Mary's Oyster Festival, which'll be wrapping up Sunday.

Sounds like a great weekend...

Skipper Director News

Steve Linke

We completed a whopper of a checkout day on August 10, thanks to Checkout Skippers Jan Van der Meer, Marty Crowson, Randy Glantz, Jeff Teitel, Barry Dunsmoor, and Thom Unger. Larry Gemoets checked others out during the week. A special thanks goes out to SCOW member Mehrnoosh Linke for organizing a wonderful picnic lunch for the day. Thanks to Declan Conroy and Joe DePoorter who got additional cruiser skippers qualified.

Next checkout day is 31 August, just in the morning, beginning at 8. We have two boats reserved so we can take 8 total checkouts. As I write this, there are five slots remaining. If you have passed your written exam, sign up now by emailing skipper@scow.org. The last checkout day of the year is 5 October.

Welcome to new Skippers!

New Flying Scot Skippers:		New Cruising Boat Skippers:
Tom Beachem (returning skipper)	Gene Jacob	Mary Bashore
Julie Biggs	Ben Jacqmotte	John Roland
Nikki Cleaveland	Mark Kennedy	Jan Metten van der Meer
Martha Haines	Karyl Owings	
Josie Hearn	Joe Pieper	
Dave Hoffman	Cressida Slotte	
Camden Hubbard	Josh White	
Kass Kassbaum	Jon Zeidler	

After a busy summer of training and new skipper checkouts, SCOW now has about 130 members who are qualified to sail our Flying Scots, our cruising boats, or, for about two dozen members, both classes of boats.

This is great! It means that over a third of our members are taking advantage of one of the club's greatest attractions -- our five boats. And, these skippers will be taking their friends out for sails, exposing even more folks to the fun of sailing. That is how our club, and the sailing community, grows.

When you become a skipper, you assume some important responsibilities. You become responsible for the safety of you and your crew on the water. That means, for example, not sailing in conditions in which you or your crew could be endangered -- no matter how much you have been looking forward to sailing that particular day. So, if the forecast is for small craft advisory conditions, or if a severe thunderstorm warning or watch is posted, you should reconsider your plans.

You also become responsible for the proper use of the club's boats. Over the course of this year, I have received a number of telephone calls or emails from members concerned that one thing or another was not being done the "SCOW way." Fortunately, nearly all of these concerns had to do with the way the boats are rigged or stowed and not with how they are operated on the water. In any event, with so many of us sharing these boats, and with the fall sailing season upon us, I decided it was a good time for a few reminders. While these are directed mostly towards skippers, those members who spend time as crew on the boats should do their part to see that things are done properly.

Let's start with the Flying Scots. When you take out a Flying Scot, make sure that you take the sail bag belonging to your boat. This is not hard: each sail bag is labeled with the name of the boat to which it belongs and they are also kept in separate, labeled shelves in the sail lockers. Don't leave the sails in the boat after your sailing adventure is over. They should be returned to that same shelf in the locker.

The Scot sails should be "flaked" not stuffed. If you are the skipper, make sure that your crew knows how to flake a sail before sending them off to fold them.

When you prepare to use the lifting harness, make sure that the shackle is tight -- I once encountered one that had been turned only once or twice and could easily have pulled out, allowing the boat to drop. When rigging a Scot, keep some tension on the halyards, to avoid tangling. Also, the jib halyard forms part of the forestay --it keeps the mast from falling on your head , so always make sure that it is properly tensioned (whether rigging or stowing the boat) by checking the

small "T" in the bow. When stowing the boat after a sail, make sure that you return it to the proper trailer; each has a boat name on it.

Always dock the Flying Scots into the wind. Do not land between the docks; dock at the ends or the outside edge of the two outside docks.

Now let's turn to the cruising boats. With the exception of the large genoa or "drifter" on Rebecca, the jibs should be flaked and not stuffed. Also -- and I admit this is a pet peeve of mine -- the jib should be folded so that the tack is on the outside of the flaked sail so the next person can easily find it and attach it. It is annoying and dangerous to have to unroll a large sail on the small foredeck of a rocking boat looking for the tack, while the wind threatens to carry it overboard. On the other hand, it is easy to hank on a sail that has been properly stowed.

