

SCOW Social Sail for ... the Inexperienced

(aka Social Sail for Dummies)

Greetings Everyone!!

As many of you already know, I am the Social Director for 2008 and now for 2009. When I obtained a copy of "Social Sail for Dummies, I was very impressed with it's contents. There have been many updates over the years, as I have done as well. If you have any further questions, please feel free to call or e-mail me.

Thanks for volunteering your time to SCOW,

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Acknowledgment to those who have contributed to this document and who performed the duties of SCOW Social Sail Coordinator

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Social Sail is a major outreach of the Sailing Club of Washington (SCOW). It's a chance to spend casual time weekly with existing members. It's an ideal time to invite potential members to learn more about our club. It's casual, comfortable and focused on two of sailors three favorite things: food and sailing (drinking being of course the third).

As a volunteer, you make Social Sail happen. You (and the boats) are the center around which this event happens. Couldn't do it without you. So on behalf of SCOW, we want to say right now--**thank you**. Your willingness to volunteer makes this a better club.

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If you haven't done Social Sail before, let me assure you immediately that it's fairly straightforward. If you can host a picnic, you can host social sail. Even if you can't host a picnic, you can probably host social sail!

This guide explains what you need to do in each phase to make yourself a happy successful Chef (I or II!). Hopefully it will provide you with everything we think you will need:

- checklists
- access codes
- sample menus
- directions
- procedures
- hints and tips

This guide is organized chronologically--that is, in the order in which you will more or less need to do things. There are three phases to a good social sail:

1. Before You Get to the Marina
2. During Social Sail
3. After The Eating Stops

That's the order in which we've organized this guide, so please read on.....

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Before You Get To The Marina

There are only a few things you need to do before Social Sail ("before" = that time before you arrive at the marina and start setting up for Social Sail):

- Choose your menu
- Get your food, drink & Ice
- Put the word out

Choose Your Menu

For any Social Sail, there should be at least a Chef I and a Chef II. Any additional Chef's can possibly and easily make each Chef's job a little bit easier.

- Chef I is generally the person who has done Social Sail before, but not a requirement.
- Chef II is generally the person who has not done Social Sail, but could have.

The titles do not denote any greater or lesser authority or importance or responsibility. You two are in this together. Talk to your co-chef. Choose your menu and decide who's gonna get what.

If you don't know who your co-chef is:

Contact your Social Sail 2008 Social Director, Faith Rodell, 301-674-9324,
fsrodell@comcast.net

Not going to be able to fulfill your duties as co-chef?

1. Call your co-chef **immediately** and let them know. They may know someone who can sub for you.
2. Call a SCOW friend and see if they'll sub for you.
3. E-mail the SCOW mailing list and see if someone will volunteer to sub for you.
4. Contact the Social Sail 2008 Social Director - while we cannot sub for you, we may be able to suggest some other names to try!!

Bottom line: it's very un-sailorly to just bail on your co-chef.

Here are some menu-choosing tips:

- Your menu needs to include both food and drink. Sorry, **no alcohol**.
- For beverages, soft drinks and fruit drinks are nice. Bottled water is appreciated too. A variety of regular (caffeinated), caffeine free, and diet sodas (with or without caffeine) are nice. Cans can be easily recycled and sometimes last better (if there's some left over) for future Social Sails. Liter bottles mean you only take as much as you want to

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drink and there's less trash. Any partial consumed bottles should not be saved for the next week as they will go flat. The hotter the forecast, the more beverages we need!