Remember to tie the boats to the dock properly. This means, for example, on Rebecca, that the stern line wraps around the winch and the stern spring line goes to the aft cleat. If your crew has tied any lines, check them to make sure that they are properly done. Before you leave, make certain that the batteries are turned off, that all hatches are secured and that all equipment has been stowed in its proper location. Take a gallon of gas with you and plan to add it--off the boat. I like to charge my one gallon on my credit card so I can look at my bills later, see the \$1.50 charge for gas and realize what a bargain use of these boats is.

The rules on maintenance are common to all boats. If you observe a condition that requires maintenance, you should immediately inform the Maintenance Director so that the work can be done quickly. This is especially important if we need to take a boat out of service until it is repaired because we need to advise the Marina not to take reservations for that boat and we need to advise any members with reservations that the boat is unavailable. We do not want disappointed members making reservations and arriving at the Marina only to find that a boat cannot be sailed because it needs maintenance work.

If you discover a condition that prevents safe use of the boat, you should not sail the boat and you should immediately contact the Maintenance Director. However, before jumping aboard another boat, please check the Marina reservation book to make certain that someone else has not signed up for that boat. Also, if you discover that your boat is missing equipment, don't "liberate" that equipment from another boat unless it has been coordinated with the Maintenance Director.

If you need to know what the proper SCOW procedure is in a given situation, ask the Skipper Coordinator or review the Skipper Information File you were given when you checked out. With so many members sharing our boats, we all need to practice courtesy and think to ourselves, "What would happen if 130 other people did this?" If you ask that question and the answer comes back, "Chaos, damaged equipment, annoyed fellow club members and complaints to the Commodore," then, please, try hard to think of another course of action.

Fair winds to all!

SCOW Says Welcome!

To the following new members:

Keith Blaquiere	David Guthrie	Joel A. Riley
Eric Boldt	Gregory Guthrie	Jennifer Ro
Robert S. Cherouny	Helen Guthrie	Brittnee Rosonke
Joe Cianfrani	Lawrence Guthrie II	Lynne Ann Russillo
Ginny Cianfrani	Mark Hollingshead	David L. Simpson
Robert Cieslinski	Steven Mann	Amy Stein
Paul R. Cuddihy	Robert C. Marshall	William Stein IV
Jamie Faulkner	James Neches	Paul Sullivan
Marnie Fienberg	Binh Nguyen	Robert Werlwas
Howard Fienberg	Erin O'Malley	Liz Werlwas
Justin Goldblatt	Eric Palao	

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.

Joan O'Kane, Editor

Chris Chubb, Layout Editor

Monika O'Connor, Mailing Lists

Down By The River . . .
River Coordinator Jay Weitzel

It has been a busy summer full of evening river cruises and afternoon sails and raft-ups. As fall approaches, we'll again renew an old SCOW tradition that hasn't been seen in the past several years -- an overnight sail. You may recall that we did that very early this spring with our first river event -- the "Steve Linke Wants To Sail Downriver And Sleep Overnight In The Cold" event. In retrospect, maybe I should have picked a more, should I say, "appealing" name for the event, since Steve set off with a boat full of intrepid SCOW members on Rebecca but no other boats sailed along. They showed us how wrong we were for staying behind and had a wonderful time.

Well, this time we've consulted some top-notch advertising types for a name. I'm pleased to announce that on Saturday October 11, we'll be having another overnigher, this time named the "Hey Let's Sail Downriver and Sleep Overnight In The Really Comfortable Early Ocober Weather While We Watch The Changing Leaves" event (no, we don't have an

acronym for this event). We'll be taking our SCOW cruisers and we'd love to have a few other cruisers in the River Fleet come along. We plan to sail as far as we comfortably can down the Potomac to a place where it will be fun to dock or anchor, spend the night, then sail back the following day. We'll announce details at the September membership meeting and by email. As you know, that will be a weekend when the leaves will just start changing but the weather generally requires nothing more than a jacket. So, no need to dig out the down winter sleeping bag.