- Remember that we have both vegetarians and omnivores. Plan to have food for both. Vegetarians are usually happy with at least some kind of pasta salad, potato salad, etc. Cut-up veggies are nice but they're not enough! Remember that you are the social sail *host*. Social sail is not the place to lambaste people for their food choices.
- If you are hosting from April to mid-May or after Labor Day ("low" season), plan for about 25 people. If you are hosting between mid-May to Labor Day ("high" season), plan for about 40 - 60 people. Weather will effect the turn out also. Check with previous week's chefs or Social Director to see how many were coming.
- Look in the back of this guide for sample menus. You can go as simple as ordering pizza to be delivered (although some places don't deliver) or as involved as paella or steaks.
- There is a Marina grill in the grove so you can choose a menu that includes grill-ables.
- Plan to spend *about* \$3 per the number of people you expect to be there. For example, if you expect about 20 people to show up, budget roughly \$60 - \$70 for food.
- Those 2-lb containers of potato salad, etc. feed 5 SCOWsers each.
- If you are serving burgers and dogs, presume SCOWsers will eat 2 (2 hot dogs or 2 hamburgers or 1 of each). That's more than most of us eat at home but we seem to get hungrier when we get outside. (All beef hotdogs like Sabrett, seem to be enjoyed more)

Get Your Food

- Not sure how many people will really show up? Call last week's social sail Chefs and ask them how many they had and what the weather was like (big factor). Also check with Social Director to see if any public notices were sent out to any publications.
- We have some condiments in the food locker--relish, ketchup, and mustard. If you need mayo or sauerkraut, please buy a small quantity. They can't be saved from one week to the next because they require refrigeration.
- The closest grocery store is a Giant in Alexandria, 1 mile South (left turn) leaving the marina (First St., just off Washington St., make a left at the light, Giant is on Right).
- If you want ice (highly recommended), Spinnaker & Spoke (the marina store) carries it. However, the store closes at 6 during the summer (earlier for you April, May, and September chefs). Get there before 6 or get it somewhere else! The Giant also carries ice and is the closest place to the marina to buy it if you haven't done so already.

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- Please save your receipts so help in the settling up later with the SCOW Treasurer.
- Generally you do **not** need the following items, but please check with the Social Sail Director or better yet, one of the Chef's from the prior week to your event:
 - Plates & Bowls
 - forks
 - knives
 - spoons
 - napkins
 - cups, glasses
 - aprons
 - bug repellent
 - Paper towels, plastic wrap, foil
 - trash bags
 - big spoon, tongs, or spatula
 - Disinfectant & hand sanitizer

NOTE: Please call the Social Director after event to let her know what supplies we are getting low on so that you won't short change the next chef.

Put The Word Out

We like to get a good turnout for Social Sail. So feel free to put the word out about what a great time everyone will have.

Send an e-mail to all@scow.org mentioning what you'll be serving and encouraging everyone to attend. You should do so by mid afternoon at the very latest on the day of your event. There is nothing wrong with also sending out an email earlier than the event day to help folks plan ahead.

Mention it at the previous week's Social Sail if you're going to be there (and know your menu).

If you're hosting just after a monthly meeting, mention it at the meeting. Get the word out and folks will likely beat a path to your table!

During Social Sail

There are only two steps to the actual Social Sail:

- Setting Up
- Keep 'Em Happy

Setting up should take about 15 - 20 minutes, but we recommend getting there by 5:30. And all you need to do to keep a sailor happy at Social Sail is keep them fed. Remember, we are an eating club with a sailing problem!!

Is Social Sail ever cancelled? Yes. Thunderstorms, high wind, etc. will cancel Social Sail. The Chefs should coordinate with Social Director to make the decision. If you know far enough in advance that you're canceling please send an e-mail to all@scow.org. If you are having a problem in doing so, ask your Social Director or some other person in the Club that can get the word out in a timely fashion (before people on their way to the marina)

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Setting Up

This is probably the most legwork of Social Sail and it should only take you 20-30 minutes.

Try to arrive at the marina by 5:30pm so you can be setup with some kind of food (I.E. chips, pretzels) out by 6 PM. This is not a deadline so much as a suggestion based on experience.

1. When you arrive at the marina, try to talk the guard at the gate tell him you are unloading food for SCOW social sail at the small boat dock. (if only one of you has the food, be nice and don't abuse the good graces of the guard!).

Explain that you are hosting SCOW's Social Sail and need to deliver the food. If the guard is reluctant, promise to only be back there for about 15 minutes just to deliver the food.