Fall brings some of the finest sailing weather. If the weather looks promising, I may try to schedule a few impromptu River sailing events even into November or December. I'll be out on Needa Breeze and would love to have other boats sailing along. Those will probably be announced by email. If you have any suggestions, please contact me at river@scow.org.



Fowl Weather Raft-Up
October 25 & 26
Allan Lewis

SCOW will once again hold its annual Fowl Weather Raft-Up on the weekend of October 25 & 26.

We will meet in Dividing Creek, off the Wye East River and adjacent to the Wye Island Natural Resource Area. (Granary Creek, just up the river, will be our back-up if Dividing Creek is full.) This is an excellent place to watch the migrating geese and is one of the best gunkholes on the bay.

I'd appreciate it if those skippers planning to attend would touch base beforehand so we have some idea of how many boats to expect. Also, for those who would like to crew, let me know and I will make your names available to those skippers who might be looking for crew. If you haven't already done so, please complete a crew registration form, which can be downloaded from the SCOW website (<http://www.scow.org/CrewingReg.pdf>), and mail to Hope Andruss (her address is on the form).

My phone numbers are (301) 445-3397(H) and (202) 385-7297(O), and my e-mail is allan.lewis@faa.gov if you have any questions.

For more information about the natural resource area, go to <http://www.dnr.state.md.us/publiclands/eastern/wyeisland.html>

Hope to see you on the bay!

West Nile Virus: Avoid Mosquito Bites to Avoid Infection

Melissa Ennis

The following information has been modified from WEBMD HEALTH - <http://my.webmd.com/content/Article/66/79585.htm>

According to the Centers for Disease Control, in the temperate zone of the world (i.e., between latitudes 23.5° and 66.5° north and south), West Nile encephalitis cases occur primarily in the late summer or early fall. In the southern climates where temperatures are milder, West Nile virus can be transmitted year round.

Human illness from West Nile virus is rare, even in areas where the virus has been reported -- like Alexandria. But a little prevention can go a long way. Since many SCOW events like racing and Social Sails take place at dusk - which is peak mosquito biting time - you can further reduce your chances of becoming ill by protecting yourself from mosquito bites.

To avoid mosquito bites:

- Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) to exposed skin when you are outdoors. Wash your hands before you eat.
- When possible, wear long sleeves, long pants, and socks when outdoors. Treating clothes with repellents containing permethrin or DEET will give extra protection, since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.
- Take extra care to use repellent and protective clothing during prime mosquito times - like dusk.
- Mosquitoes lay their eggs in standing water. Limit the number of trysting places around your home or boat by getting rid of items that hold water.

The American Mosquito Control Association can provide advice, and their book "Organization for Mosquito Control" is a useful reference. Another source of information about pesticides and repellents is the National Pesticide Information Center, which also operates a toll-free information line at 1-800-858-7378.



(Photo courtesy of George Umberger)

A swarthy band of river pirates prepare to set sail on the Canoe Trip.

2003 Board of Directors

Position	Name	Home	Work	E-mail
Commodore	George Umberger	703.323.9358		commodore@scow.org
Vice Commodore	Susan Batchelder	703.519.9844	703.548.3700 x112	vice@scow.org
Secretary	Monika O'Connor	703.921.9262		secretary@scow.org
Treasurer	Graham Leadbetter	301.474.7270	703.325.4429	treasurer@scow.org
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Maintenance Director	Tom Hannan	301.424.6296		maintenance@scow.org
Social Director	Rob Langford	703.383.1530	703.934.7015	social@scow.org
Skipper Director	Steve Linke	703.684.5266	703.604.7113	skipper@scow.org
River & Bay Director	Jeff Teitel	202.332.4160	202.271.1238	bay@scow.org
Racing Director	Kara Wald	703.824.1776	301.657.3077	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	Jay Weitzel	703.866.9190	703.205.3320	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>