If that still doesn't work, you'll have to park and schlep.

2. Once you're inside, park near the SCOW small boats but out of the way of anyone else driving through the area. Do not park, or set up, in such a way that we can't get the boats in and out. Unload.

Feel free to (politely) ask any SCOWsers and even guest standing around to help you. They're free to say no, of course, but they probably won't.

3. If you are planning to buy ice at the Spinnaker & Spoke, go get it now before the store closes at 6 PM during the Summer, earlier other times of the year.
4. Roll up the "SCOW Chow Dhow" to the edge of the blacktop along the grass area by the boat ramps. - you cannot miss it, it looks like a little boat on wheels, with painted waves on the side and real lights. This is where "asking for help" comes in handy. All the paper and plastic products and the condiments, cooking implements are inside the chow wagon. The grill is over in the tree grove.
5. Step the Masts and hang the SCOW Banner on the Chow Dhow between the masts.
6. Set up the card table which is stored on top of the Chow Dhow. This is the Dockmaster's table. Put out the Dockmaster's sign in book along with container of pens and nametags. Ask someone to help writing up name tags if the Dockmaster's swamped.
7. Set out the **Contributions jar** which you will find in the "SCOW Chow" wagon.

***Where is the Chow Dhow?** Head back to your left (south) from the boat ramps, towards the fenced-in maintenance area, back between the trees beyond the big garbage bins. The SCOW Chow Dhow is along the fence covered with a tarp.*

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The combination is FOOD (3663).

Good idea to wipe down the Chow Dhow top with disinfectant wipes first

8. Set the SCOW Chow Dhow up, and any tables you might have brought to use. Sometimes all the food and drink will fit on the top of Chow Dhow.
 - Fill the cooler with ice and drinks.
 - Attach a trash bag of some kind to a table or to both ends of the SCOW Dhow Wagon. It encourages people to be responsible with their trash.
 - Put out food, utensils, napkins, hand sanitizer, and the all-important **Contribution Jar**. There are rocks in the jar to keep it from blowing away in a wind. Leave them in there.
 - Fire up the grill, if you're going to need it.

How much should people contribute? We suggest \$5 per person. Unless someone is a real chowhound, that should pretty much cover our expenses.

Keeping 'Em Happy & Keeping 'Em Healthy

What are the keys to a happy successful Social Sail evening?

- **Food** (this is where the “Healthy” part comes in – **keep the hot things hot and the cold things cold**. If you have dishes that need to be kept hot you have two choices – there are aluminum warming pans with frames & sterno in the Chow Dhow (put a little water in the aluminum pan and set your casserole dishes in) --- or there is an electrical plug on the side of the light pole back in the grassy area and with an heavy duty long extension cord and you could plug in a crock pot or two. For cold dishes, the aluminum pans could be filled with ice and the cold salads could be set in the ice. Also, try to protect the food from flies with lids or plastic wrap. There are disinfectant wipes in the Chow Dhow to wipe off the Dhow and any tables used prior to putting your food out. There is also hand sanitizer in the Dhow. Set it out for everyone to use and especially those preparing or putting out the food.
- **Drinks** – remember we serve only soft drinks, juice and water. Some guests will have already have purchased their beer at the marina After Deck Café – that’s ok.
- **Good, friendly conversation** – make sure someone is assigned to greet all the guests. Introduce them to a member who can then introduce them to others and give the visitor our SCOW brochure and business card. Ask someone to help with this. There is usually someone willing to help. Have them fill out a guest form so that we may follow up with them to invite them to future events. Also keep an eye open for members who may have not come recently and need to feel included. You are the Host/Hostess.

You've already provided the food and drink (and if you run out, well, that's OK). Now you are welcome to talk to everyone and participate in Social Sail yourself.

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Please, though, make sure that the skippers taking everyone out for sails get some food! Ask them what they want or make sure to set something aside for them. Gotta treat all our volunteers well.

Keep an eye on the table keeping the food looking presentable (and the grill if you're using it!). Otherwise, SCOWsers are pretty darned good about getting themselves fed. You don't need to serve them unless you see people really hogging, say, all the barbeque pork and at that rate you will run out, then step in and scoop it onto their buns at a more reasonable rate. Enjoy yourself and make sure you get some of your great cooking too!

What if I run out of food? *Well, eventually we hope you will (though ideally towards the end of the evening rather than the beginning). Don't panic and don't rush to the store.*

- *If it looks like everyone has eaten, then call it a night.*
- *If it looks like a lot of people are still very hungry, you can either direct them to the marina restaurant or After Deck Café or call for pizza, but only if its very early in the evening. Phone pizza order in and send a gofer. (see Sample Menu 1 in the back).*

After the Eating Stops

Social Sail ends when:

- It gets dark and/or
- Everyone leaves

Hint: it is much easier to put everything away while you still have some daylight. Don't wait to begin till it's dark.

We're very formal that way. Whenever The End comes, you have three tasks:

- Clean it up
- Stow it away
- Settle the bills

Clean It Up

As the title suggests, this means cleaning up. Throw away leftover food. Close things up.

Clean the charcoal grill, if you used it. Scrape off any food clinging to the grill rack. Please do not use the trashcan there by the docks, stray or wild creatures during the night often visit it during the night and make a real mess of things, plus the Management of the Marina has asked us not to... reason enough. Instead, please use the big garbage bin back by the fenced area to the left of the boat storage area and remember to shut the sliding doors to the dumpsters closed to keep those same stray or wild creatures from getting in there too.

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Wipe down the tables and SCOW Chow Dhow before putting them away, especially if anything was spilled. Let's not encourage the ant community at the marina.

Do **NOT** keep the following (throw it away or take it home):

- Bottles of soda that have been opened. Cans may be stowed in Dhow.
- Opened jars of mayo, sauerkraut, or anything that says refrigerate after opening especially any items made with eggs, milk, or other dairy products. Unless you *really* want to give SCOW food poisoning next week.
- Any food items that normally need refrigeration like fruits and veggies. They won't survive the heat of the food locker for a week.
- Meat (do I really need to explain that?).

Stow It Away

1. Put everything back in the chow dhow and inventory supplies for the next week.
2. Lock the chow dhow.
3. Put dockmaster table and two chairs inside dhow.
4. Wheel the Chow Dhow back to fenced area and cover with tarp and tie tarp in place so it won't blow off.

Please drop a note to the Social director at fsrodell@comcast.net if you notice we are out of anything (or will be soon) so I can replenish the items.

Settle the Bills

Before you slam that food locker door, did you remember to remove and count the money in the contribution jar?

- If there is enough in there to cover your expenses, pay yourself out of the jar. Please still email an expense report along copies of the receipts attached) to the Club Treasurer, treasurer@scow.org and copy the Social Director at fsrodell@comcast.net. If there were insufficient funds to reimburse your expenses from the donation can send your report along with an explanation and the treasurer will send you a check for the balance due.
- If there is money left over after you pay yourself, please contact the club treasurer , treasurer@scow.org to make arrangements to submit the money as follows:
 - Deposit the cash into your checking account, write a check for the same amount to SCOW, and mail to the treasurer (address on the expense report). Please do not send cash through the U.S. Mail!

REMEMBER: *this is a volunteer club and the settling up is done on an honor basis.*

*FINALLY....go home and sleep the sleep of the worthy volunteer.
Thank you so very much for volunteering!!*

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Sample Menus (check to see what has been done recently)

Menu 1: Very Last Minute

Call Dominos (703-548-3030) and ask them to deliver. One large pizza for every 4 people present. Get a good mix, including a vegetarian pizza, and ask if they have any specials to save the club some money. *Please*, reserve this for a last-ditch effort. We love pizza and we'll most definitely eat it but, hey.....

Don't forget that you'll still need drinks.

Menu 2: Grab It On The Way

Stop by someplace that sells fried chicken (or Rotisserie if they will cut the whole chicken into pieces) and grab a couple o' buckets to go. Get *at least* 2 pieces per person present, preferably 3. Get a mix of white and dark meat. Make sure you get good side dishes too (corn, potatoes, coleslaw, biscuits, bread, etc.). If they offer **free** condiments (ketchup, honey, mustard), plates, napkins, cups, please bring as much as you think you will need (it saves the club money)

Don't forget that you'll still need drinks.

Menu 3: Picnic at the Docks

- Cold cuts (variety)
- Cheese
- Bread and/or rolls
- Dressings (mayo, mustard, etc.)
- Chips
- Drinks
- Cut-up veggies and dip
- Fruit
- Lettuce and tomato
- Several "heavy" sides (potato salad, cole slaw, pasta salad, etc.)
- Cookies

Menu 4: Dogs and Burgers

- Hamburgers (consider the frozen pre-formed types)
- Hot dogs
- (consider adding veggie burgers & veggie dogs).
- Cheese
- Hot dog and hamburger rolls
- Dressings (mayo, etc.)
- Chips
- Drinks
- Lettuce and tomato
- Several "heavy" sides (potato salad, cole slaw, pasta salad, etc.)

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- Cookies

Menu 5: Real Man Social Sail

- Quiche (make several varieties at home or buy them and re-heat them on the grill)
- Salad fixings
- Salad dressing (go easy because this will have to be thrown out or taken home at the end of the evening)
- Chips
- Drinks
- Cut-up veggies and dip
- Several "heavy" sides (potato salad, cole slaw, pasta salad, etc.)
- Cookies

Menu 6: Potato Bar

- Baked potatoes (pre-bake at home, wrapped in foil, and re-heat them on the grill)
- Toppings: shredded cheese, butter, chives, sour cream, marinated veggies, chili, etc.
- Drinks
- Several "heavy" sides (green salad, cole slaw, pasta salad, etc.)
- Cookies

Menu 7: Med Fed

- Pita bread (lots)
- hummus
- tabouli
- feta cheese (pre-crumbled)
- Greek olives
- bean sprouts
- chopped onions
- chopped tomatoes
- baby carrots
- red & green grapes
- cucumber salad
- pasta salad
- couscous salad
- olive bread
- you could even add some chopped pregrilled chicken or lamb
- baklava?

Menu 8: Souper Social Sail

(you may need more bowls and spoons than we normally have, so alert your Co-Chef or the Social Director ahead of time!)

- cheese platter
- grapes & apples
- heavy-duty bread (French, 7-grain, etc.)
- crackers
- Cold soup options: berry, gazpacho, tomato, vichysoise

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- Hot soup options: lentil, tomato, minestrone, chili

Menu 9: Mex It Up

(a make-your-own option)

- tortillas and taco shells
- chopped tomatoes
- chopped onions
- shredded lettuce
- chopped green peppers
- chopped black olives
- chopped jalapenos
- sour cream
- shredded cheese (cheddar & Monterey jack)
- salsa (mild & spicy)
- refried beans
- ground beef, turkey, or chicken
- salad (southwest or 7-layer)
- chips
- grapes
- carrots
- **dessert**

Menu 10: God Bless Costco

There are any number of trays and salads that you can purchase to put together another “home cooked meal” . Most of their stuff is *really* good!

Fruit trays

Veggie Trays

Potato salad, cole slaw, 7-grain salad, or 3-bean salad

Dips, crackers, chips

Appetizers

Pies & Cakes

Wrap Sandwiches

Roasted Chickens

Menu 11: Astound Us with Your Talent

Dig out your’s or your Mom’s favorite recipe or hey, even Grandma’s. – southern pit barbeque, a great stew or casserole, etc.

If foreign born, introduce us to your native country’s specialty.

Kelly Bowers wishes to thank those who contributed to the original issue of this document in 2000:

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Revised by Erica Vey, 2001, Phil Bender, 2002 & Faith Rodell, 2008